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## Pendleton implements 3rd-highest health protection order to fight coronavirus

Will Fritz  
Staff Writer

Camp Pendleton and other Marine Corps installations in the western United States have implemented Health Protection Condition Bravo, the third-highest military health protection measure, in response to the growing novel coronavirus outbreak in the U.S.

“This condition encourages the base population to avoid unnecessary contact with others and discourages large public gatherings,” Capt. David Mancilla, operations officer at Camp Pendleton, said in an email statement.

A Marine training at Camp Pendleton tested positive for the coronavirus, the Marine Corps announced Friday, as did two shipboard sailors in San Diego

see *PENDLETON*, page A-8

## Parents cope with sudden school closures

Will Fritz  
Associate Editor

The thought that the school year may end in the middle of March was likely something that occurred to no one back in August when local public schools opened for the fall semester.

But it’s a reality that came crashing down suddenly on everyone’s heads recently when school districts began announcing they would close at least until next month.

On Tuesday, March 17, Gov. Gavin Newsom announced that he did not expect schools to reopen before the end of the academic year, a prediction that stunned many parents who were just beginning to deal with the new reality of their children being home at all times.

Lisanne Gibson of Murrieta said from talking to international friends, she was already beginning to expect the sudden school closures when the Murrieta Valley Unified School District made its initial announcement, March 13.

see *PARENTS*, page A-6

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## FUESD provides meals for students

FALLBROOK – To lower the possible exposure of COVID-19 to its students, parents and staff, FUESD’s “Grab and Go” meal pick up times and locations were updated to three days a week starting Monday, March 23. Families will receive two days’ worth of meals at a time to ensure healthy, consistent meals for all children Monday through Friday.

William H. Frazier Elementary and Potter Jr. High School locations have been removed due to low demand.

Meals will be available to all children ages 18 and under. No forms or registration are required. Children must be present to receive the meal. Families can visit any location to receive a meal.

Locations for meal pick up, 11 a.m. to 1 p.m., are as follows:

- Maie Ellis Elementary, 400 W Elder St., Fallbrook
- La Paloma Elementary, 300

see *MEALS*, page A-6



FUESD cafeteria assistant Patty Ross helps put together school lunch meals for students to pick up with their families from designated Fallbrook school locations during COVID-19 school closures, March 22. Village News/Shane Gibson photo

## Coronavirus wreaks havoc on local event planners

Jeff Pack  
Staff Writer

Efforts to contain the spread of the coronavirus, which as of Tuesday morning, was closing in on 50,000 cases nationwide, has wreaked havoc on communities all over the country.

Here in our region, cities and local organizations are having to reschedule and even cancel events that many in the community look forward to each year.

Earlier this month, the Fallbrook Chamber of Commerce canceled the annual Avocado Festival which draws more than 100,000 people each year. Just last week, the 10th annual Reality Rally in Temecula announced it would be canceling the fundraiser that benefits Michelle’s Place Cancer Resource Center.

Another large event planned in town was able to pivot and reschedule. Temecula Blues Festival, originally scheduled for the middle of April, will now be held Oct. 17.

On Tuesday morning, organizers of the Temecula Valley Balloon and Wine Festival which was to open May 29, announced the festival has been rescheduled for Sept. 25-27.

see *EVENTS*, page A-6



On Tuesday morning, Temecula Valley Balloon and Wine Festival announced the festival that draws more than 25,000 people each year to Lake Skinner has been rescheduled to Sept. 25-27. Village News/Shane Gibson photo

## Fallbrook’s businesses find ways to stay open, search for answers

Jeff Pack  
Staff Writer

Jeff Goldblume’s character in “Jurassic Park” made the phrase “life finds a way” famous.

In many respects, the same can be said for local businesses – essential ones, at least – that are trying to “find a way” to stay open in an unstable local economy caused by containment efforts to stop the spread of the coronavirus.

Gov. Gavin Newsom’s order to close all nonessential businesses and his asking for a voluntary stay-at-home policy made the decision easy for many businesses.

According to the governor’s orders, California’s 40 million residents should stay home indefinitely and venture outside only for essential jobs, errands and some exercise, warning that the coronavirus threatens to overwhelm the state’s medical system.

California identified 16 business sectors that have the ability to

see *BUSINESSES*, page A-8



Charlie Estrella of Estrella’s in Fallbrook serves an order of food to customers who ordered takeout as restaurants are ordered to temporarily close all dine-in options due to the coronavirus outbreak. Village News/Shane Gibson photo



# FPUD and RMWD act to save ratepayers millions

## File applications with LAFCO to leave SDCWA

SAN DIEGO COUNTY – In a move that is expected to save ratepayers in the Fallbrook Public Utility District and the Rainbow Municipal Water District approximately \$10 million a year collectively, the districts took action Thursday, March 19, to withdraw from the San Diego County Water Authority and instead purchase their water from the Eastern Municipal Water District.

The districts filed separate applications with the San Diego County Local Agency Formation Commission to detach from the County Water Authority, whose cost of water to Fallbrook and Rainbow customers has risen on average more than 8% annually during the past 10 years.

“We have a responsibility to our customers to provide a reliable source of water at the lowest possible cost,” Jack Bebee, general manager of the Fallbrook Public Utility District, said. “For us this is a simple business decision – why continue to buy water from the San Diego County Water Authority when we can buy the exact same water from another district for 25% less, which will save us millions of dollars every year?”

Bebee said FPUD’s ratepayers would save about \$4-5 million a year by contracting with Eastern.

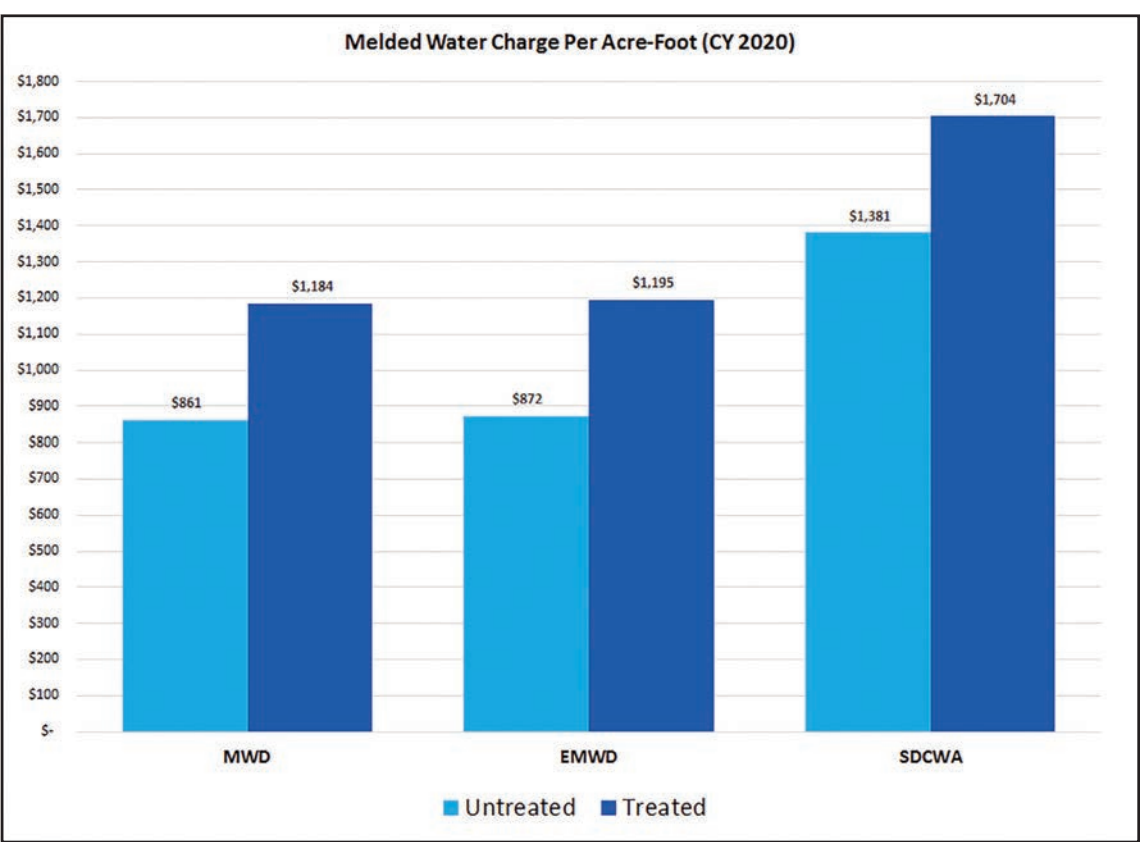
Tom Kennedy, general manager of Rainbow Municipal Water District, said ratepayers in his district will save approximately \$5-6 million per year once costs for replacement of an aging connector pipe are completed.

“We have aging infrastructure that needs replacement,” Kennedy said. “But under the current arrangement with the county Water Authority, those replacement costs could drive many of our customers out of business. Detachment will enable us to pay for upgrades and still lower water rates.”

“Our board has a fiduciary duty to our ratepayers to secure a reliable supply of water at the lowest available cost,” Miguel Gasca, board member of RMWD, said. “Sixty-five percent of the water we deliver goes to agricultural customers, for whom the increasing cost of CWA water threatens the viability of their businesses. Loss of these businesses will lead to removal of groves and idling of agricultural lands. It’s very difficult for our ratepayers to understand why they are paying a premium for CWA water when they don’t benefit from costly CWA infrastructure.”

The move has been met with support from many area ratepayers.

“Even though we are no longer in a drought, my water bill has shot



up from \$130 to \$175 per month,” Ann Wade, a FPUD customer, said. “I’m thrilled that our water district is taking action to bring our water rates under control by seeking to contract with a different water supplier.”

Fallbrook and Rainbow won’t pay for SDCWA improvements they don’t use.

major investments in storage and supply reliability. In addition, FPUD has a local water supply project that provides it with water from Camp Pendleton which will provide additional reliability.

“Between our agreement with Eastern and our project with Camp Pendleton, our water district will have a very secure and reliable supply of water for decades to come,” Bebee said.

“RMWD already has four direct connections to Metropolitan Water District pipelines,” Hayden Hamilton, board member of RMWD, said. “The fact is, the water we receive from MWD is as reliable or more reliable than the water CWA provides.”

The impact on remaining CWA ratepayers would be minimal, according to the district officials.

The detachment of RMWD and FPUD from CWA will have a minimal impact on the remaining CWA member agencies and their ratepayers.

Using the city of San Diego as an example, Rainbow’s detachment would only cost about \$1.70 per ratepayer per year, or less than 15 cents per month. FPUD’s impact will be even less since they purchase less water and also are in process of developing their own water supply.

The move is under consideration by LAFCO and district ratepayers.

LAFCO is comprised of locally elected and appointed officials with regulatory and planning powers delegated by the California Legislature to coordinate and oversee the establishment, expansion and organization of cities and special districts as well as their municipal service areas.

The commission will review the districts’ applications, hold public hearings and determine whether FPUD and/or RMWD can detach from the CWA and whether there should be any other conditions placed on the detachment. If the applications are approved by LAFCO, separate votes by customers of each district would take place next year.

While the CWA has suggested that the matter be voted on countywide, the provision is not called for by the county Water Authority Act. The act requires that detachment be determined only by ratepayers in those districts seeking detachment.

The Eastern Municipal Water District, which serves a population of more than 825,000 in Riverside County, welcomed the opportunity to serve FPUD and RMWD.

“EMWD is a longtime leader in providing a cost-effective, reliable water supply and is committed to working with any agency that seeks to provide mutually beneficial service to the community,” Paul Jones, general manager of EMWD, said. “We welcomed the request from both Fallbrook Public Utility District and Rainbow Municipal Water District to consider annexation into EMWD’s service area, and as part of that request, determined that we have the resources to serve them as wholesale water customers without any impacts or cost to our existing customers.”

For more information, visit [www.fpud.com](http://www.fpud.com) or [www.rainbowmwd.com](http://www.rainbowmwd.com).



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# San Diego County updates fire code

Joe Naiman  
Village News Reporter

The San Diego County Board of Supervisors approved updates to the county fire code.

A 5-0 vote, Feb. 11, approved the first reading and introduction of the revised ordinance while a 5-0 vote, Feb. 25, approved the second reading and adoption. The new provisions take effect March 26.

The county can have a fire code more stringent than state standards if findings of increased risk due to weather, topography or other factors are made. A fire protection district can adopt a fire code more stringent than county standards if findings of an increased hazard are made. The findings can include but are

not limited to vegetation which is combustible in its natural state, hot and dry conditions including Santa Ana winds during certain times of the year, a history of drought conditions, hilly and mountainous terrain which would limit access and egress while also increasing the speed at which wildfires spread, a history of severe wildfires causing devastating losses, potentially severe rainstorms in which flooding and earth movement occur and proximity to earthquake fault zones.

The county’s consolidated fire code includes the fire protection district codes but incorporates those codes into a single document rather than separate documents for each fire agency. This year’s update is the first to the consolidated fire code since 2017. The first consolidated fire code was adopted in October 2001.

The new county fire code adds provisions related to vegetation management, water storage, fireworks and increased fire equipment access to new developments in rural areas. New provisions also address general safety, hazardous materials and building and equipment design features.

The new code separates artificial decorative vegetation from natural vegetation and adds requirements specific to artificial decorative vegetation. Large quantities of artificial decorative vegetation which do not comply with National Fire Protection Association

standards may generative massive amounts of heat when they burn, and the new fire code quantifies the term “limited quantities” of the noncompliant artificial vegetation. Wreathes will be limited to 50% of the door, garland will be limited to 30% of a wall and other items have a height limit of 36 inches.

Above-ground liquid petroleum gas containers with a water capacity of no more than 2,000 gallons shall be separated from public ways by a distance of at least 5 feet. A container with a water capacity exceeding 2,000 gallons shall be separated by public ways in accordance with fixed specifications.

The new fire code addresses the explosive nature of Division 1.4G explosives – under the United Nations shipping classification system consumer fireworks are classified in Division 1.4G, display fireworks are part of Division 1.3G, large fireworks are in Division 1.2G, and very large fireworks are among Division 1.1G explosives – and removes the 100% increase in quantity for sprinklers where those items are stored. Consumer fireworks are removed as a special exemption and the requirements are consolidated into their own category.

All warming fires involving the open burning of wood will be required to have a spark arrester screen of half an inch or smaller.

Firewood must now be stored on bare soil or a noncombustible material with 10 feet of space

between vegetation or other combustible material, and the wood must be at least 15 feet from the drip line of a tree. No more than two cords of wood will be permitted, and the pile dimensions shall be no more than 4 feet in height, 4 feet in width and 16 feet in length.

If a driveway exceeds 150 feet but not 600 feet, a turnout must be provided near the midpoint of the driveway and a turnaround must be provided within 50 feet of the building. If the driveway exceeds 600 feet turnouts must be provided no further than 400 feet of each other. The maximum dead-end road length of 800 feet for parcels less than 1 acre, 1,320 feet for parcels between 1 and 4.99 acres, 2,640 feet for parcels between 5 and 19.99 acres, and 5,280 feet for parcels 20 acres or larger is unchanged, but for parcels 5 acres or larger turnarounds must be provided every 1,320 feet.

Address numbers visible from the street still must be 4 inches high with a 1/2-inch stroke width for residential buildings and 12 inches high with a one-inch stroke width for industrial buildings. The minimum for commercial and multi-family residential buildings was increased from 6-8 inches in height and from 1/2 inch to 1 inch in stroke width.

The minimum residential water tank capacity for a building more than 1,500 square feet in size was increased from 5,000 gallons to 10,000 gallons and the duration

requirement was increased from 20 minutes to 40 minutes.

A reflective blue marker in the street identifies the location of a fire hydrant; the marker is offset to identify the side of the street with the hydrant. The changes add reflective green markers which will identify a non-hydrant fire department connection.

A ground-mounted photovoltaic energy array at least 10 acres in size will require a fire apparatus access roadway around the array, and any combustible vegetation within 30 feet of the array is limited to 6 inches in height. Arrays with multiple equipment structures shall include a means for the firefighters to readily identify each equipment structure and the local fire code official may require a lighted directory map to be installed on-site near the entry to the facility.

A new section on home ignition zones requires areas within 5 feet of an exterior wall to have hardscape or non-combustible vegetation which is limited to 18 inches in height; irrigation is required while mulch and other combustible materials are prohibited. Within 50 feet of an exterior wall vegetation must be irrigated and no more than 10 feet in height while trees may be no more than 30 feet in height. Between 50 and 100 feet from the exterior wall bushes and trees must be limbed off the ground so that the lowest branch is at least 1/3 the height of a bush or tree less than 18 feet tall or at least 6 feet for a tree more than 18 feet tall.

www.villagenews.com

Village News

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**EDITORIAL**

Kim Harris, *Managing Editor*  
Lucette Moramarco, *Associate Editor*  
Shane Gibson, *Staff Photojournalist*  
Joe Naiman, *Correspondent (Ind.)*  
Christine Rinaldi, *Photojournalist (Ind.)*  
Will Fritz, *Writer*

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Karina Ramos Young, *Art Director*  
Forest Rhodes, *Art Director, IT, Web*  
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## The gifts of neighbors and friends

Samantha Berryessa  
Special to Village News

Cheyenne, an amazing manager of many, boxed and mailed my Fallbrook avocados to friends who helped me last year through a difficult loss.

One friend sent cookies, one came by with Thai Food, one drove me to the crematorium and walked me in. One stayed here and coordinated my law practice and helped cook. One, wrote me of his trials taking care of a sick friend who died. One sang a song of mourning on YouTube in his language and custom.

The avocado ‘thank you’ boxes are a surprise they all love.

Many of us are now at ‘that

age ’where we are recognized as being extremely vulnerable but not expendable! Admittedly, my hair needs coloring by Jeannette; but I’m not going and will pay for it anyway because she is the greatest. The ritual three to four week reprieve from gray and the youthful anonymity ritual must wait.

This Covid-19, quarantine at home is a luxury compared to my youthful years of working in Third World disasters. However, like everyone else, those years have taken a toll. I guess it might be why I now have the ‘preexisting conditions’ that statistically are now separated when a death by virus occurs instead of the real reason, which is “no medical supplies or

equipment available.”

Our social neighborhood is our family more than ever. Those neighbors who call to check on you and offer to drop off extra potatoes. I offer vegetables from my garden, bagged up cupcakes, a teapot for a friend.

A woman I walk with sends silly texts and I kid her to do my shopping because she is faster than I am. An attorney friend of mine has a family member home from the hospital from surgery with an IV; another who is a nurse who works in the hospital interventional radiology department in Seattle, is home recovering from exhaustion and less than safe working conditions. I counsel them as they have advised me so many times.

Finding fun and comfort in this situation is a gift. Be a helper. Look for your special vulnerable group, persons, creatures or even a plant or a tree, and be a helper.

I am especially touched this week by the truckers who keep our country moving. Truckers have less and less room to park their vehicles to sleep and to eat, and shower. They are waiting interminable periods for food and other kinds of loads for deliveries to stores and ultimately to us.

They need a shower and a clean bathroom. If you see one in a parking lot, send a bag of things they can eat now and don’t forget the treasured toilet paper.

Be well, be a helper, let others help you!

## Legacy to fund relief in wake of COVID-19

FALLBROOK – Legacy Endowment Community Foundation is taking its past success in making a difference and moving it forward during the COVID-19 outbreak.

The creation of its Out of The Ashes Fund was their 2017 response to helping those affected by the Lilac fire by making special grants possible for individuals as well as nonprofits who were overextended in the delivery of programs and services.

Today, COVID-19 is affecting our community and local nonprofits again with a significant increase in individuals and businesses needing help. This time, the demand is even greater.

Legacy’s Community Fund was created by its board of directors to provide for the deployment of funds when the highest and most urgent needs arose. The intent is to again provide some measure

of funding relief or to provide for increased service demand due to a community crisis.

Making contributions to community foundations, particularly those like Legacy Endowment that strive to work with local government, health agencies and community partners is a real and direct way to help those affected by the coronavirus outbreak.

“We encourage generous giving either directly to Legacy Endowment or to other nonprofits in the area,” executive director

Jean Larsen said. “Giving at this time means you will be making an important and profound impact for those most severely impacted in our area by the loss of those things we can immediately foresee such as jobs and business revenue, but also food shortages, transportation issues and medical difficulties.”

“The list of needs will likely grow and become more diverse,” Larsen said. “Meaning these nonprofit organizations will need the Community Fund for a measure of extra funding when individuals or even entire families

are on the cusp of a crisis and some or all of the resources needed could reach beyond the scope of a nonprofit’s mission, program or service delivery.”

For information about donating to Legacy Endowment, contact [info@legacyendowment.org](mailto:info@legacyendowment.org) or call (760) 941-8646. The new application process for the Community Fund is underway but, in the meantime, information is being captured until the process is fully formalized.

*Submitted by Legacy Endowment Community Foundation.*

## Hope Clinic for Women offers new Hope ED@Home

FALLBROOK – With students and mothers at home due to the current national emergency, Hope Clinic for Women will extend new online programs to the broader community.

These programs include BrightCourse prenatal and parenting lessons; GED HiSet and community service hours via surveys for Fallbrook High School students.

All educational programs and resources are at no cost to those participating. Hope Clinic for Women is still open for free walk-in pregnancy tests. It is preferred that women call them at (760) 728-4105 to assure a staff member is available to assist them.

How Hope ED@Home

is delivered:

- BrightCourse – These online classes allow an Hope Clinic for Women client advocate to text a link to the online class to the client. After viewing the class, the client advocate who is also at home, will call the client at a scheduled time to discuss questions together. Clients completing each class receive points which allow them to “purchase” much-needed resources such as diapers, wipes, formula, etc.
- GED HiSet Prep – This is a high school equivalency completion class open to mothers over 18 who are in pregnancy or have children under two. Sessions will be scheduled at times and on days flexible with both the clients and GED client advocates.
- Peer student surveys are available for 20 hours of community service. Since the recent Fallbrook High School Community Service Fair was canceled, Hope Clinic for Women wants students to know that while they are at home, they can still earn

up to 20 community service hours by completing student surveys online. For more information, contact Melanie at (760) 728-4105 or email [hopefallbrook@gmail.com](mailto:hopefallbrook@gmail.com).

Hope Clinic for Women’s resource needs will increase as they assist friends and neighbors who are laid off or lose jobs during this emergency. The most needed items are for moms with babies during this emergency: diapers in sizes newborn, 3 and 4, wipes, baby food, formula and new baby clothing in sizes newborn to 2T. For more information on obtaining these supplies, email [carolyn@hopefallbrook.com](mailto:carolyn@hopefallbrook.com).

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.

*Submitted by Hope Clinic for Women.*

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# New Date: August 21st

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# The Endless Summer

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## Now More Than Ever, We Need Your Support

With the COVID-19 pandemic, statewide precautionary measures have been implemented by our Governor to avoid health situations like what has been reported in China and Italy. Many North County businesses have been ordered to be closed until further notice. Employees of businesses such as restaurants, bars, health clubs, and non-essential retail stores are impacted. Social events have also been asked to be cancelled. Many thousands are staying home until further notice. Although our charity event isn't scheduled until May 15th, we felt it prudent to reschedule. Our new charity event date is Friday, August 21st.

Now more than ever, The Fallbrook Food Pantry needs the Murphy & Murphy Charity Event to champion their needs. As you have seen in grocery and big box stores, those fortunate have been stocking up on dry goods, paper products, water, canned foods and pet supplies. Those less fortunate are turning to the Fallbrook Food Pantry. For now, the Fallbrook Food Pantry is staying ahead of the needs of the less fortunate in North San Diego County. Since Monday March 16th over 120 families have been served each day. This number is roughly 20 new additional families per day. These are people that normally support themselves and their families. As businesses continue to be closed, the Fallbrook Food Pantry anticipate these numbers to continue to grow.

The Fallbrook Food Pantry will need to replenish their shelves. \$10,000 will replenish their shelves for approximately 2 weeks. The Fallbrook Food Pantry is a nonprofit 501C3 that greatly depends on the Murphy & Murphy Charity Golf Tournament and Live Auction Dinner to help keep their shelves stocked. More important, The Charity Event provides financial support for their nutrition education program. This year the Charity Event was focusing on raising money to build a commercial demonstration kitchen designed for teaching nutrition.

Now more than ever, we ask that you save August 21st on your social calendar to attend the Murphy & Murphy Charity Golf Tournament and Live Auction Dinner, benefiting the Fallbrook Food Pantry. This year our goal is to raise \$150,000 to provide needed finances for the Fallbrook Food Pantry to help those less fortunate in North San Diego County.

For more information, go to [murphy-realty.com/give](http://murphy-realty.com/give) to learn more about event support, corporate sponsorships, and golf foursomes. We also welcome couples and individuals that simply want to attend the Charity Auction Dinner. The Fallbrook Food Pantry is a 501C3. Your charitable contribution is tax deductible. You can also call 760.310.9292 for more information. We are service oriented Realtors putting the needs of clients and the community first since 1997.

– Chris & Kim Murphy

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# Murphy & Murphy

## 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 to all points on the compass. 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. Gentleman farmer avo grove and fruit orchard. Floor-plan is perfect for multi-gen households with 2 master suites.

**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 fireplace, 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 kitchen 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 for ambiance, 2 very large patio covers for dining and fiesta. 2 car garage, RV parking and room for storing big boy toys. Affordable solar lease with a short 15 years left on the lease.

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

### 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 & \$550,000**

### Country Comfort



2082 FUERTE, FALLBROOK

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

**Seller will entertain offers between \$675,000 & \$750,000**

### 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 applcs in the open concept kitchen, hardwood floors in the FR w/fplc, custom built-ins and rough hune ceiling, tile in the high traffic areas, coffered ceilings, formal DR, and an oversized 3 car garage with outbuildings.

