

Hooks and Needles
keep going
A-4



Garden in
pots
B-4



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Area food
pantries
need
donations

Tony Ault
Staff Writer

The demand for food at the food pantries is continuing to rise as the San Diego and Riverside County public health agencies “Stay at Home” orders reach into a second month.

see **FOOD**, page A-8

Stay-at-
home
order
explained

Will Fritz
Associate Editor

By now, surely everyone knows we’re supposed to remain at home unless necessary until this pandemic crisis is over, however long that takes. But what really are the rules? What is necessary and what is not?

see **ORDER**, page A-4

Agencies
see drop
in child
abuse
reports

Will Fritz
Associate Editor

Coronavirus may be having an unintended effect on the number of reported instances of child abuse in the region.

Calls to San Diego County’s Child Welfare Services Child Abuse hotline dropped in as mandatory stay-at-home orders started to take effect in March.

see **ABUSE**, page A-6

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Boys & Girls Club offers fun packs



Emily Kenner, director of program services for Boys & Girls Club of North County, hands off a fun pack of activities for children during a distribution at La Paloma Elementary School, Monday, April 20. See more photos page A-11. Village News/Shane Gibson photo

Corona named FUHS Valedictorian
for 2019-2020 school year

Jeff Pack
Staff Writer

In yet another sign of the times, Fallbrook High School principal Narciso Iglesias informed the valedictorian and salutatorian for the 2019-2020 school year that they had earned their statuses in a Google Hangout call with the students and their parents Friday, April 17.

Due to social distancing and stay-at-home orders brought about by the coronavirus pandemic, the naming couldn’t be done in a traditional way.

That change didn’t stop Iglesias from raving about the two students.

“Both these students are super deserving, they are hard-working, studious beyond words and just great, awesome humble human beings,” Iglesias said. “I am so proud of them and their families have just been part of every aspect



Emiliano Corona is named valedictorian for the Fallbrook High School 2019-2020 school year. He will attend Stanford University in the fall and plans to major in economics. Village News/Courtesy photo

Fallbrook transitional house helps
those who help themselves

Jeff Pack
Staff Writer

Kevin is loyal to his soil, and the Fallbrook High School graduate has always lived in Fallbrook.

“This is my home,” he said. “I’ve never been homeless anywhere else – just here in Fallbrook.”

Kevin is a success story, and one of many stories he talks about who came from a transitional home for homeless people looking to get their lives in order.

Kevin said he has spent the better part of 11 years living on and off the streets in his community. The last time he was homeless was after a breakup. With nowhere else to go, he headed back to the streets.

“I didn’t have any place to go, so I ended up on the streets and that was for a year and a half – the last stint,” Kevin said. “It’s really tough. I always call it living in the shadows.



Kevin sits on the front porch of the homeless transitional home that he is in charge of in Fallbrook. Not long ago, Kevin was living on the streets of Fallbrook in the community where he grew up. Valley News/Jeff Pack photo

see **HELP**, page A-9

LOCAL

Fallbrook man assists state with fight against coronavirus

Will Fritz
Staff Writer

A Fallbrookian is helping with the state of California’s efforts to increase coronavirus testing and get the outbreak under control. Rick Greenwood, an epidemiology and environmental health sciences adjunct professor at UCLA, is a part of a new coronavirus testing task force announced by Gov. Gavin Newsom earlier this month. Greenwood, who splits his time between UCLA and his avocado farm in Fallbrook, is tasked with acting as a liaison between the state and its 29 county and city public health labs.

The task force, according to the state’s website, is a public-private working group with stakeholders across the state to boost California’s coronavirus testing capacity. Greenwood said the task force is working to implement both rapid coronavirus testing and antibody testing, as well as drastically increase testing capacity. “There’s two kinds of tests; there’s the PCR test that looks for the virus and then there’s the antibody test which they’re just starting to roll out now for if somebody has been previously infected and has immunity,” Greenwood said. “The governor right now is trying to get to the

stage where there will be 50,000 tests a day.” Greenwood said the task force is trying to find both additional testing locations and collection areas to supplement existing capacity. “There’s a number of different subcomponents of the task force working on various issues,” Greenwood said, “and in particular because California is such a big state. In Northern California especially there’s a lot of rural counties, and they don’t have the infrastructure, and the project is how they can get infrastructure for testing, and then also working with the private laboratories to increase their capacity.”

One of the reasons testing got off to such a slow start in California, Greenwood said, is because of the limited capacity of the 29 public health laboratories. Eleven additional public health laboratories have closed over the years for budgetary reasons, he said, contributing to the capacity issue. “Labs just weren’t set up to start doing mass testing, so the task force is working with suppliers and state testing,” Greenwood said. Once enough testing is in place, health officials will be able to get a better understanding of how much the coronavirus has really spread in the population. “Obviously we’re looking at

clusters, nursing homes trying to test and who needs to be quarantined, but at the same time we want to do a broader area of people if in fact the virus has been around,” Greenwood said. The antibody test, in particular, will help state officials determine how safe it is to loosen social distancing restrictions. “If we find that a lot of people have been infected, but didn’t have the disease (currently), but they’re immune,” Greenwood said, “that’s gonna change how we open stores and businesses. That’s called herd immunity.” Will Fritz can be reached by email at wfritz@redermedia.com.

North County nonprofit organization ups ability to serve elderly stay-at-home with emergency grocery deliveries

Seniors get products from Foundation for Senior Care with no delivery charges

FALLBROOK – The Foundation for Senior Care, a nonprofit organization that helps seniors in the Fallbrook/Bonsall area, said they provides up to 40 deliveries per day to elderly residents requesting emergency grocery delivery assistance. Keith Birkfeld, executive director of the Fallbrook-based organization, said the organization has made over 300 grocery deliveries to seniors unable or unwilling to leave their residences since the program started in late March. He said that the program has gained local traction during the COVID-19 crisis with a team of drivers making deliveries to area elderly throughout Fallbrook and Bonsall. The majority of the deliveries are being done by the foundation’s Care Van drivers who had customarily been transporting seniors to medical appointments, the grocery store and the pharmacy. When the crisis began the Care Van

program immediately transitioned into a grocery fulfillment service to meet the emergent need. A group of volunteer drivers and shoppers have been instrumental in filling any staffing gaps. Most recently, volunteers from the North Coast Church have taken part, supplementing the foundation’s services using their own vehicles. In practice, most seniors either call the foundation’s offices at (760) 723-7570 or use email to place an order using a credit card. The foundation’s “Care Advocates” on South Mission Road verify the order and relay it to Major Market, and the person who makes the delivery picks up the packages. To date, the foundation has served more than 160 seniors in this part of North San Diego County. “We fulfill orders within 48 hours. Orders that come in over the weekend are out on Monday to the recipients,” Birkfeld said, noting that a typical order consists of 20



Teri Massey, a staff driver for Foundation for Senior Care, delivers groceries to sheltering in place seniors. Village News/Courtesy photo

from the Fallbrook Regional Health Care District, the Legacy Endowment and the Fallbrook Chamber of Commerce, all of whom endorse the effort. Birkfeld said, “As the emergency grocery delivery service expands for those who have no family, friends or other options to obtain food and personal hygiene products, and as threats from the coronavirus persist, the foundation feels a duty to continue delivering much-needed 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.” The foundation has received numerous personal donations from concerned citizens applauding the effort. Pace said that each driver uses established safety measures 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 are made to seniors to alert them to the imminence of a delivery, and packages are left at the front door or other convenient spot for easy retrieval by the recipients. The Foundation for Senior Care is a provider of multiple 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.

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SBA administrator and Treasury Secretary Steven T. Mnuchin respond to success of Paycheck Protection Program

WASHINGTON – Jovita Carranza, administrator with the U.S. Small Business Administration, and U.S. Treasury Secretary Steven T. Mnuchin issued the following statement regarding the success of the Paycheck Protection Program: “The Treasury Department and SBA launched the unprecedented Paycheck Protection Program in just one week. Following its launch, the SBA processed more than 14 years’ worth of loans in less than 14 days, which will protect a vast number of American jobs,” they said in the statement. “The PPP enjoyed broad-based participation across the country from lenders of all sizes and a wide array of industries and businesses. From its start April 3, PPP provided payroll assistance to more than 1.6

million small businesses in all 50 states and territories. Nearly 5,000 lenders participated in this critical program, including significant lending by community banks and credit unions. Nearly 20% of the amount approved was processed by lenders with less than \$1 billion in assets, and approximately 60% of the loans were approved by banks with \$10 billion of assets or less. No lender accounted for more than 5% of the total dollar amount of the program. “The vast majority of these loans – 74% of them – were for under \$150,000, demonstrating the accessibility of this program to even the smallest of small businesses. “The PPP provided funds to a wide variety of industries in all sectors of the economy, including

construction, manufacturing, food and hospitality services, health care, agriculture and retail, among many others. This demonstrates the broad diversity of PPP and its support for American workers across the board. “The Paycheck Protection program is saving millions of American jobs and helping small businesses get through this challenging time. We urge Congress to protect millions more American workers and their families by appropriating additional funding to support PPP,” Mnuchin and Carranza said in their statement. To learn more, visit <https://www.sba.gov>. Submitted by Small Business Administration.

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OPINION

Recognize those who help



Assemblymember Marie Waldron
AD-75 (R)

National emergencies bring out the best in us as Americans always step up to help those in need. During this coronavirus pandemic, individuals, nonprofit organizations and businesses are answering the call for help.

In our Assembly District 75, Abbott Laboratories, with a major facility in Temecula, is deeply involved in the medical response to the pandemic. Abbott has developed tests that can detect the disease in just a few minutes and recently announced the launch of a new antibody test that can determine if a person was previously infected. Four million of these tests will be delivered this month, with 20 million expected to be delivered each month beginning in June.

Throughout our district, nonprofits, churches and many individuals are rising to the

challenge. In some cases, laid-off or furloughed workers have been making face masks in their homes for hospital workers and others on the front lines. Drive-thru food distribution centers have been set up, and people have been volunteering to go grocery shopping for their elderly or infirm neighbors who should stay at home. We must also remember thousands of local health care workers, delivery drivers, store clerks and so many more who are providing essential services for the rest of us. Thankfully, the list of those answering the call is a long one.

These acts of kindness and sacrifice should be recognized and encouraged. Do you know a local individual or organization that should be recognized for outstanding community service? Please help me recognize those working tirelessly to ensure that we get through these challenging times. Submit your nominations and stories to assemblymember.waldron@assembly.ca.gov or via the “contact me” section on my website at <https://www.asm.ca.gov/75>.

It is truly an honor to serve the amazing people of this district.

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.

Coronavirus-related updates

Brian W. Jones
State Senator, District 38

Some quick and important updates:

Tap water is safe to drink!
The San Diego County Water Authority would like everyone to know that the region’s tap water is safe to drink, and that there is no evidence that the Coronavirus is transmitted through treated water.

You can visit <https://www.sdcwa.org/san-diego-regional-water-supply-safe> to learn more.

DMV announces extensions for all expiring driver’s licenses
The DMV announced April 14 that they are extending driver’s licenses that are expiring during the COVID-19 pandemic. For more information, go to <https://virtual.dmv.ca.gov/>. If you need any DMV assistance, please call my office at 619-596-3136.

Unemployment insurance payments
California Labor Secretary Julie A. Su announced April 14 that they are working to process payments on most unemployment claims in a three-week window. She also outlined a rough timeline for the launch of the new Pandemic Unemployment Assistance program, which they are hoping to have online in two weeks.

PUA provides federally funded benefits distinct from the

Unemployment Insurance program for certain individuals out of work or partially unemployed due to the COVID-19 crisis, including the self-employed, individuals who lack sufficient work history, and independent contractors.

To read the secretary’s full letter, visit <https://www.labor.ca.gov/news/>.

Senate Special Committee on Pandemic Emergency Response
Senate President pro Tempore Toni Atkins (D-San Diego) announced April 15 the creation of a special bipartisan committee of 11 senators, including myself.

I am ready to serve on this committee to review how we responded as a state to the COVID-19 pandemic, and more importantly, work to better prepare ourselves for any similar emergency we may face in the future.

Coronavirus spending tracker
The Senate Republican Caucus has set up a website to track the spending of coronavirus dollars in California.

You can view that webpage at <https://cssrc.us/covid/spending>.

As always, if I can assist you in any way, please call my office at 619-596-3136 or email me at Senator.Jones@senate.ca.gov.

My full COVID-19 resource page, which we’re updating regularly, can be viewed at <https://jones.cssrc.us/covid>.

Enjoying a simple pleasure in the time of COVID-19

Grocery shopping one day a week has been my routine for years. The unhurried process that allowed time to chat with friends, investigate a display of exotic cheeses or read the labels on new products introduced by a celebrity TV chef was enjoyable.

In the time of COVID-19, the once pleasurable experience has changed.

Before I get out of my car in the parking lot, I put on my facemask and my disposable gloves. Since cloth grocery bags are not allowed in the store, I leave them in the car.

When I enter the store in my mask, I notice all of the store employees are wearing masks too. I smile, but no one can see it.

Ticking off items on my grocery list, I look for the products I need. When another shopper heads toward me in an aisle, I take another aisle where I am the only shopper. I find the section for toilet paper and tissue where a sign warns, “One item only,” so I take one of each.

I seek black beans for a recipe, and there is one can – organic and expensive – but I grab it quickly. The rest of the shelf is empty.

Having found most of the items

on my list and a few substitutes for other things what I needed, I get in line to check out. I stand 6 feet behind the person in front of me. There are “X” marks on the floor as guides. I put my items on the conveyor belt, and once checked, they are placed into an empty cart so that I can bag them myself outside the store.

After I check out – and it’s raining – I push my cart to my car on the run, open the trunk, open the bags I could not bring inside and hurriedly fill them, making sure I don’t put cans of soup on top of an egg carton. Finally, I collapse inside my car, take off the gloves, take off the mask and drive home exhausted.

I used to like grocery shopping, but now, instead of being pleasurable, it’s unpleasantly complicated. I know it sounds silly and perhaps selfish, and many people face the same daunting task. I believe my life will return to normalcy in the months ahead, and I thank God for a modest income, good health and the stellar job the market’s employees perform each day on my behalf.

Sarah Bates

Grandparents offer perspective and comfort for young people



Julie Reeder
Publisher

One of the most important things grandparents offer children and grandchildren is the gift of experience. While this benefit may be obvious, right now it’s more important than ever, even if physical visits are limited due to stay at home orders and risk of COVID-19 infection.

Young people who have been

raised in the U.S. during the most prosperous time in history have only their own experience as a point of reference. Grandparents have lived through other recessions, possibly depressions, wars, threat of nuclear war and the climate scares of an ice age in the early 70s and the threat of melting ice that would swallow up the land we call home in early 2000s.

Children have their own stresses. And despite being raised during the most prosperous time in history, they are more likely to commit suicide. How can this be? There are many reasons, but in addition to the divorce rate and the opioid epidemic, many are being taught that America is bad, capitalism is evil and that climate change will destroy us within 12 years.

Now add the COVID-19 quarantine, fear of an epidemic, small businesses shutting down and record unemployment, and that is a lot to process.

Grandparents have an important role to provide a calm perspective. It’s a comforting message to hear

that we will get through this crisis and that with struggle comes strength. It may be surprising for them to hear that financial problems, while they can be devastating, aren’t the worst problems in life.

Grandparents have the ability to help children develop good mental health habits by starting everyday remembering all the things they can be thankful for and remind them of the things they take for granted.

As Americans, we are a creative, resourceful and resilient bunch, and grandparents can reinforce that. Things may look bad now, but the sun will come up in the morning, the birds will be singing, the flowers blooming, beautiful trees will provide shade and there will be an awe-inspiring sunset to end our day. They can be reminded of the importance of God, family and community.

Most of all, they need to know that they have people who care about them, one way or another we will get through this together and this too shall pass.

The coronavirus – Who’s really at fault?

Much has been made by the media and by Democratic lawmakers blaming President Donald Trump for the coronavirus. But who’s really to blame for the pandemic? Trump, the wet markets, a virology lab in Wuhan, the Chinese government or perhaps there is something sinister behind the outbreak?

In December 2019 and well into mid-January 2020, we were told by the Chinese government and by the World Health Organization that the virus started in a wet market in Wuhan, China. They reported the horseshoe bats in the wet market were the carriers of the pathogen.

For several weeks, the Chinese government and the WHO’s official position alleged the coronavirus posed little threat to human beings, claiming human-to-human transmission is unlikely to occur.

Meanwhile, the coronavirus was spreading rapidly throughout the city of Wuhan. Hundreds of their residents contracted the virus, and many succumbed to it. Facing this severe health crisis, the Chinese government placed the entire city of Wuhan under quarantine without notifying the rest of the world of the impending threat.

With little regard for the safety of the global community, the Chinese government encouraged thousands of Chinese nationals to travel abroad without any restrictions. So, the virus spread rapidly through countries and across continents, and within days it transformed into a global

pandemic.

New evidence suggests this virulent strain of the coronavirus quite possibly was genetically engineered in a virology lab, located near the wet markets. Coincidentally, this same lab has been conducting experiments with horseshoe bats for several years. Some experts on Chinese security affairs suspect the lab’s primary mission has been to alter the virus, making it hyperinfectious in humans.

We may never know whether the coronavirus started in the wet markets or the Wuhan virology lab. Although mounting evidence suggested, the virus came from the virology lab. Sadly, we have suffered more than 37,000 fatalities to date in America and more than 163,000 deaths worldwide. With more infections and deaths yet to come, the Chinese government still denies any responsibility for the pandemic.

So, while America’s industries are decapitated, China’s economy is on the march and may now surpass ours as the No. 1 economy in the world. Millions of Americans are temporarily unemployed, billions of dollars in wealth lost in the market, and most Americans are now sheltering in place all because of the gross negligence of the Chinese government.

We may never know whether the coronavirus was intentionally released or whether it was an accident. However, we do know with complete certainty that the origin of the coronavirus started

in Wuhan, China, and the ongoing cover-up is being choreographed by the Chinese government and by the World Health Organization.

In the near term, I believe the Chinese government will suffer the consequences of the coronavirus and for their cover-up.

To protect our national security interests and our critical products such as medical supplies and pharmaceuticals, American corporations must begin to decouple manufacturing in China and bring it back home to America. American consumers must do their part as well, by avoiding purchasing goods made in China, in favor of those that are “Made in America.”

So, contrary to many media outlets and the Democratic Party’s claims, Trump is not to blame for the coronavirus. His response to the outbreak has been well reasoned and decisive. I applaud the president for assembling the brightest minds in business and medicine to develop and execute sound solutions to combat the virus. Their collective efforts have successfully mitigated the transmission of the coronavirus and reduced the number of fatalities.

