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Fallbrook & Bonsall VILLAGE NEWS

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21 new coronavirus cases in Fallbrook since last week

As of Sept. 1, Fallbrook is reporting an increase of 21 coronavirus cases since the prior week.

The 92028 ZIP code, which also includes the communities of De Luz and Rainbow, now has 436 total coronavirus cases as of Monday, Aug. 17, and about 0.8% of the area's population has tested positive for the virus.

see page A-7

NCFPD meeting deals with alternative revenue, conflict of interest code

The meeting of the North County Fire Protection District Board of Directors, Tuesday, Aug. 25, dealt with two main issues, according to Stephen Abbott, fire chief and CEO of the district.

see page A-8

FPUD approves additional LAFCO deposit

San Diego County's Local Agency Formation Commission requires a deposit to process applications to LAFCO for jurisdictional changes, and the Fallbrook Public Utility District will be providing an additional deposit to process the application for FPUD to detach from the San Diego County Water Authority and annex into the Eastern Municipal Water District.

see page D-4

1 killed, 1 injured in separate shootings over weekend in Fallbrook



Gunshots were heard in this neighborhood off of East Mission Road, Aug. 29, before a man was found with gunshot wounds.

Village News/Shane Gibson photo

Jeff Pack and Will Fritz
Staff Writer and Associate Editor

One man was killed and another was hurt in two separate shootings in Fallbrook Saturday, Aug. 29, and Sunday, Aug. 30.

The deadly shooting, Aug. 29, occurred shortly after noon in the 700 block of Convertible Lane, off East Mission Road, according to the San Diego County Sheriff's Department.

Deputies closed the road to traffic while an investigation into the shooting continued.

According to a neighbor, there were shots fired, and a person assumed to be the suspect passed through the neighbor's yard.

"I heard two voices scream after (the) first gunshot," the neighbor said. "Then five more rounds, then dead silence."

According to Lt. Thomas Seiver of the San Diego County Sheriff's Department Homicide Unit, deputies responded to the scene to find the victim suffering from gunshot wounds. Lifesaving efforts by North County Fire were performed but were unsuccessful. The man, identified as 56-year-old Salvador Steven Galvan of Fallbrook, was pronounced dead at the scene.

A witness on the scene reported that a renter was taken in cuffs, but it wasn't clear whether the arrest was related to the shooting. The

department has not offered any further suspect information.

The name and age of the victim have not been released by the sheriff's department.

The homicide department has assumed the investigation and anyone with information was asked to contact Crime Stoppers at 888-580-8477.

A day later, around 5:30 p.m., Aug. 30, another shooting was reported near the intersection of East Mission Road and Iowa Street, Deputy Pat McEvoy of the San Diego County Sheriff's Department said.

A young adult male suffered a gunshot injury to the right leg, according to North County Fire

Capt. John Choi. The man was taken to Palomar Medical Center for treatment of the non-life-threatening injury.

Witnesses reported seeing several people fleeing the scene, but no suspect description was immediately available, according to sheriff's Lt. Arnold Aldana.

Detectives were investigating the circumstances leading up to the shooting and whether it was connected to the earlier fatal shooting, Aldana said.

City News Service contributed to this report.

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

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

Bonsall Woman's Club supports schoolhouse restoration



Jennifer Leung, left, director of the Schoolhouse Restoration, receives a \$25,000 check from Elaine Davis, middle, Scholarship Committee Chair of the Bonsall Woman's Club, and Peggy Durling, right, president of Bonsall Woman's Club, over a replica of the schoolhouse.

BONSALL — Elaine Davis, Scholarship Committee Chair of the Bonsall Woman's Club, presented a \$25,000 check to Jennifer Leung, director of the Schoolhouse Restoration, recently.

The Little Bonsall Schoolhouse was the first meeting place when the Bonsall Woman's Club was formed in 1980. As such, the building has a sentimental impact on the club's membership. The building has since been declared

a historical monument. Efforts to restore the building is an ongoing effort with the Bonsall Woman's Club being a major contributor.

"This is a team effort, but it would not be possible without the support of the Bonsall Woman's Club," Leung said.

Next in the restoration project is the building of the bell tower.

Submitted by Bonsall Woman's Club.

Districts vary on timetables for bringing students back on campus



Local high schools like Fallbrook High School could have students on campus in limited numbers on or after Wednesday, Sept. 23, according to district superintendent Ilsa Garza-Gonzalez.

Jeff Pack
Staff Writer

San Diego County was officially removed from the state's COVID-19 monitoring list

Tuesday, Aug. 18, initiating a two-week countdown until county schools could consider reopening campuses to students.

see **CAMPUS**, page A-4

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VILLAGE NEWS



ANNOUNCEMENTS

Foundation for Senior Care presents webinar series

FALLBROOK – The Foundation for Senior Care presents four free webinar series on “Aging During COVID-19” via Zoom. Learn about ways to take care of loved one in the midst of the coronavirus pandemic.

Dr. Diane Darby Beach, a gerontologist with 28 years of experience in health promotion and eldercare, will be the speaker for each webinar. Register for each session at <http://www.FoundationForSeniorCare.org>.

Attend “Maintaining Brain Function,” Sept. 10, from 9:30-10:30 a.m., and learn mentally challenging activities and the importance of social interaction with regard to the brain; identify specific brain healthy foods

and exercises; learn mentally challenging activities and the importance of social interaction with regard to the brain and recognize the importance of social interaction with regard to the brain.

Join “When Is My Loved One No Longer Safe Alone?” Sept. 29, from 9:30-10:30 a.m. Wondering if an elderly loved one is still safe in their present living situation? There are definite warning signs to look for. This webinar is sponsored by Regency Fallbrook.

Learn about “Communicating and Dementia,” Oct. 8, from 9:30-10:30 a.m. Improve overall communication skills with memory-impaired individuals, identify communication techniques and coping skills for challenging

behaviors and manage behaviors such as shadowing, repetition and agitation.

Attend “Planning for the Holidays,” Nov. 12, from 9:30-10:30 a.m. The webinar will cover making plans for the holidays in a low-stress manor, learning how to adjust holiday “expectations” and making contingency plans for holiday gatherings.

For more information, contact the Foundation for Senior Care at 760-723-7570, fsc@foundationforseniorcare.org or visit <http://www.FoundationForSeniorCare.org>.

Submitted by Foundation for Senior Care.

Foundation for Senior Care offers free computer classes

FALLBROOK – The Foundation for Senior Care offers free senior computer classes in September with fees waived during the coronavirus pandemic. The classes are offered online via Zoom.

Attend “iPhone and iPad” class Wednesdays, Sept. 16, 23 and 30, from 9:30-11:30 a.m. The four 2-hour sessions are led by instructors Bob Cebulski and Len Tevebaugh.

This class will cover iPhone basics and communicating with family & friends through the phone, email, and messaging. The second session will cover Safari, contacts, maps and calendar. The last two classes will be dedicated to the camera and the photos app. It will cover taking and editing photos, camera formats and functions and

saving and sharing your photos with iCloud. The built-in functionality of the iPhone, including iCloud drive, The files app, Keychain, and iCloud Photo storage. It will also cover the control center, notifications, Air Drop, Find MY – Find my Friends & Find My iPhone, protecting your iPhone/iPad in case of loss and theft and Emergency S.O.S.

Note: This class is not for Samsung, Huawei, Google, Nokia or any Android phone. Bring to the Zoom session, the device that you will be using, Apple ID and Apple password.

Fix-It-Fridays are offered Fridays, Sept. 4, 11, 18 and 25, from 1-3 p.m. Participants can register for each individual date they plan to attend. Volunteers will be available to provide one-on-one help with

any questions or problems with a computer, tablet, smartphone and more.

When registering for Fix-It-Fridays, attendees must complete the “Additional Question” section and list what type of device they are using and any problems they are experiencing. The registration will not be complete if this area is left blank.

The classes are free, but donations are accepted. Register by calling 760-723-7570 or visiting <https://foundationforseniorcare.org/our-services/computer-classes/>.

For more information, contact Foundation for Senior Care at fsc@foundationforseniorcare.org.

Submitted by Foundation for Senior Care.

