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Volume 24, Issue 12

Fallbrook
chamber cancels
Avocado Festival
Other events canceled too

Will Fritz
Staff Writer

The Fallbrook Chamber of Commerce has canceled the upcoming 34th Avocado Festival amid coronavirus fears, the organization announced Friday, March 13.

The festival, which was scheduled for April 19 this year, regularly attracts as many as 100,000 attendees.

see **CANCELED**, page A-5

FUESD grants
superintendent
emergency powers

Will Fritz
Staff Writer

Fallbrook Union High School District's governing board held a special teleconference meeting in the morning Monday, March 16, to grant emergency powers to the district's superintendent amid the ongoing worldwide novel coronavirus pandemic.

While some staff members were present at the district's board room, the superintendent and board members all called into the

see **EMERGENCY**, page A-4

Desmond hopes to
expand supportive
housing in North
County, not tent
shelters

Will Fritz
Staff Writer

The San Diego County Board of Supervisors and county staff are working to find solutions for homelessness in unincorporated areas, which could include supportive housing in North County, although Supervisor Jim Desmond stressed this would not include new homeless shelters.

Desmond, whose district covers

see **DESMOND**, page A-5

Hospitals prepare for pandemic

Kim Harris
Managing Editor

Hospitals throughout the area are gearing up for an influx of patients due to the COVID-19 pandemic that is sweeping through the nation, affecting young and old alike.

At Temecula Valley Hospital, officials have set up a triage tent outside where patients exhibiting symptoms – fever, cough and shortness of breath – are being screened for the virus.

“Our hospital is fully operational and is monitoring for symptoms in patients and implementing isolation protocols as appropriate,” Merideth Allard, marketing director of Temecula Valley Hospital, said, adding that the hospital was taking proactive steps to keep both team members and patients safe while serving the needs of the community.

“We are actively monitoring and responding to all recommendations made by the CDC and our local health authorities,” Allard said in an emailed statement to Valley News. “We have also been carefully monitoring our PPE (gowns, masks, gloves, etc.) to ensure we can

see **PANDEMIC**, page A-6



Stacy McFarlane, a registered nurse at Temecula Valley Hospital, helps screen patients for COVID-19 who may be showing symptoms of the virus at a tent outside the hospital's emergency department, Monday, March 16. Hospitals throughout the area are gearing up for an influx of patients due to the pandemic.

Issa advances to runoff in California House race

Julie Watson
Associated Press

Former U.S. Rep. Darrell Issa, a relentless critic of former President Barack Obama who retired from his increasingly Democratic district two years ago, took a step toward returning to Congress by advancing Wednesday, March 11, to a runoff in one of Southern California's last conservative bastions.

Issa, 66, will face off in November against 31-year-old Democrat Ammar Campa-Najjar, who nearly pulled a major upset two years ago when he came within 3 percentage points of defeating Republican Rep. Duncan Hunter while the lawmaker was under indictment on corruption charges. Hunter was elected to six terms before resigning in January after pleading guilty to misspending campaign funds.

Updated vote totals Wednesday solidified Issa's hold on second place in the March 3 primary in the 50th District east of San Diego. With more than 185,000 ballots counted, Issa has 23% of the votes, three percentage points ahead of third-place finisher and fellow

Republican Carl DeMaio. Campa-Najjar finished first with 37%. Under California's election rules, candidates from all parties run in a single primary and the top two vote-getters advance.

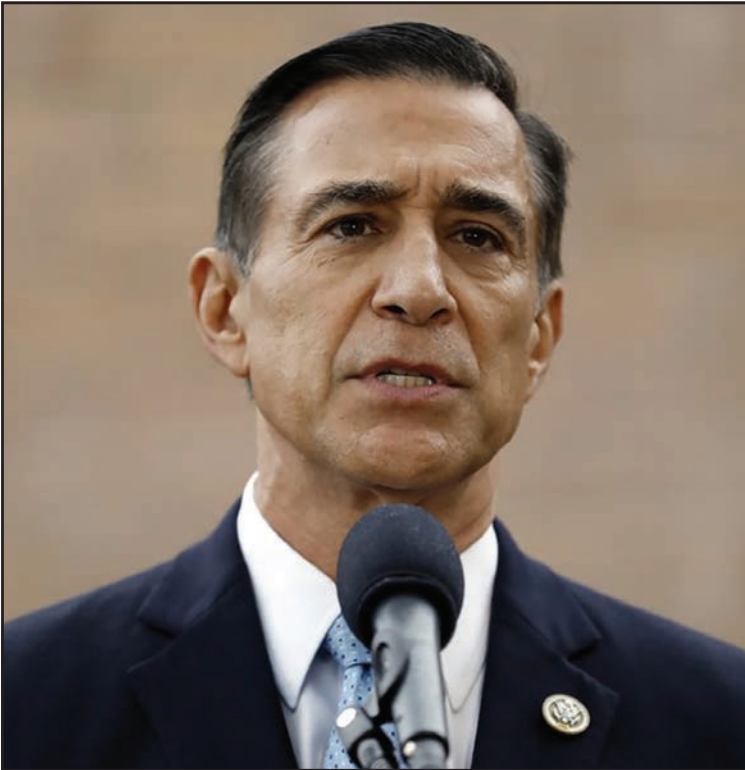
Issa and DeMaio, a San Diego radio host and political commentator, waged a bitter fight. They called each other liars and challenged the other's loyalty to President Donald Trump. The president did not endorse either in the primary.

Issa has since changed his tone in an attempt to win over voters who backed DeMaio and California Republican state Sen. Brian Jones. He said they “deserve credit for a hard-fought campaign” in trying to keep the seat in Republican hands.

He vowed to keep the momentum going and make that happen.

DeMaio said in an email to his supporters that he will be returning to his radio program after falling short of advancing to the runoff and that he will support the Republican candidates fighting to win California congressional seats in November, including his former foe Issa.

see **ISSA**, page A-6



In this Sept. 26, 2019, file photo, former Republican congressman Darrell Issa speaks during a news conference in El Cajon. Issa will face off against 31-year-old Democrat Ammar Campa-Najjar in November for the 50 Congressional District seat vacated by disgraced California Republican Rep. Duncan Hunter.

Fallbrook businesses preparing for the unknown

Jeff Pack
Staff Writer

It might be the unknown that is weighing most on the hearts and minds of many in the business community as they attempt to wade

thisweek

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Rachel Jones, bartender at Harry's Sports Bar & Grill, watches reports about the COVID-19 virus as the news of the virus replaces televised sporting events, Monday, March 16.

into uncharted territory pertaining to dealing with the effects COVID-19 will have on commerce.

On Friday, March 13, all the schools in Southern California were closed for varying amounts of time, cities and organizations began to

release news of canceled public events, activities and even offices.

Gov. Gavin Newsom asked Californians to postpone all nonessential gatherings through the end of March due to the coronavirus and even social gatherings where

people can't remain at least 6 feet apart.

He doubled down on the guidelines, asking older members of the public to shelter in place and

see **UNKNOWN**, page A-6

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VILLAGE NEWS



ANNOUNCEMENTS

FRHD to host blood drive March 31

FALLBROOK – Fallbrook Regional Health District is hosting a blood drive in partnership with the San Diego Blood Bank, Tuesday, March 31, from 11 a.m. to 4 p.m., 138 S. Brandon Road, in the parking lot. Anyone 17 and older, who weighs at least 114 pounds and is in good health, may be eligible to donate blood. A good meal and plenty of fluids are recommended before donation. All donors must show picture identification. Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome. To schedule an appointment or for more information, visit <http://www.sandiegobloodbank.org> or call (800) 469-7322.

Submitted by San Diego Blood Bank.

Parkinson’s Support Group to hold online meeting

FALLBROOK – The Fallbrook Parkinson Support group has cancelled its March 27 meeting. However, leaders have arranged for an online meeting to be held. Guest speaker Dr. Mindy Bixby, will be presenting “Taking ‘on’ Parkinson’s disease” online. For more information, call Irene at (760) 731-0171 or email NCPSF@gmail.com.

Submitted by Fallbrook Parkinson’s Support Group.

Chorale cancels dinner show

FALLBROOK –With the current coronavirus situation, the Fallbrook Chorale decided it must postpone its upcoming dinner show, “Fallbrook Joe and the Magic Caboose” scheduled for Saturday, March 28. The chorale said they will likely reschedule the show for some time in the fall. Anyone who has purchased tickets for this show will receive a reimbursement in full within the next three weeks. Call Jeannie at (760) 390-9726 with any questions or concerns. The chorale apologized for the inconvenience but felts it was prudent to abide by the Centers for

Disease Control and Prevention recommendations for no large group gatherings at this point in time. The board and members of the Fallbrook Chorale said they truly appreciate the great community support given by so many.


Submitted by Fallbrook Chorale.

Cancellations and Postponements

Due to new regulations pertaining to the coronavirus, the following events have been canceled or postponed:
March 20, 27, April 3 –The Knights of Columbus Fish Fry & Bake has been postponed until restrictions have been lifted.
March 21 –Live Oak Dog Park’s Bark in the Park has been canceled.
March 21 – Fallbrook Art Association has canceled its meeting and art demo and has reduced hours in The Gallery: Tuesday – Thursday, noon-3 p.m., Friday and Saturday, 11 a.m. to 5 p.m., and Sunday, noon-3 p.m.
March 26 – 6 p.m. – Fallbrook Public Utility District’s Information Forum has been canceled.
March 28 & April 4 – Fallbrook Woman’s Club’s “Who killed Claudio Vanderbilk, America’s Darling of the Super Rich and Famous?” mystery luncheon has been postponed.

March 28 –Two showings of Frank Capra’s “Mr. Smith Goes to Washington” at Mission Theater have been canceled and the theater is closed until further notice.
March 28 –Fallbrook Chorale’s Dinner Show – “Fallbrook Joe and the Magic Caboose,” has been postponed.
March 31 – Fallbrook Garden Club’s General Meeting has been canceled.
April 2 – Woman of Wellness program has been canceled.
April 4 – Miss Fallbrook & Miss Teen Fallbrook pageant has been postponed.
April – The Art of the Avocado Art Competition, Junior Art of the Avocado Art Competition and Junior Workshops are postponed until July. The dates are to be determined.
April 19 – Avocado Festival has been canceled.
April 25 – Fallbrook Garden Club’s Flower Show & Plant Sale has been canceled.
April 26 –Arts in the Park at Live Oak Park has been canceled.


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Children can get a free lunch at FUESD schools

FALLBROOK – The Child Nutrition Program from Fallbrook Union Elementary School District is offering free meals to all children ages 18 and under starting Monday, March 16. No forms or registration are required. Children can stay in the car during the drive through process. They must be present to receive a meal. Locations for meal pick up, from 11 a.m. to 1 p.m., are as follows:
Maie Ellis Elementary, 400 W. Elder St., Fallbrook
William H Frazier Elementary, 1835 Gum Tree Lane, Fallbrook
La Paloma Elementary, 300 Heald Lane, Fallbrook
Potter Jr. High School, 1743 Reche Road, Fallbrook
De Luz Schoolhouse, 40153 De Luz Murrieta Road, De Luz
San Onofre School, 200 Pate Road, San Clemente
Mary Fay Pendleton, 110 Marine Drive, Oceanside
Submitted by Fallbrook Union Elementary School District.

CALENDAR

These events have not been canceled:
March 21 – 8:30-10:30 a.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Fallbrook Library and surrounding area, 124 S Mission Road. Meet at lower parking lot. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan, (760) 405-4054.
March 31 – 11 a.m. to 4 p.m. – Fallbrook Regional Health District hosts a blood drive with the San Diego Blood Bank, 138 S. Brandon Road. Appointments can be made at sandiegobloodbank.org/donate or (619) 400-8251. Photo ID required. Donors should arrive hydrated and can receive points to redeem for gift cards and more.
April 18 – 8:30-10:30 a.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Ingold Sports Park and surrounding area, 2551 Olive Hill Road. Meet in parking area. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054.

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Fallbrook Regional Health District

Tuesday, March 31, 2020

11:00 am to 4:00 pm

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For more information, please contact Pamela Knox
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Fallbrook Regional
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Blood Bank

EMERGENCY
from page A-1

emergency meeting remotely to avoid contact during the outbreak.

With board members Caron Lieber and Patty De Jong unable to call in, the board voted 3-0 to approve a resolution authorizing Superintendent Candace Singh to “take any and all actions necessary to ensure the continuation of public education and the health and safety of the students and staff at the district sites.”

Some of the actions the resolution allows Singh to take include “the relocation of students and staff, continued daily student transportation, provision of alternative educational program options, direct staff to serve as disaster service workers ... and/or make alterations, repairs or improvements to school property.”

Singh told board members that while schools would be closed through April 10 to help stop the spread of the virus that has sickened dozens so far in San Diego County, including a North County firefighter, and killed more than 6,000 worldwide, school staff would continue to be paid for the duration of the shutdown.

“I just want to start by publicly thanking every employee in our school district who has helped us move in a very rapid fashion to where we are today,” Singh said at the beginning of the meeting. “School closure is not what we wanted for our community, but we will do what is necessary and safe at the direction of our public health department.”

Singh said the only district workers who are being asked to continue to come into work are those who have been deemed essential, including child nutrition workers who will continue to cook meals to be served to students from school sites during the school closures.

“We have some departments who are working from home. For example, business services, accounting payroll, they have the opportunity to access their computers safely from home,” Singh said. “All of our teachers are on call

from home, so we need them to be supporting students academically and then all of our custodial staff, our maintenance operations staff, we have on call at home.”

Board member Lisa Masten praised Singh for her leadership during the unprecedented crisis.

“Weeks ago, you told us that this is going to be the No. 1 concern and we need to focus at the district office and you have prepared us; you have prepared the families; you have prepared the employees,” Masten said. “You were calling this way before we heard about it on TV.”

Singh, for her part, attributed the district’s response to its entire leadership team.

She also said an emergency response team consisting of district officials has been meeting regularly at the district office for updates, “sometimes as much as every hour,” and the district would explore ways to make its board meetings available remotely if the pandemic crisis continues, members of the public still had to physically go to the board room Monday to hear the meeting.


Fallbrook Union High School District Superintendent Ilsa Garza-Gonzalez already has approval for the emergency powers that elementary school district’s superintendent was granted Monday, according to Carmen Hatcher, executive assistant to Garza-Gonzalez.

Meanwhile, the North County Fire Protection District had already declared a local state of emergency in a special meeting Sunday night, shoring up federal and state relief funding.

“We’re trying to do everything we can to open up funding,” North County Fire spokesman Capt. John Choi explained via telephone.

While no deaths from novel coronavirus had been reported in San Diego County as of Monday afternoon, county officials announced Monday that confirmed infections had jumped to 55 from 39 the day before.

Will Fritz can be reached by email at wfritz@redermedia.com.



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CANCELED

from page A-1

The chamber’s announcement came as area school districts declared their intention to shutter schools through next month and many other local organizations also canceled upcoming events.

On Thursday, March 12, San Diego County health officials declared a ban on all public gatherings of more than 250 people. “Although this ban is currently through March, (Gov. Gavin Newsom) conveyed it could foreseeably be extended,” Lila MacDonald, CEO of the Fallbrook Chamber of Commerce, said in an email statement. “We feel in the best interest of the community, our vendors and volunteers that we cancel this event.”

MacDonald said the chamber “will continue to coordinate with local and county organizations on any infectious disease response plan and will continue to closely monitor the coronavirus situation.”

Anita Kimzey, event coordinator for the chamber, clarified Sunday, March 15, that the Art of the Avocado and Junior Art of the Avocado competitions were not being canceled.

Other organizations announcing event cancellations include the Fallbrook Library, which will cancel all upcoming events through March 31; the Fallbrook Gem and Mineral Society, which canceled its Rough ‘n’ Cut event for March 21; Fallbrook Chorale, which is canceling its March 28 dinner show, and Mission Theater, which is canceling all movie showings indefinitely.

The Bark in the Park event at Live Oak Dog Park, which was planned by the Live Oak Park Coalition and the County Department of Parks and Recreation for March 21, is being canceled as well.

Boys and Girls Clubs of North County will also suspend all activities beginning Monday, March 16, through April 13.

For event updates, see page A-2.

DESMOND

from page A-1

North County and Fallbrook, said he and Supervisor Dianne Jacob, who represents much of East County, met with county staff in January to put together “an aggressive strategy focusing on homelessness in the unincorporated area.”

County staff went before the entire board of supervisors Feb. 25 with options, including seven potential locations for temporary shelters in Fallbrook and eight more locations in East County, but Desmond said that wasn’t quite what he was looking for.

While Jacob expressed a need for shelters in her district, Desmond said he did not think that would be appropriate for North County.

“In North County, what I asked for was an inventory of the entire district of potential properties for permanent supportive housing, not shelters, not parking lots, but permanent supportive housing,” Desmond said via telephone March 10.

Desmond said that he thinks housing with social support and work programs is the best way to serve homeless needs in North County. He also said that any housing programs that do go into Fallbrook would first be brought before the Fallbrook Community Planning Group and discussed with community organizations like the Fallbrook Chamber of Commerce and the Fallbrook Revitalization Committee.

The supervisor also explained that permanent supportive housing involves permanent structures; no tent shelters are planned to be coming to Fallbrook.

“Sometimes we can find apartments, but it’s modular-type houses and things like that, that are permanent structures where we offer people to come, and give them programs that help them get back on their feet,” Desmond said. “A tent shelter is not on our list of things we want, quite frankly, in District 5.”

Desmond also said he would like these supportive housing problems scattered throughout District 5, not just in Fallbrook or in any other one particular community.

“Fallbrook has 40 or 50 homeless people, but Oceanside has a few hundred . . . it’s going to vary case by case,” Desmond said.

The board of supervisors took no immediate action on the proposals county staff presented at the Feb. 25 meeting, and the staff are expected to return to the board in a few weeks to present alternative plans, Desmond said.

Will Fritz can be reached by email at wfritz@reedermedia.com.



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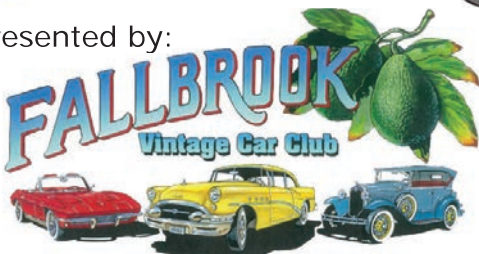
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PANDEMIC

from page A-1

provide the best health care to our patients and community. We are prepared to ensure all patients are provided with quality care, and patients, guests and our team remain safe.”

According to Brian Connors, director of marketing for Southwest Healthcare systems, both Rancho Springs and Inland Valley medical centers have been actively preparing for potential local cases of COVID-19 since the disease was first identified in the United States.

“We are working hard to prevent the spread of the disease and to ensure we are prepared to treat patients who do test positive due to community exposure,” Connors said. “This includes screening of all patients and visitors before entry into either facility and establishment of clear treatment protocols.”

All hospitals are following all guidelines set forth by the Centers for Disease Control and Prevention including strenuous

visitor restrictions.

Temecula Valley Hospital has updated its visitation policy and will not be allowing visitation for hospitalized patients until further notice, Allard said.

Some health care experts saying the burden on the health care system could be “crippling” should the virus spread as quickly in the United States as it did in places like China and Italy. Due to the low number of cases in Riverside County at this time, it remains unclear if local hospitals would be affected at that level, but there are some things that residents can do to help alleviate pressure on hospitals, Connors said.

“Residents should remain calm and utilize only evidence-based resources to educate themselves. Both the Centers for Disease Control and Riverside County Department of Public Health are providing regular updates on their websites,” Connors said. “These are accessible via Google search or directly from the Rancho Springs or Inland Valley homepage.”

With an incubation period of

two to 14 days, COVID-19 can be especially hard on the senior population and those with severe underlying chronic medical conditions such as heart or lung disease or diabetes, according to the CDC.

Those groups are at a “higher risk for developing more serious complications” from the virus and should “talk to their health care provider for any additional steps they might be able to take to protect themselves,” the CDC said.

Those who develop emergency warning signs for COVID-19 should get medical attention immediately, the CDC said. Emergency warning signs include but are not limited to difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish face or lips.

“If someone is experiencing symptoms of COVID-19, they should remain at home except to seek medical treatment,” Connors said. “If seeking non-urgent treatment, residents are encouraged to call ahead to their primary care provider to limit risk of exposure to

other patients. The Rancho Springs and Inland Valley Emergency Departments are available for those in need of more urgent care.”

The best way to prevent the illness is to avoid being exposed to it, Allard said, adding the spread is mainly occurring from person to person so social distancing is one of the best ways to avoid getting sick.

“Avoiding crowds and crowded spaces, avoiding handshaking and hugging in public, deliberately staying at least 6 feet away from other people and replacing in person visits with remote check-ins using technology,” Allard said.

To protect yourself from the virus in addition to social distancing, utilize frequent handwashing with soap and water for at least 20 seconds, the CDC said. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol, covering all surfaces of the hands and rubbing them together until they feel dry and to avoid touching eyes, nose and mouth with unwashed hands.

Other ways to protect yourself and others include avoiding close contact

with people who are sick, staying home if you are sick, covering coughs and sneezes, throwing used tissues in the trash and immediately washing your hands with soap and water after you sneeze or cough.

“Stay home, use hand sanitizer and/or soap and water, cough and sneeze into their elbow,” Connors said.

You should also wear a facemask if you are sick when around other people and before entering a health care providers office. A facemask is not needed if you are not sick unless you are caring for someone who is.

You should also clean and disinfect frequently touched surfaces daily.

For the most up-to-date information on COVID-19 and the local response to it, visit www.villagenews.com.

Loma Linda University Medical Center, Murrieta, did not respond to request for comment before press time.

Kim Harris can be reached by email at valleyeditor@reedermedia.com.

UNKNOWN

from page A-1

asking wineries and bars to shut their doors.

By Monday, March 16, the federal government was suggesting that people should not gather in groups of more than 10 people.

So what do those suggestions and guidelines mean to small businesses like restaurants, retailers and hospitality companies?

It seems to leave them in unknown territory. If they choose to stay open and adhere to all the guidelines for providing a safe atmosphere to customers and clients, they may be faced with a slow market, since a lot of the public has been asked to stay

home and avoid crowds.

If they choose to close their doors during the time period suggested by regional, state and federal governments, how can they afford to pay employees or even their rent?

“We are all feeling it downtown. Everyone down here is feeling it, all the merchants and restaurants,” Reyna Beckler, owner of Sage Yoga Studios, said. “It’s not just me, and I’m hoping I can come out of this and the students will come back. But I know some people may never recover some businesses. Nobody knows, it could be two weeks, and someone said this morning it could be up to eight weeks. And I’m thinking, ‘Yeah, this is not good.’

“I have a mortgage here in Fallbrook, and I have rent in Bonsall also. I’m hoping there’s some sort of relief that’s offered or something,” Beckler said.

It has all happened so fast. She said one of her teachers canceled her classes Friday and suggested that she close the shop.

“I was thinking I would stay open,” Beckler said. “I was thinking, ‘Oh, there’s a frenzy and everyone is fearful and we’ll be fine. And then when the schools closed, I was like, ‘OK, this is getting a little more serious.’ I was just taking it by the hour as more information kept coming through, and I was being bombarded with emails and phone calls.

“Yesterday I had a meeting and another teacher said, ‘Yeah, I can’t teach.’ By the end of yesterday, I had three teachers, and I woke up this morning and then I had a fourth

teacher that canceled,” she said.

Then there are the canceled memberships, which is how she pays her bills and her teachers.

“Every time I pick up the phone or open up email there is a student who has canceled their membership,” Beckler said Monday. “By the end of today, I’m going to close our studio and we’re looking at going virtual with our classes and having teachers come in and we’ll just film them teaching their class. Hopefully our yoga students will keep their membership and take online classes. But it’s something new that we’ve never done before, so who knows?”

“I’m panicked because all these cancellations of memberships, and I don’t know if we’re going to get through all this,” Beckler said.

Considering the healing effects of yoga, people could use the practice to help them deal with a difficult time.

“I have a lot of members that want us to stay open,” Beckler said. “They say they will come, but you know ... Then on the other side I’m being almost criticized, and people are telling me that I’m irresponsible and I’m putting everyone’s health in danger by not closing.

“So, it’s like what do I do?” she asked. “Closing is going to be detrimental to our business. I need to put out a message today that I’m closing the studio and I’ll see what comes back.

“Friday, I sent out an email to all our members saying we’re staying open,” she said. “And right away I had three replies saying, ‘OK, please cancel my membership; I don’t feel

comfortable coming to class.’ Over the weekend, our classes were well attended. I had yoga students come from other studios, and they said, ‘Oh, you’re the only other studio that’s still open.’ So they came here, and I have to say, ‘Yeah, and I have to close.’”

Fallbrook Chamber of Commerce CEO Lila MacDonald was the only person in the office when Village News called Monday morning.

“We’re definitely going to be open,” she said. “We’re probably going to have to have modified hours. We will be talking with our board and seeing what they’re going to ask us to do. But we all can work remotely; we did during the fires.”

MacDonald wants to limit the staff in the office, but intended to be around the office as much as possible to do essential duties and to be there for the business community. The chamber recently had to cancel the Avocado Festival planned for April, but the chamber is working to set up a virtual festival for vendors who had committed to the event.

“I want to remain here as long as possible to help out those in need or help people think outside the box, right?” MacDonald said. “Like that virtual Avocado Festival because we obviously can’t have this one. Or help people with SBA loans or just get accurate information out there so we’re not having a panic.”

MacDonald said she typically spends all of her paycheck in Fallbrook and urges others to do the same.

“Personally, I’m trying to eat everywhere I can to infuse as much

money as I can into the economy before they mandate closing things up,” she said. “Everybody’s nervous of course, because they’re having to make some hard decisions. If you’re the employer that affects the employees, especially if they’re hourly. If they’re not working, they are not getting a paycheck.

“The service industry right now, whether you’re cleaning carpets, serving food or doing hair, there’s a really small margin there in the service industry.”

MacDonald said that, so far, none of the guidelines are mandatory and she is advising business owners the best she can.

“I’m telling people to do the same thing I’m doing,” she said. “All these businesses are already practicing good hygiene, taking care by wiping down everything, they are in overdrive at this point. Restaurants are offering curbside service. If you don’t want to go in, order food from your favorite restaurant and they’ll walk it out to you. That’s what gift places are doing, too. If you need a gift basket or you need something that they have, they’re willing to walk it out to you curbside.

