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April 2, 2020

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Volume 24, Issue 14

Avocado
Festival
cancellation
impacts
Fallbrook
businesses

Will Fritz
Staff Writer

The annual Fallbrook Avocado Festival is the biggest event organized in Fallbrook all year. So, the cancellation of the festival, which had been scheduled for April 19, due to the coronavirus outbreak is sure to impact the Fallbrook business community. In a typical year, the festival boasts about 450 vendors on Main Avenue, selling everything from food and beverages to solar panels, said Fallbrook Chamber of Commerce CEO Lila MacDonald. It also features an artisan walk on Alvarado Street, with 30 to 35 artists selling handmade crafts. The event isn't a huge moneymaker for the Chamber of Commerce, which MacDonald said pays about \$75,000 to put on, covering costs for things like permits from the sheriff's and fire

see **FESTIVAL**, page A-6

On the front lines with TVH



Temecula Valley Hospital emergency room Physician Assistant Greg Davidson prepares to enter a triage tent setup outside the Valley News/Shane Gibson photo emergency department where COVID-19 screenings and tests are conducted. TVH staff working in the screening tent wear respirator helmets called a Controlled Air Purifying Respirator, or CAPR for short, to protect themselves against aerosolized and airborne particulates. See gallery on B-4.

thisweek

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Most local school districts to be closed indefinitely during pandemic

Will Fritz
Staff Writer

When local school districts first announced temporary closures as part of the fight against the coronavirus pandemic, they expected the closures to only last until sometime next month, with Fallbrook, Bonsall and Rainbow schools variously announcing reopening dates in early-to-mid-April. But Tuesday, March 17, California Gov. Gavin Newsom said it was uncertain if schools would be able to reopen at all before the current school year ends in June. After that statement, school districts in northern San Diego County began to move away from their previously announced restart dates. The original restart dates remained listed on the San Diego County Office of Education

see **SCHOOLS**, page A-8



Fallbrook Union High School District bus driver Maria Padilla prepares school lunch meals before delivering to students at their bus stops.

Village News/Shane Gibson photo

Church services go online



Fr. Arturo Uribe of St. Peter the Apostle Church is seen on YouTube at the beginning of the Mass viewed March 29.

Lucette Moramarco
Associate Editor

The stay at home order that went into effect March 19 not only closed schools, restaurants, theaters and gyms, it also closed churches which have responded in a variety of ways. While some churches were already streaming their services online, many churches did not

even have updated websites. Now, almost all local churches are offering either livestreaming services on their websites or posting taped services on YouTube. On the website of SonRise Christian Fellowship, Pastor Greg Coppock posted a message: "We are coming together to worship our Lord...just online. Pastor Banning is

see **SERVICES**, page A-6

Toilet paper shortage could impact FPUD, Rainbow sewer systems

Joe Naiman
Village News Reporter

The shortage of toilet paper is causing some residents to utilize other wiping substances and, when toilets are flushed with some of those alternatives, local sewer lines are impacted. "The primary issue we have when people do that is backups in the sewer," Jack Bebee, general manager of Fallbrook Public Utility District, said. "We've seen an increase in our maintenance needs related to dealing with items such as flushable wipes," Tom Kennedy, general manager of Rainbow Municipal Water District, said. "Paper towels are not particularly made either to get through the sewer system," Bebee said. Scratch paper, wax and other materials have been flushed down toilet drains and into the sewer systems. "We find all sorts of things in there," Kennedy said. "Clogs have been caused by



A bucket. Village News/Rainbow Water photo of 'flushable' wipes is being pulled up from a lift station after they got stuck in the sewer system.

that," Bebee said. "We see the flushable wipes more than anything else. They're not flushable. They might say flushable on the package, but they're not flushable," Kennedy

see **SEWER**, page A-6

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ANNOUNCEMENTS

Women’s Connection brunch canceled

FALLBROOK – The Fallbrook Women’s Connection will sadly have to cancel its April 17 brunch at the Grand Tradition Estate & Gardens due to COVID – 19. Organizers are hopeful that things will start to get back to normal again soon, so that they can resume their monthly program in May.
Submitted by Fallbrook Women’s Connection.

Cancellations and Postponements

Due to new regulations pertaining to the coronavirus, all monthly group meeting as well as the following events have been canceled or postponed:
April 3 –The Knights of

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Columbus Fish Fry & Bake has been postponed until restrictions have been lifted.
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.
April 2 – Student of the Month breakfast has been postponed.
April 2 – Fallbrook Village Association Revitalization Committee will not be meeting in April.
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 18 – Community Cleanup at Ingold Sports Park is canceled.
April 19 – Avocado Festival has been canceled.
April 25 – Fallbrook Garden Club’s Flower Show & Plant Sale is canceled.
April 25 – Boys & Girls Clubs of North County’s Red Carpet Dinner & Auction is being changed to an on-line event with details to be determined.
April 26 –Arts in the Park at Live Oak Park has been canceled.
May 2 – Horses, Hats & Hope has been canceled.
May 2 –The May Reflections of Nature art show has been canceled.

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OPINION

Let’s pull together

Julie Reeder
Publisher

I have been talking to local businesses scrambling to try and figure out how to stay in business. For most business owners, if we can qualify for part of the \$2 trillion bailout through the Small Business Administration it will be a temporary bandage, but we still have to be able to stay in business and pay that back. There is part of these loans that they are saying will be forgiven if we can keep from laying people off, which makes sense. To keep as many people employed as possible is very important. Then I wonder, “how do we as a country pay off that \$2 trillion debt?”

While some businesses are booming, like the toilet paper industry and grocery stores, a lot of retail, restaurant and publishing businesses have to figure out how to do things differently. I saw a local flower shop with a sign promoting free delivery of flowers locally. Great idea.

Restaurants responded by marketing takeout, which is perfect. Doing more online is key, which was coming anyway, but some people enjoy the experience of shopping and talking to local shopkeepers.

Village News immediately started creating online webinars to help businesses strengthen their online presence while they may be quarantined. That is a great use of time. We also, for our own survival, started asking the community to support us with subscriptions. Thankfully, we have received about a hundred, which is great and very encouraging. I read every subscription and am so thankful for each one. We are still hoping for several hundred more.

Our sister paper Valley News was also accepted into Rite Aid and CVS stores in the Valley which will be helpful for our distribution during this shutdown and afterward. Again, things are changing and the sun is still rising every morning and we still live in one of the best places on earth. We are blessed.

If you are a business owner or manager and want to participate in our free webinars with digital experts that will help you increase your online presence, compete, generate leads online and protect your reputation, just go to <https://reedermedia.lpages.co/rm-webinar> and sign up.

It’s hard as a business owner to know what to do more than just posting a few times on Facebook, and there is so much more available than that. It’s what we do, and we are ready to help. Our goal is to help our local businesses survive and use this time to come back stronger. This is free, and we will be sending out reports specifically generated for you so you can see how your business shows up online.

We have survived fires and economic disasters before. We can survive this challenge too, if we support each other.

P.S. if you haven’t subscribed, please go to <https://www.villagenews.com/subscribe>.

Julie Reeder can be reached by email at jreeder@reedermedia.com.

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Supervisors defer restaurant permit fees

Joe Naiman
Village News Reporter

Some restaurants and other food facilities have been closed completely due to the coronavirus quarantine while the rest are limited to delivery and pickup. The San Diego County Board of Supervisors decided that the restaurants and other food and beverage businesses which are foregoing revenue should be given a deferral for their fee payments to the county.

A 5-0 board of supervisors' vote March 24 directed the county's chief administrative officer to defer the date for the payment of health permit fees, plan check fees and late fees to Sept. 1. The chief administrative officer was also directed to utilize general fund money to cover any revenue shortfall caused by the delay in fee payments and to seek federal and state funding to assist in the recovery of the food, beverage and hospitality industries.

The supervisors also directed the chief administrative officer to analyze any county policies which may inhibit the immediate reopening of food facilities after the quarantine is lifted and to report back to the board of supervisors with possible solutions within 30 days.

"Today we want to provide immediate relief for this industry," Supervisor Kristin Gaspar said.

"We want to make sure that when the health order is lifted, they can get back in business as quickly as possible," Supervisor Jim Desmond said.

Health permits issued by the county's Department

of Environmental Health are required for all food facilities in San Diego County, including those in incorporated cities, but not those on sovereign Indian reservations, which have their own system. More than 15,000 retail food facilities exist in the county including more than 8,100 restaurants. The cost of the permits, which must be renewed annually, ranges from \$200 to \$1,930.

Gaspar is herself a business owner – she and her husband own a physical therapy business – who is a San Diego County native but attended Arizona State University to major in broadcast journalism. Gaspar funded her college expenses by working at a restaurant.

"During these challenging times, we know that every dollar matters," she said.

The county health order issued March 12 prohibited gatherings of more than 250 people. On March 16, the order was amended to prohibit gatherings of more than 50 people, and that order also closed all bars which did not serve food while prohibiting dining in restaurants which are still allowed to provide pickup and delivery service.

"They've all been severely impacted by the COVID-19 virus," Desmond said.

The payment deferral includes plan check correction fees associated with plan checks submitted before March 1.

"We will get through this," Gaspar said.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Fire Chief shares concerns

Stephen J. Abbott
North County Fire Protection District

Like most people, the North County Fire Protection District are concerned about what challenges await us during this COVID-19 pandemic and at the same time cautiously optimistic.

While the district was among the first within the regional fire service community to be directly impacted, we are also among the furthest along in adjusting our operations accordingly.

Many of our staff are heavily engaged at the regional level to provide guidance to others on how to best address these challenges, from alterations in our dispatch, response and treatment guidelines.

You may notice our personnel will be dressed differently and handling calls differently; this adjustment is to ensure everyone's safety. Because this situation is so dynamic and largely unprecedented, we continue to develop plans for a variety of contingencies, which may warrant future changes.

What we do know is that the "stay at home" and "social distancing" orders have been shown to be effective in curtailing the spread of disease. We need look no further than the "tale of two cities" during the Spanish Flu pandemic a century ago, with two major metropolitan cities

– Philadelphia and St. Louis – responding very differently to the same pandemic.

Philadelphia largely delayed such public health orders, whereas St. Louis aggressively instituted them. Not surprisingly, St. Louis experienced a far more favorable outcome.

We implore our community to be like St. Louis, so that we too can "flatten the curve." The collective hope is that the sooner we can slow the spread, the sooner we can return to life as normal.

In the interim, I would challenge us to think of ways that we can continue to adapt our daily lives so that we can continue to support our community, local businesses and nonprofits.

It means persistence and patience on all our parts. As North County Fire has long been an advocate of emergency preparedness, we might suggest that you use this time to better prepare yourselves not only for this crisis, but the coming fire season that is only months away.

Chances are, many of us have dusted off our emergency storage and disaster supplies; if not, now would be a good time to do so, as this pandemic can be expected to occur in waves that could extend into the new year.

We encourage you to visit <https://www.ReadySanDiego.org> for more information on

how to develop a comprehensive emergency plan, and follow through. To put it in perspective, our personnel must keep our families fully prepared at all times, as we can often be gone for weeks at a time during fire season.

Literature from the World Health Organization and Centers for Disease Control and Prevention both indicate that for many, COVID symptoms are mild. However, for those with chronic health ailments, the illness may be more serious.

Please know that if you have mild symptoms, you will be encouraged to stay home and treat yourself with cough suppressants and expectorants, fever reducing medications, rest and fluids.

We are being advised that hospitals will only test patients for COVID that have symptoms significant enough to warrant hospitalization, such as shortness of breath, high fever, etc.

Countywide, emergency response agencies have actually seen a 10% reduction in call volume because of the coronavirus. If your symptoms are mild, we highly encourage you to seek care with your primary care provider, or if you do not have one, a local urgent care or clinic.

Naturally, if you or a family member are experiencing more significant symptoms, call 911.

ASPCA commits \$5 million in COVID-19 Relief and Recovery Initiative to help shelters and pet owners

NEW YORK – To assist pet owners and shelters affected by the devastating COVID-19 pandemic, The American Society for the Prevention of Cruelty to Animals launched the ASPCA Relief and Recovery Initiative, a \$5 million multipronged strategic relief response to the crisis. The response includes \$2 million in grants to animal shelters in critical need of funds and pet food to pet owners who face challenges providing food for their animals.

"In addition to the unprecedented challenges the COVID-19 pandemic has created for people, it is also putting animals at-risk by straining essential owner and shelter resources. Considering the vital role pets play in our lives – especially in times of crisis and stress – it's extremely important to safeguard their health and welfare as much as we possibly can," Matt Bershadker, president and CEO of ASPCA, said. "We are grateful to work with generous donors and the larger animal welfare community who are stepping up, thinking

creatively and courageously, and forging new paths to meet this need. Across the world, people are turning to their pets for comfort, and with the ASPCA Relief and Recovery Initiative, we are committed to helping animals return that love and comfort back to their families by working to ensure their health and safety as we weather this crisis together."

The initiative will provide emergency relief for shelters.

The ASPCA is launching a minimum \$2 million emergency relief fund for shelters that have been hit hard by this crisis. Grants will help shelters fund essential lifesaving services such as basic operations, safety net, adoptions and foster programs, and veterinary services, which are proving to be crucial animal welfare services during this crisis.

It will improve pet food distribution.

The ASPCA's response also includes the creation of regional pet food distribution centers, starting first in New York City, one

of the U.S. cities most severely affected by the pandemic. The centers, provided in partnership with the Petco Foundation, will give dog and cat owners free access to critical food supplies as the outbreak continues to spread.

ASPCA will also operate regional food distribution centers in Miami, Los Angeles and North Carolina, where the ASPCA has operations.

Susanne Kogut, president of Petco Foundation, said, "At the Petco Foundation, we have been working diligently to mobilize the community to foster or adopt to prevent COVID-19 from becoming a crisis for our pets. We must all come together to support our animal shelters and our community, which is why we're proud to also support this initiative. The health and safety of pets needs to remain a top concern because they provide vital comfort and companionship to people during this very stressful time."

The COVID-19 relief response speaks to the ASPCA's longstanding commitment to the animal welfare community and people and their pets. In an effort to create better access to crucial services for underserved pet owners and improve the health and welfare of dogs and cats nationwide, the ASPCA has launched programs and partnerships in New York City, Los Angeles and Miami that make veterinary care more accessible and affordable and continues to develop initiatives to serve the more than 21 million pets living in poverty with their owners nationwide. In North Carolina, the ASPCA operates the ASPCA Behavioral Rehabilitation Center, a facility dedicated to rehabilitating fearful, under socialized dogs and ASPCA Spay/Neuter Alliance, the nationally recognized leader in high-quality, high-volume, low-cost spay and neuter training and services.

For more information on the ASPCA's efforts to help at-risk animals, visit <https://www.aspc.org>.

Submitted by ASPCA.

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FESTIVAL

from page A-1

departments, security, tables, chairs, EZ-ups and more.

It can be an important source of income for the businesses that participate, though.

“We do it because it brings a lot of money into our local economy,” MacDonald said. “Some businesses can do two to three days of work in one day.”

One vendor, who sells handmade jewelry at the event, said the Avocado Festival is an even more important income source than that; of the five or so events Michelle Shearer does all year, the festival is her second-biggest one, sales-wise, earning her business about 15% of its usual yearly income.

“It’s always something that I look forward to,” Shearer said. “Every year, sales increase.”

Fortunately for Shearer, she has other jobs and does not rely solely on her crafts business for income, which is not something that other vendors may be lucky enough to say.

“I know some crafters, this is how they pay the bills,” Shearer said.

And even while she wasn’t relying on her crafts income, the absence of it will have an impact.

“I was definitely expecting what I made last year,” Shearer said.

But she said she thought it was ultimately in the community’s best interest to cancel the Avocado Festival.

“Our community and our safety come first,” Shearer said. “It’s a good decision, but it’s a tough one, and I know the chamber and all the volunteers worked so hard. It’s tough one, but it’s the right thing to do.”

Vendors aren’t the only ones who will lose money. Restaurants outside the Avocado Festival’s blocked-off area along Main Avenue will also lose revenue, although with many

of them now closed due to the pandemic that was going to happen anyway.

“If it were any other time, it would be terrible, but I think that it’s really hard during this time because we’re going through months of people not having income,” MacDonald said.

While some groups have simply postponed their events, the Avocado Festival is for sure a no-go this year. MacDonald said it wouldn’t have made sense to push the festival back to any other timeframe, as it is scheduled around the avocado harvest season, and other events would be impacted.

“Fallbrook does a lot of stuff. If you look at the calendar, we’re a busy town,” she said. “The season is only until July.”

Given the timing of the outbreak, the only time it would make sense to reschedule the Avocado Festival would be the fall, but that is both out-of-season and in conflict with another chamber event, the Fallbrook Harvest Festival. Given that, the next Fallbrook Avocado Festival will not be until 2021, MacDonald said.

She said the Chamber of Commerce is refunding all vendors the full amount they put down for their spots in the festival.

And while all of Fallbrook will have to wait another year for the Avocado Festival, MacDonald came up with something she hopes will help in the meantime. She’s organized a Facebook group called “Avocado Festival Virtual Shopping” to help vendors continue to sell their products in the absence of an actual festival.

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

SERVICES

from page A-1

in the pulpit bringing us God’s word, we will have a time to praise our Savior through some music led by Shayli and Colby from a mountain top location and we are asking the Holy Spirit to move in power! We serve a big God that will never leave or forsake us, let’s praise His holy name together,” sunrisefallbrook.com.

There is also a message that says they will deliver audio CD’s of the services to anyone that asks as they know not everyone has a computer. Coppock can be reached at (760) 518-2839.

Members of Christ the King Lutheran Church are encouraged to participate in interactive online worship on Sundays, <http://www.ctlc-fallbrook.org/>, and small faith groups meet through Zoom online, find information on the church’s Facebook page.

At St. Peter the Apostle Catholic Church, Fr. Arturo Uribe had instituted safety procedures the weekend before the stay at home order was given. No wine was given out at Communion and no one was allowed to receive the host on their tongue (just in their hands); shaking hands was not allowed as a Sign of Peace either.

The parish school closed March 16, but the church was going to be left unlocked from 7 a.m. to 7 p.m. each day. The order March 19 put an end to that plan. A notice on its Facebook page March 20 alerted parishioners to the videotapes of Mass in both English and Spanish versions to be found on YouTube each weekend.

Mass can also be viewed from on the San Diego Diocese’s website as well as a livestreamed from the Pala Mission on Rez Radio, 91.3 FM in Pala or from www.RezRadio.FM everywhere else.

The Seventh-day Adventist Church is also on YouTube, with its Live Virtual Divine Sermon. Videos of lessons plus virtual Saturday Sabbath School can be found at <https://www.fallbrookadventist.org/>.

On Fallbrook United Methodist Church’s Facebook page, Rev. Melissa Rusler invites her congregation to join her Sundays on Facebook Live, “bring our Bible, a pad of paper...come to pray, sing and worship together;” the link can be found at the bottom of the homepage, <https://fallbrookumc.org>.

Zion Lutheran Church’s fellowship of believers can also worship together via Facebook Live; find the link at <https://zionfallbrook.org>.

Riverview Church is not only offering Pastor Mel Svendsen’s sermons on its YouTube Channel, but also Sunday School videos and lessons to print from its website; find the links on <https://refc.org/>.

For information about any other churches, find their website or Facebook page, or give them a call. All churches are listed in the Fallbrook Directory.

Real Estate Round-Up: Stay at Home, Part 2



Kim Murphy
Murphy & Murphy Southern California Realty

It is difficult writing a column with so much changing day by day, week by week. It is a very surreal life we’ve been asked to live. Fallbrook, like the entire state, has been asked to stay at home.

Many Fallbrook residents are retired or semi-retired, so the change may not feel dramatic. But I’m betting that even if you fit that category, you are accustomed to volunteering or participating with one of the many nonprofits or special interest groups in Fallbrook. This stay-at-home lifestyle is challenging.

Last week I wrote about some ideas of positive things we can do while we are sequestered. I read messages every day of what mothers are doing with their children, what projects people are taking on in their homes or how residents are supporting the restaurants and online retail shopping. It is uplifting and speaks volumes to the character of Fallbrook residents.

I have been thinking about some of the potential positive effects this required change in behavior could possibly have on how we live and work in the future.

Considering the work from home mandate, if you happen to venture out, you will be pleasantly surprised at the lack of vehicles on the freeways. I drove to Costco Friday, at 3:30 p.m. and arrived safely in 20 minutes. In comparison, during any previous Friday afternoon, I would never have entertained shopping at Costco on a Friday, much less a Friday afternoon, because the drive alone would have taken me close to an hour one-way.

Over 50,000 people regularly commute from Riverside County to San Diego County for work, and now most of them are working

from home. Companies have had to go to “zoom” conferencing to bring their employees together. Only essential workers are traveling to work, all others are working from home.

Imagine if this change in habit caused companies to rethink how they do business. Imagine if companies realized that many of the employees that formerly drove to the office every day, could now work from home and collaborate, via tele-conferencing?

If even 25% of the existing workers would be transitioned into work at home status, our freeways would be less congested, our current housing issues would be lessened, people would get to spend more time with their families and less time on the road, stress levels would decrease. This mandatory change could lead to a very positive long-term change.

Another result of people having to stay at home will hopefully bring forth a positive effect on how we connect with each other. I must tell you; the social distancing thing is hard for me.

I’m a hugger, a smiler and an engager, so stepping back from people feels all wrong. But the fact that my husband and I have been in the presence of each other nearly every minute of every day has been great. We are much more relaxed about our business and are finding that we can start and end our days at more reasonable times.

I’m guessing that this same thing is happening to families across California as we get to interact with each other continuously throughout each day. Having the time to notice the importance of everyone in our lives, and the value that person’s character or talents brings to our lives. Once we can get back to hugging and gathering together, it will be perfect for me.

Schooling our children has been brought back home. Colleges and universities have offered online classes for years. Many high schools across the nation have also offered online classes. But now, elementary and middle schools are having to provide support for “home schooling.”

Perhaps as parents embrace this role, they might find that the benefits of teaching their children at home builds a bond wrapped in your own family’s values that equals or exceeds the desire or need to send their child out of the home for schooling.

Imagine if we needed smaller buildings for education, if children were brought together weekly for collaboration, socialization,

sports and the arts. Perhaps there could be more funding for those areas of interest, if the basics were being taught at home.

What is the old saying, “necessity is the mother of invention?” We’re seeing innovation occurring in many sectors. Sage Yoga Studio is providing all of their monthly auto-pay students, unlimited online classes, so that while their students are sequestered, they can take more than 20 classes online, at the time they wish in the comfort of their home.

I’m sure there are other fitness groups offering similar ways to connect with their clients. These online classes will not replace the experience that comes from the socialization during a live class, but it can enhance it, once life returns to normal.

This component could become part of the package, so when a student is traveling or required to be home due to a personal situation, they can remain connected with their personal fitness routine.

North Coast Church has always had an online sermon experience, reaching our military around the globe or communities geographically distant.

With the social distancing requirement across the U.S., the numbers of people participating in the weekly online sermons has nearly doubled from the previous physical attendance of 12,000 members. Even North Coast Church’s small group experience will be going online, via Zoom to help keep everyone connected at a time when we may need it most. There are other churches offering this type of connection.