OPINION

What makes capitalism great isn’t just the money

Julie Reeder
Publisher

I believe what young people who are thinking that capitalism is evil and communism is better don’t understand, in addition to the fact that Marxist, Communist and socialist movements killed over 100 million people in the 20th century and that it hasn’t really worked anywhere, is that it’s not just money that makes our country and our system and culture work. In capitalism, it’s the work people do for each other that is valuable, in addition to our free speech and right to life, liberty and the pursuit of happiness.

There’s the idea that uneven wealth is evil, but as long as people are free to work, create or not, that is always going to be true. And money isn’t the only sign of success. Success comes in many forms other than money. Some people are not motivated by money. To them, success may come from the ability to serve other people or to create art. In our society and in capitalism, money is

not the most important thing.

The most important thing is the work everyone does for each other. If people stopped working, growing food and making stuff, the supply chain would be broken and the food people eat or the stuff they use would all be gone.

This idea was the genius in the last Paycheck Protection Program. While you might say it was a socialist type of program and be nervous about how it affected the national debt, it allowed businesses to stay afloat, pay their employees and keep producing so that our supply chains weren’t impacted as badly. Checks to people don’t matter, if the shelves are all empty at the grocery store, Lowe’s, etc. Wealth that is evenly distributed doesn’t do any good, if the food they make and stuff they produce is all gone. What makes America great is a framework of freedom for individuals to work and to benefit from each other’s work.

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

Never give up

Cindy Langlois
Special to Village News

I can remember living in the great white north where there was snow, ice, sleet and hail all at the same time. Cold doesn’t describe the temperature. It was so damp and somewhere below freezing, the cold would go right through you.

Even as a child I knew I didn’t want to live there for the rest of my life, so I started thinking about where I would escape to, even at 8 years old. I had dreams of living in London with the Queen; however, the weather would have probably been the same as where I was.

The years went by and I found myself in high school, dreading each day, waiting so long for the bus. I would finally just start walking through parks, down city streets and finally on sidewalks and crossing the train tracks to my final destination.

A couple of my teachers were fantastic. They seemed to be untouched by weather, undisturbed by the whole high school environment, who was who and what was what.

Ms. Berger and Mrs. Wasserman were my favorite teachers, and I will always remember how encouraging they were with me, every day they would have a smile and a kind word to say to me. Funny how I thought I was the only one in the buzzing hallways when I would see them walking in my direction. My eyes zoomed in, and it was always a treat to say hello to each of them. How many times did Mrs. Wasserman stop and ask how I was doing? And she always inspired me and supported and approved whatever good I was doing. She taught me more in our short hallway chats than can be replaced with years of jibber jabber.

Well, the “Beach Boys” were going strong at that time, and one of my favorite songs was, “California Girls.” The lyrics started out like this, “Well, East

coast girls are hip; I really dig those styles they wear.”

Now given that I am an East coast girl, I felt OK with the idea that East coast girls were “hip.” Beach Boys continue, singing about things they like about girls located in the South, Midwest, North and a few lines later, they go crazy about the West Coast girls and weather.

In the next lines, the Beach Boys go on and on about the California girls. “I wish they all could be California girls. The West Coast has the sunshine, and the girls all get so tanned.”

After dissecting this song around 200 times, I was pretty convinced that California was the place for me.

Now I had a goal, and I was never going to give it up. How could I change my location by 3,000 miles? Well, my goal became clearer while I was doing my cold, wet and slushy walk to school one winter day. I had hit the crosswalk button to cross the street, and I recognized a school buddy, Ross. I remember that I’d heard that he had been to California. He was coming from the opposite side of the street. As we headed toward each other, I asked him if I could talk with him for a couple of minutes, and he said, “Sure.”

Out of respect in the city, it was customary to go to the other persons’ corner when you asked them for a favor. While I was there, a couple of cars drove by us and covered us with the wettest, slushiest and messiest watery snow combination I had ever experienced. I was wiping dirty wet snow from my face, and my coat was indescribable.

Finally I graduated from high school. It took me about a year to pull my thoughts together. I left the East Coast in a conversion van and away I went. I put any fears and all the unknowns aside, and I lived each day with courage and was compelled to be successful.

So, here I am in California in one of the most beautiful states in the country. I am so lucky to have great friends and family, a comfortable home, delicious food and an engaging sunrise and sunset every day. Yes, there have been bumps in the road. There have been ups and downs.

Is COVID-19 anything I would have ever thought the world would experience? Never did it even cross my mind. Not only did the health crisis of the coronavirus pandemic shock everyone, the economic shock is impacting everyone as well.

We must stay strong and healthy during these tough times. Call a friend for support; make sure your family is OK. Stay cool on these hot summer and fall days. Offer assistance to others who might be in need. Have the courage to help others get past these tough situations. Make a difference in someone else’s life, and I am pretty sure that it will also make a difference in your life.

Most of all, follow your dreams and never give up.



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Lee-ism's: Life's Golden Nuggets by Lee Hulsey

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Please note that the Fallbrook Food Pantry is taking the Coronavirus (COVID-19) very serious and here is how we are addressing/preventing the food insecurity concern. As of MONDAY MARCH 16, 2020, we made our food distributions a “NO TOUCH” service.

HERE'S HOW:

- 1.) Moving our market style distribution to the LEARNING CENTER (which is located at the pantry – 140 N. Brandon Road, Fallbrook) for food pick up only: all food (dry goods, canned, frozen meats, dairy items, bread and fresh produce) will be pre-bagged. **SERVING: MON-FRI 9:30AM-12:30PM**
- 2.) No one is allowed to open bags and remove items that are unwanted – we cannot risk contamination. All food in bags must leave with each family/individual.
- 3.) Asking clients to stand 6 feet apart while standing in line for food.
- 4.) Asking both volunteers and clients to wear gloves at all times while in the pantry.
- 5.) Any new clients will be treated as an “emergency” and will be able to receive food with just an ID (YOU MUST HAVE either a driver's license, state ID, military, school, etc.).
- 6.) Our hours of operation will remain the same: Monday-Friday 9:30-12:30. If clients show up early to stand in line – we will begin serving them as soon as possible – even earlier than 9:30 to prevent “loitering” or too much contact with others.
- 7.) As long as staff/volunteers are willing and able to serve, we will not have to change days and/or hours of operation – but in the case of this situation changing due to a variety of possible obstacles, we will keep the public apprised of our decisions and make it known if and when we need EXTRA HELP from the community!

If you are interested in helping, please go to FALLBROOKFOODPANTRY.ORG, for volunteering or to make a donation. Thank you all so very much for your support and concern for our community in-need...your generosity and compassion is beyond philanthropic – it is pure LOVE! – In good health, Shae Gawlak, Executive Director



Monday-Friday 9: 30am-12: 30pm
140 N. Brandon Rd., Fallbrook, CA 92028
760. 728. 7608
www.fallbrookfoodpantry.org
“when you are hungry, nothing else matters.”

OPINION

It’s always fire season in California



Assemblymember Marie Waldron
AD-75 (R)

California has already reached historic levels in acres burned – 700 fires with over 1.3 million acres burned. As always, California’s first responders are on the job, protecting our lives, our property, our families and everything we hold dear. We owe them our cooperation, our respect and our support.

Last winter’s heavy rainfall generated a huge amount of fuel in our arid region. Now that summer is winding down, that fuel is dry and just waiting for a spark. With Santa Ana wind season approaching, each resident needs to be prepared and to have a plan for fires or any disaster that’s likely to strike. Defensible space around homes is absolutely essential, especially for those living in the backcountry. Everyone should have a family disaster plan that

includes where to meet, how to keep in touch, what to do with pets and livestock, as well as gathering supplies including food, water and medication – all this must all be planned in advance. Once disaster strikes, it’s too late.

There are many agencies and programs that can help you prepare a disaster-response plan for your family – here are just a few:

California Office of Emergency Services: <http://www.caloes.ca.gov/>

Listos California: <https://www.listoscalifornia.org/>

Federal Emergency Management Agency: www.fema.gov/

Cal Fire: <https://www.fire.ca.gov/>; <https://www.readyforwildfire.org/>

San Diego County OES: <http://www.sandiegocounty.gov/oes/>

Department of Homeland Security: <https://www.ready.gov/>

RivCoReady: <https://www.rivcoready.org>

California’s recent wildfires, and the earthquakes near the Salton Sea, should serve as a wake-up call for everyone. Now is the time to plan and prepare. The safety of our loved ones may depend on actions we take today.