I believe most Americans are grateful for Trump and the Coronavirus Task Force for their selfless and tireless work fighting the pandemic, and for their collective efforts attempting to keep “All Americans” safe from the ravages of the coronavirus.

Dave Maynard

Bring businesses back

Supervisor Jim Desmond
5th District

While we continue to stay at home and do a great job flattening the curve, I have a favor to ask. I want to hear from business owners. San Diego County knows many businesses are on the brink of going under, and we are trying to do all we can to help them. We’ve created a website, <https://www.SanDiegoBackToWork.com>, and are asking for your ideas in opening our economy back up.

Your input on how the county can help get businesses open is important. While I’m not a public health official, I look to them to make decisions based on scientific data. Meanwhile, we can all begin to look toward the future so that when we turn the corner on this virus, we can get businesses open right away.

Our goal is to build a coalition of business industries willing to make a commitment to having a plan in place for opening that will protect their employees and customers. For restaurant owners, would you be willing to have your staff wear masks, gloves and reduce capacity? What about taking customers’ temperatures before they enter? For retailers, would you be willing to have your staff wear masks, gloves and also reduce capacity? These are the questions we want to know.

For the foreseeable future, it won’t be life as usual. We all need to adapt, and I’m hoping to take that message to the public

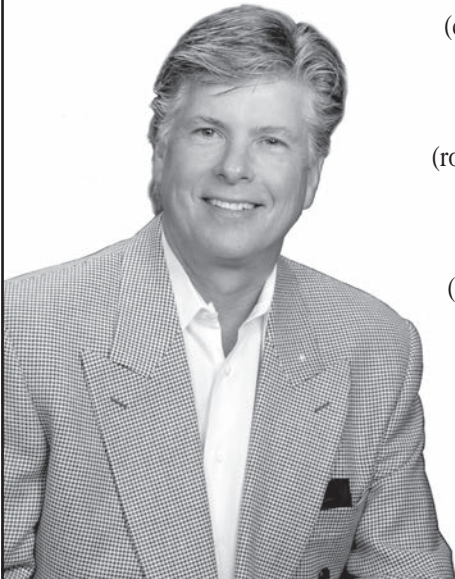
health officials. So far, I’ve heard from hundreds of business owners willing to change in order to bring their businesses

back online. Visit <https://www.SanDiegoBackToWork.com> and let me know if you’re willing to join.

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San Jacinto fault is ‘potentially dangerous,’ expert says

Will Fritz
Associate Editor

As though Californians needed more natural disasters to contend with on top of an ongoing pandemic, a magnitude 4.9 earthquake centered near rural Anza rattled much of the southern part of the state Friday, April 3.

While the quake was not powerful enough to cause any damage, mild-to-moderate shaking could be felt across a wide swath of Southern California, not just in Riverside County but in heavily populated Los Angeles, San Diego and Orange counties as well.

Many Californians have probably heard about the San Andreas fault – the one responsible for the 1906 San Francisco earthquake – for much of their lives. But what about the fault responsible for the April 3 quake in Anza, the San Jacinto fault?

Thomas Rockwell, a paleoseismologist and structural geologist at San Diego State University, said the San Jacinto fault, too, is capable of large earthquakes, and it has caused them in the past.

If you’ve ever looked at a map of the Hemet-San Jacinto area before, you might have noticed that there’s an almost straight line running along the eastern edge of the valley, sharply dividing the valley floor and the mountains. That, in fact, is the San Jacinto fault. That fault line runs from the San Bernardino region all the way down into the mountains of eastern San Diego County.

Rockwell said the fault, if it were named today, would probably be more accurately called the western branch of the San Andreas fault.

The San Jacinto fault is “potentially dangerous,” Rockwell said.

The segment near Anza does frequently produce small quakes, in the magnitude 3.0 range, as well as moderate ones like the April 3 one.

“These 5.0s, there’s been at least five of them in the last 20-25 years,” Rockwell said. “They’re relatively common.”

The San Jacinto fault can also produce much larger seismic events.

“In the southern part of the fault, we had relatively large earthquakes in 1968 and 1987, with the Borrego Mountain and Superstition Hills earthquakes,” Rockwell said. “These are in the magnitude 6.5 range. So we know the fault is capable of producing moderately large quakes rather frequently.”

Historically, it’s responsible for quakes even larger than that.

“It has sustained a number of moderately-large earthquakes historically,” he said.

Some of the most notable ones in the last couple hundred years include an estimated magnitude 6.9 quake in 1918 that ruptured the fault line from Anza toward Hemet, a magnitude 6.5 earthquake that struck on Christmas Day, 1899 and a magnitude 7.3 quake in 1800.

“The worst-case scenario is a repeat of the earthquake of 1800,” Rockwell said. “That ruptured the fault from at least Hemet all the way to the southern end of the Clark strand” – meaning Clark Lake, close to 50 miles southeast of Hemet near Borrego Springs.

That 1800 earthquake is known to have cracked walls at the San Diego de Alcalá and San Juan Capistrano missions, but other than that, it didn’t cause much in the way of serious damage – because there wasn’t much to damage. Even 50 years later, after California was admitted to the union, the 1850 census recorded only about 92,000 people living in the entire state.

Few people were around in Southern California to be affected by the 1800 quake. Today, more than 2 million people live in Riverside County alone.

How likely is it that there actually will be a repeat of the 1800 quake in the coming decades?

Nothing is certain, Rockwell said, but it is a possibility we should be prepared for.

The average return time for large earthquakes on the San Jacinto fault is about 200-270 years, he said.

“We’re already coming into the window where it could happen tomorrow or it could wait 100 years,” Rockwell said.

There are other lingering nearby threats as well. In addition to the San Andreas fault, which experts have long said is overdue for a major earthquake in its southern section, the Elsinore fault – which runs between the Corona area and Temecula – is capable of producing a serious earthquake.

The fault’s Glen Ivy segment near Lake Elsinore produced a magnitude 6.2 earthquake in 1910, while a southeastern extension of the fault in Baja California has caused two earthquakes in the magnitude 7.0 range, most recently on Easter Day 2010.

It hasn’t caused an earthquake in its Temecula segment recently, and there’s not thought to be any immediate threat of that happening, but the possibility is there.

“The Elsinore ruptured along the Temecula segment about three to four hundred years ago, and it produces these larger earthquakes every four to six hundred years, so the likelihood is not high but it’s certainly capable,” Rockwell said.

The important thing, he said, is just to be prepared for the potential of a large earthquake, an ever-present threat that Californians may end up taking more seriously at the end of the coronavirus pandemic, another unpredictable threat that has always been within the realm of possibility.

“I think the take home is we should all be prepared for the potential of a large earthquake,” Rockwell said. “I think this virus situation is teaching us that we should have a store of food and water.”

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

Volunteers continue to knit and crochet



The Hooks and Needles group is seen at a November gathering at Fallbrook Library where they would normally meet every Monday and Friday from 10 a.m. to noon. Village News/Courtesy photo

FALLBROOK – The nonprofit Fallbrook Blanket Project continues to knit and crochet in social isolation at home. Hooks and Needles group met every Monday and Friday from 10 a.m. to noon at the Fallbrook Library.

Once everyone is back together and the library has reopened, the group welcomes the community to join their free sessions. The yarn is free, and anyone can learn to knit or crochet or just sit and chat.

The Fallbrook Blanket Project donates twin-sized or larger blankets, afghans, lap-sized blankets, baby and cuddle

blankets, layettes, hats, scarves, dolls and bears, anything that can be made with yarn, as well as a few quilts to local and North County charities.

The group has also given items to fire and flood victims in Texas and California and animal nests to Australia. At this time, over 3,814 items have been donated or are being made. Fallbrook Blanket Project donations can also be seen at most local fundraisers in the silent auctions.

Since its beginning in November 2014, the Fallbrook Blanket Project has donated items to 27

area charities. Additionally, more than 100 blankets, afghans and other items were sent to aid fire victims in Paradise in 2019. Other items have been donated to many fundraising events.

The group would love to have more residents join them when they regather at the library and it always welcomes donations of yarn and financial contributions. For more information, contact Carmen Willard at (314) 803-0986 or carmenwillard@gmail.com.

Submitted by the Fallbrook Blanket Project.

Republican Leader Waldron named to economic recovery task force

SACRAMENTO – Assembly Republican Leader Marie Waldron has been appointed to Gov. Gavin Newsom’s newly created Task Force on Business and Jobs Recovery.

The task force will be focused on California’s economic recovery

amid the COVID-19 crisis. Waldron, a small-business owner, will serve along former governors, titans of industry and other leaders to help lead Californians through the long recovery ahead.

“It is an honor to serve our state during this difficult time,”

Waldron said. “As the owner of a small retail manufacturing apparel business for 25 years, I am excited to help hard-working California families and businesses recover and thrive.”

Submitted by the office of Assemblymember Marie Waldron.

What’s in the county’s stay-at-home order?

Will Fritz
Associate Editor

By now, surely everyone knows they’re supposed to remain at home unless absolutely necessary until this pandemic crisis is over, however long that takes.

But what are the rules? What is necessary and what is not?

The actual text of Gov. Gavin Newsom’s stay-at-home order specifically directs Californians to “stay home or at their place of residence except as needed to maintain continuity of operations of the federal critical infrastructure sectors.”

And what is actually included in that category is fairly broad.

People are allowed to go to the grocery store or to go to work if they are in an essential career field, of course.

The state of California’s webpage explained the statewide stay-home order and made it very clear that outdoor recreation is still allowed. The caveat is that residents are supposed to maintain a safe distance from strangers on the street.

“So long as you are maintaining a safe social distance of 6 feet from people who aren’t part of your household, it is OK to go outside

for exercise, a walk or fresh air,” according to the state’s webpage.

So, going for a jog is perfectly fine. Doing that activity with someone outside of their household, though, is expressly not permitted.

San Diego County has its own order, which states “(a)l persons are to remain in their homes or at their place of residence, except for employees or customers traveling to and from essential businesses or activities as defined in section 17a, below, or to participate in individual or family outdoor activity as allowed by this order.”

Section 17a, though, sets the definition of “essential business” as being what is described in the statewide order.

How much is the order actually being enforced?

The San Diego Union-Tribune reported April 15 that there had been at that time more than 120 citations issued across the county for violating stay-at-home orders, including 68 issued by the sheriff’s department.

The sheriff’s department notably did not cite demonstrators who were protesting the stay-home order and the closure of beaches and other public places Sunday, April 19. The San Diego Police

Department similarly did not make any arrests at a protest in downtown San Diego that involved several hundred people Saturday, April 18.

But both agencies issued a joint statement April 20 stressing the importance of the stay-home orders and other restrictions.

“Although the protests were allowed to take place, we must not forget the public health orders were put in place to protect our communities from the spread of COVID-19,” the sheriff’s department and San Diego Police Department said in their joint statement.

“While no citations were issued at the protests, that does not mean prosecution will not be sought, especially to the organizers of these events. Although these orders have caused great strain to all of us, they are in place to save lives. The San Diego Police Department and San Diego County Sheriff’s Department will continue to enforce the health orders.”

There has been just one citation for violating the stay-home order in Fallbrook, the sheriff’s department told Village News. Details on that incident were unavailable.

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

The COVID-19 outbreak has created a new reality for all of us, at least temporarily. Chances are you're dealing with many new challenges, both personally and professionally. Remember, we're all in this together. Stay positive and know that things will get better.

In the meantime, you might have immediate concerns about the real estate market. For example, you might be wondering if you should put off moving. Or, you might need to move but are worried about all this uncertainty.

If so, give me a call. As a real estate professional, I have the latest market information, insights and tools - and can give you sound advice. Good information and advice are often the antidote to stress, especially during challenging times. So, please, don't hesitate to reach out to me.

Take care and know that I'm thinking of you and wishing you well.

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Real Estate Round-Up: The truth about forbearance



Kim Murphy
Murphy & Murphy Southern California Realty

On March 27, 2020, President Donald Trump signed the Coronavirus Aid, Relief and Economic Security Act (also known as the CARES Act) into law. A provision of the CARES Act allows borrowers with federally backed mortgages to request temporary loan forbearance for up to 180 days. Borrowers also have the right to apply for an extension of another 180 days of forbearance.

Borrowers who wish to take advantage of the short-term

payment hiatus must provide documentation to their mortgage servicers that they are enduring financial hardship as a result of the coronavirus crisis. Once a borrower requests hardship forbearance due to the COVID-19 pandemic, the act requires the servicer to offer a CARES Act forbearance.

Millions of individuals and families across the country are facing financial hardships during the coronavirus crisis. Between March 15 and April 4, nearly 17 million U.S. citizens filed for unemployment benefits.

Yet putting off your mortgage payments may not be as helpful as it seems. In some cases, signing up for mortgage forbearance could potentially set you up for serious problems in the not-too-distant future.

The CARES Act isn't specific when it comes to what happens once the forbearance period ends. As a result, individual lenders and servicers are setting different rules about how borrowers must make up the delayed payments.

Many banks require you to pay back the full amount that has been deferred, in a lump sum, once the forbearance time period

ends. It's hard for me to imagine someone not having the income to pay the monthly mortgage due to being laid off or having their income reduced, all of a sudden being able to not only make that next payment, but somehow find additional funds to make up for the entire past due amount.

Some mortgage servicers may provide other alternatives. Some may allow for a gradual repayment of the missed payments. Others may agree to put the missed payments at the end of the loan. Most of the lenders we've interviewed are simply offering the original scenario, which ultimately will not be a good solution for most borrowers.

Under the CARES Act, mortgage servicers are required to report borrowers as "current." However, once the due date comes, if a balloon payment is required, and the borrower is unable to make that payment, they will start being reported as "late," until the payments are brought current.

Despite the requirement that mortgage servicers report borrowers taking advantage of forbearance as "current," I would still recommend that you check your credit report regularly during

the interim. You can get a free copy of your credit report, once every 12 months at [AnnualCreditReport.com](#).

If you choose to seek forbearance, I have two recommendations. First, get everything in writing. Read it over. Do not assume anything based on a conversation or an email.

The devil is in the details, so make sure you know what you are agreeing to, and then have a plan in place to honor that agreement. Second, beware of scams. Sad, but true, the worst of things seem to come out in the worst of times.

If you have applied for any of the loan packages available for small businesses, or for individual help, or if you've applied for unemployment, that information may get into the hands of predators who want to make a quick buck at your expense.

You may receive postcards, letters and phone solicitations. There are a few tips to help keep you from becoming a victim.

First, never pay any person or company, in advance. It is unlawful for any entity to charge an advance fee. Remember, loan mods back in 2008-2012. That is exactly what the "loan mod" companies were

doing. They promised if you paid them \$3000, they would help you get a loan mod. The only problem is, most of those loan mods never happened and the \$3000 was gone.

Second, never sign a deed that transfers any portion of your home ownership to another entity as part of a forbearance scheme.

Third, never make a mortgage payment to anyone other than your lender. Don't be fooled. Those payments will never get to your lender.

Fourth, until you receive the paperwork that provides the details and agreement of the forbearance, do not stop making your mortgage payments.

The only way to get forbearance is for you to go directly to your lender.

I hope this has been helpful. We're here to answer your questions as best we can. Until things make their way back to normal, be careful, my friends.

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

Coronavirus may be contributing to drop in child abuse reports

Effect on domestic violence incidents is less clear

Will Fritz
Associate Editor

Coronavirus may be having an unintended effect on the number of reported instances of child abuse in the region.

Calls to San Diego County's Child Welfare Services Child Abuse hotline dropped in as mandatory stay-at-home orders started to take effect in March.

On Wednesday, March 12, there were 402 calls to the hotline. The next day, Thursday, March 13, the hotline saw 243 calls. Local school districts began to announce school closures that day, virtually all of which took effect the following Monday. The hotline has averaged less than 150 calls per day since then, with just 100 calls April 11.

"It is too early to know the full impact that changes in the economy or other factors could have in increasing the risk for children in our community, but CWS does anticipate that there will be a recovery period from COVID-19 and we are exploring new measures to help strengthen families and ensure the safety of children moving forward through this period and beyond," San Diego County representative Sarah Sweeney said.

Numbers aren't yet available in Riverside County, but Riverside County Department of Public Social Services Gary Kennedy said they are experiencing much the same thing.

"It's definitely a thing that calls are down, because you've got children who are not in school and you've got educators who are mandated reporters," Kennedy said.

Kennedy explained that many reports of child abuse come from teachers, school administrators, day care providers and other mandated reporters who are now not having any contact with children who they would ordinarily be seeing several times a week.

"Typically, we see a decline in reports of abuse and neglect when school is out for summer and so that's what we're experiencing right now," Kennedy said.

A decline in reports of abuse, of course, does not necessarily mean that abuse is not happening, he said.

"What we're doing is we're calling on friends, neighbors, family members, to reach out to families over the phone, social media, videoconference and just let them know you care," Kennedy

said. "We want the community to know we're still here and remember, making a report is asking for help for services to a child and their family."

It's less clear what impact the pandemic and related stay-at-home orders are having on reports of domestic violence. Statistics provided by the San Diego County Sheriff's Department showed the department responded to 20 reports of domestic violence incidents March 14 and 15 reports March 19, the day the statewide stay-at-home order went into effect. But while the sheriff's department had been averaging between five and 10 domestic violence calls per day for most of the month before the stay-at-home order, it did experience an earlier peak of 15 domestic violence-related calls, Feb. 16.

In Riverside County, statistics on call volumes in March were unavailable by press time, as monthly statistics are not available until the 25th of the following month, Riverside sheriff's Sgt. Deanna Pecoraro said.

But although there is not yet any data, it is a potential problem that is being watched closely.

"We know that murder-suicides for families have gone

up 20-25% nationally," said Melissa Donaldson, director of the Riverside County District Attorney's Office Victim Services division, which provides support for violent crime victims throughout the criminal justice process, said.

"This is a scary time because it's hard enough when folks are isolated in an abusive relationship, but at least the abuser goes to work," Donaldson said.

She said her office is still busy even now that many things cannot be done in person.

"We're busy. We have not slowed down. We've changed how we're doing the work of course, but our filings are busy; our advocates are busy," she said.

Donaldson said her office is, for instance, meeting with victims electronically rather than in person, but that's not always easy.

"We're checking in with people more, and here's the tricky part with domestic violence: obviously these people are now home with their abusers, so checking in with them is even more of a challenge," she said.

The San Diego County Child Welfare Services Child Abuse hotline can be contacted at 858-560-2191 or toll-free at 800-344-6000.

The Riverside County Department of Public Social Services Child Abuse hotline can be contacted at 800-442-4918.

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

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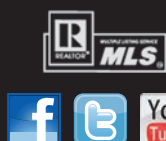
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Area food pantries need nonperishable foods for distribution to families impacted by COVID-19

Tony Ault
Staff Writer

The coronavirus has changed the way Fallbrook and southwest Riverside county food pantries distribute food to their families.