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

### Entertainer's Delight



198 BRYCE LANE, FALLBROOK

Fantastic entertainment home located in a quiet cul-de-sac with well appointed spacious backyard including pool and spa, outdoor kitchen, lush landscaping, firepit, beautiful hardscape, patio covers and more. This 3BD, 2BA home with 2 car garage has it all on .41 acre. RV parking with 50 amp breaker electrical service supply. The kitchen boasts designer appliances, stone slab counters, appliance garage, dual drawer dishwasher, extra deep and wide farm sink and views to the lush back yard. Designer touches throughout the home, inside and out.

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

## These are challenging times

These are also times of great opportunity. Inventory is historically low. After Governor Newsom declared the statewide quarantine, we expected our phones to go silent. Quite the opposite occurred. Our phones have been ringing with requests from Realtors that have approved buyers wanting to purchase a home. 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. 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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# EVENTS

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“While we remain hopeful that the drastic moves made by our state and local governments will curtail the outbreak, the health and safety of the community, festival guests, participants and partners is our No. 1 priority,” Temecula Valley Balloon & Wine Festival executive director Stacey Ellison said. “It is out of an abundance of caution that we are rescheduling the 2020 event to September. The Temecula Valley Balloon & Wine Festival will return to its traditional dates for 2021.”

Easily one of the most popular events in the region, the Temecula Valley Balloon and Wine Festival draws more than 25,000 people to Lake Skinner Recreation Area each year.

The event generally features more than 20 wineries offering tastings, craft breweries, vendors and two stages with live concert entertainment.

While the balloon and wine festival is slated to take place in late May and early June, it is unclear whether restrictions and guidelines from county, state and federal officials will be extended. Gov. Gavin Newsom has made statements that he can see the school year, which ends in the first week of June, canceled altogether.

Old Town Blues Club owner Andy Doty, who produces the Old Town Blues Festival, said people who had already purchased tickets for the event’s April date will be able to use their tickets for the rescheduled date.

As for the lineup, he said all the originally booked bands are scheduled to attend.

“Only the headliner, which is a band from Europe, is a maybe, but it looks like they will be able to come since it’s so far out,” Doty said.



The Temecula Valley Balloon and Wine Festival has been rescheduled for Sept. 25-27 at Lake Skinner.

Because the event was to be held in front of Temecula Civic Center, Doty was forced to make the move after the city canceled all events through the end of April.

On Friday, March 13, the Fallbrook Chamber of Commerce canceled the upcoming 34th Avocado Festival amid coronavirus fears. The festival was scheduled for April 19.

“Although this ban is currently through March, (Newsom) conveyed it could foreseeably be extended,” Lila MacDonald, CEO of the Fallbrook Chamber of Commerce, said in an email statement at the time. “We feel in the best interest of the community, our vendors and volunteers that we cancel this event.”

Just three days earlier, the Coachella Art and Music Festival was postponed from its usual two-weekend-run in April to October due to concerns about the growing coronavirus.

The festival’s producer, Goldenvoice also confirmed that Stagecoach, a country music festival, will also be postponed. Coachella will now take place Oct. 9-11 and Oct. 16-18, while Stagecoach will take place Oct. 23-25.

Closer to home, Reality Rally, which was scheduled for May 14-16 was canceled Wednesday, March 19, by founder Gillian Larson. The event, dubbed “Fun for Funds,” is a three-day fun event-filled weekend with dozens of reality television show stars that come to Temecula to participate each year.

“Yesterday I spoke with our board, and we just decided there’s no way we can keep waiting to let people know and we just needed to cancel,” Larson said. “If there was some strange possibility that the virus had gone away and everybody was back to normal, it’s hard to pull an event together within a week. Secondly, I don’t feel it would have been a good thing for us to encourage people to come to a busy, crowded event and also to spend money buying tickets. Everybody’s going to be strapped.

“So many people are losing their jobs and their income – restaurants, etcetera – so I thought there’s no reason to keep waiting. Now we just have to look forward to next year.”

Larson, who appeared on the CBS hit television show “Survivor” came up with the idea for the fundraiser that includes an “Amazing Race”-style event that

has participants running through the streets of Old Town Temecula to complete tasks.

Over the past nine years, Reality Rally has raised more than a half-million dollars for the nonprofit.

“The donations will stay with Michelle’s Place because they’ve already been coming through since November,” Larson said. “Who knows what the amount is that we will not make this year. But the fundraising amounts that have been done so far, and I think it’s also lower than usual, for several reasons and because people backed

off starting to even sign up several weeks ago as the coronavirus thing started hitting.”

Larson said as disappointing as it is to have to cancel the event after doing all the work to put it together and now taking it apart this year, she isn’t too upset.

“I don’t worry about stuff,” she said. “To me, this is what happens in life.”

The Associated Press contributed to this story.

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



The 10th annual Reality Rally in Temecula was canceled recently by founder Gillian Larson.



The Fallbrook Avocado Festival, which was scheduled for April 19, was canceled recently by the Fallbrook Chamber of Commerce. The annual festival generally draws more than 100,000 people each year.

# PARENTS

from page A-1

She said she was at the library stocking up on books when she got the news.

Gibson said she has three daughters, ages 13, 11 and 7, and her oldest two had just begun planning what middle school classes to take next year. Now all of that planning is up in the air.

“Thankfully, I can stay home and take care of them. I haven’t been working,” Gibson said, explaining that she and her husband, who is in the Air Force, moved to Murrieta about a year ago.

She said she is trying to keep her children on some kind of a schedule even though they are no longer going to class.

“I can’t have them staying up until midnight and keeping their dad awake because he had to be up at four in the morning,” Gibson said. “We start with breakfast, walk the dogs, they do a couple of hours of something educational. Thankfully I had some workbooks, and I ordered a few more. I let them choose the subject, whatever they want to learn about.”

She and the children have been going outside for walks and similar things, but now, Gibson said her husband is the only one who is leaving the house to run errands, since he still has to go to work anyway. And now that the family has stocked up on groceries, he may not need to go to the market for several weeks, Gibson said.

“I’m not going out and the kids aren’t going out, and whenever we talk to the neighbors, we do it from our respective driveways,” she said.

Kelly Wagner of Murrieta said she was actually comforted to hear that schools would be closing.

“My kids – their safety and their health come first, so I was actually a little relieved to know they were going to be home,” Wagner said.

She said she is trying to keep her boys, aged 8 and 5, occupied with a daily schedule.

“For my boys, I’m trying to keep a regimented schedule to where they know what to expect, as if it was a regular day, and outside of them going to school they’re still kind of keeping their routine,” Wagner said. “They have a small amount of TV time, but they’re doing school work which at this point has been issue by the school.”

Wagner said her children had been getting day care services while she was at work, but she decided to pull them out for the time being.

“They do actually attend a child care, but for the fact that I have

an autoimmune disorder I really didn’t want to expose them to other children,” she said.

Wagner said she took some time off from work when school closures were first announced, but now that the nonprofit she works for has closed temporarily due to the coronavirus pandemic, she can continue to watch her children during the day. Her husband, though, is a plumber and must continue to work, she said.

“Just keeping our children’s life as normal as possible is certainly our No. 1 goal at this point,” Wagner said.

Jenn Curtis of Fallbrook said she had heard from relatives who work in education that school closures may be coming, but the news still came as a shock to her because it came while she was out grocery shopping for the first time since the urgency of the pandemic crisis had begun to set in.

“I was actually already freaked out,” she said, “because I went to Walmart and saw all of the shelves. So, it just compounded all the issues going on.”

Curtis said she has two sons, 11 and 6.

Her oldest, she said, is her biggest concern because he has special needs.

“I’m having to spend a lot of time with my oldest, just like the aid would have to do in the classroom, with prompting him to complete his work,” Curtis said.

With school out, she said, “he’s not getting any of the social aspect, no speech services.”

His teacher, though, is continuing to post assignments on Google classroom.

Curtis said she just began working from home Friday, March 20 – she works for a call center – so it remains to be seen what challenges it may pose to do her job while keeping an eye on her children.

“Luckily, my husband actually does deliveries so he can actually adjust his schedule,” Curtis said. “He’ll be home during the day while I’m working or he’ll work at night.”

She said while she can make it through months of social distancing, she’s worried about the social effects it may have on her son.

“My concern about going back to school on the 13th is actually to not have the services during that time, but if we’re gonna be out longer, I’m concerned not just about my son, but the rest of the population that has (individualized education plans),” Curtis said. “They’re gonna get left behind.”

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

# MEALS

from page A-1

Heald Lane, Fallbrook  
San Onofre School, 200 Pate Road, San Clemente  
Mary Fay Pendleton, 110 Marine Dr., Oceanside  
Meals can also be picked up from noon to 1 p.m. at:  
De Luz Schoolhouse, 40153 De Luz Murrieta Road, De Luz  
Submitted by Fallbrook Union Elementary School District.  
Editor’s note: For information on meals available from Fallbrook Union High School District, visit <https://www.fuhsd.net/apps/news/article/1194024>.



FUESD employees from the child nutrition services department put together lunch meals for students to pick up with their families from designated Fallbrook school locations during COVID-19 School closures, March 22.



FUESD cafeteria assistant Ellen Witzel helps put together school lunch meals that include oranges and lots of milk.



FUESD cafeteria assistant helps put together school lunch meals for students to pick up with their families from designated Fallbrook school locations during COVID-19 virus school closures, March 22.



# Real Estate Round-Up: Home

**Kim Murphy**  
Murphy & Murphy Southern  
California Realty

Home: a place where you live, love and learn. You have things around you that are special and have meaning, but most of all you are surrounded by people you love, respect and care for, and who love, respect and care for you.

During my lifetime, home has always been a special place. Events have occurred over my lifetime that made “my home” more than just a place to come to after school or work.

When JFK was assassinated, when family members died, when I witnessed a horrific auto accident that killed a child, when 9/11 occurred, all these events made “going home” a safe place to heal from the wounds of the day.

We are experiencing another one of those times. I’m not saying that the coronavirus is equal or greater than any of those events I mentioned, but it’s presence and the guidelines we have all been asked to subscribe to, have made “home” such a powerful place to heal in.

As I have watched my friends, who own small businesses, adjust to the current normal, I am reminded of how important we are to each other. My home extends beyond my roof and four walls. It has become my community that needs my support. So, this piece today is about finding the value in the mandatory sequestering, and how we can use it to encourage our families and those who need our help.

For the parents who are home with their children, what a lovely place to make those memories, taught through living. I encourage you to find things to create with them, whether you plant a garden, bake a cake, learn to do laundry,

make a scrap book or storyboard of dreams, play catch, walk the dog, take a hike and look for birds and animals.

Enjoy this unexpected time with your children, no matter what their age. Turn off the TV, internet and cell phones and really connect with each other. It may feel strange at first, since we are all so connected to these nonhuman devices, but just do it, and feel the bonds grow.

For the workers who are furloughed, take the time to reconnect with people via phone or facetime, write a letter to an elderly friend, complete those unfinished projects, paint that room, take that walk at the beach or on a trail, make a list of things you will do once you go back to work.

People over 65 or those with preexisting conditions have been asked to stay home since the virus was initially detected. Reach out to them to see if you can pick up groceries or other necessities while they are sequestered. Contact your church, the Foundation for Senior Care or the Fallbrook Senior Center to see how you can help and what you can safely do.

There are many ways we can all continue to support Fallbrook. Support our local restaurants by ordering curbside dining, “visit” our local stores by going online to their websites, reach out to our nonprofits to see if you can donate anything or volunteer to help them service their clients, go online to our local wineries’ websites and order wine that you can enjoy while you’re eating at home.

Every small act of support will help Fallbrook survive and trust me; will make you feel great!

We are, for the most part, working from home, but we are still working. In a response to the state imposed sequester last night, Realtors

who represent buyers have been contacting us in search of homes for their clients. I cannot recall the last time there was such a flurry.

These buyers are actively looking to purchase a home now. We are prepared to show homes to them, hand sanitizer, gloves, booties and masks in hand. Interest rates are low, and buyers want to take advantage of those rates.

We still have historically low inventory, which benefits sellers. There are more buyers than homes for sale, which means it is easier to get your price in a high demand environment. If you were planning to sell your home before the coronavirus, sell your home.

At this time, despite what you might be reading, the virus has not slowed anything down in real estate at the property level. Lenders are still lending, with smaller staff, the County Recorder’s office is still recording sales and people are still moving.

It’s probably just my personality, but there is a silver lining in most situations. Don’t miss this one. Take advantage of your down time, your “home” time, this “hot” selling market and breathe. Time will fly and we won’t have these exact same opportunities again.

Murphy and Murphy is here to help you, if you need anything. We will pick up your groceries and your personal items, we will chat with you on the phone, we will pray with you, and we will help you sell your home.

When we formed our company in 2012, we chose this as our mission statement, “Service Oriented Realtors putting the needs of clients and the community first,” Proverbs 3:3-10. We meant it then, and we mean it now. Stay safe my friends.

Kim Murphy can be reached at [kim@murphy-realty.com](mailto: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.



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**We Support this Village News Special Edition COVID-19 and wish all of our Fallbrook, Bonsall, Rainbow & De Luz neighbors to stay safe, healthy and stay connected to family.**

**God Bless Everyone, The Youngren Family**

**Housing construction services are still considered essential. We are continuing with our work and plan to keep on working!**



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**HELP DONATE to the Home Delivered and/or Congregate Meals Program**



During this COVID-19 crisis, the Fallbrook Senior Center's two meal programs are continuing. The Congregate Meal program is changing to curbside pick up.

As a first time congregate meals 60+ senior client, you must call the Senior Center at 760-728-4498 and please leave your name and phone number, and someone from Senior Center will return your call. Congregate meals inside the Community Center have been temporarily cancelled, however Meals to Go are available between 10:00-11:00am, Monday-Friday, by calling 24 hours ahead at 760-728-4498.

Fallbrook Senior Center has a newly installed beautiful Donor Tree upon the entrance wall of the Senior Center. You can purchase a **\$500 copper leaf**, **\$1,000 silver leaf** or a **\$5,000 gold leaf** and have your name engraved which will be placed on the tree which supports our meals programs.



**You can also donate on our Stepping Stone/Bricks \$100 or our Angel Tree Meals Donation Tree \$20, \$40, \$60, \$80!**

**Fallbrook Senior Center - 760.728.4498**  
399 Heald Ln. Fallbrook | [www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com)

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## BUSINESSES

from page A-1

stay open, including health care, emergency services, food and agriculture, transportation and communication. The list includes others such as wastewater treatment, cannabis dispensaries and even Uber and Lyft drivers.

Big box stores and restaurants are permitted to stay open if they offer takeout, delivery and curbside pickup options.

That’s exactly what local restaurants are trying to do as many have pivoted to offer all those of those options to their customers. But even then, with fewer people venturing outside and fears of loss of income due to a loss of hours at work or job loss altogether, wallets have tightened.

That was the dilemma for Oink and Moo Burgers and BBQ owners Jennifer and Jonathan Arbel were facing as news of mandates and orders from the state were being announced. For now, the restaurant is closed.

“We are really torn about the decision,” Jonathan Arbel said. “What we felt at the time was that we had to close down because of the guidelines that the state and federal government put out, about basically maintaining 6 feet distance from each other and only going to take out. We’re such a small restaurant that maintaining even two- or 3-feet distance from each other is difficult. We didn’t feel good about walking into work every day and putting my employees at jeopardy, their families and ourselves.”

Jonathan Arbel said they couldn’t get masks and barely got their hands on sanitizer. Then there’s the uncertainty of what the future holds for restaurants in California.

That uncertainty made him consider the future of the business as well.

“The reality is in two or three months, if this continues and I do believe it will, we’re all going to be broke. And I don’t know that that many people are going to have the money or the luxury to go out and eat like they used to,” Jonathan said.

It was not an easy decision to make to close down the business, Jonathan Arbel said.

“This weighs on us pretty heavily,” he said. “We had 19 employees, and that’s a lot of people, a lot of bread and butter that’s gone now.”

Fallbrook Chamber of Commerce President Lila MacDonald talked about the mood in town.

“I think there’s hopefulness because we’re in a small town and people are really supporting restaurants and those essential businesses,” MacDonald said. “People are being flexible, which is really awesome as well. Creative

ways to serve the public.

“There’s also apprehension, and people are still scared about the future. I think especially at your small ‘mom and pop’ businesses where you’re being forced to close and even with your essential businesses that are dealing with shorter hours and smaller staff.”

Newsom reported that unemployment claims continue to climb with 40,000 claims Sunday, March 14, and 70,000 as of Monday and 80,000 as of Tuesday. Claims for Wednesday, Thursday and Friday were 125,000, 135,000 and 114,000 respectively.

According to a report from The Associated Press, state unemployment trust funds generally are in better financial shape than they were before the last recession.

However, 21 states began the year with less than the amount recommended to remain solvent in an average recession, including California.

The Senate gave final approval Wednesday, March 18, to a separate bill that would inject \$1 billion into state unemployment insurance programs.

In an announcement Monday, March 23, the Federal Reserve said it will establish three new lending facilities that will provide up to \$300 billion by purchasing corporate bonds, a wider range of municipal bonds and securities tied to such debt as auto and real estate loans. It will also buy an unlimited amount of Treasury bonds and mortgage-backed securities to try to hold down borrowing rates and ensure those markets function smoothly.

A nearly \$2 trillion economic rescue package was being furiously debated in the Senate which would include sending checks to Americans within a matter of weeks to help them pay for groceries, bills, mortgages and rent.

As of late Monday, there was no indication that they would come to an agreement.

Maryjane North in Fallbrook issued a statement as to why they have decided to close their doors for the foreseeable future.

“It’s because of all this that we felt we needed to help flatten the curve and follow the instructions laid out to stay home as much as possible,” according their statement. “It’s also because of this direction that we have an extraordinarily uncertain future. We have poured our lives into these salons and the families that come through the doors have become family to us. We will continue to do what is best for the community and try to find ways to still have great income in any capacity. We are working on options that will allow us to do what we can in any shape or form.

We hope to continue to be part of

Fallbrook’s future on Main Avenue. Thank you for your continued support,” Maryjane North said.

Other businesses have chosen to stay open to serve the community.

Businesses such as Joe’s Hardware, Beebe’s Family Arm & Munitions, Costello’s Auto Repair, Goin’ Postal, George’s Plumbing, Heating & Air and Alvarado Veterinary Hospital were all open as of Monday, March 23.

Other businesses are pivoting too. Many of Fallbrook and Bonsall’s locally owned restaurants are now offering takeout and curbside pickup, while some others are offering delivery when they never have before. California’s Alcoholic Beverage Control eased alcohol delivery restrictions from restaurants on cocktails, beer and wine.

Others are taking it virtual.

Checkmat Fallbrook Brazilian Jiu Jitsu has launched a virtual Brazilian jiu jitsu gym experience by conducting classes on a private Facebook page with live video training.

North Coast Church and Living Waters Christian Fellowship held video services on websites and social media channels Saturday, March 21, and Sunday, March 22.

Leaders in local and regional business, like the Fallbrook Chamber of Commerce are doing their best to help small businesses apply for low-interest federal disaster loans for working capital from the U.S. Small Business Administration. The loans are available to small businesses in Riverside and 34 other California counties that are economically impacted by the coronavirus pandemic.

The interest rate on the disaster loans is 3.75% for small businesses and 2.75% for private nonprofit organizations. SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years.

The economic injury disaster loans of up to \$2 million are designed to help meet financial obligations and operating expenses which could have been met had the disaster not occurred, according to SBA administrator Jovita Carranza.

“These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can’t be paid because of the disaster’s impact,” Carranza said. “Disaster loans can provide vital economic assistance to small businesses to help overcome the temporary loss of revenue they are experiencing.”

Applicants should visit <https://disasterloan.sba.gov/ela>, call SBA’s Customer Service Center at (800) 659-2955 or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov) for more information on SBA disaster assistance.

“We’re trying to get out as

much information as we can, the whole picture,” MacDonald said. “Meaning it might be mental wellness right now because a lot of people are going through a mental thing as well, having to deal with social distance or all the things that you worry about. Then helping them

with resources, whether it’s SBA, EDD, FEMA, bank loans, assistance in marketing.”

The Associated Press and City News Service contributed to this report.

Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).

## PENDLETON

from page A-1

and one sailor at Naval Air Station North Island, bringing the total of active-duty military service members in San Diego County testing positive for the virus to 13.

According to the San Diego Union-Tribune, the other military coronavirus cases in the San Diego area include three sailors at a Naval Base San Diego schoolhouse, three Marines at Marine Corps Air Station Miramar, two sailors on the USS Boxer, and one sailor on the USS Coronado.

Mancilla said the medical isolation and observation center (MIOC), located in the 13 Area of Camp Pendleton, will be used to house personnel potentially exposed to the novel coronavirus that causes COVID-19. The MIOC has nine barracks that house 16 rooms each, he said. Each room can house two patients at a time and are equipped with a shower and bathroom. The facility staff will properly separate guests by symptoms and their level of exposure to the virus. These levels include awaiting test results, positive test results and being treated, Mancilla said.

Personnel who are experiencing

symptoms of the coronavirus, which can include a cough, fever and shortness of breath, or who have been exposed to the virus, were being told to stay home and seek advice from a medical professional.

“(Marine Corps Installations West) is continuing its coordination with interagency partners and local communities to support disease containment and mitigation operations, and we continue to assess and monitor the situation to ensure mission readiness for our forces and families,” Mancilla said in the statement. “We are making efforts to ensure that our force is educated on identifying COVID-19 symptoms to encourage self-reporting. This is done to bring awareness of what to do before there is a need for quarantine or isolation.”

Mancilla added that Camp Pendleton and other Marine Corps installations are “prepared to take measured action to preserve the health of the force and prevent the spread of COVID-19 while maintaining our operational readiness and ability to support deploying forces in support of missions in defense of our nation.”

Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).

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# COVID-19 RESOURCE LIST



The following list of resources for businesses, employees and families is being made available by the staff at Village News and the Fallbrook Regional Health District.



## Public Health Resources

CDC COVID-19 Website: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)  
World Health Organization COVID-19 Website: [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)  
California Department of Public Health : [www.cdph.ca.gov](http://www.cdph.ca.gov)  
California COVID-19 Website: [www.covid19.ca.gov](http://www.covid19.ca.gov)  
Riverside County Public Health: [www.rivcoph.org](http://www.rivcoph.org)  
San Diego Health and Human Services: [www.sandiegocounty.gov/hhsa](http://www.sandiegocounty.gov/hhsa)  
Fallbrook Regional Health District: [www.fallbrookhealth.org/coronavirus-covid-19-information-updates](http://www.fallbrookhealth.org/coronavirus-covid-19-information-updates)  
To track the outbreak, visit: [www.worldometers.info/coronavirus](http://www.worldometers.info/coronavirus)  
To track outbreak numbers by state, visit: [www.worldometers.info/coronavirus/country/us](http://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).

## Local Food and Support - Greater Fallbrook area

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.

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.

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](mailto:carolyn@hopefallbrook.com).

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.

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](mailto:info@legacyendowment.org) for more information.

## Volunteer Support for Nonprofits

Nonprofits can request volunteer support here: [www.sdsvp.org/spark-team](http://www.sdsvp.org/spark-team)  
Contact [Villageeditor@reedermedia.com](mailto:Villageeditor@reedermedia.com) to be included in a list of organizations needing volunteer support.

## For Parents

How to talk to your kids about the Coronavirus: [www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response](http://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](http://www.myvalleynews.com/website-resources-for-home-school-families-abound)  
National PTA resources: [www.pta.org/home/family-resources/coronavirus-information](http://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>

## Business and Worker Resources

**National**  
Cybersecurity and Infrastructure Security Agency: [www.cisa.gov/identifying-critical-infrastructure-during-covid-19](http://www.cisa.gov/identifying-critical-infrastructure-during-covid-19)  
SBA emergency loans: [www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources](http://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](http://www.kiva.org)  
Restaurant Workers' Community Foundation - pending relief fund & food industry-specific resources: [www.restaurantworkerscf.org](http://www.restaurantworkerscf.org)  
Guidance on preparing the workplace for COVID-19: [www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)  
U.S. Chamber of Commerce: [www.rivcoccsd.org/covidbizhelp](http://www.rivcoccsd.org/covidbizhelp)

**State**  
California Employment Development Department: [www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](http://www.edd.ca.gov/about_edd/coronavirus-2019.htm)  
State of California Franchise Tax Board: [www.ftb.ca.gov](http://www.ftb.ca.gov)  
California Go Biz: [www.business.ca.gov/coronavirus-2019](http://www.business.ca.gov/coronavirus-2019)  
Accion Small Business Loans: [www.us.accion.org/small-business-loans/see-if-i-qualify](http://www.us.accion.org/small-business-loans/see-if-i-qualify)

**San Diego County**  
SanDiego 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](http://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](http://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](http://www.edd.ca.gov/unemployment/Work_Sharing_Program.htm)

**Riverside County**  
Riverside County Economic Development Department: [www.rivcoccsd.org/covidbizhelp](http://www.rivcoccsd.org/covidbizhelp)

**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](http://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](http://www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm)  
How to avoid Coronavirus financial scams: [www.calreininvest.org/about/covid19](http://www.calreininvest.org/about/covid19)





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\$149

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Lease + Tax\*

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Financing for up to  
48 months\*\*  
On select models.