Home has become our workplace, our school, our fitness center and our place of worship. Sounds to me like we are engaging in personal ways that we discarded years ago, all in the name of progress.

Seeing things in this new light, may provide insight on how we create our future in our employment, our education, our health and our gratitude. Home was the center of it all, perhaps it is becoming that again. Just my opinion, while I’m home living my best life.

Kim Murphy can be reached at kim@murphy-realty.com or (760) 415-9292 or at 130 N Main Avenue, in Fallbrook. Her broker license is #01229921, and she is on the board of directors for the California Association of Realtors.

SEWERS

from page A-1

said. “It doesn’t degrade. You need things that are biodegradable.”

Toilet paper is specifically made for being transmitted through the sewer system. Other products aren’t.

“They don’t biodegrade,” Kennedy said.

“It increases the maintenance,” Bebee said.

“They clump up,” Kennedy said. “They also clog up pumps used to move the wastewater around.”

Maintenance crews must address the backups.

“It requires confined space entry,” Kennedy said.

Even if confined space entry is not required, the maintenance prevents the district personnel from adhering to the recommended 6-foot social distance separation.

“That’s a multiperson crew that has to come out,” Bebee said. “We’re trying to keep people separated.”

The backup may also be before the cleanout.

“A lot of times those things can cause problems on the homeowners’ side,” Bebee said.

Properties not connected to the sewer system could also see problems.

“What’s bad for our system is bad for septic systems as well,” Kennedy said.

FPUD has a wastewater treatment plant while Rainbow has a capacity agreement to send wastewater to the Oceanside outfall. Both systems begin with sewer lines.

“Sometimes it will get backed



This is what a ball of wet wipes looks like when they all clump together at one of the lift stations.

Village News/Rainbow Water photo

by multiple items clogging together the problem might not be found immediately.

“Sometimes they don’t show up right away,” Bebee said.

“If people start to do it on a large scale, it will cause problems,” Bebee said. “It’s something that’s important to keep that under control.”

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

www.villagenews.com

Village News

A limited number of previous issues of the Village News (more than one month old) are available for \$1.50 each, plus \$1.00 postage and handling (\$2.50 total cost). Call 760-723-7319 to order.

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Southern California Realty

Panoramic Views



4024 CREST HEIGHTS, FALLBROOK

Located on a beautiful hilltop, you will find this private and secure gated estate home with 360° views. This 3,578 sf home with 4BD & 4BA incl 2 car attached garage & a det. 3 car utility garage. Home boasts seller paid solar panels, agriculture well, and over-sized spa. Beautifully maintained & upgraded inside & out. The spacious cooks kitchen with joining FR & fplc is where you'll spend countless hours entertaining your guests indoors. Outside you have a selection of decks, patios, balconies to take in the breathtaking views.

Seller will entertain offers between \$850,000 & \$1,000,000

Pride of Ownership

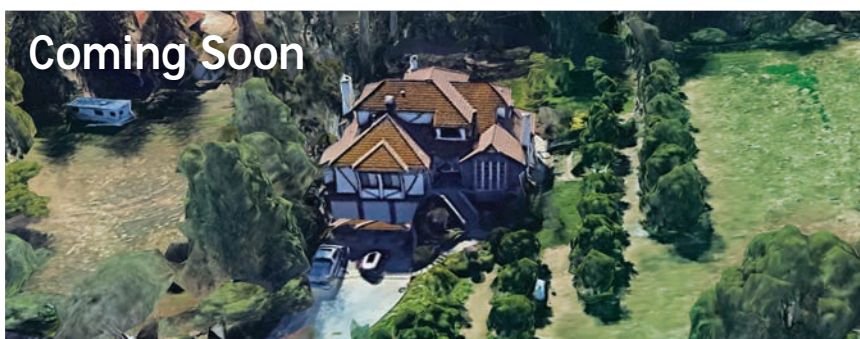


629 ROSVALL DRIVE, FALLBROOK

Upgraded 1,700 sf, 3BD, 2BA single story family home with 2 sided fplc, designer kitchen and beautiful custom built in cabinetry with granite counters throughout. Amazing attention to craftsmanship and detail in every room. Travertine floor in the kit and entertainment areas with tasteful hardwood floors in bedrooms and selected areas. Huge .33 acre lot with pool size back yard with tropical landscaping, fountain, 2 very large patio covers for dining and fiesta. 2 car garage, RV parking. Affordable solar lease with a short 15 years left on the lease.

Seller will entertain offers between \$530,000 & \$590,000

Coming Soon



3657 LA CANADA, FALLBROOK

Tailored Tudor home with multi generation living opportunity. 3,734sf, 4BD, 3.5BA. 1.55 acre property is suitable for horses with easy access, 3/4+ acre flat corral area. Downstairs 1BD apt has dedicated access. Home also features designer kitchen, 2 fireplaces, hardwood floors, study, vaulted ceilings, big views, Trex style deck for entertainment off of family room with outdoor spa, 3 car garage with fresh epoxy floors and new overhead doors. Home has been freshly painted inside and out. Move in ready, offering flooring allowance with suitable accepted offer.

Seller will entertain offers between \$850,000 & \$950,000

Country Cutie



955 BUENA CAPRI, FALLBROOK

California Bungalow nicely sited on .29 acre cul-de-sac lot. Nicely maintained and upgraded over time, this 3 bedroom, 2 bath home with 2 car garage is that perfect little starter home or charming cottage, perfect for downsizing in those Golden years. An enclosed bonus room provides an all season enhancement to the home's living space. The spacious backyard has room for planting your fall/winter victory garden and your spring/summer vegetable garden. Great access to transportation, shopping and schools.

Seller will entertain offers between \$475,000 & \$545,000

Views & Location



3135 CANONITA DR, FALLBROOK

Private 4BD, 2.5BA 2,812 sf ranch style home on 1.82 acres in Gird Valley has everything you move to Fallbrook for. Style, Space, Quality Construction, Privacy, and Views. Spacious open floor plan with freshly remodeled kitchen, hardwood floors, big windows that provide natural light and sit-down views from virtually every room. Enjoy the freedom of an extra wide and deep 2 car garage. Outside you will enjoy the majestic views from the all encompassing veranda style porch and lush landscaped yard that overlooks a gentlemen farmers avocado grove.

Seller will entertain offers between \$725,000 & \$795,000

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 appls 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.

**Seller will entertain offers between ~~\$950,000 & \$1,100,000~~
SOLD FOR \$1,061,000**

SOLD!

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.

**Seller will entertain offers between
~~\$675,000 & \$750,000~~
SOLD FOR \$735,000**

SOLD!

198 BRYCE LANE, FALLBROOK

**Listed, Into Escrow and Closed
Escrow in Less than 14 days at
\$600,000 with Multiple Offers**

**Seller will entertain offers between
~~\$525,000 & \$600,000~~
SOLD FOR \$600,000**

SOLD!

199 N. MERCEDES, FALLBROOK

3BD, 2BA, 1620 sq.ft, built in 1996. 3 car attached garage on a quiet cul-de-sac near downtown Fallbrook. Open floor-plan with vaulted ceilings. Large, flat lot with spacious rear and side yards, covered patio.

**Seller will entertain offers between
~~\$475,000 & \$550,000~~
SOLD FOR \$525,000**

These are times of great opportunity.

Inventory is historically low. There are many qualified buyers scrambling to take advantage of historically low interest rates. After Governor Newsom declared the statewide quarantine, we expected our phones to go silent. Quite the opposite occurred. Fellow Realtors with approved buyers are searching for homes. Many sellers took their homes off of the market in fear of COVID-19. Our clients trust us because now more than ever, the Murphy & Murphy proven concierge service is our strength. Our personal attention to your specific needs gives you piece of mind in these uncertain times. We sanitize before and after every escorted showing. If you were thinking about selling your home before the Coronavirus outbreak, please revisit those thoughts. Now more than ever our experience can achieve results and at the highest possible sale price. Please give us a call to set an appointment. Give us an opportunity to show you how we will accomplish success for you and your family. Our homes sell for more and on average in less than 30 days. We have been award-winning Realtors in the community since 1997. In times like these you need experience representing you and your family's needs.

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Fallbrook Chamber of Commerce

Supporting Business and Building a Better Community
www.fallbrookchamberofcommerce.org

Got
Membership?

Contact us for a
membership
packet and
let us show you
how your
business can
benefit!

Dearest Community,

While we are in uncertain times, I am certain that we live in the most amazing place. I have seen partnerships form to help serve the seniors, children being fed while schools are closed and locals support businesses whether picking up food to go or ordering goods online or buying gift certificates for services in the future. The volunteering spirit of our community lives on and grows stronger.

We have had to change the way we live and work and create new ways to do business. Going forward, we will have a new normal. I want to assure you that we are here for you. The Chamber has been serv-

ing the community for 100 years. While many things have changed during those years, our mission statement has not. We are here and will continue serving businesses, nonprofits and the residents and building a better community. We are here to serve you during these uncertain times and help in the coming days, months, year to rebuild; to come together and create new ways to thrive.

While the office is physically closed, we are working from home. Please call or send an email. Follow us on Facebook or check the website for up to date information.

Thank you for supporting local! I look forward to seeing you all soon.

Wishing you good health,
Lila MacDonald

A Letter from the CEO

New Members

Please welcome these new businesses and individuals to our Chamber membership by introducing yourselves at one of our functions!

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MEMBER SPOTLIGHT

Fallbrook Senior Center

Fallbrook Senior Center is present in our community for the wholesome benefit for our seniors. The activities provided at the SC encourage socializing for seniors as well as emotional and mental benefits. As we know activity keeps seniors more physically fit. The Senior Center has a fitness area along with our exercise classes and line dancing and many other activities.

The Senior Center also provides two meals programs. The Congregate program where as seniors 60 plus can come to the Community Center to eat 11-11:45 AM. The Home-Delivered Meals Program is offered. Seniors do have to qualify with 2 ADL's such as, they cannot drive and physically are not able to prepare a meal for themselves for the Home-Delivered meals program. Both of these programs are Monday through Friday.

The Senior Center thrift shop is open to the public for unique treasures, we have some medical equipment available in the thrift shop as well.

Seniors can join the Senior Center for annual fee of \$15.00. As a member they will receive the SC Chronicle either by email or mail and also receive 10% discount in the Thrift Shop.

2020 Community Award Nominations Sought

Each year the community of Fallbrook, lead by the Fallbrook Chamber of Commerce, pauses to recognize exceptional people. At the Annual Awards and Installation Luncheon, citizens who give so much and make Fallbrook the extraordinary place that it is are recognized with an award. The decisions are always a challenge, as there are so many worthy nominees.

Nominations are being accepted in the following categories until the deadline - April 26:

- Chamber Business of the Year
- Chamber Member of the Year
- Chamber Non-Profit of the Year
- Citizen of the Year
- Lifetime Achievement Award

Visit our home page for downloadable nomination forms.

March Highlights



Ribbon Cutting for Martial Art Concepts LLC



SunUpper hosted by The Pink Pineapple Boutique

Awards and INSTALLATION Luncheon

New date to be determined
Grand Tradition Estate & Gardens

Presentation of Chamber and Community Awards
Installation of 2019-2020 Board of Directors

Tickets available soon

Fallbrook Features

Don't forget about this advertising opportunity! It's an inexpensive and easy way to "get the word out" about your event!

Fallbrook Features is our monthly e-newsletter to promote events, and is sent to all Chamber subscribers on the 10th of each month - that reaches over 1,000 people. The cost is \$5 per month

for members (\$10 for nonmembers), with a \$10 minimum charge (for two months). Ads do not have to be run in back-to-back months.

Ads must be submitted in single-page flyer format (already created), and payment must be received prior to the run. Call for more information!

wine & a bite ART WALK

2020 Summer Dates

5 - 8 pm
Downtown Fallbrook

June 12 • July 10 • August 14

Summer Prices:
\$25 - Regular Admission • \$15 - Designated Driver
\$15 - Active Duty Military w/ID

WINE & DINNER

Wednesday

Postponed!

Stay tuned for a new date!

Fallbrook WINERY

2430 Via Rancheros
Fallbrook

Bring a snack to share!



Information on this page is provided by the Fallbrook Chamber of Commerce.

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paid advertisement

Preparations to Continue Working



This crazy Virus has us rethinking just about everything we do. Solar is one of the areas of work that is allowed to continue. I have been securing masks, gloves and sanitizing supplies to enable us to continue working safely. Fortunately, our work is 90% outside in open space. We are taking steps to eliminate the majority of the work inside the house. We have always run a low voltage wire from the array to the computer modem inside the home to avoid other wireless interference in monitoring the system. The wireless connections work fine; however wireless signals from other devices such as wireless security systems often cause a misread on the system. We have in the past hardwired the system directly in to the home computer to avoid these interference signals. For the time being, I plan to stay out of the home as much as possible and am offering to come back once the Virus threat has passed and pull the low voltage hard wire to the modem.

Another thing we can do, is to set up a subpanel in the garage next to the main panel when the number of circuits needed is not available in the main panel. This avoids us having to install the new circuits needed in one of the subpanels inside the house. We will be looking at each job on an individual basis to determine the best way to stay safe and keep our clients protected throughout the process.

I have also managed to secure a thermometer that will enable us to read each workman's temperature in the morning before they go to the jobsite. I am expecting that instrument to arrive any day now.

I am positioned to weather this storm but the cost to my business is likely to be significant. There is simply no reason for a business such as the solar industry to become such a huge burden on the government when we are ready, willing and able to continue working. This is one area whereby we can continue to

operate a business without violating the safe distance mandate. We are wearing masks and gloves and sanitize the areas impacted by our work throughout the process. Sadly, many of potential solar buyers are going to wait out the storm before they move forward with a new solar system purchase. My guys do not want unemployment, they want to work.

Unlike a big company with hundreds of employees, we are a small company, so it is much easier for us to monitor our workmen and practices on the job. We are better able to keep tabs on where our workmen go after work and control their social habits to some extent as they are all like family. Anyone that has been considering Solar and holding off could be doing a great service to our community by going ahead with your project with a safe and cautious company and keep this industry working.

I would love to give you a quote for solar on your home or commercial business. I use the most current software to demonstrate the savings you will enjoy once on solar. – Mark Kirk, MBK Solar

Take advantage of the 26% Federal Tax Credit for the rest of 2020



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Solar Installation
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For advice or assistance,
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Where Every Day Matters

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See the unviewable art at the library

FALLBROOK – In those days before everyone stayed home and worried about the pandemic, a new art exhibition was hung at the Fallbrook Library. The library is, of course, now closed so the art is unviewable. The exhibition, titled “Our Fragile Planet,” was prompted by the upcoming 50th anniversary of Earth Day April 22.

Although the focus now is not on the environment, everyone certainly realizes the fragility of life on this planet. The Village News provided the accompanying set of images from the exhibition.

Sponsored by the Friends of the Fallbrook Library, the exhibition was curated by Kira Carrillo, a Corser nationally known artist and director of SeaChanges, and scientist/educator Larry Miller.

Miller is retiring from the Fallbrook library art committee after nine years. The show includes paintings, textiles, photographs, mosaics, multimedia pieces and

sculptures.

The 24 California artists come from nine cities: San Diego, Fallbrook, Temecula, Monterey, La Mesa, Cachagua, Encinitas, Pasadena and La Habra.

A few of the artists include Elizabeth Murray, a nationally known artist, author and lecturer on gardens and garden art; Grace Adams, a quilter who organized an art exhibition for the very first Earth Day; Tim Lueker, ocean scientist and mosaicist from the Scripps Institute; Mike Reardon, whose photo captures the fire-fighting scene at the Lilac Fire and Leslie Sweetland, who documents the rapid change from a peaceful, natural scene to an industrial park.

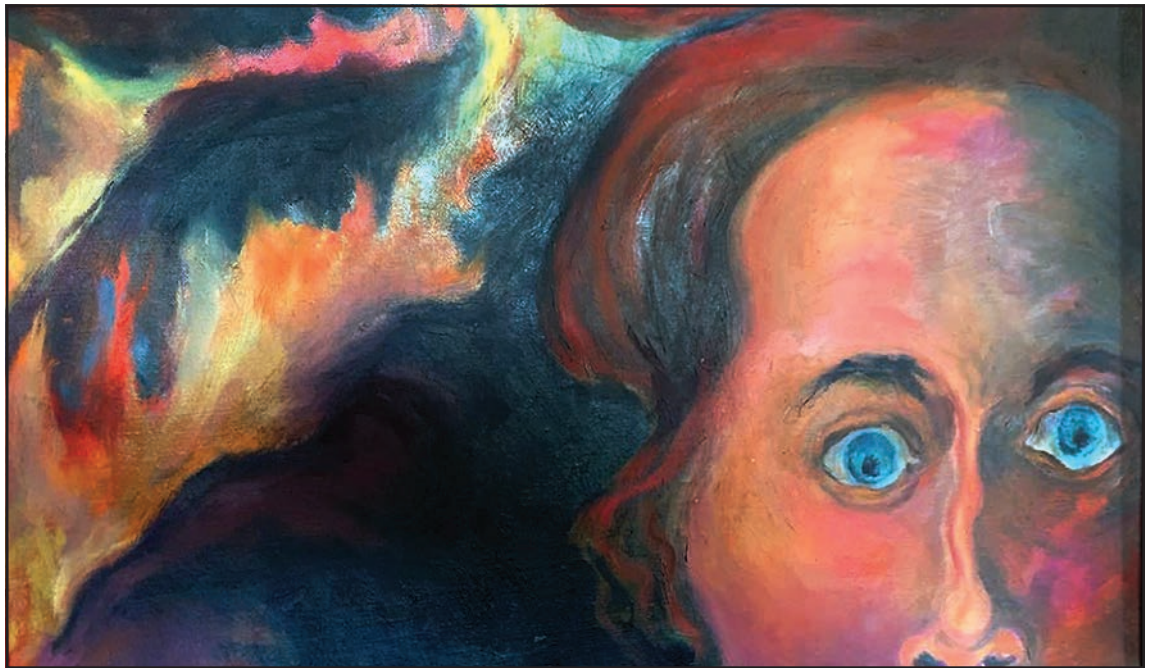
The organizers are making plans to keep this exhibition intact until the library reopens and the art can be viewed. The library is located at 124 S. Mission Road in Fallbrook.

Submitted by Friends of the Fallbrook Library.



“Air Drop, Lilac Fire” by Mike Reardon

Village News/Courtesy photos



“Fire Eyes” by Branham Rendlen



“Fish Skeleton” by Deb Solan



“California Pastoral with Fire” by Ken Swanson



“Love, Hug the Planet” by Sergio Sanchez Moreno



“French Harvest Nurturing” by Elizabeth Murray



“Fish Dance Collage” by Kira Corser



“Have You Seen Me” by Ruth Wallen

HEALTH & BEAUTY

County restricts cruise ships with COVID-19; local cases reach 603

José A. Álvarez
County of San Diego
Communications Office

Health officials announced March 30 that the County is restricting the acceptance of cruise ships with COVID-19 cases and has instituted new rules for the unloading of passengers and crew members off cruise ships arriving in San Diego.

The first order, which goes into effect immediately, states:

No passenger or employee may disembark a cruise ship in San Diego harbor without approval of the Health Officer, or designee, if any person on the cruise ship has tested positive for COVID-19.

Any cruise ship that is permitted to dock in San Diego harbor shall notify the Health Officer, or designee, regarding any emergency medical treatment required for a passenger or employee, and shall follow all directives of the Health Officer, or designee.

The second order, which took effect April 1, indicates:

No cruise ship in San Diego harbor may dock or disembark employees or passengers after March 31. However, upon approval of the Health Officer, a cruise ship may dock solely for the purpose of receiving fuel and provisions so long as no employee or passenger disembarks.

Cruise ships docked in San Diego harbor shall notify the Health Officer, or designee, regarding any emergency medical treatment required for a passenger or employee, and shall follow all directives of the Health Officer, or designee.

The second order goes into effect April 1 to allow for the disembarkation of passengers and crew members of the Celebrity Eclipse cruise ship, which began to disembark at the Port of San Diego Monday, March 30, and is expected to be done by March 31, said Eric McDonald, medical director of the County Epidemiology and Immunization Services branch.

McDonald indicated all passengers and crew members have been medically screened and are healthy. Everyone in the ship is going home to self-quarantine for 14 days, including 17 people on the ship who are from San Diego.

Congregate living update

At today’s media briefing, County Chief Medical Officer Nick Yphantides updated the County’s work with nursing homes and other congregate living facilities to keep COVID-19 from spreading among these vulnerable populations.

Yphantides said four outbreaks have been reported at congregate living facilities for a combined total of 33 COVID-19 cases and, unfortunately, two deaths. Monitoring and investigations are ongoing.

He also noted it is National Doctors’ Day and thanked doctors, nurses, paramedics and all other health care staff involved in the fight against COVID-19.

“We appreciate you so much,” Yphantides said.

County COVID-19 cases reach 603

Through March 30, 603 COVID-19 cases have been reported in San Diego County, including 84 new cases that day.

Of San Diego County’s cases, 345 (57%) were men and 256 (43%) were women. Of the known cases, 118 (19%) have required hospitalization, 51 (8%) had to be placed in intensive care and 7 (1.2%) have died.

County officials also talked about other measures and resources to deal with COVID-19. To date:

More than 8,100 San Diegans have been tested.

A total of 2,026 hotel rooms have been secured to isolate people who have potential COVID-19 symptoms and people who are vulnerable and have no place to live.

Of the 1,585 rooms for County Public Health Services use, 112 are occupied, including 109 people who are homeless.

Of the 441 rooms assigned to the Regional Task Force on the Homeless, 170 are being occupied by people who are at higher risk of developing complications from COVID-19. There have been no positive tests among homeless residents of the hotel rooms.