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.

A thank you for clean windows

Fallbrook Window Washing Company has been cleaning our windows for 40 years. Rick Williams and his crew have always been professional, thorough and courteous. Now, during this pandemic, we are having Fallbrook Window Washing clean only the

outside of the windows, and it is astonishing how wonderfully clean the windows look with just the outside done.

Thank you, Rick and to your helpers.

Edith and Madison Cooper

Good news, bad news



Supervisor Jim Desmond
5th District

We can start with some good news when it comes to our push to reopen San Diego. Our children can go back to school. Last week, it was announced that all San Diego County school can open. Now, it’s up to school districts to determine their best method of learning, including in-person with safety measures to protect students and staff.

While I’m pleased to see children going back into the classroom, that is only half of the battle. We still have a 12% unemployment rate in San Diego County, and every day businesses are having to close permanently. I’ve spoken to many business owners over the past few weeks who have voiced their frustration over the lack of guidance from the state, when it comes to reopening. Many small businesses don’t have weeks left; they’re barely hanging on.

Last week, I, along with the mayors from Escondido, San Marcos, Vista, Carlsbad and Oceanside called for the reopening of businesses. We are asking the state to open all businesses that were closed July 12, including places of worship, hair salons, gyms and indoor dining. Also, we are asking the state to allow libraries, invitation-only receptions, street fairs, live music and Legoland to be open under the safety guidelines. We have seen the San Diego Zoo and Sea World open their doors, while Legoland has had to sit idle, which is inconsistent and unfair.

I want to keep San Diegans safe, but I don’t want the cure to be worse than the virus. We can and should safely open businesses and protect our most vulnerable. Time is running out for many businesses; we must do all we can do to help.

In response to ‘Dear Editor’ [Village News, Glass letter, 8/27/20]

First untruth: “...when this president (Donald Trump) took office, unemployment was the highest it had been in a decade.”

Fact: In January 2017, it was 4.70%. Former President Barack Obama had inherited a rate of 7.8% (and falling) from Republican G.W. Bush and steadily reduced it.

Second untruth: “Obama gave China all of our prescription medication formulas to China.”

Fact: China, and other countries overseas, supply many of the raw products needed to make generic drugs. China is not a sole source.

Third untruth: “(Hillary) Clinton allowed our embassy and its staff to be murdered on camera in

Bangladesh.”

Fact: Two embassy employees were murdered but not at the embassy, and Clinton had no involvement at all. I think you meant to bring up Benghazi. It was investigated numerous times, with no fault accruing to Clinton.

I found this one to be particularly egregious.

Guilt by implication: “Does anyone wonder how the redneck Clintons and Obamas went from average to millionaires in just eight years?”

Fact: The Clintons combined to earn more than \$153 million in paid speeches from 2001 until Hillary Clinton launched her

presidential campaign last spring, a CNN analysis showed. The Obamas are skilled speakers and writers, and they get top dollar. There’s talk of a book deal that may bring them \$60 million.

I could go on, but it’s just more of the same.

And Trump? He can’t even read a book, much less write one. He’s hard pressed to even speak in complete sentences. His millions? Smoke and mirrors. Hasn’t everyone figured out why he won’t release his tax returns?

John H Terrell

Re: ‘An infrastructure program is what’s needed’ [Village News, Reardon letter, 8/12/20]

Mike Reardon railed at my discussion of the failures of “Obamacare,” the Holy Grail. He seems to have missed mentioning some of the most important points of my letter, namely blatant lies of former President Barack Obama that you could keep your doctor and your plan, and Jonathan Gruber’s laughing at how easily they “fooled” the American people with a health plan they knew would not work. Obviously, Mr. Reardon is one of their victims.

He mentions how many people “lost” coverage because President Donald Trump made “Obamacare” no longer mandatory. Hmm, how do you lose something because you have an option to opt out? The point is it was given to illegals and others while paid for by everyone who had to buy what they could no longer afford.

Let’s introduce a little logic here. Socialism, like Communism, aims for complete control of the people, with the erroneous assumption that the state is always smarter than the people. Socialism takes over slowly and incrementally like the Democrats; Communism does it quickly with violence and revolution like Black Lives Matter and Antifa. The Democratic National Committee backs both.

When self-righteous Europeans told me how screwed up America was because it wasn’t like Europe, I gave the same answer. I said you

misunderstand that America was purposely created not to be like Europe. The U.S., unlike any other country, mandated the government answer to the people.

Mr. Reardon might have argued for monarchy like “all the rest of Europe has. Monarchs are blessed by God and always know best, right?”

The modern socialist/communist has removed God, now the State is God. Failures of socialism/communism are historically long and widespread: Russia, Greece, Italy, Portugal, Cuba and England as a shadow of its past. China suddenly became rich when it introduced Capitalism into its Communism, surprise.

All of South and Central America is socialist or communist. Yet they are all starving, poor and unhappy. They all seem to want to come to the screwed-up capitalist country for over 100 years. Why?

Yes, FDR was a big socialist, and his lovely wife was just left of Stalin.

Kruschev said, “We will give you a little socialism every day, till one day you wake up and have communism.”

Sounds like the DNC? Alexandria Ocasio-Cortez said no one can fly anymore.

Democrats said no police. Are these the people you will trust to be smarter than you?

FDR couldn’t fix the Depression

with socialism in over 14 years? Think about it. Trump had our economy roaring after Obama in less than one year.

The health insurance game is a joke. Round and round it goes. Who should pay the outrageous bills our “health care professionals” come up with? They gouge the insurance company, and the insurance company gouges you. The problem is the prices period.

They make it as complicated as possible with lots of paperwork that must paid for, and everybody blames everyone else for their “expenses.”

Should a policeman, fireman or lifeguard get \$200,000 a year? Hey, they all “save lives.” How about all the soldiers protecting us?

No, Mr. Reardon, we have excellent leadership. The real problem is sore losers. Those that would obstruct, lie, spy, impeach, incarcerate and, yes, even kill to win all for the “Party.” Screw the people, screw the country, fidelity to the “Party,” just like good communists.

Read “Animal Farm” for a perfect understanding of communism and those that are “more equal” than others.

Joseph Schembri

Why vote for Trump

To answer all of those who would say, “I can’t believe you would vote for Trump.”

I’m not just voting for him.

I’m voting for the Second Amendment.

I’m voting for the next Supreme Court justice.

I’m voting for the Election College and the Republic we live in.

I’m voting for the police and law and order.

I’m voting for the military and the veterans who fought for and died for this country.

I’m voting for the flag that is always missing from the Democratic background.

I’m voting for the right to speak my opinion and not be censored.

I’m voting for secure borders.

I’m voting for the right to praise my God without fear.

I’m voting for every unborn soul the Democrats want to murder.

I’m voting for freedom and the American Dream.

I’m voting for good and against evil.

I’m not just voting for one person; I’m voting for the future of my country.

I’m voting against Socialism, Marxism and Communism.

What are you voting for?