“Try to infuse as much as you can into the economy right now. Holding on for two weeks is a lot different from holding on for a month,” MacDonald said.

Jeff Pack can be reached by email at jpack@reedermedia.com.

ISSA

from page A-1

During the Obama administration, Issa was chairman of the House Oversight and Government Reform Committee and investigated the administration on many fronts.

Campa-Najjar was an unknown when he ran two years ago. He has moderated his platform since the 2018 campaign, emphasizing his Christian faith and gun ownership in the sprawling district where Republicans hold an 11-point advantage among registered voters. The district is home to many military veterans and includes San Diego suburbs and a swath of rural communities and farms, along with

a patch of Riverside County that includes the city of Temecula.

Despite his first-place finish in the primary, it will be an uphill battle for Campa-Najjar, a small-business man and former public affairs official for the Obama administration. In Issa, he is up against a former nine-term congressman who has name recognition, a loyal following with the Republican Party and huge personal wealth from his time running vehicle security companies to underwrite his campaign.

Issa spent more than \$2.7 million during the primary to Campa-Najjar’s \$1.2 million. He previously represented the neighboring coastal 49th District that includes portions of San Diego and Orange counties but

was facing a tough reelection fight two years ago in the increasingly Democratic district and retired.

The disgraced Hunter, who is scheduled to be sentenced Tuesday, stayed out of the race since leaving office. But his still-popular father, Duncan L. Hunter Sr., backed Issa. The elder Hunter represented the district for 28 years. Issa also was endorsed by U.S. House Minority leader Rep. Kevin McCarthy, a fellow Californian and close ally of Trump.

Issa campaigned as “the conservative in the race who will help President Trump enact his agenda.”

That will go far in the Republican-leaning 50th, said Gary Jacobson, emeritus professor of political science at the University of California San Diego.

“It’s hard to imagine an earthquake large enough that would change the outcome,” he said, meaning an Issa victory.

But Democratic political strategist Bill Carrick feels the party’s fortunes are changing in the 50th.

“We’ve seen many congressional districts move slowly but surely from strong Republican to toss up to some now that are pretty Democratic,” Carrick said, who is based in Los Angeles. Indeed, Democrats took seven California

Republican House seats in 2018 and now hold all but six of the state’s 53 congressional seats.

Campa-Najjar intends to make an issue of Issa’ running for the seat while still living in the neighboring district.

“This is the district I was born in and this is the district I will die in,” Campa-Najjar told supporters recently.

Issa so far has not tried to exploit Campa-Najjar’s family history as Hunter did. In an ad, Hunter’s campaign in 2018 suggested Campa-Najjar was an Islamic terrorist because his paternal grandfather helped plan the attack on Israeli athletes at the 1972 Olympic Games in Munich.

Campa-Najjar, who was raised in San Diego by his Catholic Mexican American mother, never met his grandfather, who was killed in 1973 by the Israeli military. Campa-Najjar has repeatedly denounced his grandfather’s actions.

During the primary, Issa was criticized for campaign ads that noted the sexual orientation of DeMaio, who is gay.

Jacobson said he doesn’t see Campa-Najjar’s lineage as a key issue for Issa.

“His theme will be, ‘I’m experienced and I’m a big pal of Donald Trump,’” Jacobson said.

www.villagenews.com

Village News

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"Thanks for taking so much time with me as the results were certainly worth the effort. After my extended rest when I got home, I first realized that I could stand up from a sitting position on my couch without a struggle. I did that without even thinking and Kara immediately commented on the ease with which I got up. I said to her recently that my body is "just a wreck" and as of today it is far less than a wreck. I'm checking out the community spa today and will also get into stretching along with more water intake. Thank you again. I will be back to finish the work on the upper half. I will process and absorb the information you sent me as well."

— Bob Schottle, Helicopter Flight Instructor and Retired Navy Pilot, Fallbrook



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Panoramic Views



4024 CREST HEIGHTS, FALLBROOK

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629 ROSVALL DRIVE, FALLBROOK

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Seller will entertain offers between \$525,000 & \$595,000

Country Comfort



2082 FUERTE, FALLBROOK

Stylish country home with designer pool & spa. Very nice views! Beautifully sited on over an acre with shade and family fruit trees on a quiet cul-de-sac. The large open concept country kitchen with wood beamed vaulted ceilings, large center island counter dining, hardwood floors, ceiling fan and fireplace. Cozy claw foot bathtub in guest bath. Upstairs studio apt over garage. Carpet in bedrooms with hardwood floors in traffic and living areas. If privacy and charm is what you desire then look no further.

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Tailored Elegance



3495 VIA ZARA COURT, FALLBROOK

Privately tucked away in a prestigious neighborhood off of Camino Zara is where you'll find this 3,526 sf Bill Kiddoo custom home. 3BD, 3.5BA on 2.6 beautiful acres. The home enjoys a magnificent pool with elegant waterfalls and spa, custom cabinetry topped with granite & marble slab counters throughout, designer applcs in the open concept kitchen, hardwood floors in the FR w/fplc, custom built-ins and rough hune ceiling, tile in the high traffic areas, coffered ceilings, formal DR, and an oversized 3 car garage with outbuildings.

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198 BRYCE LANE, FALLBROOK

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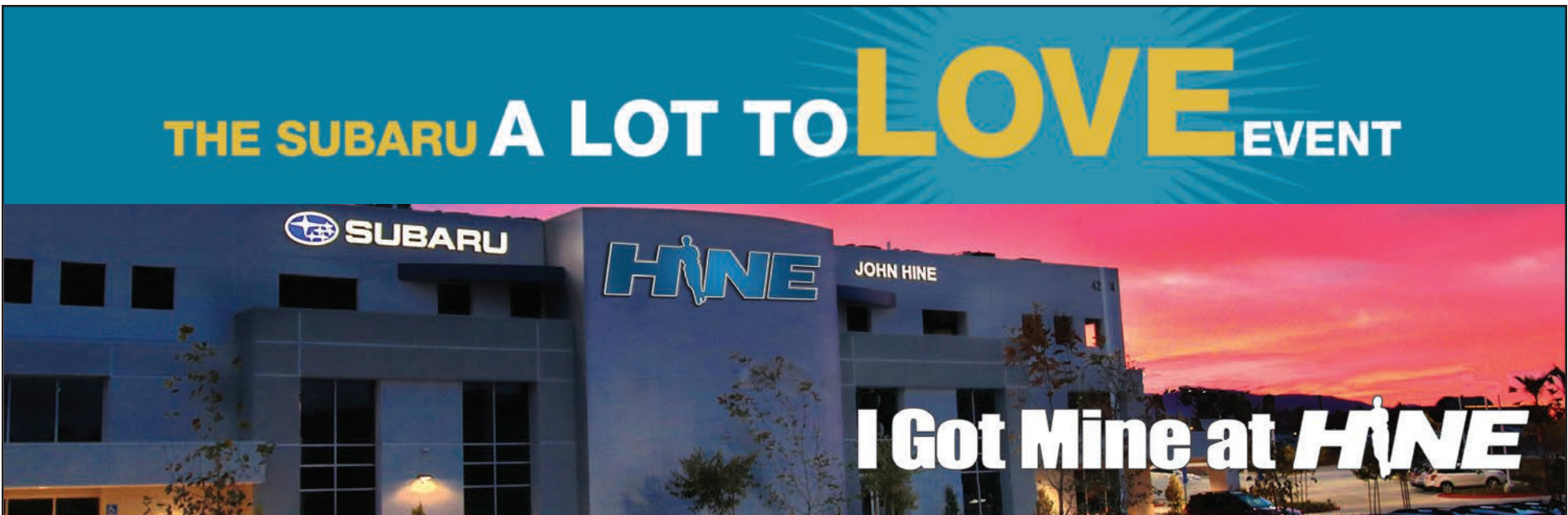
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2020 MAZDA CX-5 SPORT



FINANCING AS LOW AS

0.9%

APR up to 60 months

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Customer Rebates &
Discounts

36 MONTH LEASE

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\$3,995 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

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0.9%

APR up to 60 months

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Roberds celebrates 100th birthday

Village News staff

The Fallbrook Senior Center held an early 100th birthday celebration for longtime Fallbrook resident Bud Roberds. March 12 was the day of the center’s monthly birthday lunch; Roberds was born March 30, 1920.

Roberds often plays the piano for the congregate meals held at the Fallbrook Community Center. This time, some of the Fallbrook Ukulele Strummers provided musical entertainment.

Roberds is a familiar figure at Peking Wok in River Village where he plays the piano Tuesday and Thursday nights, at St. Peter the Apostle Church where he attends Sunday morning Mass and at California Retired Teachers Association meetings.

His biography is also familiar for a man his age. Roberds grew up in San Jacinto, California and married Jewell Tripp, January 1941. They had been married for 73 years when she died in 2014.

They lived in Burbank while he continued his education at UCLA. In the middle of his senior year, he was drafted into the U.S. Army, March 1943. He went through basic training at Fort Custer (Michigan) in the Military Escort Guard unit, and his first assignment

was guarding German prisoners of war at Fort McClellan (Alabama). Roberds was transferred to a 40 mm anti-aircraft artillery unit in 1944, eventually joining General George Patton’s Third Army when it crossed the Rhine River in March 1945.

His unit was guarding an airport north of Munich when the German war ended. He stayed in Munich another year as part of the occupation force before returning to the U.S. in March 1946. He was discharged April 5, 1946.

After returning stateside, he was offered a position to teach music at his alma mater, San Jacinto High School. Having passed his midyear exams before being drafted, he did not have to go back to college to finish his degree.

Roberds, who as the son of a musician grew up learning to play various instruments, taught music in San Jacinto for nine years before he and his wife moved to Fallbrook in 1956.

Roberds was employed as a music teacher by both the Fallbrook Elementary and Fallbrook High school districts for four years before he became full-time at the high school in 1960.

Roberds counts his two children – Bill (class of 1969) and Lorraine (class of 1972) – among the

students he taught at Fallbrook High before retiring from the school in 1979.

In May 2018, Roberds was chosen to go on an Honor Flight to Washington, D.C. His son was his guardian for the trip. The group was taken to all of the war memorials, but the most memorable part of his Honor Flight trip was “that return to San Diego.”

“As we were coming into land (at San Diego International Airport) the pilot told us to look out the window,” said Roberds. “Then we saw all these police cars lined up with their lights on to welcome us home.”

Once in the terminal, the group was greeted by a throng of cheering people. “God almighty,” said Roberds, the memory causing his eyes to tear up like they did that day. “A lady gave me a tissue. When I was talking to other guys, they said they had tears. It was one of the most amazing group things I’ve been involved with. This really touched me. It was the end (of the trip), but the climax.”

Roberds still lives at home and, while he has a caregiver, he continues to drive himself wherever he needs to go. He just renewed his driver’s license, for five years.



Bud Roberds celebrates his 100th birthday Village News/Michele Howard photo at the Fallbrook Senior Center’s birthday lunch, March 12. Sunshine Properties provided the cake.



Attending the birthday lunch are, from left, seated, Jane Lewelling, Lucy Sanders (who turns 99 in April), Bud Roberds; standing, Hanh DeMore, Michael Bermudez and Rosa Bermudez.



The Fallbrook Ukulele Strummers entertain the birthday lunch crowd at Fallbrook Community Center.



During his Honor Flight trip to Washington D.C., Bud Roberds poses with figures from World War II.

Sanders to celebrate 99th birthday

Lucy Sanders has lived in Fallbrook since 1959. She was born April 9, 1921, and remembers her sixth birthday party when her mother went into labor and had her younger sister that same day.

Sanders and her sister plan to go to Las Vegas for their birthday this year. Like Bud Roberds, Sanders also just renewed her driver’s license.



Members of the local American Legion and Veterans of Foreign Wars recognize World War II veteran Bud Roberds, front, at his 100th birthday lunch, from left, back, Bill Howard, Lora Wood, Chris Ingraham, Michael Bermudez and Tom Lester.



Bud Roberds plays “Happy Birthday” at the Fallbrook Senior Center’s October birthday lunch.

HEALTH & BEAUTY

CDC releases guidelines to clean and disinfect the home in wake of virus outbreak

Kim Harris
Managing Editor

In light of the COVID-19 outbreak, the Centers for Disease Control and Prevention has issued guidance on cleaning and disinfecting homes and businesses to help prevent the spread of the virus.

While transmission of coronavirus occurs much more commonly through respiratory droplets than through contaminated surfaces, which has yet to be documented, current evidence does suggest that novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials.

“Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings,” the CDC said.

The new cleaning guidance issued by the CDC last week aims at limiting the survival of the virus in the home and work environment.

To prevent the spread of germs, people should routinely clean frequently touched surfaces such as tables, doorknobs, light switches, handles, desks, toilets, faucets and sinks with household cleaners and Environmental Protection Agency registered disinfectants appropriate for the surface. Following instructions on the label helps to ensure the effectiveness of the product, the CDC said.

“Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product,” the CDC said.

For homes where a COVID-19 patient – either confirmed or suspected – resides household members should clean and disinfect high-touch surfaces daily in household common areas such as tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets and sinks frequently.

Other cleaning tips for COVID-19 households include

having a dedicated bedroom and bathroom for the patient, where cleaning frequency should be reduced to cleaning as needed to avoid unnecessary contact with the sick person, the CDC said.

“As much as possible, an ill person should stay in a specific room and away from other people in their home, following home care guidance,” the CDC said. “The caregiver can provide personal cleaning supplies for an ill person’s room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners and EPA-registered disinfectants.”

If a separate bathroom is not available, then the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as possible after use by an ill person to clean and

disinfecting surfaces, wear disposable gloves that should be discarded after each cleaning. If reusable gloves are used, they should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.

If surfaces are dirty, they should be cleaned using a detergent or soap and water before disinfection.

To disinfect surfaces, use diluted household bleach solutions, alcohol solutions with at least 70% alcohol or EPA registered household disinfectants. Check to make sure all cleaning products have not passed their expiration dates and follow all instructions, including those for proper ventilation.

Remember to never mix bleach with ammonia or any other cleanser.

For soft surfaces such as carpeted floor, rugs and drapes, remove any visible contamination and clean with appropriate cleaners indicated for use on these surfaces. After cleaning, launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using



HOW TO WASH YOUR HANDS
PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

1



WET HANDS

2



APPLY SOAP

3



RUB HANDS
PALM TO PALM

4



LATHER THE BACKS
OF YOUR HANDS

5



SCRUB
BETWEEN YOUR FINGERS

6



RUB THE BACKS
OF FINGERS ON
THE OPPOSING PALMS

7



CLEAN THUMBS

8



WASH FINGERNAILS
AND FINGERTIPS

9



RINSE HANDS

10



DRY WITH
A SINGLE USE TOWEL

11



USE THE TOWEL
TO TURN OFF THE FAUCET

12



YOUR HANDS ARE CLEAN

To make bleach disinfectant:
Mix 1/3 cup of bleach with a gallon of water or 4 teaspoons of bleach for with 1 quart of water.

the warmest appropriate water setting for the items and dry items completely or use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces.

When handling an ill person’s laundry, wear disposable gloves that can be discarded after each use. If using reusable gloves, be sure to dedicate them for cleaning and disinfection of surfaces for COVID-19. Do not use them for other household purposes and clean hands immediately after gloves are removed. If not using gloves, immediately wash hands after handling dirty laundry.

Do not shake dirty laundry to minimize the possibility of dispersing virus through the air and launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an

ill person can be washed with other people’s items.

Also be sure to clean and disinfect clothes hampers after use.

Other preventative measures:

Clean your hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol can be used. However, if hands are visibly dirty, always wash hands with soap and water.

Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching eyes, nose or mouth with unwashed hands. Clean your hands after blowing one’s nose, coughing or sneezing, after using the bathroom, before eating or preparing food, after

contact with pets or animals and before and after providing routing care for another person who needs assistance such as a child.

Remember when caring for someone with COVID-19 or any other illness, it is helpful to prevent spread of the illness by having the ill person eat in their room. If using non-disposable food service items, use gloves and wash items with hot water or in a dishwasher. Wash hands after handling food service items.

Also dedicate a lined trash can for the ill person, use gloves when removing trash bags, handling or disposing of trash. Wash hands afterward.

Home care guidance issued by the CDC is available online at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html.

Kim Harris can be reached by email at valleyeditor@reedermedia.com.

Loma Linda University Medical Center – Murrieta receives accreditation for medical residency program

MURRIETA – Loma Linda University Medical Center – Murrieta has received accreditation for its three-year family medicine residency program by the Accreditation Council for Graduate Medical Education, with the first cohort set to begin in June.

The program was first launched in 2018 in response to a physician shortage in California, specifically primary care physicians within the community. The federal government’s Council on Graduate Medical Education recommends 60 to 80 primary care doctors per 100,000 people. In the Inland Empire, there are approximately 35 physicians per 100,000, according to a report from The Future Health Workforce Commission.

With a diverse patient base

from young families to retirees, the residency program aims to train family practitioners who will connect and serve as active members of the community, ultimately promoting communitywide engagement in patient health. Peter Baker, senior vice president and administrator at Loma Linda University Medical Center – Murrieta, said the program is a part of the hospital’s commitment to providing the region access to robust care services.

“Providing exceptional primary care services is vital to the health of the community,” Baker said. “Our region is growing fast and we’re thrilled at the opportunity to train the next generation of professionals eager to work among a diversified community whose primary care needs are increasing.”

Loma Linda University Medical Center — Murrieta family medicine residency program receives accreditation by the Accreditation Council for Graduate Medical Education, residents to start in June 2020.

Dr. Martha Melendez, residency program director of family medicine at Loma Linda University Medical Center – Murrieta, said they will offer an unopposed program for residents specializing in family medicine. This unique education style will serve as an opportunity to practice, treat and care for patients in various health care settings without the competition for attending physicians’ time or hands-on training. The Family Medicine Residency program is designed to provide a broad foundation in medical training in a community setting with the resources of a university.

“Community health and compassionate patient-centered care are at the heart of what we

do,” Melendez said. “Our program is designed to both provide the individualized training necessary for residents to pursue their highest aspirations as physicians while also offering community outreach opportunities to foster compassionate and patient-centered care.”

A journey of two years in the making, the Family Medicine Residency program at Loma Linda University Medical Center – Murrieta received accreditation by the Accreditation Council for Graduate Medical Education. The program will accept 12 residents per year, with 36 residents, with the inaugural white coat ceremony and cohort slated for June 2020.

“We are excited to be aligned with the rest of the health system in

becoming a teaching institution,” program executive Jared Horricks said. “With this program, our goal is to continue serving this region by recruiting, retaining and training the best family medicine physicians to serve the community.”

The program is currently accepting candidates. For more information on the Family Medicine Residency program, please reach out to program coordinator Renee Sayegh at MurrietaGME@llu.edu. To learn more about Loma Linda University Medical Center – Murrieta, visit www.murrieta.lluh.org.

Submitted by Loma Linda Medical Center – Murrieta.



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Coronavirus and pets – What you should know

MISSION HILLS – With coronavirus on the forefront of everyone’s minds, pet owners can be reassured that their relationships with their dogs and cats are safe and can serve as a source of comfort during a crisis.

Best Friends Animal Society’s mission is to end the killing of pets in America’s shelters and to lead the effort to achieve no-kill for dogs and cats nationwide by 2025. So, when fear and uncertainty spread through our communities, as is occurring as with the spread of coronavirus, or COVID-19, doubt can disrupt everyone’s normal way of life, even affecting the choices they make about their companion animals.

While pets may be impacted by this crisis on several levels, one way they are not affected is by contracting or spreading COVID-19.

“Currently, multiple health organizations, including the Centers for Disease Control,

World Health Organization and the American Veterinary Medical Association have stated that pets and domestic animals are not at risk for contracting COVID-19,” Julie Castle, CEO for Best Friends Animal Society, said. “We are obviously concerned about any health risks to our dogs and cats, but we encourage those with pets to steer clear of alarmist messages that might scare them into thinking they can catch this virus from their animals. We are especially concerned that this fear may result in an increase in pets being relinquished to shelters unnecessarily.”

As communities across the country face uncertainty about the spread of coronavirus, some people may consider surrendering their pets to local shelters. People who are feeling concerned about their health and financial stability for the coming weeks and months may feel overwhelmed caring for their pets.

Some have begun expressing a

fear that they will become ill and won’t be able to provide for their pets. Animal shelters are bracing themselves for the possibility of fewer adoptions and fewer foster homes, as people choose to go out less and less.

Best Friends suggested focusing on what is known. Right now, people should continue to follow recommended preventive actions, such as thoroughly washing hands and avoiding crowds whenever possible, especially if one is in a high-risk group as identified by the experts.

People can help reduce the impact on local shelters by committing to keep their pets safe at home, adopting a pet from a shelter or rescue group and reaching out to foster or donate to support the animals in their community.

“With so much news circulating about coronavirus, it’s important to seek out updated information from reliable expert sources and avoid speculation and focus on the



Pets and domestic animals are not at risk of contracting COVID-19. Village News/Courtesy photo

information we do already know,” Castle said.

For trusted sources on up-to-date information, Best Friends recommended the following: Centers for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/index.html> World Health Organization, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> Submitted by Best Friends Animal Society.

Thinking About Health: Generic drugs not always equivalent, sometimes dangerous

Trudy Lieberman
Community Health News Service

As insurance companies push doctors to save money by switching their patients to generic drugs, complaints about those generics appear to be on the upswing.

That’s the observation of journalist Katherine Eban, who has written a book, “Bottle of Lies,” that tells a very dark tale about the generic drug industry and the safety of generic drugs Americans are increasingly taking.

“My inbox is full of communications from patients who were on a drug that worked but were switched to a generic that didn’t work,” she told me. “Patients find themselves on a medical odyssey.”

She illustrated her point with a case from a major U.S. hospital transplant center where transplant patients who were switched to an immunosuppressant drug made in India suffered organ rejection.

One died, and the other had a “tough stay in the ICU,” she said. Eban also said the plight of one woman whose depression was

stabilized on a brand drug but whose condition worsened when the pharmacist switched her to a generic.

In these cases, the pharmacy made the switch because it could. Many states allow pharmacists to make generic substitutions unless a doctor indicates the prescription must be dispensed as written. Many patients are not aware of those laws, which have been on the books in some states for many years.

“If you are taking a maintenance medication, you may not know you’ve been switched,” Eban said.

Hundreds of patients have told Eban that they don’t do well on some of the generics and have no clue why.

But whether you are unknowingly switched to a generic or your physician, under pressure from an insurer to save money, decides to switch you, it’s important to understand the rules of the new pharmaceutical game you’re being asked to play.

That game is increasingly focused on the ingredients that go into generic drugs, which are

mainly coming from India and China where Eban’s book showed that good manufacturing practices are often ignored in the name of profits.

Eban described the generic drug industry abroad as a “maze of global deception.”

One company, for example, deceived regulators around the world by submitting fraudulent data that made its drugs appear bioequivalent to brand name drugs.

“We are dependent on distant drug manufacturers yet have little visibility into their methods,” Eban said.

Eban also found that Americans can’t rely on the Food and Drug Administration to assure that generics made abroad are safe. Although the agency reviewed data from foreign generic drug makers and inspected their plants, it was not systematically testing the drugs.

Yet, she pointed out that some 40% of the U.S. generic drugs are made in India. Eighty percent of the active ingredients in all of our drugs, whether brand or generic,

are made in India or China.

Everyone has a stake in safe and good manufacturing practices from companies abroad.

What Eban uncovered helps explain why that generic drug a doctor prescribed doesn’t work as well as a brand drug. Maybe it has been adulterated to save money and increase profits for the manufacturer.

“The FDA has presented generics as a bargain with no downsides,” Eban said. “But there are hidden costs that are not being examined.”

Those costs come when people end up in the emergency room or in the ICU because a generic has not worked properly.

“No one has studied those costs,” she said, noting that such incidents are “very frequent” based on the feedback she’s received.

So how do patients protect themselves if the generic drugs that insurers push us to buy or those given in hospital settings are unsafe? I asked Eban for advice.

She suggested learning more about the manufacturer of the drug. The drugmaker is typically listed

on the dispensing label. Find out if the manufacturer has been in trouble with the FDA by looking at the inspections, compliance and enforcement sections of the agency’s website. If the company has received a warning, that’s a red flag.

It’s not possible, however, to find out where your drug was made. No law requires a drugmaker to disclose the country of origin for either the ingredients or the manufacturing of the drug itself.

You can also find out if others are complaining about a particular generic that is not working properly. If they are, that helps build the case to get your doctor to switch you to a different brand. One source for learning about complaints is the People’s Pharmacy at www.peoplespharmacy.com. For more advice, consult Eban’s website at www.katherineeban.com.

Have you had experience with generic drugs that haven’t worked well? Write to Trudy at trudy.lieberman@gmail.com.

Kicking It



Elizabeth Youngman-Westphal
Special to The Village News

With lots of press about the coronavirus, it certainly was reassuring to read Dr. Veltimeyer’s letter to the editor March 5.

All the same, I admit to stocking up on face masks and gloves for my upcoming European escape while comforting myself with loads of antibacterial wipes, too.

After all, aren’t we all responsible for our own well-being? It is my goal to remain healthy. The last thing I want to hear is an airline agent say, “Madam, you have a temperature and cannot board.”

Yes, I am still going. Instead of Venice, I’ll be going to Dublin staying at the Clontarf Castle Hotel followed by a two-day bridge excursion to Harrogate, United Kingdom, before training south for five more nights of bridge at the seaside town of Paignton, U.K.

On April 2, it’s back on board The Great Western Railway north to London and over to the JW Marriott on Hyde Park for two nights returning home Saturday, April 4.

San Diego theaters have responded to the governor’s mandate and are closed until further notice. Since I am ticketed at the Theater Royal Haymarket to see “Only Fools and Horses” Thursday, April 2; I will see if they too take Newsom’s advice.

Three weeks ago, something wretched went through my system leaving me with a mild snuffle. Never liking to share my maladies with others, I have stayed home.

Actually, one night I was so cold at bedtime I wore socks, flannel pajamas, T-shirt and a satin quilted robe and tucked myself under flannel sheets, a blanket and a duvet-covered-down quilt.

And there was Vincent, shirtless with the covers pushed down to his waist and one foot hanging over the edge.

After a 10-day pause, I am happy to report I am on schedule.

Using what Kellen taught me I am adding to each exercise. I’ve doubled everything: 20 pushups, 20 jumping jacks, 20 deep-squats, except I have fallen behind on the cursed situps. As we travel across France, Ireland and Great Britain, it is my hope to increase each set to 50 repeats apiece.