The demand for food at the food pantries continues to rise as stay at home orders from the San Diego and Riverside County public health agencies reach into a second month.

While some community pantry shelves are still stocked, the number of volunteers to help pack boxes of food and hand them out to the lines of people in cars has been decreasing. Other pantries also said their storage shelves are beginning to empty because of an increasing demand.

Steve Johnson, longtime warehouse manager of the Western Eagle Foundation, explained the changes to food pantry distribution brought on by the pandemic.

“We’ve been blessed with an abundance of food,” Johnson said in a telephone interview Monday, April 20.

He said the Western Eagle warehouse at 40940 County Center Drive serves almost 25 nonprofit organizations, food pantries and food banks across the three-county area with perishable and non-perishable foods.

He said the warehouse has all of its 100 pallets filled with food waiting to be distributed. His workers and

volunteers have been filling up 1,000 to 1,200 boxes of food every week as compared 600 or 700 before the pandemic. The full boxes are sold for \$15 each to anyone who needs them. Every Thursday dozens of trucks from the nonprofit food banks and charitable groups pick up the boxes for distribution to their clients in need.

“They are really big boxes of food,” he said.

They contain meat, dairy products and many staples to feed a family for some time.

“There is no question about it. We are meeting their needs. But we don’t know how long it will last,” he said.

He said many of the local food banks are having a problem finding enough volunteers to hand out the packed boxes to the hundreds of waiting families who must wait in their cars and trucks wearing masks and maintain social distancing.

“It used to be the food bank volunteers came from the able-bodied 60 or older crowd, but now they are afraid to leave their homes because of the virus,” Johnson said.

The Fallbrook Food Pantry, 140 N. Brandon Road, took to Facebook asking for help.

“COVID-19 emergency food distribution is needed. The world, as we know it, is changing and through these unprecedented times, we are all trying to find some sort of comfort in the goodness of people



Volunteers prepare to distribute food to those in need at the Fallbrook Food Pantry. Valley News/Shane Gibson photo

and community. Though we may feel powerless and helpless...we are not! We do have the power to help,” according to their Facebook post. “We have the power to positively impact someone’s life who is struggling in ways we cannot even imagine...and HUNGER is a very common challenge for millions of people today who may have lost their jobs and now are uncertain about their futures. Now is the

time to help change the lives of our neighbors who are most vulnerable! Please give any amount that you can...because even a little goes a long way.”

Their greatest need is for non-perishable items that they cannot even find in quantity in the local grocery stores.

The Fallbrook Food Pantry continues to serve as many as 500 families weekly. For many families,

it’s their first time picking up food from the facility. Residents impacted by the coronavirus can pick up their food boxes by appointment Monday through Friday from 9 a.m. to 12:30 p.m.

Call 760-728-7608 for more information about food pickups and needed donations.

Tony Ault can be reached by email at tault@reedermedia.com.

CORONA from page A-1

of our community and always 100% supportive.”

Emiliano Corona was named valedictorian and Audrey Gillcrist was named salutatorian.

“They are tremendous, tremendous scholars. They’re our top two for sure,” Iglesias said. “In the sense of academics and achievements – I am very proud of them.”

The Village News talked with Corona Monday, April 20, after receiving the news. Gillcrist will be featured in a follow-up story in the next edition of the Village News.

When asked what being named valedictorian means to him, he said hard work was the first thing that came to mind.

“Hard work does really pay off,” he said. “Trying hard and keeping that determination up helps you in the end.”

He said he learned hard work and

determination from his parents.

“I think it really comes from my upbringing,” Corona said. “My parents were very supportive of me throughout. My grandparents, my entire family were all behind me and they supported all the decisions I made. Especially last year when I took so many AP classes, including this year, they were like, ‘If you feel that you can do it, go ahead. If you want to push yourself, we believe in you.’”

Seeing now that his hard work did, in fact, pay off, he said it has inspired him to keep working.

“I’m determined to just keep pushing forward and keep this train rolling through college, through life, through my job,” Corona said. “Just keep pushing forward, keep working hard and eventually it will pay off.”

Corona said he will attend Stanford University in the fall and plans to major in economics.

“Maybe there will be some good jobs when this is all over,” he said, laughing, referring to the situation surrounding the

coronavirus pandemic.

On that topic, Iglesias said he is working with a graduation committee comprised of parents and staff on how best to handle it.

“Right now, I am getting some insight in regard to possible preferences for graduation,” he said. “Of course, we’re going to adhere to all U.S., state and county authorities and the recommendations and the recommendations that they provide.”

He did not provide a timeline on when a decision would be made, only that they are working to present the best ideas forward for the ceremony.

Corona talked about the very real possibility that there won’t be a traditional graduation ceremony this year.

“Seeing all the friends that I’ve made and all the people that, even though I’m not their friend, I still recognize,” he said. “(Possibly) not being able to celebrate something like graduation with them really is bittersweet.

“I feel there’s nothing really we can do. It definitely is better for us to stay home and even if they have to push (graduation) back, it makes sense. However, it is unfortunate that we can’t have a big ceremony and have our friends and families there. But I feel like as long as we have something in the end, it will be fine.”

He said he is thankful for having grown up in Fallbrook.

“I have loved to go through my life here in Fallbrook,” Corona said. “Being in such a close community, it’s something that not a lot of people get to experience, especially in like something like a big city with thousands of thousands of kids.”

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

Treasurer-Tax Collector accepts COVID-19-specific penalty cancellation requests

SAN DIEGO – San Diego County Treasurer-Tax Collector Dan McAllister is now accepting penalty cancellation requests for those who have been directly impacted by the coronavirus pandemic.

“We know COVID-19 has had widespread consequences for people in San Diego, California and across the nation, and we want to be as compassionate and lenient as possible,” McAllister said. “We will cancel late penalties for those directly affected by the virus.”

Taxpayers can find a special penalty cancellation request form on the Treasurer-Tax Collector’s website, along with additional information.

Here is what a taxpayer must do to submit a penalty cancellation request:

Complete the request form, print it and sign it.

Include printed documentation showing why they were unable to pay their property taxes by April 10, the delinquent date.

Include a check for the second installment of property taxes they owe. The TTC does not accept request forms when there is no payment attached.

Mail the request form, documentation and check to

SDTTC – ATTN: COVID-19 REVIEW, 1600 Pacific Highway, Room 162, San Diego, CA 92101. Alternatively, drop off a request in the TTC’s drop boxes found outside all branch office locations.

Requests must be submitted by June 30.

All penalty cancellation requests will be reviewed and approved on a case-by-case basis. If a taxpayer is unable to pay their second installment by June 30 and is seeking an extended period of time to pay, state law provides the option of a payment plan beginning July 1. Once taxes are in default, however, all penalties and interest apply when going on to a payment plan.

“Property taxes fund many essential services, including coronavirus response and the salaries of first responders,” McAllister said. “That’s why we encourage those who can pay their taxes to do so as soon as possible so our county, schools and cities can meet their financial obligations.”

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

Submitted by San Diego County.

Property owners with rain damage asked to complete survey

Yvette Urrea Moe
San Diego County Communications Office

A heavy weeklong storm, April 5-10, resulted in flooding and water damage for many homes and businesses. If a San Diego County resident’s property or small business sustained damage from the rain, the county would like their help to estimate rain damages in the region.

The county Office of Emergency Services is asking storm-affected residents to complete a short damage survey form that will assist the county in collecting damage information and associated costs from the rains.

The information gathered from the surveys will be used to estimate

total damages countywide and determine if enough damage occurred to qualify the region for disaster assistance, such as low interest disaster loans from the Small Business Administration for those who are uninsured or underinsured.

Completing the form does not guarantee the region or the property owner will be eligible to receive disaster assistance. For additional information, visit <https://www.sdcountyrecovery.com> or email oes@sdcounty.ca.gov.

If a resident’s property was damaged by the storm and they need immediate assistance, other local services may be available through www.211sandiego.org.

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best of the best experts, and see a case all the way through to trial if need be. The firm was honored to have one of its recent jury trials reviewed by the California Supreme Court, who unanimously upheld the verdict in a multi-million dollar jury trial. The firm particularly maintains a high regard for the men and women in law enforcement and is proud to have represented them, both in and out of the line of duty.

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HELP

from page A-1

“You’re trying to live in the shadows – you need to be seen, but you don’t want to be seen – if that makes any sense,” he said.

While he has turned his life around, there were dark times on the streets.

“There was a time where after the third day, I would be like, ‘I got to eat and I’m not a thief, so I would just go to a trash can and dumpster dive and I’m going to find something to eat,’” Kevin said. “The easiest thing to get is cold french fries outside of a fast-food price place. Cold french fries. People throw those away all the time. So unfortunate, but true.”

He said he considered taking his own life at one point.

“I had a plan and everything to commit suicide, but I couldn’t go through with it because there would be some people that might miss me,” Kevin said. “I had a great plan. It was on the corner of the Aviation and Mission, and it was before the stoplight was there. I planned when the 306 (bus) comes hauling (expletive) through there at about 50 miles an hour, I just jump in front of it.

“But then I got to know the bus driver, and I’m like ‘oh no’ I can’t do this. Traumatize somebody like that. But as I said, it was just existing out there. It wasn’t living.”

While homeless, Kevin said he was always able to use some of the resources available to him – for instance, he got his electronic benefits card so he didn’t have to panhandle.

“Panhandling is not good around here,” he said. “That’s going to cause trouble. That’s going to bring the police.”

In addition to having no place to live, Kevin at 56 years old was dealing with high blood pressure, a bad hip and some mental illnesses from living on the street. He was able to get health insurance and start seeing a psychologist who helped him.

“I was not sleeping and had (bouts with) uncontrollable crying and all that,” he said. “So I got on some psych meds that

really helped me out.”

Once some of those things were taken care of, he was able to take the next steps.

“Then there were meetings with different people,” Kevin said. “Like I said, Brad Fox (a local homeless advocate) and Blaine Vice (business owner and member of Fallbrook Homeless Advocacy), and got to where I said, ‘Hey, here’s an outlet for me.’ Here’s the way I can get some help. And I jumped all over that because it’s like, I’m going to die out here. I’m 56 years old. I don’t want to do this anymore.

“I didn’t choose to be on the street, you know; it chose me this last time. And I wanted out, but I couldn’t do it, I didn’t know how.”

Kevin said he doesn’t have any family available to him, but advocates like Fox and Vice stepped into those roles. Not having a family to turn to in situations like the one Kevin was in is fairly common in the homeless community.

There are others who just won’t accept help.

“There are a handful of others that have opportunities,” Kevin said. “That’s the sad part. They have opportunities and won’t take their family up on it. They’d rather be on the streets so they can drink and use drugs.

“But those are literally a handful of people. Most of the people that I know on the streets, they want to get out of that and there’s minimal help,” he said.

Kevin said there are representatives from groups like Exodus Recovery and McAlister Institute that work with Homeless Outreach Teams to reach out to members of the homeless community.

“There’s a lady named Amber, and she goes down to the trail and meets with people to see if they want to get off the streets if they want to get help,” Kevin said. “Some of them go for it, some of them don’t. But I’ve been friends with her for a couple of years now, and she’s one of the people that really, really, really helped me out.”

He said he transitioned into a homeless shelter in Carlsbad where he stayed for about 60 days

until a friend, Tony Rico, had him come live at their house for about six months.

“Tony’s wife Tracy, she’s an angel, a true angel,” Kevin said. “She helped me to get to my doctor’s appointments and my referrals. That was time-consuming, but none of that would’ve happened without the initial help and accepting it and saying, ‘I’m tired of this.’

“Other people get tired of it and say, I’d rather go back to the bottle or the needle or something,” he said.

Today, he’s the man in charge of running the transitional house that opened in May 2019, and he’s proud of it.

“It means a lot because I’ve always been good with responsibility,” Kevin said. “Back in the early days, younger days, I used to run a five-man framing crew for about 10 years. I like to tell people, ‘I don’t like it, but I’m good at being an (expletive) if I have to be, no argument.’ I’m good at it.”

He said the rules of the house are tough, and they need to be. While some people who have been placed there couldn’t deal with the rules and restrictions, there have been quite a few that have successfully transitioned out of the home and are on their own.

“There’s been a bunch of successes that have come through here,” Kevin said. “There’s at least 10 or 15 that I can think about on the top of my head.”

He said he can’t remember having any problems at the house and said his neighbors will back him up on that.

It has also inspired him to continue his education, working with some of the people at Exodus to start taking college programs.

“This really works out good for me because I’ve been saying for years and years, even before I was homeless, one of the things that I’ve always wanted to do was feed people,” Kevin said. “Now it’s turned into more, I’d like to help other people, especially with all the experience that I’ve had with social workers, homeless shelters, medical insurance fields, unemployment, SSI, the SDI stuff. I can be a real help.”

He said during the coronavirus

outbreak and the subsequent stay-at-home orders, the residents of the house have been dealing with it as best as they can.

“Nobody’s at each other’s throat or anything like that,” Kevin said. “There’s always little chores to do to keep busy and stuff like that. Everybody gets along really well, and we’ve got a nice man cave in the garage with the big TV. A couple of people have little side jobs to do like landscaping, tree trimming work, so they can go do some work and social distance at the same time.”

They are also making their own

hand sanitizer to pass the time.

“That’s what we do,” Kevin said. “We grind (aloe) up in a blender and then pour alcohol in it. It’s rubbing alcohol, you know; it’s a good way to pass the time.”

Editor’s note: This is the first of two stories relating to the homeless transitional housing unit located in Fallbrook. Next week will focus on how the residents of the home are working to gain their independence and thrive in the world.

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

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Maintain the Love

COMPLIMENTARY MAINTENANCE*

Maintain sun protection and skin cancer awareness during the COVID-19 pandemic

NEW YORK CITY – The spread of the coronavirus has sparked concern worldwide and prompted many leaders to take decisive action to contain the virus. Several states have mandated citizens to stay home from work, socially distance and remain indoors, meaning people have found their time outside has been drastically reduced. Although they may not be exposed to direct sunlight as often, The Skin Cancer Foundation advised everyone to remain vigilant in regard to protecting their skin and checking their body for suspicious lesions.

While spending most of the time indoors, it's instinctive to gravitate toward places at home that receive natural light, like windows and skylights. It's important to exercise caution while enjoying this little slice of the outdoor world, however – sunlight streaming through glass can still harm the skin. Two types of UV light are proven to contribute to the risk for skin cancer: ultraviolet A, which has a longer wavelength, and ultraviolet B, which has a shorter wavelength. UVA and UVB rays can cause sunburns and tanning, but UVA rays penetrate deeper into the skin, which can contribute to signs of premature aging, like dark spots and wrinkles. They're also better at finding people.

"UVA rays can penetrate window glass, meaning you can still be at risk of exposure while inside," Dr. Deborah S. Sarnoff, president of The Skin Cancer Foundation, said. "Even when home, it's important to be cognizant of UV radiation and apply sunscreen to the face

and exposed areas of the body." The Skin Cancer Foundation recommended using a sunscreen with an SPF of at least 15 or higher for daily use, especially if people are going to be working right by a window. Try placing the sunscreen bottle in the bathroom beside the toothbrushes so it is easily accessible while getting ready in the morning, as it might be difficult to remember to apply otherwise.

For indoor workers who receive a significant amount of incidental sun exposure, it's important to reapply sunscreen, especially before going outside for breaks or errands. Gain additional protection by pulling down the window shade during peak sun hours from 10 a.m. to 4 p.m., installing UV-protective window film and covering up with clothing.

While preventing skin damage that can lead to skin cancer is imperative, now is also a good time to revisit skin cancer warning signs and perform at-home skin exams. The Skin Cancer Foundation recommended residents examine their skin head-to-toe every month, and all they need is a bright light, a full-length mirror, a hand mirror, two chairs or stools, a blow-dryer, paper and a pencil. They should look for anything new, changing or unusual on the skin and reach out to a dermatologist if they see something concerning. Learn more about skin cancer warning signs and how to perform a self-exam at <https://www.TheBigSee.org>.

If a resident's dermatologist is no longer seeing patients in the office or is extra busy due to COVID-19, see if the doctor offers



While spending most of their time indoors, it's instinctive for people to gravitate toward natural light sources, like windows and skylights; however, it's important to exercise caution as sunlight streaming through glass can still harm skin. Village News/Courtesy photo

any teledermatology options. Teledermatology is a rapidly developing subspecialty using the latest technology to allow patients better access to high-quality dermatologic care without traveling to the clinic. If there's a medical emergency, people should still try to get in to see a dermatologist as soon as possible. But for non-emergencies, they can use teledermatology to help when it comes to skin cancer.

First, take photos of anything new, changing or unusual on the skin and monitor it over time. There are apps that will send a

monthly reminder to check on the spot to see if it has evolved.

Share the photos with the dermatologist who can look them over virtually and provide advice over the phone. They will determine if the person needs to come into the office or not.

If they've recently been treated for skin cancer, their dermatologist can provide follow-up care over the phone or via video sessions.

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection and treatment of skin cancer. The mission of

the foundation is to decrease the incidence of skin cancer through public and professional education and research. Since its inception in 1979, the foundation has recommended following a complete sun protection regimen that includes seeking shade and covering up with clothing, including a wide-brimmed hat and UV-blocking sunglasses, in addition to daily sunscreen use. For more information, visit <https://www.SkinCancer.org>.

Submitted by The Skin Cancer Foundation.

Palomar will stay with remote learning for summer semester

SAN MARCOS – Palomar College officials has announced that it will extend the current delivery of courses remotely for the summer semester that begins May 26.

The decision was made as part of the ongoing effort to protect students, faculty and staff and comply with California's social distancing measures during the nationwide COVID-19 crisis.

"This summer, Palomar College will continue to offer the instruction our students need

to pursue their goals. We have no choice but to stay in remote-learning mode, for everyone's safety," Jack Kahn, acting superintendent and president of Palomar College, said. "We look forward to another semester of student success, even under these unusual circumstances."

Summer registration is scheduled to begin Monday, April 27, and while state officials said the COVID-19 infection curve appears to be flattening, it remains unclear whether distancing measures will



Palomar college students will continue remote learning for the summer semester. Village News/Courtesy photo

be eased soon enough to make a late-May return to campus.

"The entire Palomar community really rose to the challenge of transitioning to remote learning

in a matter of weeks, and we're confident that this strategy is helping keep everyone safe while we focus on serving our students,"

Kahn said.

District leaders will continue to monitor the situation as it affects the fall 2020 semester that begins in late August.

Submitted by Palomar College.