Orolie Gubser

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Village News

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CAMPUS

from page A-1

Locally, school districts are taking slightly different approaches to bring students back to campus. According to Ilsa Garza-Gonzalez, superintendent of Fallbrook Union High School District, the exact date that the process will begin is still a bit unclear. “As you know, from the beginning we said we would transition to different instructional models following the six-week grading period when progress reports come out,” Garza-Gonzalez said Friday, Aug. 28. “It just made the most sense to us. So, that puts us that Sept. 23. And we honestly have not had a conversation with the reopening committee – we will this coming week to discuss if we’re going to transition into a

hybrid model, or if we’re going to maybe try three additional weeks, which would put us maybe a week later, a week after the elementary.” Garza-Gonzalez was referring to an announcement by Candace Singh, superintendent of Fallbrook Union Elementary School District, recently. “To ensure we are effectively prepared to open our schools safely, we have identified Oct. 5, as the target date for reopening our schools, and we will do so in a blended or hybrid model,” Singh said in a statement distributed to district stakeholders. “While we are hopeful for an Oct. 5 reopening date, this timeline is not set in stone and may change depending on public health data within our own community. “FUESD leadership will be presenting a complete reopening plan to the public at the Sept. 14 governing board meeting. More

information regarding how to attend this meeting digitally will be provided in the coming days,” Singh said. Garza-Gonzalez said she and the committee will take care to finalize a plan, given the differences between elementary students and high school students. “High school is completely different,” she said. “Even today in a meeting I was in, a lot of the superintendents were saying, ‘You know, so much of the guidance is around elementary, but you can’t do, stationary cohorts at a high school.’ Right. Because the science teacher needs their lab room. The welding teacher needs their tools. It’s a little bit harder. And even though we are fairly confident, because we’ve walked every classroom, that we could in a hybrid model, guarantee 6 feet apart, it’s the passing periods. Because half of the kids still puts

us at a thousand (students on campus).” Then Garza-Gonzalez said, there’s the issue of mandatory masks on students. “Even at the beginning when everybody was talking about how are you going to keep a mask on a second grader?” she said. “I was thinking, how are you going to keep the mask on high schooler? You don’t want a mask to become the reason why they’re not there. It’s a conversation that we definitely need to have and explore and then maybe even see what happens with some of the elementary schools that open up.” Garza-Gonzalez said she was surprised by how quickly the school year is going by so far and she is thrilled with how the teachers, staff, and students are handling the virtual learning environment. “I’ve been very impressed with

what our teachers have been doing and the distance learning model,” she said. “We haven’t really (received) a lot of pushback. Obviously, our greatest concern continues to be the students that need the additional support. And maybe that’s where we begin is bringing back small cohorts of students that need that additional support. “We have a lot of students that ride the bus and that’s where we’re like, there’s no way. If we put them one to a seat, how many trips does the bus have to make, even in a hybrid model? Those are all things we’re exploring.” According to David Jones, superintendent of Bonsall Unified School District, the district is currently in negotiations with the teachers union in anticipation of reopening with some form of in-

see DISTRICT A-6




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- 

Power down computers and other electronics when not in use.
- 

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- 

Start your dishwasher or laundry outside 4 p.m. to 9 p.m.
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- 

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- 

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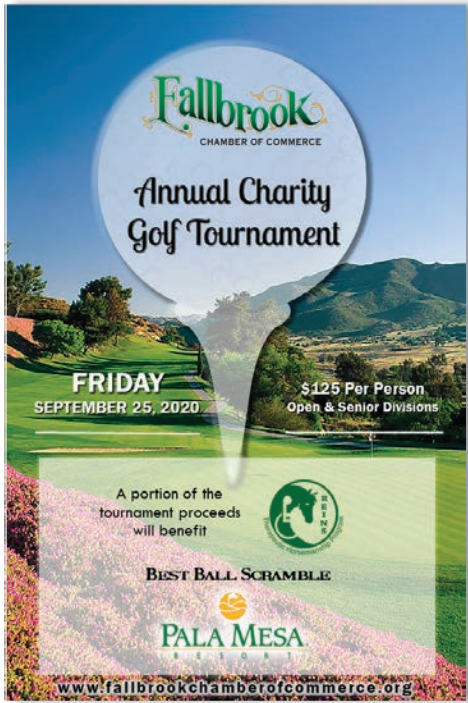
August Highlights



Lunch mob at Firehouse Que and Brew



Chamber staff: Lila MacDonald, Marti Sonniksen
Anne Klentz, Jackie Toppin & Julie Hardesty
We are still here to serve you.



Save the date for the Fallbrook Chamber of Commerce Annual Charity Golf Tournament, on Friday, September 25. Check-in will be 11:00 am, with a shotgun start at 1:00 pm. A portion of the proceeds will benefit REINS Therapeutic Horsemanship Program, a local nonprofit where children and adults with disabilities learn how to ride horses and have fun doing it.

State of the
CHAMBER
2020

Wednesday, September 16 ~ 6:00 pm

Via Zoom

The Chamber is pleased to announce this year's State of the Chamber Dinner, scheduled for Wednesday, September 16 from 6:00 ~ 7:00 pm. Typically held at Pala Mesa Resort, it will be presented virtually via Zoom due to Covid. The Chamber asks that you pick up dinner from a local Chamber member restaurant and join in for a full hour of presentations from our CEO, Lila MacDonald, our Board

President, Martin Quiroz and our Treasurer, Kimberly Murray. A special appearance from Assembly Member Marie Waldron and the announcement of our new Honorary Mayor will also be part of the evening's lineup. The cost for the Zoom link is \$5.00 per person. Please contact the Chamber to register (760) 728-5845 or email Jackie Toppin at jackie.toppin@fallbrookchamberofcommerce.org.

2020-2021 Honorary
Mayor Campaign

The 47th Annual Honorary Mayor Campaign is under way!
This year's candidate is:

Carlos
Perez

Carlos Perez, owner of Affordable & Quality Home Care Services, partnering with the Foundation For Senior Care. Candidates conduct fundraisers which benefit their partner non-profit organization and the Chamber of Commerce. The candidate who raises the most money wins the title of Honorary Mayor of Fallbrook, and will be announced at the State of the Chamber on September 16.

This Month's SunUpper

Thursday, September 10 ~ 9:00 am

Sponsored by:
100 Main
Location:
Via Zoom

Followed by socially distanced coffee at 100 Main

WINE DOWN

Wednesday
September 30
4:30 - 7:30 pm

Bring an appetizer to share!

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MEMBER SPOTLIGHT

Fallbrook Directory

The Fallbrook Directory has been a staple in Fallbrook for over 65 Years, advertising business services from local businesses to our community. We are excited about the launch of our NEW website www.fallbrookdirectory.com and encourage everyone to try out the new online platform, where we provide helpful tips and an interactive list of all local businesses. You may also reach us at (760) 728-5555.

New Members

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

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Shannon Wages
323.818.6273
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Got
Membership?

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

Fallbrook Features

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

Fallbrook Features is our monthly e-newsletter to promote events, and is sent to all Chamber subscribers on the 10th of each month - that reaches over 1,000 people. The cost is \$5 per month for members (\$10 for nonmembers), with a \$10 minimum charge (for two months). Ads do not have to be run in back-to-back months.

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

Santa Margarita, Green Canyon, Rainbow Glen signals funds in 2020-2021 budget

The county's Traffic Advisory Committee reviews requests for traffic

If an intersection is placed on the Traffic Signal Priority List, priority points rather than the amount of

In addition to the Fallbrook and

Normally Transient Occupancy Tax revenue is used for Community

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

Fallbrook residential fire displaces two, one firefighter transported from scene

A residential structure fire on the 1700 block of Bellington Lane in Fallbrook Wednesday, Aug. 26, displaced two people and caused one

“The first units on the scene arrived to find about 50% of the

structure well involved in fire,” Kevin Mahr, division chief of operations and emergency medical services, said. “And so they took a defensive strategy, meaning we attacked it from the outside. No crews made an interior attack and it

Mahr said that the inhabitants

of the structure self-evacuated and suffered no injuries and that the investigation into what started the fire was ongoing.

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



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DISTRICT

from A-4

person learning.

"We are hopeful this will be completed expeditiously," Jones said.

In a report issued recently to district stakeholders, Jones said the district has completed a reopening plan in compliance with the California Department of Public Health guidance requirements

that was approved by the district's board of trustees, Aug. 12.

"Please know that district administration, the board of trustees and I have an interest in bringing students back at the earliest date possible," Jones said in the report. "We understand many families are placed in a difficult situation with children remaining at home to receive their education, and we are taking all necessary steps to bring our students back and educate them."

in person as soon as we are able.

"I will continue to share updates with our families as we navigate the required steps to bring students back to our schools, and I thank you for your patience and understanding during these unique and challenging circumstances."

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



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21 new coronavirus cases in Fallbrook since last week

Will Fritz
Staff Writer

As of Sept. 1, Fallbrook is reporting an increase of 21 coronavirus cases since the prior week.

The 92028 ZIP code, which also includes the communities of De Luz and Rainbow, now has 436 total coronavirus cases as of Monday, Aug. 31, and about 0.8% of the area’s population has tested positive for the virus.