Encouraged by a bridge partner, I’ve added a plank to my routine. While I can only hold mine for 14 seconds, Renee said one minute was her top. Well, there’s a goal.

Forewarned about the daily exercise routines, granddaughter Autumn will be a daunting workout partner. My 27-year-old grandchild will show no mercy. As a competitive swimmer, her upper body strength is impressive and her glutes are rock solid.

Autumn’s college-graduation tour was also canceled; accordingly, she will be scooting

through Europe with me. With the exception of when I fly back April 4, she will go to Amsterdam for two nights to take her unchangeable flight homeward April 6.

Not to worry, my plan is to wipe every surface within 6 feet of me during this trip. I, alone, may end this contagious outbreak single handedly.

I will try and keep my column up; I feel just like Brenda Star. Adieu.

P.S. A big shoutout to fellow gym rat Mark Markham for taking my new picture.

Elizabeth Youngman-Westphal can be reached at eyoungman@reedermedia.com.

Editor’s note: The much anticipated trip described in this column is not happening due to the cancellation of flights into Europe.

Spring cleaning the mind

Dr. Alok Trivedi
Special to Village News

It’s time for the annual spring cleaning of the home, office and any other space that is cluttered. But what about the mind? After all, it takes in tons of information and has to remember important details every single day. If you don’t clear the mind, you won’t be able to function at optimal performance. How can you best spring clean the mind?

Here are eight tips for spring cleaning the mind.

Get quiet with your thoughts.

Our minds are continuously cluttered with tons of information. From everyday events happening around us to important details at work and at home that we have to remember, most people usually feel overwhelmed. To free your mind and give it a break, you have to get quiet with your thoughts. Find somewhere with no

distractions to sit and relax and do absolutely nothing that makes you think. Just sit still and focus on the quiet. Do this at least once a day.

Say “no” to electronics and other distractions.

Playing on your phone or tablet might sound fun and like a great way to forget about things, but it’s not going to free up your mind or give your brain a rest. Neither is reading, doing a word search or anything at all that involves focus. The idea is to not do anything that involves thinking, strategizing, comprehending, comparing or the like. Take time to tune out and shut off the brain each day.

Practice making better decisions.

One of the ways people get mentally bogged down is by sitting on decisions for too long. Make an effort to become faster when making decisions. Certain things do require thought, so give

yourself a deadline so you don’t overthink it. Once the deadline comes, make your decision and move on. One hint is that your gut instinct is usually correct. Another hint is if you do make the wrong choice, most things can be corrected.

Seek more enjoyment.

Most people are constantly stressed out and take their careers and other responsibilities very serious. That’s not a bad thing, but you need to find time to have fun and enjoy life. If you don’t find any enjoyment in your career, perhaps it’s time to find a new line of work. If you don’t have any fun with the activities you engage in, it might be time to find some new interests. Finding enjoyment is so important to spring cleaning the mind.

Avoid multitasking.

We are a society that loves to multitask. The result is mental overwhelm, stress and anxiety.

Instead, focus on doing one task at a time. You’ll see better quality results, and you’ll feel more relaxed and in control.

Forgive and forget.

Are you holding any grudges against anyone who did you wrong? It might be time to make amends and put it in the past. Holding onto resentment and anger is one of the best ways to bring on mental anguish and overwhelm. Make a decision to let go of the past, even if you believe you did nothing wrong. It is such a freeing experience, and your mental and physical health will thank you.

Get more excited.

Do you wake up in the morning dreading the day ahead? Or, are you getting out of bed pumped up about the day and weeks ahead? Studies have proved that those who look forward to the future are more mentally healthy. As part

of your mental spring-cleaning ritual, start to have things you are genuinely excited about.

Focus on better time management.

People love to say they wish there was more time in the day. The reality is we all have the same 24-hours each day. The secret is becoming a master of time management. Plan out your day ahead of time and leave a cushion for any appointments that run later than expected. Prioritize things from most important to least important. Learn to delegate. The best mental spring-cleaning time management strategy: learn to say “no” and stop overcommitting.

Dr. Alok Trivedi, who has a doctor of chiropractic in human anatomy, is an expert in human behavior and psychological performance. He is the founder of the Aligned Performance Institute, <http://alignedperformanceinstitute.com>, and author of the book “Chasing Success.”

more Health on page B-5

ENTERTAINMENT

Fallbrook seniors sail across San Diego Bay with Silvergate



Silvergate Fallbrook residents and guests disembark at the Coronado Ferry Landing, March 5.

Village News/Community photos

FALLBROOK– More than 40 local seniors took part in a special Silvergate Fallbrook outing to Coronado in San Diego Thursday, March 5, for an exclusive excursion that had them voyaging on the sea and trekking over land for the day. The event was one of the many unique day trips the community regularly showcases on its year-round roster of activities. The Coronado trip carried Silvergate’s guests across the San Diego bay on the wind-swept deck of a Broadway Ferry appropriately named the “Silvergate” to arrive at the dock on the opposite side. They disembarked for an upscale luncheon of Italian cuisine at Il Fornaio restaurant, where they shared in the relatable musings of one-of-a-kind senior comedian Anita Milner, who at 83 years old loves to perform for her peers. “We seniors have all kinds of

funny anecdotes to share with one another and wisdom to pass along to the younger generations,” Milner said, who as a longtime practicing attorney, a widow, mother and grandmother has seen her share of ups and downs in her life. “Aging gives you so much to be grateful for and so much to laugh about. There’s no reason to shrivel up and waste away as you grow old. Your perspective on what makes life enjoyable can get better and better with every decade that passes,” Milner said. Embracing each moment and making every day matter are longtime mantras at Silvergate Fallbrook. Seniors are able to participate regularly in a variety of activities at the community, where musicians, dance troupes and entertainers often come to perform for residents.

While many events take place on-site, a number of excursions and day trips are hosted outside the community, like trips to the Del Mar Races, outings to local wine country and plays at the Old Globe Theater. The dynamic roster of activities, events and out-of-the-area excursions have set the community apart in Fallbrook as the leader in offering engaging programming for seniors. “I love to see a little something different outside of Fallbrook, which is why I attended Silvergate’s luncheon and comedy show,” Maggie Donovan said, who spends a generous amount of time at home as a caregiver for her husband and is considering the community as her potential future home. “It was fun to get on the ferry, see the sun rippling on the water and then have such a fabulous lunch with all these new people.



Anita Milner, an 83-year-old comedian, performs during lunch at Il Fornaio, part of the Silvergate Fallbrook outing.



Silvergate’s day trip includes a trip across San Diego Bay on the Broadway Ferry appropriately named the “Silvergate.”

The comedian was so hip and really made us laugh. I think it’s great that Silvergate arranges the right kinds of trips for folks my age. They make sure we get there and back safely and are sure to have a good time,” Donovan said. “I’ve been a resident of Fallbrook for more than 40 years, and Silvergate has always been so friendly to the seniors in this town,

regardless of whether or not they live here,” Donna Dunkel, who attended the luncheon festivities with the Silvergate group, said. “This was my first time attending a Silvergate community outing, and it was a wonderful way to spend the day. Everyone was just so friendly.” Submitted by Silvergate Fallbrook.

Bonsall Woman’s Club announces awards



Bonsall Woman’s Club Volunteer of the Year Award Laurie Criscenti holds her award.



Jackie Nolf’s knitted sweater is a Best of Show winner in Crafts.



Patty Merriam’s “Last Flight of the Day” is a Best of Show winner in Photography.

FALLBROOK – An air of excitement prevailed at the March meeting of The Bonsall Woman’s Club. The much-anticipated Volunteer of the Year Award was presented. The club also revealed the winners of the Palomar District Art Festival. The Volunteer of the Year was presented to that member who best exemplifies the true meaning of volunteerism. The 2020 recipient was Laurie Criscenti. Criscenti serves as the fourth vice president of ways and means. She volunteered her time and talents on several committees as

well. She facilitated the use of credit cards by members as they participate in club functions, rather than only using cash or checks. In her various undertakings with the club, she demonstrated strong leadership and organization skills, and she is someone the club can rely on. Following are the winners of the annual Palomar District Art Festival:

Crafts
Knitting
Best in Show – Jackie Nolfk for

her color-work crochet cardigan
Best in Show – Beatriz Liner for her can tab black purse
Second place – Mary Forbess for her afghan
Counted-Cross Stitch
Best in Show – Bev York for her flamenco dancer
Other Needlework
Second Place – Patty Merriam for her tropical birds tea towel set

Photographs
Still Life – Color
Best in Show – Marleen DuBona’s “Maestra Peace Mural”
Second Place – Mary Jane Poulter’s “Crown with High Heel Shoes”
Still Life – Black and White
Best in Show – Patty Merriam’s “A Closer Look”
Second Place – Marleen DuBona’s “Garden Court, Palace Hotel”
Third Place – Patty Merriam’s “Delicate Beauties”
Living Things – Color
Best in Show – Mary Jane Poulter’s “Lady with Parrots”
Second Place – Patty Merriam’s

“Just Chillin”
Third Place – Marleen DuBona’s “Elizabeth’s Amaryllis”
Living Things – Black and White
Best in Show – Patty Merriam’s “Last Flight of the Day”
Second Place – Marlene Rantanen’s “Curiosity”
Third Place – Marleen DuBona’s “Brazilian Pepper”
Volunteers in Action
Best in Show – Mary Jane Poulter’s “The Lucky Ticket”
Scenes-Color
Second Place – Marlene Rantanen’s “Desert Spring”
Third Place – Mary Jane Poulter’s “Roman Statue on Rocks with Waterfalls”
Scenes – Black & White
First Place – Patty Merriam’s “Jagged Tranquility”
Second Place – Marleen DuBona’s “Classic Golden Gate”

Writing Contest – Poetry:
Best in Show (overall) – Elizabeth Johnson

Poetry – Inspirational
Best in Show – Elizabeth Johnson for “In the Forest of Shrilong”
First Place – Barbara Chahbazian for “Positive”
Poetry – Whimsical
Best in Show – Barbara Chahbazian for “One Day”
First Place – Peg Long for “Jewelry”
Memoir
Second Place – Barbara Chahbazian for “Imagination”
Paintings
Best in Show – Barbara Chahbazian’s “Lion”
Best in Show – Barbara Chahbazian’s “Stormy Cloud over a Meadow”

Of particular note, the Best in Show entries will compete at the state level of the California Federation of Women’s Clubs for judging May 20.

Submitted by Bonsall Woman’s Club.

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Gogo Grandmothers raise funds with Art for Africa event



An acrylic painting by one of the participating artists helps raise funds for grandmothers raising grandchildren in Malawi.

FALLBROOK – The Fallbrook chapter of the Gogo Grandmothers Group, in conjunction with students from Calvary Chapel Bible College in Murrieta and led by Rebecca White, raised a hullabaloo as well as money for Africa at the Fallbrook Coffee Company, March 7.

Artists from the group sold their paintings, vases and painted guitars. Musicians from the group played in the parking lot, while Mexican food was sold

and Fallbrook’s local businesses donated items for a silent auction like books and a mug from The Shop Around the Corner.

All the money went directly to a small village in Malawi called Chipayika for the gogos - grandmothers - who raise their grandchildren alone.

Gogo Grandmothers is a SAFE project which links grandparents and others from developed countries to grandparents caring for orphans in Malawi, thereby



Rebekah White introduces a buyer to artists whose work is being sold at the Gogo Grandmothers fundraiser.

Village News/Courtesy photos

addressing one of the outcomes of the HIV/AIDS pandemic within a faith-based context. For more information visit www.gogograndmothers.com.

Anyone who would like information on how to get involved with the Fallbrook Gogo Grandmothers group and make a difference for those in need can call Anna White at (760) 419-0893.

Submitted by Fallbrook Gogo Grandmothers.

Anna White serves beans to the patrons attending the dinner portion of the fundraiser.



County libraries move to curbside pickup to help stop coronavirus

Gig Conaughton
County of San Diego
Communications Office

The county of San Diego’s libraries are going to curbside pickup to help county residents practice social-distancing to stop the spread of coronavirus and still enjoy all the library books, digital magazines, music, movies and other fares they love.

Starting Wednesday, March 18, county library patrons can use the library’s online catalog or call their branch libraries, place orders for the books they’re looking for and

then pick them up at the library’s curbside weekdays between the hours of 9 a.m. and 4:30 p.m. when the material is ready.

At the same, County Library Director Migell Acosta said library patrons can still access all the Library’s e-books and e-magazines around the clock – 24 hours a day, seven days a week – by downloading the Libby app for e-books or Flipster (under e-books and e-magazines) for e-magazines like Sports Illustrated, People, Time. The New York Times and other reference resources are available on the library website.

County libraries are moving

to the curbside pickup to help the public deal with calls from the federal, state and the County Public Health Officer to stay at home, away from crowds and practice social-distancing to stop the spread of novel coronavirus, which can cause the disease COVID-19.

Acosta said using curbside pickup will be easy to use. Residents with county library cards can go to the library website, sdcl.org, use the catalog search to find the books or materials they’re looking for, then place their order right then online, or call their respective library to place

their order.

Library staff will then send patrons an email letting them know when their books are ready for them to call ahead and pick them up at the curbside, again, from 9 a.m. to 4:30 p.m. Monday through Friday.

All of the library’s online resources can be accessed here. Residents who do not have a library card, can sign up for an Instant Digital Card and use their mobile phone number as their library card. To download the Libby app, San Diego County residents can go to sdEbooks.org. Library patrons can even

order books and materials that are available at any of the county’s 33 branch libraries and have them delivered to their own branch library for them to pick up.

The County Library system also announced this week that under guidance from the state and County Public Health Officer it was canceling all library-sponsored and co-sponsored events, programs and classes through the end of March to help stop the spread of novel coronavirus.

For more information about the county library, go to the library’s webpage at <https://www.sdcl.org/>.

HEALTH & BEAUTY cont. from B-3

Healthy Habits for Bonsall & Fallbrook Folks: When milk doesn’t do the body good



Megan Johnson McCullough
Special to Village News

When someone says, “I can’t have dairy,” we automatically assume they are lactose intolerant. For many people, they just think that means you are allergic to dairy and that is as far as their knowledge goes with this condition.

“Lactose” actually means “sugar.” This type of sugar is specifically found in dairy products. Lactase is an enzyme that the body produces in the small intestine. However, when a person is lactase deficient, symptoms can arise once they eat dairy.

Many people who have a low level of lactase are still fine eating dairy. For others who have true intolerance, symptoms can include gas, bloating, diarrhea, abdominal cramps and sometimes vomiting.

When the body has an adequate amount of the lactase enzyme, it turns the lactose sugar into glucose and galactose. When there is a deficiency of the lactase enzyme, the food consumed moves to the colon instead of undergoing digestion and absorption. Then bacteria in the colon forms causing the symptoms of lactose

intolerance.

There are a few risk factors. Asian, African, American Indian, and Hispanic people find this condition to be more common among their race. Premature babies are at risk because their small intestine may not have fully developed. Having any problems or disease associated with the small intestine raises the risk for someone.

There are three types of this condition: primary, secondary and congenital or developmental.

The primary type is the most common type that develops in adulthood. Milk products become hard to digest, and genetics are usually the key determinant.

The secondary type occurs as the result of an injury, illness or surgery that affected the small intestine. The small intestine has started to produce less lactase. This type of condition that is associated with celiac disease and Crohn’s disease.

The congenital or developmental type would arise if the mother and father have both passed on the gene to their child. It is rare to be lactose intolerant during infancy.

A doctor can diagnose this

condition by having a person perform the lactose intolerance test which involves drinking a liquid that monitors the body’s reaction to lactose.

There is also the hydrogen breath test where a doctor has the person consume a high containing lactose beverage then measures the amount of hydrogen in the breath. If the body doesn’t like lactose, it will release those gases and hydrogen during this test.

A stool sample can also be taken. Through trial and error, a person can determine if they need to completely avoid dairy, discover what items to particularly avoid and those that are safe foods, and can use lactose-free or reduced products.

People have to eat to live, but they’re not all given the same digestive tract for this process. Milk does a body good, but not when the body rejects its digestion.

Megan Johnson McCullough holds a master’s degree in physical education and health science, is a candidate for her doctorate, is a professional natural bodybuilder and is a National Academy of Sports Medicine master trainer.

The side effects of dairy products can be tormenting for some people.

Village News/Adam Bell photo

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003380
Name of Business
VALIENTE COUNSELING SOLUTIONS
450 S. Melrose Dr., Vista, CA 92081
County: San Diego
This business is registered by the following:
Mayola Miranda, 6595 Reflection Dr., San Diego, CA 92124
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 06, 2020
LEGAL: 5218
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004159
Name of Business
PAW 2 PAW PET SERVICES
5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003
County: San Diego
This business is registered by the following:
Anthony Perez, 5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 02/18/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 18, 2020
LEGAL: 5219
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004287
Name of Business
GRACE CREEKSIDE SPA
2809 S. Mission Rd, #A, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Jian Hua Lee, 2139 Kirkcaldy Rd, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020
LEGAL: 5220
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004456
Name of Business
PRIMO ENTERPRISE LLC
4440 La Canada Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Primo Enterprise LLC, 4440 La Canada Rd, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of CA
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020
LEGAL: 5221
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004468
Name of Business
J.R.C. LANDSCAPING
300 N. Brandon Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Julio Ralios Castro, 300 N. Brandon Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/20/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020
LEGAL: 5222
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004607
Name of Business
COMPASS CONSULTING & DESIGN
8557 Lemon Ave, Unit 19, La Mesa, CA 91941
County: San Diego
This business is registered by the following:
Jennifer L. Martinez, 8557 Lemon Ave, Unit 19, La Mesa, CA 91941
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5223
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004388
Name of Business
PARADISE HOMES & GARDENS REALTY
3973 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Eden T. Silver, 3973 Sleeping Indian Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/18/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020
LEGAL: 5228
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006393
Name of Business
L & M CONSTRUCTION
949 Buena Capri, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Emanuel A. Rubi Morales, 949 Buena Capri, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 11, 2020
LEGAL: 5236
PUBLISHED: March 19, 26, April 2, 9, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005848
Name of Business
GREEN COW ACCESSORIES
1471 Knoll Park Ln, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Jill Marie Devendorf, 1471 Knoll Park Ln, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 4/5/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 05, 2020
LEGAL: 5232
PUBLISHED: March 12, 19, 26, April 2, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005050
Name of Business
a. HOUSE OF STYLE
b. SHOPHOUSE OF STYLE
3618 Cheshire, Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Rita Hibdon, 3618 Cheshire, Carlsbad, CA 92010
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 01/01/2006
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 26, 2020
LEGAL: 5234
PUBLISHED: March 12, 19, 26, April 2, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004639
Name of Business
PHOTOGRAPHY BY MARK RUFENACHT
4443 Salisbury Drive, Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Mark Allan Rufenacht, 4443 Salisbury Drive, Carlsbad, CA 92010
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/20/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5229
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005713
Name of Business
CMS CONSTRUCTION MANAGEMENT SOLUTIONS
1031 Shafer Street, Oceanside, CA 92054
Mailing address: 2604 B El Camino Real #318, Carlsbad, CA 92008
County: San Diego
This business is registered by the following:
GCM Construction Management Inc, 1031 Shafer Street, Oceanside, CA 92054
This business is conducted by a Corporation
This Corporation is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 04, 2020
LEGAL: 5233
PUBLISHED: March 12, 19, 26, April 2, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006221
Name of Business
ALPHA COMPANY EVENTS
36491 Yamas Dr 1001, Wildomar, CA 92595
Mailing address: P.O. Box 471, Temecula, CA 92593
County: Riverside
This business is registered by the following:
Ryan David Wheeler, 36491 Yamas Dr 1001, Wildomar, CA 92595
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of Jan 15, 2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5237
PUBLISHED: March 19, 26, April 2, 9, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004656
Name of Business
LORI'S TREASURES OF TIME ESTATE SALES
2424 Millegar Ln, Vista, CA 92084
County: San Diego
This business is registered by the following:
Lori's Treasures of Time Inc., 2424 Millegar Lane, Vista, CA 92084
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 9/10/18
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5227
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003029
Name of Business
FLIRTN WITH TIME
4805 5th Street, Fallbrook, CA 92028
Mailing address: 29927 Gulf Stream Dr, Canyon Lake, CA 92587
County: San Diego
This business is registered by the following:
Wendy Lu Barrett, 29927 Gulf Stream Dr, Canyon Lake, CA 92587
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 2/1/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 03, 2020
LEGAL: 5224
PUBLISHED: February 27, March 5, 12, 19, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00011663-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
SAVANNAH CASSANDRA WILEY
Present Name:
SAVANNAH CASSANDRA WILEY
Proposed Name:
SAVANNAH SAGE ROBINSON
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/21/2020 Time: 8:30 am Dept: N-23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: 3-3-20 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5235
PUBLISHED: March 12, 19, 26, April 2, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00013240-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
ANICIA MARQUEZ
Present Name:
MALAYNAH PAIPA
Proposed Name:
MALAYNAH MARQUEZ
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/28/2020 Time: 8:30 AM Dept: 61
The address of the court is San Diego Superior Court, 330 W. Broadway, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: FEB 19 2020 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5231
PUBLISHED: March 5, 12, 19, 26, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00047916-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
ALEXIS V. CORONA
Present Name:
ILA MIA BOLDING CORONA
Proposed Name:
ILA MIA CERVANTES CORONA
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: APR 06 2020 Time: 8:30 AM Dept: 23
The address of the court is North County Division 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 28 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5226
PUBLISHED: February 27, March 5, 12, 19, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00009469-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
JOETTA ANNE WESTMORELAND
Present Name:
a. JOETTA ANNE WESTMORELAND AKA
b. JOETTA A. WESTMORELAND AKA
c. JOETTA ANNE CARVER AKA
d. JOETTA ANNE CLUBB AKA
Proposed Name:
a. JOEY AC WESTMORELAND
b. JOEY AC WESTMORELAND
c. JOEY AC WESTMORELAND
d. JOEY AC WESTMORELAND
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/14/20 Time: 8:30 AM Dept: 23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 29 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5225
PUBLISHED: February 27, March 5, 12, 19, 2020

AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00005129-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JAMES PATRICK CABEBE
Present Name:
JAMES PATRICK CABEBE
Proposed Name:
JAMES PATRICK VALENCIO
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/8/2020 Time: 8:30 AM Dept: 61
The address of the court is San Diego Superior Court, 330 W. Broadway, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: FEB 19 2020 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5231
PUBLISHED: March 5, 12, 19, 26, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00008594-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
GLENND A KAY GARRIS
Present Name:
GLENND A KAY GARRIS
Proposed Name:
DEBBIE GLENND A GARRIS
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: APR 07 2020 Time: 8:30 AM Dept: 23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: FEB 18 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5230
PUBLISHED: March 5, 12, 19, 26, 2020

Trustee Sale No. 991884 Loan No. Title Order No. APN 183-060-78-00 TRA No. NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 02/23/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 04/08/2020 at 10:00AM, First American Title Company as the duly appointed Trustee under and pursuant to Deed of Trust recorded on February 24th, 2017 as Document Number 2017-0089153 of official records in the Office of the Recorder of San Diego County, California, executed by: Phillips Santa Fe Vista, LLC, as Trustor, Kurtin Properties, Inc., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: the entrance to the East County Regional Center by Statue, 250 E. Main Street, El Cajon, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: See Exhibit "A" attached hereto and incorporated by reference herein Exhibit "A" PARCEL 1: That Portion Of The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To United States Government Survey Approved December 14, 1885, Described As Follows: Commencing At The Southeast Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of San Diego County, September 17, 1926, And According To Map Thereof No. 2191 Of Woodland Acres, Filed In The Office Of The County Recorder Of San Diego County; Thence Along The North Line Of Said Woodland Acres South 89° 37' 16" East, A Distance Of 929.08 Feet, More Or Less To The Southwest Corner Of That Certain Parcel Of Real Property Conveyed By Edna Mary Ross To Josiah I. Levy, Et Ux, Dated August 11, 1930, Recorded In Book 1817, Page 81 Of Deeds, Records Of San Diego County; Thence Along The Westerly Line Of The Land So Conveyed To Said Levys As Follows: North 02° 10' East, 347.00 Feet; Thence North 36° 50' West, 178.38 Feet To The True Point Of Beginning Of The Hereinafter Described Parcel Of Land, Said Last Mentioned Point Being Also The Most Westerly Corner Of The Land So Conveyed To The Levys; Thence From Said True Point Of Beginning North 36° 50' West, 176.58 Feet; Thence North 44° 30' West, 493.02 Feet; Thence North 00° 20' West, 321.00 Feet To A Point In The Southerly Right Of Way Line Of The Atchison, Topeka And Santa Fe Railroad Company; Thence Along Said Southerly Right Of Way Line As Follows: South 68° 15' 30" East, 404.49 Feet To The Beginning Of A Tangent Curve In Said Southerly Right Of Way Line, Said Curve Being Concave Southwesterly And Having A Radius Of 1223.57 Feet; Thence Southeasterly Along The Arc Of Said Curve, 567.88 Feet To The Most Northerly Corner Of The Land So Conveyed To The Levys; Thence South 48° 20' West Along The Northwest Line Of The Land So Conveyed To The Levys 513.00 Feet More Or Less To The Hereinabove Described True Point Of Beginning. Excepting Therefrom That Portion Conveyed To James Preston Wiley And Reita Rebecca Wiley, Husband And Wife As Joint Tenants, By Deed Recorded March 26, 1970 As Document No. 52707 Of Official Records. Also Excepting Therefrom That Portion Described In The Deed To Gustav A. Meier, A Married Man, As His Sole And Separate Property, Recorded March 8, 1977 As Document No. 77-085050 Of Official Records. PARCEL 2: That Portion Of The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To United States Government Survey Approved December 14, 1885, Described As Follows: Beginning At The Southeasterly Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of Said San Diego County, September 17, 1926 And According To Map 2191 Of Woodland Acres, Filed In The Office Of The County Recorder Of San Diego County; Thence South 89° 37' 16" East Along The North Line Of Said Woodland Acres, 929.08 Feet, More Or Less, To The Southwest Corner Of The Land Conveyed By Edna Mary Ross To Josiah I. Levy Et Ux, By Deed Dated August 11, 1930, And Recorded In Book 1817, Page 81 Of Deeds, Records Of San Diego County; Thence Along The Westerly And Southwesterly Line Of The Land So Conveyed To Levy As Follows: North 02° 10' East, 347.00 Feet; Thence North 36° 50' West, 178.38 Feet To The Most Westerly Corner Of The Land So Conveyed To Levy; Thence Continuing North 36° 50' West, 176.58 Feet; Thence North 44° 30' West, 232.32 Feet To The True Point Of Beginning; Thence From Said True Point Of Beginning, Continuing North 44° 30' West, 260.70 Feet; Thence South 00° 20' East, 142.28 Feet; Thence South 76° 30' East, 187.07 Feet, More Or Less, To The True Point Of Beginning. PARCEL 3: An Easement And Right Of Way For Road Purposes Over A Strip Of Land 20.00 Feet In Width, Lying Within The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Base And Meridian, In The County Of San Diego, State Of California, The Westerly And Southwesterly Line Of Said Strip Being Described As Follows: Beginning At A Point In The South Line Of Said Northeast Quarter Of The Northwest Quarter Of Section 32, Distant Thereon South 89° 37' 16" East 930.30 Feet From The Southeast Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of San Diego County, September 17, 1926, Said Point Being The Southwesterly Corner Of The Land Described In Deed To The Buena Vista Baptist Church Of Vista, California, Recorded March 17, 1959 Under Document No. 52177 Of Official Records; Thence Along The Westerly Line Of Said Land, North 02° 10' East, 347.00 Feet To An Angle Point Therein And North 36° 50' West 178.38 Feet To The Most Westerly Corner Of Said Land, Said Easement Begins In The Northwestery Line Of Said Land And Ends In Said South Line Of Said Northeast Quarter Of The Northwest Quarter. PARCEL 4: An Easement For Water Pipelines And Appurtenances Thereto Over, Under, Along And Across The Southwesterly 5.00 Feet Of The Land Conveyed To James Preston Wiley And Reita Rebecca Wiley, Husband And Wife As Joint Tenants, By Deed Recorded March 26, 1970 As Document No. 52707 Of Official Records. Parcel 5: An Easement For Utility Purposes As Set Forth In Instrument Entitled "Reciprocal Grant Of Utility Easements", Recorded December 24, 1969 As Instrument No. 233752 Of Official Records. APN: 183-060-78-00 The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 157 1/2 Hannalei Drive, Vista, CA 92083. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$2,261,276.10 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may visit the website below using the file number assigned to this case. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. For information on sale dates please visit our website at: <http://www.firstam.com/title/commercial/foreclosure/> DATE: 3/6/20 First American Title Insurance Company 4380 La Jolla Village Drive Suite 110 San Diego, CA 92122 (858) 410-2158 David Z. Bark, Foreclosure Trustee NPP0368886 To: VILLAGE NEWS INC 03/19/2020, 03/26/2020, 04/02/2020