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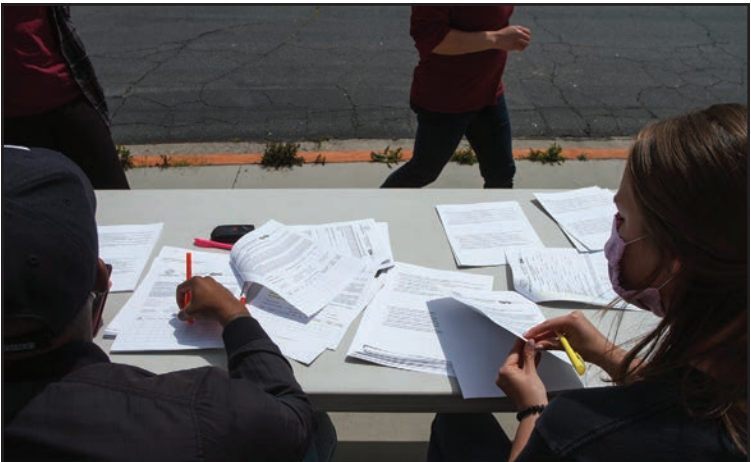
399 Heald Ln. Fallbrook | www.fallbrookseniorcenter.com

Boys & Girls Club offers fun packs from A-1



Children receive a fun pack of activities from Boys & Girls of North County during a distribution at La Paloma Elementary School. The fun packs are distributed every Monday to kindergarten through fifth grade students.

Village News/Shane Gibson photos



Boys & Girls Club of North County staff invite families to register their children into the club during a school meal and fun pack distribution at La Paloma Elementary School.



Angie Madsen with her three boys get fun packs of activities provided by Boys & Girls Club of North County at La Paloma Elementary School.



The fun packs contain craft materials with alternating themes for each week.



David Salas, 12, with his siblings receive fun packs of activities provided by Boys & Girls Club of North County at La Paloma Elementary School.



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NATIONAL

Reports suggest many have had coronavirus with no symptoms

Marilynn Marchione
The Associated Press

A flood of new research suggested that far more people have had the coronavirus without any symptoms, fueling hope that it will turn out to be much less lethal than originally feared.

While that's clearly good news, it also means it's impossible to know who may be contagious. It could complicate decisions about returning to work, school and normal life.

In the last week, reports of silent infections have come from a homeless shelter in Boston, a U.S. Navy aircraft carrier, pregnant women at a New York hospital, several European countries and California.

The head of the U.S. Centers for Disease Control and Prevention said 25% of infected people might not have symptoms. The vice chairman of the Joint

Chiefs of Staff, Gen. John Hyten, said he thinks it may be as high as 60% to 70% among military personnel.

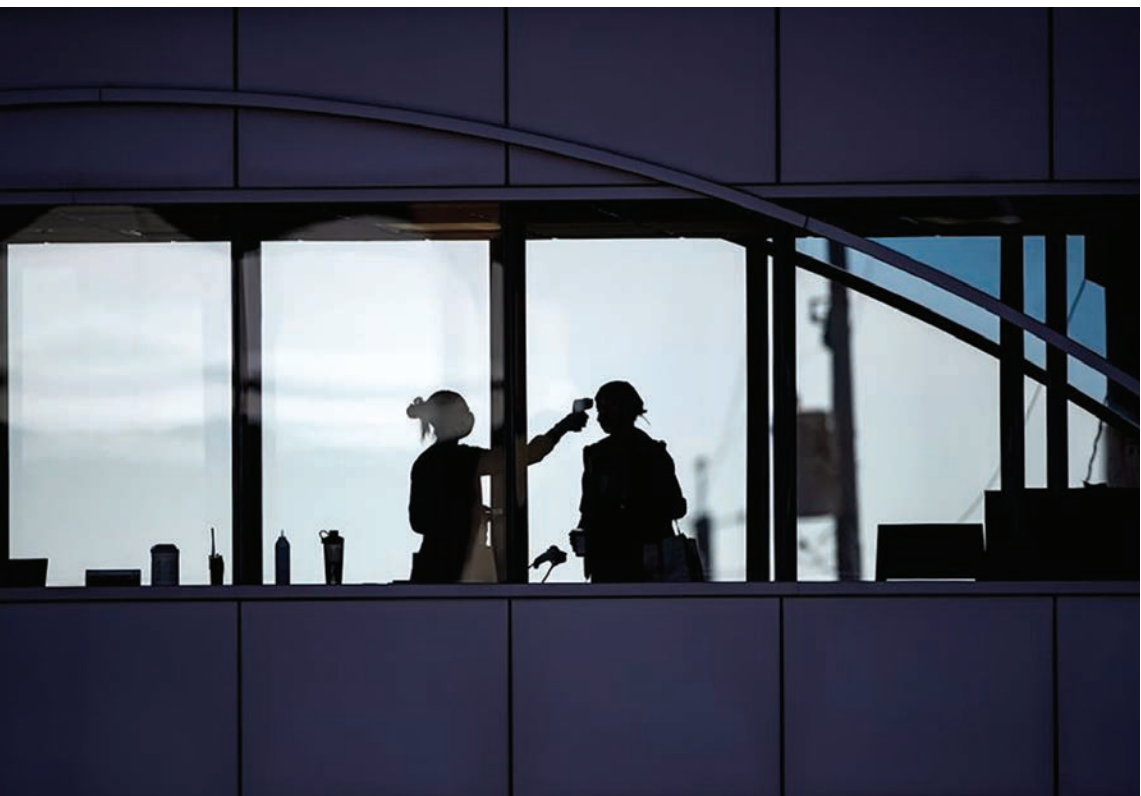
None of these numbers can be fully trusted because they're based on flawed and inadequate testing, Dr. Michael Mina of Harvard's School of Public Health said.

Collectively, though, they suggest "we have just been off the mark by huge, huge numbers" for estimating total infections, he said.

Worldwide, more than 2.3 million infections and more than 160,000 deaths have been confirmed. The virus has caused nearly unprecedented economic and social harm since its existence was reported in early January.

Stealth cases

Based on known cases, health officials have said the virus usually causes mild or moderate flu-like illness. Now evidence is growing that a substantial number of people may have no symptoms at all.



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In this Friday, April 10, 2020, file Star Tribune via AP/Alex Kormann file photo photo, amid coronavirus concerns, a health care worker takes the temperature of a visitor to Essentia Health who was crossing over a skywalk bridge from the adjoining parking deck, in Duluth, Minnesota. A flood of new research suggests that far more people have had the novel coronavirus without any symptoms, fueling hope that it will turn out to be much less lethal than originally feared. While that's clearly good news, it also means it's impossible to know who around you may contagious, since people who don't feel sick can still carry and spread the bug.

Scientists in Iceland screened 6% of its population to see how many had previously undetected infections and found that about 0.7% tested positive. So did 13% of a group at higher risk because of recent travel or exposure to someone sick.

Aboard the aircraft carrier USS Theodore Roosevelt, where one crew member died from the virus, "the rough numbers are that 40% are symptomatic," Vice Adm. Phillip Sawyer, deputy commander of naval operations, said.

The ratio may change if more develop symptoms later, he said.

In New York, a hospital tested all pregnant women coming in to deliver over a two-week period. Nearly 14% of those who arrived with no symptoms of coronavirus turned out to have it. Of the 33 positive cases, 29 had no symptoms when tested, although some developed them later.

Previously, tests on passengers and crew from the Diamond Princess cruise ship found nearly half who tested positive had no symptoms at the time. Researchers estimate that 18% of infected people never developed any.

Flawed methods

These studies used tests that look for bits of the virus from throat and nose swabs, which can miss cases. Someone can test negative one day if there's not much virus to detect and positive the next.

Symptoms also may not appear when someone is tested but turn up later. One Japanese study found more than half of those who had no symptoms when they tested positive later felt sick.

Better answers may come from newer tests that check blood for antibodies, substances the immune system makes to fight the virus. But the accuracy of these, too, is still to be determined.

On Friday, researchers reported results from antibody tests on 3,300 people in California's Santa Clara county: Between 1.5% and 2.8% have been infected, they said. That would mean 48,000 to 81,000 cases in the county – more than 50 times the number that have been confirmed.

The work has not been formally published or reviewed, but some scientists were quick to question it. Participants were recruited through Facebook ads, which would attract many people likely to be positive who have had symptoms and want to know if the coronavirus was the reason. Some neighborhoods also had way more participants than others, and "hot spots" within the county might have made infections seem more common than they are elsewhere.

On Monday, Los Angeles County and University of Southern California researchers released preliminary, partial results from a similar effort using a rapid antibody test at six drive-thru sites. Based on results from 863 people, they estimate that 4% of adults in the county have had the virus. But the small sample size and other variables including test accuracy mean the rate could be anywhere from 2.8% to 5.6%, if more study confirms it. The results have not been published or reviewed by other scientists.

Studies like these are bound to find far more people were infected than confirmed case tallies, because diagnostic testing shortages have caused many infections to go uncounted.

But ships, maternity wards and single counties don't provide data that can be used to generalize about what's happening elsewhere. And many of the figures have come from snapshots, not research on wide populations over time.

Next steps

Antibody testing in particular needs to be done "in an unbiased approach" on groups of people that are representative of the geographic, social, racial and other conditions, Mina said.

The CDC and other groups plan such studies, and they could guide public health advice on returning to normal life for people in certain areas.

If infections are more widespread than previously understood, it's possible that more people have developed some level of immunity to the virus. That could stifle the spread through what's called herd immunity, but scientists caution that there is still much to learn about whether mild illnesses confer immunity and how long it might last.

It will probably be months before enough reliable testing has been done to answer those questions and others, including how widespread infections have been and the virus's true mortality rate, which has only been estimated so far.

"If they've all seen the virus before, then maybe you can relax in that neighborhood" and ease social distancing, Mina said. "We're not anywhere close where we need to be" on antibody testing to do that yet, he said.

AP writers Mike Stobbe in New York, Brian Melley in Los Angeles and Robert Burns and Lolita Baldor in Washington contributed to this report.

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The Fallbrook/Bonsall
Village News

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Countries and U.S. states move to reopen amid health warnings

Cara Anna, Elena Becatoros and Jan M. Olsen
The Associated Press

Spain will begin allowing children out of their homes for brief periods Monday, April 27. Denmark announced plans to reopen Tivoli Gardens, the Copenhagen amusement park that inspired Walt Disney. And Australia said doctors can resume non-urgent surgery.

Countries across Europe and beyond – joined in the U.S. by a cascade of states – moved to gradually reopen amid warnings that acting too quickly could enable the virus to come back with a vengeance.

Meanwhile, United Nations leaders called for efforts to ensure that all people have access to testing, medical supplies, drugs and future vaccines, especially in developing countries.

African officials have been outspoken about the need for medical supplies across the 54-nation continent, where health care systems are weak and could become overwhelmed.

Even under a best-case scenario, Africa will need \$44 billion for testing, personal protective equipment and treatment of coronavirus, according to a report recently by the U.N. Economic Commission for Africa. The worst-case scenario estimates \$446 billion would be needed.

The World Health Organization said the number of beds in intensive care units available to treat COVID-19 patients in 43 African countries is less than

5,000. That works out to about five beds per 1 million people, compared with 4,000 beds per 1 million in Europe.

Africa has more than 23,000 infections across the continent, including more than 1,100 deaths. Authorities are trying to expand testing rapidly, with the goal of testing 1 million people over the next four weeks.

Many countries have been grappling with the inequality the virus has often laid bare and how to ensure everyone has access to protective equipment and other products.

In Spain, which is among the worst-hit countries, authorities are deciding on price caps for face masks, gloves, hand sanitizers and other protective equipment that has been in short supply. The government published an order Sunday, April 19, saying prices cannot be “exploitative.”

Worldwide, the virus has infected nearly 2.5 million people and caused more than 170,000 deaths, according to a Johns Hopkins University count. The U.S. has recorded more than 42,000 deaths – the highest in the world – and nearly 800,000 infections.

The true toll around the world is believed much higher, in part because of limited testing, difficulties in counting the dead and efforts by some governments to hide the extent of their outbreaks.

Meanwhile, Denmark, Austria, Spain and Germany began allowing some people back to work, including hairdressers, dentists and construction workers. Copenhagen’s Tivoli Gardens

said it will reopen May 11.

In Austria, Chancellor Sebastian Kurz said all shops will reopen at the beginning of May and restaurants in mid-May. He said the government will review the situation at two-week intervals, and will “pull the emergency brake if that is necessary.”

But in an indication that it will be a long time before life returns to normal, Spain canceled its running of the bulls in Pamplona in July, an event made world-famous by Ernest Hemingway’s 1926 novel “The Sun Also Rises.” The U.S. canceled the Scripps National Spelling Bee, set for early June. And Germany called off the world-famous Oktoberfest beer festival in Munich, which draws about 6 million visitors each year in the fall.

“We agreed that the risk is simply too high,” Bavarian governor Markus Soeder said after meeting with Munich’s mayor.

Germany, which has been praised for its widespread testing for the virus, allowed small shops to reopen this week. It remains unclear when bars and restaurants will start up again.

In Italy, Premier Giuseppe Conte confirmed that businesses can start reopening May 4, but he doused any hopes of a full end to the country’s strict lockdown.

“Many citizens are tired of the efforts that have been made so far and would like a significant loosening of these measures, or even their total abolition,” Conte said on Facebook. “A decision of that kind would be irresponsible.”

In the U.S., some states, including Georgia, South Carolina, Tennessee, West Virginia and Colorado, announced plans to gradually reopen in the coming days, despite the concerns of health officials. Boeing and at least one other American heavy equipment manufacturer resumed production.

But governors from many other states said they lack necessary testing supplies and warned they could get hit by a second wave of infections, as people with no symptoms can still spread the disease.

“Who in this great state actually believes that they care more about jet skiing than saving the lives of the elderly or the vulnerable?” Democratic Michigan Gov. Gretchen Whitmer asked. “This action isn’t about our individual right to gather. It’s about our



Medical personnel wearing personal protective equipment out of concern for the coronavirus remove a person from an ambulance near an entrance to Massachusetts General Hospital, in Boston, Monday, April 20, 2020.

parents’ right to live.”

The moves come amid soaring unemployment that the International Monetary Fund said could lead to the developed world’s worst economic depression since the 1930s.

Asian and European stock markets followed Wall Street lower Tuesday, April 21, after U.S. oil futures plunged below zero, to negative \$37.63 per barrel, because of a worldwide glut as factories, automobiles and airplanes sit idle. With the industry running out of places to store oil, sellers are essentially offering to pay buyers to take it off their hands.

Anna reported from Johannesburg, Becatoros reported from Athens, Greece. The Associate Press journalists worldwide contributed to this report.

OBITUARIES



Col. James A. Stebick USAF, lived April 25, 1930, to March 22, 2020.

Growing up in Lakewood, Ohio, becoming a pilot was a boyhood dream of Jim’s and one he fulfilled once he said farewell to his Delta Tau Delta brothers and graduated from Miami of Ohio.

Beginning as an Air Cadet, he experienced wonderful friendships

and adventures in a 28-year career and, as a Command pilot, he flew everything from L-19 planes to the B-52s.

Retiring from the military, he then spent 10 years at the SoCal Gas Co. headquarters, leaving as the Director of Employee Safety. And then came some of the happiest years of his life, raising avocados in Fallbrook.

Cherished by his sons, Scott and Russ, and daughter Kate, they knew him as a man of honor, fair and fun. He and his wife Rhoda were happily looking forward to celebrating their 65th wedding anniversary in June when he was felled by a stroke.

Sadly, his seven grandchildren and two great-grandchildren will be deprived of his warmth and knowledge. He will be buried with honors in Miramar National Cemetery when conditions allow. Or as Jim would laughingly remark, “typical military, hurry up and wait”

Joyce Elaine (Adams) Guild died April 1, 2020, in Denton, Texas. Joyce was born in St. John’s, Newfoundland, Canada, April 29, 1927.

She immigrated to California as a young nurse. She met the man of her dreams, Rodney Guild, in Fresno. They had a “Harlequin Romance” marriage of 57 years.

Joyce loved children of all ages. She worked in maternity for 40 years, most of it at Palomar Hospital in Escondido. Joyce was a friend and mother to many. She became matriarch of Pala Rey Ranch in Bonsall, raising two daughters, Wendy and Robin, and five rebellious teenagers who were not biologically hers.

An outstanding homemaker, decorator and great listener who was kind-hearted and loved to laugh, she was known as a great cook “in three counties” and was famous for her apricot pie ala mode.

Joyce and Rod were both devoted Christians and longtime members of Fallbrook First Baptist Church. They volunteered every month for many years at The Anchor, a Christian outreach to military personnel in Oceanside.

Her best friend, Buttons the dog, escorted her to weddings, funerals and In-N-Out Burger. They lived together in their retirement home until their last days.

Joyce will be greatly missed by her daughter Wendy Smith, son-in-law Steven Smith, son-in-law Al Wright, grandson Tyler Westerhold and wife Chelsea, great-granddaughter Elaine Westerhold, (adopted) daughter Mary Ann Myers, many nieces and nephews and five incorrigible “teenagers.”

“Though she be little, she be mighty.”



Julie Hinkhouse, 51, died Thursday, April 9, 2020. She was a dedicated art teacher at Potter Junior High School in

Fallbrook for 17 years. She loved her students and the staff.

Julie had many friends who loved and adored her. She is survived by her daughter, Lola, 10; her parents, Jim and Susan Hinkhouse from Kansas, and her sister, Jami Hinkhouse Brannen from Arizona. She will be greatly missed.

There will not be a funeral due to the coronavirus. A celebration of life will occur in the future. All who are interested in attending the celebration when it is allowed should email Erin Corduan, a friend and teacher in the Fallbrook district, at ecorduan@fuesd.org.

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WINE

Temecula wineries make adjustments to stay afloat

Jeff Pack
Staff Writer

Whether it's offering discounts on bottle sales, selling wine slushies to go or turning their tasting room into a small market – Temecula Wine Country wineries are doing what they can to stay in business.

"I would like to point out that while reports of alcohol sales being up is true, that doesn't tell the whole story," Nick Palumbo of Palumbo Family Vineyards and Winery said. "Larger wineries with wide distribution are do-

ing OK but the smaller wineries between 1,000 and 5,000 yearly case production, like ourselves, are taking the biggest hit and some may not survive if this goes on too long."

It's a very real possibility, he said, and they are worried.

"At first we were very encouraged and touched by the local support and are grateful to be in a business that is still able to sell directly to consumer and ship," Palumbo said. "That said, while our winery was never reliant on special events or ancillary activities and focused on wine tastings

and sales alone, we are taking a hit daily because of being closed to tastings.

"Sales are trickling in here at the winery as well as online and phone orders but it is certainly not sustainable," he said. "Just because we closed our doors doesn't mean the costs have gone away. We are an agricultural business and that can't stop. We do have full-time work and have not been able to furlough our vineyard and cellar staff. In short, the bills are still there."

"It is very quiet at the winery," Jennifer Buffington of Cougar Vineyards and Winery said. "We almost had 10 people in our tasting room one time since mid-March. We have furloughed all but five employees. Starting next week, we will be closed entirely on Thursdays."