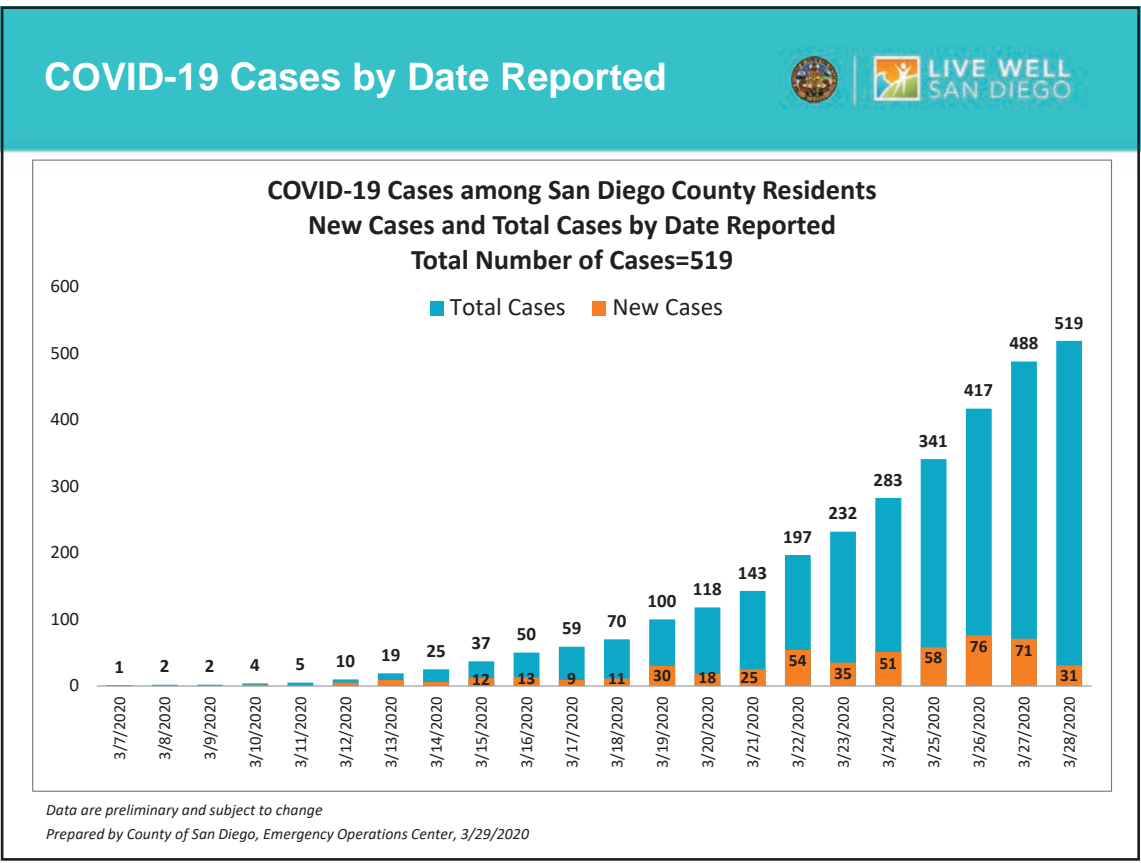
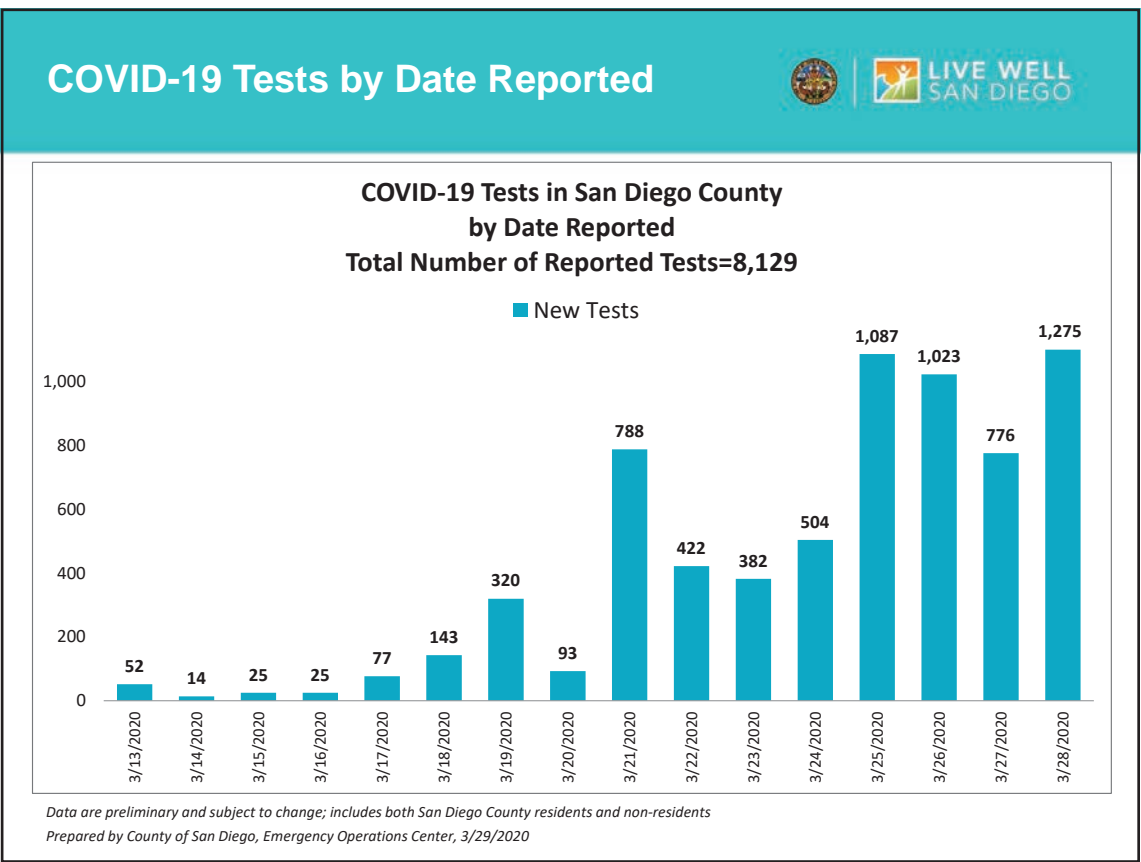
257 handwashing stations have been placed throughout the region and 10 portable bathrooms are being installed March 30 and 31.

Volunteer opportunities

Many San Diegans have asked where they can volunteer during this time. A website launched through a County partnership lists volunteer opportunities currently available to help with the Covid-19 response, including health care volunteers. Organizations needing volunteers can request their group be posted. Visit [JustServe.org/sdcounty](https://www.justserve.org/sdcounty).

Social distancing flattens curve

County health officials continue to ask the public to remain at home to avoid contracting the virus and infecting others. If people need to be out to do essential things such



as grocery shopping, it’s important that they keep at least 6 feet apart from other people.

Social distancing has been proven to slow the spread of pandemics so that sick people don’t overwhelm the local health care system.

The goal is to flatten the curve of COVID-19 and lessen the number of people who contract the virus and need hospitalization. Doing so will give the local health care system time to increase its capacity to care for sick people.

How to stay mentally and physically active

The County has launched a resource site at its Live Well San Diego webpage. Live Well @ Home offers free resources with tips and strategies for people of all ages to stay physically and mentally healthy while staying at home.

The resources and activities are

organized by age group and topic to make it easier for people to find the right tools.

The County’s COVID-19 webpage now contains a graph showing new positive cases and total cases reported by date. For more information, visit www.coronavirus-sd.com.

Realize that actions do speak louder than words

American Counseling Association

Special to Village News

If you ever find yourself yelling, “How many times have I told you?” then you’re likely aware that words often are not going to fix many problems. Instead they find that the very behavior that drives them crazy continues to occur.

People are often frustrated because they’re talking when they really ought to be acting. The common expression is, “Actions speak louder than words,” and that’s often true in personal relationships. The cure is to take action that gets the message across.

Take that toddler in your house who would rather play with his food than eat it. Rather than yelling or repeatedly reprimanding him, instead smile and remove his plate as you calmly say, “I see you’ve finished your dinner.”

Will he protest? Yes, and probably loudly, the act of having his dinner disappear, along with your explanation of why it happened, is almost always more effective than simply ordering him to eat.

Or how about a spouse who tends to overindulge at social events? You’ve been embarrassed in the past and have expressed your displeasure several times, all to no avail. Next time, instead of more fruitless complaining or a loud

argument, take action by picking up the car keys, handing over \$10 for that cab ride home and walking to your car and driving home.

There are many situations where taking action is the most effective course. Do you have a parent or in-law who is giving you headaches with daily calls to complain and criticize you? Instead of arguing with them about the problem, just inform the person that the next time they call to criticize you’re simply going to hang up. Then follow through and do just that.

Similarly, if you have a teen who won’t abide by your curfew hours, rather than lecturing or arguing, simply explain clearly what action you are planning the next time it happens. It may mean cutting off an allowance or confiscating their cellphone for a period. When the next infraction occurs, carry through on the proposed action making it clear they brought it on themselves.

It’s important to take action with a positive, calm attitude. Yes, there will be protests, and yes, you will want to explain calmly what is happening and why, but the bottom line is that actions are much harder to ignore than simple words.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACAcornet@counseling.org or visit www.counseling.org.

Out of concern for everyone’s wellness the Governor has ordered that many businesses, including Club Paradise Fitness, close until at least March 31st, 2020.

If you have questions please email: help@clubparadisefitness.com

We will carefully monitor the updates for San Diego County and reopen as soon as possible. Until then we hope everyone stays safe and healthy. - Brian Hanson & Staff

Now is a good time to try one of these at home workouts:
www.makeyourbodywork.com/how-to-exercise-at-home

Facebook Live Event

Online SilverSneakers event:
www.facebook.com/events/250770479421219

Join SilverSneakers Trainer Jenny O’Callaghan for our first live-streamed SilverSneakers exercise class here on Facebook!

Learn how to stay engaged online through SilverSneakers On-Demand, with 200+ videos ranging from cardio to strength and yoga.

RSVP to get a notification when the class goes live. Have your sneakers on and be ready to exercise starting at 11:30 a.m. Eastern time.

If you’re having trouble finding the stream, go to www.facebook.com/silversneakers/videos/1150588828625444

Club Paradise Fitness

Please stay safe & healthy!

(760) 731-0133 1371 S. MISSION ROAD FALLBROOK

[WWW.CLUBPARADISEFITNESS.COM](https://www.clubparadisefitness.com)

SilverSneakers by Thrive Health

10 tips for fine tuning your immune system



The smell of lavender can help you relax and go to sleep.



Borage, specifically *borago officinalis*, also known as starflower or bee bush, is a medicinal herb with edible leaves and flowers used for fever, cough and depression.



Spending time in nature can soothe and inspire you.

Village News/Wendy Hammarstrom photos

Wendy Hammarstrom
Special to Village News

Disclaimer: I am not a nutritionist or a doctor. These tips are based on what I have learned through dealing with my own health issues over the years, and what I have observed that works for my clients, friends and family.

What people ingest can enhance or weaken their immune system. When they reduce inflammation, they improve their immune system. In order to maintain an anti-inflammatory diet, people must cut out sugar, gluten, dairy and meat. Also focus on eating alkaline foods as opposed to acidic foods.

- Supplements**
- Additionally, there are a variety of nutritional aids and herbs to assist the immune system that may help during times of physical and emotional stress. A few of my favorites include:
- Elderberry syrup
 - Vitamin C
 - Vitamin D3 and Vitamin K2
 - Immunoshot
 - Garlic
 - Turmeric
 - CBD products
 - Vitamin B complex
 - Adaptogens
 - Probiotics
 - Flower remedies
 - Ginger
 - Extract of licorice root
 - Tumeric Milk
 - Olive leaf
 - Astragalus
 - Oregano oil
 - Echinacea pupurea
 - Green tea
- To learn more about how each of these can support a healthy immune

system, consult with a local health practitioner. Many of these are available at Wellsprings Herbs in Fallbrook, Major Market in Fallbrook, at Sprouts, Jimbo’s and other stores online or at a physical location.

Aromatherapy

Aromatherapy uses various essential oils to ease physiological and psychological distress. Each oil is known for its ability to address certain conditions, such as lavender for sleep, citrus for energy, thieves for immunity. The oils can be safely applied to soles of feet or elsewhere on the body if diluted with vegetable oil.

There are a number of companies that sell essential oils. I have used Young Living for years now and rely on a variety of their products for boosting my immunity, including but not limited to Thieves Blend, Immunopower, Breathe Again and Eucalyptus.

Breath Work

When I don’t feel well, I am often surprised to notice that my breathing has become shallow. BKS Iyengar said, “The ribs are the wings of the body. Open your wings!”

When people are stressed or fearful, they tend to compress and contract. People contract as they age in response to the challenges of life. Use breath and movement to reduce anxiety, stress and feelings of being overwhelmed.

Animals

Give and receive healing touch with animals in your life. Statistics are in, and they confirm what I have been saying and have experienced

over the last 40 plus years. Living with animals improves your health. Animals give the gift of unconditional love. Whether people are soothing them or they are soothing their human friends, healing is present. Also, many animals seem to intuitively know where you are experiencing pain or tension, even before you do and want to help ease it.

Movement

Move your body in whatever way you are able to that brings you joy. Whether it is yoga in a chair or on a mat, tai chi, chi kung, eurythmy, walking or dancing, all forms of movement are healing. Every time I lie on the floor, roll on tennis balls, relax onto bolsters, lie in constructive rest pose with knees bent and hip width apart, I feel better. Exercise also increases energy levels, allowing you to feel more confident to manage challenges and stressful times.

I recently joined a Zoom Chi Kung class with Jane Blount. We could either sit throughout the class or stand. She focused on a steady but gentle flow, coordinated with breathing. When it was over, COVID-19 fears had temporarily, at least, retreated into the background.

Healing touch

When you are able to receive nurturing physical touch, soak it up. Trauma Therapist Peter Levine believed that trauma is not in the event but in our nervous system. It is how we respond that determines our stress level. When I get a massage, I can switch from “stressed out about the world” to “things will be OK” in a matter of minutes. When this happens, my

parasympathetic nervous system is kicking in. Most forms of bodywork, including acupuncture, can help us shift from fight or flight to relaxed mode.

Or practice self-massage, tapping all over the body to soothe and energize it. Lie on tennis balls to activate acupuncture points. Practice the kidney rub, circling your fists at your lower back, for overtaxed adrenals. Roll your feet or hands on golf balls to get your “chi” or energy moving. Learn the acupoints in your hands, feet and ears that correspond to all the organs and systems in your body.

Play and relax

Sometimes the world seems to be moving faster than people are, and they can so easily get caught up in the race, feeling the need to work harder and longer hours. However, people have to remember that they work in order to live. They don’t live to work.

Think about what you look forward to most during a busy workweek to decompress and create more of whatever that is during your time off.

Spend time in nature

If possible, connect with earth’s energy. I believe that there are nature devas or spirits in our gardens and fields and forests. Let them soothe and inspire you. Ocean, rivers, waterfalls, all have negative ions which improve our sense of well-being. Whether you are an earth, air, fire or water person, spend time enjoying that element.

Before there were antibiotics, sun and fresh air were believed to have prevented deaths among patients

and infections among medical staff. Fresh air was considered a natural disinfectant. In World War I military surgeons routinely used sunlight to heal infected wounds.

Indigenous people have used sweat lodges and hot mineral springs for healing.

Practice walking meditation. When you soak in the fresh air and sunlight, give thanks to the earth with every step you take. Practice mindfulness.

Be creative

During this pandemic, many things feel out of personal control. When you create something, it is entirely within your control. Additionally, by tapping into your creative side through drawing, creating mandalas, taking photos, playing music, gardening, making jewelry or more, you are engaging the right side of your brain. Many people are stuck in their left brains as they listen to the news or worry about the future. So, find an outlet that gives you a brain break and allows you to create something magnificent.

Connect

Reach out and share what you know with others. Think about other people, especially those who do not have friends or family nearby. During this time of COVID-19, make video chat coffee dates, call your family and friends, maybe even write a letter or two. Physical isolation doesn’t have to be social isolation, and in fact many people have more time for social connecting and reconnecting. We can be physically distant but spiritually connected.

Thinking About Health: ACA has had positive effects, but many problems remain

Trudy Lieberman
Community Health News Service

The Affordable Care Act, nicknamed “Obamacare,” turns 10 years old this month, and what a tumultuous run the health care law has had. The law’s rocky existence hasn’t smoothed out yet, and it faces additional scrutiny by the U.S. Supreme Court in the fall, the result of more legal challenges to its future.

Nevertheless, the occasion of the law’s 10th birthday is a good time to take stock of what it has done and what it has not. How have Americans been helped? What serious challenges facing the health care system remain?

No matter what happens to the law on its latest trip to the Supreme Court, some changes have resulted that will continue to benefit millions of Americans.

The biggest one in my mind is that surveys show the public now generally believes everyone, sick or well, is entitled to buy health insurance. No longer is it acceptable to exclude people with preexisting health conditions. That’s a huge step forward in collective thinking about the country’s health insurance arrangements, and it is allowing people to begin a conversation about universal health coverage that I have never seen in my decadeslong career covering this topic.

Before the ACA passed, sick people who tried to get insurance were denied if they had any kind of preexisting ailment, even a minor one like an ear infection. If they did find a carrier to insure

them, they often discovered that the very ailments they had were excluded from coverage.

Even if the ACA disappears, the principle that anyone, sick or well, must be able to buy insurance is likely to be enshrined in the country’s insurance arrangements. So are a few other changes like allowing young adults to remain on their parents’ policies until age 26 or lifting the caps on lifetime benefits, something that undoubtedly helps families with catastrophic illnesses.

But without a doubt the biggest plus under the law was to extend coverage to some of the country’s poorest citizens by making more of them eligible for Medicaid, a program passed as part of Lyndon Johnson’s Great Society reforms that now covers some 71 million Americans. About 40% are children.

“Childless adults got a major improvement in access to care,” Dr. Steffie Woolhandler, distinguished professor of public

health at the City University of New York, said.

In 2012 the Supreme Court allowed states to decide whether to expand Medicaid coverage as the ACA provided. To date 14 states mostly, in the South and Midwest, have not done that, still leaving many of their poorest residents without medical help.

The biggest hole in the Affordable Care Act was the absence of any way to control medical costs, a problem now threatening the law itself as well as family budgets across the country.

“People can’t afford their care,” Woolhandler said. “Many people have insurance they can’t afford to use,” noting that last year families borrowed \$84 billion to pay for medical care.

An NBC News/Commonwealth Fund poll released recently found that nearly half of likely voters with medical bills have used their savings including retirement savings to pay them, and 28% worry about receiving a surprise

medical bill in the next year.

That’s a pretty grim result for a law whose official name is the Patient Protection and Affordable Care Act, sold with the slogan “affordable quality health care” a phrase crafted in the public relations shop of a Democratic pollster.

The law subsidized low-income people to help them buy insurance and pay the deductibles and coinsurance.

“If your income is below 250% of the poverty level, or \$65,500 for a family of four, you’re feeling no pain,” insurance consultant Robert Laszewski said. “If your income is over 250%, you get no subsidies. You’re screwed.”

This year, the law said insurance companies may require families to pay as much as \$16,300 and individuals to

pay as much as \$8,150 in out-of-pocket cost sharing. That includes deductibles, coinsurance and copays. Many policies set lower limits. Still, families incurring medical bills are likely to be on the hook for significant amounts of money.

With premiums for family policies exceeding \$1,000 a month, it’s easy to see how the middle class is screwed.

Earlier this year, it looked like Congress might reevaluate parts of the ACA along with solutions to the high price of drugs. The health agenda has moved in a different direction for now, so the troublesome aspects of the ACA are likely to remain.

Has the Affordable Care Act impacted your family? Write to Trudy at trudy.lieberman@gmail.com.



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On the front lines with TVH

Shane Gibson
Photojournalist

As COVID-19 cases continue to increase throughout the Temecula Valley and surrounding communities, Valley News takes a look at how Temecula Valley Hospital is working behind the scenes to keep patients, caregivers and the community as a whole safe.

While TVH is fully operational in treating day-to-day patients, the hospital has changed some of their protocols in an effort to combat and respond to the growing threat of the COVID-19 virus. While at the front line response of the virus, staff at TVH are working hard and taking necessary precautions to keep the community they serve safe in these trying times.

This photo essay is a visual presentation of the Temecula Valley Hospital's response to the historic COVID-19 outbreak during a two-day period, March 25-26.

For the most up-to-date information on COVID-19, visit www.myvalleynews.com.

Shane Gibson can be reached by email at sgibson@reedermedia.com.



TVH ED Tech Jason Harbert, exits the emergency room and enters a coronavirus screening tent as testing continues for patients who may be exhibiting symptoms of the COVID-19 virus.

Valley News/Shane Gibson photos



TVH Director of Infection Prevention Jacob Vinocur, tests sanitation methods for N-95 respirators in the event that the health care workers may need to reuse their masks due to limited supply.



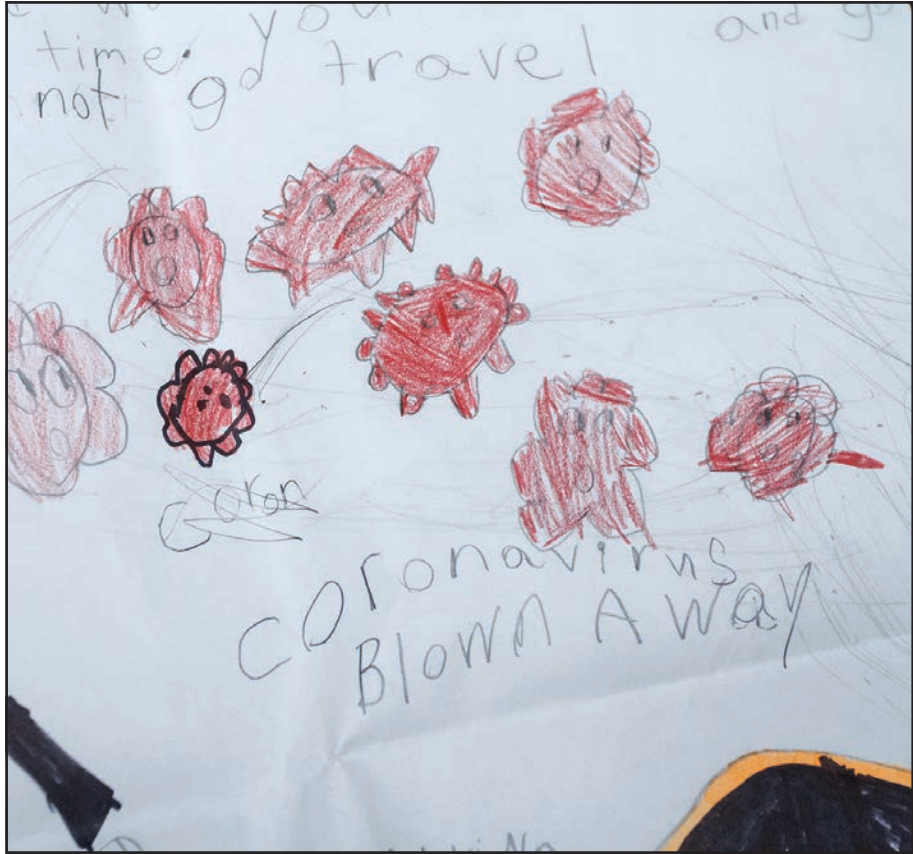
Temecula Valley Hospital registered nurses Jofel Del Mundo, left, and Jackie Simon, help tend to patients who may be showing symptoms of the COVID-19 virus at a triage tent setup outside the emergency department where tests are conducted.



TVH Chief Nursing Officer Janet Ruffin has her temperature taken as she enters the hospital. Her temperature was normal, so she heads into the building to lead her team of nurses.



TVH Security Manager Henry Valle, helps keep patients and staff safe at the entrance of the hospital as the facility is currently closed to visitors during the efforts to slow the spread of the COVID-19 virus.



TVH receives drawings and letters from children thanking them for their work and care in the community as health care workers continue their efforts in slowing the spread and treating patients affected by COVID-19.



Temecula Valley Hospital staff caring for patients wear masks round-the-clock for patient safety in an effort to slow the spread of the highly contagious COVID-19 virus.



The TVH Environmental Services team cleans and sanitizes a corridor inside the Temecula Valley Hospital. The EVS team routinely disinfects the hospital daily but is currently executing a plan to increase the frequency of times they clean in an effort to provide a safe environment and slow the spread of the COVID-19 virus.



Temecula Valley Hospital Supply Manager Kim Dawson and Supply Tech Art Tucker do an inventory of donated N95 masks to the hospital. TVH has been receiving donations such as masks and toilet paper daily. The hospital will continue to accept new personal protective equipment in preparation for the event of a surge in confirmed COVID-19 patients who will need to be treated at the hospital.