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\$259

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2020 MAZDA3 SEDAN



FINANCING AS LOW AS

0.9%

OR

33 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$149

per month

\$3,395 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #16176. All 2020 Mazda3 Sport Sedan with MSRP \$22,420. Payment based on Cap Cost of \$20,334 after \$1,746 Mazda lease support. Total lease payments of \$4,917. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA3 HATCHBACK



FINANCING AS LOW AS

0.9%

OR

36 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$159

per month

\$3,995 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #16322. All 2020 Mazda3 Hatchback (Base 2A) with MSRP \$24,620. Payment based on Cap Cost of \$23,460 after \$720 Mazda lease support. Total lease payments of \$5,557. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-30



FINANCING AS LOW AS

1.9%

OR

36 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$169

per month

\$3,695 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #16253. All 2020 Mazda CX-30 (Base 2A) with MSRP \$22,495. Payment based on Cap Cost of \$22,555 after \$360 Mazda lease support. Total lease payments of \$6,084. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA6 SPORT



FINANCING AS LOW AS

0.9%

OR

33 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$179

per month

\$3,495 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #16385. All 2020 Mazda6 Sport with MSRP \$24,920. Payment based on Cap Cost of \$22,589 after \$1,440 Mazda lease support. Total lease payments of \$5,907. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-5 SPORT



FINANCING AS LOW AS

0.9%

OR

36 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$199

per month

\$3,995 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #16299. All 2020 Mazda CX-5 Sport with MSRP \$26,135. Payment based on Cap Cost of \$25,826 after \$435 Mazda lease support. Total lease payments of \$6,804. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-9 SPORT



FINANCING AS LOW AS

0.9%

OR

36 MONTH LEASE

APR up to 60 months

In lieu of some, but not all,  
Customer Rebates &  
Discounts

\$229

per month

\$3,495 due at signing

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

Must take delivery on all offers by 3/31/20. Stock #15826. All 2020 Mazda CX-9 Sport with MSRP \$34,565. Payment based on Cap Cost of \$31,160 after \$1,080 Mazda lease support. Total lease payments of \$8,244. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

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## Foundation for Senior Care teams with Major Market to provide grocery deliveries to elderly

FALLBROOK – Local and independently owned Major Market and Fallbrook’s Foundation for Senior Care joined forces to provide grocery services to stay-at-home seniors in the area, starting Friday, March 20.

According to Dr. Robert Pace, president of the Foundation for Senior Care, the local nonprofit organization established a relationship with Major Market to assist seniors in minimizing public contact while getting needed food and other supplies.

He said that seniors call the foundation’s offices at 760-723-7570 and place their order using a credit card. The foundation’s “Care Advocates,” verify the order and relay it to the market where a staff member then fills the order through its transportation service.

“One of our Care Van drivers picks up the filled order in-store and establishes a route within the community to deliver the groceries to the seniors,” Pace said, adding, “without a delivery charge.”

He said that the foundation offered a similar service to local pharmacies, however, there has been no commitment at press-time.

John Alarcon, store manager for Major Market in Fallbrook, said that he has noticed many seniors expressing concerns for their health as they shopped there since the virus was labeled a pandemic earlier this month.

“Many of our elderly customers, during the twice-monthly Wednesdays when we provide senior-discounts to them, have commented that they appreciate the availability of many products but also would like a way to avoid being in situations where their health could be compromised,” Alarcon said. “Providing this no-charge delivery service by the Foundation goes a long way toward alleviating some of their fears.”

Keith Birkfeld, the foundation’s executive director who created and now manages the project with Alarcon and the Major Market outlet here, said that the foundation is working in close coordination with the Fallbrook Regional Health District, the Fallbrook Chamber of Commerce and the Fallbrook Food Pantry.

Birkfeld said, “As the food delivery service expands and threats from the coronavirus persist, both Major Market and the Foundation for Senior Care will need volunteers to help with picking, bagging and delivering much-needed food and other grocery items to area seniors. Community resources, in the form of financial support and individual volunteers, have always propelled our mission, and during this crisis they are critical.”

Both Pace and Birkfeld said that each driver will use all of the established safety measures



John Alarcon, store manager of Major Market, hands off groceries destined for Fallbrook area seniors to Dr. Robert Pace, president of the Foundation for Senior Care, and Keith Birkfeld, the foundation’s executive director. Theresa Geracitano, the foundation’s outreach director, prepares the van for delivery through the community with needed supplies, free-of-delivery-charge, for the community’s elderly.

during the delivery process such as changing gloves and wearing masks to further protect themselves and those receiving deliveries. Calls from the foundation’s Care Van team will be made to seniors to alert them to the imminence of a delivery and packages will be

left at the front door or another convenient spot for easy retrieval by the seniors.

The Foundation for Senior Care is a multi-provider of services for seniors and their families with headquarters at 135 S. Mission Road in Fallbrook. The locally

operated nonprofit organization has 15 board members, all of whom are prominent business and civic leaders in the Fallbrook and Bonsall area.

Submitted by Foundation for Senior Care.

## Donations needed for Home Delivered and/or Congregate Meals Program



Fallbrook Senior Center’s Donor Tree has copper, silver and gold leaves to recognize donors.

FALLBROOK – During this COVID-19 crisis, the Fallbrook Senior Center’s two meal programs are continuing. The Congregate Meal program is changing to curbside pickup.

Any first-time congregate meals 60+ senior clients must call the Senior Center at 760-728-4498 and leave their name and phone number, and someone from the senior center will return their call.

Congregate meals inside the community center have been temporarily canceled, however Meals to Go are available between 10 and 11 a.m., Monday-Friday, by calling 24 hours ahead at (760) 728-4498.

Fallbrook Senior Center has a

newly installed beautiful Donor Tree upon the entrance wall of the center. Donors can purchase a \$500 copper leaf, \$1,000 silver leaf or a \$5,000 gold leaf and have their name engraved on the leaf which will be placed on the tree with donations supporting the meals programs.

People can also donate Stepping Stone/Bricks for \$100 or contribute to the Angel Tree Meals Donation Tree with \$20, \$40, \$60, \$80.

For more information, call the Fallbrook Senior Center, (760) 728.4498, visit 399 Heald Lane in Fallbrook or [www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com).

Submitted by Fallbrook Senior Center.

## Food pantry needs volunteers

Lucette Moramarco

Associate Editor

In the first week after government restrictions were implemented to combat the coronavirus, Fallbrook Food Pantry gained 140 families in client enrollment. This increase in needy families is not the only side effect of COVID-19 that the pantry has to cope with.

The majority of the pantry’s volunteers are over age 65; as seniors, they have been advised to stay home away from people. So, they are not volunteering at the pantry which is left short-handed.

Without volunteers, the pantry cannot easily manage the amount of food it usually handles. Therefore, families and individuals who come for food are being given a bag of food (produce, canned goods and frozen meat) at the door instead of being welcomed inside to shop like they used to do.

Bags of food can be picked up Monday through Friday from 9:30 a.m. to noon, 140 N Brandon Road.

Program manager Carolina Miller said that Fallbrook Health District is taking care of the fresh donations such as oranges and other citrus; they are doing a commercial wash to ensure it is not contaminated.

If any resident wants to donate fruit or vegetables from their garden, they should call first to see if the produce is needed, (760) 728-7608. “We are not answering our phones regularly because we don’t have a receptionist during this crisis; if it is important, please leave a message and we will get back to you,” added Miller.

She also said that they have enough canned goods so monetary donations are preferred.

As for volunteers, teenagers are welcome to perform their community service hours by helping out at the pantry. “We need volunteers under 50 and feeling healthy to come and help. Shifts start at 8:30 a.m and end at 12:45 p.m., Monday through Saturday, said Miller. For any questions about volunteering and before going in, volunteers should contact Miller by email, [programs@fallbrookfoodpantry.org](mailto:programs@fallbrookfoodpantry.org).



Fallbrook Food Pantry volunteer Eufemia Carreno helps distribute pre-bagged food items to clients, March 23. The food pantry has shifted their operation to a pickup window instead of allowing clients to select their own food due to COVID-19.



Due to COVID-19, food items are pre-bagged for Fallbrook Food Pantry clients to pick up.



Fallbrook Food Pantry Program Manager Carolina Miller helps distribute pre-bagged food items to clients.







# CDC offers tips for managing anxiety and stress

## Centers for Disease Control and Prevention

### Stress and Coping

The outbreak of coronavirus disease 2019, known as COVID-19, may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

### People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

### Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems

- Increased use of alcohol, tobacco or other drugs

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration website, <https://www.samhsa.gov/disaster-preparedness>.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### Things you can do to support yourself

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your health care provider if stress gets in the way of your daily activities for several days in a row.

### Reduce stress in yourself and others

- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.
- Learn more about taking care of your emotional health at <https://emergency.cdc.gov/coping/index.asp>.

### For parents

Children and teens react, in part, on what they see from the adults around them. When parents and

caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco or other drugs

### There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is OK if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise and eat well. Connect with your friends

and family members.

Learn more about helping children cope, <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>.

### For responders

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more tips for taking care of yourself during emergency response at <https://emergency.cdc.gov/coping/responders.asp>.

[gov/coping/responders.asp](https://emergency.cdc.gov/coping/responders.asp).

### For people who have been released from quarantine

Being separated from others if a health care provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. You can help your child cope.

more HEALTH on page B-6



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OPINION

High risk doesn't have to come at high cost to others

Kim Harris  
Managing Editor

I'm high risk.  
No, that's not a comment on my financial portfolio or some strange propensity to do something ridiculous like jump out of a perfectly good airplane. I'm high risk for the coronavirus, otherwise known as COVID-19.  
I'm a 54-old-woman with a compromised immune system and asthma. Because of those issues, according to my doctor and guidance released by the Riverside County Department of Public Health and the Centers for Disease Control and Prevention, I need to stay home.  
Older adults and people with heart disease, lung disease or diabetes are at a higher risk for contracting COVID-19, and that is a fact. According to CDC statistics, eight

out of 10 people diagnosed with the virus are age 65 or older.  
People with asthma may be at higher risk of getting very sick from COVID-19 which can affect the respiratory tract, cause an asthma attack and possibly lead to pneumonia and acute respiratory disease. People with asthma should avoid contact with others and take their medications as prescribed daily as well as avoid triggers. I know I am.  
Among adults with confirmed COVID-19 reported in the U.S., an estimated 31% to 59% of adults ages 65 and older will require hospitalization and an estimated 31% to 70% of those aged 85 or older will require hospitalization. Even though at this time, it is only an estimate, it's a concerning number.  
Just last night, I watched a PSA put out by Mel Brooks and his son

Max Brooks. Laced with humor as only Mel Brooks can do, the PSA ends with Max and Mel Brooks saying, "Don't be a spreader," and that folks, is good advice.  
"When it comes to coronavirus, I have to think about who I can infect and so should you," Max Brooks said in the video after pointing out that if he were to give it to his 93-year-old father, the consequences could be dire.  
"Before I know it, I could wipe out a whole generation of comedic legends," Max Brooks said.  
Remember that COVID-19 takes two to 14 days to incubate, so if you have an elderly person in your life, you could easily share the virus without even knowing you have it. So, practice that social distancing.  
I know that staying home is an inconvenience and can be at times quite boring, but by thinking outside

the box – I play Uno with my niece and nephews in Arizona almost daily using a video chat app I installed on my phone for free to pass the time – you can keep that boredom at bay.  
What you can do  
If you are high risk, you should stay home as much as possible and avoid close contact with others of 6 feet or more. If you must go to the store, many are now offering senior hours for those 63 and older so take advantage of those special shopping hours. Many of them occur early in the morning when the store is just opening so it's clean and freshly disinfected.  
Other things you can do to stay healthy include washing your hands often, avoiding all cruise travel and nonessential air travel and disinfecting frequently touched surfaces in your home. To disinfect surfaces, you can use a mix of 1/3

cup of bleach with a gallon of water or 4 teaspoons of bleach with 1 quart of water.  
If you have concerns about COVID-19 and an underlying health condition or if you are sick, you should call your family doctor.  
Oh, and if you are looking for a good laugh, search Google for "Mel Brooks don't be a spreader," it's worth the 50 seconds of your life, and it's not like you have anywhere to go anyway.  
For more information on steps you can take to stay safe, see CDC's "How to Protect Yourself," available online at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>.

Kim Harris can be reached by email at [valleyeditor@reedermmedia.com](mailto:valleyeditor@reedermmedia.com).

ANNOUNCEMENTS

Cancellations and postponements

Due to new regulations pertaining to the coronavirus, all monthly group meetings as well as the following events have been canceled or postponed:  
**March 27, April 3**–The Knights of Columbus Fish Fry & Bake has been postponed until restrictions have been lifted.  
**March 26** – 6 p.m. – Fallbrook

Public Utility District's Information Forum has been canceled.  
**March 28 & April 4**–Fallbrook Woman's Club's "Who killed Claudio Vanderbilk, America's Darling of the Super Rich and Famous?" mystery luncheon has been postponed.  
**March 28** –Two showings of

Frank Capra's "Mr. Smith Goes to Washington" at Mission Theater has been canceled and the theater is closed until further notice.  
**March 28** –Fallbrook Chorale's Dinner Show – "Fallbrook Joe and the Magic Caboose," has been canceled.  
**March 31** – Fallbrook Garden Club's General Meeting has been

canceled.  
**April 2** – Woman of Wellness program has been canceled.  
**April 2** – Student of the Month breakfast has been postponed.  
**April 4** – Miss Fallbrook & Miss Teen Fallbrook pageant has been postponed.  
**April** – The Art of the Avocado Art Competition, Junior Art of

the Avocado Art Competition and Junior Workshops are postponed until July. The dates are to be determined.  
**April 19** – Avocado Festival has been canceled.  
**April 25** – Fallbrook Garden Club's Flower Show & Plant Sale is canceled.  
**April 26** –Arts in the Park at Live Oak Park has been canceled.  
**May 2** – Horses, Hats & Hope has been canceled.  
**May 2** – The Reflections of Nature art show has been canceled.

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Bird club plans  
April meeting

VISTA – North County Aviculturists, a club for pet bird owners and breeders, reminds members and guests to be safe and secure during this national emergency. The club did cancel its March meeting.  
At this time, it plans to go forward with its April 4 meeting but people should check the website the day of the event for the latest updates.  
The speaker will be Andrea Cabibi and her topic will be bird medications and parasite identification. Cabibi is the director of reproductive biology at Taxonyx Reproductive Science Inc. and has worked with captive wildlife within international zoo communities for over 35 years in the USA, Europe and Canada.  
The meeting is at Vista Masonic Center, 761 Eucalyptus Ave., Vista, Saturday, April 4, 5:30 p.m.  
For more information, go to [www.ncabirdclub.com](https://www.ncabirdclub.com).

CALENDAR

**March 31** – 11 a.m. to 4 p.m. – Fallbrook Regional Health District hosts a blood drive with the San Diego Blood Bank, 138 S. Brandon Road. Appointments can be made at [sandiegobloodbank.org/donate](https://sandiegobloodbank.org/donate) or (619) 400-8251. Photo ID required. Donors should arrive hydrated and can receive points to redeem for gift cards and more. This event has not been canceled as blood donations are very much needed.

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OPINION

Restaurants and bars to get some relief



**Supervisor Jim Desmond**  
5th District

The last two weeks have caused unprecedented uncertainty across this country and across this county, but in order to overcome, we must come together. While we are still in the midst of this storm, we need to set our sights on the future.

Last week, the Board of Supervisors took action on a Board Letter introduced by Supervisor

Kristin Gaspar and myself to defer fees collected by the Department of Environmental Health from March 1, 2020, through Aug. 30, 2020, for restaurants and bar businesses impacted by the Health Order.

Fees to be deferred include annual food facility health permit fees, late fees and plan check correction fee. This applies to all restaurants including cities and the unincorporated areas!

The cost savings range from \$200 to \$1,930 per establishment. The request also asks all county departments to analyze local regulations that may be barriers for businesses to reopen when the Health Order is lifted and report back to the board with solutions to reduce or remove those barriers.

I know this is an extremely challenging time for restaurants and business, with some difficult decisions ahead. However, we need to do our part as county leaders to ensure we help the restaurant industry and other small businesses impacted in San Diego!

Coronavirus response



**Assemblymember Marie Waldron**

As Minority Leader, I have been working with the governor to coordinate the state’s response to the coronavirus pandemic. A number of important steps are underway.

Last week, we passed bipartisan legislation to provide \$500 million in initial emergency funding expandable to \$1 billion, to activate closed hospitals, increase equipment capacity for existing hospitals, provide hotel beds for the homeless, clean up child care facilities, fund In-Home Supportive Services addressing senior isolation, backfill schools for lost Average Daily Attendance, finance expanded family leave, reimburse for the cost of COVID-19 testing and much more.

Other steps include a DMV request that law enforcement use discretion for 60 days regarding driver’s license and vehicle registrations that expired on or after March 16. It will protect the health of individuals over 70 who are required to visit a DMV to take written or vision tests. More information is available at [www.dmv.ca.gov/portal/dmv/detail/](http://www.dmv.ca.gov/portal/dmv/detail/)

[pubs/newsrel/2020/2020\\_12](https://pubs/newsrel/2020/2020_12).

California’s Economic Development Department will allow employees unable to work due to COVID-19 exposure to file disability claims, and employees caring for ill or quarantined persons can file for paid family leave. Parents staying home with children due to school closures may be eligible for unemployment benefits, and an unemployment insurance claim can also be filed if work hours have been reduced.

Employers reducing hours of operation may apply for an unemployment insurance work-sharing program aimed at avoiding layoffs, and business faced with closure or layoffs can contact EDD Rapid Response teams to discuss their needs.

Employers may request a 60-day extension to file payroll reports and deposit payroll taxes without penalties or added interest. More details are available at [https://edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://edd.ca.gov/about_edd/coronavirus-2019.htm).

For the latest COVID-19 updates, visit the California Department of Public Health at [www.cdph.ca.gov](http://www.cdph.ca.gov).

Lastly, we passed Assembly Concurrent Resolution 189, written by me and Assembly member Anthony Rendon, D-Lakewood, to put the legislature in recess and allow some employees to telecommute. The work of the people will continue.

*Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.*

What Obama did and didn’t do

Trump claims that the Obama administration “didn’t do anything” as millions of swine flu cases mounted. A typical Trump lie. Here’s how it really went down:

Snopes reported: “The CDC first activated its Emergency Operations Center (EOC) on April 22, 2009. At the time, there were only two confirmed cases in the United States. On April 25, 2009, the World Health Organization (WHO) declared a public health emergency of international concern, and the following day the Obama administration did the same. At that time, there were about 20 confirmed cases (and no deaths).” NPR reported: “The first test to detect the new virus was approved by the FDA two days later.”

Shipments of the new CDC test began May 1.

Accordingly, “William Schaffner of Vanderbilt University School of Medicine told the Times that officials deserved ‘at least a B-plus’, while Mount Sinai virologist Peter Palese called the overall response “excellent.” (FactCheck.org)

In contrast, Slate reports: “the current governmental response to COVID-19 is disorganized, disinterested, dishonest, and,

worst of all, cruel to everyone in the country.”

Susan Rice, former National Security Adviser under Obama noted, “The Trump administration ran through exercises as recently as last year that demonstrated that the country wasn’t prepared for a pandemic. But nothing was done to address the gaping holes in the system. She blasted Trump for repeatedly claiming, ‘Who could have imagined this? Who could have predicted this? We had no idea this could come.’”

“Well, that’s just false!” she said. “Not only did we know it could come, we should have prepared for it to come. As we did in the Obama administration, and as we gave them the wherewithal to do in the Trump administration.”

Oh, and if you want to blame Obama for what he didn’t do. For starters, he didn’t gut the CDC, he didn’t fire his epidemic response team, and he didn’t put his VP in charge of the response. That responsibility mainly fell on the leaders of Health and Human Services, Homeland Security, and the Centers for Disease Control and Prevention.

John H. Terrell

Dear Friends,

On Monday, the California State Legislature voted to recess until April 13. But even though the legislature is in recess, please know our government is not in recess! My offices in the Capitol and the District are open to serve you.

I want you to know you can rely on me and my team to be available to serve you.

If you have questions or have any problems with a state agency such as the EDD, DMV, or FTB, please email me at [Senator.Jones@senate.ca.gov](mailto:Senator.Jones@senate.ca.gov) or you can call one of my offices at: Capitol Office: (916) 651-4038, El Cajon Office: (619) 596-3136 or Escondido Office: (760) 796-4658.

I want to take this opportunity to also share some personal thoughts on this crisis. Please check out the video message I shared on my website.

One of the things I want to highlight from the video is that we don’t, and won’t, have a food or supply shortage. We don’t need to hoard, or fight over, the supplies in our grocery stores.

By all means, please support your local stores and buy what

you need. But hoarding items is unnecessary!

I also want you to remember that, as of today, we are not currently in a quarantine, so you are not entirely locked up in your home!

If you are in one of the vulnerable populations, please be sure to take all of the precautions necessary for your health and safety.

However, this could also be a great opportunity to make the most of this time with your family, since many of you are working from home and your kids are home from school. There are so many locations in the great outdoors here in San Diego County, and if you can observe the appropriate social distancing, it’s a great time to let the kids go out and get a little muddy!

Furthermore, you can go out and safely volunteer with the many great nonprofits in our community, while adhering to local rules and safety measures. Do your research and see what opportunities are out there!

Please remember to support our small businesses. Many restaurants will be closing for a period of time,

but we can still support them by ordering takeout or delivery items.

If you are one of the small businesses affected by these closures, please visit [www.oesnews.com](http://www.oesnews.com) to see what assistance is available to you.

Lastly, let’s be sure to pray for our neighbors and our leaders. We all need to come together as a community. The United States is better than coronavirus. Together, we will get through this!

For the most up-to-date and accurate information, please visit the Centers for Disease Control and Prevention, the California Department of Public Health, the California Medical Association and the County of San Diego. You can also sign up to receive text messages from the County of San Diego in real time by texting “COSD COVID19” to 468-311. These are reliable sources for accurate and timely information on COVID-19 and whether it is in our community.

Thank you, and it is a privilege to serve as your Senator.

*Sincerely,*  
*Brian W. Jones*  
*State Senator, District 38*

Dear Editor,

Public health and safety are major concerns right now, prompting world governments to take drastic measures to keep people safe.

Since there is so much emphasis on personal safety today, why would a county government do something that will endanger the safety of an entire senior community?

The community I am referring to is Rancho Monserate Country Club, a manufactured home park community built in 1975, with Dulin Road being the only entrance or exit for the park just off Old Highway 395. This road is divided by a grassy median, which

is regularly used as a place for neighbors to visit and walk their dogs. This road currently leads to a dead end, but is planned to soon be the only entrance to a large public park with traffic going to ball fields, picnic areas and other amenities.

The senior residents of the Rancho Monserate community must cross Dulin Road to access any of their community activities: the pool, tennis courts, clubhouse and golf course and the most common form of community transportation are personal golf carts. In addition to community golf cart traffic, whenever driving a personal auto to enter or exit

the community, residents of Rancho must also use Dulin Road. Residents know they must watch out for each other to keep the community a quiet safe place for seniors to live.

However, our county government refuses to see that a safer park entrance would be from Highway 76. This entrance would not threaten the safety of the entire Rancho Monserate community.

I am urging the county to consider our personal safety and stop the plan to use Dulin Road as an entrance to a public park.

*Sincerely,*  
*BeBe McKee*

Do we permit a virus to destroy our economy?

**Dr. James D. Veltmeyer**  
*Special to Village News*

America is shutting down. Restaurants and bars are closing. Businesses are reducing hours. People are being laid off. Unemployment may reach Great Depression highs. Store shelves are empty. People are hoarding. The stock market has collapsed. In the short span of just a few weeks, we have descended from a high-flying economy – the envy of the world – into the abyss. We now have a small taste of what it feels like to live in a socialist nation or how things might look if Sen. Bernie Sanders becomes president.

Why has this happened? How could it happen? How could the greatest and strongest republic in the history of the world be brought to its knees by a virus that has so far infected a tiny fraction of the number of people who are sickened by influenza annually? Every year, 50,000 Americans die due to the flu or complications related to it, especially pneumonia. That’s almost 4,000 people per week during a typical 13-week flu season. The total number of Americans who have died in the four weeks since COVID-19 became a serious public health issue: about 115 or 29 per week.

Anyone old enough to recall the tragedy of polio during the 1930s, 1940s and 1950s before the Salk vaccine can relate stories of perfectly healthy individuals, including children, waking up one morning and being unable to walk, think of former President Franklin Delano Roosevelt at Campobello. Many recovered. Some did not.

Are we overreacting? Will tanking the U.S. economy, throwing millions of Americans out of work and bankrupting entire industries cure the virus? Will destroying our economy make it any easier for hospitals to respond to the critically-ill? Will denying people paychecks and quarantining individuals in their homes help advance the cause of new antiviral drugs or a vaccine? Of course not.

Certainly, social distancing and “shelter-at-home” orders might slow the spread of the disease, but at what cost? At the cost of people being unable to feed their families or pay the rent because they can’t go to work? Do we kill the patient

to cure the disease?

Let’s get real. More than 80% of the people afflicted with COVID-19 will recover at home with rest, hydration and over-the-counter medications like Tylenol, many within a matter of days.

Many healthy adults won’t even know they have it, which raises the question, if it is so serious how come so many people will be asymptomatic? It is true that for a small percentage of adults – mostly over 65 with underlying health conditions or compromised immune systems – the risk of complications, even death, rises. Why aren’t we doing more to isolate the most vulnerable population in our society – our seniors – instead of those at very low risk of either infection or serious illness?

We cannot be a nation under martial law. We are a free people. We are a free nation. Forcing people to close their businesses

and stay at home indefinitely is un-American and will capsize our nation, dragging down the global economy with it. Wiping out the retirement savings of tens of millions through panic on Wall Street is un-American.

Again, folks, let’s get real. Too much damage has already been done and we need to step forward to mitigate any additional damage to people’s lives and livelihoods.

Instead of mass quarantines, let’s address the most critical issue involved in this crisis: having enough staff and resources in our local hospitals to treat those small numbers of individuals who will require life-saving intervention as a result of COVID-19.