Buffington said Cougar has made some adjustments to keep cash flow coming in.

"We started curbside delivery and also local delivery through GrubHub," she said. "It all helps. We also are selling produce from the deli including sliced meats and cheeses, avocados and tomatoes. We are also selling toilet paper since we don't have the customers,



Rick and Jennifer Buffington pause at the bar to greet guests as they arrive at Cougar Vineyards and Winery Saturday, April 18.

Valley News/Jeff Pack photo

and we already have the supplies. I don't know why people are risking going grocery shopping when we have a pretty much empty tasting room selling fresh produce."

At Bel Vino, they had to make some changes and fast.

"We are hanging in there and have had to pivot our business to more online sales and social media

marketing to target more online sales," Erika Batiz, general manager at Bel Vino Winery, said. "We have been busy with launching a new website with amazing deals for customers and wine club members. We have been doing retail sales and pick-ups at the winery."

"We have noticed that wine club members have been buying more wine, but we have also been offering amazing sales to stay in business. We are going to be launching a virtual tasting with our winemaker in May," he said.

General manager Fred Wilson at Peltzer Winery said the math is pretty scary.

"The new normal at Peltzer is about 25% of our regular sales in our tasting room," he said. "Our expenses have been cut by 50%. It doesn't take a mathematician to figure out there is trouble in paradise. Our business is somewhat diversified. Our wedding business and wine clubs will keep us afloat."

Buffington said most wine club members came through this month, but she expected numbers to drop next month.

"Many of our wine club members are going on hold – they want to cancel but we give them the hold option – because they can't use their tasting benefit so our next wine club shipments will be much less," she said.

While the struggles are there, Nick Palumbo and his wife, Cindy, were upbeat while manning the wine window at the winery Saturday afternoon, April 18. As customers trickled in to pick up orders, they smiled through it all, telling stories about customers making big orders to help them out.

Wilson said there have been some positives to talk about too.

"What we have noticed is our community and our loyal customers have really supported us through this time," he said. "I have to give our marketing department credit for their creativity in keeping our brand innovative and relevant, our limited staff in our tasting room who concentrate on shipments and delivery, our wine club manager as well as our wedding department. We have all taken a hit. Slow business is much better than no business."

As for whether a loosening of restrictions are on the way, most of the wineries were hopeful.

"Some of the wineries with restaurants here hopefully may see some relaxing of rules soon but to be honest, large crowds in tight tasting room spaces may be in the same boat as bars and stay closed for some time to come," Palumbo said. "I certainly hope they let us open soon even if it is restricted to outdoor or limits to occupancy, etc."

Wilson said Peltzer is making plans.

"We are already putting together our phased plan and are very happy with the hope of this," he said. "Now we need our governor to react. California was not hit hard. Having the seventh-largest economy in the world, California needs to re-open and trust its population to practice safety using their judgment."

Cougar thinks the easing of restrictions will be limited.

"We think that it will be for a limited number of people and keeping with social distancing, nothing like it was before March 16," Buffington said.

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

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Customers line up to purchase a wine slushie, pick up their monthly shipment or purchase a bottle of wine at Wilson Creek Winery.

Valley News/Jeff Pack photo

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Family portraits give a reason to smile



FALLBROOK – Across the nation, photographers have joined together in their communities to take part in The Front Steps Project with hashtag #frontstepsproject, which started in Needham, Massachusetts, March 17. The photographers are going around their towns taking photos of families posing on their front steps to help them cope with the “stay at home” order due to COVID-19.

Local resident Sarah Middleton said, “I know my photography business is not essential, and I am by no means trying to run my business right now, I’m offering these photos for free to put smiles on faces and encourage others to pass on a good need to someone in need.”

Of her experiences so far with taking these photos, Middleton said, “When these families emerge on their doorsteps their faces light up. In fact, many have told me that this is the first time in weeks they have had a reason to dress up or get ready and others were so excited to do something silly or hold signs that the family made together, it makes me feel great and humbled to give such a gift and share so much joy during this crazy emotional time that will forever go down in history.”

All photos are taken from at least 10-15 feet away to ensure social distancing safety. Anyone wanting to have their family’s picture taken can contact Middleton at sarah@itsybitsyphotography.com.

Submitted by Itsy Bitsy Photography.

The Wood family poses for photographer Sarah Middleton as part of The Front Steps Project.

Village News/Itsy Bitsy Photography photos



The Tingley family sends a positive message from their Wildomar home.



The Bailey family has fun with their hashtag #frontstepsproject photo in Oceanside.



The Heatherly family shows how they are getting through the COVID-19 crisis.



The DePierros have their picture taken on their front step.



The Marshall family smiles for The Front Steps Project.



The Jones family participates in The Front Steps Project at their Fallbrook home.

HEALTH

Silvergate Fallbrook residents find joy in new normal

FALLBROOK – Residents and staff have rallied together to face and adapt to the challenges presented by the governor’s stay-at-home order at Silvergate Fallbrook, a senior living community serving the area for more than 30 years.

Like many retirement communities around the country, Silvergate has initiated strict safety protocols to safeguard residents, such as restricted entry to the property, daily temperature checks on residents and staff and the use of face masks and social distancing. Adjusting to this new normal, however temporary, has elicited strong solidarity amongst residents, staff, family members and the community at large.

“Everyone connected to this community has stepped up and stepped in to ensure that our residents are safe, secure and just as importantly... emotionally cared for during this time,” Patty Martinez, executive director of Silvergate Fallbrook, said. “We have seen amazing examples of residents chipping in to raise the spirits of other residents. Our staff has worked tirelessly to stay in tune with how our residents are feeling and has provided support in every direction possible. Then there are the family members who have parents and loved ones living here and our volunteers outside Silvergate. They currently can’t visit our residents but they’re finding incredibly creative ways to connect and engage with our seniors.”

Residents found new ways to adhere to social distancing guidelines.

In the last year, seniors Betty McKim, Sandy Starr and Jean Bryson all settled into their new homes at Silvergate Fallbrook. As they met, became friends and talked about their interests, they discovered they all liked to walk for exercise. The trio banded together for daily walks, taking in the fresh air and talking about family, friends and their day. Not much thought went into each outing before the COVID stay-at-home order. Now, their walks have been modified, but their time for socializing and catching up is just as important as it ever was.

“To make the social distancing easier for us on our walks, Silvergate gave us 6-foot ribbons to stretch between us so that we would keep a safe distance from one another,” McKim said, who has found that walking with friends helps ease the anxiety that can come with being cooped up indoors during the day.

“We may not be watching movies together in big groups right now, but we’re still finding ways to have fun together and share what we’re all going through,” she said.

Another example of caring and concern focused on the Silvergate community has come from local children who feel compelled to share their concern for their senior neighbors. Youngsters and sisters, Mabel and Penny spent time at home composing words of encouragement to Silvergate’s residents and creating unique works of art for residents to enjoy.

“It is so touching to know that the smallest among us are reaching out to let us know they’re thinking of us,” Amelia Wiener, a new resident of Silvergate Fallbrook, said. “I hope they know how much we appreciate their outpouring of love.”

Inside Silvergate, residents pitch in during pandemic stay-at-home order.

While visitors, vendors and delivery personnel are restricted or have limited entry into Silvergate, many residents have stepped in to help with everyday tasks that keep operations humming along at the community. Resident Shirley Fell volunteered to help in the community mailroom in an effort to keep correspondence with family members moving along.

“The staff here at Silvergate is so busy keeping us safe from this unbelievable virus,” Shirley Fell said, who has been working with resident neighbors Sally Cook, Bobby Wheatley and Cathy Evans to manage the community mailroom.

“While they’re taking temperatures and monitoring folks,

I decided to don my gloves and mask and get to work with some of my friends here to ensure that everybody gets their mail right now. It may seem mundane...but it’s important to residents who are eagerly waiting for cards and letters from loved ones every day,” she said.

Management at Silvergate said they expect to continue to observe current COVID-19 guidelines from the Centers for Disease Control and Prevention as long as needed to safeguard the senior population living within the community. Until then, the staff at Silvergate will continue to educate residents about how to reach out to loved ones by phone, email, Zoom.com, Skype.com and FaceTime to stay connected during the stay-at-home order.

Silvergate Fallbrook offers independent living, assisted living and memory care in a premier senior living community that features studio, one-bedroom and two-bedroom accommodations. To take a virtual tour or learn about apartment availability, call marketing director Helen Gray for the community at 760-728-8880 or visit <https://www.Silvergaterr.com>.

Submitted by Silvergate Fallbrook.



Silvergate Fallbrook resident Shirley Fell volunteers in the community mailroom, keeping correspondence with family members moving along.

Healthy Habits for Bonsall & Fallbrook folks: Gallbladder: The nonessential organ



When Village News/Ivy McCullough photo pain in a person’s side persists, there might be a problem with their gallbladder and a doctor should be consulted.

Megan Johnson McCullough
Special to Village News

Found just under the liver, the gallbladder sits as a pouch and a storage unit for the liver’s bile. This pear-sized balloon is inflated before meals when it is filled with bile.

After eating, the balloon looks flat and deflated. Bile is used to help digest fats. When food is detected, the gallbladder releases bile into the small intestine. But wait...don’t some people have their gallbladders removed?

Yes, because even though the gallbladder plays a role in digestion, it is not an essential organ. Once removed, the body seems to still perform its tasks. There are a number of reasons someone might have this body part removed.

Certain health conditions and risks can complicate the gallbladder’s existence. Gallstones, like kidney stones, can crystalize the bile. When gallstones form, they can be painful and the person becomes nauseated.

Cancer can occur in the gallstones, but this condition is very rare. An infection called cholecystitis can occur. Gallstone pancreatitis can strike as well, by blocking the emptying ducts of the pancreas.

When a person feels pain near their low back or has trouble keeping food down, it is important to find out the cause of their suffering. There are a few different tests a doctor can perform to diagnose gallbladder conditions.

The most noninvasive and primary approach is to have an abdominal ultrasound or an X-ray can be performed. The ultrasound will check for gallstones. An MRI called a magnetic resonance cholangiopancreatography can take high resolution images for the doctor to see.

An endoscopic retrograde cholangiopancreatography can be used which requires a tube being

inserted into the mouth down to the small intestine. The doctor can see through this flexible tube and inject dye into the bile. A HIDA scan can be used which is when a doctor injects the dye intravenously.

For an organ that doesn’t need to be there, it sure can cause pain, and there are a few methods to treat a dysfunctional gallbladder. Antibiotics can be used to attempt to reduce the infection and prevent it from spreading.

Gallbladder surgery, which is called cholecystectomy, can be done to remove the organ. If cancer to the area has occurred, chemotherapy can be used.

There is an oral medication, called ursodeoxycholic acid, which can help dissolve the gallstones. This can also be done by injection of a solvent solution.

Gallstones can be broken up using shock wave therapy which is called lithotripsy. Whichever method is used, anytime the body communicates pain, there is a reason. When eating becomes difficult and digestion is painful, the gallbladder just might be the culprit behind the suffering.

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



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San Diegan offers free video series for nurses

City News Service
Special to Village News

As COVID-19 continues to take its heaviest toll in the health care industry, a San Diego nurse attorney, author and veteran of the AIDS crisis is offering nurses a free video series to help them survive the new pandemic.

Lorie Brown put together the video series to provide tips for nurses on the front line of the coronavirus fight. It features 18 experts who provide advice such as keeping up immunity, getting better sleep, practicing mindfulness and understanding nurses’ rights.

“I wanted to bring them the best experts that I can,” Brown said. “Being a nurse myself, as well as an attorney, I know what it’s like to deal with the stress of exposure to illness while still wanting to

provide the best care possible to patients. I was a nurse at St. John’s Hospital (in Santa Monica) at the height of the AIDS crisis. Multiply that times a thousand, and you can only begin to understand what nurses across the globe are going through right now. I wanted to do something to help nurses get through their day, armed with a new perspective, an enlightened opinion or maybe just a fresh glimmer of hope before entering into the front lines of COVID health care once again.”

Brown is the author of three books and is president-elect of the American Association of Nurse Attorneys. She founded Empowerednurses.org in 2012 to help nurses protect their licenses while learning “to speak their mind, stand in their power and be a change agent to improve health care.”

The video series is called “COVID-19 Video Survival Guide for Nurses and Health Care Practitioners” and is available at <https://www.empowerednurses.org>.

The speakers include Gabrielle Traub, a homeopathic nurse; Mady Stovall, an oncology nurse practitioner and moral injury specialist, and Dr. Alexander Stemer, an internal medicine and infectious disease specialist.

Other topics include yoga instruction, depression, meditation and legal advice.

Brown has worked for the state of Indiana in medical malpractice defense and for a private law firm. She started Brown Law Office, P.C. in 1999 as a legal consultant. She represented nurses and other health care providers before licensing boards.

Temecula Valley Hospital is open for medical emergencies

TEMECULA – Temecula Valley Hospital and the Emergency Providers of Emergent Medical Associates wanted to remind the community that the emergency department is open for medical emergencies, including support for heart and brain procedures, relating to heart attacks, stroke and more.

At this time, when home isolation is often encouraged, the hospital reminded residents it is not the same as medical isolation. If residents are having symptoms that could be an indicator of a medical emergency, such as chest pain, difficulty breathing, trouble lifting their arms and weakness, visit the nearest emergency department. The emergency departments are prepared and available to evaluate patients safely 24/7. Unfortunately, the hospital has begun to see patients who have waited too long to come to the emergency department for their life-threatening conditions, due to an understandable fear of being exposed to COVID-19. Temecula Valley Hospital would like to stress that prolonged medical isolation for concerning symptoms may have detrimental effects on a patient’s health and they encourage residents to seek immediate medical care in these situations.

Hospitals have a special process for protecting patients during medical emergencies and these procedures are in place at Temecula Valley Hospital. To find out the signs and symptoms of a stroke, visit <https://www.temeculavalleyhospital.com/services/stroke-services/understanding-stroke>. For the signs and symptoms of a heart attack, visit <https://www.temeculavalleyhospital.com/services/cardiovascular-center/chest-pain-survival-guide>.

If a person is having mild respiratory symptoms or flu-like illness, it is best to stay home and manage the symptoms in consultation with their primary care provider. This process helps to protect the patient, their family and the patients in the emergency department; however, should those symptoms worsen, or if a person has an injury, the emergency department is here for them.

Darlene Wetton, CEO of Temecula Valley Hospital, said, “Thank you for being our partners in the community and letting our emergency department continue to serve you during your time of need.”

The COVID-19 pandemic has created an unprecedented time in the community and in the health care system. It has led to extreme yet critical measures, such as social distancing and “safe at home,” in the hopes of keeping as many people safe and healthy as possible.

Temecula Valley Hospital, with a 5 Star Medicare Hospital Compare rating, brings advanced technology, innovative programs, patient-centered and family sensitive care to area residents featuring 140 private patient rooms. Temecula Valley Hospital is the first Universal Health Services Hospital Emergency Department in the country to achieve accreditation from the American College of Emergency Physicians as a Geriatric Emergency Department. The hospital specializes in advanced cardiac services, stroke care, general and surgical specialties and orthopedics as a recent Blue Distinction Center Designation for quality in knee and hip replacement surgeries. Temecula Valley Hospital is nationally recognized for patient safety by the Leapfrog Group, with a 2017 Top Hospital Award and patients’ consecutive ‘A’ grades for patient safety in spring 2019, fall 2018, spring 2018, fall 2017, spring 2017 and fall 2016. For more information, visit <https://www.temeculavalleyhospital.com/about/news>.

Submitted by Temecula Valley Hospital.

To protect the most vulnerable from coronavirus, we must reimagine medicine

Kim Callinan
Special to Village News

“I have heart disease, and I am scared. For years, doctor’s visits and medication have kept me alive. However, now I am afraid if I go to the doctor, I will catch coronavirus and die. If I don’t go, my heart disease could kill me,” according to a patient.

As president and CEO of Compassion and Choices, a nonprofit organization working for patient rights and individual choice at end of life, I have had similar conversations with seriously ill Americans nationwide who have a host of diseases. They are legitimately at greater risk of dying prematurely, if they are exposed to the coronavirus. Terminally ill patients at the end of their life face an even direr dilemma. They need access to quality medical care to control pain, manage symptoms, reduce suffering and extend their quality of life. A shortage of hospice care could drive them to seek pain and symptom management in already crowded, infectious emergency departments, which would increase their risk of a premature, painful death.

As the nation grapples to contain and treat patients with COVID-19, people are rethinking how to care for people with other serious or terminal illnesses. Given that patients risk contracting the coronavirus at health care facilities designed to save lives, medicine must adopt accordingly, by replacing brick and mortar medicine with the safe, effective use of telehealth.

Fortunately, in March, the Centers for Medicare and Medicaid Services issued regulations to implement telehealth provisions in the Coronavirus Aid, Relief, and Economic Security Act that significantly expand patients’ access to telehealth services. They will help ensure that vulnerable populations, including terminally ill patients, can seek care in the safety of their own homes while allowing quarantined doctors the ability to safely deliver quality health care.

CMS will now pay for more than 80 additional Medicare services when furnished via telehealth. They include emergency department visits, initial nursing facility and discharge visits and home visits, which must be provided by a clinician that is allowed to provide telehealth.

Providers can evaluate Medicare beneficiaries, who have audio phones only, a vitally important option for low tech seniors.

Licensed clinical social worker services, clinical psychologist services, physical therapy services, occupational therapist services and speech language pathology services can receive payment for Medicare telehealth services.

Licensed practitioners, such as nurse practitioners and physician assistants, are allowed to order Medicaid home health services during the existence of the public health emergency for the COVID-19 pandemic.

Fortunately, telehealth recently has become a rapidly growing care vehicle in the United States. According to a 2018 JAMA study, annual telehealth visits have increased at an average annual compound growth rate of 52% from 2005 to 2017.

A 2018 study by Deloitte indicates that nine out of 10 physicians recognize the benefits of telehealth. Furthermore, two-thirds of physicians, or 66%, note that virtual care improves patient access and the majority, or 52%, recognizes it improves patient satisfaction.

Despite these promising statistics and the new CARES Act provisions, widespread adoption of telehealth will take some time. It will require buy-in by both health care providers and patients to restructure our health system and make telehealth a first-line approach, particularly during the threat of COVID-19.

Patients with a terminal or serious illness or a caregiver to one should talk with their health care providers about whether telehealth could replace an in-person office visit. While it cannot substitute all office visits, it can be used in more instances than people realize. For example, clinicians are able to furnish patients with medical equipment so that they can monitor vital health indicators remotely and more effectively.

Doctors are more likely to take the steps necessary to learn and then implement new approaches to medicine when patients request them. Given these facts, self-advocacy for telehealth could benefit patients, others and ultimately contribute to more widespread and appropriate adoption.