The Fallbrook area remains about in the middle of the county’s distribution of coronavirus case rates; 92028 has the 35th highest rate of coronavirus infections per 100,000 people, and the 45th lowest rate.

Nearby Bonsall’s 92003 ZIP code reported four more coronavirus cases Sept. 1 than a week before, for a total of 41 cases. As has been the case since the start of the pandemic, San Diego County cannot estimate an infection rate for Bonsall because of the low number of cases and low population.

Meanwhile, San Diego County schools are allowed to reopen for in-person teaching starting Sept. 1, a day after a flurry of businesses throughout the county resumed indoor operations.

The beginning of September marks two weeks since San Diego County was removed from the state’s COVID-19 watch list and nearly three weeks that the county’s case rate has remained under 100 cases per 100,000 people.

Remaining below that metric has paved the way for K-12 schools to reopen for in-person teaching, but many districts are expected to take a cautious approach to reopening.

Schools that choose to reopen must follow state guidance, including mandatory face covering usage for students in third grade through high school, increased

cleaning and disinfecting practices and implementing a six-foot distance requirement, where possible, in classrooms and non-classroom spaces.

On Aug. 31, San Diego County businesses including movie theaters, gyms, museums and hair and nail salons resumed indoor operations, with modifications, under newly issued state guidance. Restaurants, places of worship and movie theaters are only allowed up to 25% occupancy or 100 people – whichever is less. Museums, zoos and aquariums are also required not to exceed 25% occupancy.

The night of Aug. 31, the county implemented a new policy that restaurant patrons sitting indoors must wear masks at all times, except when eating or drinking. Outdoor patrons may still remove masks while not consuming food or beverages.

Gyms, dance studios, yoga studios and fitness centers may operate with 10% occupancy. Hair salons, barbershops, tattoo parlors, piercing shops, skin care and cosmetology services and nail salons may operate indoors with normal capacity, but a new policy states they must keep an appointment book with names and contact information for customers to track potential future outbreaks.

San Diego County Supervisor Greg Cox thanked San Diegans for working hard to bring the case rate down but offered a word of caution on Aug. 31.

“This is not a green light, this is a yellow light,” he said. “We can’t gun the engine of the economy full throttle yet.”

Dr. Wilma Wooten, the county’s public health officer, said the county would follow state guidelines that retail businesses are to be restricted to 50% occupancy. Wooten said she was seeking clarification on grocery stores for the same restriction.

All indoor businesses must still



Fallbrook Regional Health District, with the help of North County Fire Protection District, CAL FIRE/San Diego County Fire and the County of San Diego holds its last COVID-19 testing event until further notice, Sept. 1.

abide by social distancing and face- covering mandates, as well as having a detailed safe reopening plan on file with the county.

County public health officials reported 304 new COVID-19 cases Monday, Aug. 31, raising the county’s cumulative cases to 38,604. No new deaths were reported, keeping the county’s deaths tied to the illness at 682.

Of 5,731 tests reported Monday, 5% returned positive, raising the county’s 14-day rolling positive testing rate to 3.7%, well below the state’s 8% guideline. The seven-day average number of tests performed in the county is 6,543.

On Monday, San Diego State University reported another 13 students, some of whom live in campus housing, have tested positive for COVID-19. They join seven other students who tested positive for the illness last week. None of the students have attended any in-person classes.

An SDSU statement said the

university had taken direct action with the students who live in university-owned housing.

“Three of the cases live on-campus at Zapotec, Villa Alvarado Apartments and South Campus Plaza North,” the statement said. “Two on-campus students have been moved to a designated isolation room, per SDSU’s Office of Housing Administration COVID-19 protocol. The other student was already isolating away from campus, prior to seeking testing this weekend. All are recovering well.”

A total of 31 SDSU students have contracted COVID-19 since March.

Of the total positive cases in the county, 3,111 – or 8.1% – have required hospitalization since the pandemic began, and 750 – or 1.9% – were admitted to an intensive care unit.

County health officials reported two new community outbreaks Monday, bringing the number of

outbreaks in the past week to 16.

The number of community outbreaks remains well above the county’s goal of fewer than seven in a seven-day span. A community setting outbreak is defined as three or more COVID-19 cases in a setting and in people of different households in the past 14 days.

City News Service contributed to this report.

VILLAGE NEWS

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Fiscal Year 2020 Report



Fallbrook Public Utility District’s fiscal year 2020-21 budget was finalized and approved in July. The budget details FPUD’s strategic financial plan, providing enhanced fiscal transparency to our customers. This is a priority for the District. As part of the budgeting process, FPUD held several public budget workshops.

3 highlights from the budget include:



The District continued to keep it's operating costs flat. This achievement was a result of process improvements and efficiency gains, as well as maintaining control of labor costs.



The budget continues funding for the new local water supply project, the Santa Margarita Conjunctive Use Project. This project will provide an affordable water supply, helping to mitigate the impact of rising imported water costs that get passed on to ratepayers. The river project will provide almost half of our water, from our own local source here in Fallbrook.



The budget includes the continued implementation of our ongoing work to replace buried infrastructure, pipelines, valves and other equipment. We are accelerating our repair and replacement program to improve our system’s reliability. Scheduled repairs are much less costly than the “Band-Aid” approach of emergency repairs.

FPUD has aging infrastructure which is reaching the end of its useful life. This is resulting in pipeline failures and associated property damage and water outages. We are addressing this by accelerating pipeline and infrastructure repairs.

As shown in the table below, for the past fiscal year, the District increased fund balance by \$1.2 million. In accordance with FPUD's adopted financial plan, the District has transitioned from a withdrawal of \$1.4 million last year from fund balance to a deposit of \$1.2 million. This was accomplished by holding operating costs flat.

Fiscal Year 2019-2020 Results (Millions)

Total Operating and Non-Operating Revenues	\$35.0
Total Operating and Debt Service Expenditures	\$28.3
Total Capital Improvement Expenditures	\$5.5
Fund Balance Increase	\$1.2

NCFPD meeting deals with alternative revenue, conflict of interest code

Jeff Pack
Staff Writer

The meeting of the North County Fire Protection District Board of Directors, Tuesday, Aug. 25, dealt with two main issues, according to Stephen Abbott, fire chief and CEO of the district.

“The one was the conflict of interest code and then the other one was the approval of the alternative revenue implementation plan,” he said during a phone interview.

The revenue implementation plan Abbott referred to was a California State University San Marcos report generated after the school canvased various departments around the country to come up with solutions that the district could consider going forward.

The reason for the need to reevaluate the district’s fee schedule, he said, comes from the failure of Measure A to pass in November 2019.

“We need to find alternative sources of revenue and or create other efficiencies in order to be able to fund our preferred facilities maintenance,” Abbott said. “We had a facility condition assessment report that was done a few years ago, which illustrated we needed about a million dollars a year of ongoing funds dedicated to facility maintenance and construction. Four of our firefighter stations are at or near the end of their useful life.

“With the failure of Measure A, which would for the sake of discussion, would have produced that million dollars a year, we’re now looking outwards through other ways of doing that. Fully implemented, this plan will generate somewhere between a third and a half of what we would need to fund that facilities plan. So,

it’s pretty significant. And it’s in line with others are doing more and more around the country in terms of expanding full cost recovery,” Abbott said.

The fee adjustments span from capturing first response and EMS facility costs to code violation billing, and a graduated fee schedule based on the number of false alarms that the district responds to.

“As an example, San Marcos just raised their ambulance rates pretty significantly, between 30% and 40% based on the particular level of service,” Abbott said. “The city of Escondido will similarly be pursuing full costs (as well).”

Abbott said that not all the measures will bring in a ton of money, but he said every little bit will help. For instance, the district receives about 100 false alarms from local businesses each year.