T.S. No. 19-00316-FS-CA Title No. 1052387 A.P.N. 103-055-43-00 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/23/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash. (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state; will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Levi Santiago, A Single Man Duly Appointed Trustee: National Default Servicing Corporation Recorded 08/28/2018 as Instrument No. 2018-0353659 (or Book, Page) of the Official Records of San Diego County, CA. Date of Sale: 05/08/2020 at 9:00 AM Place of Sale: Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$532,405.53 Street Address or other common designation of real property: 935 Iowa Street Fallbrook, CA 92028 A.P.N.: 103-055-43-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c)) were fulfilled when the Notice of Default was recorded. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 19-00316-FS-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 02/27/2020 National Default Servicing Corporation c/o Tiffany & Bosco, P.A., its agent, 1455 Frazee Road, Suite 820 San Diego, CA 92108 Toll Free: 888-264-4010 Sales Line 855-219-8501; Sales Website: www.ndscorp.com By: Tosha Augborne, Trustee Sales Representative 03/12/2020, 03/19/2020, 03/26/2020

OBITUARIES



Mary Paul Tomaskevitch, 95, passed away March 3, 2020, in Fallbrook, California. She was

born March 3, 1925, in Decatur, Alabama, to John and Inez Isley. She grew up in Ohio and Florida. Mary had many accomplishments during her lifetime. She was a photographer’s model, worked at a bank on Wall Street and joined the U.S. Navy (WAVES) where she was an air traffic controller. After her military service ended, Mary moved to Fallbrook in 1966 with her husband, William Tomaskevitch. She pursued art and co-founded Brandon Gallery in 1977. Mary was a well-respected and award-winning artist. It was through Palomar College that she taught Experimental Arts/Mixed

Media for the Adult Education Department from 1987-2010. The most important part of her life was being a loving wife and mother. She enjoyed crossword puzzles and often played Scrabble with her family. Mary is survived by her daughter, Tanya Nitcher with spouse Glen; two sisters, Virginia Schoonover and Janet Jones; one brother, Chandler Lucas. She was preceded in death by her husband William Tomaskevitch and son Peter Tomaskevitch. Many people knew her as Mary T. She will be forever missed and remembered.

SHERIFF’S LOG

March 8		
400 block Ammunition Rd	Battery	
700 block W. Fallbrook St	Arrest: Battery	
3400 block S. Old Highway 395	Arrest: Possession of controlled substance, controlled substance paraphernalia	
March 9		
2100 block Winterwarm Dr	Arrest: Battery	
700 block S. Main Ave	Burglary	
500 block De Luz Rd	Child molestation	
4200 block Linda Vista Dr	Petty theft	
400 block Ammunition Rd	Stolen vehicle	

March 10		
2800 block Alta Vista Dr	Arrest: Domestic battery	
1400 block S. Mission Rd	Arrest: Vandalism, possession of controlled substance	
100 block S. Brandon Rd	Arrest: Public intoxication	
800 block S. Main Ave	Arrest: Outstanding misdemeanor warrant	
700 block Olive Ave	Grand theft	
1100 block Senwood Wy	Family disturbance	
200 block E. College St	Family disturbance	
600 block N. Main Ave	Fraud	

March 11		
1000 block E. Alvarado St	Kidnapping	
2000 block Gum Tree Ln	Arrest: Outstanding felony warrant	
2000 block Tecalote Dr	Petty theft	
1200 block Rainbow Hills Rd	Burglary	
5000 block Lake Circle Rd	Petty theft	

March 12		
800 block E. Alvarado St	Arrest: Outstanding felony warrant	
200 block S. Wisconsin Ave	Petty theft	
500 block Ammunition Rd	Child abuse	
2300 block Rainbow Valley Blvd	Arrest: Under the influence of controlled substance	
Rainbow Valley Blvd @ Causey Wy	Carjacking	

March 13		
1500 block Malaga Wy	Arrest: Elder abuse	
1200 block S. Main Ave	Petty theft	
200 block S. Wisconsin Ave		
2400 block S. Stage Coach Ln	Obstructing an officer	
400 block N. Pico Ave	Petty theft	

March 14		
300 block W. Clemmens Ln	Arrest: Under the influence of controlled substance, parole violation	
2000 block S. Old Highway 395	Burglary	
900 block N. Orange Ave	Death	

March 15		
3800 block Alta Vista Dr	Family disturbance	
4700 block Via Belmonte	Vehicle burglary	
2000 block S. Old Highway 395	Recovered stolen vehicle	
500 block E. Elder St	Disturbance	
2000 block S. Old Highway 395	Burglary	

March 16		
3800 block Sumac Cir	Domestic abuse	
2000 block S. Old Highway 395	Burglary	

CLASSIFIEDS

Employment

field worker on Flower Farm: full time 6 days, live on Farm, small old trailer, Robert 310-612-3547

CAREGIVERS NEEDED: Seniors Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information.

Financial/Money

Attention Senior Citizens: I am an old man with money. I have worked hard all of my life. I don't know about you, but I am sick & tired of those stock market crooks & those ridiculous interest rates that I get at my bank. So, I have decided to buy raw land around Lake Elsinore. I will pay you a little less than it's worth & I will leave it to my two granddaughters ages 12 & 1. No brokers or Real Estate people. Please call Clark Cooper at 818-618-6136

Real Estate - For Rent

28ft trailer remote \$800: trailer on farm, in De Luz between Fallbrook and Temecula. Great for a guy. Some farm field work possible. Robert 310-6123547

Services Offered

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NOTICE OF PUBLIC REVIEW PERIOD AND HEARING

Public Notice of a Draft Municipal Service Review on County Service Area No. 135 and Hearing

Deadline to Submit Written Comments is Friday, April 17, 2020
Public Hearing is Scheduled for Monday, May 4, 2020

The San Diego County Local Agency Formation Commission (LAFCO) has issued a draft municipal service review on County Service Area (CSA) No. 135 and its two active service functions: (a) public safety radio communications and (b) fire protection and emergency medical. The purpose of the document is to independently evaluate the availability, demand, and adequacy of CSA No. 135 and its active service functions relative to informing LAFCO's planning and regulatory responsibilities under State law to accommodate orderly growth. This includes preparing written determinations addressing population estimates, infrastructure needs or deficiencies, financial standing, and opportunities for shared and/or consolidated resources. Key recommendations included in the draft follow.

- The distinct and separate municipal roles within CSA No. 135 suggests a reorganization of the District to formally separate into two entities and further sync its active service activities with current and future demands is appropriate.
- The preferred reorganization option involving CSA No. 135 is to divest its fire protection and emergency medical service powers and concurrently form a new dependent fire protection district to serve as successor agency.

The draft municipal service review on CSA No. 135 is available for viewing by visiting the LAFCO website at www.sdlafco.org. Hard copies are also available at the LAFCO office.

Written comments on the draft municipal service review are welcomed and should be directed to Tammy Luckett at tamaron.luckett@sdcountry.ca.gov no later than **Friday, April 17, 2020**. Written comments received by this date will be incorporated into a final report and presented for action at a noticed public hearing on May 4, 2020 at the County of San Diego Administration Building at 9:00 A.M. in Room 302.

Published March 19, 2020

ORDINANCE NO. 346

AN ORDINANCE OF THE BOARD OF DIRECTORS OF THE FALLBROOK PUBLIC UTILITY DISTRICT SETTING THE AMOUNT OF PER DIEM COMPENSATION FOR THE BOARD OF DIRECTORS

WHEREAS, Public Utilities Code Section 16002 provides that the Board of Directors may increase the amount of per diem compensation that may be received by members of the Board by an ordinance adopted pursuant to Water Code Section 20200, *et seq.*; and

WHEREAS, on February 25, 2019, the Board of Directors adopted Ordinance No. 343, setting per diem compensation at \$105 per day; and

WHEREAS, Water Code Section 20202 provides that the District may increase the amount of compensation which may be received by members of the Board of Directors in an amount not to exceed five percent (5%) for each calendar year since the effective date of the last adjustment; and

WHEREAS, a public hearing to consider an increase in the compensation of the members of the Board was duly noticed in accordance with Water Code Section 20203 and Government Code Section 6066, and said hearing was held on the date hereof.

BE IT ENACTED BY the Board of Directors of Fallbrook Public Utility District as follows:

SECTION I. The Board of Directors of the District hereby amends Ordinance No. 327, "An Ordinance of the Board of Directors of the Fallbrook Public Utility District Authorizing an Increase in Compensation of Governing Board Members," Section 4, "Director Compensation," as follows:

Section 4. DIRECTOR COMPENSATION

Compensation for the Directors of the Governing Board for regular, adjourned and special meetings, to include occurrences set forth in Section 12.1.1 of the Administrative Code, is established at One Hundred Ten Dollars and Twenty-Five Cents (\$110.25) per day for each day's attendance. A Director shall not receive compensation for more than 10 days of service in a month. Increases will be subject to the requirements of California Public Utilities Code Section 16002 and California Water Code Section 20200 *et seq.*

SECTION II. All other provisions of Ordinance No. 327, as adopted on January 26, 2009, shall remain unchanged and in full effect.

SECTION III. Ordinance No. 343, adopted February 25, 2019, is hereby repealed and shall no longer be of any force or effect.

SECTION IV. Section 2.12 of the District's Administrative Code shall be revised to replace "One Hundred and Five Dollars (\$105.00)" with "One Hundred Ten Dollars and Twenty-Five Cents (\$110.25)." All other provisions of Section 2.12 shall remain unchanged and in full force and effect.

SECTION V. If any clause or provision of this Ordinance is found to be void or unenforceable by a court of competent jurisdiction, the remaining provisions of this Ordinance shall nonetheless continue in full force and effect.

SECTION VI. This Ordinance shall be posted at three public places in the District and shall be caused to be published pursuant to Section 6061 of the Government Code in the Fallbrook Village News, a newspaper of general circulation. This Ordinance shall take effect on April 26, 2020, which date is one year from the operative date of the last adjustment and is no less than 60 days after its passage.

PASSED AND ADOPTED by the Board of Directors of the Fallbrook Public Utility District at a regular meeting of the Board held on the 24th day of February, 2020, by a roll call vote, as follows:

AYES:	Directors Baxter, Endter, DeMeo, McDougal, and Wolk
NOES:	None
ABSTAIN:	None
ABSENT:	None

President, Board of Directors

ATTEST:

Secretary, Board of Directors

Published March 19, 16, April 2, 9, 16, 2020

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

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EDUCATION

Local schools close due to coronavirus, county education office says

Will Fritz
Staff Writer

Fallbrook area schools will be shuttered for several weeks amid ongoing concerns about spreading the novel coronavirus, it was announced Friday, March 13.

The San Diego County Office of Education announced that more than two dozen school districts around the county will close until April.

Fallbrook Union Elementary School District and Fallbrook Union High School District will both close campuses through April 10, Bonsall Unified School District will close schools through April 6 and Vallecitos School District, which serves Rainbow, will close its sole campus through April 14, according to the county office of education.

Fallbrook Union Elementary announced plans to provide free meals to all children under age 18 from 11 a.m. to 1 p.m., Monday through Friday, beginning Monday, March 16.

Locations for meal pick up starting Monday are:

- **Maie Ellis Elementary**
400 W Elder St., Fallbrook, CA 92028
- **William H Fraizer Elementary**
1835 Gum Tree Lane, Fallbrook, CA 92028
- **La Paloma Elementary**
300 Heald Lane, Fallbrook, CA 92028
- **Potter Jr. High School**
1743 Reche Road, Fallbrook, CA 92028



The Fallbrook High School student parking lot is empty on Tuesday, March 16 after orders to close schools amid the coronavirus outbreak. Village News/Shane Gibson photo

The Fallbrook Union High School District announced a similar program, with meals to be made available from 11 a.m. to 1 p.m., Monday through Friday, at the entrance to the Fallbrook Union High School campus, 2234 S. Stage Coach Lane in Fallbrook.

Fallbrook Union Elementary also announced its regularly scheduled school board meeting, planned for March 16, will be conducted by teleconference.

Meanwhile, Palomar College, which serves many North County community college students, announced it will move most classes online as of March 30, following its March 23-27 spring break.

“These include classes at the San Marcos campus, as well as the education centers in Rancho Bernardo, Escondido and Fallbrook,” the college said in an email announcement. “To prepare for this initiative, faculty are being provided two non-instructional days March 18 and March 19.”

The announcements come a day after local school district officials said they did not have any immediate intentions to close schools.

The Bonsall, Vallecitos, and Fallbrook elementary and high school districts had said as late as Thursday afternoon that there were no plans to cancel classes.

“The decision to close schools, if necessary, will be made in consultation with our local public health department and the CDC,” Trench, the FUESD representative, said Thursday, March 12. “At this time, it is not recommended by public health experts that K-12 schools close as a preventative measure. If these health organizations see the need to close one or more schools at any time, we are ready to do so.”

By the end of the day Friday, all San Diego County and Riverside County schools had announced weeklong closures.

Six simple steps to staying friends with your adolescent

The American Counseling Association

Adolescence is a difficult stage for both teens and their parents. While most parents recognize adolescence as a time when young people are learning to be more independent, many are unsure about how to loosen the reins and allow more freedom. After years of making decisions for the child, it’s now time to step back and watch the teenager experiment.

Here are some simple suggestions for maintaining that role of parent, but also for being a friend.

Be loving. If you have a close, loving relationship with your child, then don’t change that. If it hasn’t been that loving, make it so now. This is the time when love, attention and affection are needed more than ever. Keep hugging your child and don’t stop praising and validating him or her.

Talk and listen. Teenagers don’t want to be lectured, but often need to talk. Have something interesting to say besides, “How’s school?” And be a good listener. Teens will share thoughts and feelings if they know it’s safe to share and that you’re really paying attention.

Spend time together. Giving your teen your time and full attention tells your child he or she really matters to you. Invite your teen on shopping trips and outings of their choosing.

Show respect and trust. Many teens say adults always want respect but don’t think they have to give respect. Teenagers want to be trusted to make good decisions and choices; to show their integrity; to make mistakes and to deal with the consequences. They’re anxious to show they’re growing up but need assurances that they’re doing it well.

Be interested. Take a sincere interest in their hobbies, music, their sports teams. Stay close and available, but don’t barge in or crowd their lives. You don’t have to even like all the things your teen likes. Just learn enough to hold a solid conversation.

And don’t... Don’t dump your problems, worries and cares on your teen. Don’t embarrass or humiliate your child in front of friends to make a point or exert control. Don’t be judgmental or compare your teen to other teens. Don’t ever start a sentence with, “In my day...!”

Adolescents want a good, healthy life for themselves. They really want to do the best that they can. Let them have their own dreams and help them fulfill them. Be a friend helping them as they find their way into adulthood.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@ counseling.org or www.counseling.org.



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CSUSM summer session offers 170 courses to the community

SAN MARCOS – The upcoming summer session at California State University San Marcos offers more than 170 accelerated courses that are open to CSUSM students as well as students from other universities and individuals in the community. Summer session dates are June 1 through Aug. 8.

Course topics feature such disciplines as mathematics, communications, computer science, women’s studies, human development, psychology, sociology, political science and art, media and design. The classes are offered on a compressed timeline with students earning units in as little as five weeks. Face-to-face, online and hybrid formats meet a variety of needs.

During summer session, students from other universities, qualified high school seniors and community members can register for courses without being formally admitted to the university. Credits from CSUSM courses are fully transferable to other institutions. In addition, up to 24 undergraduate and nine graduate units taken as a nonmatriculated student may be counted toward a CSUSM degree.

By taking advantage of accelerated classes during summer session, students can get a head start on education goals, speed time to graduation or lighten the course load required in fall and spring terms.

The first block of classes will be held June 1 to July 2, and the second block of classes are scheduled for July 6 to Aug. 8. A small selection of classes run the full 10-week summer session, June 1 to Aug. 8.

Registration for CSUSM students opens March 23 and for the public March 30. For more information on summer session, visit www.csusm.edu/summer.

Submitted by California State University San Marcos.



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Roberds celebrates 100th birthday

Village News staff

The Fallbrook Senior Center held an early 100th birthday celebration for longtime Fallbrook resident Bud Roberds. March 12 was the day of the center’s monthly birthday lunch; Roberds was born March 30, 1920.

Roberds often plays the piano for the congregate meals held at the Fallbrook Community Center. This time, some of the Fallbrook Ukulele Strummers provided musical entertainment.

Roberds is a familiar figure at Peking Wok in River Village where he plays the piano Tuesday and Thursday nights, at St. Peter the Apostle Church where he attends Sunday morning Mass and at California Retired Teachers Association meetings.

His biography is also familiar for a man his age. Roberds grew up in San Jacinto, California and married Jewell Tripp, January 1941. They had been married for 73 years when she died in 2014.

They lived in Burbank while he continued his education at UCLA. In the middle of his senior year, he was drafted into the U.S. Army, March 1943. He went through basic training at Fort Custer (Michigan) in the Military Escort Guard unit, and his first assignment

was guarding German prisoners of war at Fort McClellan (Alabama). Roberds was transferred to a 40 mm anti-aircraft artillery unit in 1944, eventually joining General George Patton’s Third Army when it crossed the Rhine River in March 1945.

His unit was guarding an airport north of Munich when the German war ended. He stayed in Munich another year as part of the occupation force before returning to the U.S. in March 1946. He was discharged April 5, 1946.

After returning stateside, he was offered a position to teach music at his alma mater, San Jacinto High School. Having passed his midyear exams before being drafted, he did not have to go back to college to finish his degree.

Roberds, who as the son of a musician grew up learning to play various instruments, taught music in San Jacinto for nine years before he and his wife moved to Fallbrook in 1956.

Roberds was employed as a music teacher by both the Fallbrook Elementary and Fallbrook High school districts for four years before he became full-time at the high school in 1960.

Roberds counts his two children – Bill (class of 1969) and Lorraine (class of 1972) – among the

students he taught at Fallbrook High before retiring from the school in 1979.

In May 2018, Roberds was chosen to go on an Honor Flight to Washington, D.C. His son was his guardian for the trip. The group was taken to all of the war memorials, but the most memorable part of his Honor Flight trip was “that return to San Diego.”

“As we were coming into land (at San Diego International Airport) the pilot told us to look out the window,” said Roberds. “Then we saw all these police cars lined up with their lights on to welcome us home.”

Once in the terminal, the group was greeted by a throng of cheering people. “God almighty,” said Roberds, the memory causing his eyes to tear up like they did that day. “A lady gave me a tissue. When I was talking to other guys, they said they had tears. It was one of the most amazing group things I’ve been involved with. This really touched me. It was the end (of the trip), but the climax.”

Roberds still lives at home and, while he has a caregiver, he continues to drive himself wherever he needs to go. He just renewed his driver’s license, for five years.



Bud Roberds celebrates his 100th birthday Village News/Michele Howard photo at the Fallbrook Senior Center’s birthday lunch, March 12. Sunshine Properties provided the cake.



Attending the birthday lunch are, from left, seated, Jane Lewelling, Lucy Sanders (who turns 99 in April), Bud Roberds; standing, Hanh DeMore, Michael Bermudez and Rosa Bermudez.



The Fallbrook Ukulele Strummers entertain the birthday lunch crowd at Fallbrook Community Center.



During his Honor Flight trip to Washington D.C., Bud Roberds poses with figures from World War II.

Sanders to celebrate 99th birthday

Lucy Sanders has lived in Fallbrook since 1959. She was born April 9, 1921, and remembers her sixth birthday party when her mother went into labor and had her younger sister that same day.

Sanders and her sister plan to go to Las Vegas for their birthday this year. Like Bud Roberds, Sanders also just renewed her driver’s license.



Members of the local American Legion and Veterans of Foreign Wars recognize World War II veteran Bud Roberds, front, at his 100th birthday lunch, from left, back, Bill Howard, Lora Wood, Chris Ingraham, Michael Bermudez and Tom Lester.



Bud Roberds plays “Happy Birthday” at the Fallbrook Senior Center’s October birthday lunch.

HEALTH & BEAUTY

CDC releases guidelines to clean and disinfect the home in wake of virus outbreak

Kim Harris
Managing Editor

In light of the COVID-19 outbreak, the Centers for Disease Control and Prevention has issued guidance on cleaning and disinfecting homes and businesses to help prevent the spread of the virus.

While transmission of coronavirus occurs much more commonly through respiratory droplets than through contaminated surfaces, which has yet to be documented, current evidence does suggest that novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials.

“Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings,” the CDC said.

The new cleaning guidance issued by the CDC last week aims at limiting the survival of the virus in the home and work environment.

To prevent the spread of germs, people should routinely clean frequently touched surfaces such as tables, doorknobs, light switches, handles, desks, toilets, faucets and sinks with household cleaners and Environmental Protection Agency registered disinfectants appropriate for the surface. Following instructions on the label helps to ensure the effectiveness of the product, the CDC said.

“Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product,” the CDC said.

For homes where a COVID-19 patient – either confirmed or suspected – resides household members should clean and disinfect high-touch surfaces daily in household common areas such as tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets and sinks frequently.

Other cleaning tips for COVID-19 households include

having a dedicated bedroom and bathroom for the patient, where cleaning frequency should be reduced to cleaning as needed to avoid unnecessary contact with the sick person, the CDC said.

“As much as possible, an ill person should stay in a specific room and away from other people in their home, following home care guidance,” the CDC said. “The caregiver can provide personal cleaning supplies for an ill person’s room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners and EPA-registered disinfectants.”

If a separate bathroom is not available, then the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as possible after use by an ill person to clean and

disinfect the high-touch surfaces.

When cleaning and disinfecting surfaces, wear disposable gloves that should be discarded after each cleaning. If reusable gloves are used, they should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.

If surfaces are dirty, they should be cleaned using a detergent or soap and water before disinfection.

To disinfect surfaces, use diluted household bleach solutions, alcohol solutions with at least 70% alcohol or EPA registered household disinfectants. Check to make sure all cleaning products have not passed their expiration dates and follow all instructions, including those for proper ventilation.

Remember to never mix bleach with ammonia or any other cleanser.

For soft surfaces such as carpeted floor, rugs and drapes, remove any visible contamination and clean with appropriate cleaners indicated for use on these surfaces. After cleaning, launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using

the warmest appropriate water setting for the items and dry items completely or use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces.

When handling an ill person’s laundry, wear disposable gloves that can be discarded after each use. If using reusable gloves, be sure to dedicate them for cleaning and disinfection of surfaces for COVID-19. Do not use them for other household purposes and clean hands immediately after gloves are removed. If not using gloves, immediately wash hands after handling dirty laundry.

Do not shake dirty laundry to minimize the possibility of dispersing virus through the air and launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an



Village News/Courtesy photo

ill person can be washed with other people’s items.

Also be sure to clean and disinfect clothes hampers after use.

Other preventative measures:

Clean your hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol can be used. However, if hands are visibly dirty, always wash hands with soap and water.

Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching eyes, nose or mouth with unwashed hands. Clean your hands after blowing one’s nose, coughing or sneezing, after using the bathroom, before eating or preparing food, after

contact with pets or animals and before and after providing routing care for another person who needs assistance such as a child.

Remember when caring for someone with COVID-19 or any other illness, it is helpful to prevent spread of the illness by having the ill person eat in their room. If using non-disposable food service items, use gloves and wash items with hot water or in a dishwasher. Wash hands after handling food service items.

Also dedicate a lined trash can for the ill person, use gloves when removing trash bags, handling or disposing of trash. Wash hands afterward.

Home care guidance issued by the CDC is available online at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html.

Kim Harris can be reached by email at valleyeditor@reedermedia.com.

Loma Linda University Medical Center – Murrieta receives accreditation for medical residency program

MURRIETA – Loma Linda University Medical Center – Murrieta has received accreditation for its three-year family medicine residency program by the Accreditation Council for Graduate Medical Education, with the first cohort set to begin in June.