Kim Callinan is president and CEO of Compassion and Choices.

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HOME & GARDEN AND REAL ESTATE

Find an easier way to have a garden



At the suggestion of her fellow Garden Club members, Sandi LeMasters is planting her garden in pots, making this limited garden easy to care for. The raised beds are located in a corner of the yard near to the citrus trees, but she and her husband never used them.



Using pots looks like a better way to have a limited garden without crawling around on the ground; Sandi LeMasters is using 5-gallon and 15-gallon pots and Netafim irrigation, put in by her husband. They will grow tomatoes, herbs and some greens when it is all planted.

Spring cleaning on a shoestring budget

FALLBROOK – As most people are encouraged to stay at home these days to help prevent the spread of COVID-19, why not turn to do some spring cleaning? And you’ll be surprised that most items you need are already at home so you can keep your home tidy and sanitized on a dime.

Here are household items that will work against the coronavirus – according to experts.

Soap and detergent remove the viral particles that have attached themselves to surfaces and suspends them in the water, so they can be washed away. Make sure to lather up for at least 20 seconds to completely destroy the virus.

Bleach is effective in killing coronavirus and other germs. The Centers for Disease Control and Prevention recommends mixing 5 tablespoons (1/3 cup) of bleach in 1 gallon of water or 4 teaspoons of bleach in 1 quart of water. Be careful when using this harsh cleaner so make sure

you’re wearing gloves to protect your skin. Don’t mix bleach with anything else but water, and avoid using it on metal surfaces to prevent corrosion.

Alcohol that is at least a 70% solution will kill the coronavirus with less potential for damage than bleach. Alcohol is safe to use for almost every surface so no need to dilute it.

Wipe clean high-touch areas around the house with the above-mentioned products – like faucet handles, doorknobs, stair rails and countertops. Studies show that this virus can be detected for up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel.

Important note: Dr. Paul Pottinger, a professor of infectious diseases at the University of Washington Medical Center, said, “To decontaminate a surface, you can’t just swipe it, you’ve got to scrub it, really scrub it until the entire surface is wet,

and then let it dry on its own. The elbow grease and force that you put into the cleaning process can really pay dividends. You’ve got to physically wipe away the grime. The antiseptic agent is the additional measure of security that any virus left behind will be killed.”

Basic do-it-yourself recipes for cleaning your home:

Floor cleaner

In a spray bottle, add 2 cups warm water, 1/2 cup distilled white vinegar, 1/4 cup rubbing alcohol, 1/8 teaspoon liquid dish soap and gently swirl to mix. Lightly spray 3-foot sections and wipe with a mop.

Window cleaner

Mix the following ingredients on a spray bottle – 2 cups warm water, 1/4 cup vinegar, 1/4 cup rubbing alcohol, 1 tablespoon cornstarch. Clean windows as usual.

Toilet bowl cleaner

Spray vinegar in the bowl and on the outside. Wait five minutes. Sprinkle baking soda in the bowl and scrub with a brush. Use a dry cloth to wipe off outside.

Carpet deodorizer

Sprinkle baking soda on the carpet. Let it sit for about 20-30 minutes then vacuum.



Sweeping and cleaning floors are part of spring cleaning at home.

Stainless Steel cleaner

Add a dab of dish soap, a little water and clean along the grain to get rid of oil marks, smudges or stubborn fingerprints. Repeat the process with the baby oil to polish. Use a lint-free cotton cloth.

Other essential to-dos that cost nothing but elbow grease:

- Sweep floors and yard
- Dust furniture, appliances, shelves, etc.
- Discard old or expired food in pantry, fridge and freezer
- Discard expired personal care products, makeup and old medications
- Flip mattresses
- Recycle unneeded paperwork
- Declutter tools, sporting

- equipment and toys
- Clean the vegetation around your air conditioning unit
- Spring cleaning and donating unwanted items is a good way to pass the time as we try to protect ourselves from the novel coronavirus. Let’s make the most out of the situation and do what we can.

This article first appeared on Broadpoint Properties’ website, <https://servingsandiegocounty.com>.

Submitted by Elisabeth Hartig Lentulo, broker associate, who can be reached at (760) 532-1057, elisabeth@ehlentulo.com, or <http://www.ehlentulo.com>. CalBRE #01904564.

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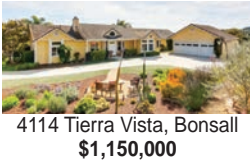
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Rain can cause fungus on roses

Frank Brines, Master Consulting Rosarian
Special to Village News

Over the past couple of weeks, many areas have gotten above average rainfall. While it is welcome, it presents problems for gardeners when it arrives over such a short period of time. The

“good” is that one doesn’t have to pay for water that contains more salt, and the rains leech salts out of the soil, some of which comes from fertilizers. Rain also replenishes the natural aquifers and lakes.

But so much moisture creates an environment for fungi, especially powdery mildew, rust and botrytis.



Botrytis

Many roses have serious botrytis fungus this year as the result of too much moisture trapped in the blossom. There doesn’t seem to be any treatment beside removing the infected blossoms.

So far, I have been able to minimize the powdery mildew and rust with scheduled spraying. There are many treatments available at the local garden store. Read labels and compare information to select that which fits the use best.

Rust appears on the underside of leaves, and like its name, it looks like rust. It is actually an eruption of tiny spores that group together and can kill a plant if



Hoplia Beetle

not controlled. When it becomes overwhelming, it is best to just remove all of the infected leaves and discard them in the green waste. Like all rose debris never let it remain in your garden or yard – spores that accumulate on the soil may be quickly splashed up onto the lower leaves by water and can spread onto more leaves and plants. Proper pruning that provides good air circulation through the bushes should help to prevent mildew and rust by minimizing moist conditions within the bush.



Botrytis



Powdery Mildew

Currently the Hoplia beetle is damaging blossoms, most notably on light-colored blooms. They burrow into the petals but are easily controlled by flicking them off into soapy water. My first experience with the Hoplia beetle was 2019 when I removed nearly 100 insects from my garden. Their appearance doesn’t seem to be influenced by temperature except that they hibernate in the soil after mating.

Roses love food and water. Larger blossoms are produced when well hydrated and the rain has helped to accomplish that. I maintain a well-balanced soil by providing minerals and micro nutrients every two weeks. I use the wet/dry method, that is, I apply a mix of nutrients and fertilizers dissolved in water for one application, and two weeks later I apply a dry mix. I’m always careful to keep the concentrations at recommended levels to prevent burning. Make sure the roses are well hydrated before feeding and never fertilize a dry plant. I admit that the wet weather has made wet/dry fertilizing problematic – so much rain makes the wet method impractical as the typical garden bed is already saturated. When that’s the case, I substitute a dry mix for the wet one until the soil is no longer saturated.

That’s it for now. Be sure to visit Rose Haven Heritage Garden, 30592 Jedediah Smith Road, in Temecula. The cross street is Cabrillo Avenue. For more information, visit www.TemeculaValleyRoseSociety.org.

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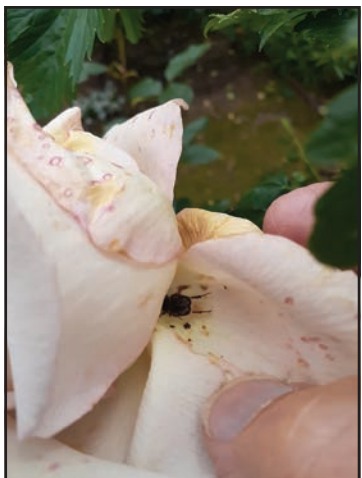
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Rust



Hoplia Beetle

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Coldwell Banker names its top agents for March



Erica Williams is one of the top listing agents for March at Coldwell Banker Village Properties.



Carrie Fuller is one of the top listing agents for March at Coldwell Banker Village Properties.



Village News/Courtesy photos

Cynthia Hauff is the top producing agent for March at Coldwell Banker Village Properties.



Lorene Johnson is one of the top selling agents for March at Coldwell Banker Village Properties.



Jean Esop is one of the top selling agents for March at Coldwell Banker Village Properties.



Pat and Judy Bresnahan are two of the top listing agents for March at Coldwell Banker Village Properties.

FALLBROOK – Coldwell Banker Village Properties recently announced its top agents for the month of March. Its Top Listing Agents were Erica Williams, Carrie Fuller, Pat and Judy Bresnahan. Tops Selling Agents were Lorene Johnson and Jean Esop while the Top Producing Agent was Cynthia Hauff.
Submitted by Coldwell Banker Village Properties.



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EDUCATION

Fallbrook students transition to learning at home

Kate Calhoun
Intern

Fallbrook High School students began official distance learning April 14; however, they were given “optional” work to complete during the month break they were given to allow for continuous review of subject matter.

Throughout this period, many students have experienced mixed feelings regarding the new distance learning and are finding ways to adjust to the transition.

“The worst part of staying home is just the fact that it gets boring super quickly,” junior Faye Cabales said. “Other than that, it’s pretty manageable. As for the online schooling, it’s hard to transition over because the teachers and other staff all have different information and are all saying different things that it’s hard to know what’s real and what we should actually be doing. Especially if some teachers are saying school work doesn’t count as of now but others are continuously posting work day after day and saying if we don’t do it, we will fail or fall behind. It’s unfortunate that everyone has to miss out on so many things at the end of the year. Everyone sort of realized that school was not

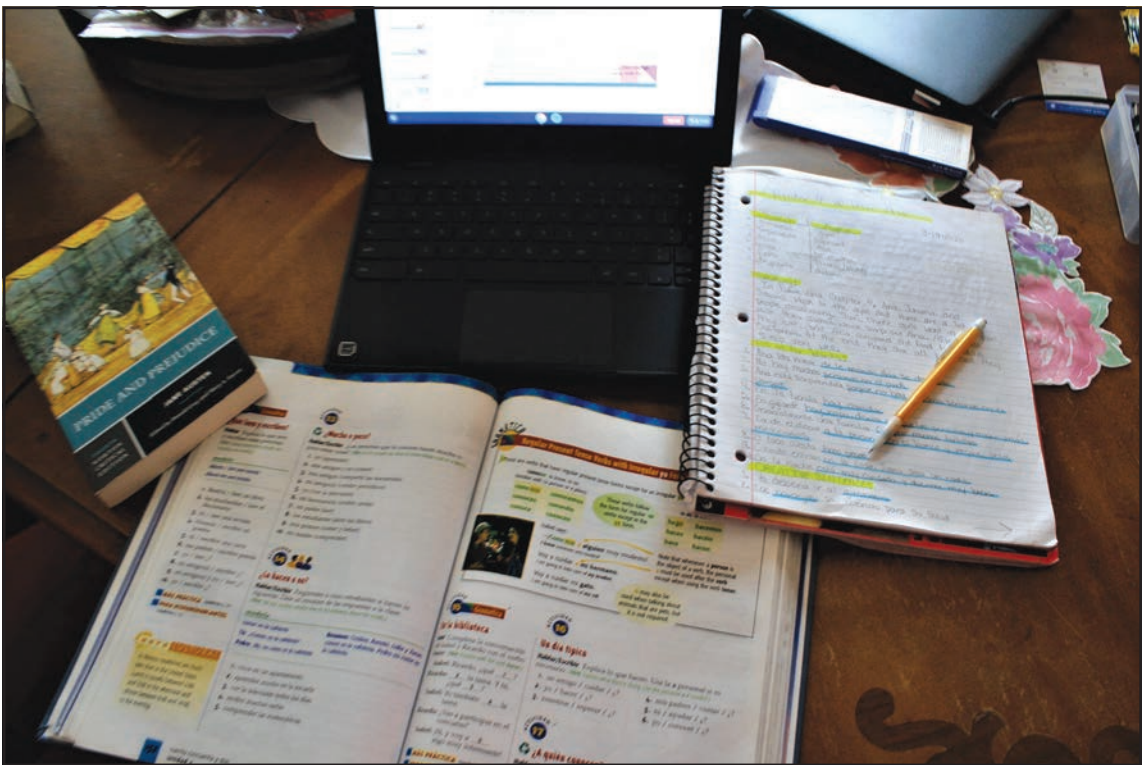
that bad.”

Many students are finding that lack of structured lessons directly from their teachers makes learning much harder. The school’s solution is the “Distance Learning Plan,” which will make teachers more accessible to students through a daily block schedule of video conference calls and optional virtual office hours.

“The idea of no school and being at home sounded great at first. However, being forced to learn remotely and more on your own has made mastering material more difficult. I’m getting ready for my first AP test, and although I have all the time in the world, it is hard to sit down and focus and actually review without having a structured class with a teacher,” sophomore Naiya Kurnik said.

As students do their best to adjust to school at home, Fallbrook students are continuing to practice social distancing to do their part in lessening the spread of the coronavirus in the community.

“The virus is unfortunate for everyone due to the loss of sport seasons, senior activities and memories,” freshman Liberty Benitez said. “These times are difficult for loved ones and their families, especially those who



A high school freshman works from home on her Spanish class assignments.

Village News/Emily Weber photo

are sick or know someone sick. It is very important to stay inside as much as possible, so this quarantine can end sooner to protect the loss of lives and memories.”

Aside from fulfilling their distance learning responsibilities,

the students are encouraged to remain active and healthy through activities that can be done at home, such as going on a walk, completing a craft, cleaning the house, learning new recipes and keeping in touch virtually with friends and family they are unable

to see in person.

How long the Distance Learning Plan will remain in place is undetermined at this time, but it is likely that it will continue throughout the end of the school year.

National Geographic Society offers free resources for parents



A student watches National Geographic Explorer Classroom at home.

National Geographic/Rebecca Hale photo

Kim Harris
Managing Editor

The National Geographic Society is offering free, easy to use resources for parents looking for ways to further their children’s education throughout the life of the COVID-19 pandemic, the society announced recently.

From the Explorer Classroom featuring live broadcasts connecting young people virtually to National Geographic Explorers to Curated Collections and even a

resource library, NatGeo hopes to further education in students from around the world, Vicki Phillips, chief education officer of The National Geographic Society, said.

“We have a very large resource library that has been built for educators, but when all of this started to happen and schools were closing so rapidly, we were hearing from educators and parents both how they didn’t feel equipped with the right resources,” Phillips said. “So we started curating collections on this page we developed called

‘Learn at Home’ that is easy to navigate but best of all has activities that are great to be done at home and can be used by both parents and teachers alike.”

Activities focus on everything from backyard science to arts and music.

“We have collections for every single age and grade range of students and then we have some very cool things like citizen science they can do in their backyard,” Phillips said. “We have some cool collections about what our explorers do.”

Explorer classrooms are offering a live broadcast connecting students and parents with National Geographic Explorers who share information about their expeditions, adventures and findings in the field, Phillips said. The live classroom is offered at 11 a.m. each day.

“It’s fantastic,” Phillips said. “We used to do it periodically and we always got good reviews, but when schools closed so rapidly, we decided to create a daily format. We’ve had 135 of our explorers sign up to do this.”

Explorer Classrooms are being offered in English, Spanish and closed captioned.

“We feel strongly about being able to expose teachers, students and families to our NatGeo scientists, resources and storytellers,” Phillips said. “We’ve heard from teachers around the globe about how powerful it is for their students to feel connected.”

Also available are curated collections consisting of learn-at-home activities for all ages to build their skills in science, social studies and more. Offerings include traditional classroom activities as well as courses on things like storytelling through photography, archeology and protecting endangered animals.

“If they go onto our website and pull up the learn at home section, there are sections by grades, and those are activities that we pulled out of our resource library and we have made sure they are things that can be done given the current circumstances,” Phillips said, adding that NatGeo put them in one easy and accessible spot.

“Our resource library has about 5,000 items in it and we knew that could be tough to navigate as quickly as parents and teachers need it, so that is why we did these curated collections,” she said.

Even with the curated collections, the resource library is still available for parents and educators and has free lessons, videos and articles across a range of subjects and grade levels.

“We have activities ideas and lessons for learners grades K-12,” Phillips said.

Also available is the community and connection section of the website, where educators and parents can share resources, ideas, instructional tools and even encouragement with other educators.

“We’ve also partnered with our colleagues at Disney to do NatGeo At Home and at that site people can also get access to our collections as well as find an array of other things,” Phillips said.

Visit <https://news.disney.com/magicmoments> for more on the partnership.


As far as helping parents looking to keep the little ones busy through school closures, Phillips said NatGeo is happy to help any way it can.

“Our explorers have really stepped up and are eager to help,” she said. “Our goal is to support educators and families to the greatest degree we can and continuing to help children learn through this uncharted and unprecedented time.”

For more information or to access the NatGeo resources, visit <https://www.nationalgeographic.org/education>.

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

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We are temporarily closed during the coronavirus pandemic and will reopen as soon as it is safe to do so. We are looking forward to seeing our families again and praying for our community's health!



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Local company provides free distance learning to all schools and parents

FALLBROOK – To support schools with the shift to distance learning and parents faced with the challenge of teaching at-home, San Diego-based Writing by Design is donating free access to their virtual learning programs.

The programs range from interactive middle school video lessons, online K– eighth grade teaching manuals, online assessments, demonstration lessons and remote professional development.

Developed by a California Department of Education-approved company, Writing by Design has served as a fundamental tool for improving school performance since 2003.

Unlike large publishing companies’ often untested curriculum, Writing by Design is credited for its time proven, research-based writing curriculum

that ensures writing proficiency and instills student confidence.

Its online assessments are specifically designed to elevate student engagement and provide teachers with increased instructional time to support struggling students.

Karen Dubrule, Ph.D., president of Writing by Design, said, “Our online programs are wonderful teaching and learning tools, but the truly compelling story is that all students, particularly English learners and struggling students, become confident and proficient writers, qualities that will carry with them throughout their lives.”

To learn more and to sign up for Writing by Design, contact (888) 847-9845, info@WritingByDesignK8.com or visit <https://www.WritingbyDesignK8.com>.

Submitted by Writing by Design.

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ENTERTAINMENT

3 local artists make Top 20 on ‘American Idol’



Makayla Phillips, 17, of Temecula has advanced to the top 20 of season 18 of ‘American Idol’ on ABC.



Olivia Ximines, 17, of Menifee performs Tina Turner’s ‘Proud Mary’ on ‘American Idol.’ The performance helped her advance to the top 20.

Jeff Pack
Staff Writer

Three area music artists have advanced to the top 20 of season 18 of “American Idol” on ABC.

Two high school student vocalists, Olivia Ximines, 17, of Menifee and Makayla Phillips, 17, of Temecula, are competing alongside 23-year-old Murrieta singer songwriter Jonny West.

The three artists have battled through the audition process, two rounds of Hollywood Week competitions, and the showcase week performances in Hawaii to reach the roster of 20 contestants.

The competition resumes on Sunday, April 26, and when it starts back up again, things will be a little different.