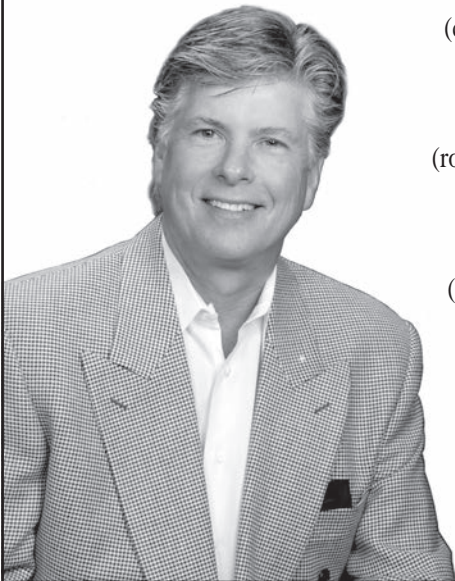
It is beyond belief that a nation that won two World Wars and conquered space cannot produce enough hospital beds and ventilators to deal with any

*see VELTMAYER, page B-9*

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HEATLTH from page B-3

Fentanyl Epidemic: First responders discuss seriousness of the problem

Jeff Pack  
Staff Writer

First responders know better than anyone the threat that fentanyl poses to the public. From law enforcement like the Riverside County Sheriff’s Department to the Cal Fire Riverside County Fire Department paramedics tasked with trying to save the lives of people who have overdosed on the drug, they mince no words.

“(The numbers of people dying from fentanyl) are staggering is what they are, they’re staggering,” Battalion Chief Gad Amith of the EMS Bureau of Cal Fire Riverside County Fire Department said. “It’s just scary. It scares me. If you haven’t done so, go to the CDC, go to the DEA, look at their website, they’ve got outstanding data that tells you the numbers much better than I can ever share with you globally. Particularly here in the U.S., the numbers are truly frightening.”

According to the U.S. Drug Enforcement Administration’s 2019 National Drug Threat Assessment report, “Fentanyl and other highly potent synthetic opioids – primarily sourced from China and Mexico – continue to be the most lethal category of illicit substances misused in the United States. Fentanyl continues to be sold as counterfeit prescription pills as traffickers – wittingly or unwittingly – are increasingly selling fentanyl to users both alone and as an adulterant, leading to rising fentanyl-involved deaths.”

The report indicated that the Centers for Disease Control and Prevention reported a 47% increase in synthetic opioid-involved deaths from 19,413 deaths in 2016 to 28,466 deaths in 2017. “Synthetic opioids were present in more drug-involved overdose deaths than any other illicit drug for the second consecutive year,” according to the report.

Last December, the San Diego County Medical Examiner’s office released statistics warning the public about a rise in fentanyl-related overdoses.

“Unintentional fentanyl overdose deaths in the San Diego region increased by 68% when comparing this year’s midyear data with the same period for 2018,” the report reads. “The Medical Examiner has continued to see more fentanyl accidental overdose deaths and the county is on track to exceed last year’s statistics.”

While overdose numbers caused in part, at least, by fentanyl are higher in the Midwest and eastern states, California’s rate is 1.2 to 2.6 people per 100,000 residents and rising. The problem is even troubling in states such as Ohio and West Virginia where the rate reaches the 20s.

“Riverside County, for the most part, continues to be predominantly a rural county and at its southern edge, we border both Imperial County in the desert and San Diego County in the west and those counties border the border of Mexico,” Amith said. “Whereas maybe 10, 15 years ago, the only place you can get illicit fentanyl was from China or from Mexico, today most of the fentanyl that arrives in the U.S. arrives from China and there are approximately 100 factories in China that are involved in production of raw materials and the various materials needed to produce fentanyl. So the fact of the matter is fentanyl has become readily available and for the most part, it’s at low cost at the street level for your typical drug user.”

The Drug Threat Assessment reported that the availability of fentanyl at California DEA field divisions has risen from 2017 to 2018 and there is no indication that its growth will slow down anytime soon.

“It’s more complicated than that, it isn’t just fentanyl, it’s opiates in general,” he said. “Heroin and Oxycontin are opiates that we encounter and in many times we don’t know what we’re encountering other than the symptoms. As I said, when you take a pill on the street and you ingest it and then you become unresponsive and you stop breathing, it’s going to be very difficult for anybody to tell you what you took other than the symptoms are always the same. And it’s subsequent blood tests in the hospital that confirmed that it was opiates.”

Amith said at the end of 2019, Cal Fire Riverside County Fire Department took more than 170,000 calls countywide.

“That is the huge number of calls that’s about, we average about 500 calls per day,” And this is at a time when we have, relatively speaking,

the same number of stations, the same number of firetrucks and our call volume is increasing exponentially. We’re trying to make ends meet and trying to keep up with the demand for service. There’s no doubt that opiate overdoses played a part in those responses.”

At the time of this interview, Amith was working on obtaining data pertaining to Riverside County cases involving fentanyl.

“I will qualify that by saying I don’t think there’s a day goes by that we don’t see it,” he said. “It’s very hard to associate demographics to it. We see it in Temecula and in Blythe and in Palm Desert and in Indio and in Beaumont and Coachella and Moreno Valley and Perris and Elsinore.

“The problem with fentanyl and opiates, in general, is that it transcends socially economical lines. It is not true to say that fentanyl is a street drug, not at all. Fentanyl can be seen in people’s homes. Some of them are affluent and well-off as well as our transient homeless population and everything in between. There are no boundaries.

“Nobody’s immune from it. I don’t think there’s a state in the nation or community in the nation that can claim that they’re immune from this because nobody is. It transcends any demographic bank boundaries or social demographic boundaries. That’s because of the relatively low cost and the ease of being able to get it. And it’s really sinister in that respect.”

Amith reiterated that from where he sits, the epidemic is affecting people from all walks of life and said it’s foolish to place the blame on any segment of the population.

“Homeless people are not the problem that’s causing fentanyl dissemination and addiction and an epidemic of use in no way, shape or form,” he said. “I live in the city of Indio and we have a very large transient population there and the homeless population. Although Indio has got some beautiful neighborhoods and very opulent enrich neighborhoods in the United States, it also has some of the poorest neighborhoods anywhere in Riverside County. And I can tell you lots of homeless people downtown, particularly the next to the railroad tracks, but they’re not to be blamed for the opiate epidemic in no way, shape or form. Those that choose to do so are simply blind to what is occurring out there.”

He continued.

“Even if you try to dissect it through ethnicity and racial lines, it affects African Americans and Asians and Hispanics and Caucasians and Samoans and Pacific Islanders. Whether you’re Jewish or Muslim or Sikh or Christian or Lutheran or Southern Baptist, it makes no difference.”

Amith said all Cal Fire Riverside County Fire Department are trained consistently on dealing with the threats associated with treating overdose cases.

“They all practice it all the time,” he said. “And they understand that it’s done to protect their lives. This is not a joke. Whether you come across a homeless person on the street corner or you’re in somebody’s \$2 million home, the end result may be very much the same.

“A lot of their training involves the use of personal protective equipment or PPE, which they’re required to wear on every call period for medical assistance. They wear protective gloves, medical gloves that will protect them from having direct skin contact. And in addition to that, they are trained in the recognition of overdoses and opiates.

“In addition to that there are those types of calls where if our personnel encounter large quantities of unknown powders or substances that they have any inkling or suspicion that that may be fentanyl, it may rise to the level where we may have to call in the Hazardous Materials Team to identify the product and we do so jointly with the Riverside County Sheriff’s department. And then the handling of that product, particularly in large quantities, has to be done very, very carefully.”

As we reported in previous stories in this series, Riverside County Sheriff’s Department’s Temecula Station issued a special bulletin pertaining to counterfeit pill-related overdoses and deaths in Riverside County.

The warning came on the heels of the deaths of four young adults in or from the city of Temecula a month earlier involving a drug called fentanyl, a drug many, many times



Cal Fire Riverside County firefighter/paramedic Dustin Brown shows a syringe of Narcan at Wolf Creek Station 92 in Temecula. First responders use Narcan to quickly reverse the effects of a patient experiencing an opioid overdose.



Cal Fire Riverside County firefighters Dustin Brown and Victoria Rochat of Wolf Creek Station 92 in Temecula restock a kit of meds and supplies used to resuscitate and treat a patient experiencing an opioid overdose.



First responders use oropharyngeal airway devices to aid in opening a patient’s airway who may be experiencing an opioid overdose. Intubation may be needed at the scene as one of the critical effects of an opioid overdose is respiratory depression.

more potent than morphine.

“Mexican drug cartels are manufacturing mass quantities of counterfeit prescription pills containing fentanyl, a dangerous synthetic opioid that is lethal in minute doses, for distribution throughout North America,” the bulletin reads, adding there has been an “alarming number” of overdose incidents involving counterfeit “Percocet” and “Oxycodone” pills.

“A number of overdoses resulted in the unfortunate death of the individual,” it reads. “Multiple overdoses have already occurred in the Temecula Valley.”

Temecula’s newly-appointed chief of police, Capt. Zach Hall, reiterated the threat for this story.

“Fentanyl is very dangerous,” he said. “Taking an unknown-origin pill can be fatal as there is no way to know whether it is a legitimately manufactured pill or a counterfeit made with fentanyl. It is equally dangerous to use legitimately manufactured pills other than prescribed.

“You should not take medication which is not prescribed to you and ensure you procure your prescription medications through legitimate traditional means, i.e., pharmacy, doctor’s office or hospital. No opiate-based medications are legally sold

via the internet and you should not use medication purchased on the street.”

Hall said all deputies have been trained specifically in dealing with calls that could possibly involve fentanyl. He said the majority of Temecula deputies have enhanced personal protection equipment are carrying Narcan and have been trained to administer it.

“Our residents need to understand the items they purchase on the street are unregulated,” Hall said. “This means prescription pills are likely fake or labeled incorrectly. This applies to consumable products as well such as food, tobacco, vape oils and marijuana. These items could also be counterfeit, contaminated or laced with something dangerous.”

Amith agreed.

“They’re cutting (fentanyl) into a variety of pills that are even nameless that have all kinds of illicit street names,” he said. “The bottom line, you as the end-user, when you buy at a street corner or you buy it at your local school or you buy it from a friend, you don’t really know what you’re getting, and the danger is severe.”

Amith also warned of another drug that he said is just beginning to hit the United States that is truly frightening.

“It’s called carfentanil,” he said. “Carfentanil is a drug that’s been used in veterinary medicine for many years to put down large games, specifically elephants, lions, giraffes, rhinos. And this particular drug is 10,000 times more potent and he takes a very minute amount of it. Even carfentanil has found its way toward illicit drug use. And there have been quite a few fatalities, particularly in the Midwest.

“It doesn’t take somebody with a lot of know-how to be able to change a substance by either putting it through a chemical process or changing or adding another molecule and change something into something else. And that can become catastrophic from a public health point of view.

“There are YouTube videos that will show you how to do this. That’s how bad it is.”

*Editor’s note: This is the third in a series of stories pertaining to fentanyl and the fatal risks associated with the drug and its effects on the community. Valley News will be speaking to people on the front lines of this epidemic.*

Jeff Pack can be reached by email at [jpack@reedermmedia.com](mailto:jpack@reedermmedia.com).



# Silvergate provides protected home, peace of mind for seniors

FALLBROOK – For seniors living at home right now, the uncertainty of a state-imposed stay-at-home order can be a lonely and frightening event. Before the coronavirus, many seniors in the close-knit community of Fallbrook had family members and friends nearby who were able to drop in to say hello, visit for dinner, or drive them to the pharmacy to pick up prescriptions.

Seniors themselves could go out to dinner with friends to restaurants that were open. Now, with today’s social distancing restrictions in place, some may be struggling to adapt to the sudden drop in access to community.

“We know there are seniors who are alone in their homes right now,” said Helen Gray, marketing director for Silvergate Fallbrook. “Families can’t necessarily get to their loved ones and that can put seniors in a precarious position. Just getting daily provisions and medications can be difficult for seniors who are housebound. We want to remind everyone that if they, or a loved one, are in need of a safer, more insulated living environment where meals and care are all readily available, they can reach out to us. We are just a phone call away with advice and a trusted, local senior living solution. As always, we’re here for you.”

Deemed an essential business under state and county regulations, Silvergate remains safely open and operating with vital personnel to meet the daily needs of its residents. Numerous precautions and CDC recommendations were quickly implemented over the last few weeks to help ensure a safer, healthy environment for its residents and to provide added peace of mind to their families.

Some of these added measures include: daily temperature screening of all residents and staff, restricted access by outside visitors, increased cleaning protocols, increased visitation by caregivers and education of residents and families about steps they can take on their own to stay safe.

For residents living at Silvergate Fallbrook, the imposed restrictions currently in place have certainly required some changes to their daily lives as well. However, given the self-contained, protective nature of a community like Silvergate, the adaptations being asked of seniors are much less disruptive and the strength of their internal community of friendships continues to shine through.

Residents still enjoy healthy, chef-prepared meals that take into consideration the unique nutritional needs of a senior population. Dining hours have transitioned into shifts and in-room delivery when requested to reduce the number of people gathering together at mealtime. They do continue to enjoy meals in safely organized, small group settings that allow for social interaction with friends where possible while still observing social distancing guidelines.

Although outside guests, including regular volunteers and entertainers, are currently restricted from entering the community, Silvergate’s dedicated staff have stepped in to assure that residents still have daily access to fun, healthy, engaging activities. Even residents have chipped in, whether it’s playing piano or helping deliver the mail. There’s a palpable sense of solidarity among everyone.

“As the world watches and waits daily for new information about COVID-19, it can be easy for seniors to feel overwhelmed, anxious, or confused by the rapid pace of changing events. Especially if they’re alone,” said Patricia Martinez, executive director at Silvergate Fallbrook. “Right now, we are focused on keeping life as normal, safe and healthy as possible at Silvergate. Some of our on-site activities have been modified, but our staff is so wonderful and creative in their approach. They continually try to make the best of this situation for our residents and the daily smiles that I see prove that it’s working.”

Increased communication with residents and their families has also been a critical component to keeping spirits high. The peace of mind knowing a loved one is healthy, active, and being well cared for is what many families desire most, especially in a time of such uncertainty.

“My mom has been coddled and cared for with such grace and love at Silvergate while this is whole thing is going on,” said Lance Bryson, whose mother currently resides at Silvergate. “We’ve been regularly informed of what the community is doing to keep her healthy and safe, and there’s no place I’d rather have her be than at Silvergate. They’re outstanding at what they do, and I feel so comforted knowing that they’re with her right now when I can’t be.”

Silvergate staff has even been working with residents and their families to help set up “virtual visits” via FaceTime and Skype. By leveraging today’s technology, many adult children are calling, emailing and video-chatting with their loved ones daily.

Life cautiously moves forward at Silvergate Fallbrook in as normal a fashion as possible in light of current circumstances. Friendships continue, families are connecting, and residents are receiving the care they need.

Now more than ever, a strong sense of community coupled with award-winning care makes Silvergate the right choice for seniors.

Anyone interested in learning more about how Silvergate Fallbrook can help you, or your loved one, can call Gray at (760) 728-8880 to arrange a private virtual tour of the community. Or visit [www.SilvergateRR.com](http://www.SilvergateRR.com).

Silvergate Fallbrook is located at 420 Elbrook Drive, Fallbrook.

*Submitted by Silvergate Fallbrook.*



Jean Bryson is a new resident at Silvergate Fallbrook. Village News/Courtesy photo

## ENTERTAINMENT

# Fallbrook Art Center names winning watercolors

FALLBROOK – In compliance with the County of San Diego COVID 19 standards, the Fallbrook Art Center closed the World of Watercolor show early, March 13 – it was scheduled to continue daily through April 18.

During the abbreviated run of this increasingly popular show, there were nine paintings sold and over 5,000 visitors, including students from local elementary schools and regional colleges.

Although the center is closed, art lovers can see all the paintings in the show as well as read about the juror and the show’s origins (the only show of its kind in the world) at [fallbrookartcenter.org](http://fallbrookartcenter.org) (on the homepage, just click on the ‘2020 SAWE Show Catalog’ button on the right). Anyone interested in purchasing a painting can call Mary Perhacs, executive director at 760-522-4025.

The World of Watercolor 2020 Awards were selected by Show Juror Mark Mehaffey, AWS(DF), NWS of Michigan:

**Best of Show:** Stephen Zhang,

Texas – ‘Stone Road’ \$2,500 Cash Award Courtesy of Show Sponsors

**First Place:** Dean Mitchell, Florida – ‘Hidden’ \$2,000 Cash Award Courtesy of Show Sponsors

**Second Place:** Ron Thurston, Pennsylvania – ‘Docksider’ \$1,500 Cash Award Courtesy of Show Sponsors

**Third Place:** Stephanie Goldman, California – ‘Euler’s Identity– The Most Beautiful Equation’ \$1,000 Cash Award Courtesy of Show Sponsors

**The Erickson Family Award** (\$600): Carla O’Connor, Washington – ‘Coverup’ Courtesy of Robin & Robert Erickson

**\$500 Cash Award:** Ingrid Albrecht, Illinois – ‘City Workin’?’ Courtesy of Diane & Paul Goldring Garrett

**\$500 Cash Award:** Karen Heidler, Florida – ‘Memories Like Butterflies’ Courtesy of Meline Giannini

**\$500 Cash Award:** Realism Denny Bond, Pennsylvania – ‘Just Beat It’ Courtesy of Mike Griffiths & Brian Darwin

**\$500 Cash Award:** Expressive Realism Bonnie Woods, California – ‘This Strange Affair’ Courtesy of Yoon & Angela Chang

**\$500 Cash Award:** Kathleen Giles, New York – ‘Meat and Potatoes Man’ Courtesy of Show Sponsors

**\$500 Cash Award:** Carol Thomason, California – ‘Communication 276, APPLE.COM’ Courtesy of Show Sponsors

**\$500 Cash Award:** Stan Kurth, Arizona – ‘Windowpane #36’ Courtesy of Show Sponsors

**\$500 Cash Award:** Pat Dews, Florida – ‘Canyon Flow’ Courtesy of Show Sponsors

**\$400 Merchandise Award:** John Salminen, Minnesota – ‘Rio Grande’ Courtesy of Mijello Co., Ltd.

**\$400 Merchandise Award:** Eileen Sudzina, Pennsylvania – ‘Amish Buggy’ Courtesy of Mijello Co., Ltd.

**\$200 Merchandise Award & \$50 Cash:** Bev Jozwiak, Washington – ‘Universal Canvas’ Courtesy of CaliforniaWatercolor.com & Anonymous

**\$200 Merchandise Award & \$50 Cash:** Elaine Daily Birnbaum, Wisconsin – ‘Dream Fragments’ Courtesy of CaliforniaWatercolor.com & Anonymous

**\$250 Cash Award:** Ken Goldman, California – ‘A Touch of Red (Serenity)’ Courtesy of Charles & Helen Tillotson

**\$250 Cash Award:** Realism Xi Guo, Florida – ‘Near Bloom’ Courtesy of John & Debbie Crawford

**The Jeanne Shanahan Memorial \$250 Cash Award:** Plein Air Keiko Tanabe, California – ‘Dining at Tate, London’ Courtesy of Monday Plein Air Painters

**\$250 Cash Award:** Chris Krupinski, Ohio – ‘After the Game’ Courtesy of Cafe des Artistes– Michael Calvanese, Proprietor

**\$250 Cash Award:** Ted Nuttall, Arizona – ‘Amanda’ Courtesy of Bob & Lesley Ibaven

**\$250 Cash Award:** Abstract Su Kown, California – ‘Relationship #3’ Courtesy of Norm & Marlene Rantanen

**\$250 Cash Award:** Matthew Bird, Maryland – ‘Punch Buggy Red’ Courtesy of Show Sponsors

**\$250 Cash Award:** Jeannie McGuire, Pennsylvania – ‘Vanish’ Courtesy of Show Sponsors



Dean Mitchell of Florida is the artist who created the first place winning ‘Hidden.

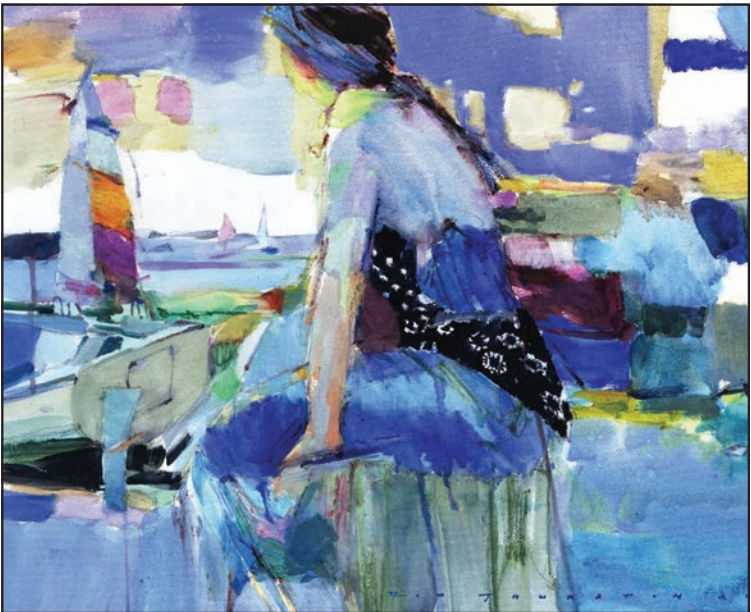


The Best of Show winner is the work of Stephen Zhang, with ‘Stone Road.’ Village News/Courtesy photo

The \$250 People’s Choice Award winner has not been determined.

“Thank you to our show sponsors, our committed members, volunteers, and patrons for making a show of this magnitude possible. As is most often the case in our wonderful town of Fallbrook, we dream big and ‘make it happen,’” Perhacs said.

*Submitted by Fallbrook Art Center.*



The second place winner is Ron Thurston of Pennsylvania for ‘Docksider.’ Village News/Courtesy photo



Registrant first commenced to transact business	Registrant first commenced to transact		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
		the name changes described above must file	association, or savings bank specified in section 5102 of the Financial Code and authorized to do
		objection is timely filed, the court may grant the	According To Map Thereof No. 1944, Filed In The Office Of The County Recorder Of San Diego In The Office Of The County Recorder Of San Diego County; Thence Along The North Line Of
Registrant first commenced to transact			Official Records. Also Excepting Therefrom That Portion Described In The Deed To Gustav A. Document No. 77-085050 Of Official Records. PARCEL 2: That Portion Of The Northeast
	Registrant first commenced to transact business	the name changes described above must file	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
Registrant first commenced to transact business		objection is timely filed, the court may grant the	Lot 16 Of Orleavo Heights Unit No. 1, According To Map Thereof No. 1944, Filed In The Office Of Vista, California, Recorded March 17, 1959 Under Document No. 52177 Of Official Records;
	Registrant first commenced to transact		Tenants, By Deed Recorded March 26, 1970 As Document No. 52707 Of Official Records. Of Utility Easements", Recorded December 24, 1969 As Instrument No. 233752 Of Official
			advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust
Registrant first commenced to transact	the name changes described above must file	objection is timely filed, the court may grant the	size of outstanding liens that may exist on this property by contacting the county recorder's office
	objection is timely filed, the court may grant the		shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary,
Registrant first commenced to transact business			visit the website below using the file number assigned to this case. Information about may not immediately be reflected on the Internet Web site. The best way to verify postponement at: http://www.firstam.com/title/commercial/foreclosure/ DATE: 3/6/20 First American Title
			state or federal savings and loan association, savings association, or savings bank specified in
		the name changes described above must file	Official Records of San Diego County, CA. Date of Sale: 05/08/2020 at 9:00 AM Place of Sale:
		objection is timely filed, the court may grant the	by sending a written request to the beneficiary within 10 days of the date of first publication
Registrant first commenced to transact business			Section 2923.5(b)/2923.55(c) were fulfilled when the Notice of Default was recorded. NOTICE
			size of outstanding liens that may exist on this property by contacting the county recorder's office
			shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary,
			may call or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to that occur close in time to the scheduled sale may not immediately be reflected in the telephone



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

**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 "1"**, 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 "1":** 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

## VELTMAYER

from page B-5

potential flood of patients. The president's decision to invoke the Defense Production Act to greatly boost needed medical supplies makes sense as does his action to permit doctors to work across state lines. Let's focus on the supply side of this crisis by ensuring enough medical staffing and hospital facilities to meet anticipated needs while isolating our most vulnerable populations. Otherwise, let's get America back to work.

To address the enormous damage that has been inflicted on the U.S. economy already through

this pandemic of panic, let's help those who may be losing jobs or paychecks. We don't need to have the Federal Reserve engage in an orgy of money-printing to benefit the big banks, which amounts to little more than food stamps for the rich. We don't need to punish savers by embarking on zero or negative interest rates. Let's do what Germany did during the crash of 2008, help businesses meet their payrolls for workers suffering reduced hours during this crisis. Extend unemployment benefits as we have often done during recessions.

Suspend estimated tax payments for businesses for the rest of the year as well as enact a payroll tax holiday. Call in the big banks and

tell them to suspend mortgage payments for the rest of the year. They can afford it. We bailed them out a dozen years ago to the tune of \$850 billion and they are getting free cash every day from the Fed. It's time Wells Fargo, Bank of America and Chase gave something back to their country.

Yes, we can end this crisis and we can do it soon. However, it will only get worse with permanent, long-term consequences far beyond a cough and fever if we don't ratchet down the hysteria and get our economy back on its feet now. "Flattening the curve" cannot occur at the cost of flattening our nation.

*Dr. James Veltmeyer is a prominent La Jolla physician voted "Top Doctor" in San Diego County in 2012, 2014, 2016, 2017 and 2019. Veltmeyer can be reached at dr.jamesveltmeier@yahoo.com.*

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

ATTEST:

Secretary, Board of Directors

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

## OBITUARIES

**Berta Holzinger**, 97, died March 2, 2020. Born March 22, 1922, in Landshut, Germany, she immigrated to the U.S. in 1952 and settled in Los Angeles. She moved to Fallbrook in 1998 which she truly loved.