The program was first launched in 2018 in response to a physician shortage in California, specifically primary care physicians within the community. The federal government’s Council on Graduate Medical Education recommends 60 to 80 primary care doctors per 100,000 people. In the Inland Empire, there are approximately 35 physicians per 100,000, according to a report from The Future Health Workforce Commission.

With a diverse patient base

from young families to retirees, the residency program aims to train family practitioners who will connect and serve as active members of the community, ultimately promoting communitywide engagement in patient health. Peter Baker, senior vice president and administrator at Loma Linda University Medical Center – Murrieta, said the program is a part of the hospital’s commitment to providing the region access to robust care services.

“Providing exceptional primary care services is vital to the health of the community,” Baker said. “Our region is growing fast and we’re thrilled at the opportunity to train the next generation of professionals eager to work among a diversified community whose primary care needs are increasing.”



Loma Linda University Medical Center — Murrieta family medicine residency program receives accreditation by the Accreditation Council for Graduate Medical Education, residents to start in June 2020.

Dr. Martha Melendez, residency program director of family medicine at Loma Linda University Medical Center – Murrieta, said they will offer an unopposed program for residents specializing in family medicine. This unique education style will serve as an opportunity to practice, treat and care for patients in various health care settings without the competition for attending physicians’ time or hands-on training. The Family Medicine Residency program is designed to provide a broad foundation in medical training in a community setting with the resources of a university.

“Community health and compassionate patient-centered care are at the heart of what we

do,” Melendez said. “Our program is designed to both provide the individualized training necessary for residents to pursue their highest aspirations as physicians while also offering community outreach opportunities to foster compassionate and patient-centered care.”

A journey of two years in the making, the Family Medicine Residency program at Loma Linda University Medical Center – Murrieta received accreditation by the Accreditation Council for Graduate Medical Education. The program will accept 12 residents per year, with 36 residents, with the inaugural white coat ceremony and cohort slated for June 2020.

“We are excited to be aligned with the rest of the health system in

becoming a teaching institution,” program executive Jared Horricks said. “With this program, our goal is to continue serving this region by recruiting, retaining and training the best family medicine physicians to serve the community.”

The program is currently accepting candidates. For more information on the Family Medicine Residency program, please reach out to program coordinator Renee Sayegh at MurrietaGME@llu.edu. To learn more about Loma Linda University Medical Center – Murrieta, visit www.murrieta.lluh.org.

Submitted by Loma Linda Medical Center – Murrieta.

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Coronavirus and pets – What you should know

MISSION HILLS – With coronavirus on the forefront of everyone’s minds, pet owners can be reassured that their relationships with their dogs and cats are safe and can serve as a source of comfort during a crisis.

Best Friends Animal Society’s mission is to end the killing of pets in America’s shelters and to lead the effort to achieve no-kill for dogs and cats nationwide by 2025. So, when fear and uncertainty spread through our communities, as is occurring as with the spread of coronavirus, or COVID-19, doubt can disrupt everyone’s normal way of life, even affecting the choices they make about their companion animals.

While pets may be impacted by this crisis on several levels, one way they are not affected is by contracting or spreading COVID-19.

“Currently, multiple health organizations, including the Centers for Disease Control,

World Health Organization and the American Veterinary Medical Association have stated that pets and domestic animals are not at risk for contracting COVID-19,” Julie Castle, CEO for Best Friends Animal Society, said. “We are obviously concerned about any health risks to our dogs and cats, but we encourage those with pets to steer clear of alarmist messages that might scare them into thinking they can catch this virus from their animals. We are especially concerned that this fear may result in an increase in pets being relinquished to shelters unnecessarily.”

As communities across the country face uncertainty about the spread of coronavirus, some people may consider surrendering their pets to local shelters. People who are feeling concerned about their health and financial stability for the coming weeks and months may feel overwhelmed caring for their pets.

Some have begun expressing a

fear that they will become ill and won’t be able to provide for their pets. Animal shelters are bracing themselves for the possibility of fewer adoptions and fewer foster homes, as people choose to go out less and less.

Best Friends suggested focusing on what is known. Right now, people should continue to follow recommended preventive actions, such as thoroughly washing hands and avoiding crowds whenever possible, especially if one is in a high-risk group as identified by the experts.

People can help reduce the impact on local shelters by committing to keep their pets safe at home, adopting a pet from a shelter or rescue group and reaching out to foster or donate to support the animals in their community.

“With so much news circulating about coronavirus, it’s important to seek out updated information from reliable expert sources and avoid speculation and focus on the



Pets and domestic animals are not at risk of contracting COVID-19. Village News/Courtesy photo

information we do already know,” Castle said.

For trusted sources on up-to-date information, Best Friends recommended the following: Centers for Disease Control and Prevention, <https://www.cdc.gov/coronavirus/2019-ncov/index.html> World Health Organization, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> Submitted by Best Friends Animal Society.

Thinking About Health: Generic drugs not always equivalent, sometimes dangerous

Trudy Lieberman
Community Health News Service

As insurance companies push doctors to save money by switching their patients to generic drugs, complaints about those generics appear to be on the upswing.

That’s the observation of journalist Katherine Eban, who has written a book, “Bottle of Lies,” that tells a very dark tale about the generic drug industry and the safety of generic drugs Americans are increasingly taking.

“My inbox is full of communications from patients who were on a drug that worked but were switched to a generic that didn’t work,” she told me. “Patients find themselves on a medical odyssey.”

She illustrated her point with a case from a major U.S. hospital transplant center where transplant patients who were switched to an immunosuppressant drug made in India suffered organ rejection.

One died, and the other had a “tough stay in the ICU,” she said. Eban also said the plight of one woman whose depression was

stabilized on a brand drug but whose condition worsened when the pharmacist switched her to a generic.

In these cases, the pharmacy made the switch because it could. Many states allow pharmacists to make generic substitutions unless a doctor indicates the prescription must be dispensed as written. Many patients are not aware of those laws, which have been on the books in some states for many years.

“If you are taking a maintenance medication, you may not know you’ve been switched,” Eban said.

Hundreds of patients have told Eban that they don’t do well on some of the generics and have no clue why.

But whether you are unknowingly switched to a generic or your physician, under pressure from an insurer to save money, decides to switch you, it’s important to understand the rules of the new pharmaceutical game you’re being asked to play.

That game is increasingly focused on the ingredients that go into generic drugs, which are

mainly coming from India and China where Eban’s book showed that good manufacturing practices are often ignored in the name of profits.

Eban described the generic drug industry abroad as a “maze of global deception.”

One company, for example, deceived regulators around the world by submitting fraudulent data that made its drugs appear bioequivalent to brand name drugs.

“We are dependent on distant drug manufacturers yet have little visibility into their methods,” Eban said.

Eban also found that Americans can’t rely on the Food and Drug Administration to assure that generics made abroad are safe. Although the agency reviewed data from foreign generic drug makers and inspected their plants, it was not systematically testing the drugs.

Yet, she pointed out that some 40% of the U.S. generic drugs are made in India. Eighty percent of the active ingredients in all of our drugs, whether brand or generic,

are made in India or China.

Everyone has a stake in safe and good manufacturing practices from companies abroad.

What Eban uncovered helps explain why that generic drug a doctor prescribed doesn’t work as well as a brand drug. Maybe it has been adulterated to save money and increase profits for the manufacturer.

“The FDA has presented generics as a bargain with no downsides,” Eban said. “But there are hidden costs that are not being examined.”

Those costs come when people end up in the emergency room or in the ICU because a generic has not worked properly.

“No one has studied those costs,” she said, noting that such incidents are “very frequent” based on the feedback she’s received.

So how do patients protect themselves if the generic drugs that insurers push us to buy or those given in hospital settings are unsafe? I asked Eban for advice.

She suggested learning more about the manufacturer of the drug. The drugmaker is typically listed

on the dispensing label. Find out if the manufacturer has been in trouble with the FDA by looking at the inspections, compliance and enforcement sections of the agency’s website. If the company has received a warning, that’s a red flag.

It’s not possible, however, to find out where your drug was made. No law requires a drugmaker to disclose the country of origin for either the ingredients or the manufacturing of the drug itself.

You can also find out if others are complaining about a particular generic that is not working properly. If they are, that helps build the case to get your doctor to switch you to a different brand. One source for learning about complaints is the People’s Pharmacy at www.peoplespharmacy.com. For more advice, consult Eban’s website at www.katherineeban.com.

Have you had experience with generic drugs that haven’t worked well? Write to Trudy at trudy.lieberman@gmail.com.

Kicking It



Elizabeth Youngman-Westphal
Special to The Village News

With lots of press about the coronavirus, it certainly was reassuring to read Dr. Veltimeyer’s letter to the editor March 5.

All the same, I admit to stocking up on face masks and gloves for my upcoming European escape while comforting myself with loads of antibacterial wipes, too.

After all, aren’t we all responsible for our own well-being? It is my goal to remain healthy. The last thing I want to hear is an airline agent say, “Madam, you have a temperature and cannot board.”

Yes, I am still going. Instead of Venice, I’ll be going to Dublin staying at the Clontarf Castle Hotel followed by a two-day bridge excursion to Harrogate, United Kingdom, before training south for five more nights of bridge at the seaside town of Paignton, U.K.

On April 2, it’s back on board The Great Western Railway north to London and over to the JW Marriott on Hyde Park for two nights returning home Saturday, April 4.

San Diego theaters have responded to the governor’s mandate and are closed until further notice. Since I am ticketed at the Theater Royal Haymarket to see “Only Fools and Horses” Thursday, April 2; I will see if they too take Newsom’s advice.

Three weeks ago, something wretched went through my system leaving me with a mild snuffle. Never liking to share my maladies with others, I have stayed home.

Actually, one night I was so cold at bedtime I wore socks, flannel pajamas, T-shirt and a satin quilted robe and tucked myself under flannel sheets, a blanket and a duvet-covered-down quilt.

And there was Vincent, shirtless with the covers pushed down to his waist and one foot hanging over the edge.

After a 10-day pause, I am happy to report I am on schedule.

Using what Kellen taught me I am adding to each exercise. I’ve doubled everything: 20 pushups, 20 jumping jacks, 20 deep-squats, except I have fallen behind on the cursed situps. As we travel across France, Ireland and Great Britain, it is my hope to increase each set to 50 repeats apiece.

Encouraged by a bridge partner, I’ve added a plank to my routine. While I can only hold mine for 14 seconds, Renee said one minute was her top. Well, there’s a goal.

Forewarned about the daily exercise routines, granddaughter Autumn will be a daunting workout partner. My 27-year-old grandchild will show no mercy. As a competitive swimmer, her upper body strength is impressive and her glutes are rock solid.

Autumn’s college-graduation tour was also canceled; accordingly, she will be scooting

through Europe with me. With the exception of when I fly back April 4, she will go to Amsterdam for two nights to take her unchangeable flight homeward April 6.

Not to worry, my plan is to wipe every surface within 6 feet of me during this trip. I, alone, may end this contagious outbreak single handedly.

I will try and keep my column up; I feel just like Brenda Star. Adieu.

P.S. A big shoutout to fellow gym rat Mark Markham for taking my new picture.

Elizabeth Youngman-Westphal can be reached at eyoungman@reedermedia.com.

Editor’s note: The much anticipated trip described in this column is not happening due to the cancellation of flights into Europe.

Spring cleaning the mind

Dr. Alok Trivedi
Special to Village News

It’s time for the annual spring cleaning of the home, office and any other space that is cluttered. But what about the mind? After all, it takes in tons of information and has to remember important details every single day. If you don’t clear the mind, you won’t be able to function at optimal performance. How can you best spring clean the mind?

Here are eight tips for spring cleaning the mind.

Get quiet with your thoughts.

Our minds are continuously cluttered with tons of information. From everyday events happening around us to important details at work and at home that we have to remember, most people usually feel overwhelmed. To free your mind and give it a break, you have to get quiet with your thoughts. Find somewhere with no

distractions to sit and relax and do absolutely nothing that makes you think. Just sit still and focus on the quiet. Do this at least once a day.

Say “no” to electronics and other distractions.

Playing on your phone or tablet might sound fun and like a great way to forget about things, but it’s not going to free up your mind or give your brain a rest. Neither is reading, doing a word search or anything at all that involves focus. The idea is to not do anything that involves thinking, strategizing, comprehending, comparing or the like. Take time to tune out and shut off the brain each day.

Practice making better decisions.

One of the ways people get mentally bogged down is by sitting on decisions for too long. Make an effort to become faster when making decisions. Certain things do require thought, so give

yourself a deadline so you don’t overthink it. Once the deadline comes, make your decision and move on. One hint is that your gut instinct is usually correct. Another hint is if you do make the wrong choice, most things can be corrected.

Seek more enjoyment.

Most people are constantly stressed out and take their careers and other responsibilities very serious. That’s not a bad thing, but you need to find time to have fun and enjoy life. If you don’t find any enjoyment in your career, perhaps it’s time to find a new line of work. If you don’t have any fun with the activities you engage in, it might be time to find some new interests. Finding enjoyment is so important to spring cleaning the mind.

Avoid multitasking.

We are a society that loves to multitask. The result is mental overwhelm, stress and anxiety.

Instead, focus on doing one task at a time. You’ll see better quality results, and you’ll feel more relaxed and in control.

Forgive and forget.

Are you holding any grudges against anyone who did you wrong? It might be time to make amends and put it in the past. Holding onto resentment and anger is one of the best ways to bring on mental anguish and overwhelm. Make a decision to let go of the past, even if you believe you did nothing wrong. It is such a freeing experience, and your mental and physical health will thank you.

Get more excited.

Do you wake up in the morning dreading the day ahead? Or, are you getting out of bed pumped up about the day and weeks ahead? Studies have proved that those who look forward to the future are more mentally healthy. As part

of your mental spring-cleaning ritual, start to have things you are genuinely excited about.

Focus on better time management.

People love to say they wish there was more time in the day. The reality is we all have the same 24-hours each day. The secret is becoming a master of time management. Plan out your day ahead of time and leave a cushion for any appointments that run later than expected. Prioritize things from most important to least important. Learn to delegate. The best mental spring-cleaning time management strategy: learn to say “no” and stop overcommitting.

Dr. Alok Trivedi, who has a doctor of chiropractic in human anatomy, is an expert in human behavior and psychological performance. He is the founder of the Aligned Performance Institute, <http://alignedperformanceinstitute.com>, and author of the book “Chasing Success.”

more Health on page B-5

ENTERTAINMENT

Fallbrook seniors sail across San Diego Bay with Silvergate



Silvergate Fallbrook residents and guests disembark at the Coronado Ferry Landing, March 5.

Village News/Community photos

FALLBROOK— More than 40 local seniors took part in a special Silvergate Fallbrook outing to Coronado in San Diego Thursday, March 5, for an exclusive excursion that had them voyaging on the sea and trekking over land for the day. The event was one of the many unique day trips the community regularly showcases on its year-round roster of activities. The Coronado trip carried Silvergate’s guests across the San Diego bay on the wind-swept deck of a Broadway Ferry appropriately named the “Silvergate” to arrive at the dock on the opposite side. They disembarked for an upscale luncheon of Italian cuisine at Il Fornaio restaurant, where they shared in the relatable musings of one-of-a-kind senior comedian Anita Milner, who at 83 years old loves to perform for her peers. “We seniors have all kinds of

funny anecdotes to share with one another and wisdom to pass along to the younger generations,” Milner said, who as a longtime practicing attorney, a widow, mother and grandmother has seen her share of ups and downs in her life. “Aging gives you so much to be grateful for and so much to laugh about. There’s no reason to shrivel up and waste away as you grow old. Your perspective on what makes life enjoyable can get better and better with every decade that passes,” Milner said. Embracing each moment and making every day matter are longtime mantras at Silvergate Fallbrook. Seniors are able to participate regularly in a variety of activities at the community, where musicians, dance troupes and entertainers often come to perform for residents.

While many events take place on-site, a number of excursions and day trips are hosted outside the community, like trips to the Del Mar Races, outings to local wine country and plays at the Old Globe Theater. The dynamic roster of activities, events and out-of-the-area excursions have set the community apart in Fallbrook as the leader in offering engaging programming for seniors. “I love to see a little something different outside of Fallbrook, which is why I attended Silvergate’s luncheon and comedy show,” Maggie Donovan said, who spends a generous amount of time at home as a caregiver for her husband and is considering the community as her potential future home. “It was fun to get on the ferry, see the sun rippling on the water and then have such a fabulous lunch with all these new people.



Anita Milner, an 83-year-old comedian, performs during lunch at Il Fornaio, part of the Silvergate Fallbrook outing.



Silvergate’s day trip includes a trip across San Diego Bay on the Broadway Ferry appropriately named the “Silvergate.”

The comedian was so hip and really made us laugh. I think it’s great that Silvergate arranges the right kinds of trips for folks my age. They make sure we get there and back safely and are sure to have a good time,” Donovan said. “I’ve been a resident of Fallbrook for more than 40 years, and Silvergate has always been so friendly to the seniors in this town,

regardless of whether or not they live here,” Donna Dunkel, who attended the luncheon festivities with the Silvergate group, said. “This was my first time attending a Silvergate community outing, and it was a wonderful way to spend the day. Everyone was just so friendly.” Submitted by Silvergate Fallbrook.

Bonsall Woman’s Club announces awards



Bonsall Woman’s Club Volunteer of the Year Award Laurie Criscenti holds her award.



Jackie Nolf’s knitted sweater is a Best of Show winner in Crafts.



Patty Merriam’s “Last Flight of the Day” is a Best of Show winner in Photography.

FALLBROOK – An air of excitement prevailed at the March meeting of The Bonsall Woman’s Club. The much-anticipated Volunteer of the Year Award was presented. The club also revealed the winners of the Palomar District Art Festival. The Volunteer of the Year was presented to that member who best exemplifies the true meaning of volunteerism. The 2020 recipient was Laurie Criscenti. Criscenti serves as the fourth vice president of ways and means. She volunteered her time and talents on several committees as

well. She facilitated the use of credit cards by members as they participate in club functions, rather than only using cash or checks. In her various undertakings with the club, she demonstrated strong leadership and organization skills, and she is someone the club can rely on. Following are the winners of the annual Palomar District Art Festival:

Crafts
Knitting
Best in Show – Jackie Nolfk for

her color-work crochet cardigan
Best in Show – Beatriz Liner for her can tab black purse
Second place – Mary Forbess for her afghan
Counted-Cross Stitch
Best in Show – Bev York for her flamenco dancer
Other Needlework
Second Place – Patty Merriam for her tropical birds tea towel set

Photographs
Still Life – Color
Best in Show – Marleen DuBona’s “Maestra Peace Mural”
Second Place – Mary Jane Poulter’s “Crown with High Heel Shoes”
Still Life – Black and White
Best in Show – Patty Merriam’s “A Closer Look”
Second Place – Marleen DuBona’s “Garden Court, Palace Hotel”
Third Place – Patty Merriam’s “Delicate Beauties”
Living Things – Color
Best in Show – Mary Jane Poulter’s “Lady with Parrots”
Second Place – Patty Merriam’s

“Just Chillin”
Third Place – Marleen DuBona’s “Elizabeth’s Amaryllis”
Living Things – Black and White
Best in Show – Patty Merriam’s “Last Flight of the Day”
Second Place – Marlene Rantanen’s “Curiosity”
Third Place – Marleen DuBona’s “Brazilian Pepper”
Volunteers in Action
Best in Show – Mary Jane Poulter’s “The Lucky Ticket”
Scenes-Color
Second Place – Marlene Rantanen’s “Desert Spring”
Third Place – Mary Jane Poulter’s “Roman Statue on Rocks with Waterfalls”
Scenes – Black & White
First Place – Patty Merriam’s “Jagged Tranquility”
Second Place – Marleen DuBona’s “Classic Golden Gate”

Writing Contest – Poetry:
Best in Show (overall) – Elizabeth Johnson

Poetry – Inspirational
Best in Show – Elizabeth Johnson for “In the Forest of Shrilong”
First Place – Barbara Chahbazian for “Positive”
Poetry – Whimsical
Best in Show – Barbara Chahbazian for “One Day”
First Place – Peg Long for “Jewelry”
Memoir
Second Place – Barbara Chahbazian for “Imagination”
Paintings
Best in Show – Barbara Chahbazian’s “Lion”
Best in Show – Barbara Chahbazian’s “Stormy Cloud over a Meadow”

Of particular note, the Best in Show entries will compete at the state level of the California Federation of Women’s Clubs for judging May 20.

Submitted by Bonsall Woman’s Club.

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Gogo Grandmothers raise funds with Art for Africa event



An acrylic painting by one of the participating artists helps raise funds for grandmothers raising grandchildren in Malawi.

FALLBROOK – The Fallbrook chapter of the Gogo Grandmothers Group, in conjunction with students from Calvary Chapel Bible College in Murrieta and led by Rebecca White, raised a hullabaloo as well as money for Africa at the Fallbrook Coffee Company, March 7.

Artists from the group sold their paintings, vases and painted guitars. Musicians from the group played in the parking lot, while Mexican food was sold

and Fallbrook’s local businesses donated items for a silent auction like books and a mug from The Shop Around the Corner.

All the money went directly to a small village in Malawi called Chipayika for the gogos - grandmothers - who raise their grandchildren alone.

Gogo Grandmothers is a SAFE project which links grandparents and others from developed countries to grandparents caring for orphans in Malawi, thereby



Rebekah White introduces a buyer to artists whose work is being sold at the Gogo Grandmothers fundraiser.

Village News/Courtesy photos

addressing one of the outcomes of the HIV/AIDS pandemic within a faith-based context. For more information visit www.gogograndmothers.com.

Anyone who would like information on how to get involved with the Fallbrook Gogo Grandmothers group and make a difference for those in need can call Anna White at (760) 419-0893.

Submitted by Fallbrook Gogo Grandmothers.

Anna White serves beans to the patrons attending the dinner portion of the fundraiser.



County libraries move to curbside pickup to help stop coronavirus

Gig Conaughton
County of San Diego
Communications Office

The county of San Diego’s libraries are going to curbside pickup to help county residents practice social-distancing to stop the spread of coronavirus and still enjoy all the library books, digital magazines, music, movies and other fares they love.

Starting Wednesday, March 18, county library patrons can use the library’s online catalog or call their branch libraries, place orders for the books they’re looking for and

then pick them up at the library’s curbside weekdays between the hours of 9 a.m. and 4:30 p.m. when the material is ready.

At the same, County Library Director Migell Acosta said library patrons can still access all the Library’s e-books and e-magazines around the clock – 24 hours a day, seven days a week – by downloading the Libby app for e-books or Flipster (under e-books and e-magazines) for e-magazines like Sports Illustrated, People, Time. The New York Times and other reference resources are available on the library website.

County libraries are moving

to the curbside pickup to help the public deal with calls from the federal, state and the County Public Health Officer to stay at home, away from crowds and practice social-distancing to stop the spread of novel coronavirus, which can cause the disease COVID-19.

Acosta said using curbside pickup will be easy to use. Residents with county library cards can go to the library website, sdcl.org, use the catalog search to find the books or materials they’re looking for, then place their order right then online, or call their respective library to place

their order.

Library staff will then send patrons an email letting them know when their books are ready for them to call ahead and pick them up at the curbside, again, from 9 a.m. to 4:30 p.m. Monday through Friday.

All of the library’s online resources can be accessed here. Residents who do not have a library card, can sign up for an Instant Digital Card and use their mobile phone number as their library card. To download the Libby app, San Diego County residents can go to sdEbooks.org. Library patrons can even

order books and materials that are available at any of the county’s 33 branch libraries and have them delivered to their own branch library for them to pick up.

The County Library system also announced this week that under guidance from the state and County Public Health Officer it was canceling all library-sponsored and co-sponsored events, programs and classes through the end of March to help stop the spread of novel coronavirus.

For more information about the county library, go to the library’s webpage at <https://www.sdcl.org/>.

HEALTH & BEAUTY cont. from B-3

Healthy Habits for Bonsall & Fallbrook Folks: When milk doesn’t do the body good



Megan Johnson McCullough
Special to Village News

When someone says, “I can’t have dairy,” we automatically assume they are lactose intolerant. For many people, they just think that means you are allergic to dairy and that is as far as their knowledge goes with this condition.

“Lactose” actually means “sugar.” This type of sugar is specifically found in dairy products. Lactase is an enzyme that the body produces in the small intestine. However, when a person is lactase deficient, symptoms can arise once they eat dairy.

Many people who have a low level of lactase are still fine eating dairy. For others who have true intolerance, symptoms can include gas, bloating, diarrhea, abdominal cramps and sometimes vomiting.

When the body has an adequate amount of the lactase enzyme, it turns the lactose sugar into glucose and galactose. When there is a deficiency of the lactase enzyme, the food consumed moves to the colon instead of undergoing digestion and absorption. Then bacteria in the colon forms causing the symptoms of lactose

intolerance.

There are a few risk factors. Asian, African, American Indian, and Hispanic people find this condition to be more common among their race. Premature babies are at risk because their small intestine may not have fully developed. Having any problems or disease associated with the small intestine raises the risk for someone.

There are three types of this condition: primary, secondary and congenital or developmental.

The primary type is the most common type that develops in adulthood. Milk products become hard to digest, and genetics are usually the key determinant.

The secondary type occurs as the result of an injury, illness or surgery that affected the small intestine. The small intestine has started to produce less lactase. This type of condition that is associated with celiac disease and Crohn’s disease.

The congenital or developmental type would arise if the mother and father have both passed on the gene to their child. It is rare to be lactose intolerant during infancy.

A doctor can diagnose this

condition by having a person perform the lactose intolerance test which involves drinking a liquid that monitors the body’s reaction to lactose.

There is also the hydrogen breath test where a doctor has the person consume a high containing lactose beverage then measures the amount of hydrogen in the breath. If the body doesn’t like lactose, it will release those gases and hydrogen during this test.

A stool sample can also be taken. Through trial and error, a person can determine if they need to completely avoid dairy, discover what items to particularly avoid and those that are safe foods, and can use lactose-free or reduced products.

People have to eat to live, but they’re not all given the same digestive tract for this process. Milk does a body good, but not when the body rejects its digestion.

Megan Johnson McCullough holds a master’s degree in physical education and health science, is a candidate for her doctorate, is a professional natural bodybuilder and is a National Academy of Sports Medicine master trainer.

The side effects of dairy products can be tormenting for some people.