After spending several days out of retirement to help TVH in the response of the COVID-19 outbreak, Kate DiDonato officially retired after a 40 year career as an RN, working in the operating room, program development, education and as Chief Nursing Officer, March 26.



TVH pharmacist Michael Greenley has his temperature taken before entering the TVH building as health care workers continue their efforts in slowing the spread of COVID-19.



Temecula Valley Hospital CEO Darlene Wetton meets with hospital staff leaders from all departments during one of two Covid-19 Command Center meetings to discuss new findings and their plan of care in an effort to treat and slow the spread of the COVID-19 virus on a local level.



Temecula Valley Hospital HVAC technician Jason Sovacool adjusts the negative air flow vent to contain airflow from a restricted area where suspected COVID-19 patients are treated safely.



TVH Lab Tech Miranda Sanders dons her personal protective equipment before logging, storing and sending COVID-19 tests from patients who displayed symptoms of the virus while being screened at the hospital.

LEGALS

Fictitious Business Name

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: 2020-9006393
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 STATEMENT
File Number: 2020-9006232
Name of Business
PAN'S PIERCINGS
4141 Holly Lane, Bonsall, CA 92003
County: San Diego
This business is registered by the following:
Morgan Mordecai Eugene Pan, 4141 Holly Lane, Bonsall, CA 92003
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 3/16/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5239
PUBLISHED: March 26, April 2, 9, 16, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006723
Name of Business
YOUR NURSE AT HOME
310 Via Vera Cruz #202, San Marcos, CA 92078
County: San Diego
This business is registered by the following:
Impact Care LLC, 310 Via Vera Cruz #202, San Marcos, CA 92078
This business is conducted by a Limited Liability Company
This LLC is registered in California
Registrant first commenced to transact business under the above name as of 3/16/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 16, 2020
LEGAL: 5240
PUBLISHED: March 26, April 2, 9, 16, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006912
Name of Business
PROKENNEX PICKLEBALL
875 Santa Fe Drive, Encinitas, CA 92024
County: San Diego
This business is registered by the following:
SD Pickleball Distribution LLC, 875 Santa Fe Drive, Encinitas, CA 92024
This business is conducted by a Limited Liability Company
This LLC is registered in California
Registrant first commenced to transact business under the above name as of 05/01/2018
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 18, 2020
LEGAL: 5241
PUBLISHED: March 26, April 2, 9, 16, 2020

VALLECITOS SCHOOL DISTRICT GOVERNING BOARD VACANCY ANNOUNCEMENT
The Vallecitos School District is seeking applications from interested residents within the school district's boundaries to serve as a member of the Governing Board to fill the balance of a fouryear term, which would be up for election November 3, 2020.
A vacancy occurred due to the resignation of Board Member Rae Lynn Heilbronn on March 10, 2020. In accordance with the law, the appointment must be made prior to May 9, 2020 and is expected to be filled immediately after interviews are conducted on April 14th at a regular Board meeting.
If you are interested in being considered for appointment to this vacancy, you can obtain an application from the District office or the District website at www.valleciotssd.net. If you would like to pick up an application at the District office, or if you need additional information, please contact Linda Miller via email lmiller@valleciotssd.net. Please submit your application to: Secretary of the Board/Superintendent Vallecitos School District 5211 Fifth Street Fallbrook, CA 92028
Via Fax: 760-728-7712 Via email: mkoepfen@valleciotssd.net
Applications must be received to the Vallecitos District Office via regular mail, email or facsimile no later than 3:00 p.m. on April 8, 2020.
Published April 2, 2020

Fictitious Business Name

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: 2020-9006191
Name of Business
a. NACK + ASSOCIATES, INC.
b. NACK + ASSOCIATES
603 Seagaze Dr. #1032, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Nack + Associates, Inc, 603 Seagaze Dr. #1032, Oceanside, CA 92054
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 02/28/14
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5245
PUBLISHED: April 2, 9, 16, 23, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006290
Name of Business
PINO CLEANING SERVICES
3298 Ocean View Blvd, San Diego, CA 92113
County: San Diego
This business is registered by the following:
Christian F. Pino, 3298 Ocean View Blvd, San Diego, CA 92113
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: 5246
PUBLISHED: April 2, 9, 16, 23, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006552
Name of Business
ALL PURPOSE CLEANING SERVICES
1327 1/2 Bush St, Oceanside, CA 92058
County: San Diego
This business is registered by the following:
Mario Alberto Villa Cortez, 1327 1/2 Bush St, Oceanside, CA 92058
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: 5247
PUBLISHED: April 2, 9, 16, 23, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006328
Name of Business
ESTES PAINTING & SERVICES
18664 Caminito Pasadero, San Diego, CA 92128
County: San Diego
This business is registered by the following:
Shane Christopher Estes, 18664 Caminito Pasadero, San Diego, CA 92128
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: 5242
PUBLISHED: March 26, April 2, 9, 16, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9005830
Name of Business
LINCO
2518 S. Santa Fe Ave F1, Vista, CA 92084
County: San Diego
This business is registered by the following:
James Patrick Linek, 667 Boysenberry Way, Oceanside, CA 92057
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 03/03/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 05, 2020
LEGAL: 5243
PUBLISHED: March 26, April 2, 9, 16, 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: 4/21/2020 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

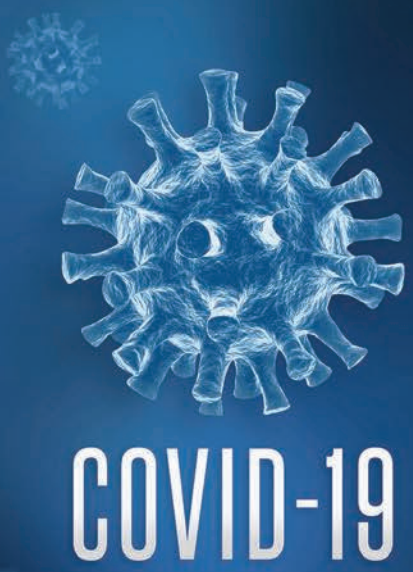
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00012007-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
DIANA CRUZ & DERRIN BRAXTON on behalf of minor child RAKEEM CRUZITO BRAXTON CORONA
Present Name:
RAKEEM CRUZITO BRAXTON CORONA
Proposed Name:
RAKEEM CRUZITO BRAXTON
THE COURT ORDERS that 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: 4-23-2020 Time: 8:30 am Dept: 61
The address of the court is Superior Court, 330 West 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: 06 MAR 2020 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5244
PUBLISHED: March 26, April 2, 9, 16, 2020

NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT OF YOUR OBLIGATION UNDER YOUR DEED OF TRUST. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER Date of Sale: **04/15/2020 at 9:00 AM** Place of Sale: **AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY THE STATUE, 250 E. MAIN ST., EL CAJON, CA 92020. NOTICE is hereby given that First American Title Insurance Company, a Nebraska Corporation, 1 First American Way, Santa Ana, CA in care of: 400 S. Rampart Blvd, #290 Las Vegas, NV 89145 – Phone: (800) 251-8736 as the duly appointed Trustee, Successor Trustee, or Substituted Trustee of Deed(s) of Trust executed by Trustor(s) and recorded among the Official Records of San Diego County, California, and pursuant to that certain Notice of Default ("NOD") thereunder recorded, all as shown on **Schedule "1" which is attached** hereto and a part hereof, will sell at public auction for cash, lawful money of the United States of America, (a cashier's check payable to said Trustee drawn on a state or national bank, a state or federal credit union, or a state or federal savings and loan association, or savings bank as specified in section 5102 of the Financial Code and authorized to do business in this state) all that right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State to wit: Those certain Timeshare Interval as shown as Legal Description Variables on **Schedule "4"**, within the timeshare project **Oceanside Pier Resort** located at **333 N Myers St, Oceanside, CA, 92054. The legal descriptions as set forth on the recorded Deed(s) of Trust shown on Schedule "1" are incorporated by this reference.** The undersigned Trustee disclaims any liability for any incorrectness of the street address shown herein. Said sale will be made without covenant or warranty, express or implied, as to title, possession or encumbrances to satisfy the unpaid balance due on the note or notes secured by said Deed(s) of Trust, as shown on as Note Balance on Schedule "1", plus accrued interest thereon, the estimated costs, expenses and advances if any at the time of the initial publication of the Notice of Sale, together with estimated expenses of the Trustee in the amount of **\$600.00**. Accrued Interest and additional advances, if any, will increase this figure prior to sale. First American Title Insurance Company, a Nebraska Corporation. APN: 147-075-08-00. Batch ID: Foreclosure DOT 96594-OP75-DOT. **SCHEDULE "4"**: NOD Recording Date 12/19/2019 and Reference 2019-0595648. Contract No., Loan No., Legal Description Variables, Trustor, DOT Dated, DOT Recording Date and Reference, Note Balance; 1031702848, 1031702848, POINTS: 28000, FREQUENCY: Annual, UNDIVIDED INTEREST: 28,000/785.316,000, PAULA JOHNSTON, 10/06/2017, 01/24/2018, Inst: 2018-0028905, \$6,922.91, 2061800041, 2061800041, POINTS: 66000, FREQUENCY: Annual, UNDIVIDED INTEREST: 66000/785316000, JORGE YURI PEREZ and LARENA MICHELLE PEREZ, 01/06/2018, 03/21/2018, Inst: 2018-0110836, \$1,298.18; 731310801, 731310801, POINTS: 105000, FREQUENCY: Odd, UNDIVIDED INTEREST: 52500/785316000, PAULA JOHNSTON, 10/13/2013, 11/27/2013, Inst: 2013-0697710, \$8,179.62; 731801551, 731801551, POINTS: 233000, FREQUENCY: Annual, UNDIVIDED INTEREST: 233000/785316000, MARY QUEALY and PETER MCLEAN, 02/18/2018, 04/20/2018, Inst: 2018-0158484, \$38,941.69. Published: 03/26/2020, 04/02/2020, 04/09/2020**

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 Hereinafore 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 Northwesterly 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.: 9462-5511 TSG Order No.: 191012168-CA-VOI A.P.N.: 163-193-05-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/23/2006. 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 Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 08/28/2006 as Document No.: 2006-0612978, of Official Records in the office of the Recorder of San Diego County, California, executed by: DAWN M. ROOF, AN UNMARRIED WOMAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale 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). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 04/20/2020 at 10:00 AM Sale Location: At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 1153 TYLEE STREET, 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 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 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: \$209,124.32 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. 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, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9462-5511. 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. 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. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0369451 To: VILLAGE NEWS INC 03/26/2020, 04/02/2020, 04/09/2020



RESOURCE LIST

The following list of resources for businesses, employees and families is being made available by:



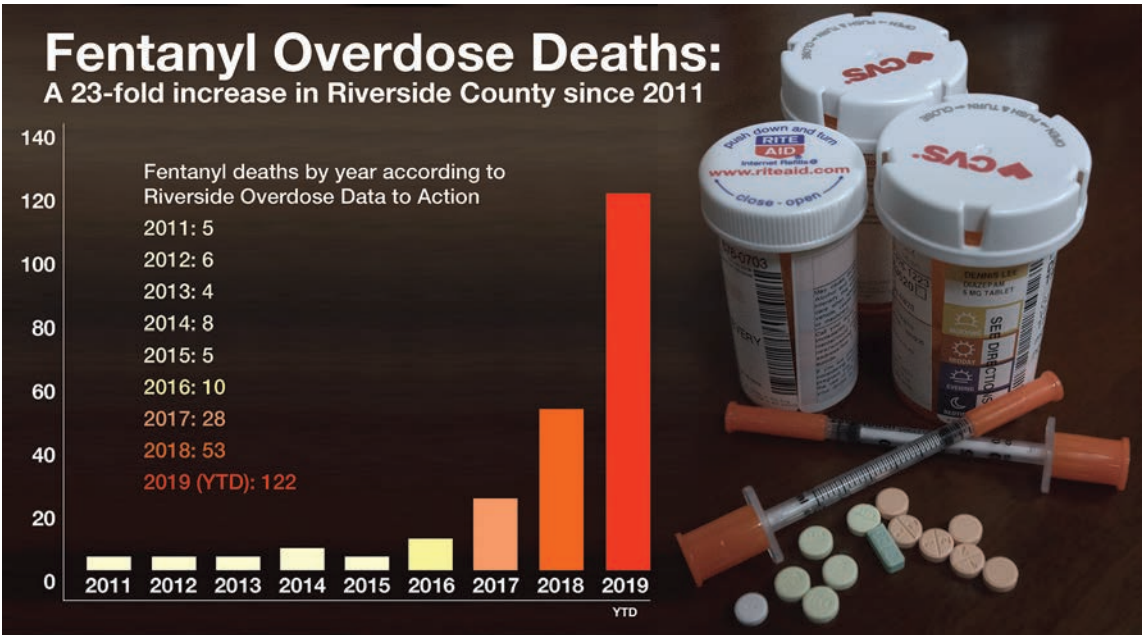
Assemblywoman
District 75
Marie Waldron

Public Health Resources	<p>CDC COVID-19 Website: www.cdc.gov/coronavirus/2019-ncov World Health Organization COVID-19 Website: www.who.int/emergencies/diseases/novel-coronavirus-2019 California Department of Public Health: www.cdph.ca.gov California COVID-19 Website: www.covid19.ca.gov Riverside County Public Health: www.rivcoph.org San Diego Health and Human Services: www.sandiegocounty.gov/hhsa Fallbrook Regional Health District: www.fallbrookhealth.org/coronavirus-covid-19-information-updates To track the outbreak, visit: www.worldometers.info/coronavirus To track outbreak numbers by state, visit: www.worldometers.info/coronavirus/country/us Johns Hopkins Outbreak stats and map: https://coronavirus.jhu.edu/map.html For general questions about COVID-19 or information about community resources, call 2-1-1 (in San Diego County only). CDC, FEMA, White House: www.coronavirus.gov Coronavirus, National Institutes of Health (NIH): www.nih.gov Resources and Tools for Addressing Coronavirus, National Council for Behavioral Health: www.thenationalcouncil.org Coronavirus Resources and Information, Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov</p>
Local Food and Support	<p>For Seniors who need their groceries delivered, call the Foundation for Senior Care 760-723-7570 and place orders for groceries. Care advocates review the order and verify it with Major Market and then deliver the order while on a route to the senior.</p> <p>Fallbrook Food Pantry is serving families with free food and fresh produce. Go to 140 N Brandon Rd, Fallbrook, CA 92028 between the hours of 9:30 am to 12:30 from Monday through Friday.</p> <p>Hope Clinic for Women is assisting those who are laid off or lose jobs with needed items for moms with babies during this emergency, including diapers, wipes, baby food, formula and new baby clothing, sizes newborn to 2T. For more information on obtaining these supplies, email carolyn@hopefallbrook.com.</p> <p>If a resident, business, church or small group can provide these items for Hope Clinic for Women, contact Carolyn at (760) 728-4105, ext. 10. Drop off is at 125 E. Hawthorne St. in Fallbrook at the back door – ring the doorbell – Monday, Wednesday and Thursday from 9 a.m. to 4 p.m. The most needed items for moms with babies during this emergency are diapers in sizes newborn, 3 and 4, wipes, baby food, formula and new baby clothing in sizes newborn to 2T.</p> <p>Legacy Endowment, who administered the “Out of the Ashes” fund, is currently fundraising and expects to again provide some measure of funding relief due to the community crisis. Contact info@legacyendowment.org for more information.</p>
Mental Health	<p>Manage Anxiety & Stress, Centers for Disease Control (CDC): www.cdc.gov Mental health and psychosocial considerations during the COVID-19 outbreak, World Health Organization (WHO): www.who.int COVID-19 (Coronavirus) Information and Resources, National Alliance on Mental Illness (NAMI): www.nami.org Coping with a Disaster or Traumatic Event, CDC: www.emergency.cdc.gov</p>
Volunteer	<p>Nonprofits can request volunteer support here: www.sdsvp.org/spark-team</p> <p>Contact Villageeditor@reedermedia.com to be included in a list of organizations needing volunteer support.</p>
For Parents	<p>How to talk to your kids about the Coronavirus: www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response Resources for parents and homeschooling: www.myvalleynews.com/website-resources-for-home-school-families-abound National PTA resources: www.pta.org/home/family-resources/coronavirus-information YMCA CRS is supporting San Diego County essential personnel with child care referrals. Call 1-800-481-2151 to discuss child care needs with an adviser and be referred to a licensed facility with open spots available. Instructional resources for at-home learning from the San Diego Unified School District: https://sites.google.com/sandi.net/sdusdinstructionalcontinuity/home Coronavirus Updates: Mental health guidance, public health news and resources, NAMI California: www.namica.org Helping Children Cope with Emergencies, CDC: www.cdc.gov Just for Kids: A Comic exploring the new Coronavirus, National Public Radio (NPR): www.npr.org How to Talk to Your Anxious Child or Teen about Coronavirus, Anxiety and Depression Association of America: www.adaa.org</p>
Business, Worker and Family Resources	<p>National Cybersecurity and Infrastructure Security Agency: www.cisa.gov/identifying-critical-infrastructure-during-covid-19 SBA emergency loans: www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources Kiva - Effective immediately, U.S. applicants for a Kiva loan will have access to expanded eligibility, loan increase to \$15,000, and a grace period of up to 6 months: www.kiva.org Restaurant Workers' Community Foundation - pending relief fund & food industry-specific resources: www.restaurantworkerscf.org Guidance on preparing the workplace for COVID-19: www.osha.gov/Publications/OSHA3990.pdf U.S. Chamber of Commerce: www.rivcoccsd.org/covidbizhelp</p> <p>State California Employment Development Department: www.edd.ca.gov/about_edd/coronavirus-2019.htm State of California Franchise Tax Board: www.ftb.ca.gov California Go Biz: www.business.ca.gov/coronavirus-2019 Accion Small Business Loans: www.us.accion.org/small-business-loans/see-if-i-qualify</p> <p>San Diego County San Diego County Emergency App: https://play.google.com/store/apps/details?id=org.CountyofSanDiego.SDEmergency San Diego County COVID-19 Page: www.sandiegocounty.gov/coronavirus.html San Diego County Community Response Fund: www.sdfoundation.org/programs/programs-and-funds/san-diego-covid-19-community-response-fund United Way link for community relief, including undocumented workers and vulnerable populations: https://uwsd.org/covid19 San Diego Women's Empowerment Fund: https://sdgrantmakers.org/welf San Diego Workforce Partnership: https://workforce.org/covid-19 Work sharing program: www.edd.ca.gov/unemployment/Work_Sharing_Program.htm</p> <p>Riverside County Riverside County Economic Development Department: www.rivcoccsd.org/covidbizhelp</p> <p>Additional resources for businesses: Coronavirus Resources for Business CAMEO - helpful technology resources among others: https://cameonetwork.org/coronavirus-resources-for-business Pacific Community Ventures - free remote small business advice: www.pacificcommunityventures.org/small-business-services/business-advising California Department of Industrial Relations - FAQ on labor regulations explained: www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm How to avoid Coronavirus financial scams: www.calreinvest.org/about/covid19</p>



a ball of used dental floss and a sourdough waffles, which means comes first. enjoy warm waffles. washing including the fingertips. played for over five hours online confinement. Isolation. All of these skinny my fingers are going to be,

the first six months of last year.”



fentanyl overdoses, we had five,

Office. In 2016, 33 deaths were

County Sheriff’s coroner’s office, co-located in my office here in data from the coroner’s office. health was from death certificates

Editor’s note: This is the fifth

sort of specifics about what drugs

health officials have their hands

has made significant changes to be

Ward's
Quality Jewelers Since 1955

Custom Design & Repair
by appointment: 760-726-7767
www.WardsJewelers.com

Visit The Flower Fields of Carlsbad

Roger Boddaert
Special to Village News

San Diego County has many great horticultural venues that grow all types of plants in the Mediterranean climate of Southern California.

The Carlsbad Flower Fields is one of spring's most floriferous fields that grows a bounty of flowers year after year.

This all began when Luther Gage settled in the area in the early 1920s and introduced the ranunculus flowers which eventually began known as the Giant Tecolote Ranunculus bulbs. The Spanish name Tecolote came from the owls that nested high up in the trees on his farm.

The Gage flower farm was next to the property of Frank Frazee, a small vegetable grower, and he too started growing other bulbs on his ranch like gladiolus. The young son of Frazee, Edwin, joined his father in the cultivation of this burgeoning flower operation. This young entrepreneur expanded a portion of his flower operation to the Santa Margarita Ranch on what eventually would become the Camp Pendleton.

Originally the flowers were a single layer of petals which ranged in shades of red and yellow. By the 1950s, the success in breeding a superior ranunculus tuber with more colors and created "double" forms, and he became the largest bulb grower of this type in the world.

These full flowers resulted in 13 beautiful new colors, including picotee, a mixture of variegated colors that gardeners have today and enjoy in their gardens.

The flower fields moved on in 1965, and 50 acres was purchased in the Carlsbad region overlooking the Pacific Ocean and Highway 101.

When Edwin Frazee retired, a joint venture was formed with Paul Ecke Jr. along with the Mellano and Company to concentrate on growing and managing and looking at tourism as an essential way to keep the ranunculus fields financially viable. Hence, The Flower Fields at Carlsbad Ranch was born and now is a national jewel to behold.

The Flower Fields is a working ranch that not only grows flowers for the cut flower trade, which are shipped throughout the country, but also cultivate the tubers and distribute them around the world to be raised as flowering potted plants. They are also sold for the homeowner to grow as one of spring's most colorful blossoms.

The season starts in September when the first block of tiny seeds is sown directly into the sandy soils and takes six months from

seeding to full bloom with diligent stewardship and nurturing by a dedicated team.

I volunteered for several years in the fields as a docent. I had many memorable experiences, especially working with school children who were bussed in from near and far to go through the "hands-on" environmental educational programs, and it was most rewarding.

This educational program was sharing with them the experience of recycling, reusing, backyard composting, vermicomposting and becoming Earth's stewards of the future. There are many learning projects the children take back to their schools to continue.

There is a Sweet Pea Maze, where visitors can be submerged into the aromatic smells of spring while walking through the sweet pea plantings.

There are many educational flower beds on display with numerous roses, trees, shrubs, perennials, bulbs and also a large stage with seating to hear joyous musical acts and watch arts and crafts shows.

As they stroll about, visitors can encounter flowers of all types from the exotic cymbidium orchids to the poinsettia greenhouse where they can see the latest in holiday poinsettia varieties.

A central garden area brings them into display flower beds and plants with seasonal colors that will knock their socks off. In this area there are two large aviary pens with quail, pigeons, doves, finches, parrots and what an experience to be within inches of this thrilling highlight.

A replica of the American flag is also planted on the south end of the fields with thousands of red-white-and-blue petunias. Taking up about an acre of land, it is a glorious sight that lasts for months.

These few words that my pen shares cannot justify the magnificent Flower Fields of Carlsbad. So if you want to take a few moments of peace by experiencing over 900 colorful photos, I suggest you experience the virtual flower tour at <https://www.theflowerfields.com>.

Spring is here, and the temps are getting a little warmer to be out in the garden to enjoy some fresh air and all the wonders that nature gives everyone.

Keep the faith my friends for we are all in this together and be kind, thoughtful, and helpful to one another for this too shall pass and brighter days lie ahead.