She is survived by daughter Linda and her husband Pete Hagen of Fallbrook, son Walter Holzinger and his wife Ofelia of Northridge; grandchildren Jeremy Hagen, Karissa Nettleton, Robert and Erika Holzinger.

We love you Oma.



**Craig E. Delphey**, age 74, died March 2, 2020, after a battle with various health issues. He was born May 21, 1945, in Pasadena, grew up in Fallbrook and graduated with a doctorate in chemistry from Oregon State University.

For the past 40 years, he has resided in the Woodinville, Washington, area and owned and operated a successful testing laboratory in nearby Redmond.

Craig's funny sense of humor

and easygoing nature made him well-loved by family, friends and the many colleagues he formed close bonds with through the years.

Craig enjoyed the outdoors and had many hobbies, including a love of gardening – tomatoes were a passion – rock and mineral-hounding, birdwatching, wildflower hunting, hiking in the Cascades, watching Seattle Mariners and Seahawks games and participating in annual trips with the American Penstemon Society and the North American Rock Garden Society.

He leaves behind his two daughters, Jennifer and Stephanie South (Bill) and brothers Grant and Reid. Contributions can be made in his name to: Oregon State University, [www.osufoundation.org/s/359/foundation/start.aspx?gid=34&pgid=61](http://www.osufoundation.org/s/359/foundation/start.aspx?gid=34&pgid=61); Frontotemporal Degeneration, [www.theaftd.org/support-aftds-mission](http://www.theaftd.org/support-aftds-mission), or North American Rock Garden Society, [www.nargs.org/product/donation](http://www.nargs.org/product/donation).

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# Helping seniors stay safe at home through the COVID-19 crisis

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# Arbor Day is a celebration of trees



Native sycamore trees need space but are majestic large trees in the right setting. Village News/Roger Boddaert photos

**Roger Boddaert**  
*Special to Village News*

Julius Sterling Morton was a man with a mission and a vision of helping the Earth with the planting of forest and fruit trees back in 1872.

Morton proposed the nation's first tree-planting holiday in Nebraska, and a century later, the Arbor Day Foundation was founded. For more than a century, the National Arbor Day holiday continued to embody tree plantings as it was launched to bring the spirit of stewardship to the forefront. Arbor Day is celebrated March 28, with different dates in different states pending planting zones.

The foundation has grown and evolved in the past years, but the mission remains the same. The goal is to inspire people to plant, nurture and celebrate trees for the Earth and humankind. And with the global issues that we face today, this work of planting trees is more critical than ever.

Policies and practices to protect our air, water and natural resources have been successful in celebrating and building upon Morton's vision. The Arbor Day Foundation has done its part through its many forms of conservation, urban forestry and citizens engagements like what has been done with the miraculous greening of our town through the aid of the Fallbrook Land Conservancy and the Save Our Forest group.

With the evolution of the Earth over millions of years, our planet has supported trees and the related bio-diverse vegetation. Through the millennia, the Earth has changed climates, gone through glacial dynamics, created rainforests, desert lands and grassy savannas.

Yet, trees have evolved and changed and they have adapted over time to all the challenges that the Earth has thrown at them.

Here in California, we have some of the tallest trees in the world with the mighty coastal redwood sequoia sempervirens, to the massive by volume sequoiadendron gigantea and then over the Sierra mountains to some of the oldest living bristlecone pines pinus logavea on the globe. That's only about 200 miles how the birds fly from the coastal region to the White Mountains above Death Valley, all within California.

Just think how entire civilizations have been built with the use of trees, and empires have risen from the timber forest around the globe.

Forests around the Earth have built towns and villages, and helped in the creation of products that we use every day in our lives. The paper you read now is from trees; trees give us food of all types, like macadamia, avocados,

peaches, oranges, walnuts and more. The cork on top of a wine bottle is from the bark of a cork oak tree, Quercus suber from the Mediterranean region of Spain and Portugal.

Trees have laid the wooden railroad ties below the tracks that trains steamed across in the building of our nation.

The wood from trees fueled the locomotives that crossed our country in its construction and the pioneering of the west. The telephone poles supported the transmission of messages from one side of the country to the other as the pony express came to its ending.

Trees have built our homes, and keep the hearth warm through winter.

Abraham Lincoln was born in a simple wooden log cabin out in the forests and later became the president of our country

Tree timbers have been used to span the rivers with bridges.

They have sheltered us from the elements and built the table and chairs we sit on daily. The maple syrup upon our pancakes is harvested from the sap of trees. The bark, roots and leaves of various trees have given man medicines of all types and have cured many illnesses and are still used in herbal practices today.

The Hotel Del Coronado in San Diego was built entirely from redwood logs that were shipped down in wooden sailing ships from the northern California coast. An entire timber mill was built on Coronado to make all the assorted sizes of lumber used in the construction of that iconic hotel that still stands more than a century later.

Trees have formed entire woodlands around the globe. An oak forest can support over 300 different flora and fauna species living in harmony with one another, making up an entire ecosystem.

From toothpicks and cradles to coffins, trees are one of nature's most used natural commodities on the face of the Earth.

Trees shade and cool our homes, and they are a seasonal time-clock showing springtime blossoms, summer fruits and the colorful foliage of autumn. But the world's climate is changing, and trees are under pressure to try and adapt to all the unique global environmental forces that face them.

Trees are susceptible to a plethora of bugs, diseases, droughts, and men who are slash-cutting and burning the Amazon rainforests.

The entire Amazon delta and forests are the lungs of our planet and help in the air that we breathe and today are challenged by deforestation to raise crops



This is a flowering spring peach tree that will give lots of fresh peaches this summer.



If this old oak tree could talk, she would weave many tales of yesteryears.



A flowering coral tree brightens the winter sky.

and cattle. When these forests are lost, the entire balance of nature is changed, and ecological devastation occurs. Many species will be lost forever.

Our forests are threatened by drought and invasive bugs that come into the picture. When these giant forests fail and die, they become enormous furnaces for wildfires. Just recall what happened in Australia recently.

Trees age and become old just like you and I and have various lifespans. When faced with all the external factors of the day, trees need replacing on the Earth.

The tree movements and tree restorations are happening in

grand scales today around the world, to help in the healing of the Earth and climate change. You can be part of planting trees around your home, in parks, forests and community urban tree planting. We are the hope, and you can be a significant part of the solution. Let not the history books in the future say that our generation did not do its role in the healing of our home called Earth.

If you can't plant trees, look at the trees around your home and make sure they are in good health. Regular stewardship and care for trees are just as important as planting them. With all the rains we are having, the soils can

become soft and massive canopy trees need to be checked for safety.

There would be no life without trees and it's OK to hug a tree and give thanks for all that they give us. Get your kids and grandkids to understand the importance of trees and the great outdoors, so they can get a dose of vitamin N for nature, according to the author Richard Louv. And we must keep in mind that there is no planet B.

He who plants trees believes in all the tomorrows to come.

*Roger Boddaert is a certified I.S.A. arborist and can help your trees and landscapes in their care and stewardship, (760) 728-4297.*



# REAL ESTATE AND HOME & GARDEN

## California Pool and Spa Association issues precautions for pool and spa owners during COVID-19 outbreak

SACRAMENTO – While the Centers for Disease Control and Prevention’s recently informed the public that there is no evidence the coronavirus is transmittable in water, the California Pools and Spa Association has issued precautions for both commercial and residential swimming pool and spa owners out of an abundance of caution and to maintain proper pool and spa functionality.

“Although there is no indication that COVID-19 can be spread to humans by using pools and hot tubs, proper operation, maintenance and disinfection, such as using chlorine and bromine, of pools and hot tubs should remove or inactivate the virus that causes COVID-19,” John Norwood, director of government relations with CPSA, said.

As an additional precaution in light of COVID-19 efforts, CPSA issued an alert to its members as well as swimming pool and spa owners to remind them that regular maintenance is required to preserve the proper chemical balance of pool water and prevent waterborne diseases and illnesses such as the West Nile virus, legionella, cryptosporidium, giardia and other recreational water illnesses.

“It is critical that swimming pools and spas operated by hotels, motels, resorts, water parks, schools and fitness facilities continue to be properly serviced and maintained, especially during times of closure or reduction in staff. The same is true for the weekly servicing of residential pools,” Norwood said.

Numerous local entities have either enacted “shelter in place” ordinances or are in the process of adopting similar measures to reduce the spread of the virus. However, these ordinances contain provisions for swimming pool maintenance professionals to leave their residences to perform essential services, including to deliver products and services necessary to maintain sanitation such as the operation of residential and commercial pools and spas. Fortunately, maintenance of recreational waters can be accomplished while adhering to social distancing protocols.

For more information is available through <https://thecpsa.org/> or on [www.cdc.gov/coronavirus/2019-ncov/php/water.html](http://www.cdc.gov/coronavirus/2019-ncov/php/water.html).

*Submitted by California Pools and Spa Association.*



## NFPA and State Farm encourage communities to participate in safety activities during Wildfire Community Preparedness Day

In the last two years, wildfires have claimed more than 100 lives and cost more than \$25 billion in property losses. The National Fire Protection Association and State Farm are helping communities take steps toward safety with their national Wildfire Community Preparedness Day event Saturday, May 2.

Preparedness Day plays an important role in helping to raise awareness of wildfire risk and provides a platform to share information and offer guidance to residents as they make changes to improve the survival of their homes and neighborhoods. Thanks to support from State Farm, 150 communities across 26 states will receive project funding awards of \$500 each to support activities on Preparedness Day aimed at reducing potential loss of life, property and natural resources to wildfire. Locally, Jim Weaver of Valley Center, Dorothy Roth of Fallbrook and John Groth of Julian received grants for Preparedness Day activities.

“Since NFPA and State Farm first partnered together on Preparedness Day, the number of projects has grown tremendously. We are pleased to provide 150 communities with a grant to fund their wildfire risk reduction activities on May 2,” Vickie Hodges, P&C underwriting analyst for State Farm, said. “For State Farm, the largest home insurer in the U.S., it is important to us to take a leadership role in helping homeowners stay safe and better protect their property.”

Over the last few years, wildfire events have made the need for Preparedness Day more important than ever before. In 2018, nearly all of the \$13 billion in property damage and losses from large fire incidents in the U.S. was due to just six wildfires. As annual federal spending for wildfire management has gone from roughly \$1 billion per year in the mid-1990’s to close to \$4 billion per year today, the average annual area burned from wildfires has jumped from about 2 million to 8 million acres over the same period.

“Since our initial launch of Preparedness Day in 2013, participation in the campaign has grown,” Lorraine Carli, NFPA vice president of outreach and advocacy, said. “Taking action on Preparedness Day can help make a difference in the survival of home and neighborhoods. We are inspired by all of the great work these communities are doing to reduce their risk.”

There is still time to make homes and communities safer from wildfire. NFPA and State Farm encourage people to get involved by planning a project and participating May 2. Plan a project with the help of NFPA’s free Wildfire Community Preparedness Day Toolkit.

For more information about national Wildfire Community Preparedness Day including videos and tip sheets, visit [www.wildfireprepareday.org](http://www.wildfireprepareday.org).

For more information, visit [www.statefarm.com](http://www.statefarm.com).

For more information visit [www.nfpa.org](http://www.nfpa.org). All NFPA codes and standards can be viewed online for free at [www.nfpa.org/freeaccess](http://www.nfpa.org/freeaccess).

*Submitted by National Fire Protection Association.*

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**Pool service is an essential job and  
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sanitized to keep water safe.**

*“Numerous local entities have either enacted “shelter in place” ordinances or are in the process of adopting similar measures to reduce the spread of the virus. However, these ordinances contain provisions for swimming pools maintenance professionals to leave their residences to perform essential services, including to deliver products and services necessary to maintain sanitation, such as the operation of residential and commercial pools and spas. Fortunately, maintenance of recreational waters can be accomplished while adhering to social distance protocols.”*

*– CPSA (California Pool & Spa Association)  
Press Release, March 18, 2020*

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## SDG&E postpones all noncritical planned outages as part of its COVID-19 response

SAN DIEGO – With the COVID-19 pandemic causing significant impact on the economy and people’s livelihoods, San Diego Gas and Electric announced that it is postponing all noncritical planned outages, while continuing with those related to public safety, emergencies and wildfire mitigation.

During this challenging time, SDG&E is committed to doing everything it can to minimize customer disruptions.

The new planned outage policy will stay in place until further notice. The company will proactively communicate with impacted customers via phone and text messages where a planned outage must move forward for public safety, emergencies or wildfire mitigation.

The announcement adds to the list of actions taken by SDG&E to support the community recently, including: suspending service disconnections due to nonpayment; waiving late payment fees for business customers and residential customers do not have to pay late fees and offering flexible payment plans for customers struggling to pay their bill.

The company donated \$1 million in shareholder funds to help launch the San Diego COVID-19 Community Response Fund, [www.sdfoundation.org/covid19](http://www.sdfoundation.org/covid19), to support food security, rental and utility assistance and income or gap funding as well.

As the COVID-19 pandemic is rapidly evolving, check [www.sdge.com](http://www.sdge.com) for ongoing updates.

SDG&E is an innovative San Diego-based energy company that provides clean, safe and reliable energy to better the lives of the people it serves in San Diego and southern Orange counties. The company is committed to creating a sustainable future by providing its electricity from renewable sources; modernizing natural gas pipelines; accelerating the adoption of electric vehicles; supporting numerous nonprofit partners and investing in innovative technologies to ensure the reliable operation of the region’s infrastructure for generations to come. SDG&E is a subsidiary of Sempra Energy. For more information, visit [www.SDGnews.com](http://www.SDGnews.com) or connect with SDG&E on Twitter, Instagram and Facebook.

*Submitted by San Diego Gas and Electric.*

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# How to help locally with coronavirus preparations

**Paul Krupin**  
*Special to the Village News*

Coronavirus concerns are on everyone’s mind. One of the most important questions that looms large is how people can help each other. How can they make a difference?

Many people have a robust front-line support system who they can rely on for help and who they can provide assistance to. This system includes families, friends, neighbors, the clubs and religious groups they participate in and local community organizations.

However, there are other people who do not have a support network and who will need help during the coming times. Identifying those who need help and getting them the right help will be particularly important.

Here are some ideas on what residents can do to help.

**Organize local support groups.**

Start local. Get a notebook and start taking notes. Create a local neighborhood support circle or network and write down the names of people, their addresses, how many people live in the residence, phone numbers, email and social media. If they don’t want to provide the information, it’s OK but keep tabs on them.

**Speed up preparations while people are healthy.**

Call on seniors, people who live alone, families with elderly or small children or people with learning or physical disabilities. Exchange contact information and ask them how they are doing and what they need.

Pay attention and stay aware of people’s situation. Ask people if they want to help and how they prefer to communicate.

Form small teams and share

skills, capabilities and resources that are in short supply with other teams.

**Adopt a neighbor.**

Look for vulnerable people. Check on people regularly. Stay aware of their situation. Ask them if anything has changed. Ask them what they need.

Check on people in their homes. Help them with everyday tasks that are beyond their capabilities. Let others know what they’ve learned. Think about the people close to home, on the block and in the neighborhood.

Make contact now especially with people who are in a high-risk category, may be in need and do not have a healthy caregiver. Know how many people are there and what their situation is. Offer to assist with normal day to day tasks that become difficult if someone gets sick. Like moving garbage pails to the curb and grabbing the mail.

It need not be complex care. It will be helpful to pair people up and create a buddy system. Consider cooking extra food and bringing precooked meals for families in which everyone or the main caregivers are sick. Practice doorway and porch delivery.

**Volunteer.**

Local community organizations, businesses and care organizations are heightening their capabilities to serve the public safely. There are organizations that provide support to the elderly and those with disabilities, to the homeless, to young people, as well as those with anxiety and mental illnesses, who have disabilities, learning difficulties or a number of other issues. There are businesses and facilities that offer support for sickness, recovery and rehabilitation.

Reach out and link with these organizations. Go visit and ask the food banks, retirement homes, children’s, women’s and veterans living centers and find out what they are doing and what they need.

Many organizations are looking for volunteers, especially students and young people, to help provide additional capabilities over the next four to six months.

If the staff gets sick, many businesses and care companies in particular will be actively seeking people to take the place of care workers.

Healthy people can send them an email, contact them through their websites or social media pages or call them and offer them help. They can let the organization know what sort of skills they have or capabilities they can provide.

**Donate to the food banks, homes, shelters.**

There are several food banks in the area. They will accept canned goods and unopened packaged goods not yet expired. They will also welcome financial donations and put them to good work.

If people have extra supplies at home consider building a care package. Things in short supply include: hand sanitizer, disinfectant wipes, soaps, rags, tissues, paper towels, toilet paper, sponges, mops, plastic or latex gloves, buckets, soaps, laundry detergent, disinfectant aspirin, Tylenol and immune system supplements.

If they have extra new bottles of cold medicines, these will also be provided to those in need.

Look in the phone book or on organization websites to see the best way to donate or contact them to get involved.

Some of the organizations are instituting procedures for remote drop off donations and drive

through pickup of care packages. Pay attention to new procedures to reduce the risk of face to face exposure.

**Get involved in local organizations and networks.**

If people are a member and participate in an existing organization or social network, get involved.

Many organizations have donate/volunteer or care package request buttons to their website and social media pages.

People should do what they can and work with their organization’s leaders and team coordinators to identify their skills and make themselves available.

**Take on home deliveries or store pickups.**

Most of the major local grocery stores and chains in offer online shopping with both in-store pick up and home delivery options. InstaCart, [www.Instacart.com](http://www.Instacart.com), and Rosie, [www.RosieApp.com](http://www.RosieApp.com), have websites that can be searched by location to identify the participating stores in the local area.

If people know of a home-bound, less capable, self-quarantined person or family member, volunteer to go and pick up their purchases and deliver it to them. Use a phone to make porch and doorway deliveries to reduce the risk of face to face exposure.

**Deep clean and disinfection everywhere.**

Businesses should study their workplaces in detail and shut down all common free food sharing locations. At least temporarily, shut down popcorn machines, coffee service, doughnuts, cookies, candy – anything that people can touch and contaminate.

As an extra precaution, clean

anything that people can touch frequently. Disinfect often-touched surfaces such as counters, chairs, phones, door handles, keypads, TV remote controls, kitchen and stovetops, desks and restroom surfaces, etc.

Place a spray bottle and disposable paper wipes with disinfectant in the car. If people are out and about, they can wear gloves and wash commonly touched surfaces such as doorbells, door handles, railings before and after they touch them.

Get in this habit: Clean. Touch. Clean Again. Everything. Everywhere. Every time. Everyone. If something is touched, leave it cleaner than before it was touched. If everyone gives this level of care, they can make a difference.

Bag anything that is used for disinfection in a plastic bag and dispose of it carefully so no one else can come in contact with it.

**Get outside.**

Event and school cancellations and travel restrictions are going to drive people inside. One of the best ways to destress and increase social distancing is to get outside.

So bundle up and head to the park. Take a walk. Go for a hike.

Paul Krupin is a retired environmental specialist and attorney with 27 years of experience with numerous federal government agencies and another 20 years in industry. He was trained as an emergency medical technician, nuclear emergency management team member, wilderness first aid responder and was a county civil defense director in Idaho. He writes a weekly outdoor, lifestyle and environment column for the Tri-City Herald in Kennewick Washington, owned by McClatchy. He can be reached at [pjkrupin@gmail.com](mailto:pjkrupin@gmail.com).

# TAC recommends recertification of Brooke Road speed limit

**Joe Naiman**  
*Village News Reporter*

The county’s Traffic Advisory Committee has recommended that the 45-mph speed limit on Brooke Road be recertified for radar enforcement.

The March 13 TAC recommendation sends the recertification to the San Diego County Board of Supervisors, who are scheduled to review the speed limit June 24.

“The committee was comfortable with the measured speed and recertification,” TAC secretary Kenton Jones said.

In order for a speed limit to be enforceable by radar, a speed survey must show that the speed limit is within an adjacent 5 mph increment to the 85th percentile speed. Periodic recertification, including a supporting speed survey, is required for continued radar enforcement and the county’s Department of Public Works or a DPW contractor typically conducts

speed surveys every seven years. The speed limit may be rounded either up or down from the 85th percentile speed. The speed limit may also be rounded down an additional 5 mph if findings are made that the road has conditions which would not be apparent to a motorist unfamiliar with the road.

Brooke Road covers about two-thirds of a mile between Winter Haven Road and Stage Coach Lane. The two-lane through highway has a travel width of 24 feet and a road bed of 28 feet. Double yellow centerline striping designates that passing is prohibited while the road also has white edge line striping. Tractor advisory signs and intersection advisory signs are posted near the southern end of the roadway. Brooke Road is not classified in the mobility element of the county’s general plan.

Brooke Road south of Stage Coach Lane had an estimated two-way average daily traffic volume of 5,400 vehicles. The two-way traffic count in 2013 when the

street was last recertified for radar enforcement was 2,800 vehicles. The average daily volumes at that location were 3,380 vehicles in November 2004 and 4,130 vehicles in May 1999.

Eight collisions along Brooke Road were reported during the 36-month period from Oct. 1, 2016, to Sept. 30, 2019. Three of those collisions resulted in injury. The road’s collision rate of 2.00 per million vehicle miles exceeds the statewide average of 1.19 for similar suburban conventional two-lane roads with speed limits between 45 mph and 55 mph.

The speed survey for Brooke Road was taken 70 feet north of Rancho Mia. In 2006, the 85th percentile speed was 49.9 mph with 64.9% of the drivers within a 10-mph pace of 39-48 mph. The 201 motorists in the May 21, 2013, speed survey had an 85th percentile of 49.1 mph with 67.6% of drivers within a 40-49 mph pace.

The most recent speed survey was taken Feb. 20, 2020, between

9:30 a.m. and 11 a.m. and measured the speeds of 116 drivers. The 85th percentile was 49.5 mph with 70% of drivers within a 40-49 mph pace. The most common speeds were 40 mph and 42 mph with 12 drivers apiece, 43 mph with 11 drivers and 48 mph with nine drivers.

Two motorists who crossed the survey point at 35 mph were the slowest while the fastest driver was traveling at 56 mph.

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*

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DRE #01904564

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Call Patrick Marelly  
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# A good time to build healthy relationships

**Jennifer Youngren**  
*Youngren Construction, Inc.*

It is said that crisis reveals character. This pandemic has reinforced for our Youngren Construction family the generous-spirited character and caring of our entire Fallbrook community. Like everyone else in Fallbrook and throughout California – and the world – we are adjusting on-the-fly to each “new normal” thrust upon us by COVID-19. With 28 years in the business, performing both residential and commercial projects, remodeling

and new construction, we have become skilled multitaskers who are nimble, flexible and ready to adapt to changing circumstances. Boy do those habits come in handy now, on both a personal and professional level! I’m writing this message as I work remotely from home with my two children pursuing their education from the comfort of their rooms. I know many of you are doing the same. Youngren Construction is currently in the midst of several projects that were already in varying stages of progress before the virus hit. These include



Scott Youngren works with a forklift to keep materials organized. Village News/Courtesy photo

Scott Morel  
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bathroom and kitchen remodels, exterior renovations, granny flats, custom new homes, commercial buildings and several Homes For Our Troops specially adapted custom homes for severely injured veterans. This season’s rain has been a challenge, but nothing compared to the tsunami of daily – and sometimes hourly – changes resulting from the pandemic. The County Building Department may be closed to the public; however, they continue to work to keep housing construction moving forward. We are able to schedule inspections and make appointments to drop off and pick up plans. In the meantime, our current clients still want their projects finished; new clients want to get started; potential clients

are rescheduling appointments for later dates. The phones are still ringing, and our wonderful subcontractors and workers are doing their part to stay healthy and get the job done. Everyone is pulling together to keep jobs moving forward. We still pick up lunch at the drive-thru; now we do dinner that way, too! Fallbrook the Resilient Village No one knows what will happen in the coming days or how long it will take our community and the nation to recover financially, but we believe that things will turn around fairly quickly. I can assure our clients that when they do, we will be poised and ready. Our friendly village has become even friendlier. When I stopped at the grocery store this morning, I found no toilet paper, no bleach, no rice, yet made new acquaintances

eager to chat at a safe social distance. Everyone was in good spirits. I left without many of the staples I needed, but with the strong reassurance that we are all in this together. And if we have to shelter-in-place at home, this is a great place in which to stay at home. We’re not just Fallbrook the Friendly Village. We’re Fallbrook the Resilient Village, and for that I and all of us at Youngren Construction are supremely grateful!

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**Lake Rancho Viejo**  
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**Lake Rancho Viejo**  
1990 SF, 4 Bed, 2.5 Bath, New Interior Paint, Large Cul-De-Sac Lot with Greenbelt Behind, Bonsall Schools, Low HOA & More!  
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**PATRICK MARELY**  
Founder/REALTOR  
DRE #01054284  
\*MLS data thru December 2019.  
\*\*MLS data 2018 and 2019.