Village News/Adam Bell photo

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003380
Name of Business
VALIENTE COUNSELING SOLUTIONS
450 S. Melrose Dr., Vista, CA 92081
County: San Diego
This business is registered by the following:
Mayola Miranda, 6595 Reflection Dr., San Diego, CA 92124
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 06, 2020
LEGAL: 5218
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004159
Name of Business
PAW 2 PAW PET SERVICES
5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003
County: San Diego
This business is registered by the following:
Anthony Perez, 5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 02/18/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 18, 2020
LEGAL: 5219
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004287
Name of Business
GRACE CREEKSIDE SPA
2809 S. Mission Rd, #A, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Jian Hua Lee, 2139 Kirkcaldy Rd, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020
LEGAL: 5220
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004456
Name of Business
PRIMO ENTERPRISE LLC
4440 La Canada Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Primo Enterprise LLC, 4440 La Canada Rd, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of CA
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020
LEGAL: 5221
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004468
Name of Business
J.R.C. LANDSCAPING
300 N. Brandon Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Julio Ralios Castro, 300 N. Brandon Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/20/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020
LEGAL: 5222
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004607
Name of Business
COMPASS CONSULTING & DESIGN
8557 Lemon Ave, Unit 19, La Mesa, CA 91941
County: San Diego
This business is registered by the following:
Jennifer L. Martinez, 8557 Lemon Ave, Unit 19, La Mesa, CA 91941
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5223
PUBLISHED: February 27, March 5, 12, 19, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004388
Name of Business
PARADISE HOMES & GARDENS REALTY
3973 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Eden T. Silver, 3973 Sleeping Indian Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/18/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020
LEGAL: 5228
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006393
Name of Business
L & M CONSTRUCTION
949 Buena Capri, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Emanuel A. Rubi Morales, 949 Buena Capri, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 11, 2020
LEGAL: 5236
PUBLISHED: March 19, 26, April 2, 9, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005848
Name of Business
GREEN COW ACCESSORIES
1471 Knoll Park Ln, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Jill Marie Devendorf, 1471 Knoll Park Ln, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 4/5/2009
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 05, 2020
LEGAL: 5232
PUBLISHED: March 12, 19, 26, April 2, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005050
Name of Business
a. HOUSE OF STYLE
b. SHOPHOUSE OF STYLE
3618 Cheshire, Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Rita Hibdon, 3618 Cheshire, Carlsbad, CA 92010
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 01/01/2006
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 26, 2020
LEGAL: 5234
PUBLISHED: March 12, 19, 26, April 2, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004639
Name of Business
PHOTOGRAPHY BY MARK RUFENACHT
4443 Salisbury Drive, Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Mark Allan Rufenacht, 4443 Salisbury Drive, Carlsbad, CA 92010
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/20/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5229
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005713
Name of Business
CMS CONSTRUCTION MANAGEMENT SOLUTIONS
1031 Shafer Street, Oceanside, CA 92054
Mailing address: 2604 B El Camino Real #318, Carlsbad, CA 92008
County: San Diego
This business is registered by the following:
GCM Construction Management Inc, 1031 Shafer Street, Oceanside, CA 92054
This business is conducted by a Corporation
This Corporation is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 04, 2020
LEGAL: 5233
PUBLISHED: March 12, 19, 26, April 2, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006221
Name of Business
ALPHA COMPANY EVENTS
36491 Yamas Dr 1001, Wildomar, CA 92595
Mailing address: P.O. Box 471, Temecula, CA 92593
County: Riverside
This business is registered by the following:
Ryan David Wheeler, 36491 Yamas Dr 1001, Wildomar, CA 92595
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of Jan 15, 2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5237
PUBLISHED: March 19, 26, April 2, 9, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004656
Name of Business
LORI'S TREASURES OF TIME ESTATE SALES
2424 Millegar Ln, Vista, CA 92084
County: San Diego
This business is registered by the following:
Lori's Treasures of Time Inc., 2424 Millegar Lane, Vista, CA 92084
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 9/10/18
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020
LEGAL: 5227
PUBLISHED: March 5, 12, 19, 26, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003029
Name of Business
FLIRTIN WITH TIME
4805 5th Street, Fallbrook, CA 92028
Mailing address: 29927 Gulf Stream Dr, Canyon Lake, CA 92587
County: San Diego
This business is registered by the following:
Wendy Lu Barrett, 29927 Gulf Stream Dr, Canyon Lake, CA 92587
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 2/1/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 03, 2020
LEGAL: 5224
PUBLISHED: February 27, March 5, 12, 19, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00011663-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
SAVANNAH CASSANDRA WILEY
Present Name:
SAVANNAH CASSANDRA WILEY
Proposed Name:
SAVANNAH SAGE ROBINSON
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/21/2020 Time: 8:30 am Dept: N-23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: 3-3-20 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5235
PUBLISHED: March 12, 19, 26, April 2, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00013240-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
ANICIA MARQUEZ
Present Name:
MALAYNAH PAIPA
Proposed Name:
MALAYNAH MARQUEZ
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/28/2020 Time: 8:30 AM Dept: 23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: MAR 11 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5238
PUBLISHED: March 19, 26, April 2, 9, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00047916-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
ALEXIS V. CORONA
Present Name:
ILA MIA BOLDING CORONA
Proposed Name:
ILA MIA CERVANTES CORONA
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: APR 06 2020 Time: 8:30 AM Dept: 23
The address of the court is North County Division 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 28 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5226
PUBLISHED: February 27, March 5, 12, 19, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00009469-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
JOETTA ANNE WESTMORELAND
Present Name:
a. JOETTA ANNE WESTMORELAND AKA
b. JOETTA A. WESTMORELAND AKA
c. JOETTA ANNE CARVER AKA
d. JOETTA ANNE CLUBB AKA
Proposed Name:
a. JOEY AC WESTMORELAND
b. JOEY AC WESTMORELAND
c. JOEY AC WESTMORELAND
d. JOEY AC WESTMORELAND
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/14/20 Time: 8:30 AM Dept: 23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 29 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5225
PUBLISHED: February 27, March 5, 12, 19, 2020

AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00005129-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JAMES PATRICK CABEBE
Present Name:
JAMES PATRICK CABEBE
Proposed Name:
JAMES PATRICK VALENCIO
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 4/8/2020 Time: 8:30 AM Dept: 61
The address of the court is San Diego Superior Court, 330 W. Broadway, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: FEB 19 2020 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5231
PUBLISHED: March 5, 12, 19, 26, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00008594-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
GLENND A KAY GARRIS
Present Name:
GLENND A KAY GARRIS
Proposed Name:
DEBBIE GLENND A GARRIS
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: APR 07 2020 Time: 8:30 AM Dept: 23
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: FEB 18 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5230
PUBLISHED: March 5, 12, 19, 26, 2020

Trustee Sale No. 991884 Loan No. Title Order No. APN 183-060-78-00 TRA No. NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 02/23/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 04/08/2020 at 10:00AM, First American Title Company as the duly appointed Trustee under and pursuant to Deed of Trust recorded on February 24th, 2017 as Document Number 2017-0089153 of official records in the Office of the Recorder of San Diego County, California, executed by: Phillips Santa Fe Vista, LLC, as Trustor, Kurtin Properties, Inc., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: the entrance to the East County Regional Center by Statue, 250 E. Main Street, El Cajon, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: See Exhibit "A" attached hereto and incorporated by reference herein Exhibit "A" PARCEL 1: That Portion Of The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To United States Government Survey Approved December 14, 1885, Described As Follows: Commencing At The Southeast Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of San Diego County, September 17, 1926, And According To Map Thereof No. 2191 Of Woodland Acres, Filed In The Office Of The County Recorder Of San Diego County; Thence Along The North Line Of Said Woodland Acres South 89° 37' 16" East, A Distance Of 929.08 Feet, More Or Less To The Southwest Corner Of That Certain Parcel Of Real Property Conveyed By Edna Mary Ross To Josiah I. Levy, Et Ux, Dated August 11, 1930, Recorded In Book 1817, Page 81 Of Deeds, Records Of San Diego County; Thence Along The Westerly Line Of The Land So Conveyed To Said Levys As Follows: North 02° 10' East, 347.00 Feet; Thence North 36° 50' West, 178.38 Feet To The True Point Of Beginning Of The Hereinafter Described Parcel Of Land, Said Last Mentioned Point Being Also The Most Westerly Corner Of The Land So Conveyed To The Levys; Thence From Said True Point Of Beginning North 36° 50' West, 176.58 Feet; Thence North 44° 30' West, 493.02 Feet; Thence North 00° 20' West, 321.00 Feet To A Point In The Southerly Right Of Way Line Of The Atchison, Topeka And Santa Fe Railroad Company; Thence Along Said Southerly Right Of Way Line As Follows: South 68° 15' 30" East, 404.49 Feet To The Beginning Of A Tangent Curve In Said Southerly Right Of Way Line, Said Curve Being Concave Southwesterly And Having A Radius Of 1223.57 Feet; Thence Southeasterly Along The Arc Of Said Curve, 567.88 Feet To The Most Northerly Corner Of The Land So Conveyed To The Levys; Thence South 48° 20' West Along The Northwest Line Of The Land So Conveyed To The Levys 513.00 Feet More Or Less To The Hereinabove Described True Point Of Beginning. Excepting Therefrom That Portion Conveyed To James Preston Wiley And Reita Rebecca Wiley, Husband And Wife As Joint Tenants, By Deed Recorded March 26, 1970 As Document No. 52707 Of Official Records. Also Excepting Therefrom That Portion Described In The Deed To Gustav A. Meier, A Married Man, As His Sole And Separate Property, Recorded March 8, 1977 As Document No. 77-085050 Of Official Records. PARCEL 2: That Portion Of The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To United States Government Survey Approved December 14, 1885, Described As Follows: Beginning At The Southeasterly Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of Said San Diego County, September 17, 1926 And According To Map 2191 Of Woodland Acres, Filed In The Office Of The County Recorder Of San Diego County; Thence South 89° 37' 16" East Along The North Line Of Said Woodland Acres, 929.08 Feet, More Or Less, To The Southwest Corner Of The Land Conveyed By Edna Mary Ross To Josiah I. Levy Et Ux, By Deed Dated August 11, 1930, And Recorded In Book 1817, Page 81 Of Deeds, Records Of San Diego County; Thence Along The Westerly And Southwesterly Line Of The Land So Conveyed To Levy As Follows: North 02° 10' East, 347.00 Feet; Thence North 36° 50' West, 178.38 Feet To The Most Westerly Corner Of The Land So Conveyed To Levy; Thence Continuing North 36° 50' West, 176.58 Feet; Thence North 44° 30' West, 232.32 Feet To The True Point Of Beginning; Thence From Said True Point Of Beginning, Continuing North 44° 30' West, 260.70 Feet; Thence South 00° 20' East, 142.28 Feet; Thence South 76° 30' East, 187.07 Feet, More Or Less, To The True Point Of Beginning. PARCEL 3: An Easement And Right Of Way For Road Purposes Over A Strip Of Land 20.00 Feet In Width, Lying Within The Northeast Quarter Of The Northwest Quarter Of Section 32, Township 11 South, Range 3 West, San Bernardino Base And Meridian, In The County Of San Diego, State Of California, The Westerly And Southwesterly Line Of Said Strip Being Described As Follows: Beginning At A Point In The South Line Of Said Northeast Quarter Of The Northwest Quarter Of Section 32, Distant Thereon South 89° 37' 16" East 930.30 Feet From The Southeast Corner Of Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of San Diego County, September 17, 1926, Said Point Being The Southwesterly Corner Of The Land Described In Deed To The Buena Vista Baptist Church Of Vista, California, Recorded March 17, 1959 Under Document No. 52177 Of Official Records; Thence Along The Westerly Line Of Said Land, North 02° 10' East, 347.00 Feet To An Angle Point Therein And North 36° 50' West 178.38 Feet To The Most Westerly Corner Of Said Land, Said Easement Begins In The Northwestery Line Of Said Land And Ends In Said South Line Of Said Northeast Quarter Of The Northwest Quarter. PARCEL 4: An Easement For Water Pipelines And Appurtenances Thereto Over, Under, Along And Across The Southwesterly 5.00 Feet Of The Land Conveyed To James Preston Wiley And Reita Rebecca Wiley, Husband And Wife As Joint Tenants, By Deed Recorded March 26, 1970 As Document No. 52707 Of Official Records. Parcel 5: An Easement For Utility Purposes As Set Forth In Instrument Entitled "Reciprocal Grant Of Utility Easements", Recorded December 24, 1969 As Instrument No. 233752 Of Official Records. APN: 183-060-78-00 The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 157 1/2 Hannalei Drive, Vista, CA 92083. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$2,261,276.10 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may visit the website below using the file number assigned to this case. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. For information on sale dates please visit our website at: <http://www.firstam.com/title/commercial/foreclosure/> DATE: 3/6/20 First American Title Insurance Company 4380 La Jolla Village Drive Suite 110 San Diego, CA 92122 (858) 410-2158 David Z. Bark, Foreclosure Trustee NPP0368886 To: VILLAGE NEWS INC 03/19/2020, 03/26/2020, 04/02/2020

T.S. No. 19-00316-FS-CA Title No. 1052387 A.P.N. 103-055-43-00 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/23/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash. (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state; will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Levi Santiago, A Single Man Duly Appointed Trustee: National Default Servicing Corporation Recorded 08/28/2018 as Instrument No. 2018-0353659 (or Book, Page) of the Official Records of San Diego County, CA. Date of Sale: 05/08/2020 at 9:00 AM Place of Sale: Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$532,405.53 Street Address or other common designation of real property: 935 Iowa Street Fallbrook, CA 92028 A.P.N.: 103-055-43-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c)) were fulfilled when the Notice of Default was recorded. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 19-00316-FS-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. 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OBITUARIES



Mary Paul Tomaskevitch, 95, passed away March 3, 2020, in Fallbrook, California. She was

born March 3, 1925, in Decatur, Alabama, to John and Inez Isley. She grew up in Ohio and Florida. Mary had many accomplishments during her lifetime. She was a photographer’s model, worked at a bank on Wall Street and joined the U.S. Navy (WAVES) where she was an air traffic controller. After her military service ended, Mary moved to Fallbrook in 1966 with her husband, William Tomaskevitch. She pursued art and co-founded Brandon Gallery in 1977. Mary was a well-respected and award-winning artist. It was through Palomar College that she taught Experimental Arts/Mixed

Media for the Adult Education Department from 1987-2010. The most important part of her life was being a loving wife and mother. She enjoyed crossword puzzles and often played Scrabble with her family. Mary is survived by her daughter, Tanya Nitcher with spouse Glen; two sisters, Virginia Schoonover and Janet Jones; one brother, Chandler Lucas. She was preceded in death by her husband William Tomaskevitch and son Peter Tomaskevitch. Many people knew her as Mary T. She will be forever missed and remembered.

SHERIFF’S LOG

March 8		
400 block Ammunition Rd	Battery	
700 block W. Fallbrook St	Arrest: Battery	
3400 block S. Old Highway 395	Arrest: Possession of controlled substance, controlled substance paraphernalia	
March 9		
2100 block Winterwarm Dr	Arrest: Battery	
700 block S. Main Ave	Burglary	
500 block De Luz Rd	Child molestation	
4200 block Linda Vista Dr	Petty theft	
400 block Ammunition Rd	Stolen vehicle	

March 10		
2800 block Alta Vista Dr	Arrest: Domestic battery	
1400 block S. Mission Rd	Arrest: Vandalism, possession of controlled substance	
100 block S. Brandon Rd	Arrest: Public intoxication	
800 block S. Main Ave	Arrest: Outstanding misdemeanor warrant	
700 block Olive Ave	Grand theft	
1100 block Senwood Wy	Family disturbance	
200 block E. College St	Family disturbance	
600 block N. Main Ave	Fraud	

March 11		
1000 block E. Alvarado St	Kidnapping	
2000 block Gum Tree Ln	Arrest: Outstanding felony warrant	
2000 block Tecalote Dr	Petty theft	
1200 block Rainbow Hills Rd	Burglary	
5000 block Lake Circle Rd	Petty theft	

March 12		
800 block E. Alvarado St	Arrest: Outstanding felony warrant	
200 block S. Wisconsin Ave	Petty theft	
500 block Ammunition Rd	Child abuse	
2300 block Rainbow Valley Blvd	Arrest: Under the influence of controlled substance	
Rainbow Valley Blvd @ Causey Wy	Carjacking	

March 13		
1500 block Malaga Wy	Arrest: Elder abuse	
1200 block S. Main Ave	Petty theft	
200 block S. Wisconsin Ave		
2400 block S. Stage Coach Ln	Obstructing an officer	
400 block N. Pico Ave	Petty theft	

March 14		
300 block W. Clemmens Ln	Arrest: Under the influence of controlled substance, parole violation	
2000 block S. Old Highway 395	Burglary	
900 block N. Orange Ave	Death	

March 15		
3800 block Alta Vista Dr	Family disturbance	
4700 block Via Belmonte	Vehicle burglary	
2000 block S. Old Highway 395	Recovered stolen vehicle	
500 block E. Elder St	Disturbance	
2000 block S. Old Highway 395	Burglary	

March 16		
3800 block Sumac Cir	Domestic abuse	
2000 block S. Old Highway 395	Burglary	

CLASSIFIEDS

Employment

field worker on Flower Farm: full time 6 days, live on Farm, small old trailer, Robert 310-612-3547

CAREGIVERS NEEDED: Seniors Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information.

Financial/Money

Attention Senior Citizens: I am an old man with money. I have worked hard all of my life. I don't know about you, but I am sick & tired of those stock market crooks & those ridiculous interest rates that I get at my bank. So, I have decided to buy raw land around Lake Elsinore. I will pay you a little less than it's worth & I will leave it to my two granddaughters ages 12 & 1. No brokers or Real Estate people. Please call Clark Cooper at 818-618-6136

Real Estate - For Rent

28ft trailer remote \$800: trailer on farm, in De Luz between Fallbrook and Temecula. Great for a guy. Some farm field work possible. Robert 310-6123547

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NOTICE OF PUBLIC REVIEW PERIOD AND HEARING

Public Notice of a Draft Municipal Service Review on County Service Area No. 135 and Hearing

Deadline to Submit Written Comments is Friday, April 17, 2020
Public Hearing is Scheduled for Monday, May 4, 2020

The San Diego County Local Agency Formation Commission (LAFCO) has issued a draft municipal service review on County Service Area (CSA) No. 135 and its two active service functions: (a) public safety radio communications and (b) fire protection and emergency medical. The purpose of the document is to independently evaluate the availability, demand, and adequacy of CSA No. 135 and its active service functions relative to informing LAFCO's planning and regulatory responsibilities under State law to accommodate orderly growth. This includes preparing written determinations addressing population estimates, infrastructure needs or deficiencies, financial standing, and opportunities for shared and/or consolidated resources. Key recommendations included in the draft follow.

- The distinct and separate municipal roles within CSA No. 135 suggests a reorganization of the District to formally separate into two entities and further sync its active service activities with current and future demands is appropriate.
- The preferred reorganization option involving CSA No. 135 is to divest its fire protection and emergency medical service powers and concurrently form a new dependent fire protection district to serve as successor agency.

The draft municipal service review on CSA No. 135 is available for viewing by visiting the LAFCO website at www.sdlafco.org. Hard copies are also available at the LAFCO office.

Written comments on the draft municipal service review are welcomed and should be directed to Tammy Luckett at tamaron.luckett@sdcountry.ca.gov no later than **Friday, April 17, 2020**. Written comments received by this date will be incorporated into a final report and presented for action at a noticed public hearing on May 4, 2020 at the County of San Diego Administration Building at 9:00 A.M. in Room 302.

Published March 19, 2020

ORDINANCE NO. 346

AN ORDINANCE OF THE BOARD OF DIRECTORS OF THE FALLBROOK PUBLIC UTILITY DISTRICT SETTING THE AMOUNT OF PER DIEM COMPENSATION FOR THE BOARD OF DIRECTORS

WHEREAS, Public Utilities Code Section 16002 provides that the Board of Directors may increase the amount of per diem compensation that may be received by members of the Board by an ordinance adopted pursuant to Water Code Section 20200, *et seq.*; and

WHEREAS, on February 25, 2019, the Board of Directors adopted Ordinance No. 343, setting per diem compensation at \$105 per day; and

WHEREAS, Water Code Section 20202 provides that the District may increase the amount of compensation which may be received by members of the Board of Directors in an amount not to exceed five percent (5%) for each calendar year since the effective date of the last adjustment; and

WHEREAS, a public hearing to consider an increase in the compensation of the members of the Board was duly noticed in accordance with Water Code Section 20203 and Government Code Section 6066, and said hearing was held on the date hereof.

BE IT ENACTED BY the Board of Directors of Fallbrook Public Utility District as follows:

SECTION I. The Board of Directors of the District hereby amends Ordinance No. 327, "An Ordinance of the Board of Directors of the Fallbrook Public Utility District Authorizing an Increase in Compensation of Governing Board Members," Section 4, "Director Compensation," as follows:

Section 4. DIRECTOR COMPENSATION

Compensation for the Directors of the Governing Board for regular, adjourned and special meetings, to include occurrences set forth in Section 12.1.1 of the Administrative Code, is established at One Hundred Ten Dollars and Twenty-Five Cents (\$110.25) per day for each day's attendance. A Director shall not receive compensation for more than 10 days of service in a month. Increases will be subject to the requirements of California Public Utilities Code Section 16002 and California Water Code Section 20200 *et seq.*

SECTION II. All other provisions of Ordinance No. 327, as adopted on January 26, 2009, shall remain unchanged and in full effect.

SECTION III. Ordinance No. 343, adopted February 25, 2019, is hereby repealed and shall no longer be of any force or effect.

SECTION IV. Section 2.12 of the District's Administrative Code shall be revised to replace "One Hundred and Five Dollars (\$105.00)" with "One Hundred Ten Dollars and Twenty-Five Cents (\$110.25)." All other provisions of Section 2.12 shall remain unchanged and in full force and effect.

SECTION V. If any clause or provision of this Ordinance is found to be void or unenforceable by a court of competent jurisdiction, the remaining provisions of this Ordinance shall nonetheless continue in full force and effect.

SECTION VI. This Ordinance shall be posted at three public places in the District and shall be caused to be published pursuant to Section 6061 of the Government Code in the Fallbrook Village News, a newspaper of general circulation. This Ordinance shall take effect on April 26, 2020, which date is one year from the operative date of the last adjustment and is no less than 60 days after its passage.

PASSED AND ADOPTED by the Board of Directors of the Fallbrook Public Utility District at a regular meeting of the Board held on the 24th day of February, 2020, by a roll call vote, as follows:

AYES:	Directors Baxter, Endter, DeMeo, McDougal, and Wolk
NOES:	None
ABSTAIN:	None
ABSENT:	None

President, Board of Directors

ATTEST:

Secretary, Board of Directors

Published March 19, 16, April 2, 9, 16, 2020

the village beat

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EDUCATION

Local schools close due to coronavirus, county education office says

Will Fritz
Staff Writer

Fallbrook area schools will be shuttered for several weeks amid ongoing concerns about spreading the novel coronavirus, it was announced Friday, March 13.

The San Diego County Office of Education announced that more than two dozen school districts around the county will close until April.

Fallbrook Union Elementary School District and Fallbrook Union High School District will both close campuses through April 10, Bonsall Unified School District will close schools through April 6 and Vallecitos School District, which serves Rainbow, will close its sole campus through April 14, according to the county office of education.

Fallbrook Union Elementary announced plans to provide free meals to all children under age 18 from 11 a.m. to 1 p.m., Monday through Friday, beginning Monday, March 16.

Locations for meal pick up starting Monday are:

- **Maie Ellis Elementary**
400 W Elder St., Fallbrook, CA 92028
- **William H Fraizer Elementary**
1835 Gum Tree Lane, Fallbrook, CA 92028
- **La Paloma Elementary**
300 Heald Lane, Fallbrook, CA 92028
- **Potter Jr. High School**
1743 Reche Road, Fallbrook, CA 92028



The Fallbrook High School student parking lot is empty on Tuesday, March 16 after orders to close schools amid the coronavirus outbreak. Village News/Shane Gibson photo

The Fallbrook Union High School District announced a similar program, with meals to be made available from 11 a.m. to 1 p.m., Monday through Friday, at the entrance to the Fallbrook Union High School campus, 2234 S. Stage Coach Lane in Fallbrook.

Fallbrook Union Elementary also announced its regularly scheduled school board meeting, planned for March 16, will be conducted by teleconference.

Meanwhile, Palomar College, which serves many North County community college students, announced it will move most classes online as of March 30, following its March 23-27 spring break.

“These include classes at the San Marcos campus, as well as the education centers in Rancho Bernardo, Escondido and Fallbrook,” the college said in an email announcement. “To prepare for this initiative, faculty are being provided two non-instructional days March 18 and March 19.”

The announcements come a day after local school district officials said they did not have any immediate intentions to close schools.

The Bonsall, Vallecitos, and Fallbrook elementary and high school districts had said as late as Thursday afternoon that there were no plans to cancel classes.

“The decision to close schools, if necessary, will be made in consultation with our local public health department and the CDC,” Trench, the FUESD representative, said Thursday, March 12. “At this time, it is not recommended by public health experts that K-12 schools close as a preventative measure. If these health organizations see the need to close one or more schools at any time, we are ready to do so.”

By the end of the day Friday, all San Diego County and Riverside County schools had announced weeklong closures.

Six simple steps to staying friends with your adolescent

The American Counseling Association

Adolescence is a difficult stage for both teens and their parents. While most parents recognize adolescence as a time when young people are learning to be more independent, many are unsure about how to loosen the reins and allow more freedom. After years of making decisions for the child, it’s now time to step back and watch the teenager experiment.

Here are some simple suggestions for maintaining that role of parent, but also for being a friend.

Be loving. If you have a close, loving relationship with your child, then don’t change that. If it hasn’t been that loving, make it so now. This is the time when love, attention and affection are needed more than ever. Keep hugging your child and don’t stop praising and validating him or her.

Talk and listen. Teenagers don’t want to be lectured, but often need to talk. Have something interesting to say besides, “How’s school?” And be a good listener. Teens will share thoughts and feelings if they know it’s safe to share and that you’re really paying attention.

Spend time together. Giving your teen your time and full attention tells your child he or she really matters to you. Invite your teen on shopping trips and outings of their choosing.

Show respect and trust. Many teens say adults always want respect but don’t think they have to give respect. Teenagers want to be trusted to make good decisions and choices; to show their integrity; to make mistakes and to deal with the consequences. They’re anxious to show they’re growing up but need assurances that they’re doing it well.