Roger Boddaert is a landscape designer and if you have any garden questions, you can contact him at bogitt@aol.com or (760) 728-4297.



The first section of ranunculus begins to flower mid-March at The Flower Fields of Carlsbad.



Many colorful orchids can be seen on display at the flower fields.



The colorful flower fields greet visitors who want to enjoy springtime in Carlsbad.



The flower fields will bloom until Mother's Day.



A Lazy Susan vine climbs over an arch at the flower fields.



Climbing nasturtiums in many colors adorn this garden trellis.

REAL ESTATE AND HOME & GARDEN

How water – and its quality – impacts the immune system

FALLBROOK – Humans are made up mostly of water. According to the U.S. Geological Survey’s Water Science School, the human body is 60% water. The brain and heart are 73% water. The lungs are a whopping 83% water. Muscles and kidneys are 79% water. And of course, it’s not stagnant water.

Water moves throughout the body, oxygenating blood, regulating temperature, absorbing shocks to the brain and spinal cord, manufacturing hormones and neurotransmitters, lubricating joints and flushing out body waste and toxins.

Water also fortifies the immune system. That’s because water helps produce lymph. Lymph is a colorless fluid that contains white blood cells. These cells bathe the tissues and drain through the lymphatic system into the bloodstream. And lymph captures bacteria, viruses and other pathogens. Lymph nodes destroy the invaders. Water also helps produce immune cells and circulate white blood cells and nutrients to tissues and bone marrow.

In short, water is an essential nutrient for every cell in the body. And it needs to be replaced regularly. Women need about 2.3 quarts a day. Men need a quart more.

And of course, the quality of drinking water impacts the health of every cell in the body.

Simply put, if people drink adequate amounts of the highest quality water, they help keep their immune system strong. It’s only one way to strengthen the immune system, of course, but it is a very important way. People also need to eat lots of fruit, vegetables and mushrooms, exercise, manage stress and sleep 6-8 hours every night.

By drinking enough of the highest quality water, people are helping their body fight off invading bacteria, viruses and other harmful microbes.

On the other hand, if the water they put in their bodies contains toxic chemicals or other harmful agents, people could actually be damaging their immune system. At best, they could be depleting their immune system by tying it up defending against damage those toxins could cause. And that means it’s unavailable to defend them from harmful other invading agents like bacteria and viruses.

The Environmental Protection Agency requires water utilities to test for many but not all of the known pollutants and publish results in a yearly “Consumer Confidence Report.”

According to the utility’s report, measurements are within the EPA’s “safe” standards.

However, the reports do not include every toxic chemical or “emerging contaminant” that finds its way into water supplies.

The water supplies teem with a multitude of microscopic stuff – from benign to hazardous. All the good, bad and ugly stuff in water that people swallow makes their way into virtually every cell of their body.

Some pass through their urine quickly without harm. Others, like lead, cause irreparable damage. Fortunately, tests can measure lead. And the EPA set a zero tolerance for lead in drinking water. So utilities test for lead and include results in the Consumer Confidence Reports.

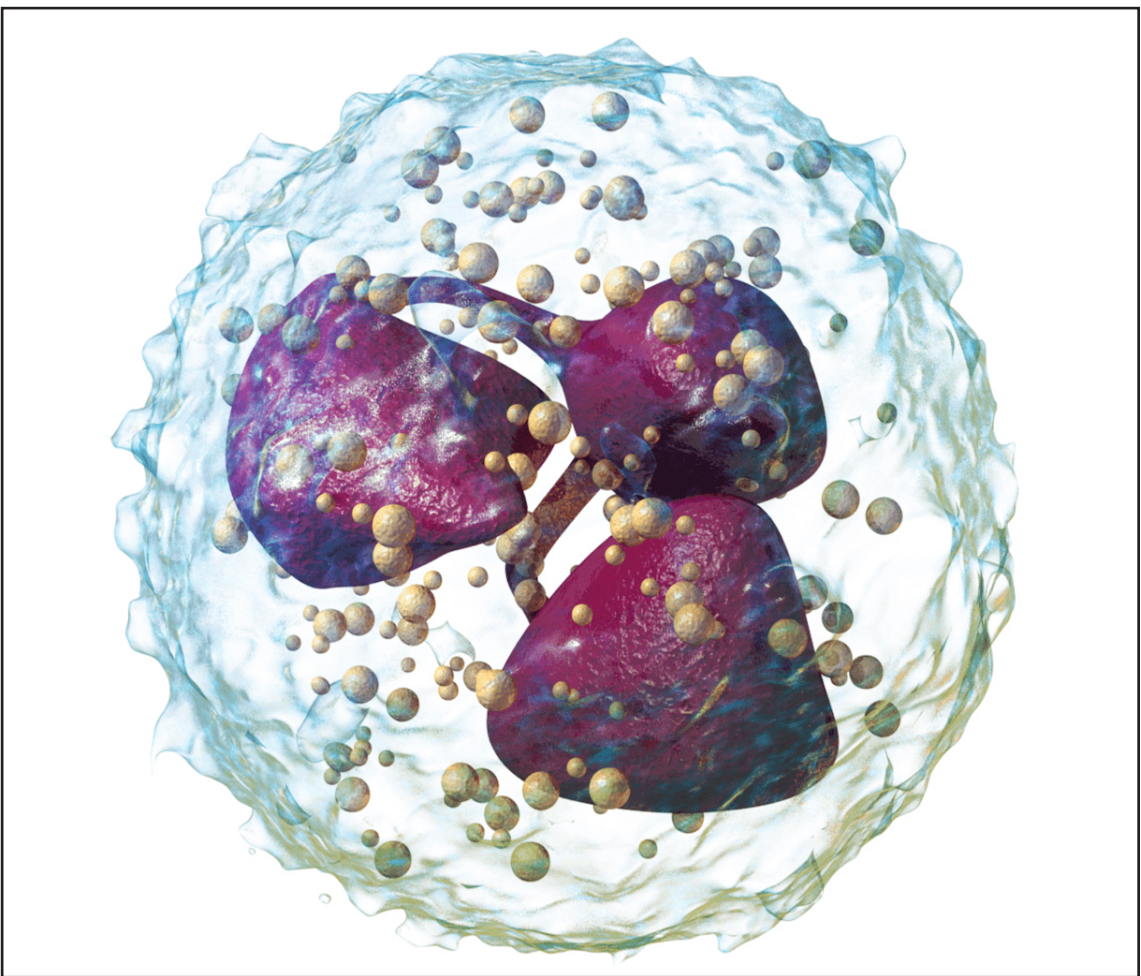
For the most part, drinking water should be free of lead, unless the home is old enough to still have lead pipes, fittings or solder.

A large group – in fact over 7,800 – “emerging contaminants” known as PFAS chemicals have no scientific methods for testing in drinking water. This chemical group has been around for more than 50 years. They repel water, oil and stains and are in fire-fighting foam. They are useful products with unfortunate side effects. They’re linked to cancers, liver damage, reproductive, endocrine and immune disorders.

So far, scientists have developed tests for only 45 of the over 7,800 PFAS chemicals. That’s according to the Metropolitan Water District, which sells water to most local water utilities in Southern California. Tests show these chemicals are in rivers, lakes and even in rainwater. And many of these chemicals, like PFOS and PFOA, remain in the body for years. They continue accumulating with every exposure. On top of that, the EPA has yet to mandate testing for them. Therefore, the Consumer Confidence Reports do not provide a complete or accurate picture of the water supply. With no scientific means of testing for thousands of toxic chemicals, people simply do not know how many are in the water.

And that “unknown” variable is particularly concerning when it comes to PFASs’ impact on the immune system. Studies have shown that PFAS chemicals – both the older “long chain” versions like PFOS and PFOA and newer PFAS short-chain replacements – are actually toxic to the immune systems.

A 2019 Natural Resource Defense Council study raised concerns that they even diminish vaccines’ protections. According to Anna Reade, Ph.D., staff scientist for the Natural Resources Defense Council, “The immune system is a highly sensitive target of PFAS-induced toxicity; observed effects include impaired responses to T-cell dependent antigens, impaired response to infectious disease, decreases in spleen and thymus weights, and in the number of thymic and splenic lymphocytes. ... PFAS is associated with reduced antibody titer rise in response to vaccines,



Neutrophils are part of the human immune system. They are the first responders during an attack by bacteria, viruses and some cancers.

Village News/Blausen.com photo

resulting in increased risk of not attaining the antibody level needed to provide longterm protection from serious diseases...”

Even if the utility companies’ “Consumer Confidence Reports” could be complete in every way, the water quality in homes would still not be identical to the utility’s water supply. That’s because water companies test after treatment at their site, not at pipes linking to the homes.

Water leaves the utility through a distribution system of huge pipes. Portions of those pipes are corroded and cracking.

According to the San Diego County Water Authority, portions of water pipes are more than 60 years old. It is no wonder that portions of the pipe occasionally rupture. And it’s no surprise that when water lines crack or rupture, water quality is at risk.

More than actual ruptures in the pipes, however, there are many other ways drinking water can become contaminated or degraded within the distribution system.

According to National Academies Press publication on Drinking Water Quality Integrity, there are numerous other risks to water quality within the pipes leading to homes, including aging water within the pipes, pipe materials corrosion, interactions of disinfectants and biofilms, which are bacteria colonies inside pipes.

Water quality within homes can vary as well. A Purdue University Study showed that water quality differs in homes and even differs from room to room and by season. Researchers took 58 water samples throughout a year within a single house. They call the results “concerning.” For example, they discovered no disinfectant 10% of time, increases in water pH, large fluctuations in organic carbon, no disinfectant exiting the house’s water heater more than 85% of the time, chemical fluctuations by season, lead level exceeded exposure limit for children, and some “lead-free” plumbing components still leached lead.

These changes all point to problems predicting water quality within homes.

“After water enters a home, it continues to age,” Andrew Whelton, associate professor of civil engineering of Purdue University, said. “Older water is more likely to have contaminants that are problematic. Because the quality of water delivered to a single home can vary significantly, and building plumbing can change the water too, predicting drinking water safety at every building faucet is currently not possible.”

Staying healthy is largely up to individuals. Government agencies and water utilities can only do so much to supply “safe” drinking water. Of course, people need to stay informed about environmental threats that government agencies can help control. And they need to understand the dangers to public water supplies that water utilities can and should test for and inform residents of the results. It is up to each person to voice their concerns to public representatives and utilities if they believe there are measures they can take to improve water quality.

In such a complex and fast-paced world, however, people cannot rely solely on the government or utilities to provide the highest quality drinking water or to keep them safe.

As people are witnessing now, viruses travel fast with little warning. So they need to do what is within their power to keep their immune systems healthy and ready to fend off such invisible invaders.

The safest and cleanest drinking water comes from reverse osmosis systems. A February 2020 Duke University study proved it. Reverse osmosis systems removed more toxic PFAS chemicals than any other filtration system.

Reverse osmosis systems also remove the most bacteria, viruses and other “emerging” contaminants.

If the family budget doesn’t allow for installing a reverse osmosis system, Dale Anderson and Water Heaters Plus Plumbing recommends residents consider these measures for their drinking water.

Do not use the hot water faucet for food or drink preparation. If the water heater is a conventional tank-style, water sits stagnant for longer periods of time. Stagnant water is more vulnerable to bacteria and contains fewer, if any, disinfectant agents.

Buy reverse osmosis drinking water from local water stores. If possible, use glass containers instead of plastic. The glass containers are reusable and can be brought back to the water store for refills. Plus plastic bottles, even those labeled BPA-free, may not be completely safe.

Use a two-stage carbon filtration system and change filters often. A Duke University study showed that most point-of-use filters do not effectively remove many chemicals from tap water. However, the study suggested that two-stage carbon filtration was more effective. So if residents have a filter on their refrigerator water dispenser, for example, use it and pour it into a pitcher filter.

Change water filters frequently. The Duke University study revealed that when filters are not changed on schedule, they can actually increase bacteria, viruses and chemicals. Old filters filled with trapped debris can build up communities of more bacteria and then those colonies of bacteria, viruses and chemicals are let loose back into the water.

Try not to rely on bottled water. Plastics, even when labeled “BPA-free” are not completely safe even though the Food and Drug Administration said they are. According to Scientific American, University of California Los Angeles and other studies, the replacement plastics still pose threats to the endocrine system and interfere with normal functioning within a cell, even at low levels. They can even cause heart arrhythmias. Almost all of the 455 commercially available plastics tested leached estrogenic chemicals, plus plastics do not break down in the environment.


Drinking the highest quality water strengthens the immune system to fight off bacteria and viruses. Reverse osmosis systems deliver highest quality water and remove the most bacteria and viruses as well as chemical pollutants.

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Submitted by Dale Anderson, owner of Water Heaters Plus Plumbing.


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NFPA issues guidance to government officials on fire protection and life safety systems regardless of occupancy status

QUINCY, Mass.—As government officials on all levels across the globe issue travel directives and ask nonessential employees to work remotely during the pandemic, once fully occupied buildings are near vacant or dramatically underused. The National Fire Protection Association, a global leader in fire, life and electrical safety, urged officials to ensure that fire protection and life safety systems be maintained in all commercial and multi-occupancy residential buildings throughout this global pandemic. They further urged that the personnel and vendors that service those systems be deemed essential.

“While communities are rightly focused on dealing with the pandemic, we cannot put additional strain to our overburdened emergency response capabilities, by not ensuring buildings are protected with the very equipment that saves lives and property,” Jim Pauley, president and CEO of NFPA, said. “First responders rely on commercial and multi-occupancy residential buildings in their communities to have a full array of fire and life safety systems such as working fire detection, alarms and sprinkler systems.”

To avoid exasperating the current environment by compromising fire and life safety and leaving buildings vulnerable to vandalism, NFPA recommended the following key items:

All commercial and multi-occupancy residential buildings should maintain fully operational fire and life safety systems as required by the applicable codes and standards.

Those responsible for these buildings should adhere to the expected schedules for inspection, testing, and maintenance that are vital to their operation. If they are unable to do so, they should contact their local authority having jurisdiction.

Public and private employees who perform the inspection, maintenance and other responsibilities for these systems should be deemed essential workers.

The full guidance also contained information related to health care facilities, buildings under construction and emergency power systems.

“By all accounts we still have a long way to go before we are able to return to some sense of normalcy,” Pauley said. “The need for buildings to be safe and the systems within them to be operational is and will continue to be critical to public and first responder safety.”

More information from NFPA on COVID-19 can be found at <https://www.nfpa.org/Codes-and-Standards/Resources/Standards-in-action/NFPA-responds-to-the-coronavirus>.

As the nation navigates the evolving situation with COVID-19, NFPA remains committed to supporting residents with the resources needed to minimize risk and help prevent loss, injuries and death from fire, electrical and other hazards.

For more information, visit <https://www.nfpa.org>. All NFPA codes and standards can be viewed online for free at <https://www.nfpa.org/freeaccess>.

Submitted by National Fire Protection Association.

California: Don’t let the beep steal your sleep

AURORA, Ill. – From Sacramento to San Diego, Californians have been protected for years, thanks to carbon monoxide protection measures first put in place statewide in 2011, which required carbon monoxide alarms in new one and two-family dwellings, town homes not more than three stories and all existing single-family homes. By 2013, California upped the requirement to all existing dwellings. Since then, countless lives have been saved from the dangers of this invisible, odorless and potentially fatal gas.

However, alarms don’t last forever, and seven years after this carbon monoxide alarm requirement was expanded to include all types of residences, First Alert, along with health and safety officials, have issued a timely reminder to the public: the need to replace carbon monoxide alarms as they approach expiration.

As part of its ongoing education efforts, First Alert is partnering with fire departments and safety organizations throughout the country to bring awareness to the importance of replacing alarms as they expire.

“These carbon monoxide alarm requirements marked a turning point for protection for California’s residents, but with busy lives and other priorities, it’s easy to take life-saving measures like installing carbon monoxide alarms for granted once they’ve been implemented,” Tarsila Wey, director of marketing for First Alert, a leader in residential fire and carbon monoxide detection devices, said. “The anniversary of its enactment is a timely reminder of the importance of protecting what matters most, and an ideal opportunity for us to celebrate the lives that have been saved over the past seven years by making safety a top priority.”

Known as the “silent killer,” carbon monoxide is a colorless and odorless gas that is impossible to detect without a sensing device. According to the Centers for Disease Control and Prevention, more than 50,000 emergency room visits and over 430 deaths are attributed to carbon monoxide poisoning in the U.S. each year, making it the leading cause of accidental poisoning deaths in the country. Any fuel-burning appliance, including heaters, fireplaces, furnaces, appliances and cooking sources using coal, wood or petroleum products, are all potential sources of carbon monoxide. It’s critical to have appliances inspected by certified licensed technicians, educate loved ones on the dangers of carbon monoxide and develop a family escape plan in the event of a carbon monoxide emergency.

Carbon monoxide poisoning can cause symptoms such as nausea, headaches, dizziness, chest pain and vomiting that mimic those of many other illnesses, making it difficult to diagnose. In severe poisoning cases, victims can experience disorientation, unconsciousness, long-term neurological disabilities, cardiorespiratory failure or death.

While alarm lifespans may vary by model and manufacturer, back in 2013, a properly maintained carbon monoxide alarm had a life span of approximately five to seven years. Therefore, carbon monoxide alarms installed when California expanded these requirements are likely now due for replacement. As an extra safety measure, most First Alert carbon monoxide alarms feature end-of-life warning to alert residents to the need for replacement. The end-of-life signal differs significantly from the 85-decibel horn heard in an emergency or during regular testing of the alarm. It also differs from the low-battery chirp and usually consists of 3-5 short sounds. Check the back of the alarm, as well as the alarm’s user manual, for specific information on these different signals.

“If you can’t think of the last time you installed a smoke or carbon monoxide alarm, chances are, it’s time to replace your old ones,” Wey said. “Installing new alarms, testing them regularly and having and practicing an escape plan are important measures you can take to help protect your family and home. First Alert offers the most advanced carbon monoxide sensing technologies and latest safety features available, in hardwired, wall mount, plug-in and tabletop versions.”

The last few years have seen significant advancements in technology, extending the lifespans of some to carbon monoxide alarms to 10 years. First Alert offers 10-year sealed battery carbon monoxide alarms that eliminate the need for battery replacements.

First Alert’s extensive safety portfolio also includes other carbon monoxide alarm models to meet the needs of any household. For example, battery-powered tabletop models like the CO710 feature a 10-year battery and digital temperature display, with an easy-to-read, backlit LED screen.

Other options offer both smoke and carbon monoxide protection, such as the PRC710V, which offers voice alerts to inform consumers of the location of the specific danger. Another option is the plug-in CO605 model, which plugs into any standard electrical outlet and offers a battery backup in case of power outages.

In addition to replacing carbon monoxide alarms as they reach expiration, Wey recommends the following tips and tools for keeping yourself and loved ones safer from the dangers of carbon monoxide:

Be aware of the following important safety steps.

Install alarms.

Carbon monoxide alarms are the only way to detect this poisonous gas. The National Fire Protection Association recommended installing alarms on every level of the home and near each sleeping area for maximum protection. Also, make sure the alarms are installed at least 15 feet away from sources of carbon monoxide to reduce the possibility of nuisance alarms. It is also important to test alarms monthly and change batteries every six months, unless the alarm is powered by a sealed, 10-year battery.

Test alarms regularly.

All First Alert alarms are equipped with a test/silence button for easy testing.

Never use generators indoors.

In the case of a power outage, portable electric generators must be used outside only and at least 15 feet from the home. Never use them inside the home, in a garage or in any confined area that can allow carbon monoxide to collect. And, be careful to follow operating instructions closely. Also, refrain from using charcoal grills, camp stoves and other similar devices indoors.

Be mindful of the garage.

Never leave a vehicle running inside an attached garage. Even if the door is open, it is hazardous, as carbon monoxide can leak into the home.

Have fuel-burning appliances inspected regularly.

Arrange for a professional inspection of all fuel-burning appliances, such as furnaces, stoves, fireplaces, clothes dryers and water heaters, annually.

Plan a safe escape.

To develop an effective escape plan, walk through the home and inspect all possible exits and escape routes. Identify two ways out of each room, including windows and doors. Practice the home emergency escape plan at least twice a year and make sure to plan a meeting spot. That way, if there is an emergency, everyone knows where to meet.

Call 911.

If an alarm sounds, leave the home immediately and move to fresh air. Then call 911 and do not go back into the home until the home is inspected and cleared.

For more information on fire and carbon monoxide safety, visit <https://www.firstalert.com/carbonmonoxide>.

Submitted by First Alert.

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Spring flowers bloom in Fallbrook



Fallbrook resident Lauren Brimmer captures a picture of spring flowers in Fallbrook near Gird Road.

Village News/Lauren Brimmer photo

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Destress in your own backyard

ALEXANDRIA, Va. – While adults are home teleworking, and children are at home participating in online educational instruction, it’s even more important during these challenging times to take a moment to get out into the family yard. The TurfMutt Foundation reminded families that nature starts right outside your back door. Let the proven benefits green space give us a break from being cooped up inside. Listen to the birds. Watch the trees. Curl your toes in the grass. Work outside planting and preparing for the budding spring or even mow the lawn.

“Numerous studies have found that people who spend more time outside with their families and pets exposed to living landscapes are happier, healthier and smarter. It’s great to know being outside is good for you,” Kris Kiser, president and CEO, of the TurfMutt Foundation, said.

Researchers have studied the impact of nature on human well-being for years, but recent studies have found a more direct correlation between human health, particularly related to stress and the importance of people’s access to nature and managed landscapes.

Getting dirty is actually good for you. Soil is the new Prozac, according to Dr. Christopher Lowry, a neuroscientist at the University of Bristol in England. Mycobacterium vaccae in soil mirrors the effect on neurons that Prozac provides. The bacterium stimulates serotonin production, which explains why people who spend time gardening, doing yard work and have direct contact with soil feel more relaxed and happier.

Living near living landscapes can improve your mental health.

Researchers in England found that people moving to greener areas experienced an immediate improvement in mental health that was sustained for at least three years after they moved. The study also showed that people relocating to a more developed area suffered a drop in mental health. Greening of vacant urban areas in Philadelphia reduced feelings of depression by 41.5% and reduced poor mental health by 62.8% for those living near the vacant lots, according to a study by a research team.

Green spaces can make you healthier too. People who live within a half mile of green space were found to have a lower incidence of 15 diseases by Dutch researchers – including depression, anxiety, heart disease, diabetes, asthma and migraines. A 2015 study found that people living on streets with more trees had a boost in heart and metabolic health. Studies show that tasks conducted under the calming influence of nature are performed better and with greater accuracy, yielding a higher quality result. Spending time in gardens, for instance, can improve memory performance and attention span by 20%.

Living landscapes make you smarter. Children gain attention and working memory benefits when they are exposed to greenery, according to a study led by Payam Dadvand of the Centre for Research in Environmental Epidemiology in Barcelona, Spain. In addition, exposure to natural settings may be widely effective in reducing attention deficit hyperactivity disorder symptoms in children.

This finding applied to adults as well. Research has also shown that being around plants helps you

concentrate better at home and at work. Charlie Hall, Ellison Chair in International Floriculture, at Texas A&M University said he believes that spending time in gardens can improve attention span and memory performance by as much as 20%.