# Results matter.

Patrick Marely of The Marely Group has shown once again he is the **ONLY** choice for REALTOR in Fallbrook, Bonsall and Oceanside! Named **#1 COMPASS** agent in San Diego county by the San Diego Business Journal based on 2018 production, and recipient of the 2019 SDAR PLATINUM Recognition of Excellence award for outstanding production. \*\*  
The Marely Group continues to break records and in 2019 Patrick Marely has:

- **SOLD 122 homes** in excess of **\$96 Million\***
- **SOLD** more homes than any other agent or team!
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## CURRENTLY AVAILABLE



17 Gateview, Fallbrook **\$2,195,000**



31 Gateview, Fallbrook **\$1,900,000**



30345 Via Maria Elena, Bonsall **\$1,495,000**



3993 Peony Dr, Fallbrook **\$1,395,000**



4360 Fallsbrae, Fallbrook **\$1,395,000**



2703 Via Rancheros, Fallbrook **\$1,279,000**



3030 Via Loma, Fallbrook **\$1,250,000**



3006 Via Montevina, Fallbrook **\$1,249,900**



3921 Concordia, Fallbrook **\$1,150,000**



3562 Yucca Way, Fallbrook **\$1,149,000**



2842 Lakemont, Fallbrook **\$950,000**



3268 Sumac, Fallbrook **\$899,900**



3365 Red Mountain Heights, Fallbrook **\$799,000**



3573 Northcliff, Fallbrook **\$725,000**



3006 Skycrest Dr, Fallbrook **\$699,900-\$749,000**



2191 Berwick Woods, Fallbrook **\$699,900**



3428 Sunset Dr, Fallbrook **\$699,900**



1068 Barsky, Fallbrook **\$699,000**



965 Morro Road, Fallbrook **\$635,000**



1895 Palomares, Fallbrook **\$599,900**



3891 Wendi Ct, Fallbrook **\$1,050,000**



2181 Summer Bloom, Fallbrook **\$999,900**



1184 Capra Way, Fallbrook **\$925,000**



5640 Circle View, Bonsall **\$799,900**



718 Ronica, Fallbrook **\$699,900-\$729,900**



1560 Vista Del Lago, Fallbrook **\$699,900**



841 La Strada, Fallbrook **\$495,000**



1021 La Solana, Fallbrook **\$425,000**

## RECENTLY SOLD



30431 Villa Toscana, Bonsall **\$1,790,000**



6181 Villa Flora, Bonsall **\$1,600,000**



4114 Tierra Vista, Bonsall **\$1,150,000**



3903 Limber Pine Rd, Fallbrook **\$1,110,000**



3307 Mendenaro Ct, Fallbrook **\$1,100,000**



31338 Lake Vista, Bonsall **\$1,099,000**



5686 Lake Vista Dr, Bonsall **\$1,075,000**



3949 Wendi Court, Fallbrook **\$1,062,000**



31432 Lake Vista, Bonsall **\$1,050,000**



3890 Flowerwood, Fallbrook **\$945,000**



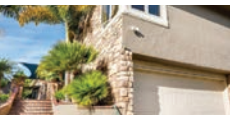
3847 Alta Vista, Fallbrook **\$894,000**



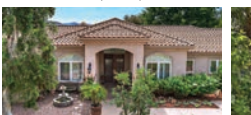
169 Mission Oaks, Fallbrook **\$800,000**



3786 Foxglove, Fallbrook **\$800,000**



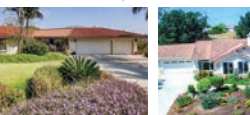
1044 Vista Valle Camino, Fallbrook **\$799,900**



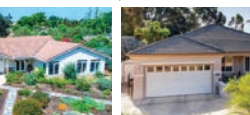
4055 Millagra Dr, Fallbrook **\$775,000**



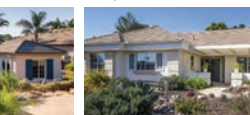
197 Morro Hills Rd, Fallbrook **\$750,000**



4927 Conejo Rd, Fallbrook **\$730,000**



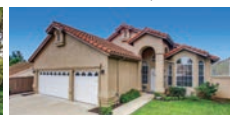
1991 Sloan Drive, Fallbrook **\$725,000**



1881 Oak Glade, Fallbrook **\$660,000**



1803 Palomares, Fallbrook **\$630,000**



5625 Lake Vista Dr, Bonsall **\$593,000**



1045 Funquest, Fallbrook **\$525,000**

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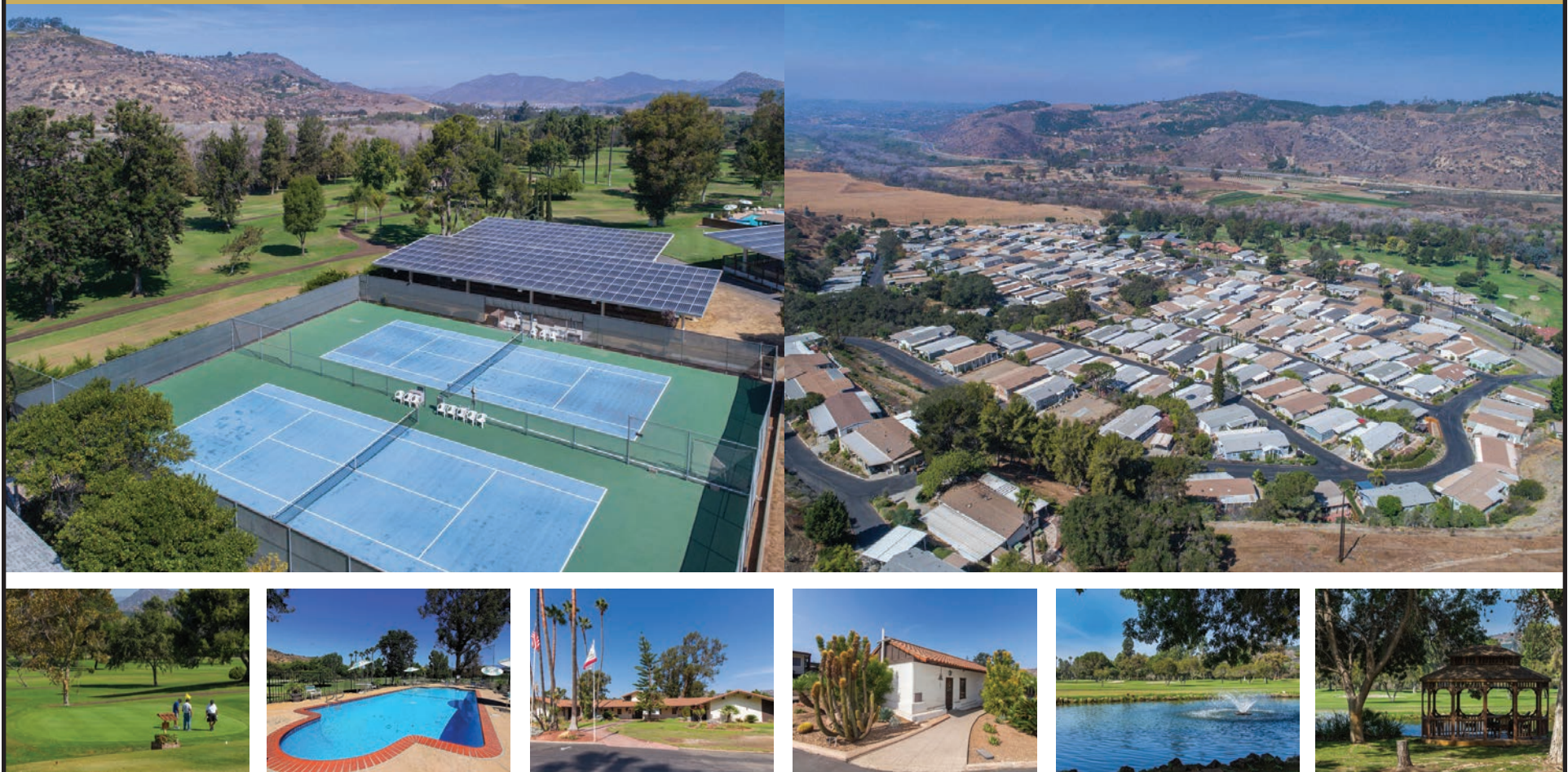






Rancho Monserate Country Club

Presented by Realty One Group Jan Carver, REALTOR



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We survived the 2017 Lilac fire destroying 75 homes, with neighbors helping neighbors evacuate, relocate and rebuild. We have a County park which will adjoin Rancho and we are working with the parks and recreation department to provide a passive, senior friendly park for everyone to enjoy. We have an outstanding HOA Board who are diligently working to keep us safe during the corona virus pandomania. Again neighbors helping others.....***We are “Rancho Strong!”***

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4650 Dulin Road, Sp. 6



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3BD, 2BA, 1500 sf. New Silvercrest home in Rancho Monserate golf/tennis Country Club, designed to take advantage of spectacular views from inside and outside this open spacious floor plan. Master bedroom with deck and access to patio. Side by side parking with room for a golf cart, upgraded stainless steel appliances great attention paid to detail throughout this home.

4650 Dulin Road, Sp. 41



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4650 Dulin Road, Sp. 173



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4650 Dulin Road, Sp. 50




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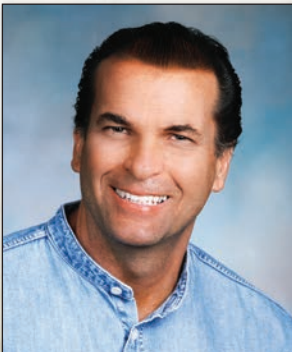
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Mentees learn from AAUW Career Day

FALLBROOK – The successful Career Day 2020 event, sponsored by Fallbrook AAUW, was held at the Fallbrook Regional Health Care District Office Feb. 28.

The Career Day event is part of the AAUW High School Mentoring Program, intended to encourage high school girls to explore various career options and continue their education into college and beyond.

The career program also augments the work of Fallbrook High’s AVID program, Fallbrook High Career Center Director Pam Cain and AVID program director Mary Begley.

Attendees heard firsthand from a cache of both new and seasoned professionals who shared their learnings, challenges and wisdom

gained along their career journey.

The event was attended by mentees and mentors alike, and provided the girls with an opportunity to creatively consider their own personal career planning, in light of input from all in attendance.

Recent AAUW Speech Trek participants were actively enlisted to create introductory summaries and then deliver them summarizing each speaker.

The event was coordinated by a Planning Committee led by retired HR professional Carlene Friesen. Lesley Ihaven coordinated the “make your own tacos” feast and door prizes punctuated the day’s events; even those who never win drawings won big!

Exit surveys showed the event

was well-received with requests for an annual event or every other year as opposed to once every three years, as has been traditionally done in times past.

Mentee reviewers gave high marks on the speakers, for their presentations and for sharing careers that they had never thought of.

First time mentor Cynthia

Young commented, “I was pleasantly surprised by the quality of the AAUW Career Day event. I expected facts about careers, but what we got were stories about careers and the varying paths on the way to those careers. It was riveting and relevant and I know the mentees took away important new ideas.”

Based on the survey input,

plans are being made for next year’s Career Day to include even more career presentations, as well as workshops on preparing for and conducting job interviews, and mentor/mentee role play with digital recordings for self-awareness.

Stay tuned for 2021.

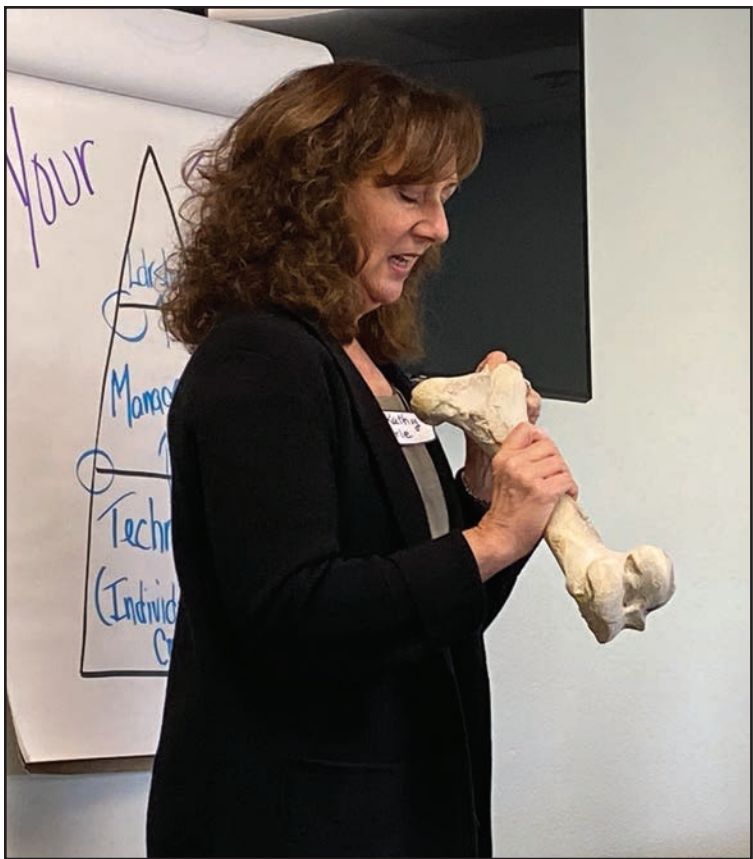
Submitted by Fallbrook AAUW.



Door prizes are interspersed as part of the fun of Career Day, from left, Giselle Figueroa, mentor Karen Langer Baker, prize winner Alma Aguilar with Diane Summers, FUHSD President, and mentee Vanessa Hernandez.



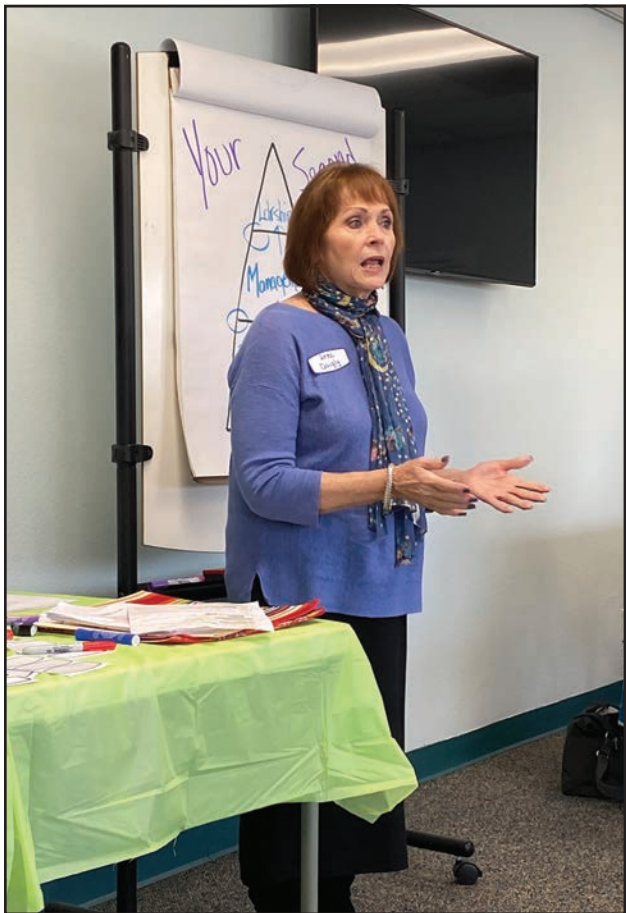
Sisters Lizette and Lily Mendoza introduce AAUW member and career day speaker Anna Quigley whose career journey as a journalist has come full circle as an international marketing consultant for an engineering firm. Carolyn Thom is intently listening to the sister fun introduction at the AAUW Career Day, March 14.



Kathy Earle, DVM, shares her fascination with veterinary medicine, beginning first with the animals in her life. Earle described what was required to get into the highly competitive veterinary field. The bovine bone she is holding became part of a quick tutorial on the anatomy and physiology of cow’s bone.



At the AAUW Career Day, from left, mentor Kathy Bierbrauer listens as mentee Delores Pasqual quizzes the mother and daughter career speakers Angelique Strahan and Anna Strahan about college graduation, how to land the first job, moving out on one’s own, impact of a family on careers, and finding work-life balance.



AAUW member and Murrieta resident Anna Quigley, shares her career path journey noting each step in one’s work path fills up “a big tool box” of skills.



AAUW President Young Milton discusses the process of structured settlements with Attorney Kyle Hording during the AAUW Career Day.



Career Day Coordinator Carlene Friesen “says it with flowers “ for Tamara Kabbah-Miller’s informational presentation about her ascent from clinical social worker to prison director. Kabbalah-Miller possesses extensive training, education and experience in family counseling, addiction abuse recovery and prison transgender issues.



SPORTS

Fallbrook Youth Rugby finishes season in coach’s memory

FALLBROOK – The Fallbrook Youth Rugby leagues have wrapped up another season. Their season ended Saturday, March 4, at their tournament at Walnut Grove Park in San Marcos.

Coach Justin Robinson, of the U12 team, said, “Watching these kiddos this year was awesome. Today they showed who they were, what kind of character they have. They beat a very good OMBAC team, and then were immediately taught some humility. In the last game, they had to bite down on their mouthpiece and earn everything. Nothing was given. True spirit of a warrior.”

The local league had teams for U8, U10, U12 and U14 (divided by ages of athletes).

The League president commented “It was a beautiful day for Rugby, but also a sad day. It was our first game without Coach Burley on the sidelines or his kids on the field.”

The league lost one of its coaches to a tragic car accident on Feb. 16. The league is now preparing for Summer Sevens which begins in May.

For more information about the league, visit their registration website at [www.fallbrookrugby.org](http://www.fallbrookrugby.org) or their Facebook page at [www.facebook.com/groups/fallbrookyouthrugby](https://www.facebook.com/groups/fallbrookyouthrugby).

*Submitted by Fallbrook Youth Rugby.*

The U12 Rugby team poses with the Burley Memorial print, from left, front row, Perrington, Gilihan, Votaw, Haughey, Merrick, Muro, Peet, Kaipio, Nash, Moss; middle row, Coach Austin Moss, Cherevchenko, Haughey, Sanchez, Robinson, Ramese, Wilson, Hall, Day, Biddwell, Coach Adam Sanchez; back row, Coach Justin Robinson.



Village News/Courtesy photo

Hughes starts 2020 season with Demo Cross main event win

Joe Naiman  
Village News reporter

Weston Hughes won the Demo Cross main event on the first night of the 2020 Perris Auto Speedway season March 7.

“I couldn’t be happier with how the car handled and performed,” Hughes said.

Hughes drives a 1985 Jeep Grand Cherokee on the Perris half-mile dirt oval.

“Two days before the race we had to put a transmission in the car,” Hughes said. “The old one broke, actually snapped in half.”

“We got it put together. Our first test drive was Saturday morning before the race,” Hughes said. “We drove it about 200 yards.”

That test indicated that the transmission was working. Hughes and his crew took the car to the track but did not have practice laps, so the car first utilized the Perris oval during the six-lap heat race.

“I did OK,” Hughes said of the heat race.

“The car was handling really poorly in the heat race,” Hughes said. “In the Demo Cross heat race, I actually had some issues, some steering issues and other things.”

Going forward was not an issue. “It took off real fast,” Hughes said.

Hughes noticed that the Jeep was wobbling during the heat race. “When we got back to the pits, I had a couple of people help me try to figure it out,” he said.

The welding of a broken steering column component eliminated that problem for the 20-lap main event.

Hughes began the feature on the outside of the seventh row. “I just overall had a real clean race and was able to get through the gaps and work my way to the front,” he said.

The track’s Demo Cross rules allow – if not outright encourage – contact with other vehicles as long as no driver’s safety is jeopardized. A red flag may be thrown to stop the race if a safety issue exists, but no yellow flag cautions are thrown in the event a car spins or is disabled and remains on the track while not endangering the driver’s safety.

“It was a little bit of a messy race,” Hughes said.

The actual finishing positions are determined after scorers calculate which cars lost a lap. The scoreboard which notes the leaders after each lap is not bound by such accuracy.

“They didn’t give me first place until I had put a lap on everyone,”

Hughes said. “I took the lead, I think, probably about lap four and they didn’t give me credit until probably about lap 12.”

A combination of passing forward-moving drivers and avoiding sideways and disabled cars brought Hughes to the front of what began as a 25-car field. “I even had to give my friend Kyle a couple of little bumps to get him out of my way,” he said.

Tustin driver Kyle Cox finished second in the Demo Cross main event. “We’re friends, but I’ll still hit him to get him out of my way if I have to,” Hughes said.

The Jeep didn’t totally avoid damage. “I ended up losing both my left tires,” Hughes said. “I think I lost one about lap 14 and then the other one about lap 18.”

Hughes was still able to win the main event. “The Jeep did really well,” he said.

The main event win was the third for Hughes in his Demo Cross career. “I hope to have more of those this year,” he said.

Unless weather or quarantine intervenes, the next Demo Cross race will be April 4.

“The car needs minimal repair for next race,” Hughes said.

Renee George is Hughes’ crew chief and was in the pits March 7, and Brooklyn McAlexander was also in the pits assisting Hughes. Matt Robison and Will Jeffers helped with the transmission but were unable to attend the race. Aaron Pack split time between working on Hughes’ car and working on his own Demo Cross vehicle.

Hughes father, Tod, will drive a limited schedule this year and was in the pits advising his son for the March 7 competition. Hughes’ mother, Tracy, filmed the race.

Hughes picked up Recon Tattoo and Shave Shop, which is located in Fallbrook, as a sponsor for the 2020 season. Inland Empire 4x4 Recovery returns as a sponsor.

“I’m just super grateful for my sponsors and all the help that I got,” Hughes said.

Hughes graduated from Fallbrook High School in 2006 and moved from Fallbrook to Wildomar seven years ago. He now lives in Lake Elsinore.

Hughes began his Demo Cross and Perris Auto Speedway racing career in 2015. His first Demo Cross main event win occurred June 26, 2018, and he also won the Demo Cross feature July 4, 2019. Hughes has raced in his current car since 2018.



Weston Hughes, center, holds his first place trophy from the March 7 Demo Cross event, with his father Tod Hughes left, and his mother Tracy Hughes.



Weston Hughes' 1985 Jeep Grand Cherokee survives the Demo Cross race at Perris Auto Speedway.

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# Wagner sets pole vault school record in first high school meet

**Joe Naiman**  
*Village News Reporter*

Rose Wagner had not competed in a high school track and field meet until March 5, but she set a Fallbrook High School team record when she cleared 11 feet, 8 inches in the pole vault.

“It was quite incredible,” Marco Arias said, who this year is the head coach of both the Fallbrook High School girls’ and boys’ teams.

Wagner is a sophomore. She broke her ankle during her freshman year and did not compete for the Warriors in 2019.

“She worked hard and did her own training after the season,” Arias said. “She ended up taking up pole vault on her own with the club team.”

Becky Gausepohl previously held the school record with a pole vault distance of 11 feet 7 inches. Gausepohl cleared that height in 2003.

The March 5 meet was a tri-meet involving Fallbrook, Rancho Buena Vista and Carlsbad high schools. Rancho Buena Vista hosted the meet.

“I felt that we did really well against Rancho Buena Vista and in some parts against Carlsbad,” Arias said.

Fallbrook also took the second-place points for the girls’ pole vault; senior Maya Rink cleared 8-0.

Including girls who failed to clear their initial height, Fallbrook had eight varsity and junior varsity participants in the girls’ pole vault March 5. Five Fallbrook boys competed at the varsity or junior varsity levels in the pole vault that day; although Rancho Buena Vista junior Aron Pfeffer cleared 12-0 for first place, two Fallbrook vaulters had heights of 11-0 and two others had distances of 10-6.

“We have a tremendous turnout on pole vault,” Arias said.

Logann Williams, who is currently a junior, transferred to Fallbrook from Murrieta Mesa High School. Last year Williams finished second in the CIF Southern Section Division I meet’s girls 100-meter hurdles and seventh in the Southern Section’s all-division masters meet in that event.

“She’s going to be one to watch this year,” Arias said.

Although Williams did not win any individual events March 5, she anchored the winning 4x100 relay team which also included juniors Jade Kennedy and Hanniah Crayton and freshman Kelsey Rossi. The quartet had a time of 50.87 seconds.

“Our 4x100 team is still pretty strong,” Arias said.

Last year the Warriors won the 4x100 league championship with Crayton, Kennedy, junior Erin Murray and 2019 senior Darriale Yarbrough. Murray won the 200-meter dash and 400-meter race at last year’s league championship meet and Yarbrough was the 2019 Valley League 100-meter dash champion. Although Murray was unable to compete March 5 due to a hamstring injury and Yarbrough has graduated, Fallbrook has new sprinters including not only Williams and Rossi but also freshman Panther Espinoza.

On March 5, Espinoza won the 100-meter dash in 13.13 and also won the 400-meter race with a time of 1:06.63. Fallbrook also took second-place points in the 400-meter event as freshman Hailey Reed had a time of 1:08.41.

Fallbrook seniors took the top two positions in the boys 1,600-meter event; John Regan won the race in 4:36.07 and Josh Hernandez posted a time of 4:39.44. Hernandez won the boys 3,200-meter race with a time of 10:53.23, while junior Danny Contreras was second at 10:56.75.

“On the boys’ side, our distance is still the strength of our program,” Arias said.

The distance races may also be an asset for Fallbrook’s girls team points. Two of the March 5 races were won by freshman Maya Papoulias, who had times of 5:53.52 in the 1,600-meter run and 13:51.95 in the 3,200-meter race. The second-place time in the 3,200-meter competition belonged to sophomore Maddy Gaul, who completed her eight laps in 14:24.68.

“It’s a little bit bigger team on the girls’ team this year,” Arias said.

Between the boys’ and the girls’ teams, Fallbrook has 70 track and field athletes. A runner or field athlete can compete in no more than four events in a meet. For individual events, each school is

allowed up to four competitors and five team points are given for first place, three points are awarded for second place and third place is worth one point. The 4x100 and 4x400 relay races provide five team points to the winner and no other team points.

“We’re able to fill pretty much all the slots,” Arias said. “How competitive is the question.”

Four of the Warriors’ assistant coaches return to the program: Juwan Sumpter returns as the Warriors’ assistant coach for sprints; Joeryll Irchirl is Fallbrook’s assistant coach for jumps; Joel Rivera is the distance coach and Jim Curran works with the pole vaulters. Miguel Castaneda is Fallbrook’s new coach for throws and volunteer assistant Mike Crane will help with both hurdles and sprints.

“Overall we have a really strong coaching group,” Arias said.

The Warriors’ scheduled March 12 home meet against Mission Hills High School was canceled due to rain.