Be interested. Take a sincere interest in their hobbies, music, their sports teams. Stay close and available, but don’t barge in or crowd their lives. You don’t have to even like all the things your teen likes. Just learn enough to hold a solid conversation.

And don’t... Don’t dump your problems, worries and cares on your teen. Don’t embarrass or humiliate your child in front of friends to make a point or exert control. Don’t be judgmental or compare your teen to other teens. Don’t ever start a sentence with, “In my day...!”

Adolescents want a good, healthy life for themselves. They really want to do the best that they can. Let them have their own dreams and help them fulfill them. Be a friend helping them as they find their way into adulthood.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@ counseling.org or www.counseling.org.



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CSUSM summer session offers 170 courses to the community

SANMARCOS –The upcoming summer session at California State University San Marcos offers more than 170 accelerated courses that are open to CSUSM students as well as students from other universities and individuals in the community. Summer session dates are June 1 through Aug. 8.

Course topics feature such disciplines as mathematics, communications, computer science, women’s studies, human development, psychology, sociology, political science and art, media and design. The classes are offered on a compressed timeline with students earning units in as little as five weeks. Face-to-face, online and hybrid formats meet a variety of needs.

During summer session, students from other universities, qualified high school seniors and community members can register for courses without being formally admitted to the university. Credits from CSUSM courses are fully transferable to other institutions. In addition, up to 24 undergraduate and nine graduate units taken as a nonmatriculated student may be counted toward a CSUSM degree.

By taking advantage of accelerated classes during summer session, students can get a head start on education goals, speed time to graduation or lighten the course load required in fall and spring terms.

The first block of classes will be held June 1 to July 2, and the second block of classes are scheduled for July 6 to Aug. 8. A small selection of classes run the full 10-week summer session, June 1 to Aug. 8.

Registration for CSUSM students opens March 23 and for the public March 30. For more information on summer session, visit www.csusm.edu/summer.

Submitted by California State University San Marcos.



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Warriors shut out Patriots 3-0



Fallbrook High School's Sean Wenzel attacks at the net against the Orange Glen High School Patriots during a boys' varsity volleyball game at home, March 11.



Warrior Logan Sim gets a dig against the Orange Glen High School Patriots. Fallbrook High School won the match, 3-0.



Warrior Manava Pedro keeps the ball in play against the Patriots.



Fallbrook High School's Jett Leeman serves the ball to Orange Glen High School.



Fallbrook High School's Andre Escobedo attempts to block an Orange Glen High School attack.



Warrior Nolan Sim gets a dig against the Patriots.



Fallbrook High School's Logan Sim spikes the ball against Orange Glen High School.



Warrior Jett Leeman returns a Orange Glen High School Patriot's serve. Fallbrook High School won the varsity boys' volleyball game, 3-0.

SPORTS

Calhoun twins wrap up four years of basketball in Fallbrook

Jeff Pack
Staff Writer

Joel Calhoun can remember playing basketball at a very young age, ever since he could pick up a ball and walk.

His twin sister, Kate Calhoun, started a little later.

“I was like too shy or I wasn’t really into sports until fourth grade,” Kate Calhoun said. “Then I finally ended up playing basketball. As soon as I started, I loved it. I couldn’t get enough of it and I played softball for a while, but it really just was too slow for me, basketball was always just my No. 1.

“When I was little, I did gymnastics and ballet and I was the worst,” she said. “I can’t even do a cartwheel and so that wasn’t for me. And then as soon as I started getting into basketball and got to be a little competitive with my brother, then I just continued with that and started doing club in middle school.”

The Calhoun twins have been a mainstay inside the Fallbrook High School gymnasiums ever since they arrived on campus four years ago. Both have played on the varsity basketball team since their freshman year and both were co-captains of their respective teams.

“I think like going into freshman year, I think Joel and I really wanted to push ourselves and make varsity, and it was a huge goal for like both of us,” Kate Calhoun said.

Joel Calhoun said it was tough going early on as a young freshman on a team that featured 12 seniors.

“At that point I was young,” Joel Calhoun said. “I looked like a kid. I was 14, I think, playing with 18-year-old guys. And it was a whole transition. I knew most of those guys from NJB years previously. I was transitioning into that summer ball after my eighth-grade year and then playing summer with those guys.

“I got really comfortable with them. They were fun guys. I had to mature quickly though. Twelve seniors and a freshman, you’re the butt of every joke, and you’re the end of every prank. I really had to grow up fast, which in the long run, really paid off,” he said.

Both siblings said that freshman year taught them a lot about leadership.

“I had quite a few seniors on my team too,” Kate Calhoun said. “Immediately during the summer workouts with them, it just felt like it was good. I think having Tony Morrow as a coach during my freshman year, that really pushed me and he was probably the best coach I ever had.

“He was the one who showed me how to really work hard and just get to know the game really well. I think that was something that really helped me. He had a really good relationship with our captains on the team, and there was just really good communication and it was a really close team. I think having those role models as my captains and Morrow



Kate Calhoun played four years of varsity basketball at Fallbrook High School and served as captain for three of them. Her twin brother, Joel Calhoun, right, did the same for the Warriors boys' varsity team.



Village News/Shane Gibson photos

as a coach as a freshman really helped me be a leader going in as a sophomore,” she said.

After such a positive start to their careers, things took a bit of a turn. In their career at Fallbrook, each of them had multiple head coaches at the helm.

“Freshman year, that was an experience, it was a good atmosphere with those kids,” Joel Calhoun said. “It felt like every high school movie. But sophomore year and junior year were definitely, without a doubt the hardest times of high school basketball for me.

“I was captain for both those years,” he said. “Sophomore year wasn’t bad because we knew we were losing 12 guys, that’s like 93% of your team. We knew that was going to be a rough year with a new coach and a new everything. But I didn’t expect junior year at all. That was probably the worst experience of high school going through those three months. It was hard to go to school some days, but it makes your skin a little tough.”

Kate Calhoun had a similar experience but in a different way.

“My freshman year we won the league and that was super exciting,” she said. “That was just huge, coming out and going into high school and already having a league title under my belt.

“Sophomore year, it was a little bit tougher, but I think we still ended up with a pretty good record,” she said.

“I felt like we had a really solid group of girls that I’d always grown up playing with. That has always helped us as a team. But the junior year was tough with the coaching switch in the middle of the season, and we were playing tougher teams. Sometimes we would play teams, and we knew for a fact that we were going to lose. But I mean it definitely I think helped us in the long run,” she said.

In their senior year, both siblings led their teams into the playoffs after enjoying strong seasons.

Kate Calhoun’s team finished with a record of 17-11, were seeded No. 7 in the CIF San Diego Section Division 3 CIF Playoffs, but fell to No. 10 Madison 41-37 in the first round.

Joel Calhoun’s team fell just six points short of going to the CIF San Diego Section Division 5 Championship game after losing 50-44 to Classical Academy in the semifinals. The team that won just one game in his junior year, rebounded to rack up 18 wins.

“We ended really strong. We had 17 wins my senior year, and it was a good way to finish,” Kate Calhoun said. “It was nice having more of an uphill climb, I guess you could say. But definitely, I wish I would have gotten one more league title, but sometimes it just doesn’t work out.”

She credited the hiring of a new assistant coach early in the season with helping the team come along.

“We had a really solid group coming back from last year, and we have four underclassmen and they’re just a really strong group,” Kate Calhoun said. “All of a sudden one day our coach comes to a preseason workout, and she’s like, ‘Oh, I hired a new coach.’ We were just kinda like blindsided. ‘OK, who is this guy?’ But he came in, and he ended up being a good thing for us. He

definitely gave us a lot of structure, and he really stresses defense. I think that was something that we really lacked like in our game.”

She said bumps and bruises and a long season wore on the team heading into the playoffs.

“That should’ve been our game, hands down,” Kate Calhoun said. “That team was not better than us, and there were definitely some decisions made in the game that I think definitely affected the outcome.

“They were playing in state a week ago, so they went all the way. And that could have been us, definitely. But I can’t complain about this season,” she said.

Even after a disappointing loss, Joel Calhoun was pleased with the way the season played out.

“Even though we came up a little short, which was definitely a disappointing loss, throw that one aside and it was the most fun season I ever had,” he said. “Probably in anything I’ve ever done. It was one of the coolest things I’ve ever been a part of. Every kid wants to have a good senior year and most don’t. So to have a senior year as I did along with the other guys, it couldn’t have gone any other way, win or lose, it couldn’t have gone better.”

Joel Calhoun did a lot of work beforehand to help make that season happen, he said. He recruited some of his friends back to the team.

“We got guys off the street,” he said. “Not literally off the street, but we got guys that were skating last year, and these were some of my closest friends. We got some baseball boys that joined late, and it was just a magical season almost. I wouldn’t have wanted to do it any other way.

“To be honest with you, I can toss away all the three other years, and I can just hang my hat on this last one,” he said.

Joel Calhoun said he will be attending Arizona State University in the fall, and Kate Calhoun is still waiting on a few acceptance letters, though she’s already heard a yes from University of California Santa Barbara.

As for whether Joel Calhoun, who passed the 1,000 career points mark during his junior season, plans to play in college?

“I can fairly say I was a pretty good player at Fallbrook, but college is a little bit too big for me, so there’s no way,” he said. “Maybe I would make a walk on, practice squad team, but I would not be good enough to make the real team. I am just going to focus on being a student which will be really fun. When I’m there I’ll probably find an intramural league.”

Kate Calhoun is going to study sports journalism, and University of Southern California is her first choice.

The twins definitely cherished the experience of playing together side by side all those years, albeit on separate teams.

“It’s definitely been fun,” Kate Calhoun said. “It definitely brought us closer. Always having basketball and doing it together. I think I’ve gone to almost every one of his games, even his club games, and that was fun for me.”

Joel Calhoun agreed that it’s been fun, with one little issue.

“Yeah, it was fun,” he said. “Looking at it I don’t remember a guy and a girl, twins that have done everything almost the same.

“It’s funny though, when in public, you know, I have to keep my space because everyone thinks she’s my girlfriend,” he said.

They both laughed pretty hard at that one, together.

Jeff Pack can be reached by email at jpack@reedermedia.com.

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Four Bonsall boys’ soccer players, one boys’ basketball player named all-league

Joe Naiman
Village News Reporter

The Patriot League boys’ soccer coaches selected four Bonsall High School boys’ soccer players for all-league honors while the Sierra League boys’ basketball coaches named one Legionnaires player to the all-league teams.

First-team Patriot League recognition was bestowed upon senior Jonathan Esposito and sophomore Colin McKinney. The second team included junior Jonathan Fabry and sophomore David Romo. Bonsall junior Billy Rahman was named to the Sierra League second team.

“It’s a great testament to their work ethic and the heart that they showed throughout the season,” Bonsall coach Francisco Camarena said of four of his players earning all-league designation.

The Legionnaires only had nine players and thus were two players

down in every game. Bonsall finished last in the six-team league standings with a 1-7-2 Patriot League record, although two of the league losses were forfeits when the Legionnaires did not have enough available players and two on-field league losses were by a single goal while two other circuit defeats were by two-goal margins. The Legionnaires’ overall record was 5-10-3.

Esposito played both center midfielder and striker.

“He’s a great individual talent but also team-oriented, always looks to teammates to be part of the game,” Camarena said.

McKinney played forward and midfield during the 2019-2020 season.

“Very proud of his efforts. He’s got very explosive speed that he was able to utilize,” Camarena said.

Romo is a midfielder. “David Romo was the

foundation of the midfield area,” Camarena said.

Fabry is a center back. “He was a very key component in our defense,” Camarena said.

Rahman is a point guard. He led the team in scoring, assists and steals.

“He’s a very established player,” Bonsall coach Chuck Colletti said.

Last year Bonsall was also in the Patriot League for basketball and Rahman was selected to the all-league first team. The Sierra League is a higher-level league. Bonsall posted a 4-6 Sierra League record this season, tying the Legionnaires for third place in the standings and had a 12-11 overall mark. The Legionnaires won their final five games of the season.

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Burrows qualifies for 2020 Olympics

Joe Naiman
Village News Reporter

Brian Burrows qualified for the men’s trap shooting event at the 2020 Olympic Games.

The 2007 Fallbrook High School graduate placed second in the Olympic trials matches which consisted of 250 targets plus finals shots Sept. 10-13 in Kerrville, Texas, and 300 targets in Tucson Feb. 28 through March 2.

“Since I was 14, I’ve tried to make the Olympic team and finally everything came together,” Burrows said. “Everything fell into place.”

Men’s trap shooting has a quota formula for the Olympics, and the nations with the gold and silver medals at the 2019 Pan American Games, which were held July 29-31 in Lima, Peru, qualified for the 2020 Olympic Games. Burrows won the gold medal, and Derek Haldeman, who is originally from Ohio and is currently a member of the U.S. Army Marksmanship Unit based at Fort Benning in Georgia, took home the silver medal, thus qualifying two American men for the 2020 Olympics. The Americans also took the top two positions in mixed trap at the Pan American Games; Haldeman and Ashley Carroll won the gold medal, while Burrows and Rachel Tozier were the silver medalists.

Derrick Mein, who lives in the eastern Kansas town of Paola, hit 240 of his 250 targets during the initial rounds at Kerrville. Burrows hit 236 of his 250 targets before the finals. Haldeman was 17th in the Olympic trials match after the 10 rounds with a score of 220.

The top six shooters after the 10 rounds competed in the finals Sept. 13. The finals began with 25 targets, and the subsequent rounds were five targets apiece. The shooter with the lowest score dropped out after each round. The Kerrville finals did not carry over the previous scores, but the finals provided bonus points for the first, second and third shooters.

Burrows hit 29 of his 35 targets in the finals and placed fourth, so he did not receive any bonus points. Mein also finished first in the final and added three bonus points, giving him 243 to carry over to the second match. Alex Rennert, who is now with the U.S. Army Marksmanship Unit at Fort Benning and is originally from Florida, was third in the final and added one bonus point to his score to enter the Tucson match in third place with 232 points. Two bonus points in the Kerrville final moved Seth Inman, who lived in the western Missouri town of Lexington before joining the U.S. Army Marksmanship Unit, into fourth place with 231 points.

The shooters had three Feb. 28 rounds of 25 shots each. Burrows hit 22 targets in his first round, 23 during the second round and 24 during the day’s final round for 69 targets.

Rennert hit 58 targets on the first

day with rounds of 17, 18 and 23 successful shots.

“He had a rough day and kind of fell back a little bit,” Burrows said.

Mein hit 67 of his targets Feb. 28. Inman hit 72 targets consisting of 23 in the first round, 24 for the second round, and all 25 in the third round.

“Each time he beat me by one target,” Burrows said.

That placed Inman two target points behind Burrows. Although the Olympics aspirants were focused on their own scores, they had some idea of how close their competitors were.

“You know where you are,” Burrows said. “You kind of have this mental feeling of where everybody is.”

Since two men would qualify for the Olympics, Burrows was focused more on staying ahead of Inman than on catching Mein.

“We battled the entire match until the very last target,” Burrows said.

The Feb. 29 competition consisted of two rounds, and Burrows and Inman were both perfect.

“We both shot 50 straight that day,” Burrows said. “We stayed neck and neck. He was shooting very strong, and I knew I had to shoot very strong, too.”

The results kept Burrows two points ahead of Inman.

“It was a battle between Seth and I,” Burrows said.

The entire four-day competition had only 14 perfect rounds.

“To shoot four of them the second day indicated it would be a battle and a drive the whole match,” Burrows said.

Burrows and Inman would account for half of those perfect rounds with Burrows hitting 25 targets three times and Inman being perfect on four rounds.

“You try to shoot perfect rounds, but in this situation, I was just trying to stay ahead of Seth,” Burrows said. The perfect score was a bonus.

“I’m happy with my performance,” Burrows said. “It was a great day.”

Burrows had one perfect session at Kerrville, hitting all 25 targets during the sixth round.

Mein hit 23 targets in each of his Feb. 29 rounds to give him 46 for the day. His seven-point lead over Burrows entering the Tucson competition had been reduced to one point.

The shooters aimed for 75 targets March 1.

“The third day both Seth and Derrick missed their first target of the round, the first round,” Burrows said. “I was able to shoot 25 straight.”

Inman and Mein both hit their final 24 targets of that round.

“I was able to gain one target on Seth and one target on Derrick, which is great,” Burrows said.

That put Burrows and Mein into a tie for the lead while increasing Burrows’ margin over Inman to three points.

“It was definitely a battle,” Burrows said. “The pressure was

mounting on all of us.”

Meteorological pressure would also affect Burrows for the final two March 1 rounds.

“It was windy. The light was in and out,” Burrows said.

Mein regained the lead in the second March 1 round when he hit 24 targets, Burrows had 22 successful shots, and Inman obtained 21 hits.

“I can’t blame it all on the weather. I missed targets,” Burrows said.

Mein and Inman each hit 24 targets in the final round of the third day while Burrows once again was successful on 22 of his 25 shots.

“I was faltering at the end of Day Three,” Burrows said. “It wasn’t how I wanted to end the third day going into the final day.”

Since Inman and Burrows both hit 69 targets March 1, Burrows ended the day with the same two-point lead over Inman he had at the start of the day. Mein had 72 hits March 1 and entered the final day leading Burrows by four points.

Burrows took notes during his rounds.

“I referred back to them and was going through my notes to try to figure out what I was doing different and how to implement my game plan,” he said. “I made some adjustments, nothing too major, but the adjustments I made weren’t the correct ones.”

The March 2 activity included two rounds plus the finals. Mein and Inman were both perfect on the first round while Burrows only hit 20 of his 25 targets.

“Twenty is not a good round. It was the opposite of what I needed at that point,” Burrows said.

That gave Inman a three-point lead over Burrows. The shooters had a break of approximately 90 minutes between their March 2 rounds.

Burrows gained one shot on Inman in the second March 2 round. Burrows hit the target on 22 of his shots and Inman hit 21 targets. Mein had 24 hits.

“It wasn’t the best score I put up,” Burrows said.

The shooters were allowed two barrels during the initial 10 rounds, and Burrows hit all 22 of his targets with the first barrel.

“What that told me was the changes I was making were correct,” he said.

Inman’s two-point lead for second place carried over into the finals.

“I was still in third,” Burrows said.

The top six shooters competed in the finals which consisted of 50 targets.

“The race for the Olympic Games was only between Derrick, Seth and myself,” Burrows said.

Mein entered the finals leading Inman by nine points and Burrows by 11 points.

“Derrick had jumped well ahead,” Burrows said.

The quest for the second berth was between Inman and Burrows.

“I needed to catch him in the final,” Burrows said. “I tried to

ignore pressure, but that was totally useless. The pressure was on. There was no ignoring it. I got back into a game plan and started running the game plan.”

Burrows was not successful on his first two shots but made 22 of his final 23 shots in the first round.

“I was able to get on a roll after I missed the first two,” he said. “It brought Seth and I a little bit closer. The whole round was very neck and neck. He would get on these rolls and he would hit 10 or 15 in a row.”

The finalists had a break of approximately one minute between their first 25 shots and their second round, and they were not allowed to confer with their coaches.

“At this point I was just trying to focus on myself,” Burrows said.

Burrows hit 21 targets in the second round.

“We were both kind of missing,” he said.

It kept Inman from capitalizing on Burrows’ missed shots.

“The second 25 I think he struggled a little bit in the beginning,” Burrows said.

Burrows believed the two were even after 24 targets in the second round.

“It came down to the last target. Seth hit his last target and I had to hit my last target to tie him and go into a sudden-death shootout,” Burrows said.

Inman hit his target, and Burrows began the preparation for his final shot.

“I took too much time getting ready and shut my eyes to call for the target,” he said.

The excessive time calling for the target led to a yellow card warning. A second yellow card would have led to a penalty deduction of one point.

“It kind of changed my thought process a little bit,” Burrows said.

He was successful in balancing preparation with his time limit.

“I ran the clock down to two seconds,” Burrows said. “I hit the target, my last target. The last 17 years of shooting international trap came down to one target, and I hit it.”

Burrows was expecting a shootout to follow.

“I hadn’t even considered that I counted wrong, and it was a huge surprise that I had beat him because I thought that we had tied,” he said.

Inman congratulated Burrows on the second Olympic berth.

“People were clapping and congratulated me,” Burrows said. “It took a minute to sink in. Mentally I was prepared for a shootout, another battle.”

Mein took first place with 520 points. Burrows ended the finals with 509 points.

“I was excited,” Burrows said.

Inman, who became the alternate in case Mein or Burrows cannot compete in Tokyo, had 507 points.

“Seth is an incredible competitor, and it was truly a battle,” Burrows said.

Burrows attended California

State University San Marcos after his Fallbrook High School graduation, and in 2009 he relocated to the Olympic Training Center in Colorado Springs and was there for three years.

“Back in 2011 I didn’t make the Olympic team,” Burrows said.

The 2012 Olympic Games were held in London, but the United States did not qualify in men’s trap. The U.S. men were also shut out of the 2016 Olympic Games.

Burrows was away from the sport for three years before a friend invited him to a recreational shooting event in Colorado.

“I got myself back into shooting for fun about a year and a half ago,” he said.

That same friend convinced Burrows to return to shooting at the national level. USA Shooting’s Summer Selection Match competition in Kerrville took place in August 2018, and in his first competition in three years Burrows placed second. He placed third in the fall 2018 National Championships match in Colorado Springs, which returned him to the United States National Team.

“The first match I made the national team and the second match I made the World Cup team,” Burrows said.

In March 2019 Burrows competed in the International Shooting Sports Federation’s World Cup match in Acapulco, Mexico. Burrows and Kayle Browning of Wooster, Arkansas, were one of the mixed trap teams. They hit 149 of 150 targets to set a new world record. The qualifying rounds determined the six finalists, but the scores were not carried over and Burrows and Browning took second place in that match.

Last year’s competition in Tucson determined the Pan American Games shooters. Burrows finished second, behind Haldeman, to earn the trip to Lima.

“The ride’s not over yet. I kept doing well enough to make the Olympic team,” Burrows said.

Browning took first place in the women’s trap Olympic trials and will be competing in Tokyo. Tozier will be an alternate.

The starting date for the 2020 Olympic Games is July 24, and Olympic festival ends Aug. 9. The preliminaries for men’s trap and women’s trap at the Asaka Shooting Range will take place July 29 with the finals being held July 30, and all mixed trap competition will be held Aug. 1.

“I can’t thank my family and friends enough for all the support over the years and I would not be able to do any of this if it wasn’t for God. He’s the one who made all this happen,” Burrows said.

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Warriors third in final boys’ soccer standings

Joe Naiman
Village News Reporter

Fallbrook High School’s boys’ soccer team ended the 2019-2020 season with a victory over Mission Vista High School to finalize the Warriors’ record at 6-5-10.

The record included a 3-4-3 performance in Valley League play which gave the Warriors a share of third place in the final league standings.

“I’m quite satisfied with third place. I believe the boys played a lot better toward the end of the season,” Fallbrook coach Jorge Rojas said.

The Warriors tied their first seven games of the season and entered Valley League play with a 3-1-7 mark. The Warriors’ final tie of the season was at home Feb. 4 against Ramona. The Warriors

held a 1-0 halftime lead following a goal by junior Charlie Paez, but the Bulldogs scored the equalizer in the second half of what ended as a 1-1 game.

A Feb. 6 trip to Valley Center High School resulted in a 5-0 Jaguars victory.

“We had a really tough time away at Valley Center during their Senior Night,” Rojas said.

Only four of Fallbrook’s varsity regular starters played against the Jaguars; the other seven starters were normally substitute or junior varsity players.

“We definitely were not playing with our varsity team,” Rojas said.

“They played their best,” Rojas said. “The cohesiveness wasn’t there.”

Valley Center had a 2-0 lead when the halftime whistle was blown and added three goals in the

second 40 minutes of play.

“It’s just unfortunate,” Rojas said.

Fallbrook traveled to San Pasqual for a Feb. 11 contest, and the Golden Eagles were on the preferred end of the 1-0 final score.

“That was actually a pretty close match,” Rojas said.

The Golden Eagles scored the game’s only goal in the seventh minute.

“I’m actually happy with how the way things went,” Rojas said. “It was a complete 180 of the Valley Center game. We were a lot more synchronized. We played more cohesively. We just simply couldn’t find the net.”

Senior Night festivities preceded Fallbrook’s Feb. 13 home game against Mission Vista. Seniors accounted for three goals and an assist in the Warriors’ 4-2 victory.

“It was a good night for the seniors. They definitely excelled,” Rojas said.

Fallbrook has 12 seniors, and none of them were missing due to injuries or family emergencies, which had rendered various players unavailable during the league season. The underclassmen were also all able to play.

“It was pleasant to have everybody back,” Rojas said.

The Warriors opened the scoring when junior Bryan Rodriguez scored with an assist from senior Andres Martinez. A penalty kick was taken by senior Angel Gonzalez, who placed the ball into the net for a 2-0 lead. The Timberwolves narrowed the score to 2-1 before the first half ended.

The Warriors took a 3-1 lead when senior Joseph Bell scored off a corner kick. Mission Vista

scored once again, but the Warriors regained their two-goal margin when Gonzalez scored on a direct kick.

“We outmatched Mission Vista in almost every aspect of the game,” Rojas said. “I was very happy with the way the boys responded.”

The loss gave Mission Vista a 3-4-3 final league record, allowing the Warriors to move into a share of third place. Valley Center’s 3-0 victory at Ramona that day would have tied Fallbrook and Valley Center for fourth place had the Warriors lost.

“Overall, I’m very happy and satisfied,” Rojas said. “I was happy on how the boys finished their season.”

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Fallbrook pool hosts dive meet

Joe Naiman
Village News Reporter

The Fallbrook High School pool was the site of the Fallbrook High School Early March Meet diving competition March 7.

“The ones that were there got a great opportunity,” meet

organizer Sean Redmond said, who is also Fallbrook High School’s girls swim coach and the diving coach for both Fallbrook’s girls and the Warrior boys.

San Ysidro High School junior Eva Reyes won the girls’ 11-dive portion of the meet with a score of 487.50 points. Chula Vista

Learning Community Center junior Sergio Zepeda was the winner of the boys’ 11-dive competition after accumulating 473.10 points on his dives.

Christian High School freshman Holly Allen had the first-place score of 181.40 points in the girls six-dive segment.

Jose Torres, a senior attending Southwest High School in South San Diego, had a score of 130.00 points to win the boys six-dive event.