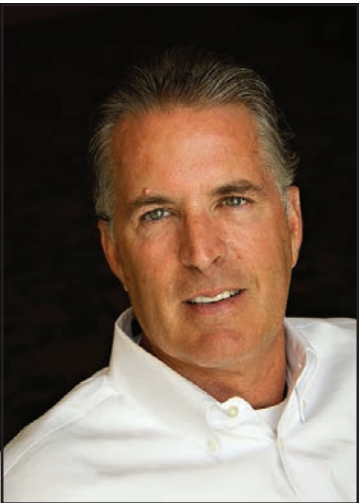
“It’s not a tremendous number, but in that particular case, the issue is not just a matter of recovering costs, but it’s also trying to discourage the repeat offenses,” he said. “Everybody has false alarms for unattended food and those kinds of things. And we anticipate that that, but it’s different when people have faulty alarm systems and they keep going off. We’ve had a few places in town that we’ve made a career of responding to.”

The board unanimously agreed to move forward with the plan and staff will come back with the adjusted fee schedule in a couple of months, Abbott said.

The council also reviewed and approve district counsel’s recommendation to amend the district’s conflict of interest code and send paperwork on the amendment to the county.

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

Dealing with anger



Rick Koole
LifePointe Church

It seems as if everyone is angry these days. Whether it is those who are rioting in the streets or those seething quietly on the sidelines, anger is in the air. There is an old proverb that warns about the consequences of anger by reminding us that what is begun in anger will end in shame.

Anger has a way of appearing in many forms. I believe there are times when people should be angry over injustices they witness. It’s been referred to as “righteous indignation.” Some areas in society today that cause me righteous indignation are abortion and human trafficking. In the 1800s, so many Americans were so angered over slavery that they were willing to fight a war that killed more than a half-million Americans to end the evil practice.

In the Bible in Ephesians

4:31, God lists six different manifestations of anger people should seek to avoid. He said that people should get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Let’s take a look at those six concerns.

Bitterness

Bitterness has been called hidden anger. It is an internal anger that will consume a person who can’t let go of an injustice they have suffered in the past.

Chuck Swindoll said of the consequence of bitterness that there is no torment like the inner torment of an unforgiving spirit. It refuses to be soothed. It refuses to be healed; it refuses to forget.

Rage

Whereas bitterness is hidden anger, rage is a loud explosive outburst of anger. It is triggered by an out-of-control temper.

Publicius Syrus spoke of the damage done by rage when he said, “An angry man is again angry with himself when he returns to reason.”

Rage will destroy marriages and leave long-lasting scars.

Will Rogers rightly said of rage, “People who fly into a rage always make a bad landing.”

Anger

Anger involves internal seething. It is often a way of life that appears socially acceptable, but deep inside a person is like a silent volcano, waiting for the opportunity to erupt.

C.E. Macartney warned, “Anger weakens a man.”

It puts him at a disadvantage in every undertaking in life.

Brawling

Brawling is a type of anger that manifests itself with loud verbal outbursts and fighting. It’s seen in the person that feels compelled to constantly demand what they think they are owed. Some Bible translations express this as clamoring. It’s the person that can’t bite their tongue when they should.

Slander

Slander is anger directed at other people. It is also referred to as blasphemy or evil speaking. It comes from an angry heart and takes delight in sharing bad news or gossip about another person. It’s telling untruths about another person with the intent of harming their reputation.

Malice

Malice is the motive behind all of the above actions. It is the hallmark of an individual that can’t be trusted, someone who does things with a selfish motive.

The philosopher Plutarch said regarding the disciples of Pythagoras, “Before the sun set, they should shake hands and kiss each other and be reconciled.” The Bible said something similar, “Do not let the sun go down while you are still angry.”

For those struggling with bitterness, rage, anger, brawling, slander or malice, they should not let the sun go down tonight until they have sought victory over their anger.

Kicking It seeks more help for ‘Church Ladies Potluck’

Elizabeth Youngman-Westphal
Special to Village News

this dream turned out to be a boyfriend’s family home on Lake Tahoe. And like the dream before it, this one ended, too.

Looking back, I am still amazed that I had been given a look into my future when every doctor told me this fight could go either way. I could survive or die. Anyone who has had stage 4 cancer knows it’s a roll of the dice.

I am still humbled by both déjà vu experiences. I see now, what I couldn’t see then. It was God’s way of letting me have hope for the future while I fretted about my children if I didn’t survive.

I have not had a recurring dream since 1993. Life has been pretty peaceful, and my dreams are of little consequence when I can’t even recall them after waking.

Here is the thing. As a self-proclaimed, step-aside Catholic, I lost allegiance to priests and all things religious, after decades of service to the church founded by St. Peter, everything changed when I divorced the children’s father. My priest was no longer available.

Yet, I never doubted God or his son, and with his help, I was able to cast cancer out of my body. I am still cancer free 40 years later. Amen.

Instead of attending mass, I have chosen to follow my heart and do the best I can at every turn. Asking for forgiveness when I stumble, trying to be kind and mostly keeping a happy thought and always seeing the good in all

things. I am a sinner. Still, I try to follow God’s word.

As a bona fide Pollyanna. I won’t stay down. I won’t give up.

So how does one know, if they have a calling? And why me? Why not someone more worthy? Why me, Lord? Who am I to bring the word of God to the masses?

Yet, that is the hope that goes with my show, “Church Ladies Potluck.” Along with the pure hearts of those who offered support to the first episode of “Church Ladies Potluck.” Thanks to the efforts of Mary Fry; our first episode will be taped at Christ the King Lutheran Church in Fallbrook in September. Under the supervision of pastor Mark Johnson offering grace, the church ladies will cook not only to fill stomachs but to fill souls with his word.

I ask you to consider kindly asking the ladies in your congregation to come together to do his work. Assemble four obscure recipes from appetizer, salad, main dish, to dessert and let the pastor, minister, imam, rabbi or priest know you’d like to support bringing his word into the homes of people you’ll never meet. It takes about four hours to film.

It is faith that keeps me looking for second venue. Remember He always opens a window.

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

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– Dalene Christensen, Temecula

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Taylor takes second in SPJ journalism contest

SAN DIEGO – Nathalie Taylor, who has been affiliated with the Village News since 2003, won a second-place award from the San Diego Society of Professional Journalists. She has won 80 professional journalism awards since 2004.

Taylor’s award came in the highly competitive Review/Criticism category. The category is competitive because the category includes all reviews, including restaurant, film, theater and concerts, she said.

“Delightful culinary magic is made at Vista Valley Country Club” was published in the Village News Nov. 7, 2019.

An excerpt, “Sequestered in a wooded valley lies the Vista Valley Country Club. This spectacular club with stunning vistas of lush hills provides an escape from the bustle of the world... The windows in the dining area face west and sunlight bathes the room spectacularly.”

Another excerpt, “Can deviled eggs be enchanting? Chef Ryan’s

can! He takes them to a realm beyond ordinary... The addition of spices, such as harissa, give them zing and zest. These creamy creations are addictive!”

Taylor, who holds a bachelor’s degree in English from California Polytechnic State University San Luis Obispo, was seated on the alumni board for the College of Liberal Arts/English Department from 2011-2017.

Submitted by Krona Publications.

the village beat

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Protecting dental patients during COVID-19 is a priority for dentist Clayton Cooke

FALLBROOK – Patients of Dr. Clayton Cooke, DDS, have experienced the highest level of care and cleanliness in his office for many years. When COVID-19 began affecting society, this Fallbrook professional knew he wanted to go “above and beyond” what changes the governing agencies would require in reopening dental offices.

Cooke’s office is now open, and several new infection control strategies have been implemented to further protect his patients from the illness.

“We want our patients to feel very safe, comfortable and well-served,” Cooke said.

It is important, he said, that patients know the exceptional care they have always received is enhanced even further with the added safety precautions.

When an appointment is made at Cooke’s office, the patient is asked a series of questions to rule out any possible concerns, but

newly added steps provide even better information.

“We not only check each patient’s temperature upon arrival at the office, but we also test their oxygen level,” said Cooke.

Patients have asked how an oxygen reading is useful. “The normal oxygen range is between 90 and 100,” he said. “If a person’s upper respiratory health is attacked by COVID-19, it causes a reduction of oxygen flowing through the lungs. A low oxygen reading is an indication, and a red flag that the pulmonary system is in stress.” Hence, this reading can be an indicator of the presence of the virus that otherwise may not be noticed as soon.

Before receiving treatment, patients are given a specialized mouth rinse that provides a unique cleaning opportunity before their procedure.