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*

# Warrior girls savor competitive swim meet

**Joe Naiman**  
*Village News Reporter*

The first two Fallbrook High School swim meets of the 2020 season resulted in the girls’ team winning by 113-17 and 115-50 scores. The Warriors’ March 10 home meet against Rancho Buena Vista High School provided more competition for Fallbrook, whose dual meet record improved to 3-0 with a 97-68 victory.

“It was nice to have a close meet,” Fallbrook coach Sean Redmond said. “It was great racing for them.”

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.

“We were fairly close-up until the 50 free,” Redmond said.

The 50-yard freestyle is actually the fourth of the 11 races, but the Longhorns took first-place points in two of the first three events with the exception being senior Sophia Wallace winning the 200-yard freestyle with a CIF meet consideration time of 2 minutes, 12.44 seconds.

Fallbrook sophomore Jocelyn Jones won the 50-yard freestyle race with a time of 25.60 seconds,

which is a CIF meet automatic qualifying time. RBV senior Emma Hart then won the 100-yard butterfly to complement her first-place finish in the 200-yard individual medley, but Jones won the 100-yard freestyle in a consideration time of 57.12 seconds and Rose Khattar gave Fallbrook second-place points with a 1:01.71 performance.

“The second half our depth was starting to show through,” Redmond said.

The 100-yard freestyle is followed by the 500-yard freestyle, and Fallbrook also took first and second in that event, March 10, with freshman Stephanie Hanlon finishing first at 6:22.74 and junior Emma Goode taking second

at 7:01.81.

A consideration time of 1:58.00 gave Fallbrook first place in the 200-yard freestyle relay. Wallace, sophomore Spanish exchange student Aina Piza-Serra, freshman Samantha Hanlon and Jones comprised Fallbrook’s winning quartet.

The Warriors added first-place and second-place points for the 100-yard backstroke with senior Anna Draves winning in 1:12.01 and Samantha Hanlon touching the final wall 1:16.76 after the race began.

Rancho Bella Vista senior Taylor Basso then won the 100-yard breaststroke. The Longhorns had the winning time of 4:12.16 in the 400-yard freestyle relay race which

concluded the meet, but Fallbrook posted a consideration time of 4:12.85.

“It was a close race,” Redmond said.

Fallbrook’s quartet consisted of Draves, Khattar, sophomore Brooke Van Norstran and Wallace.

If only one school in a dual meet has a diver the diving is not included in the team score, but the divers are scored for CIF qualifying purposes. Fallbrook freshman Payton Wilson had a score of 199.35 points for her six dives, junior Kassie Ewig accumulated 181.60 points and Samantha Hanlon had 146.20 points.

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*

# Seven Fallbrook wrestlers earn all-league honors

**Joe Naiman**  
*Village News Reporter*

Seven members of Fallbrook High School’s wrestling team were given all-league recognition.

The Valley League first team included sophomore Chris Beltran, senior Kevin Sanchez, junior Matthew Kendall, sophomore Ethan Aguila and senior Carlos Hernandez. The league’s coaches made sophomore Marco Arias Jr. and senior Javier Montoya second-

team selections.

“We’re pleased with the overall performance and the overall record of our guys,” Fallbrook coach Cristian Vera said.

All five of Fallbrook’s first-team wrestlers were undefeated in their five league matches. A wrestler may compete in the weight class immediately above what he scales although he cannot compete in a lower weight division; Beltran competed both in the 120-pound bracket and the 126-pound class

during league competition and pinned all five of his opponents. Sanchez had five victories by fall in 132-pound matches. Kendall was Fallbrook’s 145-pound wrestler. Aguila was the Fallbrook representative in the 152-pound bracket. Hernandez pinned four opponents and won one match by forfeit in the 195-pound division.

“All five of those guys performed tremendously,” Vera said.

Arias represented Fallbrook in the 120-pound class. Montoya was

the Warriors’ heavyweight wrestler.

“They both wrestled very admirably,” Vera said.

Montoya was undefeated until facing Valley Center heavyweight Cameron Fuller in the league finale. Fuller pinned Montoya, and Fuller was the first-team wrestler for the weight class.

“I felt the decision was fair,” Vera said. “It doesn’t take away anything from Javier Montoya.”

The Warriors won all five of their league matches to give Fallbrook a wrestling league championship for the first time in school history.

“I’m happy to be their coach, and I’m happy with the direction that our program is headed,” Vera said.

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*

# Fallbrook Pop Warner opens 2020 registration



Fallbrook Pop Warner football player Nehemiah Brunson (3) heads into the end zone. Village News/Courtesy photo

FALLBROOK – Fallbrook Pop Warner Football and Cheer has opened registration for the 2020 football season starting in August. FPW is offering football teams for U8, U10, U12 and U14 split by age. There are no longer weight restrictions in the FPW league, so all sizes can play and are divided by age.

Early bird registration is

available until April 5, which will give applicants \$50 off the price of registration. The league has payment plans available as long as they start by May 1.

The league is also looking for head coaches for the football league and for their cheer staff. If you wish to volunteer for these positions, contact Jason Peet at [fallbrookpwcoachagent@gmail.com](mailto:fallbrookpwcoachagent@gmail.com)

[gmail.com](mailto:fallbrookpwcoachagent@gmail.com) for football coaching questions or Natalie Peet at [Fallbrookpwcheer@gmail.com](mailto:Fallbrookpwcheer@gmail.com) for cheer coaching questions. To register, visit <https://tshq.bluesombrero.com/fallbrookpw> or their Facebook page at [www.facebook.com/FallbrookPopWarner](https://www.facebook.com/FallbrookPopWarner).

*Submitted by Fallbrook Pop Warner.*



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BUSINESS

Grocery stores open early to accommodate senior citizens during COVID-19 pandemic

Lexington Howe  
Intern

Grocery stores around the region are changing some store hours to allow seniors to shop early, so that they can beat the rush and get the supplies they need. Fallbrook, Temecula, Murrieta and surrounding areas have posted fliers in-person and online detailing which stores will be accommodating the new hour changes.

Albertsons grocery stores across the state, including Fallbrook and stores throughout the Temecula Valley and surrounding communities, are offering early shopping hours for seniors, at-risk populations, those who may have compromised immune systems and pregnant women from 7-9 a.m. The days vary by location. While some Albertsons have a minimum requirement of offering special hours Tuesdays and Thursdays, Albertsons on Temecula Parkway will have special hours Mondays through Fridays. More information on Albertsons' updates during this time can be found at <http://www.albertsonscompanies.com>.

Major Market, 845 Main Ave., in Fallbrook does not currently have senior hours, but the grocery store is offering a senior express lane only for seniors and is currently working with the Foundation for Senior Care to provide delivery.

Grocery Outlet, 1101 S. Main Ave., and El Toro Market, 337 N. Main Ave. in Fallbrook is currently not offering early senior hours.

Other shops like WinCo, 40435 Winchester Road, in Temecula have implemented additional policies for customers, only allowing 20 people to enter at a time while 20 people exit, so that the store can maintain a safe number of customers inside. They have special hours for seniors 60 and up, vulnerable populations and WinCo employee owners from 6-7:30 a.m. Tuesdays and Thursdays, starting the week of March 21.

Target, 41040 California Oaks Road, in Murrieta will also be open early for one day a week, Wednesdays from 8-9 a.m.

Organic Roots, 40458 Winchester Road, in Temecula is open every day for an extra hour for seniors from 8-9 a.m. for those 65 and older and asks

that shoppers don't travel in groups. The grocery store also announced they will stop all promotional sales until further notice. More updates are available online at <http://www.organicroots.net/covid-19-updates>.

Vons, 29530 Rancho California Road, in Temecula has special hours for seniors from 7-9 a.m., and Tom's Farms, 23900 Temescal Canyon Road, in Temescal Valley has special hours for seniors from 8-9 a.m. for those 55 and older.

Starting March 24, Costco Wholesale announced in a statement that they will be opening early for seniors 60 and older as well, from 8-9 a.m. Tuesdays and Thursdays. Sam's Club is not currently offering early senior hours.

At the Stater Bros. Market, 31813 Temecula Parkway, in Temecula, the store will begin opening at 7:45 a.m., 15 minutes earlier than the 8 a.m. start time for those 65 and older. Ashley Valenzuela, a Stater Bros. Markets employee, said that while it isn't much time, it has had some benefits for seniors.

"It's helped them get their paper products," Valenzuela said.

Stater Bros. Markets also



A group of senior citizens form a line outside Village News/Shane Gibson photo Stater Bros. Markets, 30712 Benton Road, in Winchester for grocery shopping during a specified time before normal store hours for those who are more at risk of COVID-19, the coronavirus, Friday, March 20.

announced on fliers posted outside their stores that they will be hosting this opportunity at all 169 locations. More COVID-19 updates from the company can be found at <http://www.staterbros.com>.

Albertsons, 31960 Temecula Parkway, in Temecula is also working to keep the lines manageable by putting red tape down on the floor

from the start of the register toward the beginning of each aisle. Each tape strip is placed 6 feet apart, so that customers can practice social distancing. Also, a glass screen has been put up between the cashier and customer.

Lexington Howe can be reached by email at [valleystaff@reedermedia.com](mailto:valleystaff@reedermedia.com).

All Treasurer-Tax Collector branches temporarily closed to the public

SAN DIEGO – San Diego County Treasurer-Tax Collector Dan McAllister closed all five branches to the public until further notice effective Thursday, March 19, in an effort to slow the spread of the coronavirus.

"The health of our customers and employees is our No. 1 concern, so we are closing our public-facing counters as a precautionary measure, based on social distancing recommendations from state and local officials," McAllister said.

"We want everyone to be able to pay their property taxes without coming to our offices."

The Treasurer-Tax Collector's website, [www.sdtc.com](http://www.sdtc.com), provides an easy and safe way for taxpayers to pay the second installment of their 2019-2020 taxes before April 10 to avoid a 10% penalty. The delinquent date of April 10 will not change. The delinquent dates are set by state law, and local discretion is not provided to postpone them.

Taxpayers can pay their property

taxes free online using an e-check; all they need are their account and routing numbers. Our online system will accept payments up to midnight April 10, but taxpayers must complete their transaction before that cutoff.

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.

While the branches are closed, customers can still conduct business such as: pay property taxes at [www.sdtc.com](http://www.sdtc.com) with free e-check; email our office at [taxman@sdcountry.ca.gov](mailto:taxman@sdcountry.ca.gov) or call our office at (877) 829-4732 to get questions answered; email a request for a mobile home tax clearance certificate; email a claim for an unclaimed property tax

refund or mail in a TOT reporting form and payment.

Answers to more Treasurer-Tax Collector questions can be found on their website. Residents should stay up-to-date on ways to stay healthy, current closures and the county's coronavirus response at [www.coronavirus-sd.com](http://www.coronavirus-sd.com). For Assessor-Recorder-County Clerk services and operations, visit [www.sdarcc.com](http://www.sdarcc.com) for the latest updates.

Submitted by San Diego County.

Coronavirus economic victims can obtain relief

Joe Naiman  
Writer

In addition to health victims of the coronavirus epidemic, the quarantine has also created economic victims. Some businesses have closed, while others remain open but with reduced staff. In some cases, the hours of the workers have been reduced. Other businesses have seen sales decline. Some workers have left their jobs to self-quarantine or to care for others who are recovering from the coronavirus infection.

"Anyone who has been laid off is eligible to apply for unemployment immediately," Patrick Ellis, president and CEO of Murrieta/Wildomar Chamber of Commerce, said. "They do have to reference that they were laid off due to the Covid-19 outbreak."

That eligibility could include business closures and reduced workforces.

"They can do it through their county office," Ellis said.

An unemployment office is on State Street in Hemet, and there are also Riverside County offices in Riverside and in Indio.

"Right now, people can file for unemployment, but I can tell you

that's backed up for three or four weeks," Lila MacDonald, CEO of Fallbrook Chamber of Commerce, said.

Normally unemployment insurance is for those whose jobs were eliminated, but those whose jobs will return once the quarantine is over are eligible for unemployment.

"It's going to take a week before you can file," MacDonald said. "The hard thing is going to be to float those three or four weeks."

Although MacDonald has not experienced a shutdown in her Fallbrook Chamber of Commerce capacity, the Fallbrook High School graduate moved to Hollywood before returning to Fallbrook in 1994. She experienced the 1992 Los Angeles riots after the acquittal of the Los Angeles Police Department officers accused of assaulting motorist Rodney King, and she was living in a second-floor apartment in the Fairfax District during the January 1994 earthquake.

MacDonald was the front-end manager of a Red Lobster in Ventura when the Los Angeles riots broke out and travel restrictions were put in place.

"I was kind of quarantined to that area during the riots," she said. "I

couldn't drive back down."

That separated MacDonald from her oldest child, who was born in April 1991. MacDonald stayed in Camarillo while her daughter stayed with her maternal grandparents who lived in Los Angeles.

"It was a scary time," MacDonald said.

In terms of disruption of business and travel, the coronavirus epidemic is similar to what MacDonald experienced in the early 1990s.

"The difference is city compared to rural. I would much rather go through this in a small town where people support each other," she said. "People take care of our elderly population; our kids get fed."

At the community level that includes finding jobs for those not working as well as providing assistance.

"We're doing our best to try to connect people with employment opportunities that are arising now," Ellis said.

Reduced grocery store and warehouse store hours and longer lines in those stores have led to some of those stores hiring additional staff.

MacDonald said that local employers can work together with employees to ensure that the

employees do not sustain irreversible consequences due to the loss of income.

"Small towns are different from those large cities," she said. "They're really trying to take care of their employees."

The availability of non-governmental community resources is complemented by government programs. Those who self-quarantine are eligible for paid sick leave.

"There is coverage as well for that. There has been an extension of the paid sick leave on a statewide level," Ellis said. "They have emergency coverage under the state for the two weeks of sick pay."

The business rather than the government pays for that sick leave.

"The employer pays for it, and the employer is eligible for a tax credit," Ellis said.

It is the opposite of the financial transaction flow for emergency loans from the federal government's Small Business Administration.

"The SBA is offering business loans," MacDonald said. "They're really hard to get, and all you're doing is deferring that."

The self-employed will likely be better off seeking relief as a business rather than as an income earner.

"Unemployment, that's hard," MacDonald said. "They don't have

an employer. Those are going to be: how can FEMA or larger federal and state help them out?"

The Federal Emergency Management Agency is part of the U.S. Department of Homeland Security and may be able to provide some relief from payment obligations.

"The county's trying to figure out how to help small businesses," MacDonald said.

San Diego County grants cannot be given to for-profit businesses but can be given to nonprofit organizations.

"They have to funnel it through," MacDonald said.

Some businesses may still pay their workers when the facility is closed.

"If they're larger, they'll be able to make allowances," MacDonald said. "We're just working with local businesses to do everything we can to help them through things," Ellis said.

Some business are utilizing online disc jockey, concert or exercise class services.

"People are getting creative," MacDonald said. "People thinking outside the box like that is a cool thing as well."

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).

Repercussions from the coronavirus may include recession

City News Service  
Special to Valley News

The full economic fallout stemming from novel coronavirus is yet to be determined, but the threat of a national recession looms on the horizon, a University of California Riverside economist said.

"This is unprecedented in nature and by far the worst threat facing the U.S. economic expansion since it began over a decade ago," Chris Thornberg, director of the University of California Riverside's Center for Economic Forecasting, said. "Will it end the expansion for the year? Whatever the scenario, from best to worst, we are definitely going to see a serious hit in the first half of 2020."

Thornberg predicted that unemployment claims will necessarily jump in the coming weeks, while the real estate market

will slump, along with business startups. With emergency health orders impacting operations within the private and public sectors, productivity will suffer, according to the economist.

"The U.S. economy is about to hit one big pothole," he said, stopping short of declaring that a deep recession is inevitable.

The deciding factor may be how fast COVID-19 is contained and operations are allowed to return to normal. Thornberg said that if mitigation proves effective in a short span of time, output lost in the first half of this year may be offset by a run-up in productivity during the second half.


The shock to the global financial markets, precipitating a plummet in interest rates and equity values, seemed to be overblown, he said, given the previously robust signals from a range of sectors.

"For years, the stock market has

reacted hyperexcessively to non-economic events, and concerns have intensified about what that means when a true crisis emerges," he said. "The markets have taken on such a degree of volatility that they can create their own crises. Hopefully, when the pandemic passes, regulators will take a hard look at how financial markets are operating and consider rules and regulations that prevent these issues in the future."

Center for Economic Forecasting staff and economists from Los Angeles-based Beacon Economics – which Thornberg co-founded – issued a joint report on conditions that can found at <http://www.beaconecon.com>.

The narrative sharply contrasts with the center's annual economic assessment, released in November, which predicted that the local, state and national economies would continue humming through 2020.



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# Six steps to clean up one’s personal finances

FALLBROOK – National Cleaning Week is March 22-28, and according to a recent survey by [www.TopCashback.com](http://www.TopCashback.com), more than two in five Americans will be spring cleaning this year to celebrate.

While residents may find themselves cleaning their home, Rebecca Gramuglia, personal finance expert with TopCashback.com, recommended people spring clean other areas of their lives as well – like their personal finances. To help them organize and tidy their finances, consider using these six steps to achieve financial success this spring.

### Step One

Set up a system for personal finances. Whether they track their spending on a spreadsheet, file away receipts and bills in folders or handle everything electronically, it’s important for people to keep all paperwork and digital data related to their personal finances together in a safe place.

From receipts, bank statements, medical insurance information and other important documents, create a filing system that works

for you – whether it’s using a file box, a file cabinet or even a set of shoeboxes. If some of the files are electronic, make sure they are backed up, either on external drives or to the cloud. Plus, an organized tracking system will make gathering information for tax returns easier.

### Step Two

Create a realistic budget, and stick to it. Setting a realistic budget is a critical step in getting personal finances in order. Not only does a budget help people control their spending and ensure they don’t spend more than they make, but it’s also the first step toward using their money well. It can also help them keep their spending priorities in check.

A basic budgeting tool is the 50/20/30 rule, which entails spending only up to 50% of after-tax income on essentials, such as housing and food; 20% on financial priorities such as debt repayments and savings; and 30% on your wants, such as vacations. Another way to view the 50/20/30 rule is as the Needs/Savings/Wants rule.

### Step Three

Coordinate payments with payday. The best way to feel in control of finances is by creating a bill calendar that correlates bill payments with paydays. If people find that one payday seems to have more financial obligations than another, space out bill payments by talking to the credit card company or lender to see if the billing cycle can be changed. This adjustment will help them meet all their payments without struggling financially for part of the month.

### Step Four

Evaluate and pay off debt. Juggling debt payments on top of utilities, mortgage and other necessities can be difficult if people don’t stick to their bill calendar and budget. So, make a plan to tackle debt now.

Evaluate how much is owed and how much is paid in interest. Then, strategically pay off debt by adopting the debt avalanche method. This method requires debtors to make minimum payments on all their debts while focusing their main debt payoff on one single account.

With the debt avalanche method, a debtor pays off debt by interest rates instead of accrued balances. It is a more cost-effective method that targets high-interest debt first to save money in the long run. Then, as each debt gets paid off, its minimum payments get added to the monthly payments for the next high-interest balance on your list. By the time they get to the last debt on the list, they’ll be eliminating large chunks out it each month, speeding up the debt payoff process.

### Step Five

Automate savings. Make saving money a top financial priority this spring. One of the smartest yet effortless ways for people to save money each month is by having part of their paycheck automatically deducted into a savings account or set up a regular transfer of funds. This way, they won’t be tempted to spend the money elsewhere.

Financial emergencies – such as a job loss, reduced hours, an illness, major vehicle or home repairs – can strike at any time, so set money aside in an emergency

fund as well. Having an emergency fund is like having a security blanket. It eliminates any future financial stress and frustration when something major occurs and there might be a need for additional money that would normally be out of their budget.

### Step Six

Plan for the future. It can be easy to get distracted with spending on the “now,” but these decisions can impact people’s financial future which can affect their credit score. So, whether they want to apply for a mortgage, purchase a car or open a new credit card in the future, their credit score is used to determine their creditworthiness. There are five main factors that determine a credit score: payment history, inquiries, average credit age, credit utilization and variety of accounts. Keep in mind that missing payments or applying to several lenders at once could drop a credit score significantly, and new credit card inquiries remain on your credit report for two years.

*Submitted by TopCashback.com.*

## Americans anticipate trouble paying credit card bills due to the coronavirus

FALLBROOK – Around 67 million Americans think they will have trouble paying their credit card bills due to coronavirus, according to WalletHub’s new Coronavirus Money Survey. This survey, which follows WalletHub’s report on the States Most Aggressive Against the Coronavirus, illustrated some of the ways in which COVID-19 has impacted Americans’ lives and spending habits.

Below are additional highlights of the report, along with a WalletHub Q&A.

Key stats found the coronavirus is a huge source of stress. Coronavirus is now the top stressor in America, above money problems, which has traditionally topped the list.

Many Americans have started saving extra money. The survey

found 158 million Americans are saving more money during coronavirus, rather than spending more.

Spending habits have changed differently for women and men. The top category women have spent less on due to coronavirus is travel. For men, it’s entertainment events, such as concerts, sports and movies.

Travel has halted as 94 million Americans have canceled or plan on canceling travel plans due to the coronavirus.

Touching cash is scary, the survey found. More than six in 10 people believe it is possible to contract the coronavirus from money.

Q&A with WalletHub

**Q: Should credit card companies forgive late payments during the coronavirus**

**pandemic?**

A: “Yes, credit card companies should give relief to affected customers, just like they’ve done during major natural disasters in recent years,” Odysseas Papadimitriou, CEO of WalletHub, said. “Roughly 67 million Americans anticipate having trouble paying their credit card bills because of the coronavirus. Their struggles could easily ripple through the economy if left unaddressed, especially considering the more than \$1 trillion in credit card debt currently owed by U.S. consumers.”

**Q: How are consumers reacting to the coronavirus financially?**

A: “We’ve seen a lot of panic buying as a result of the coronavirus, with people purchasing things like toilet paper en masse, largely

because they don’t know what else to do. Furthermore, 94 million Americans have canceled or plan to cancel travel plans due to the coronavirus,” Jill Gonzalez, analyst for WalletHub, said. “Less apparent, however, is the panic saving that people are engaged in right now. Around 158 million Americans, or roughly 63% of adults, say they are saving more, as opposed to buying more, as a result of this crisis. If there’s a bright side to all of this, people saving more money than usual might just be it.”

**Q: How are consumers feeling emotionally?**

A: “The coronavirus is now the top stressor in America, above money problems and the 2020 election,” Gonzalez said. “This is significant because money problems have for years been our top stressor, according to

the American Psychological Association, with politics creeping up the list lately. It just goes to show how quickly the pandemic has come to dominate the public consciousness, not just in the U.S. but around the world.”

**Q: Is President Trump right to consider sending relief money directly to Americans?**

A: “President Trump is absolutely correct to consider sending direct-relief checks to American households. In fact, it’s the only way to fight an economic crisis like this. Other measures such as payroll tax relief will help some businesses, but a lot of workers won’t see any benefit,” Gonzalez said.

The complete survey results can be found at <https://wallethub.com/credit-cards#survey>.

*Submitted by Wallet Hub.*

## NATIONAL

# Governor calls on youth to take “Stay at Home” order seriously

Daisy Nguyen

The Associated Press

Most Californians stayed at home on a Saturday that was unlike any its 40 million residents had ever seen before.

Less than 48 hours after Gov. Gavin Newsom issued an unprecedented stay-at-home order Thursday, March 19, to help curb the coronavirus spread, shopping centers and streets were empty. Churches were closed. Playgrounds deserted.

However, stores and farmer markets were bustling, and many people took advantage of the beautiful spring weather and rushed to the outdoors. At beaches and parks, not everyone heeded calls to practice social distancing, prompting Newsom to call them out.

“Those young people are still out there on the beaches thinking it’s time to party. It’s time to grow up, time to wake up,” he said at an evening news conference. “Time to recognize that it’s not just about the old folks, it’s about your impact on their lives. Don’t be selfish.”

The governor’s effort to curb the pandemic in the nation’s most populous state was by far the most sweeping and was followed Friday, March 20, by similar announcements in New York and Illinois.

California is one of the hardest-hit states, with 1,382 confirmed cases and 25 deaths as of Saturday, March 21.

Barbara Ferrer, health director of Los Angeles County, urged people to stay home and only go out for essential needs. Those who have been tested and come back negative shouldn’t have a false sense of security.

“You can be negative today and positive tomorrow,” she said. “Stay home as much as possible. You are safer at home.”

Newsom has said infection rates of the COVID-19 virus are doubling every four days in some areas and projected that 56% of

the state’s population – about 22 million people – could contract the virus in the next two months if aggressive prevention isn’t taken. On Saturday night, the Los Angeles County Public Health Department announced two deaths from the coronavirus and 59 new cases.

On Saturday, he ordered spending \$42 million in emergency funding to allow the state to lease two hospitals – Seton Medical Center in Daly City and St. Vincent Medical Center in Los Angeles – for three months to provide care for patients with COVID-19.

The emergency fund will also be used to buy or refurbish ventilators, provide more patient transportation service and expand testing capacity at a state laboratory.

California’s 416 hospitals have a combined 78,000 beds for patients, Newsom said, and the state was working to set up 10,000 additional beds by converting hotels and convention centers into quasi hospitals to meet the potential demand. The Santa Clara Convention Center, for example, will accommodate 250 patients.

Residents have been told to stay 6 feet (1.8 meters) away from others, not gather in groups and wash their hands frequently. They can go out to get food, fill prescriptions, seek medical care, care for vulnerable relatives or neighbors and get exercise, such as walking.

In general, people seemed to be heeding state and local orders to stay home as much as possible. Normally congested freeways in California were truly free – of traffic – and city streets remained mostly empty in areas usually bustling with cars, bikes, scooters and commuters emerging from rail stations and stopping at coffee shops and bakeries. Yosemite National Park closed to visitors Friday, the latest of California’s top tourist destinations to do so.