Three Fallbrook divers participated in the girls six-dive competition: freshman Payton Wilson placed second

with 160.55 points, junior Kassie Ewig had 144.80 points for third place and sophomore Kadi Ewig had the fifth-place score of 84.20 points.

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WINE & DINING

Avocado Turkey Chili Stuffed Sweet Potatoes

FALLBROOK – Try this dairy-free, egg-free, gluten-free, grain-free, soy-free dish, Avocado Turkey Chili Stuffed Sweet Potatoes. Adding avocado to the filling makes for a nutrient-dense creaminess under 500 calories that complements the sweet and spicy baked potato; recipe courtesy of Fresh Avocados – Love One Today. For more recipes, visit www.LoveOneToday.com.

Avocado Turkey Chili Stuffed Sweet Potatoes

Start to finish: 75 minutes
Serves: 4

- Ingredients:**
1 ripe, fresh avocado, halved, pitted, peeled and diced
4 medium-sized sweet potatoes
1 tablespoon olive oil
1/2 cup onion, diced
1/4 cup red bell pepper, diced
1 garlic clove, minced
3/4 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon salt
8 ounces ground white meat turkey
1 14-ounce can petite diced tomatoes in juice
1/4 cup cheddar cheese, grated (optional)

- Directions:**
1. Heat oven to 400 degrees F.
2. With a fork, pierce sweet potatoes all over several times. Place on a baking sheet lined with aluminum foil.
3. Bake until soft and fork tender, about 45 minutes.
4. Heat oil in a deep skillet over medium heat. Add onion and pepper
5. Cook, stirring occasionally, until tender, about 5 minutes. Stir in garlic, cumin, oregano and salt.
6. Add turkey. Cook, stirring and breaking it up with a spoon, until no longer pink, 3 to 5 minutes. Stir in tomatoes. Reduce heat to medium-low.
7. Cover and cook for 20 minutes.
8. Remove from heat and stir in avocado. Slice baked sweet potatoes lengthwise just until open. Fill with turkey mixture.



Avocado Turkey Chili Stuffed Sweet Potatoes are dairy free, egg-free, gluten-free, grain free and soy free for under 500 calories per serving. Village News/Fresh Avocados – Love One Today photo

Vegan Avocado Ceviche

FALLBROOK – Traditional ceviche that is full of zesty flavors, courtesy of Fresh Avocados – Love One Today. For more recipes, visit www.LoveOneToday.com.

Vegan Avocado Ceviche

Start to finish: 15 minutes
Serves: 2

- Ingredients:**
1 ripe, fresh avocado, halved, pitted, peeled and diced
1 cup cauliflower, diced
2 tomatoes, diced
1/3 cup red onion, finely diced
1 tablespoon jalapeño pepper, minced
1 garlic clove, minced
1 tablespoon fresh cilantro, chopped
1 tablespoon lime juice
1/2 teaspoon salt
1 tablespoon olive oil

- Instructions:**
1. In a large bowl, combine avocado, cauliflower, tomatoes, onion, jalapeño, garlic, cilantro, lime juice, salt and olive oil.
2. Transfer to a serving bowl. Serve with homemade pita chips.



Vegan Avocado Ceviche is a quick and easy plant-based recipe that is full of zesty flavors. Village News/Fresh Avocados – Love One Today photo



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Temecula Wine Country dealing with virus fallout



Temecula's wine country may experience a drop in tourism as a national state of emergency has been declared due to the coronavirus Friday, March 13. Gov. Gavin Newsom Sunday, March 15, set guidelines that included the closure of wineries and bars.

Valley News/Shane Gibson photo

Jeff Pack
Staff Writer

When news broke that Gov. Gavin Newsom announced guidelines Sunday, March 15, meant to deal with the spread of the coronavirus, you probably could hear a pin drop in Temecula Wine Country.

It wasn't long until leaders in wine country began taking action and making plans – Temecula Valley Winegrowers Association called an emergency meeting for 9 a.m. Tuesday, March 17, after press time, some wineries closed tasting rooms, others remained defiant, pledging to stay open.

"We called ABC Sacramento this morning and they have not put out a mandate that you must be closed," Christina Falik, who owns **Gershon Bachus Vintners** with her husband, Kenny, said Monday. "As far as we're concerned, we're going to be open as usual. We are doing our social distancing. We have a cleanliness protocol in so that when people come in and then they leave that we're taking care of their spot. Our staff is healthy.

"We do not see the reason, especially during the week, for any kind of hysteria about going to a tasting room. I just don't see it. And if the governor is suggesting that you can go to a restaurant, we don't understand how there could be any difference between somebody going out to eat in a restaurant where there's people and going to a tasting room to taste wine where there's people."

She questioned the logic of the guidelines and the financial implications.

"For those wineries that have restaurants that are able to remain open, it doesn't make any sense whatsoever that they can't also serve wine," Falik said. "We don't get it. We don't understand how somebody could have been so flippant about making a regulation without any kind of basis of problem that it would cause."

"I want to know how they're going to make up for my loss, if they do that. Is FEMA going to pay me back for that? Are my employees, who work by the hour, are they going to be able to recoup any of their money from the county or from the state if we remain closed?"

"I think there's way too many questions on the table for us to overreact in a situation where we don't even see cases and are speculative right now as far as I know."

Dean Foote of Foot Path Winery also characterized Newsom's guidelines as an overreaction and that his winery would remain open for tastings.

As of Monday afternoon, South Wine Resort & Spa was to remain open.

Others are making adjustments to deal with the issue.

"We saw this coming but didn't really know exactly how it would affect us directly," Nick Palumbo of **Palumbo Family Vineyards and Winery** said. "We have always been a small, intimate winery that didn't have any large gatherings or large staff. Regardless of that, we have taken any and all precautions and will continue to follow state and federal recommendations."

He reminded that the recommendations are not enforceable mandates at this point.

"This could very well change but as for right now, we will follow the suggestions and go to appointment only visits which means visitors may call for appointments, visit our tasting room to talk to us about what we do here at the winery, pick up any preordered wines or purchase any wines they may be interested in at the time of visiting," he said. "We will not be offering tastings at this point but again, this is a very fluid time and all this may change. It is also important to note that we can and will ship our wine to our customers."

At **Akash Winery & Vineyards**, the doors will remain open for pickups for the time being, but no tastings will be held.

"We at Akash Winery are of course very flustered and saddened it has come to this," Akash Patel, owner of Akash Winery & Vineyards, said. "We are here to do what we have to do to make our citizens feel safe. Nonetheless this will pass in time and just as any other hurdles our family has come across in the past, we will simply jump over yet another major hurdle and bounce back from this. We are offering free ground shipping during this and free delivery to local residents so they can continue to drink outstanding wines."

At least two wineries, **Peltzer Winery and Robert Renzoni Vineyards & Winery**, said they will also halt tastings in statements made on social media accounts.

"These are uncertain times and the most responsible thing for us to do as a business, and as a family in this community, is to respond to our government's recommendations with compliance," according to Peltzer's statement. "As of tomorrow, Monday, March 16, Peltzer Farm and Winery will be open only for wine pickups. No tastings or glasses will be poured and bottles cannot be opened on property."

"Our doors will still be open to our members who need to pick up their wine, and to those interested in purchases to take home," according to Renzoni's statement. "At this time wine by the glass sales will be discontinued. Mama Rosa's Trattoria will be open at half occupancy as the governor

has requested. We are encouraging to-go orders as much as possible.

"Robert Renzoni Vineyards cares about our local community. We will do everything in our power to prevent the spread of COVID-19."

Europa Village said in a statement that they would close their doors entirely Monday.

"As mandated by the governor of California and to help ensure the safety and wellness of our guests, Europa Village has made the decision to temporarily close its winery effective Monday, March 16," according to Europa Village's statement. "We are hopeful that by following these proactive measures, we are doing our part to help mitigate the continued spread of COVID-19. We appreciate your support and understanding and encourage you to stay tuned to our website and social media handles for news on a reopening date."

In addition to wineries, peripheral businesses like wine tour companies are starting to feel the effects of the coronavirus issue.

Kim Kelliher of **Grapeline Wine Tours and Stryder Transportation**, which has wine country tour services in Paso Robles and Sonoma in addition to Temecula Wine Country, said the news Monday from the federal government about limiting groups to 10 or less is going to significantly impact their business.

"We ran tours today in Temecula, Santa Barbara and Paso Robles," Kelliher said Monday. "We were able to deal with the 50 people or less. We had already committed to keeping our shuttles at 50% capacity. We were sanitizing, going by appointment only, asking the wineries to work with us and keeping social distance. All of that was coming together nicely. Until this 10 and under and now it's quite a bit tougher."

She said there's a lot of uncertainty as to how the market will respond to businesses being open or being closed.

"Some of the winery owners, like Leoness, were open and they were being chastised by customers

or people calling saying, I can't believe you're still open," Kelliher said. "There's just a lot of emotion and there's a lot of considerations. At the same time, we're all small businesses, we're all trying to figure out how we navigate this new world right now? And unfortunately, I don't even know the answer yet."

Amy Brewen of **Brewen's Empire Trolley** said she was starting to see the impact last Friday.

"Obviously the focus of my business is wine country and weddings and corporate events," she said. "I did have a corporate event, which is kind of one of my larger clients, that said, 'Hey, you know, we're just gonna push this out a couple of weeks. We'll follow up with you then.' That was a large one. However, it was one. I have one client, she's a wedding client and her family is in Hong Kong, so they're just praying for the best."

The wedding and event business in Temecula Wine Country generates millions of dollars each year. From transportation to wedding planners and event coordinators to caterers and hotels – there is a potential for many to take a serious financial hit.

But Brewen said she has faith.

"I'm a very optimistic person by nature. I feel like seeing the downtrend in China is a good thing. And I would like to think if everyone can be proactive and see what has worked in other countries and starts doing those things now before it gets really bad here, then we can minimize it."

"As far as wine country, I will say that's probably the one I'm most hopeful and yet pause a little because while they aren't always a 250-plus person event, obviously you can get over 250 people there at any given time at a winery. And that's definitely a leg of my business," she said.

So far, Brewen said, she hasn't received any outright cancellations, just postponements.

"I'm still receiving calls about people wanting to book," she said.

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Promenade Temecula offers Wine Country Foyer to tour companies

Jeff Pack
Staff Writer

At a launch event Wednesday, March 11, Promenade Temecula debuted its new Wine Country Foyer, a shuttle stop that can be used by Temecula Wine Country wine tasting tour companies and hotels to pick up and drop off customers.

"I recognized an opportunity to create a special space for tourism guests that tour operators and hotels could use as their own," Jeff Kurtz, general manager of Promenade Temecula, said. "Typically tour guests will either get picked up at their hotel or at a designated location in town such as the Promenade or a parking lot in Old Town Temecula or wine country."

"My thought was that we needed to create a special place at the Promenade just for this service to help encourage safety and an enhanced experience," he said.

According to Kurtz, the foyer space is approximately 15-feet wide in both directions and has an insulated solid cover with lighting and decorative concrete pavers.

"When a couple or group end their day on a tour of wine country or our local breweries, they shouldn't be getting in their cars right away to drive home if they haven't recovered from tasting wine and spirits," Kurtz said. "The tour companies all recognize this and encourage their guests to have a meal at the Promenade or Old Town Temecula, or return them to their hotel. We want to also encourage dining, shopping or a movie at the Promenade before they return home or to their hotels. There are also two amazing coffee options; Parlay Café, where you can get an Illy Italian coffee, and Starbucks just opened inside

Macy's next to the foyer."

Kurtz said the foyer won't be staffed, but Promenade Temecula does offer 24/7 security that patrols the area.

"It works very similar to current pick up and drop off locations; when booking a tour through one of the many tour operators in the valley indicate that you want to be picked up at the Wine Country Foyer at Promenade Temecula," Kurtz said. "Then on the day of your tour park in one of our free covered parking garages and relax while you wait for your tour to begin."

Kurtz said the project was done with support from the Temecula Valley Chamber of Commerce with the partnership of the Temecula Convention and Visitors Bureau Visit Temecula. He said the project was paid for by Promenade Temecula and the furnishings are sponsored by Macy's.

"The Wine Country Foyer is furnished with soft outdoor patio seating and a fire pit coffee table,"

he said. "There are decorative pots inside and landscape planters surrounding the structure. We also provide information on wine country and other places of interest, as well as shopping and dining information within the foyer, directly adjacent to the foyer, are public restrooms and access to free Wi-Fi provided by Promenade Temecula."

Kurtz said he hopes the tour companies will take ownership of the foyer and use it often.

"This is the primary purpose, and we want them to feel like it is theirs," he said. "The goal is really to encourage a fun and safe experience to our tourism guests. It's kind of another way we can roll out the red carpet to tourists visiting Temecula. We are hoping the Wine Country Foyer can serve as the premier option for tour pick up and drop off in the valley, the number choice for tourists visiting our beautiful valley."

Jeff Pack can be reached by email at jpack@reedermedia.com.

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OPINION

Coronavirus update

Supervisor Jim Desmond
5th District

Our world has certainly changed this past week, and as I write this I understand much more could change by the time you read it. I did want to give you an update on what San Diego County is doing regarding the coronavirus.

All public or private gatherings over 250 people are prohibited in San Diego County, through the month of March. Gatherings of less than 250 people are strongly encouraged to keep a social distance of 6 feet from one another in conformance with California Department of Public Health guidelines.

Nonessential personnel are also prohibited from entry into any hospital or long-term care facility

serving seniors. This order is issued based on increasing transmission of COVID-19 in California and San Diego County.

Schools, colleges and care facilities serving seniors and children are strongly encouraged to follow the guidance issued by the California Department of Public Health and San Diego County Public Health Officials. Please look to your local school district for further information.

San Diego County Officials are strongly encouraging citizens over the age of 65 to cancel any nonessential travel, avoid large crowds and remain at home, if possible.

It is a very fluid situation, and we will continue to update as more information becomes available.

Get the lead out

Assemblymember Marie Waldron
Special to Valley News

California requires testing children considered at greatest risk for lead poisoning, which includes those enrolled in Medi-Cal and other programs for low-income children. We recently learned that over a nine-year period, DHCS did not ensure that millions of children were tested properly. Nearly half of 2.9 million eligible one-and 2-year-old children were not tested at all, and another 740,000 missed one of the two required tests.

As a member of Assembly Health Committee, I participated in a hearing of the Joint Legislative Audit Committee to review findings by the California state auditor about programs for children at high-risk for lead poisoning. The California Department of Public Health oversees the statewide lead prevention program, and the Department of Health Care Services oversees testing children for lead poisoning. Unfortunately, the results of the audit were not encouraging.

Children under the age of six are extremely vulnerable to the harmful effects of lead poisoning. Even a slight elevation in blood lead levels can stunt development and lower a

child's IQ. Lead exposure can lead to brain and nervous system damage, learning and behavior problems, hearing and speech impediments, along with other lifelong health problems.

Obviously, much more needs to be done. Laboratories must report contact information along with the lead tests to support CDPH efforts to contact families and monitor results. DHCS must adopt performance standards to identify children needing the required tests and to remind providers to make those tests. The legally mandated CDPH analysis of at-risk areas of the state should be publicized so that reducing risks in those areas gets priority attention. CDPH and DHCS are on notice—the auditor will be watching for progress over the coming months.

The well-being of millions of California children is at stake. Let's eliminate lead poisoning once and for all.

Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.

Re: ‘A viral takedown of Donald Trump’ [Village News, Letter, 3/5/2020]

I want to thank Dr. James Veltmeyer for his insightful common-sense letter. It's a shame more people didn't read it. Please take the time to research how many deaths have occurred with the swine flu in 2009 on former President Obama's watch, and none of it was his fault for what he didn't do.

It's ridiculous to think that this coronavirus is President Donald Trump's Katrina. They hated Bush too.

I think it is time to turn off the TV and stop listening to the hysteria and hype about a strain of the flu that is Trump's fault. Some even said China created this weapon and are testing it on their own people.

Everyone is going insane with fear mongering. The store shelves are empty of so many products that are being hoarded. I see people in almost full hazmat suits going to the grocery store, and I am laughing with the insanity of the hysteria being created by the media with their own agenda.

People, we need to calm down and think about it. Every year we have different flu strains and people get sick. The elderly are the most vulnerable to succumb to it. People are not dying in the streets from this illness, and it is not a death sentence to 99% of the people who get it.

But if you continue to let your mind wander, thinking or telling yourself you are going to die, you might just get your thought. If you run out of sanitizer or Sani-wipes, just buy some baby wipes and pour

rubbing alcohol on them and carry with you wherever you go. I've been doing that for over 20 years now. It's a cheap way to avoid people who seldom wash their hands and transfer the germs.

People said sneeze into your elbow. Well, I grab the front of my top and sneeze into my chest. You can feel the water droplets hitting your chest. This spray is what is being spread around. Sneezing into your elbow just blows it downward, and it lands on a surface below your elbow.

Shutting down the wonderful robust economy, the best we've had in decades is what is driving the media for our upcoming election. People are losing their income and some businesses may never recover; our 401(k)'s are going down, etc., so each and every person has an obligation to stop the hysteria and stop listening to the media with all their ignorant pundits blaming a president.

If you want someone to blame, start with China who is now threatening to stop shipping ingredients we buy from them to make a lot of our medications. China is not our friend and hates Trump for the trade imbalance that has been cheating us for decades and now he is correcting that.

I wonder if the Democrats are in cahoots with China to take down our president in return for business as usual with China and the trade imbalance? Just saying.

Diana Miller

A thank you for a good deed

I love this community!

Thank you, Andy with the red mustache, who I think is a Cal Fire employee, for taking the time to notice my wife's wallet and purse lying in the street; to bother to care and pick it up and to drive it to our home and return it.

That is the kind of selfless caring act that promotes good feelings all-around, I can't wait to find my way of acting similarly and keep the good times rolling along.

Thank you, Andy.

The Schroeders

Proposed park will compromise seniors' safety

I have been a resident of Rancho Monserate Country Club for over 15 years. In that time, I have felt safe in my home and safe driving around Rancho Monserate in my golf cart.

If a sports park is made at the end of Dulin Road, safety will be compromised. We who live in the park are over 55 years old and cross Dulin Road many times in a day.

I would ask that a sports park is not built next to Rancho Monserate.

Theodora Coenen

Village News is here for you

Julie Reeder
Publisher

While some small businesses are coping with the COVID-19 situation, restaurants are accommodating their customers with take-out, and we encourage you to continue to patronize these local businesses as well as others if possible. It will make a huge difference while small businesses are working on ways to stay in business and keep their employees. That's one of the reasons we are taking time and assets to write about how local businesses are affected. We also remain here for you! Our role as a newspaper is to gather and disseminate factual information to you, our readers, especially during a crisis.

While we face uncertain times during this fight against COVID-19, Village News took a step back to reevaluate what our role would be and what the community needed from us to be able to prepare for the unprecedented response from our businesses, schools and our government. What we found was needed, more than anything else, was real, timely, valuable information.

Our role quickly evolved from that of a weekly newspaper and online news website to so much more. We stepped up our coverage and quickly became the go-to news

and information source for you with our all-hands-on deck approach to covering COVID-19 from the local level all the way to the international stage utilizing our new, lightning fast website.

We worked 24 hours a day, as the situation worsened. We monitored and vetted hundreds of sources for our stories on everything from city and school closures to how our local businesses are wading their way through this uncharted territory. We wrote stories on cleaning and disinfecting your home, stories on closures of local entertainment venues and stories updating the latest information from public health, all with a staff of five writers and one photographer working nonstop over a four-day period.

I'm so proud of our staff and their hard work and dedication. Village News began to lead in coverage of the virus as it quickly evolved from a nuisance into something much larger. For 20 years we've been the main hub of information to keep the entire community updated as often as possible in the midst of decision making for families and action plans for businesses while facing an onslaught of closures and government mandates.

It is important to remember while we provide a public service, we are not funded in any way by any form

of government, so we still depend on our advertisers and our subscribers to support our work. Financially, it is challenging to step up our coverage during uncertain times. We push on and deliver the news as only we can, quickly and accurately, with our heads held high and a story to share.

One way that the community can help us while we serve them is to support us with subscriptions. I can't stress enough how important each subscription is for a locally owned newspaper and at \$69 a year or \$5.99 a month, it is an affordable way to join in partnership with us to ensure that we are able to continue bringing you the high quality breaking news and information you have come to expect from Village News, as well as our coverage acting as a watchdog for government and conveying the important work on nonprofits. For the cost of a cup of coffee a month, you support our staff, who live in the communities we cover.

Whether it be COVID-19, car accidents, wildfires or features on the people and places who make this place we call home such a great place to live, we are here for you. Your help is appreciated. Please visit www.villagenews.com and click on subscribe today.

Julie Reeder can be reached by email at jreeder@reedermmedia.com.

Don't panic, but take coronavirus very seriously

Will Fritz
Associate Editor

It would be very easy to panic right now.

Schools and businesses are closing down. People are staying home from work.

Things that felt certain just a week ago are now completely unmoored.

Daily life has been drastically upended in a way we have not seen in our lifetimes.

Even 9/11, which represented an immense paradigm shift in our worldview, did not have the potential for so much direct disruption to everyone.

I'm 22 years old, and my only memory of that historic event is seeing something scary on my grandparents' giant Toshiba television in their family room at their house in Temecula. They knew the world was about to change, and I grew to understand how it had years later as I grew up.

While it certainly did have some effect on my daily life—my mother, who was literally in Air Force Officer Training School on the day of the attacks, eventually would be deployed during the wars in Iraq and Afghanistan and spend months away from our family.

But even then, the effects of 9/11 felt like something that mainly affected other people. My mom was stationed in the United Arab Emirates, not in a combat zone. I didn't really have to worry too much, and I didn't need to worry about anything happening to me.

This event is very different. It is

not a distant enemy we are fighting on some foreign battlefield. It is not an enemy that makes its presence known at home by blowing up buildings. It is very much a silent killer. I could be infected right now and not even know it. Maybe I won't show any symptoms, but will I be able to say the same for my brothers? My parents? What about my grandmother, who is a lunch lady at a Temecula middle school? Could she have already been exposed?

But panic, of course, helps no one. We need to keep our heads about us. We need to keep doing what we can to maintain some sense of routine. Fortunately, I'm very good at compartmentalizing—what I can't control, I will simply not think about, because what would be the point?

But the other side of that coin is that we cannot pretend everything is normal, because everything is just absolutely not. Difficult as it may be to consign ourselves to the fact that we will be trapped in what feels like the plot of a disaster movie for the next few months, it's just something we are going to have to accept. No going out to bars or restaurants. No movies or concerts. No visiting friends and family members unless absolutely necessary.

That's something that did not appear to have sunken in over the weekend. People were still crowding eateries and other public places, acting as though they were invincible and immune to the rapidly spreading coronavirus. But it affects everyone, and even if you don't have serious symptoms, you

could spread the virus to someone you love who may be affected much more seriously. Is that really something you want weighing on your conscience? How would you feel if a parent or grandparent ended up in the ICU because you decided you didn't want to "stop living?" Or maybe not even a parent or grandparent—young, healthy people can require hospitalization due to the novel virus that causes COVID-19. Li Wenliang, one of the first doctors to warn about the coronavirus, died in an ICU in a Wuhan hospital of the virus. He was 33 years old.

Let that sink in. 33 years old.

The virus may only kill a small percentage of people who are infected. But even a death rate 1%, 2% or 3% is several times higher than the normal flu's usual death rate of about 0.1%. When that number is expressed across a huge population like that of the United States, we are talking about literally millions of potential deaths.

I am probably the last person you would expect to be concerned about a virus. But these are serious times.

Listen to the recommendations from the Centers for Disease Control and Prevention and from the state. Stop any unnecessary physical interaction for now. Don't go out to crowded places like restaurants. Wash your hands. Be careful, if not to keep yourself from getting sick, then at the very least to prevent someone else from getting sick. Someone's life could literally depend on the choices you make.

Will Fritz can be reached by email at wfritz@reedermmedia.com.

Sen. Jones co-writes legislation to repeal AB 5 — the Job Killer Law

SACRAMENTO — State Sen. Brian Jones, R-Santee, announced Feb. 28 that he is co-writing legislation to repeal Assembly Bill 5, the law enacted last year that will arbitrarily force hundreds of thousands of independent contractors to instead become formal employees of a business.

"AB 5 is a blatant power-grab by Democrat politicians and some labor bosses," Jones said. "Hard-working Californians face the loss of their businesses and livelihoods. Gov. Newsom never should have signed such a poorly thought-out

measure, and it's time to repeal it."

Jones's Senate Bill 806 would repeal AB 5 and instead allow Californians to have maximum flexibility in deciding what type of work environment best serves the needs of them and their family.

SB 806 is co-written by every member of the Senate Republican Caucus and is awaiting referral in the Senate Rules Committee.

Jones also encouraged his constituents to check out his most recent "Are You Kidding Me?" episode where he highlights the problems that AB 5 has caused

for so many industries and people, and what needs to be done about it, <https://jones.cssrc.us>.

Sen. Brian W. Jones is chair of the Senate Republican Caucus and was elected to the California State Senate in 2018 representing the 38th Senate District which includes Alpine, Escondido, Lemon Grove, El Cajon, La Mesa, Santee, Poway, San Marcos, Lakeside, Valley Center, Rancho Santa Fe, Julian, Ramona, Rancho San Diego, Bonsall, Fallbrook, Borrego Springs, and parts of the city of San Diego.

First national mobilization in 75 years

If you were born after about 1938, you probably don't have memories of our 1940 mobilization in preparation for World War II. Today's mobilization to stop COVID-19 and that of the 1940 event draw or tapped different resources, but the overarching similarity is that they affect everyone in the USA and that there are limitations and requirements laid on persons and businesses.

The current mobilization imposes these rules on the basis of public health. In 1940, all labor, industry

and raw materials were focused on preparing for war. Starting in 1940, the USA demonstrated to the world our plentiful resources and unparalleled logistical skills and focus.

It was all planned in great detail and ordered from the top down, and the mobilization continued until August 1945. At that point, we no longer needed our ration books to buy gasoline, tires, butter, shoes, sugar and meat.

Think of the COVID-19 mobilization as a preparation for

war on pathogens. We haven't had a domestic public health emergency like this since the Spanish flu epidemic of 1918, not counting the cycles of later flu outbreaks.

Maybe it's time we had a national emergency that requires moving as a team. We have seen a remarkable wave of initiatives carried out by people and governments from school districts to states that reflect the patriotic spirit of America.

John Watson



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