Cleaning of the surfaces inside the office are done with new, special disinfectants and protective plastic is used to completely iso-



Dr. Clayton Cooke, DDS, and staff go “above and beyond” dental safety requirements.

late the surfaces in order to greatly reduce any chance of cross-contamination.

Cooke and his staff members wear the N95 mask in addition to a protective shield and a hair covering. “We are providing dual protection between the patient and the clinician,” Cooke said.

They all also wear disposable lab coats as these provide a “superb way of not leaving behind any living cells on fabric.”

Enhanced protection does not stop there. Cooke has also provided an environmental element to address airborne contaminants.

“It is to ensure that the airflow within the operatory is completely free of viruses is completely free of viruses due to a constant air purification system,” he said.

This particular state-of-the-art system is said to circulate the air in each treatment room as well as running it through an ultraviolet disinfection attachment with a HEPA filter.

“The air is then released back into the operatory free of bacteria and virus particles,” Cooke said. “I

have our systems running 24 hours a day, seven days a week to ensure the safety of our patients as well as our staff members.”

Dr. Clayton Cooke, DDS, is an award-winning, respected dental provider offering a wide range of services including: preventive and hygiene care, preservation of teeth, full mouth rehabilitation, cosmetic enhancements and more. His office is located at 425 W. Alvarado St., in Fallbrook. Call (760) 728-5011 for more information.

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Businesses flee Portland, citing local government failure to protect against riots

Zachary Stieber
The Epoch Times

Businesses are shifting operations from downtown Portland, Oregon, or scuttling plans to open stores there because of the near-nightly rioting and protests that have gone on since May 28.

Portions of the city are boarded up. Rioters, who often gather around 9 p.m. and don't disperse until early the next morning, had caused tens of millions of dollars of damage or lost business by early July.

While many Standard Insurance employees have been working from home since March because of restrictions related to the coronavirus pandemic, some continued to work from its downtown headquarters until recently, a representative told *The Epoch Times*.

"Many of those employees who had remained in our downtown offices have now been temporarily moved to our Hillsboro campus to ensure their welfare in light of continuing safety concerns and property damage downtown," the Standard Insurance representative said in an email. "Several employees and security contractors have been assaulted near our downtown offices in recent weeks and months, and that contributed to the decision."

Other business owners who planned to open stores in Portland despite the pandemic have put those plans on hold or terminated them due to the unrest.

"We were actually going to open



A pedestrian walks past a business damaged during recent riots in Portland, Oregon, July 1.

Gillian Flaccus/AP photo

two stores in Portland, and then all this happened," Joe Raetzer, co-owner of Steepologie Teas, told *The Epoch Times*.

When asked whether "all this" meant the pandemic or the unrest, he said, "Just purely the unrest. The riots."

Steepologie also shut down its downtown Seattle location because of rioting there; an employee was assaulted inside the store.

In an interview with *The Epoch Times'* affiliate NTD Television, Uncle Fabe's owner Fabian Gordon said he knows business

owners who have started to sleep at their stores.

"They're talking about going up on the roofs of their buildings with guns. They're terrified. People are setting fires. When's it going to happen to them?" he said.

"They're heavily armed, and

they're all very afraid."

Gordon said city and state officials seem to be handling the situation by hamstringing the police and pointed to the new prosecutorial policy of

see PORTLAND, B-7

Ratcliffe defends halting election briefings, says Congress is leaking classified information

Jack Phillips
The Epoch Times

John Ratcliffe, director of National Intelligence, said it's necessary to scale back election security briefings in person to Congress because of leaks.

Over the weekend, reports said Ratcliffe and the Office of the Director of National Intelligence told the House and Senate intelligence committees that it will still provide written briefings on election security matters. Ratcliffe, in letters to the panels, said that leaks from members of Congress were a primary reason for the change.

Ratcliffe said on FOX News that he had been frequently briefing "not just the oversight committees but every member of Congress."

But, he said, "within minutes of one of those briefings ending, a number of members of Congress

went to a number of different outlets and leaked classified information for political purposes."

He said that it was designed "to create a narrative that simply isn't true, that somehow Russia is a greater national security threat than China."

"I don't mean to minimize Russia. They are a serious national security threat, but day in, day out, the threats that we face from China are significantly greater," Ratcliffe said. "Anyone who says otherwise is just politicizing intelligence for their own narrative."

On Friday, Aug. 28, Ratcliffe said to lawmakers that his office "will primarily meet its obligation to keep Congress fully and currently informed leading into the presidential election through written finished intelligence products," adding that he will

see RATCLIFFE, B-6



In this Dec. 9, 2019, file photo, Rep. John Ratcliffe, R-Texas, during the House impeachment inquiry hearings in Washington.

The New York Times via AP, Pool/Doug Mills photo

Chadwick Boseman's death leaves saddening mark on 2020

Jonathan Landrum Jr.
AP Entertainment Writer

Kobe Bryant, Rep. John Lewis, and now, Chadwick Boseman.

So far, 2020 has been marred with bad news and tragedy with the deaths of several popular Black icons including Bryant, Lewis and recently Boseman, who died Friday, Aug. 28. All three were viewed as leaders in their respective fields of sports, politics and film — places where people, particularly in the Black community, have often looked for inspiration during a year of racial tension and protests against the police brutality of unarmed Black people.

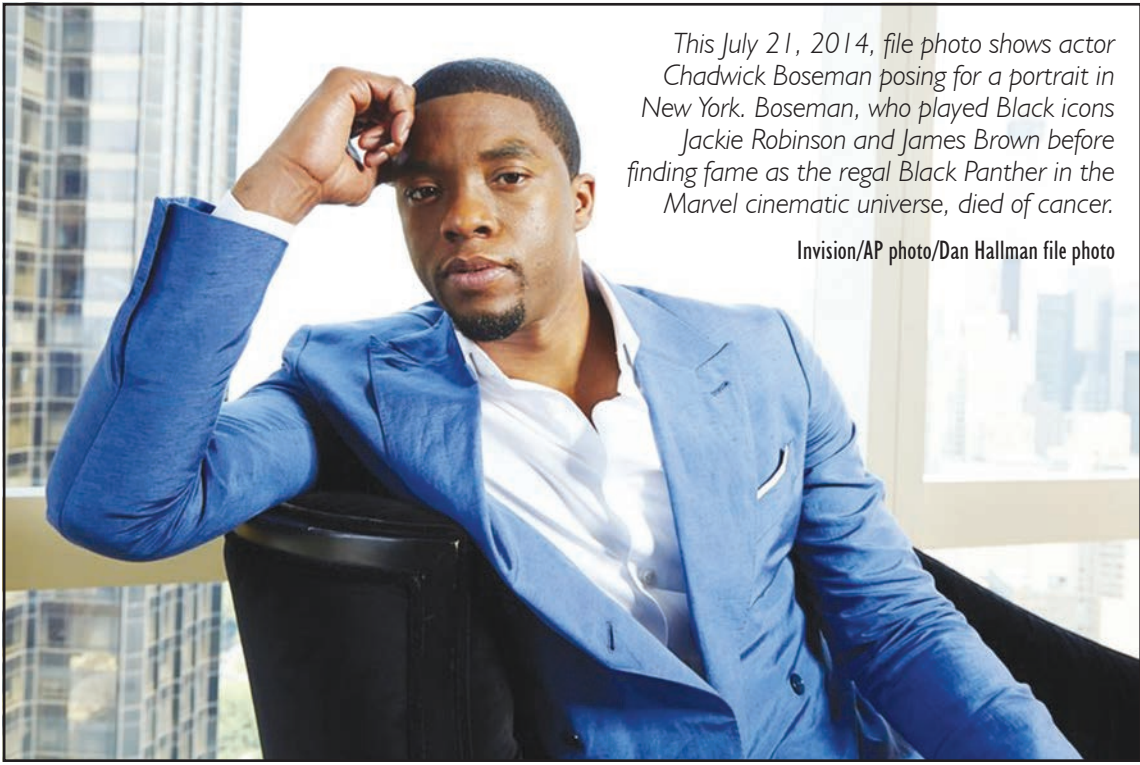
But for many, the loss of another major figure such as Boseman is taking a toll. The actor, who starred in the blockbuster superhero Marvel film "Black Panther," died at the age of 43 in his home

in Los Angeles after he privately battled colon cancer for four years.