A National Institutes of Health study found that adults demonstrate significant cognitive gains after going on a nature walk. In addition, a Stanford University study found that walking in nature, rather than a concrete-oriented, urban environment, resulted in decreased anxiety, rumination and negative affect, and produced cognitive benefits, such as increased working memory performance.

Living landscapes help you heal faster. Multiple studies have discovered that plants in hospital recovery rooms or views of aesthetically pleasing gardens help patients heal up to one day faster than those who are in more sterile or austere environments.

Physicians are now prescribing time outdoors for some patients, according to recent reports. Park Rx America is a nonprofit with a mission to encourage physicians to prescribe doses of nature.

All of these benefits reinforce the importance of maintaining our green spaces. Trees, shrubs, grass and flowering plants are integral to human health. Not only do they provide a place for children and pets to play, they directly contribute to our mental and physical well-being.

More information can be found by visiting <https://www.turfmutt.com>.

Submitted by TurfMutt Foundation.

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Consider these Top 5 hottest home building trends

FALLBROOK – These days, home trends are about more than good design and aesthetics, they’re about creating spaces that reflect a family’s values and are more comfortable and enjoyable to live in. From net-zero and net-positive construction to tiny minimalist homes, trends are all about the family’s lifestyle.

Whether homeowners are shopping for a new home, renovating their own or creating a new build from scratch, here are some of the biggest trends to know for inspiration.

Sustainable design

This trend has been popular for a long time, but green design has evolved to be about much more than energy-efficient appliances and LED light bulbs. Now, it’s all about making sure everything in the home reduces its carbon footprint and minimizes any impact on the environment.

To try the trend, think big and get creative – install solar panels on the roof, choose building materials that don’t require deforestation and upcycle old furniture for

decorative elements instead of buying new.

Disaster resiliency

Climate change affects people in so many negative ways, and one of the top concerns is the increase in natural disasters. From wildfires that last for months to major floods that affect entire cities, residents now need to prepare for the worst when building their homes.

Switching to disaster-resilient materials is an important first step. Many builders now prefer to use stronger, more energy-efficient materials like insulated concrete forms instead of more traditional materials like wood. For example, Nudura ICFs can withstand winds of up to 250 miles per hour, which is equivalent to an F4 tornado, and offer a fire protection rating of up to four hours.

Outdoor living

Many people are now choosing to forgo getting a cottage or summer home and recreating the experience in their backyards. This trend helps homeowners make the most of their existing space and take full advantage of their yard or

patio during the summer months.

Design a full living space outside, complete with an outdoor television and comfy couches, as well as a kitchen and refrigerator for entertaining. Consider adding a fireplace or firepit to keep warm during cool summer nights and enjoy the outdoors through spring, fall and even winter.

Home automation

This trend is another long-standing trend that shows no signs of slowing down. It has also evolved to encompass more of the home to make life even more comfortable and convenient. From an oven that can be turned on remotely to preheat, to skylights that can open and close automatically to create the perfect ambient temperature, there are more ways than ever to integrate smart home technology into a living space.

Start small with a voice assistant and smart light bulbs and work up to a total smart home system that includes home security, temperature controls and electronic devices.



Recreate a vacation home experience in our own backyard and take full advantage of yards or patios during the summer months.

Customization

Homeowners don’t have to settle for what mass manufacturers decide to build or for what works for everyone else. Creating a home that is unique for each homeowner is the latest trend, with custom-built storage and personalized architectural features to make a space stand out.

They can even go as far as building a custom home that’s suited to the family. Older home demolitions and purchasing land-only properties is becoming more common, allowing homeowners to work with an architect to create exactly what they want with a new build.

Find more information about the benefits of building a home with ICFs at <http://www.nudura.com>.

COVID-19 crisis impacts rental housing industry, new resources help owners assist tenants

SAN DIEGO – The global response to the virus known as COVID-19 has led to significant changes in the rental housing industry for owners, managers and tenants.

The Southern California Rental Housing Association is taking a leadership role in preparing and educating those in the industry about the unique issues created by the coronavirus crisis including occupational health guidelines for working with quarantined or sick residents and information on foreclosure relief, eviction bans and much more.

By monitoring up-to-the-minute developments and providing education and advocacy, SCRHA helps ensure that rental housing owners and managers are well prepared for these new challenges – and supports their efforts to assist residents in this time of crisis.

Recognizing that the crisis is having an immediate impact on the rental housing industry, SCRHA is also taking the unusual step of making certain coronavirus resources available to nonmembers, free of charge.

“This is an extraordinary time for our industry and the nation as a whole. For this reason, the Southern California Rental Housing Association has stepped up to provide real-time guidance for all rental property owners and managers on the coronavirus crisis,” Kendra Bork, board president of SCRHA, said. “As the situation evolves, SCRHA is actively monitoring local, state and national developments to advocate for our industry and inform our members. All rental housing owners are impacted by this pandemic and at the same time many of our tenants are facing the

same challenges including income reductions or health concerns.”

New SCRHA resources include a new resource portal for rental property owners and managers: Guidance for Dealing with COVID-19 at <https://info.socalrha.org/covid-19-resources>.

Frequently Asked Questions can be found at <https://socalrha.org/covid-19-faqs/>.

The new COVID-19 Hardship Consideration Form is at <https://cdn2.hubspot.net/hubfs/3331646/298Form.pdf>.

The white paper is available for download at <https://info.socalrha.org/covid-19-resources>.

SCRHA’s team provides expert insight and guidance on legislative developments at the local, state and federal levels regarding rents, evictions, legal protections and potential sources of aid for owners and tenants. The new resources developed by SCRHA for rental property owners and managers will equip them to be able to comply with new laws addressing these new challenges and to assist their residents at this critical time.

“We realize that there is no one-size-fits-all approach during this emergency. We must balance the needs of our tenants, the community and our own rental property businesses in an environment that is very new and changing rapidly,” Bork said. “That’s why SCRHA has added a special page on our website with resources and the latest updates – to continue our tradition of being a trusted resource for advocacy and education in the rental housing industry.”

Submitted by the Southern California Rental Housing Association.

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BUSINESS

Open or not open? Businesses in town weigh the options

Jeff Pack
Staff Writer

Driving down Main Street in Fallbrook on a Monday afternoon didn't seem all that different from driving down the road any other day.

Drive-thru at local fast-food restaurants were busy with cars in line, banks had widely spaced lines of folks waiting outside to go in, cars and trucks were packing the parking lots at local hardware stores.

As those essential-type businesses continue to do the work they are allowed to do, there are little pockets here and there in town that seem to be continuing to work, though they aren't supposed to be according to county and statewide restrictions.

"I've had several people either message me or send me emails or text me because they're upset that several businesses are open and (the people contacting) are not being able to work," Lila MacDonald, CEO of Fallbrook Chamber of Commerce, said. "They ask, 'Why do they not have to follow the rules?'"

MacDonald said while her sole motivation is building up Fallbrook businesses, she has had to have conversations with local law enforcement about what the repercussions are for businesses that disobey the rules.

"The sheriff's department will go out and issue warnings right now and then if you don't heed the warning, then you're going to get a fine," she said.

She said there were a couple of businesses at the beginning of this that were very vocal on social media about remaining open, but most of those have closed their doors.

MacDonald believes most businesses in the area that are not

deemed essential have shut down normal operations at least. Others are getting creative.

"The Beauty Bar is one of them that I feel is super creative, her new one is she is putting together kits for nurses," MacDonald said. "I can buy one, Venmo her money, then she can get a bunch of kits and then drop them off to the nurses. She's not open for business, per se, but I'm going to do hair."

MacDonald also mentioned Dominick's Sandwiches and Italian Market, which is well known for their sandwiches, but who are now offering grocery goods for sale.

"Dominick is being super creative that way," she said, "It's usually a small part of his business, but right now he's able to sell everything from milk to eggs to pasta."

Faro Trupiano was manning the front counter at 127 West Social House at lunchtime Monday, March 30, usually a busy time for the restaurant. At 12:30 p.m., however, there was only one pickup order being worked on.

"From what I'm finding out, the restaurants that were predominantly known for their dine-in, people that want to come and have dinner in a cool vibe, cool ambiance, that kind of stuff, I feel like these are the restaurants that are struggling a bit," he said. "Versus the ones that already had an established to-go business that for a lot of people that is the norm."

He said his Trupiano's Italian Bistro just up the street was doing better than 127 Social House because customers were accustomed to the pickup, drive-thru offerings already in place. Having to pivot 127 West Social House into a similar model has been a much tougher sell.

"They would go pick up a pizza or some pasta through the



Asiah Hudspeth, right, and Viri Arevalo, left, make sandwiches for hungry customers Monday, March 30, at Dominick's Sandwiches and Italian Market.

drive-thru, at Trupiano's on a regular basis," Trupiano said. "So to do it now, it doesn't really change anything for them. 127 is struggling a little bit, we went from full hours to noon to 8 p.m. daily."

"I'm contemplating whether or not that's the right way to go. I could just move into dinner only. I'm not really sure," he said.

The ability to pivot and recognize what is working and what isn't is what Trupiano said he wakes up with every day.

"I start every day with a thought of what am I going to promote today?" he said. "What am I going to do differently today? As well as reflecting on all these new ways of kind of doing business. I'm not completely discouraged in the sense of when we come out of this thing, it's going to be different. There are going to be new norms. "This has exposed a different side of 127 as far as people that didn't normally get to-go, maybe they now will," he said. "Maybe in the reopening I will have my old dine-in business, plus an increased to-go business kind of thing."

Trupiano said going through this ordeal has revealed some changes that need to be made to the businesses and has changed him a bit.

"It really just kind of re-grounded me," he said. "Kind of put me back in the trenches and I haven't really minded. There are days where it's like right now, it's just me and the darkness kind of thing, but it's just definitely an interesting time."

And Trupiano was a little set back by the recent announcement of extending the restrictions through April.

"It was a little discouraging to hear the extension to April 30," Trupiano said. "I feel like March seemed like it had like 50 days in it. So to go another 30 days of this is going to be interesting. I think people are going to start getting pretty anxious."

"I just hope that they just don't say, 'Hey, screw it. Let's just forget the quarantine. Because that's only just going to prolong this whole thing. Hey, let's just be smart. Support the restaurants and local



A sign greets customers at the entrance to Dominick's Sandwiches and Italian Market warning customers about social distancing rules in place for the business.

businesses in the right way. All the other stuff, let's just hold off on that."

Businesses like Trupiano's could benefit from the record \$2.2 trillion emergency relief package that President Donald Trump signed into law last week.

"It will inject trillions of dollars of cash into the economy as fast as possible to help American workers, families, small businesses and industries make it through this disruption and emerge on the other side ready to soar," Senate Majority Leader Mitch McConnell, R-Ky., who helped negotiate the package, said.

The package includes \$50 billion in tax credits for businesses that keep employees on payroll and will cover 50% of those

workers' paychecks. Companies can also defer payment of the 6.2% Social Security tax, giving them an incentive to put off layoffs at a time when ordinary business has come to a halt.

According to GlobalData Retail, more than 180,000 stores are temporarily shuttered, accounting for more than 40% of U.S. retail space and nearly 3.3 million Americans applied for unemployment benefits last week – almost five times the previous record set in 1982.

The Associated Press contributed to this report.

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



Signs outside of Fallbrook FroYo indicate that yogurt and Italian ice are for sale.



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San Diego assessor, recorder, county clerk offices close March 23
Phone, online and mail services still available

SAN DIEGO – In accordance with the San Diego County health officer order regarding the COVID-19, starting Monday, March 23, the county assessor, recorder and county clerk's offices closed their doors to the public and suspended all over-the-counter services until further notice.

"San Diego County residents are encouraged to visit our website, www.SDARCC.com, for online services and forms that can be completed by mail." Ernest J. Dronenburg, assessor, recorder and county clerk for San Diego,

said, "Our staff is continuing to provide great customer service by processing all electronic and mail submissions during this crisis to limit interruption to the public."

The following services will continue to be available by phone, mail, online and via email: document recording services by mail and through e-recording only; vital records requests: birth, death and marriage records by mail or online; fictitious business name statements by mail; property assessment services; copies of official records by mail or online;

notary public registrations by mail and authentications by mail.

For phone, mail and email assistance, contact assessor services at (619) 236-3771; recorder services at (619) 238-8158; marriage, birth and death records and fictitious business names at (619) 237-0502; email arcc.fgg@sdcounty.ca.gov and use the mailing address: P.O. Box 121750, San Diego, CA 92112.

Many customer services are available online at <https://www.SDARCC.com>.

For more information from the San Diego County about the coronavirus and real-time updates, visit <https://www.sandiegocounty.gov/coronavirus> or sign up for text message updates by texting "COSD COVID19" to 468-3111.

Submitted by San Diego County.

the village beat

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Village News 760-723-7319

Workers struggle with sudden layoffs

Will Fritz
Associate Editor

A month ago, the United States was in the midst of the longest uninterrupted economic expansion on record.

Unemployment levels in the United States have been at historic lows for the last several years – February’s national unemployment rate of 3.5% was the lowest in half a century.

The coronavirus pandemic put a stop to that record.

The week of March 15, as businesses that have been forced to shut down during the pandemic began laying off workers, more than 3 million Americans who were left without jobs filed for unemployment. That’s the largest-ever number of Americans to file for unemployment in a week span, dwarfing even the worst days of the Great Recession a decade ago.

Nearly every corner of the country is affected, and Fallbrook is no exception.

Alex Travis of Fallbrook said she’s fortunate enough that she works in a field that’s essential – she does administrative work for Scripps Health in San Diego.

Other members of her family, though, were not so lucky, she said. Travis said she had recently warned her daughter-in-law that her job at a flower nursery could be impacted by the pandemic, which

it ultimately was.

“We get daily updates from our CEO as far as COVID-19, and how many cases there are,” Travis said. “Since the beginning I have been kind of on top of it, and I warned (my daughter-in-law), ‘I have a feeling that you may not have a job next week,’ and sure enough, she was laid off. After that, my spouse works in retail, and the same thing happened to him, not even a day later.”

She said she’s suddenly found herself in a position where she will have to provide for a household of three adults and three children, all on her own.

“It has been stressful, absolutely, needless to say,” Travis said. “Through the month of April, we’re covered financially with rent and other things, but if there’s still no work for him or her, then the responsibility all falls on me for the month of May.”

Travis said she and her family are, thankfully, well-stocked on food and other supplies.

“I’ve been following this very closely since it started in China, and once I saw it left the country, I figured, you know, I’m gonna play it safe and get some extra things to have in case of a rainy day,” she said. “I think that’s what kind of saved me a little bit is that I just kind of prepared, but I don’t think anybody is really prepared for what we’re going through.”

In Temecula, workers like Samantha Pulice are feeling the pinch too. Pulice said she was laid off from her job at Sushi Camp March 17.

She said her employer tried to stay open as long as they could, but once Gov. Gavin Newsom issued the statewide stay-at-home order, “they told us basically we couldn’t come into work and basically we had to file for unemployment.”

That, she said, is a massive financial problem for her, as she has a 10-month-old baby to care for. She said the \$1,200 stimulus checks and increased unemployment benefits approved by Congress last week will help – when they come.

“I filed for unemployment over a week ago and still haven’t heard anything,” Pulice said Friday, March 27.

Even when that money comes, Pulice said it probably won’t last long, “especially with how expensive diapers and formula and all that stuff is, and we have car payments to make, insurance payments to make.”

Pulice said her boyfriend still has his job – he installs commercial doors – but his hours were drastically cut.

“They’re trying to give him as much as they can, but he’s only getting a few hours a day,” she said.

Robin Ritner-Prober, who

worked a dental practice in Temecula before she was temporarily laid off, said she was the one to ask her boss about possibly working from home last week, “when things started to go a little sideways,” as she put it.

“I was starting to feel a little uncomfortable at work,” Ritner-Prober said, as the Centers for Disease Control and Prevention had recently recommended that dental offices stop elective procedures and prioritize only urgent and emergency care. One of her worries was that the building she worked in is shared by multiple tenants.

“There’s a common bathroom for all the suites, so every agent from every single medical suite is using the common bathroom, and then there’s hundreds of people going to different suites,” she said. “I just told (my boss) that I’m not comfortable going in there, that I can try to come up with some ways to work from home.”

Ritner-Prober said she worked to try to convince her boss, but when her boss realized the financial implications of losing patients during the pandemic, Ritner-Prober was told she would temporarily be laid off.

“So I’m just kind of one of a billion other people who, you know, had to file for unemployment,” Ritner-Prober said of her situation. But she said she wanted to

acknowledge that things could always be worse.

“Am I in a better situation than other people? Yes, and I always look at the silver lining, what I have that other people don’t have,” Ritner-Prober said. “There’s a lot more unfortunate people out there than myself.”

Back in Fallbrook, Travis said as someone who works in the health care field, she wishes that people would take the coronavirus pandemic more seriously than perhaps they are at the moment.

“You’re seeing the numbers firsthand and the influx (of patients) is already starting to happen and we’re not already at the peak yet, and it’s frustrating because I don’t think people realize how serious this is,” she said. “It’s financially difficult, I get that. But this is about saving lives.”

She said the statewide stay-at-home order shouldn’t be seen as a mere recommendation.

“People look at it as an inconvenience,” she said. “I think people need to realize that it really is a serious situation, and at the end of the day, the simple act of staying home is literally saving lives and it’s putting less medical staff at risk because no matter how great of a hospital system we have ... no hospital is prepared.”

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

Try these 8 tips for working at home

Kyle Hotchkiss
Digital Marketing Specialist
Reeder Media

The world around people is changing, while one business after another is closing or adjusting operations amid the novel coronavirus outbreak. Casinos are closing, events are being postponed, workers are being laid off and some people are being asked to work from home or have chosen to work from home.

Working from home can be an adjustment for those who are used to working at the office and operating with several different people and navigating through phone calls and meetings all day. It is much preferable to walk down the hallway to the meeting room to collaborate with co-workers, but workers simply don’t have that luxury anymore.

The last week working from home has been awkward. I appreciate saving gas and time on the commute, but I really miss those office conversations and being able to collaborate closely with my co-workers on a more personal and accessible level. The change is impacting the way the agency operates.

I’ve been changing my method daily and have even done a little homework on how to make this transition a little easier and have

found some tips that may help others during this strange time as well.

Set regular hours and rhythms.

Workers still work the hours they work. No matter what the start and end time was before the COVID-19 quarantine, make sure to stick to it.

Be sure to have a morning rhythm before starting work. Make time for self-care before settling into “work-mode” and end work on time. It is tempting to work past the “quit time” because workers don’t leave work to go home. They’re already there in both places simultaneously. So, it is important to decide when to stop working and to stick to it. The evening time is time the for family and to prepare for a new day.

Set boundaries with people inside and outside of the new work space.

Communicate with those at home to set some boundaries. Workers should let them know that even though they are home that doesn’t imply they are always available. Tell them between which hours personal attention is limited and assure them that they will have that attention and availability after a certain time.

Communication with the outside world will increase naturally as workers aren’t seeing their friends, co-workers or family members as much. Most people will understand if others aren’t responding every

second, but if a person is in management it might be helpful to set boundaries specifically with their employees. Set a designated place for ongoing conversations like Google Hangouts, and let everyone know that phone calls should only be used for training purposes or urgent matters. Delegate certain lines of communication for specific purposes.

Work sprints and microbreaks.

A method I stole from one of my co-workers is the idea of working for a focused one-hour window and taking a five-minute break to take a quick breather, grab a drink or snack from the kitchen or check Facebook. People are missing all those microbreaks they used to have in the office talking to co-workers and engaging in casual “chit-chat.” So be sure to take breathers while working hard at home. Sprint through some tasks and take a quick break.

Don’t cheat on breaks or lunches.

Personally, I am terrible at this point. I’ll take a break or “go on lunch,” and while I play on my phone, I’ll find a call or text I missed from a colleague, an email that needs responding or a task I forgot to initiate and I’ll find myself struggling to stay on break. But it is very important to take

those breaks seriously. It prevents burn out. Workers should tell themselves they’re honoring their work ethic by giving themselves a well-deserved break to recharge.

Go outside, breath, exercise and meditate.

To expound on honoring breaks and lunches, there are some productive things workers can do on their breaks. It’s a stressful time, and there are many hurdles people must overcome while working from home. So go outside, don’t forget to literally breathe, jump on the treadmill or elliptical to release some stress or maybe practice some mindfulness for five minutes. Call a friend or family member and check up on them during this critical period. Everyone is at their own home, so take advantage of all the perks to working there as opposed to the office.

Ask for help.

People are working from home alone, but they’re not alone. In the age of technology, use email, text, phone calls, Facebook messenger, Google Hangouts, Skype and more to reach out to co-workers and extended networks to ask for help. Do it. People are in this adventure together, and they can still there for each other via the internet. Ssk for help, delegate tasks and get advice as needed.

Keep in touch with favorite co-workers.

Co-workers aren’t seeing each other in person and a lot of communication can be work-related, but don’t forget to ask them how they are doing and don’t be afraid to partake in the missed “chit-chat” via social media or texting. Co-workers can’t enjoy each other in person but they can still enjoy each other in the virtual world.

Overcommunicate.

Communicate, communicate, communicate. Even outside of the coronavirus quarantine, so many workflow problems come from miscommunication. So, overcommunicate. It’s not annoying; it’s proactive. It is part of the job, business and livelihood. Don’t let easily avoidable problems affect the workplace just because there was an email, a text or phone call that should have happened.

Remember, this experience is a “one day at a time” thing, so go out there and keep performing like nothing can stop a business and its employees from getting through it. After all it ends, everyone will be geared for a full recovery.

For more tips on working from home and how to make marketing work for a business, visit <https://reedermedia.com>.

Kyle Hotchkiss can be reached by email at khotchkiss@reedermedia.com.

SDG&E has plans in place to maintain service reliability

Energy sector employees designated essential critical infrastructure workforce

SAN DIEGO – With California Gov. Gavin Newsom’s executive order calling for all individuals living in California to stay at home due to the COVID-19 pandemic, San Diego Gas and Electric announced Friday, March 20, several steps the company has taken to protect the health and well-being of its employees, customers and communities and to maintain service reliability.

“We have a special responsibility to continue our operations in

challenging times like these and the last thing we want our customers to worry about is having essential services like electricity and natural gas,” Caroline Winn, chief operating officer of SDG&E, said. “SDG&E has robust contingency plans in place to maintain reliable service and our highly skilled and dedicated employees will see our community through this crisis. The energy industry has a lot of real-world experience managing crises, and while COVID-19 is

different, we are well prepared and here for you.”

The company has taken several steps in response to support its employees and customers including voluntarily suspending service disconnections due to nonpayment; waiving late payment fees for business customers – residential customers do not have to pay late fees; offering flexible payment plans for customers struggling to pay their bill and having employees who are able to

do so work remotely.

The utility closed branch office walk-in payment locations as of March 20, and a list of alternative payment locations may be accessed on <https://www.sdge.com>.

The company postponed all noncritical planned outages while continuing with those related to public safety, emergencies and wildfire mitigation and implemented additional protective hygiene and safety measures for employees working in the field.

Updates can be found on social media and at <https://www.sdge.com/coronavirus>.

Winn said that while the company has enacted its emergency response plan, customers may see employees out in the public responding to emergencies and system upgrades related to public safety and encouraged customers to call (800) 411-7343 should they need assistance.