Due to the coronavirus pandemic, the show was forced to split up all the contestants, sending them home for the foreseeable future and throwing the contest into doubt.

However, the powers that be formulated a plan to have the contestants compete from their respective homes. It appears as though they will begin performances again Sunday and judges Lionel Ritchie, Katie Perry and Luke Bryant will be judging virtually from California and Nashville respectively.

For 17-year-old Makayla Phillips, who once received the Golden Buzzer from “America’s Got Talent” judge Heidi Klum, competing and performing from home is a bonus.

“I’m very, very close with my family, so, I like having them around me, they can feel a lot more comfortable and just safe, which is another reason why I’m very excited that we’re filming from home,” she said in a recent interview with Village News.

“Because I get to be with my family the whole time.”

Phillips said she would miss the experience of bonding with her fellow competitors – Olivia in particular, since the two have become good friends through the process and didn’t know each other before the show.

She said she also has become friends with Jonny’s girlfriend, former competitor Margie Mays.

“I met them both at Hollywood Week, actually,” Phillips said.

“Johnny’s girlfriend and I got pretty close at Hollywood Week. But Olivia and I got really close. We’re pretty much best friends.”

Phillips said she and Ximines talk about the experience of being on “Idol” and what they are going through, so, that’s been a good thing.

“Olivia and I definitely do,” she said. “I’m less close with Jonny, but Jonny’s freaking hilarious. I love that guy. Olivia and I specifically, we talk about it a lot and we’re both just really excited. We don’t really have any negatives, I would say we’re both just very, very happy that we still get to be on the show at all.”

Having had the experience of competing at “America’s Got Talent,” Phillips said she was cherishing the difference between the two shows.

“I’m very, very, very grateful for both experiences,” Phillips said. “‘AGT’ was amazing. Obviously. It’s pretty much the main thing that helped boost my career.”

The two experiences have been what Phillips calls “extremely different.”

“... Just because on ‘American Idol,’ the contestants get a chance to get a lot closer. I’m very thankful for that. I’ve made so many incredible friends, whereas on ‘AGT,’ I kind of only got to meet maybe four or five of the contestants,” she said. “It’s definitely more of like a team effort on ‘American Idol,’ it’s less competitive if that makes sense. Which is crazy because you would think it’s a bunch of singers and we would all be cat scratching each other, but it’s the complete opposite. Everyone’s been really incredible. They all are very supportive.”

Phillips said she has known that she’s wanted to be a singer since the age of two when she first saw the movie, “The Phantom of the Opera.”

“When I saw the movie, it just completely just inspired me,” she said. “It is the reason I sing at all. I realized I wanted to do it ever since and I just always was singing all the time. Finally, when I was around eight or nine, somewhere around there, I got scouted out of this little theater academy that I go to, it’s called the Academy of Music in Murrieta.



Jonny West, 23, of Murrieta performs The Fray’s ‘You Found Me’ in the Hawaii rounds of ‘American Idol.’ West has also advanced into the top 20.

I started taking classes at a place called Hollywood Launch, it’s a triple threat program. They focus on singing, acting, dancing, performance, writing, all that stuff. And I’ve been training ever since.”

She said training from a very young age has prepared her for some of the hardships surrounding missing out on some of the things she will miss as a senior in high school because of the coronavirus.

“Me personally, I’ve been privately home-schooled pretty much my whole life since second grade,” Phillips said. “So, I’ve kind of been like training for this my whole life. Being in quarantine has actually been amazing for me personally. My family and I have been able to spend a lot of time together which is something I am grateful for. I’ve been able to focus on myself mentally and physically. I’ve been focusing a lot on ‘American Idol’ and what’s going on with all the home stuff. It’s pretty much all I can do at this point, especially since I am graduating, so, yes it’s been a little different.”

Phillips auditioned in Los Angeles and sang “Who’s Lovin’ You” by The Miracles. Perry’s and Bryant’s yes votes ensured her participation in the show, sending her to the next round.

In the first Hollywood Week round, she sang “And I Am Telling You I’m Not Going” by Jennifer Holliday and sang in a duet with contestant Cyniah Elise singing “The Prayer” by Celine Dion and Andrea Bocelli.

In her final performance during Hollywood Week, she sang “Cuz I Love You” by Lizzo and again advanced.

During the Hawaii Round, Phillips sang “Sorry Not Sorry” by Demi Lovato and after the performance, the judges let her know that she had made the top 20.

Ximines also auditioned in Los Angeles, singing “Language” by Canyon Lake native Tori Kelly and she was voted through by the judges unanimously.

During Hollywood Week she sang “All I Ask” by Adele and “Try” by Pink in a duet with contestant Isa Pena. In her solo performance, she sang “I Wanna Dance with Somebody (Who Loves Me)” by Whitney Houston.

In Hawaii, Ximines performed “Proud Mary” by Tina Turner, which she herself choreographed. During the show, she admitted the students at her high school didn’t even know she was competing at “Idol.”

In telling her that she had advanced to the top 20, Ritchie

suggested that she tell her friends and schoolmates.

Like the others, West auditioned in Los Angeles, but he performed one of his original songs on piano, which garnered him a unanimous “yes” from the judges.

In the Hollywood Week rounds, he first sang “Someone You Loved” by Lewis Capaldi, making it through to the next round. He later performed a duet with his girlfriend and fellow contestant, Margie Mays, singing “Like I’m Gonna Lose You” by Meghan Trainor and John Legend. According to the judges, the performance was lacking, West then sang another original song for his final solo performance and advanced. Mays was eliminated during the grueling Hollywood Week.

In the Hawaii round, West performed “You Found Me” by The Fray and advanced into the top 20.

“American Idol” airs at 8 p.m. PST on Sunday nights.

Editor’s note: Interviews with Ximines and West could not be arranged with the network before press time.

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

Celebrate National Library Week from home

FALLBROOK – With in-person events and activities being canceled indefinitely and public places closed, everything has shifted to online – even libraries.

And with National Library Week coming up April 19-25, residents can still enjoy all of the free benefits of a library from the comfort of home.

So whether residents need a new novel to dive into or want to watch movies without paying a monthly subscription fee, here are five ways the library can save them money from Rebecca Gramuglia, consumer expert at <https://www.TopCashback.com>.

Books

Of course, the library can save readers a lot of money on books. But borrowing physical books is

temporarily out of the question. Residents can still read or listen, if they’re into audiobooks, the text straight from their phone or tablet with apps like Libby that are free and connect directly to a library card. And college student who will soon be writing final papers can use their school’s library or the local one to score free online access to journals, books and more.

Movies and shows

Paying for too many streaming services? Let the budget take a sigh of relief and see if the local library is partnered with platforms like Hoopla and Kanopy, which offer access to a variety of television shows, movies, music, audiobooks and more to choose from.

Educational tools

Whether the family has a student preparing for next year’s standardized tests, planning to go to graduate school or wanting to better their workplace skills, see if the library is partnered with platforms like LearningExpress Library to help prepare. And for teachers or students, there are also free platforms like Shmoop to help with teaching guides and study resources.

Language resources

Want to learn a new language? Look to see if the library is connected to resources like Mango, Rosetta Stone or Little Pim for the children that can help everyone easily learn a language online.

Virtual classes

Libraries bring people and communities together through books, learning and events, but while in-person interaction is off the table, see if the library offers virtual workshops. Whether it’s story time for children, tai chi, guided meditation or guitar lessons or anything else, these events are

free and may only require a library card.

And if a resident doesn’t have a library card, don’t worry. See if the library is offering applications for e-library cards during this time and begin scoring these benefits to make home a little more enjoyable.

Submitted by Topcashback.com.

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A cartoon illustration of a brown dog with floppy ears, wearing a red collar with a bell, and holding a rolled-up newspaper in its mouth. The dog is standing on a green patch of grass.

BUSINESS

Find and hire a good attorney



Andrew Zucker
Attorney at Law
The Zucker Law Firm

Most people find themselves in need of a good attorney at some point in their lives. You may find yourself needing help with an injury claim, creating a will and trust, real estate and business contracts, employment issues and the list goes on. So how do you find a good attorney?

There are many resources

people can turn to when they start their search. These may include personal recommendations from a friend or colleague, internet searches, lawyer referral agencies and marketing they find in newspapers, the internet and on television.

There is no single way to find a good attorney but below are five things to consider that may help you in your search.

Check for their specialization.

People should look for an attorney that specializes in the area that they need help with. Some attorneys advertise that they practice in the areas of personal injury, family law and criminal law for example. This notice is a red flag that they may not be dealing with a specialist. Each area of a legal practice requires specific knowledge and skills. Attorneys that practice in many areas may not be as specialized in the area needed. Look for an attorney that dedicates their law practice to a specific area. Find a specialist.

Check them out.

Check their references. Before

hiring an attorney, ask to speak to a former client about their experience with the specific attorney and about how the attorney handled their case. This information can very valuable and gives firsthand feedback about how an attorney handled a similar case.

Meet them.

Meet with the attorney before hiring them. This step sounds pretty basic, but many people hire an attorney based on an ad they see on television or with just meeting with the attorney’s paralegal. If the attorney does not have the time to meet personally with clients at the start of their case, they may not have time to meet with them as the case progresses either. If people are unable to meet with their prospective attorney at the beginning of a case, they may want to look elsewhere.

Visit their office.

Go to the office and meet the staff as well. Take a look around. It is helpful to see how much information can be gained from making a visit. Is the office clean and tidy? Is the staff professional

and courteous? Did they wait in the reception area for a long time before meeting the attorney at the scheduled appointment time? These are all indicators of how the office is managed and how the client will be treated if they hire the attorney.

Trust those instincts.

First impressions are priceless. A prospective client will likely get a feeling about an attorney within minutes of meeting them. Is the attorney being honest with them? Do they make eye contact? Do they listen to their client’s concerns? Do they take the time to explain things and answer questions? In the end, do some research on an attorney, but they should also trust their instincts.

Finding and hiring a good attorney is important to getting a successful outcome on a case. There are many attorneys that practice in all areas of law. Finding one that is experienced and good fit for a client and their case is essential to a favorable outcome, but it takes some time and effort. Following these five recommendations will help in the search and hopefully

help them find and hire the right attorney.

Andrew Zucker of The Zucker Law Firm in Temecula is a trial attorney who specializes in personal injury and wrongful death cases. In 1993, Zucker started his legal career in the Riverside District Attorney’s Office as a deputy district attorney. As a prosecutor, Zucker refined his trial skills handling serious and violent felony’s including rape and murder cases. His trial skills and success resulted in him being recognized by the California State Assembly and the Riverside District Attorney’s office as the felony prosecutor of the year in 1998. Zucker has been practicing in Temecula for over 20 years and has represented many police officers, sheriff deputies and firemen injured or killed in the line of duty. Zucker is honored to have prosecuted one of the largest wrongful death judgments in the history of California resulting in an award of \$50,000,000. The Zucker Law Firm is located at 43434 Business Park Drive in Temecula. For more information or an appointment, call 951-699-2100 or visit <https://www.thezuckerlawfirm.com>.

SDG&E offers bill discount programs to help customers in need

SAN DIEGO – With the coronavirus pandemic causing financial hardships for many individuals and families in the region, San Diego Gas and Electric is encouraging those in need to apply online, <https://www.sdge.com>, for bill discount programs, which can save them 30% or more off their monthly utility bill.

SDG&E offers bill discount programs to support customers year-round. Many people who previously could not take advantage of these income-based programs may now be able to do so due to lost wages. Those who recently lost their job, even if they are receiving unemployment benefits, may also be eligible for CARE and FERA.

California Alternate Rates for Energy Provides a 30% or more discount on monthly bills. Qualification is based on participation in certain public assistance programs or household income as of today. No additional documents are required to apply.

If a customer doesn’t qualify for CARE, they may qualify for Family Electric Rate Assistance, which provides income-qualified households of three or more with a reduced electric rate, a 18% discount, on their monthly bill.

In order to raise awareness on these programs, SDG&E launched a robust marketing and public outreach campaign, which will also promote the Low-Income Home Energy Assistance Program.

LIHEAP is federally funded and helps low-income households with their energy bills. The program is overseen by the California Department of Community Services and Development and administered by nonprofit agencies

that have funding available right now to help residents with up to \$1,000 on their energy bills.

Additional funding is also expected with the recent passage of the federal economic stimulus package. To learn more, dial 211 for LIHEAP income guidelines and participating agencies.

Other SDG&E initiatives can help customers.

Starting in mid-March, SDG&E voluntarily began to suspend service disconnections due to nonpayment. The disconnection moratorium will remain in place until further notice. At the same time, the company is urging customers who are struggling to pay their utility bill to call its Customer Contact Center at (800) 411-7343 to make payment arrangements.

SDG&E is also temporarily waiving late payment fees for business customers whose finances have been devastated by the coronavirus. The company does not charge residential customers late payment fees.

In addition to bill discount programs, SDG&E wants customers to know that there are a variety of local charitable initiatives aimed at addressing needs that have arisen in the region due to the coronavirus crisis. These initiatives provide impacted residents with assistance for other emerging needs and links to these agencies can be found on SDG&E’s website.

As the coronavirus pandemic is rapidly evolving, visit <https://www.sdge.com/coronavirus> for updates.

Submitted by San Diego Gas and Electric.



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Fallbrook businesses pull together to serve the community

Lexington Howe
Intern

The Fallbrook business community is pulling together during the pandemic, working to meet needs as they come up.

The Fallbrook Regional Health District has been helping people find the resources they need to keep going and maintain stability.

“We’ve identified five different nonprofits that are doing direct service support to our community, and we’re providing them some additional funding and coordination of community produce donations,” Fallbrook Regional Health District Executive Director Rachel Mason said.

They’ve been able to help the Boys and Girls Club, the Fallbrook Food Pantry, the Foundation for Senior Care, Fallbrook Senior Center and Michelle’s Place out of Temecula that also serves some of the Fallbrook community as a cancer resource center.

For the Foundation of Senior Care, the health district has provided the funding they need to keep their drivers on staff so that they could do home deliveries of groceries and food to homebound seniors and the disabled community.

With the Boys and Girls Club, the health district helped to redirect its staff to work at the local food pantry. The food pantry relies on volunteers, most of whom are seniors who aren’t supposed to be volunteering right now, Mason said.

The health district is funding the extra expenses and challenges that the Fallbrook Senior Center has come up against as they work on delivering meals to senior homes.

Since the Fallbrook Regional Health District is more of a resource center, they didn’t have a lot of medical supplies when COVID-19 started becoming more apparent, Mason said.

“Our district helps to underwrite the expanded hours at our local urgent care,” Mason said. “Our urgent care was able to give us some masks and some gloves, which we knew we’d run out of, but we were able to kind of help marshal the call to the community to help make a lot of masks.”

The health district asked the community to donate homemade masks to help those at the nonprofits they’re helping.

“Through one of our umbrella organizations, we were connected with a group that was able to donate face shields,” Mason said. “I’ve got 600 face shields coming, but they’re not here yet.”

She said the district plans to distribute some to their nonprofit workers, and if they have some left, the shields will go to medical personnel and other service workers, such as the local fire district.

While the Fallbrook Regional Health District helps nonprofit organizations, they don’t work with for-profit businesses other than providing a list of businesses that are



Foundation for Senior Care driver Maria Fajardo makes a delivery of groceries to a Fallbrook senior resident, April 20. The Fallbrook Regional Health District has helped fund staff drivers to make deliveries to seniors during the COVID-19 pandemic.

still open.

Fallbrook business owner Carlo Fernando Guardado opened his restaurant Small Town in July 2019. Born in Fallbrook, Guardado moved back with his family, who now helps him with the business.

Small Town recreates different menu items each week and only provides locally sourced food for their customers.

“I spend about 20 to 30 hours a week running around to different farms, picking up all of our local produce,” Guardado said. “The emphasis is everything local, everything sustainable, everything organic and really trying to connect our diners with the farms and the farm life around here.”

The shutdown hasn’t affected Guardado’s ability to receive local goods and produce from farms; however, Guardado said he had quite a few events lined up in the weeks leading up to the shutdown that were canceled.

“We were going to be donating our time to Mama’s Kitchen, we were going to be headlining at the Chef’s Gala at the San Diego Food Bank, we had the Avocado Festival and a couple other nonprofit events that we’d be volunteering for,” Guardado said.

Eventually, they started seeing in-house parties of 10 or more dropping out, and that was when Guardado knew things were starting to get bad.

“Before the shutdown even happened, we were kind of bracing for something,” he said. “We started doing meal prep, and we had a lot of people that we reached out to right away to let them know that we could get meals for them.”

Faro Trupiano, a Fallbrook resident who owns Trupiano’s Italian Bistro and 127 West Social House, has felt the effects of the shutdown differently between both restaurants.

“My Italian restaurant already had an established to-go business,” Trupiano said. “The effects have been less.”

He said 127 West Social House’s business was hit harder.

“I created an awesome dine-in ambiance, and so now to get people to kind of move over to to-go only has really affected it,” Trupiano said. “I’m operating at maybe 40% of what I used to do.”

Trupiano said he has been getting up each day trying to figure out new ways of bringing people in through social media and promos. They also just recently went live with online ordering.

“If you don’t offer delivery, then at least they want to be able to order online and pay online,” Trupiano said. “We’ve implemented a curbside pickup where we are taking the food to the customers car and that’s it, they’re on their way.”

They’re also working to minimize person-to-person contact as well as handling money or credit cards in addition to gloves and masks, sanitizing everything and keeping up with it.

Both Trupiano and Guardado said they have had great responses from the Fallbrook community.

“With the coronavirus, we’re struggling a little bit, but the Fallbrook community has been amazing,” Trupiano said. “They’re extra generous when leaving gratuities. They’ve just been great; the support has been awesome.”

Trupiano has had customers drop off masks for the workers. Guardado added that the community has come to him and asked if they need anything, asking what they can do to help.

For Mason, watching a community like Fallbrook, which is an unincorporated area and may not have as many resources as a regular city does, is a tribute to their long-standing history of helping others the best they can.

“It’s a great little community. They’ve got some pretty strong grit,” Mason said. “They’ll figure it out and solve it themselves, and that’s what we’re all trying to work toward right now.”

Lexington Howe can be reached by email at valleystaff@reedermedia.com.

SPORTS

Boys tennis, girls softball and rugby coaches reflect on lost season

Jeff Pack
Staff Writer

For hundreds of high school athletes participating in a spring sport at Fallbrook Union High School, this is a difficult time. Some have spent as long as a decade preparing for their senior season in the sports they love. And for most of those seniors, the cancellation of the 2020 spring season means they will never officially compete in that sport again. Considering just more than 7% of all high school athletes nationwide compete in a varsity sport in college and less than 2% at the Division I level, you can certainly understand why the CIF San Diego Section's announcement April 3 hit them hard. Village News asked coaches to tell us a little about how the student-athletes are coping with the news.