Most retail businesses and virtually all schools were closed and those that could were having

employees work from home. Gas stations, supermarkets and convenience stores were open along with auto repair shops and those providing essential services, such as plumbers and electricians, were still on the job. But restaurants were only delivering or providing takeout.

At the same time, people were sweeping grocery store shelves bare despite government pleas that hoarding was unnecessary because there were no shortages. Toilet paper was universally in short supply.

Up to 500 members of the California National Guard were activated Saturday to help with humanitarian aid. Most of them are providing help in distributing food at food banks, whose volunteer base has declined during the crisis while the need for them has soared because many people are losing work.

A farmer’s market near Oakland’s Lake Merritt was bustling on a Saturday morning with shoppers waiting in line at a produce stand to buy beets, strawberries and kale. Most stood several feet apart, but the spacing didn’t appear to be enough for one woman who walked by and yelled “6 feet!” to remind everyone the rule for keeping a safe distance.

Some vendors required shoppers to order produce instead of picking them out themselves. One farmer posted a sign that said: “Don’t touch what you won’t buy please.”

“If you’re not wearing rubber gloves and a mask, you shouldn’t be here,” Jeff Hyde said, who had both on while selling smoked fish.

At the farmers market in Pasadena, people appeared to be trying to stay 6 feet apart while waiting in line. The stalls, however, were directly next to each other and shoppers picked out produce close together.

The Huntington Beach pier is typically full on a sunny weekend morning, but there was plenty of room Saturday for walkers, joggers and roller skaters to stay far apart. Down below, dozens of



Hundreds of youths and adults alike flocked to Valley News/Julie Reeder photo the Santa Margarita River Hiking Trail near Fallbrook for a hike Saturday, March 21, despite Gov. Gavin Newsom’s ‘Stay at Home’ order.

surfers bobbed in the water where sets of waist-high waves rolled in.

The bright skies, or perhaps the threat of rain Sunday, drew many people to Venice Beach. Most took care to stay well away from each other on the sand. But spacing became an issue in popular areas like the pier and the boardwalk.

North of San Francisco, the Marin County Sheriff’s office shut down access to the Mount Tamalpais Watershed “due to the astronomical amount of people not practicing social distancing and home sheltering.” Authorities there said there was back-to-back traffic to coastal attractions and parking lots to beaches were full.

Newsom said he expected social pressure – not policing – to help enforce his stay-at-home order. He said he doesn’t want to shut down parks or beaches, and that National Guard troops will only be deployed to help law enforcement “make sure all our logistics are operational.”

Authorities were looking into releasing non-violent inmates from jails to prevent the spread of COVID-19 in close confinement.

The state prison system reported its first three cases among employees at different institutions, but no inmate has yet contracted it.

For most people, COVID-19 causes only mild or moderate symptoms, such as fever and cough. It can cause more severe illness, including pneumonia, for some people, especially older adults and those with existing health problems. The vast majority of people recover.

California’s homeless population was a serious concern because of their lack of shelter and the fact that many had underlying medical problems that made them more vulnerable to the virus. Los Angeles was waging a crash program to set up thousands of emergency beds in its recreation centers.

The Associated Press writers Adam Beam, Don Thompson and Kathleen Ronayne in Sacramento, Stefanie Dazio, Michael R. Blood and Justin Pritchard in Los Angeles, Olga R. Rodriguez and Juliet Williams in San Francisco, and Amy Taxin in Orange County contributed to this story.



EDUCATION

5 fun and educational ways to pass time during ‘Stay at Home’ order

Kim Harris  
Managing Editor

I’m obeying California Gov. Gavin Newsom’s order issued Thursday, March 19, but thanks to a plethora of virtual tours online, I’ve avoided boredom by traveling from Disneyland to Alaska to France all in the comfort of my own home.

As I work to think outside the box to keep the boredom at bay, I realized that from stay at home mothers to working professionals on furlough, we are all looking to find interesting things to do with our spare time.

So I’m the interest of those looking to fill their time, here are my top 5 favorite online tours.

**Visit Disneyland.**

Who wouldn’t enjoy spending a day at the happiest place on earth? Once again, the Disney Company leads the pack by sharing virtual versions of its rides online. From the beginning of the line to the end of the ride, Disneyland’s virtual tours, just like the real parks, are fun for the entire family. Pro tip: turn off the lights, stream to a big screen and it’s almost like actually being there. Just do a search on <https://www.youtube.com> for a full listing of rides.

**Learn something new.**

Coursera has hundreds of free classes online. From the University of Michigan to Stanford University and University of California Irvine, hundreds of universities and colleges are offering anyone with an internet connection and a desire to learn the opportunity



This screen shot shows just one of many depictions of a pirate’s life in Disneyland’s Pirates of the Caribbean virtual tour of the ride.



This screen shot shows a scene from the Louvre’s virtual tour of the moat Saturday, March 21.

to gain a little knowledge. I’m currently enrolled in The Science of Well-Being offered by Yale University. Pro tip: for \$49, you can get a certificate of completion to share or hang on your wall. Visit <https://www.coursera.org> for their course offerings.

**Visit a museum.**

From the Louvre to the National Gallery of Art to the Van Gogh Museum in Amsterdam, there are hundreds of museums offering online tours. Pro tip: be sure to

tour the remains of the Louvre’s moat for a unique look back into medieval times. Visit <https://www.louvre.fr/en/visites-en-ligne> for tours of the Louvre.

**Head to the Zoo.**

For years, zoos around the world have offered webcams giving a behind the scenes and up close and personal look at the animals housed on their properties. I could watch the giant panda cam at the Smithsonian National Zoo in Washington for hours. Also see the



Professor Laurie Santos instructs students online in the Coursera online class “The Science of Well-Being” offered by Yale University Saturday, March 21.



One of the giant pandas at the Smithsonian National Zoo in Washington finds a snack in this screen shot from the zoo’s giant panda webcam, taken Saturday, March 21.

webcams at the San Diego Zoo for hours of animal entertainment. Pro tip: some animals are nocturnal so it’s best to watch them in the evening hours. Side bonus, have the children do some research on the animals they are interested in to determine the best time to watch. Visit <https://nationalzoo.si.edu/webcams>.

**Visit a national park.**

There is nothing better than the majesty of wide-open spaces and national parks are the cream of the

crop when it comes to nature. My favorite has to be Yellowstone’s upper geyser basin featuring Old Faithful. Also check out Zion National Park’s sled dog puppy webcam for a cuteness overload that is sure to bring a smile to your face. Pro tip: watch at dusk or dawn for the best chance to view the more elusive wildlife.

Kim Harris can be reached by email at [valleyeditor@reedermedia.com](mailto:valleyeditor@reedermedia.com).

Coronavirus creates uncertainty for graduations, proms

Will Fritz  
Associate Editor

They worked for four years to get to this moment.

And now a global pandemic – something that perhaps never crossed their minds as a possibility – is upending a crucial moment in their lives.

For high school seniors, the coronavirus has thrown a wrench into plans for graduations, proms and other rites of passage.

On Friday, March 13, virtually all local school districts announced they would cancel classes in an attempt to stop coronavirus cases from increasing exponentially. Most districts had plans to reopen

campuses between the end of March and early- to mid-April. Then, Tuesday, March 17, Gov. Gavin Newsom announced that he wasn’t sure if public schools would reopen at all before the next academic year.

That announcement threw plans for upcoming events into question for graduating seniors across Riverside and San Diego counties.

“We’ve worked so hard for four years to raise the money to have a nice prom, and then they just cancel it,” Lydia Adams, student body president and senior at Hamilton High School in Anza, said. “It sucks. It really sucks.”

Adams said prom, which had been scheduled for April 18, is for sure a no-go. She said the school

hasn’t given seniors a final word on graduation and their grad night at Disneyland, but she expects those will be canceled soon enough.

It’s about the same story for Seth Brown, a senior at Murrieta Valley High School. The school so far has said his graduation and prom are postponed, he said, but it’s unlikely they will happen.

“I’m actually pretty sad because I don’t get to graduate with my friends, I don’t get to go to any dances with my friends,” Brown said. “I’m just trying to push through.”

Allison Blumenthal, student government senior secretary at Great Oak High School in Temecula, said students there haven’t heard anything about graduation, either,

and have only gotten a little bit of news about prom – bad news, at that.

“We do know that our venue is closed indefinitely,” Blumenthal said Saturday, March 22. “We haven’t heard anything about if they’re moving it, or if it’s canceled.”

But, given California Gov. Gavin Newsom’s announcement of a statewide stay-at-home order March 17 and the ever-increasing number of coronavirus cases in the region, it’s unlikely that either prom or graduation will go on.

Another event Great Oak seniors were looking forward to, Blumenthal said, is their senior walk of gratitude – in which seniors don their caps and gowns and visit their respective elementary and middle school campuses, before finally returning to their high school, to say goodbye.

“We’re really sad and, I don’t


know – we just want to be back at school,” Blumenthal said. “We worked for all these years to get to this point and now to have everything so unknown ... it just hits everyone really hard.”

Christian Heredia, a senior at Fallbrook High School, said he, too, expects plans for graduation, grad night and prom to be scrapped, although his school hasn’t said one way or the other what will happen yet.

“The worst part about it is, it’s out of our control,” Heredia said. “We’re missing out on these life experiences that everyone else kind of got, but we’re not gonna get due to something beyond our control. There’s just nothing we can do.”

Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).

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# More than 300 Palomar College students receive free computers and food

SAN MARCOS – Students lined up in their cars and on foot to pick up their free computer from Palomar College during a limited-contact distribution Wednesday, March 18. In all, 344 students received computers that will help them take online courses as the college transitions to remote delivery of courses starting Monday, March 30.

This opportunity for Palomar’s students was enabled by a leadership gift from Darlene Shiley, in partnership with the nonprofit Computers2Kids in San Diego.

So many cars lined up to get into the distribution point in the front parking lots of the college that, at one point, traffic backed up on West Mission Avenue. Even the Computers2Kids truck had difficulty getting to the college due to the number of students

taking advantage of the computer giveaway.

“Our heartfelt thanks to Darlene Shiley and all of the staff who made it possible to provide this extraordinary student support,” Jack Kahn, Ph.D., acting superintendent and president of Palomar College, said. “Even in the midst of a global health crisis, the Palomar community is pulling together to meet the needs of our students.”

“It was truly humbling and heartwarming to witness this display of generosity and solidarity during such challenging times for our students, staff and community,” Stacy Rungaitis, executive director for the Palomar College Foundation, said. “We owe special gratitude to Darlene Shiley for making it possible to put these computers into the hands of students who are really going

to need them to continue their education.”

College staff and volunteers from the Anita and Stan Maag Food and Nutrition Center were also on hand, distributing free food to students in need of nutritional assistance. The center has been serving students continuously as the COVID-19 outbreak developed, while observing the protocols of social distancing.

The donation of emergency funding for student computers also established the Darlene Shiley Challenge Emergency Fund Campaign, administered by the Palomar College Foundation. Those who wish to participate in the challenge in support of Palomar’s students can find information at [www2.palomar.edu/pages/foundation](http://www2.palomar.edu/pages/foundation).

*Submitted by Palomar College.*



Palomar students are lined up to receive donations of free computers and food. Village News/Courtesy photo

# Website resources for home school families abound

## Village Staff

For parents looking to continue their students’ education by making the transition to home schooling, during the statewide school closures, there are a plethora of online sites offering free lesson plans, courses and books to help ease the way. Here are 11 of the best websites Valley News found currently offering free access to parents and students.

According to its website, Project Gutenberg is a library of over 60,000 free eBooks. Choose among free e-pub and Kindle eBooks, download them or read them online. Readers will find the world’s great literature at <https://www.gutenberg.org>, with focus on older works for which U.S. copyright has expired. Thousands of volunteers digitized and diligently proofread the e-books, for enjoyment and education. The site is completely free for use by readers though the site does take donations.

Designed for teachers to supplement and inspire their classrooms, explore themes in American history and self-government through the study of original historical documents at <https://teachingamericanhistory.org/resources>.

Offering online resources, interactive activities quizzes and lessons in everything from science and social studies to art and engineering, parents can turn any room into a classroom with Brain Pop, <https://www.brainpop.com>.

The Core Knowledge Curriculum Series provides comprehensive, content-rich learning materials based on the Core Knowledge Sequence. Student readers, teacher guides, activity books and other materials are available for language arts and history and geography. Materials for science, music and visual arts are in development. For more information, visit <https://www.coreknowledge.org/curriculum>.

At Home School Legal Defense Association’s home schooling through high school, interested parents can learn the ins and outs of home schooling. Three high school consultants, Carol Becker, Stacey Wolking and Joyce Blankenship, are available to answer members’ specific questions, provide general advice and offer encouragement in virtually all areas of education including GPA calculation, college admissions and curriculum. Visit <https://hslda.org/content/highschool/default.asp> for more information.

Featuring the Snoopy and the entire Peanuts gang, the Space Foundation Discovery Center is offering free downloadable lesson plans that will help to build the

next generation of space leaders at <https://www.discoverspace.org/education/for-educators/stem-lesson-plans>.

“With schools closed and tens of millions of students at home, Code.org is launching Code Break – a live weekly webcast where our team will teach your children at home while school is closed, and a weekly challenge to engage students of all abilities, even those without computers,” the organization said in a statement

on its website.

The webcasts will feature a weekly activity or challenge and options for beginners, experienced students and even students without computers at <https://code.org>.

Downloads from the Bill of Rights Institute, <https://billofrightsinstitute.org>, include a free digital storehouse of source-based, classroom ready lessons, a digital course on history, government and economics and even information on heroes

and villains like Alice Paul and Benedict Arnold.

Is your student more advanced? Then check out the University of Dallas’ Arts in Liberty courses in logic, rhetoric, geometry and arithmetic and astronomy at <https://artsofliberty.udallas.edu>.

With free courses in everything from art and art history, biology, philosophy and political science, Open Culture, <http://www.openculture.com>, provides access to free online courses from

universities worldwide as well as audiobooks and documentaries.

Offering free online courses from Massachusetts Institute of Technology, Harvard University, University of California Berkeley and host of other universities, EdX, <https://www.edx.org>, offers free online courses from universities on topics such as language, business management and engineering.

Village staff can be reached by email at [villageeditorial@reedermedia.com](mailto:villageeditorial@reedermedia.com).

FPUD news

Keeping Fallbrook informed

# Coronavirus Response

## Here’s how we’re handling COVID-19

Governor Newsom issued a stay-at-home order for all people in California. This order exempts critical industries like water and sewer utilities. We are still here for you!

### We have taken many steps to reduce staff in the office

Our lobby is closed, but we are still up and running, answering calls and emails, as most office staff are working remotely. We can still answer all your billing, meter and engineering questions. We have set up special group email addresses so you can reach us.

#### Customer Service:

- Email us: [customerservice@fpud.com](mailto:customerservice@fpud.com)
- Phone us: (760) 728-1125
- Pay online: <https://www.onlinebiller.com/fpud/>

#### Engineering Department:

- Email us: [fpudinfo@fpud.com](mailto:fpudinfo@fpud.com)
- Phone us: (760) 728-1125

### Our crews in the field

To keep people safe, crews are maintaining a safe 6-foot distance as much as possible. They are also monitoring our systems remotely, and are ready if there is a leak or other emergency.

### Our water is safe

The coronavirus is not transmitted through water. Our treatment processes kill, deactivate and physically remove bacteria, viruses and other contaminants.

### We are adjusting our approach to assist customers

We know the economic impacts of this will hit some people hard. During this pandemic, we won’t assess late fees or discontinue water service. You should still make your payment online, by mail, or in our drop box. If you need to pay by cash, you can pay in cash at any 7-11 or CVS. Just be sure to bring your FPUD billing statement.

### Regular updates to our website

As we progress through this situation, we are updating our website regularly. Please visit [www.fpod.com](http://www.fpod.com). We will get through this together. Stay safe!

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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WINE & DINING

Fallbrook/Bonsall restaurants offer takeout, curbside pickup during pandemic closures

**Will Fritz**  
Staff Writer

Some Fallbrook and Bonsall eateries are shifting to take out, curbside pickup and delivery options amid the rapidly changing coronavirus pandemic.

Last week, businesses were operating normally, and many had no plans to shut down in the face of the pandemic. But by Monday, March 16, San Diego County health officials had mandated all bars that do not serve food and all dine-in restaurants to shut down, with restaurants limited to only serving food via drive-thru or pickup.

Restaurants in the Fallbrook-Bonsall area moved quickly to adjust. Here is a list of local businesses advertising takeout and curbside pickup services during the coronavirus outbreak.

- 127 West Social House – (760) 728-0200
- Café Des Artists – (760) 728-3350
- Coffee, Corks & Cuisine (downtown only) – (760) 645-3891
- Dominick’s Delicatessen – (760) 728-7911
- El Jardin – (760) 728-4556
- Estrella’s Restaurant – (760) 728-1200
- Garden Center Café and Grill – (760) 728-4147
- Harry’s Sports Bar & Grill (takeout and \$5 fee for delivery) – (760) 451-2000
- Trupiano’s Italian Bistro - (760) 728-0200
- Brothers Bistro – (760) 731-9761
- Yama Sushi – (760) 723-9788
- Z Café I Takeout – (760) 940-1751
- Village Pizza – (760) 414-9899
- Peking Wok – (760) 724-8078
- Pala Mesa Pizza – (760) 451-6911
- Rib Shack – (760) 731-9133
- Harlow’s – (760) 871-4564
- Fallbrook Café - (760) 728-1898
- Main Street Café - (760) 731-1405
- Vista Valley Country Club - (760) 758-2800
- Rainbow Oaks Restaurant - (760) 723-2279

Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).



Village News/Shane Gibson photo

Greg Eberhardt and his wife Doris enjoy a takeout meal from Main Street Café on the tailgate of their truck as restaurants are ordered to temporarily close all dine in options due to the coronavirus.

Rainbow Oaks offering roll of toilet paper with to-go orders

**Jeff Pack**  
Staff Writer

Rainbow Oaks Restaurant is hoping a new promotion will help them clean up during a difficult time.

The longtime Rainbow eatery is trying to help the community deal with the ongoing coronavirus outbreak by offering much-needed supplies for sale to surrounding neighbors. The community is responding by purchasing the supplies and supporting the restaurant by ordering take out from the restaurant’s full menu.

The best part, they get a free roll of toilet paper with every

takeout order.

“We have like individually wrapped toilet paper, so, we’re doing a free roll with every to-go order,” owner Janelle Maples said. “So, people came in just for that.”

Given the current availability of toilet paper at most stores, that’s quite a deal.

Maples said so far, it’s going pretty well since they had to close to people wanting to dine in on St. Patrick’s Day.

“It was especially busy on St. Patrick’s Day, the first day that we had a close, we got a lot of to-go orders,” she said. “We had corned beef and cabbage, like we always do. Yesterday was a little slow but

today’s doing pretty good.”

Maples said in a Facebook post that the restaurant is receiving shipments every day so the food is fresh and they are selling supplies to the locals such as eggs, fresh bread, milk, steaks, ground beef, turkey breast, chicken breast, ham, sausage, cheeses, sausage, flour, rice, bacon, produce and more.

The post also reminded people that Rainbow Oaks Market has bread, eggs, water, toilet paper, paper towels, baby wipes, water, gas, propane, CBD, liquor and many other items.

Maples said you can call ahead and order from the full restaurant menu and in the Facebook post,

said they are offering fried chicken for lunch and dinner every day as long as they are restricted from having guests dine in.

She said she hopes to be able to open again fully April 1, but she isn’t sure yet. She wanted to thank the community for the support so far.

“They’re here to support us,” Maples said. “We’re just doing both and actually the grocery

business is doing pretty good because people have a hard time finding chicken, beef, eggs and all that sort of stuff.”

Rainbow Oaks Restaurant is at 4815 5th Street in Rainbow. Call (760) 723-2279 or visit [www.rainbowoaksrestaurant.com](http://www.rainbowoaksrestaurant.com).

Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).



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Rainbow residents Michael and Clare Daily receive a free roll of toilet paper after ordering a takeout meal from Rainbow Oaks Restaurant, March 20. Rainbow Oaks is giving a free roll of toilet paper for every takeout a grocery purchase.

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.

**Real Estate - For Rent**


Room for rent in Murrieta: Downstairs furnished room with private bathroom. Includes utilities, cable, WIFI, kitchen privileges and laundry. No pets, smoking, illegal drugs, or alcohol. \$600 a month. Call Maria at 951-234-2777

**Garage Sales**

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

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As we are all aware of COVID-19, just like you, we are taking it day by day. For now, we will remain to stay open and continue to uphold our sanitation procedures. Our number one priority is the safety and health of our customers and employees. We will continue to monitor the local health guidelines and take action accordingly. Currently, the dining room is unavailable, so we highly recommend our customers call in their favorites and **pick up their orders with our new CURBSIDE SERVICE.** We would like to thank you all for the love and support during such a challenging time.

*We are amazed by this community! – Z Cafe Management*

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# Temecula Wine Country copes with restrictions due to coronavirus outbreak



Cougar Vineyard and Winery's Sangio's Deli offers takeout food and take and bake pizzas while the tasting room remains closed. The winery is only open to wine club pickups and wine bottle and case sales.

Valley News/Jeff Pack photo

**Jeff Pack**  
Staff Writer

From end to end, wineries in Temecula Wine Country are having to make adjustments in order to serve their customers.

Most wineries are keeping a skeleton crew on staff and allowing customers to come and buy bottles of wine, but keeping tasting rooms closed.

Some others are allowing people to come in and taste wine as usual, but with some changes like maintaining social distancing requirements. That move comes with both criticism and applause, depending on who you talk to.

While some wineries have kept staff on the books, quite a few have had to lay off a lot of employees as they face what could be several months of restrictions put forth by the county, state and federal governments.

"We have decided to lay off our tasting room staff and one wine club administrative staff, we believe at this point we need to conserve cash," Steve Chapin, owner of Chapin Family Vineyards, said. "We are maintaining our farm crew, three people and one assistant winemaker."

When asked how they thought the situation was being handled by government leadership, reactions were mixed.

"We understand the restrictions are for all our best interests," Jennifer Buffington, owner of Cougar Vineyards and Winery, said. "Every day the restrictions get more restrictive in what we can do. This is a very fluid situation that we are monitoring and adjusting how we do business constantly."

"I think this is what needs to be done to stop the spread of the disease," Valerie Andrews, owner of Oak Mountain Winery, said. "Our hopes are that some of the medicines they are testing will cure the affected people and shorten the length of the business shutdowns."

Chapin had a different take.

"The national leadership has been as good as it can be," he said. "As a public health microbiologist with knowledge of PCR technology, I know it is difficult to ramp up PCR testing. I am amazed they are doing as many tests as they are on a daily basis."

"The public has little understanding of PCR technology and therefore believe whatever the media tells them because they have no understanding of the facts," he said. "I believe the 'liberal media' is dedicated to damaging President Trump and will slant any story in a negative perspective if it hurts the president. The California leadership is weak, but they are following the national directives and therefore acceptable in terms of actions and information," he said.

Chapin was staying open on Mondays, Wednesdays and Fridays, but that will change, he said.

"With the new mandate we are going to shut down until we hear better news," he said.

The Temecula Valley Winegrowers Association issued a statement regarding the situation Tuesday, March 17.

"The implication of this to wine country is that the majority of our tasting rooms are temporarily closed to the public for wine tasting and on-site wine consumption," according to the statement. "While our local wineries do this with a heavy heart, we must all work together so that our

doors are back open for you to come visit as soon as possible."

The TVWA talked about the wineries' ability to adjust in order to continue selling wine.

"Our wine region was largely built on the direct-to-consumer model, so we are fully equipped to sell online and ship wine for home consumption," the TVWA said. "Many wineries will remain open to fulfill online orders, wine club pickups and on-site purchasing using social distancing protocols. Many are also implementing local delivery to certain areas."

"You can also take advantage of our new Sip From Home program. Participating wineries are offering special discounts, wine packages, and shipping incentives to make it as easy and affordable as possible for you to get the wines you love so you can enjoy them from the comfort of your home," TVWA said in a statement.

In addition to doing bottle sales only, Cougar Vineyard and Winery is offering pre-made pizza kits and

selling goods like meats and other products out of their Sangio's Deli. Oak Mountain Winery is open for bottle sales and wine club pickups and the winery's Cave Café has to go orders.

"I feel that people are afraid to go out," Buffington said. "We didn't have a lot of to-go or online orders initially, we started calling members yesterday and the personal touch is getting sales."

"We are getting a little support through online orders and some to go orders," Andrews said. "We are trying to get the word out that we offer the food as you don't need to go into town, and there are no crowds. We are able to (maintain social) distance."

"We were open but sold relatively little; most of the activity is just wine club pickups," Chapin said. "Our wine club appears to be very loyal. We have and will continue to be conservative in our business expansions and maintain a good cash balance with supportive lines of credit."

Don Lorenzi of Lorenzi Estate

Wines said life during coronavirus is going well.

"We're selling bottles and cases," he said. "Business is good. We have a very loyal customer base. We also had a virtual winery business model on the shelf. We plugged it in last Monday morning. We hit the ground running."

Though Oak Mountain Winery had to lay off employees, they are sending them home with care packages from the restaurant. As for how sales are going, they are doing their best, Andrews said.

"We are grateful for our wine club members who are being very sup-

portive and we are offering them free shipping during this time in return of their support," Andrews said. "Our winery neighbors are a great community of compassionate owners who are communicating daily on this uncharted territory."

According to Andrews, the process of winemaking doesn't stop, virus or no virus.

"The winemaking portion of the winery continues as farming never stops," she said. "Vines need pruning, wine needs bottling and champagne needs to finish fermenting."

Jeff Pack can be reached by email at [jpack@reedermmedia.com](mailto:jpack@reedermmedia.com).



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