Submitted by San Diego Gas and Electric.

County treasurer-tax collector to accept penalty cancellation requests in response to coronavirus

SAN DIEGO – The San Diego County Treasurer-Tax Collector’s Office announced that it understands and shares the public’s concern about the impacts of the coronavirus pandemic.

Many taxpayers have asked if the county can postpone the April 10 tax deadline; however, state law governs when property taxes are due and payable. The second installment of property taxes is still due no later than April 10.

For those who are directly impacted by the coronavirus and are unable to pay on time, they can file a penalty cancellation request. All such requests will be reviewed on a case-by-case basis after April 10. The request will require documentation of how the taxpayer was impacted by the virus that interfered with their ability to deliver the payment by April 10, such as hospitalization. Requests will be approved as allowed by law.

“San Diegans have stepped up to pay what they owe when they owe it, putting us above a 99% collection rate for the last five years,” Dan McAllister, treasurer-tax collector for San Diego County, said. “We hope they will do the same this year. We are all in this together. We suggest the public stays home, stays safe and pays online at sdctc.com with free e-check.”

Critical county, school and local city financial obligations are

dependent on property taxes. They fund essential public services, including coronavirus response.

All treasurer-tax collector branches are closed to the public, but essential staff is still at work to answer calls, respond to emails and process payments. No cash payments will be accepted, but those who must pay in cash can obtain a cashier’s check or money order and mail their payment on or before the delinquent date to

1600 Pacific Highway, Room 162, San Diego, CA 92101. Drop boxes will still be available outside all treasurer-tax collector branches for those who must drop off a check payment.

Residents should stay up-to-date on ways to stay healthy, current closures, and the county’s coronavirus response at <https://www.coronavirus-sd.com>.

Submitted by San Diego County.

DINING

Enjoy hot cross buns this Easter



Hot cross buns have become must-haves for many Easter celebrants.

FALLBROOK – A number of foods are enjoyed during Easter celebrations, from hard-boiled eggs to ham to roasted lamb. Sweets such as candies and chocolates also take center stage on Easter Sunday. In addition to these traditional favorites, hot cross buns have become must-haves for many Easter celebrants. Hot cross buns are yeast-based sweet buns that are lightly spiced and studded with raisins or currants. The tops are marked

with a cross that is often piped with icing. While there’s no clear explanation of how hot cross buns came to be, there are indications that they once were reserved only for Good Friday. Others say they were consumed throughout Lent. The cross is a Christian symbol of the crucifixion and Christ. Hot cross buns are soft and sweet, and they’re easily created. Enjoy this recipe, courtesy of King Arthur Flour.

Hot Cross Buns

Start to finish: 3 1/2 hours
Serves: 12 to 14 buns
Ingredients:

Buns
1/4 cup apple juice or rum
1/2 cup mixed dried fruit
1/2 cup raisins or dried currants
1 1/4 cups milk, room temperature
2 large eggs, plus 1 egg yolk (save the white for the topping)
6 tablespoons butter, room temperature
2 teaspoons instant yeast
1/4 cup light brown sugar, firmly packed
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves or

allspice
1/4 teaspoon ground nutmeg
1 3/4 teaspoons salt
1 tablespoon baking powder
4 1/2 cups King Arthur Unbleached All-Purpose Flour

Topping
1 large egg white, reserved from above
1 tablespoon milk

Icing
1 cup and 2 tablespoons confectioners’ sugar
1/2 teaspoon vanilla extract
Pinch of salt
4 teaspoons milk, or enough to make a thick, pipeable icing

Directions:
Lightly grease a 10-inch square pan or a 9-inch by 13-inch pan. In a small microwavable bowl, mix the rum or the apple juice with the dried fruit and raisins, cover with plastic wrap and microwave briefly, just until the fruit and liquid are very warm and the plastic starts to shrink wrap itself over the top of the bowl. Set aside to cool to room temperature. Note: If you worry about using plastic wrap in your microwave, simply cover the bowl with a glass lid. When the fruit is cool, mix together all of the dough ingredients, including the eggs and egg yolk from the separated egg; hold out the fruit for the time being. Knead the mixture, using an electric mixer or bread machine, until the dough is soft and elastic. It’ll be very slack, sticking to the bottom of the bowl and your hands as you work with it, greasing your hands helps. Mix in the fruit and any liquid not absorbed. Let the dough rise for one hour,

covered. It should become puffy, though may not double in bulk. Divide the dough into billiard ball-sized pieces, about 3 3/4 ounces each. A heaped muffin scoop (about 1/3 cup) makes about the right portion. It makes 12 to 14 buns. Use greased hands to round them into balls. Arrange them in the prepared pan. Cover the pan, and let the buns rise for one hour, or until they’ve puffed up and are touching one another. While the dough is rising, heat the oven to 375 F. Whisk together the reserved egg white and milk, and brush it over the buns. Bake the buns for 20 minutes, until they’re golden brown. Remove from the oven, carefully turn the buns out of the pan – they should come out in one large piece – and transfer them to a rack to cool. Mix together the icing ingredients, and when the buns are completely cool, pipe it in a cross shape atop each bun.

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Preserves remain open so visitors can get some exercise

FALLBROOK – Fallbrook Land Conservancy Preserves remain open to the public at this time. When using the trails during this state of emergency, visitors are asked to follow all Centers for Disease Control and Prevention guidelines including:

- hike only with members of a household
- keep 6 feet of distance with others
- do not congregate in groups
- Also, as always, practice “Leave No Trace:”
- stay on trails
- do not litter
- keep dogs on leash
- do not pick flowers

A dramatic increase in usage of Fallbrook Land Conservancy trails has been seen during this time,

which means the staff is working harder than ever to make sure the trails and preserves are safe and clean.

Visitors are also asked to consider supporting the conservancy’s work by donating at the trailhead drop box, on <https://www.fallbrooklandconservancy.org/> by going to “More” or by Venmo @ FallbrookLandConservancy.

The Fallbrook Land Conservancy is a 501(c)(3) nonprofit and operates thanks to the generosity of members, donors and grants from San Diego County and local charities.

If everyone follows these guidelines, Fallbrook Land Conservancy will be able to keep the preserves open to the public.



A walker explores the 46-acre Los Jilgueros Preserve in Fallbrook.

Village News/Shane Gibson photos



The boardwalk is a trademark feature of Los Jilgueros Preserve in Fallbrook.



Rosie Bahena walks with her dog Victoria along the trails at Los Jilgueros Preserve in Fallbrook.



Los Jilgueros Preserve in Fallbrook provides a scenic place for a hike or jog for those seeking open space during this time of self-quarantine.



The Los Jilgueros Preserve features a network of trails with over 2 miles on the east side of South Mission Road.



People hike a network of trails at Los Jilgueros Preserve in Fallbrook.



Carlos Ventura carries his son Adrian, 8, on his shoulders after a hike around the Los Jilgueros Preserve in Fallbrook.

SPORTS

Postponement of Tokyo Games means Canett will have to wait for Olympic debut



Kayla Canett, left, who was fighting for a spot on the U.S. Women's Rugby 7s Olympic Team was disappointed to find out that Tokyo Games would be postponed until 2021. She's pictured with Lily Durbin, another Fallbrook Girls Rugby Club alumnus, who has appeared for the U.S. National Team, at a recent match in Fallbrook.



Kayla Canett runs at a defender from France during a World Rugby Sevens Series match in 2019.

Jeff Pack
Staff Writer

Only World War I and World War II have forced the cancellation of the Olympic Games. This year a microscopic virus is forcing the Tokyo Games, which was slated to open July 24, to be postponed until 2021.

If all had gone according to plan, 2016 Fallbrook High School graduate Kayla Canett would be continuing to earn her way onto the USA Women's Rugby 7s Olympic Team that was slated to compete in Tokyo.

Canett has spent the past year in the residency program for the team at the U.S. Olympic Training Center in Chula Vista and had a great shot at earning a spot, considering she was participating in the majority of the tournaments for the U.S. team in the 2020 World Rugby HSBC Sevens Series.

She appeared for the team in tournaments in Dubai, United Arab Emirates; Hamilton, Canada, and Sydney, Australia and was likely to play in Hong Kong and Singapore

in April before the series was halted Feb. 13.

Both events have been rescheduled to conclude the 2020 series with the HSBC Singapore Sevens scheduled to take place Oct. 10-11 and the Cathay Pacific/HSBC Hong Kong Sevens completing the series Oct. 16-18.

The Tokyo Games, slated for 11,000 athletes from more than 200 countries and at a reported cost of \$28 billion, was officially called off for 2020 last week.

It was tough news for Canett, who had her year planned out so she could be available to train with the U.S. team, make her first appearance in the Olympics and head back to return to studies at Penn State.

"On a personal level I was quite disappointed because I was planning on going back to Penn State in the fall to finish my last year of university," Canett said. "Now, I have a lot of unknowns and have to figure out how I want to proceed. I'm still trying to figure out what will make me happy and be the best for me in the long run."

She said the news hit the team hard.

"As a team we are all pretty disappointed, but also optimistic because another year of training means that we get to gain another year of experience and get to kind of redo this year," Canett said. "If there were things that we weren't personally proud of we know how to change it to hopefully be more satisfied with ourselves and our performances as a team."

She said while the players on the team have returned to their respective homes, they still stay in touch.

"It's definitely been tough being away from the girls and staff," Canett said. "They're such a big source of motivation and happiness for me daily. We still have meetings together that keep us connected, and we've been having a lot of Zoom calls to stay in touch."

If Canett is named to the team at the Olympics in 2021, she will become the second player from Fallbrook to participate as a U.S. Olympian in Rugby. Richelle

Stevens played for the Americans in the inaugural year for Rugby 7s in the Olympics in Brazil.

"Obviously having Richelle go to the last Olympics was so inspiring and couldn't have happened to a better person," Canett said. "She's so dedicated and loves the game. It's been great to have learned from her and be able to talk to her about my experiences training and touring."

"I think our successes along with Lilly Durbin's with the 7s National Team is a testament to the kind of environment that Fallbrook Girls Rugby Club has developed over the many years. It's such a special club to learn the game and grow as a young woman."

Before heading to Penn State, Canett was a star in high school rugby, playing for Fallbrook Girls Rugby Club since she was 14 years old. Her experience as a basketball player with three years at Fallbrook High School and soccer in her senior year translated into a dynamic skill set on the rugby pitch.

Her use of space, great ball

handling and game recognition set her apart from many in the sport. She was a part of High School National Championship teams from 2013 to 2015 and in her senior season, the 2016 Fallbrook Girls Rugby team finished second in the nation.

Outside of the club, in 2015 she competed with USA Rugby's High School All-American Sevens and 15s teams, earning an MVP honor during the Vancouver Rugby Festival. She also competed for the USA Under-20 team.

In 2017, she earned a selection with the Women's Eagles 15s for Rugby World Cup 2017 Ireland where the USA finished fourth.

She made her senior international debut with the Eagles Sevens at the Dubai Sevens 2016; she was a consistent member of the team during the second half of the World Rugby Sevens Series tournaments in 2019.

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

Warrior mermen nearly perfect against Longhorns

Joe Naiman
Village News Reporter

A perfect score at a high school swim meet would be 140 points unless both teams have divers. Fallbrook High School came close to perfection, March 10, in the Warriors' home meet against Rancho Buena Vista High School, defeating the Longhorns by a 137-25 margin.

"They're doing really well. The kids are working hard," Fallbrook coach Bill Richardson said.

Each school is allowed three swimmers in each of the eight individual races which provide six team points for first place, four points for second, three points for third, two points for fourth and one

point for fifth. A school can enter two quartets in each of the three relay races which award eight points for first, four for second and two for third. Rancho Buena Vista took third in the 500-yard freestyle race, but the Warriors swept the top scoring positions in each of the other 10 scored events.

"I wasn't paying attention to the score, actually," Richardson said.

Richardson did not desire such a discrepancy between the two teams.

"I probably would have changed a few things in the lineup," he said.

The diving is not scored if only one school in a dual meet has a diver, although that school's diver or divers can compete for CIF meet qualifying purposes. Fallbrook

junior Donovan Taylor had already posted an automatic qualifying score for the CIF meet, and since the judges' scores are multiplied by the degree of difficulty to determine the score of each dive Taylor and Fallbrook girls' diver Payton Wilson had an informal competition in which they performed the same six dives. Taylor gained experience on dives Wilson performs better while accumulating 194.35 points.

Fallbrook's first-place team in the 200-yard medley relay consisted of sophomore Kayden Trafford, sophomore Kai Maestas, sophomore Doug Pearce and senior Cameron Batty. They completed the race in 1:49.19, which is an automatic qualifying time for the CIF meet. The second-place time of 2:01.39 was posted by freshman Ian Ritchie, senior Jackson Richards, sophomore Teagan Cannon and freshman

Jonathan Nelson.

Pearce posted an automatic qualifying time of 1:50.24 to win the 200-yard freestyle race. Ritchie finished second at 2:01.95 and senior Caden McCormies had the third-place time of 2:09.78. Maestas won the 200-yard individual medley with a consideration time of 2:09.45, Trafford became the second finisher 2:17.40 after the start of the race and sophomore Johnny Norman took third place with a 2:47.04 performance. An automatic time of 22.49 seconds gave Batty the 50-yard freestyle win, senior Derek Enns had a consideration time of 23.18 seconds and took second place, and senior Joe Moran achieved consideration status as well as third place for his time of 23.59 seconds. Pearce won the 100-yard butterfly with an automatic time of 55.07 seconds, junior Caden Edison

finished in 1:02.08 for second place and Cannon earned third-place team points after finishing his four laps in 1:09.01. Batty received automatic CIF qualifying status in the 100-yard freestyle by winning that race in 49.62 seconds, Enns obtained second place and a consideration mark of 51.72 seconds and Moran had a consideration time of 52.16 seconds which was worth third place in that event. Richards won the 500-yard freestyle in 5:56.77 and Nelson was second with a time of 6:18.11.

Fallbrook's first-place 200-yard freestyle relay team of Batty, Enns, Moran and Maestas had an automatic time of 1:34.03. The second-place quartet of senior Chase Glick, senior Owen Hearn, Richards and Eidson took 1:43.96.

Trafford won the 100-yard backstroke with a consideration time of 1:05.58, Ritchie had a consolation time of 1:07.23 and finished second and Glick took third place and finished in 1:11.70. Maestas won the 100-yard breaststroke while posting an automatic time of 1:04.81, Hearn had the second-place mark of 1:13.64 and Richards finished in 1:14.89 for third place.

The winning 400-yard freestyle relay team of Enns, Moran, Ritchie and Pearce had a consideration time of 3:39.92. Hearn, Cannon, Norman and Nelson gave Fallbrook second-place points and had a time of 4:11.20.

"We have a lot of young new swimmers on our team," Richardson said.

The victory gave Fallbrook a 4-0 record in dual meet competition for the 2020 season.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.



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9	3	2	5	6	8	1	7	4
6	1	8	7	9	4	5	2	3
5	4	7	1	2	3	9	8	6
3	9	5	8	4	9	2	1	7
4	7	6	2	3	1	8	9	5
2	8	1	9	5	7	3	4	6
7	6	3	4	8	2	9	5	1
8	5	4	3	1	9	7	6	2
1	2	9	6	7	5	4	3	8

ENTERTAINMENT

Embrace time at home

FALLBROOK – According to a recent Reuters report, about 101 million residents are being asked to stay at home. With schools shifting to online classes, bars and restaurants closing to patrons and most people working from home, Americans are spending more time at home than ever before.

So, what are they doing with their time?

To help residents embrace their introverted side, here are six stay-at-home activities to consider before Netflix or snacking get old from Rebecca Gramuglia, consumer expert at TopCashback.com.

Organize.

Dedicate this newfound time and attention to sorting and organizing the house. Whether it's a hall closet, bookshelf or makeup drawer, go through these cluttered areas and organize them. Use good judgment and toss anything that is extremely worn-out, falling apart or unusable. For makeup, go through the products and toss

whatever is old and expired.

Start a blog.

Now is the time for residents to let those creative juices flow and let their voice be heard. Whether it's fashion, beauty, travel, fitness, cooking or something else, a blog may be a great creative outlet to show off their passions and skills. Be authentic, and the following will come.

Learn something new.

Looking to refresh some skills or want to simply learn something new like French, sewing or playing the piano? Well, now is the perfect time to finally get around to it. Make the most of time at home and check out free resources online. YouTube is a great place to turn to for free tutorials and lessons.

Stay inside and shop online.

Don't worry about running out of essentials. Maintain social distance and shop directly from the comforts of home. Whether residents need storage bins, activities for their children or

other supplies, be sure to look for ways to save by shopping via a cashback site like <https://www.TopCashback.com>. Earn cashback on all qualifying purchases from stores like The Container Store, Target and more.

Have a stargazing night.

The skies haven't been this clear in a very long time, so take advantage of it. Grab a blanket and a telescope – or binoculars – to explore the endless possibilities the night sky holds. It's rewarding, educational and an inexpensive activity people can do from their own backyard or bedroom window. Bonus points for building a blanket fort and roasting marshmallows.

Try new recipes.

Whether home cooks use cookbooks, online recipes or follow chefs on social media, now is a good time to test out a new recipe. When life returns to normal, invite friends and family over to show off these yummy dishes.

Submitted by TopCashback.com.

Sudoku puzzle

						6		1
2					3			
	5	6						7
9	4			5				
			1				7	
	1	2		4	8			
						7	4	5
	2				7	8		
4			8				3	6

Answers on opposite page.

Pickup service not available at the library

FALLBROOK – Because of the County's quickly moving response to the novel coronavirus, San Diego County's 33 branch libraries, will not be able to offer the curbside pickup service they had planned, and all branch libraries and the County's two bookmobiles are closed.

However, library patrons can still can still digitally 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.

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, <https://sdcl.overdrive.com/>

As County library branches are closed, there will be no returns accepted and the due dates will be extended for any and all materials currently out and until they reopen.

Submitted by San Diego County Library.

CLASSIFIEDS

Employment

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.

Garage Sales

Old military stuff bought: Buy old military stuff - all types & condition. Call or text Bob 760-450-8498 <http://militarypickers.com>

Real Estate - For Rent

Granny House for Rent: Fallbrook
Granny house - 15 min. from downtown Fallbrook or Temecula. 2 bed. 1 ba. 1100 sq. ft. All appliances including washer and dryer. Bright sunny with deck and barbecue overlooking Ross Lake. \$1650 Furnished, or not. Call 1-760-728-1971

Real Estate - For Sale

Lease to Own Cottages: AFFORDABLE HOUSING! Lease to own! 1bd+1ba Cottages Starting at \$_____/Month
World class indoor shuffleboard, Pickleball, square dancing, bingo, Poker room, library, &camp; craft room
Call 1 (858) 504-1222

Cottage for Sale: OWN YOUR OWN COTTAGE! Affordable Housing | 1bd+1ba Starting at \$_____/Month
Shuffleboard – Pickleball Square Dancing – Bingo Poker Room – Craft Room
Call 1 (858) 504-1222

Services Offered

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CLUES ACROSS

1. Bond villain Mikkelsen
5. A team's best pitcher
8. French river
12. Mountain nymph (Greek)
14. City of Angels airport
15. Military force
16. Scrawny
18. Value
19. One billionth of a second (abbr.)
20. Highly seasoned sausage
21. Trouble
22. Prong
23. Showing varying colors
26. Cloaked
30. Renters sign one
31. Acquires
32. Type of language (abbr.)
33. Partner to pains

34. Third portion of the small intestine
39. Excessively theatrical actor
42. Infraction
44. Classical music for the stage
46. Slogged
47. One who terminates
49. Breakfast is an important one
50. Moved earth
51. Medical procedures
56. Genus of clams
57. Not well
58. Comparative figure of speech
59. Covered thinly with gold
60. Principle underlying the universe
61. A parent's sisters
62. Professional engineering group
63. Coniferous tree
64. Impudence

CLUES DOWN

1. Female parents
2. Region
3. Transaction
4. Heroic tale
5. Of algae
6. Luminous intensity unit
7. Uncovers
8. French commune name
9. Poisonous gas
10. Pearl Jam's bassist
11. Horse groom in India
13. Destroyed
17. A way to alter
24. Promotional materials
25. American state
26. Extinct flightless bird of New Zealand
27. "Modern Family" network
28. Last or greatest in an indefinitely large series

29. Exercise system __-bo
35. Type of bulb
36. Opposite of beginning
37. Utilize
38. Type of student
40. Deficiency of moisture
41. Areas of the eye
42. Select
43. Sheets of floating ice
44. Priests who act as mediums
45. Roof of the mouth
47. Unnatural
48. Illuminated
49. There are three famous ones
52. Large, fast Australian birds
53. "Dracula" heroine Harker
54. Substitutes (abbr.)
55. Tax

S	S	V	S				M	E	A		E	E	E	I	
S	L	N	U	V			O	V	L		L	T	I	G	
E	T	I	W	I	S		T	T	I		V	C	H	V	
S	V	M	E	N	E		G	U	D		T	V	E	M	
				R	O	L	V	C	I	D	V	R	E		
D	E	D	D	O	T	D		V	R	E	D	O			
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C	E	S	N		D	N	G		R	E	G	V	E	W	
A	W	R	V		X	V	T			D	V	E	R	O	
S	V	V	M		E	C	V			S	D	V	W		

PUZZLE SOLUTION

the village beat

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The Fallbrook Herald
Village News
760723-7319

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.

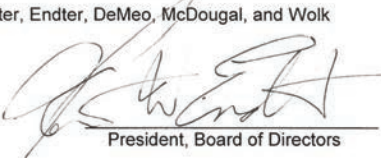
SECTION IV. Section 2.12 of the District's Administrative Code shall be revised to replace "One Hundred and Five Dollars (\$105.00)" with "One Hundred Ten Dollars and Twenty-Five Cents (\$110.25)." All other provisions of Section 2.12 shall remain unchanged and in full force and effect.

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, McDougall, 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

EDUCATION

San Diego Oasis engages older adults during COVID-19 isolation

SAN DIEGO – California Gov. Gavin Newsom recommended all Californians age 65 and up to self-isolate in their own homes to help “flatten the curve” of COVID-19 community spread. Likewise, San Diego County made similar recommendations.

“Social distancing” is the term being used, and it goes against what experts have suggested for seniors for decades. According to the AARP, more than 8 million adults are affected by isolation, and the physical health risks are detrimental. With COVID-19, residents can only expect isolation to increase.

“Today’s older adults are more vibrant and busier than seniors of yesteryear. But social isolation is an epidemic among seniors already, with some studies indicating social isolation is equivalent to smoking 15 cigarettes a day,” Simona Valanciute, CEO of San Diego Oasis, said. “The asking of seniors to self-isolate, while important to their physical health and protect themselves from COVID-19, will exacerbate anxiety, loneliness, and other health problems they may already be experiencing.”

As an effort to continue engaging San Diego seniors, San Diego Oasis is halting its in-person programs and taking some of its classes online. Classes will be delivered via Zoom video conferencing and led by their expert instructors, some who are older adults themselves.

Some of the classes are offered as series and allow students to continue with their studies and participation while not physically being together. Class topics span a variety of topics and include language studies, book clubs, religion and spiritual studies, a grief support group, an Android 101 class and a retirement workshop.