Girls Softball

Head coach Hannah Stahler said she was heartbroken for the girls on her team. "I know how much softball means to our players and coaches," she said. "I especially felt for our seniors who would not get to play out their final high school season. The field is a home away from home for us, so the news hit us all pretty hard." Senior right fielder Amy Pierson will be attending Orange Coast College and is unsure on whether she will play in college, while third baseman Jaylyn Leeman will head to Palomar College and is not sure whether she will play or not, Stahler said.

"I feel sad for the seniors," she said. "Senior year of high school is so special and it hurts to see so many aspects of their final year of high school be taken away from them. That being said, it is necessary to practice social distancing for the well-being of all of the players and staff." The coach said the rest of the team was hurt as well. "They were heartbroken as well," Stahler said. "A lot of our girls have played softball for the majority of their lives and the idea that we could not play was and is upsetting. "As student-athletes, it can be hard to complete schoolwork, play softball, and find time to spend with family. I believe the positive that came from this event is the ability to spend more time with their families."

Boys Tennis
Head coach William Lenaway was not surprised by the decision to

cancel the season. "I was expecting the news and had already come to terms," he said. "I had already warned my players that this was a real possibility and the decision was not in our hands, so there was no point in worrying about it coming. Just wait and see what happens." He said the team was understanding when the announcement came down. "My athletes were understanding, at least the ones I have spoken to," Lenaway said. "I think they saw it coming as well. The school communications were making it pretty obvious that this would last a while. "I am sure the seniors are more disappointed than the other players that still have another season. My team is very junior heavy, so they are staying positive with the thought that they still have another year."

Doubles player Anthony Vazquez is Lenaway's only senior and he said he won't be playing tennis in college. When asked if there was anything positive about the season being canceled, Lenaway's answer was mixed. "From the standpoint of athletics, no," he said. "From the standpoint of teaching teenagers to have some perspective about what happens in this world, absolutely. I think they get the idea that a lost high school athletic season is inconsequential when compared to the effect this pandemic is having on our society and those families that are losing loved ones."

Girls Rugby

Fallbrook Girls Rugby Club head coach Craig Pinnell said, because they are a club team, there is hope for a summer season. Still, when the news first came down, he was disappointed. "During that first week leading up to our first club game it rained, and we practiced in the wet, missed a practice day, as well as missed some players because of sickness, including myself being sick," he said. "Initially we were relieved that we had more time to practice our new combinations for our first club games and even asked players to continue training, especially fitness and ball skills. Obviously, this quickly led to disappointment after realizing that the normal club season would not continue. "We do continue to hold out hope for a summer season, but I think the reality is that the seniors have probably played their last seasons." FGRC does have two seniors



Fallbrook Girls Rugby Club seniors Shelby Tippin, Amanda Ware, Grace Cockcroft, and Abbey Savin pose for photos after winning the high school San Diego area championship earlier this year. Village News/Jeff Pack photo

that will play Division I college rugby. Hooker Amanda Ware will play at Lindenwood University and Fullback Abbey Savin (Great Oak High School) will play at Dartmouth College. Senior Loosehead Prop Grace Cockcroft (Great Oak High School) and flyhalf Shelby Tippin have not yet committed to playing rugby in college, as of press time, but both are talented enough to play at most college teams in the country. "Other than being very disappointed, senior players have not offered their thoughts on the situation," Pinnell said. "We did luckily have a successful high school 15s season where all seniors had the opportunity to play and shine as well as mentor the younger players. The LA 7s (tournament) also offered all players the chance to play an abbreviated 7s season where they could adapt to the faster game as a group." The rest of the team, Pinnell said, are keeping hope alive. "Players have been itching to play again and keep asking what the rugby union are planning for the future, when and if this situation normalizes," he said. Pinnell said he thinks he and the team has found some perspective in all of this. "I think that realizing how little time we actually have to enjoy something we love has really been enforced," he said. "We really have to take advantage of the time we have and give our best each week, always practicing and playing like it's our last game. I think seniors may have realized this more than

others, with the added responsibility of mentoring younger players in the game and the club ethos. This is a life lesson that hopefully learned

now will benefit them in future endeavors." Jeff Pack can be reached by email at jpack@reedermedia.com.

Eight Legionnaires seniors deprived of final track and field season

Joe Naiman
Village News Reporter

The eight Bonsall High School seniors on this year's track and field team were deprived of their 2020 season. "We did some training," Bonsall head coach Eric Hendy said. The Legionnaires were supposed to participate in a Frontier League cluster meet March 12. "It got rained out," Hendy said. The coronavirus quarantine closed the school following the March 13 classes and afternoon activities. The CIF suspended all athletic events and eventually canceled all spring sports. That ended the careers of seniors Conrado Acevedo-Batiz, Austin Alanis, Cole Cuccino, Jonathan Esposito, Abigayle Ford, Isabella Ford, Faith Gioia and Allie Stahlheber. "It's a hard pill to swallow to finish out the senior year like this, but that group is particularly talented and intelligent and strong-hearted and I know they will be able to take this experience and apply it to their career in life in helping the world overcome a situation like this in our future," Hendy said. The Ford twins were in Bonsall's track and field program for four years; Abigayle and Isabella Ford were middle distance and relay runners. Alanis, who is a distance runner, transferred to Bonsall from Lejeune High School in North Carolina and spent three seasons including 2020 on the Legionnaires' track and field team. Gioia, who ran middle distance and relay events, was also with the Bonsall program for three years as was Acevedo-Batiz, who threw the shot put and discus. Esposito, who ran sprints races, was in his second

year with the program. Cuccino and Stahlheber were to have made their Bonsall track and field debut this season, Cuccino as a sprinter and Stahlheber as a 400-meter runner. The Bonsall athletes will be awarded varsity letters even though there was no competition. "There's no reason not to award them their letter for their commitment," Hendy said. Past track and field, cross-country and soccer participation means that no actual letter will be presented. "They've already gotten their physical letter," Hendy said. Although the student-athletes did not participate in any meets, they fulfilled the criteria of earning a letter. "Our school policy is to participate in at least 75% of the team activities and finish with the team in good standing," Hendy said. "They all came out and worked hard. They were exhibiting dedication and determinism." That hard work included practice before school when they were not officially part of a team. "The level of dedication and determination was really strong," Hendy said. Alanis plans to run in college but has not yet selected a school. "It's probably not on the radar for the other runners," Hendy said. Despite not having any actual meets, the underclassmen still received some benefit from senior leadership. "Their leadership kicked in before us officially getting together," Hendy said. "The one piece I think will be missing would be the leadership in actual contests. We're going to miss the in-contest leadership." Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Eight swimmers end Fallbrook High School careers early

Joe Naiman
Village News Reporter

This year's Fallbrook High School swim team included seven seniors whose high school careers ended early due to the shutdown of the school and the cancellation of CIF spring sports. Cameron Batty, Derek Enns, Chase Glick, Owen Hearn, Caden McCormies, Joe Moran and Jackson Richards are Fallbrook's seven seniors. The team also included exchange student Lukas Holme, a junior, who has returned to Denmark. "Super disappointing for everyone, especially our seniors. A number of our boys were actually doing well," Fallbrook coach Bill Richardson said. The Warriors were 4-0 in their dual meets before the cancellation of the season. "I think we had a good chance of going undefeated," Richardson said. Individual or relay team performances rather than team results qualify swimmers for the CIF meet, and most of Fallbrook's swimmers had posted CIF meet qualifying times. "Unfortunately, they won't get an opportunity," Richardson said. The 2020 swimmers also will not have the ability to compete for the team league championship or for individual league championships. Although none of the seniors had previously won a Valley League championship in an individual event, Moran swam the freestyle to

anchor the winning 200-yard medley relay quartet in 2019; Enns was the anchor of last year's winning 400-yard freestyle relay, and Batty was on the winning 400-yard freestyle relay team both in 2019 and 2018 while also participating in the first-place 200-yard freestyle relay team in 2017. "They would have made a really nice 200 and 400 free relay," Richardson said of his three swimmers with previous league championships. "I think we probably could have been a top three team at CIF in those two events." Due to a shoulder injury, Batty competed in only one meet last year as a test of whether he was healthy enough to swim a full season. So Batty only had four meets, including a tri-meet, in his final two high school years. The shoulder injury also limited his 2017 season. "He missed most of his freshman year," Richardson said. Batty thus only had one full season with the Warriors' swim team. "He finally came out healthy this year," Richardson said. Richards also spent four years on the Fallbrook varsity. Enns, Glick, Hearn and Moran were on the Warriors' junior varsity in 2017 but spent their final three years on the varsity squad. McCormies played football as a freshman and participated in spring practice rather than swimming before switching to water polo for his sophomore year and continuing

his aquatics with the swim team for three seasons. The extent of Batty's recovery from his injury will be a factor in whether or not he swims in college. "It still bothers him. He hasn't completely recovered from it," Richardson said. Enns and Moran are also hoping to swim in college. "Some of them may end up swimming," Richardson said. Richardson doubts that the cancellation of the 2020 season will adversely affect the potential college careers of any Fallbrook swimmer. "I don't think anybody was being heavily recruited at this point," he said. The swimmers will receive varsity letters for the 2020 season. "They're swimming at the meets. They're scoring points. They're doing all the work," Richardson said. Richardson will also lose this year's senior leadership. "Seniors always kind of set a tone for the team," he said. Other than Holme, the only juniors in this year's program are Caden Eidson, Ryan Kendall, Donny Lopez and diver Donovan Taylor. "We're actually a very young team," Richardson said. "What will be our junior class next year will be the bulk of our team." Richardson has his team members select the team captains at the beginning of the season.



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LEGALS

NOTICE OF PROVISIONAL APPOINTMENT TO THE GOVERNING BOARD OF THE VALLECITOS SCHOOL DISTRICT

NOTICE IS HEREBY GIVEN, pursuant to Education Code Section 5092, that On April 14, 2020, a resignation was filed with the County Superintendent of Schools; and

On April 14, 2020, the remaining members of said governing board appointed Kyle Wheeler as the provisional appointee who shall hold office until the next regularly scheduled election for district governing board members on November 3, 2020; and at which time the vacancy shall be filled for the remainder of the unexpired term; and The provisional appointment confers all powers and duties upon the appointee immediately following his or her appointment; and

Unless a petition calling for a special election is filed with the County Superintendent of Schools within thirty (30) days after the date of the provisional appointment, it shall become an effective appointment; and A petition calling for a special election shall be filed with the County Superintendent of Schools, 6401 Linda Vista Road, San Diego, California 92111-7399 not later than May 9, 2020 and shall contain the following:

1. The Registrar of Voters' estimate of the cost of conducting the special election.

2. The name and residence address of at least one, but not more than five, of the proponents of the petition, each of which proponent shall be a registered voter of the school district.

2. The text of language of the petition shall not appear in less than six-point type.

4. Signatures of at least one and one-half percent (1-1/2%) of the number of registered voters of the district or twenty-five (25) registered voters, whichever is greater, at the time of the last regular election for governing board members. In districts with registered voters of less than two thousand (2,000) persons, a petition shall be deemed to bear a sufficient number of signatures if signed by at least five percent (5%) of the number of registered voters of the district at the time of the last regular election for governing board members.

A petition calling for a special election shall be prepared and circulated in conformity with the requirements of sections 100 and 104 of the Elections Code.

Date:
Vallecitos School District
By
Title

Published April 23, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006191
Name of Business
a. NACK + ASSOCIATES, INC.
b. NACK + ASSOCIATES
603 Seagaze Dr. #1032, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Nack + Associates, Inc, 603 Seagaze Dr. #1032, Oceanside, CA 92054
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 02/28/14
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5245
PUBLISHED: April 2, 9, 16, 23, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006290
Name of Business
PINO CLEANING SERVICES
3298 Ocean View Blvd, San Diego, CA 92113
County: San Diego
This business is registered by the following:
Christian F. Pino, 3298 Ocean View Blvd, San Diego, CA 92113
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 11, 2020
LEGAL: 5246
PUBLISHED: April 2, 9, 16, 23, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006552
Name of Business
ALL PURPOSE CLEANING SERVICES
1327 1/2 Bush St, Oceanside, CA 92058
County: San Diego
This business is registered by the following:
Mario Alberto Villa Cortez, 1327 1/2 Bush St, Oceanside, CA 92058
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 11, 2020
LEGAL: 5247
PUBLISHED: April 2, 9, 16, 23, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006978
Name of Business
a. PROJECT 22 LANDSCAPE GROUP
b. FG LANDSCAPING
745 Alturas Lane Apt 11, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Frey Estuardo Gaspar Rodas, 745 Alturas Lane Apt 11, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 02/26/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 19, 2020
LEGAL: 5248
PUBLISHED: April 9, 16, 23, 30, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006791
Name of Business
DECON DISINFECTION SERVICE
2131 Palomar Airport Rd. Suite 219, Carlsbad, CA 92011
County: San Diego
This business is registered by the following:
Nathan Andrew Hurst, 2131 Palomar Airport Rd. Suite 219, Carlsbad, CA 92011
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 2/10/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 17, 2020
LEGAL: 5249
PUBLISHED: April 9, 16, 23, 30, 2020

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.

Services Offered

Wellspring Herbs and Vitamins: Offering a large selection of high quality Herbs and Herbal Combinations, Vitamins, CBD Oils, Salves and Capsules, Essential Oils, Homeopathic Remedies, Bach Flower Emotional Essences, Teas, Organic Lotions and Skin and Hair Care products, etc. We offer Nutritional Consultations with Iridology and Live-Cell Analysis. Come on in for a FREE Bio Scan. We are open from 10-5 Monday thru Friday and 10-4 on Saturday. We are located at 1223 S. Mission Ed. (Behind Pizza Hut)

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9007168
Name of Business
a. TWIN PEAKS MORTGAGE
b. TWIN PEAKS REALTY & LOANS
14781 Pomerado Rd. #208, Poway, CA 92064
County: San Diego
This business is registered by the following:
T Brother's Mortgage Corporation, 14781 Pomerado Rd. #208, Poway, CA 92064
This business is conducted by a Corporation
This Corporation is registered in the state of California S Corp
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Apr 01, 2020
LEGAL: 5250
PUBLISHED: April 16, 23, 30, May 7, 2020

Notice to Creditors:
Kathleen Shelton Stiles, who lived at 707 Morro Road, Fallbrook Ca 92028 died on March 27, 2020.
Creditors of the decedent are notified all claims against the estate must be presented to Janet C. Lewis, named personal representative, 3927 Chapman Place, Riverside, Ca 92506 within 120 days of the publication of this notice.
Published April 16, 23, 30, 2020

NOTICE OF LIEN SALE

Notice is given that pursuant to sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code that Citrus Plaza Self Storage LLC, at 202 West College Street, Fallbrook, CA 92028 will sell by competitive bidding, on or after May 13, 2020 at 1:30pm, property belonging to those listed below. Auction to be held at the above address. Property to be sold as follows: Household, office & business goods, furniture, appliances, personal items, clothing, electronics, tools, duffie bags/suit cases, electronics, sporting and exercise equipment, miscellaneous boxes, containers & bags with unknown contents belonging to the following:
Searle, Tammy
Espinoza, Arthur
Nelson, Joy
Dorantes, Jose Antonio
Godinez, Jacqueline
Scala, Fred
Stasik, Sarah
Published: April 23 and 30, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006849
Name of Business
INTUITRACK
3460 Paseo Ancho, Carlsbad, CA 92009
Mailing Address: PO Box 230040. Encinitas, CA 92023
County: San Diego
This business is registered by the following:
KNOX 3E Inc., 3460 Paseo Ancho, Carlsbad, CA 92009
This business is conducted by a Corporation
This Corporation is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 18, 2020
LEGAL: 5252
PUBLISHED: April 16, 23, 30, May 7, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9007232
Name of Business
CONTINENTAL CLEANERS
2741 Via Del La Valle, Del Mar, CA 92014
County: San Diego
This business is registered by the following:
DMCI, 2202 Winter Haven Lane, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 4/23/2010
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Apr 07, 2020
LEGAL: 5251
PUBLISHED: April 16, 23, 30, May 7, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9007285
Name of Business
EMIL GANTER NURSERY
3016 Fruitland Dr., Vista, CA 92084
County: San Diego
This business is registered by the following:
Manuel Jimenez, 3016 Fruitland Dr., Vista, CA 92084
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 12/21/1981
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Apr 08, 2020
LEGAL: 5253
PUBLISHED: April 23, 30, May 7, 14, 2020

SHERIFF'S LOG

April 9	
4300 block Sleeping Indian Rd	Stolen vehicle
700 block W. Fallbrook St	Domestic disturbance
700 block S. Stage Coach Ln	Petty theft
3500 block Via Zara	Fraud
1600 block S. Mission Rd	Arrest: Domestic battery
April 10	
1000 block Old Stage Rd	Death
3200 block Via Altamira	Vehicle burglary
1800 block E. Alvarado St	Arrest: Felony warrant
1200 block S. Mission Rd	Commercial burglary
April 11	
Monserate Hill Rd @ Pala Rd	Petty theft
1600 block S. Mission Rd	Burglary
5700 block Pala Rd	Stolen vehicle
April 12	
3100 block Via de Todos Santos	Petty theft
200 block E. Fallbrook St	Burglary
April 13	
800 block Del Valle Dr	Missing person
1400 block S. Mission Rd	Arrest: Violation of court order
5700 block Barbary Pl	Arrest: Assault with a deadly weapon
200 block E. Mission Rd	Arrest: State of emergency violation
4500 block Orange Hill	Petty theft
April 14	
3500 block Via Zara	Vandalism
300 block E. Fallbrook St	Report of sex abuse
700 block Glenhart Pl	Death
April 15	
400 block W. Clemmens Ln	Arrest: Domestic battery, cruelty to child
900 block Alturas Rd	Arrest: Possession of controlled substance
30600 block North River Rd	Petty theft
1400 block Alturas Rd	Death
April 16	
1700 block Reche Rd	Burglary
April 17	
Via de la Reina @ Camino Del Rey	Public intoxication
1800 block Via Ladera	Possession of illegal weapons
April 18	
200 block W. Fallbrook St	Arrest: Possession of illegal weapon
200 block S. Main Ave	Found narcotics
35600 block Garrano Ln	Residential burglary
300 block E. Mission Rd	Vandalism
April 19	
Canonita Dr @ S. Old Highway 395	Recovered stolen vehicle
1400 block S. Mission Rd	Vandalism
April 20	
3600 block Lake Circle Dr	Grand theft

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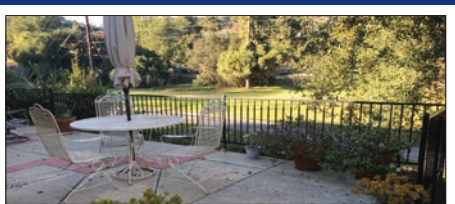
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