All classes offered by San Diego Oasis range from free to low-cost and are available to adults age 50 and over. Class fees cover costs and support the mission of San Diego Oasis.

Participants are encouraged to register through www.sandiegooasis.org. For more information, call (619) 881-6262.

“Today’s seniors are some of the most active persons in our society,” Valanciute said. “But now they are forced to take the time to slow down. It’s a great time to take a step back from the commitments and focus on yourself and make deep connections with others.”

Here are some tips for remaining engaged as an older adult during a time of self-quarantine and self-isolation:

- If you are a tech-savvy senior, go online and don’t stop learning.
- If you are active in fitness classes, find a new fitness class on-demand through a streaming service or online.
- Pick up the phone and call someone. Check in on them.
- Send an email to loved ones.
- Check on your neighbor, while maintaining a safe social distance of course.
- Connect by text, Skype, Facetime, videoconferencing
- Keep a journal
- Start the memoir you’ve always wanted to do
- Take a genealogy class – combines learning with online research
- If you volunteer for a nonprofit, ask them what you can do from home to continue to help the community.

To register for upcoming classes or to make a donation, visit www.sandiegooasis.org.

Submitted by San Diego Oasis.

Teachers and students miss each other



Families stand outside to wave to San Onofre School staff as they parade by in their cars through the U.S. Marine Corps Base Camp Pendleton neighborhoods surrounding their school to show the students they are missed, Tuesday, March 24.



Students greet their teachers, who are driving by, with signs; the message on the right says, “My mommy misses you but me: Yay summer!” Not all students are unhappy about schools being closed due to COVID-19.




This family’s students are missing their teachers and friends. The sign on the right says, “I love my parents but get me out of here! We miss our school.”



Families are outside ready to greet their teachers with smiles, waves and messages drawn with chalk on the sidewalk as they drive by waving and honking.

Zion Christian preschool and Learning Center



Zion Christian Preschool
We are a play based/faith based preschool serving children ages 2 - Kindergarten.

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We believe every child is a capable learner, growing at his or her own rate, with unique God given talents and will grow best in an environment surrounded by love.

We offer both skill-based and interest-based experiences to promote children's physical, spiritual, social and emotional growth.

Our teachers love nurturing a child's natural curiosity about the world, encouraging exploration and appropriate risk taking, building confidence while children play and learn.

Zion Learning Center
Offering a unique support system for homeschooling families, grades 1 - 12.

All the flexibility of homeschooling (flexibility of schedule, choice of curriculum or charter program) but with the support of certified teachers and a warm and caring classroom environment. We are here for you 5 days per week, offering the social interaction and group activities you would find in a private school at a fraction of the cost. Afternoon-only sessions are now available, featuring PE and music classes for all ages.



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www.zcslc.org



San Onofre School students show their teachers how much they miss them during the school shutdown in the wake of the coronavirus pandemic.

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McCarthy to start chiropractic internship



Cheyenne McCarthy receives her pin from Dr. Kyle Prusso, director of clinics at Palmer West in San Jose.



Cheyenne McCarthy is now a chiropractic student intern.

FALLBROOK – Cheyenne McCarthy was recently “pinned” to celebrate completing the rigorous academic portion of her doctor of chiropractic at Palmer College of Chiropractic West.

This ceremony signifies her transition to treat outpatients as a chiropractic student intern. She and her colleagues each received gold Palmer West lapel pins for their white clinic jackets.

The doctor of chiropractic is

a year-round, intensive program with curriculum in diagnostic imaging, differential diagnosis, basic sciences and evidence-based chiropractic adjustive technique.

McCarthy, a lifelong Fallbrook resident, has attended Palmer College of Chiropractic West in San Jose for the past two years, earning dean’s list honors each quarter. She holds leadership positions on campus as president of the Foundation

for Chiropractic Progress Club and co-president of the Forward Thinking Chiropractic Alliance Club. She also volunteers as National Student Communications Director for the F4CP, managing student representatives at chiropractic campuses and hosting teleconferences with experts in the field.

Recently, McCarthy visited Washington with the American Chiropractic Association to

gain Congressional support for bipartisan bill House Resolution 3654. This bill would remove the arbitrary limits on existing, covered chiropractic services under Medicare, thereby reducing cost to patients.

McCarthy credits her volunteer work with Fallbrook Veterans of Foreign Wars Post 1924 for inspiring her to pursue a career in chiropractic and plans to specialize in veteran and family care.

McCarthy is a candidate for a chiropractic internship at Veterans Affairs/Department of Defense sites and plans to work with VA hospitals to extend chiropractic services to San Diego County.

She credits local chiropractors Dr. Mary Ramsden, Dr. David Wetzel and Dr. Dean Robinson for their guidance and support along the way. She will graduate in March 2021.

Submitted by Dana McCarthy.

SHERIFF’S LOG

March 11		
1000 block E. Alvarado St		Kidnapping
2000 block Tecalote Dr		Petty theft
March 14		
2000 block S. Old Highway 395		Grand theft
March 16		
3600 block Lake Circle Dr		Family disturbance
S. Main Ave @ E. Fig St		Indecent exposure
300 block E. Alvarado St		Found narcotics
600 block Summit Ave		Vehicle vandalism
March 17		
400 block S. Ridge Dr		Arrest: Possession of narcotics for sale, transport/sale of narcotics, felony resulting in great bodily injury
1100 block Alturas Rd		Domestic abuse
32000 block Del Cielo Oeste		Vehicle vandalism
300 block E. Alvarado St		Arrest: Outstanding felony warrant
1400 block S. Mission Rd		Missing person
W. Rainbow Valley Blvd @ Interstate 15		Arrest: Price gouging
600 block Summit Ave		Vehicle vandalism
5600 block Jubilee Dr		Vehicle theft
March 18		
400 block E. Alvarado St		Petty theft
1300 block Santa Margarita Dr		Petty theft
4600 block Dulin Rd		Death
March 19		
1600 block S. Mission Rd		Arrest: Parole violation
1600 block S. Mission Rd		Arrest: Credit fraud
800 block Old Stage Rd		Domestic abuse
March 20		
300 block W. Clemmens Ln		Arrest: Probation violation, evading peace officer
March 21		
5700 block Lake Vista Dr		Grand theft
3900 block Reche Rd		Vehicle theft
1400 block S. Mission Rd		Burglary
200 block Pantaneiro Pl		Grand theft
March 22		
1100 block Old Stage Rd		Domestic abuse
N. Old Highway 395 @ Fifth St		Driving under the influence
500 block Ammunition Rd		Grand theft
5600 block Jubilee Dr		Possession of stolen property
March 23		
4800 block Pala Rd		Burglary
700 block Rainbow Hills Rd		Vehicle burglary
1300 block Morningstar Ln		Stolen vehicle
4700 block Pala Rd		Petty theft
3400 block Laketree Dr		Petty theft
March 24		
300 block N. Main Ave		Missing person
900 block Alturas Rd		Vehicle burglary
3300 block Via Altamira		Grand theft
100 block W. Aviation Rd		Arrest: Possession of controlled substance wparaphernalia
200 block S. Main Ave		Vandalism
March 25		
800 block S. Main Ave		Robbery
100 block N. Main Ave		Vandalism
200 block E. Aviation Rd		Public intoxication
1400 block Alturas Rd		Vehicle burglary
March 26		
200 block S. Main Ave		Vandalism
1100 block S. Mission Rd		Vandalism

OBITUARIES



Mary Patricia “Pat” Rogondino, 77, died peacefully Friday, March 20, 2020, with family by her side. Born in Los Angeles, May 22, 1942, she moved to Fallbrook from Palo Alto in 1999.

Pat is survived by her husband, Michael Rogondino, daughter Michal Anne Rogondino and spouse Karen Kolonick, daughter Erin Schultz and husband Roark

Schultz, daughter Katy Rogondino and fiancé James Williams and five grandchildren, Ryan, Andrew, Miles, Magnus and Piper.

Her doctors called her “the miracle” as she lived life to the fullest while battling cancer for over five years. An active member of the Fallbrook community, she participated in many cultural events, most notably the Friends of the Fallbrook Library. Pat created the posters for many events happening at the Fallbrook Library from its reopening in 2011 to 2018.

In Palo Alto, Pat and Michael owned a graphic design company, Rogondino and Associates. Together they created the designs for technical and educational books for over 30 years. Always ahead of the curve, Pat was an early adopter of computers, a Mac graphics expert since 1984. She was a talented graphic designer, technical illustrator and artist, continuing to create beautiful work until shortly before she died.

Pat enjoyed entertaining her many friends, thought provoking conversations, mahjong and trips to Pala Casino Spa and Resort. In 2018, Pat and Michael moved to the Brookdale retirement community in San Marcos, where they added new friends to their fabric.

A celebration of Pat’s life will happen when it is safe for people to congregate again, and we will enjoy sharing stories about our dear mother, wife, relative and friend.

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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Check it out. Often.

The Fallbrook Herald

Village News

760-723-7319

86%

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100%

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NATIONAL

‘Big Pharma and its well-heeled swamp creatures’ should stop being divisive, Navarro says

Emel Akan
The Epoch Times

White House trade adviser Peter Navarro slammed Big Pharma’s attempts to send a letter to President Donald Trump opposing a potential “Buy American” executive order.

Trump’s proposed executive order – which aims to reduce dependence on China – will encourage companies to relocate the production of essential medicines, medical equipment and supplies to the United States.

In response to the push by the lobby groups against the executive order, Navarro told The Epoch Times in an email, “America is more than up to that task, and Big Pharma and its well-heeled swamp creatures need to stop being such a divisive element in American politics.”

The Association for Accessible Medicines, a trade group for major pharmaceutical manufacturers such as 3M, drafted a letter dated March 24 to Trump, opposing the plans of reshoring medical supply chains. The draft letter, which was leaked by Spectator USA Magazine, stated that such measures “could undermine the complex arrangements between firms that allow for efficient delivery

of medicines to patients.”

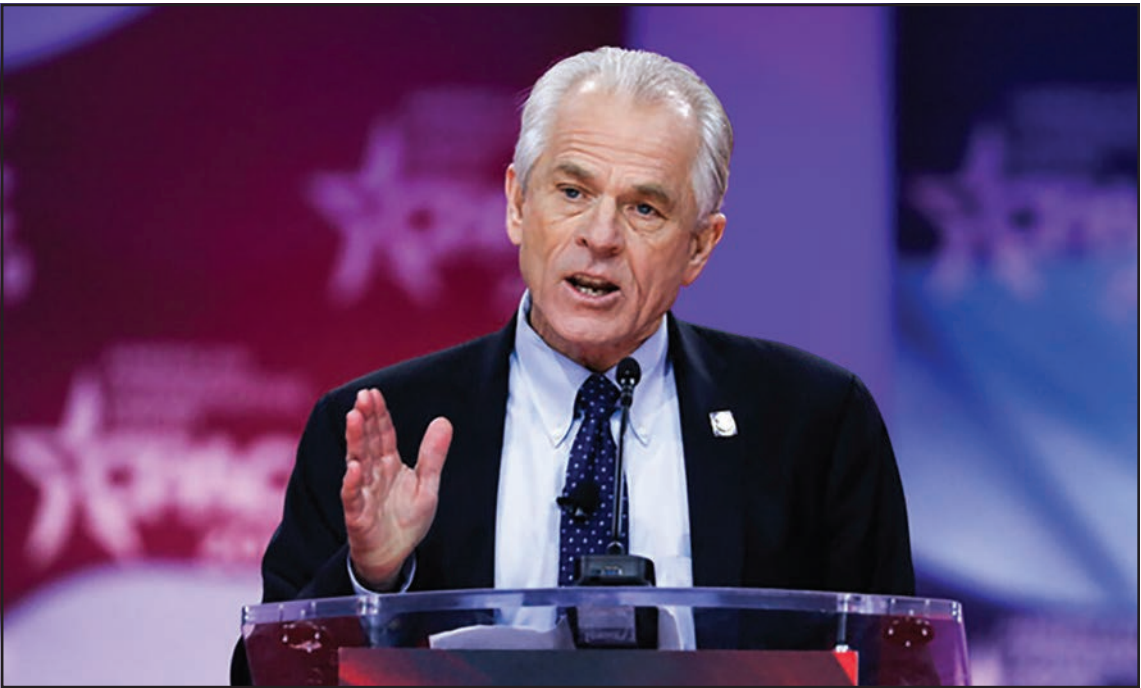
The letter, signed by 40 organizations, including PhRMA, a Big Pharma lobbying organization, warned that the proposed plan could harm efforts to supply necessary equipment and medicines to fight the growing pandemic.

“None of the ‘Buy American’ provisions in the proposed executive order would apply during the current COVID-19 crisis,” Navarro said. “That’s a Big Pharma red herring designed to preserve its offshore oligopoly at the expense of American citizens.”

Navarro has been working for weeks on the executive order, which may be released within days. The hope is that increasing government demand for U.S.-made products will help create a market for manufacturers to invest and to produce in the United States.

“If this crisis teaches us anything at all, it is that we cannot rely on Big Pharma, which is renown already for its price gouging, to provide America with the medicines and medical supplies we urgently need from its offshore production during the China virus crisis,” Navarro said.

He said that other countries where the supply chains and plants are



Peter Navarro, director of the White House National Trade Council, at the CPAC convention in National Harbor, Maryland, March 1, 2019.

The Epoch Times/Samira Bouaou photo

located are already imposing export restrictions for critically needed items. So, it’s becoming harder for big pharmaceuticals to bring products to the United States.

“Ten of the top 20 countries exporting medicines to the U.S., including four of the top five, have already imposed some form of restrictions,” he said.

The executive order would ensure that government agencies, including the departments of Veterans Affairs, Health and Human Services and Defense, buy American products.

‘National Security Threat’

The CCP virus, commonly referred to as the novel coronavirus, has disrupted the U.S. pharmaceutical industry’s global supply chain that is largely dependent on China, calling attention to a dangerous level of dependence by the United States on this global competitor.

China is the dominant supplier of thousands of medicines found in U.S. homes and hospitals, from antibiotics to chemotherapies, from

HIV/AIDS drugs to antidepressants and painkillers.

That’s made the United States vulnerable to supply chain disruptions arising from the pandemic, which has alarmed Congress and the White House.

The increasing dominance of Beijing in the manufacturing of medicine poses a “national security threat” to the United States, Rep. John Garamendi, D-Calif., told The Epoch Times.

“We are totally dependent on China – certainly the American military is, the American public equally so,” he said.

The Chinese regime is the major producer of generic drugs – copies of prescription drugs that are allowed for sale after patent protections on the original drugs expire, which account for nearly 90% of pharmaceuticals.

China is also the dominant supplier of personal protective equipment, such as masks, respirators, surgical gowns and gloves, which are

currently in high demand.

The Chinese state-run media Global Times published an article March 11, stating that Beijing “could ban the export of face masks and other medical gear to America which are in acute shortage,” over recent actions by the United States to restrict market access to Chinese telecommunications company Huawei.

The United States is “dramatically dependent” on China for medical supplies, according to Rosemary Gibson, a senior adviser at the Hastings Center, a bioethics research institute, and the co-author of “China Rx: Exposing the Risks of America’s Dependence on China for Medicine.”

“Our dependence is a risk to our national security,” she told The Epoch Times. “For prescription drugs, 90% of the core ingredients, the chemicals, and other ingredients depend on China.”

Bowen Xiao contributed to this report.

California restaurants say 30% to close without state aid

Michael R. Blood
The Associated Press

As many as 30,000 California restaurants could close permanently because of coronavirus restrictions that have shuttered dining rooms and led to widespread layoffs, the industry warned Friday, March 27, while urging the state to delay tax payments and planned minimum-wage increases to help the ailing businesses.

In a letter to Gov. Gavin Newsom obtained by The Associated Press, the California Restaurant Association said the trade-off for protective public health measures that have limited restaurants to takeout and delivery “has been a near decimation of our ... industry.”

“We believe the state has a moral obligation to take equally aggressive steps to address the economic harm caused by these measures,” the group said in the letter.

Even with Washington’s \$2.2 trillion economic rescue package, up to 30% of the state’s 90,000 restaurants could close without additional help from the state, according to the CRA’s letter.

Among the proposals suggested: Delaying planned increases in the state’s minimum wage; postponing property tax payments; deferring sales and payroll taxes; canceling health and permit fees for a year and requiring gas and other utilities to continue service, even without payment.

Organized labor promised to aggressively oppose any effort to hold off on scheduled wage increases for workers.

“These workers do not know whether they will have a job when the pandemic is over, and now they must worry whether their employer will rob their raise,” Kurt Petersen, co-president of Unite Here Local 11, said in a statement.

Steve Smith of the California Labor Federation said in an email that “restaurant and retail workers are on the front lines of this crisis, providing basic necessities to those in need. It’s no time to be talking about stripping away hard-earned wages workers have been promised.”

Earlier this month, as the state sought to slow the spread of the coronavirus, Newsom said that state restaurants should temporarily close their doors to dine-in customers, limiting operations to takeout or delivery. Rather than a patchwork of rules around the state, he said, “we believe it’s necessary.”

Health officials have urged “social distancing” – staying 6 feet away from other people to help prevent spread of the virus and avoiding groups.

Among those impacted: the Cohn Restaurant Group, which closed more than two dozen restaurants in Southern California, forcing the layoff of 1,700 workers. The company has launched an assistance program to help employees, including Visa gift cards to cover groceries, gas and other essentials.

“The decisions that have been forced upon us have not been taken lightly and we feel the full and dire responsibility of their weight,” owner David Cohn said in a statement.

PG&E to use wildfire victims fund to pay for past crimes

Michael Liedtke
The Associated Press

Pacific Gas and Electric is warning its elaborate plan for getting out of bankruptcy might collapse if the utility can’t pay for its crimes in a deadly Northern California wildfire by taking money away from a fund set up to compensate thousands of victims for their losses.

The latest twist in an already complicated saga emerged this week after PG&E disclosed it will plead guilty to 84 felony counts of involuntary manslaughter for neglecting to properly maintain equipment that ignited a 2018 wildfire that destroyed three towns in Butte County.

PG&E will pay a \$4 million penalty as part of the plea agreement, but plans to do so by drawing upon a \$13.5 billion settlement that it reached with wildfire victims as part of its bankruptcy case.

Although the \$4 million represents a tiny fraction of the \$13.5 billion fund, the notion that PG&E may be siphoning away any money earmarked for fire victims to pay for its criminal behavior is provoking more outrage about a company already widely unpopular for its role in other catastrophic wildfires, a malfunctioning gas line that blew up a neighborhood and its bungling of power outages.

“It is my sincere hope that PG&E finds another way to pay the penalty because it’s not what I want, and it certainly doesn’t look good for PG&E in terms of the public relations or the overall optics,” Mike Ramsey, district attorney of Butte County, told The Associated Press.

Ramsey, though, said he has no control over where PG&E gets the money to pay the fine.

PG&E also said its hands are tied by a clause included in the settlement with wildfire victims that won bankruptcy court approval three months ago. The provision required all fines and other penalties arising from the



In this photo taken Feb. 18, people walk behind a Pacific Gas and Electric truck parked in San Francisco. The stock market turmoil triggered by the coronavirus pandemic is raising worries that Pacific Gas and Electric’s \$13.5 billion settlement with victims of catastrophic wildfires may be worth far less by the time the beleaguered company emerges from bankruptcy. A lawyer who represents more than 81,000 wildfire victims flagged the escalating concerns during a Wednesday, March 25, court hearing held by conference call.

AP photo/Jeff Chiu photo

wildfires that drove PG&E into bankruptcy last year be paid from the victims’ fund.

If PG&E doesn’t abide by the settlement terms, the company said it could cause other deals reached in its complex case to unravel. In addition to the victims’ fund, PG&E has negotiated another \$12 billion in settlements with insurers and government agencies and also has lined up commitments to raise tens of billions of dollars through stock sales and loans to help the company continue to operate after it gets out of bankruptcy. PG&E also expects to pay \$1.6 billion to the lawyers, bankers and other specialists that help it put together its bankruptcy deals.

Any revisions to its past settlements “risks investors walking away from their commitments to provide the funding essential to the company’s ability to make payments to victims,” PG&E said in a statement Friday, March 27.

But PG&E already has made several other changes to its plan since reaching the settlement with wildfire victims. The latest, reached with Gov. Gavin Newsom,

came just a week ago. PG&E left the crack open for making a change that would allow it to pay its criminal penalty without tapping into the victims’ fund if it can get “the necessary consents.”

U.S. bankruptcy Judge Dennis Montali has made it clear throughout the case that he is unlikely to approve any plan that doesn’t pay the wildfire victims as much as possible. The judge could still prevent PG&E from using the victims’ fund to pay its criminal fine.

Some of the more than 81,000 victims who filed claims in PG&E’s bankruptcy case already have been raising doubts about whether the \$13.5 billion will be enough to pay everyone for the losses of loved ones and property in a series of 2017 and 2018 fire that killed nearly 130 people and destroyed more than 25,000 homes and other buildings. Two of the victims, Kirk Trostle and Adolfo Veronese, recently resigned from a 11-person committee overseeing people’s claims in the bankruptcy case because of their misgivings over the settlement with PG&E.

Newsom signs statewide eviction moratorium due to coronavirus

City News Service

During a visit to Los Angeles to get updates on anti-coronavirus efforts, Gov. Gavin Newsom announced the signing of an executive order barring eviction of renters affected by the virus.

Newsom had earlier authorized local jurisdictions to take such actions, but his order now codifies the renter protection statewide. During a news conference at the Port of Los Angeles, Newsom said that only about 30 jurisdictions – including Los Angeles – had moved forward on protections for renters, so he opted to move forward with the statewide order.

The order, which will be in place through May, prevents landlords from evicting tenants for

nonpayment of rent and prohibits the enforcement of eviction orders by law enforcement.

Under the measure, tenants must give written notice no more than seven days after rent is due that they are unable to pay all or part of the rent due to the impacts of coronavirus, according to the governor’s office. Tenants would be required to have documentation, although it would not have to be submitted to landlords.

Although the order bars evictions, it does not free tenants from ultimately paying rent. Tenants are still required to repay the full amount of their rent in a “timely manner,” and they could still face eviction if they fail to pay after the moratorium is lifted.



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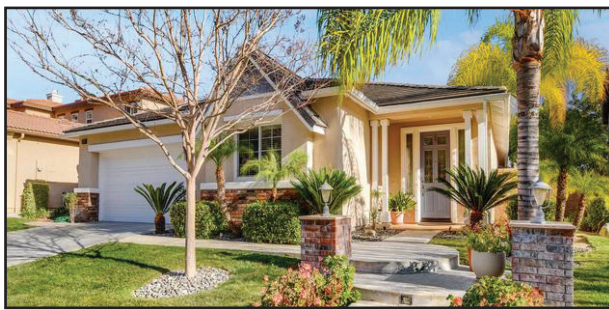
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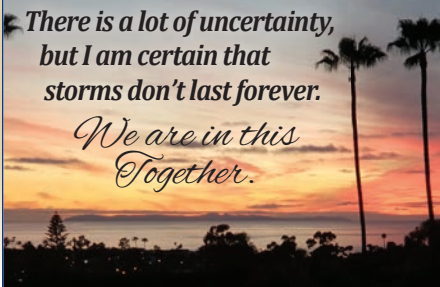
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