"These are pillars in our community," Rev. Al Sharpton said. "In times of instability, you depend on pillars. It's bad enough when there's a storm outside and you hear the lightning and thunder. It gets worse when the pillars that you're building and standing on (are) shaking. It's like they're chipping away at our foundation. The very building is shaking down, because the things that undergird and protect us from the storms are being removed."

Sharpton called Boseman an important pillar that humanized several Black historical trailblazers in his roles — including color-line breaking baseball star Jackie Robinson, legendary singer James Brown and the first African American U.S. Supreme

see BOSEMAN, B-7



This July 21, 2014, file photo shows actor Chadwick Boseman posing for a portrait in New York. Boseman, who played Black icons Jackie Robinson and James Brown before finding fame as the regal Black Panther in the Marvel cinematic universe, died of cancer.

Invision/AP photo/Dan Hallman file photo

EDUCATION

Items to include in college students’ quarantine bags

FALLBROOK – Millions of parents dropped their children off on college campuses for the start of a new school year in August. While that might not stand out in a normal year, 2020 has proven to be anything but normal.

Many colleges and universities grappled with how to approach the 2020-2021 academic year as the world continued to battle the COVID-19 outbreak. Some schools chose to offer only remote learning and keep students off campus entirely, while others offered in person classes and welcomed students back to campus. Still others created hybrid learning plans that combined remote learning with in person sessions.

Regardless of which option schools ultimately chose, it’s fair to say that many recognized the potential that the pandemic could once again upset the academic apple cart after the semester began, forcing students and educators to adjust to fully remote learning in much the same way they did back in March. In addition to that potential outcome, students who returned to campus must be prepared to enter quarantine if they or a friend, classmate or roommate tests positive for COVID-19. In anticipation of that, it pays for students to prepare quarantine bags in case they need to isolate themselves at any point during the semester.

Clothing

Few college students have exclusive access to washers and dryers in their dorm rooms or apartments. Shared laundry rooms will likely be off limits while students are under quarantine, so make sure to pack enough clothing to get through two weeks of isolation. Take inventory of their supply of pajamas, underwear and socks and purchase more if necessary.

Food and cooking supplies

College students accustomed to eating their meals at the dining hall food may need to prepare their own meals while in quarantine. Stock up on nonperishable items, such as pasta, soup, rice and cereal, that can be stored in their room for long periods of time without expiring. Bottled water can help them stay hydrated should they feel ill, while decaffeinated tea can help the student stay warm should they feel chills. Bring along a mini refrigerator, a toaster or toaster oven, a tea kettle, some pots and pans, bowls and plates and utensils as well.

Medical supplies

Extra masks are a must-have when returning to campus, and they can help students make it through quarantine as well. Masks can be worn when using restrooms or showers, even if students are attending schools that plan to isolate people who test positive in buildings that cannot be accessed by non-infected community members.

In addition to extra masks, make sure the student has enough daily medical supplies, such as toothpaste, shampoo, body lotion or soap, deodorant, tissues and disinfectant, to last through quarantine, which is typically no less than two weeks.

Technology

While in quarantine, students will want to stay connected to the outside world, and parents will no doubt want to check in as often as possible to see how their children are faring. A reliable laptop, desktop or tablet can ensure students can chat with family and friends and even stay up-to-date with their schoolwork via the Zoom conferencing app. A backup phone charger also can make sure students stay connected throughout their quarantine period.

Quarantine bags can help students returning to college campuses this fall safely navigate their time in isolation.



It pays for college students to prepare quarantine bags in case they need to isolate themselves at any point during the semester. Village News/Courtesy photo

How parents can pitch in to prevent bullying

FALLBROOK – Parents go to great lengths to protect their children. Keeping a watchful eye is a great way to protect children when they’re around the house, but parents may need to look for more subtle signs to determine if their children are being mistreated when they leave home.

The U.S. Department of Health and Human Services said that roughly 20% of students between the ages of 12 and 18 experience bullying nationwide. Parents might once have written off bullying as part of growing up, but research has long since indicated that bullying can be very harmful to youngsters. The DHHS said that research indicates that persistent bullying can lead to or exacerbate feelings of isolation, rejection, exclusion and despair. Children who are persistently bullied also may experience new or worsening feelings of anxiety and depression.

Parents can play a vital role in preventing bullying. Much of that role involves parents educating themselves about bullying, including what it is and what it’s not and what are some warning signs that a child is involved in bullying.

What is bullying?

The DHHS website, <http://Stopbullying.gov>, defined bullying as unwanted, aggressive behavior among school-aged children that involves a real or perceived imbalance of power. Bullying behavior is repeated or has the potential to be repeated over time. The imbalance of power associated with bullying involves the children who bully using some semblance of power they have over the children they’re bullying to harm or control those youngsters. Their power may be physical strength, access to embarrassing information or popularity.

What isn’t bullying?

Various types of aggressive behavior have the potential to be harmful, but they do not fall under the umbrella of bullying. For example, Stopbullying.gov said that children between the ages of three and five are learning how to coexist with one another, including how to share and cooperate. Children in these age groups may be aggressive if they don’t get what they want, but their actions in such instances do not constitute bullying. More information about potentially harmful, non-bullying behaviors is available at Stopbullying.gov.

What are some signs a child is being bullied?

The DHHS said that not all children who are being bullied exhibit warning signs. In addition, some signs might be more subtle than others. But some potential indicators that a child is being bullied include unexplainable injuries; lost or destroyed clothing, books, electronics or jewelry or frequent headaches or stomach aches, feeling sick or faking illness.

Children may have changes in eating habits, like suddenly skipping meals or binge eating. For example, children who are being bullied may come home from school hungry because they did not eat lunch.

They may have difficulty sleeping or frequent nightmares; declining grades, loss of interest in schoolwork or not wanting to go to school; sudden loss of friends or avoidance

What are some signs a child is bullying other children?

Parents also should be on the lookout for signs their children are bullying other youngsters. Such signs include children get into physical or verbal altercations; children have friends who bully others; increasingly aggressive behavior or frequent trips to the principal’s office or to detention. Children may have extra money or new belongings but cannot explain how they got the cash or items. Children may blame others for their problems or have an unwillingness to accept responsibility for their actions. They may be competitive and worry about their reputation or popularity.

Parents have a vital role to play in preventing bullying, so all youngsters feel safe and sound inside and outside of school.

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SDG&E supports educators through DonorsChoose

SAN DIEGO – Through a partnership with DonorsChoose, a crowdfunding platform, San Diego Gas and Electric has set aside \$250,000 of shareholder funding to match donations that help support local teachers with distance learning and with science, technology, engineering and mathematics projects.

As school districts get ready for a new school year amid the pandemic, whether it’s full distance learning or a hybrid model, teachers are faced with a new set of challenges to support all students.

“Teachers are on the front line of making sure that our children continue to learn despite the enormous challenges of COVID-19,” Caroline Winn, SDG&E’s chief executive officer, said. “They are the champions of our new virtual and socially distanced classrooms, and SDG&E is proud to support them with the resources and materials that they need to prepare our children to be the scientists, engineers and innovators of the future.”

It is the third year of SDG&E’s partnership with DonorsChoose to support teachers in the San Diego region. Aware that teachers often use their own money to purchase supplies, the partnership in the first two years provided \$414,159 in matching funds to teachers for classroom STEM projects. In 2019 alone, the program supported 628 teachers and 92,354 students, which is almost a fifth of all San Diego County students, at 322 schools in 33 of the San Diego region’s 42 school districts. This year, SDG&E has expanded the program to support teachers with new needs caused by the pandemic, such as supplies that can no longer be shared among students and equipment needed to enhance distance learning.

“With the COVID-19 pandemic, teachers across San Diego County have had to get creative to connect and engage with students at home and cultivate their interest in learning,” Paul Gothold, Ed.D., San Diego County superintendent of schools, said. “The support of individual donors and SDG&E will make a big impact this year, especially in creating greater equity for students who may not have the same access to resources and supplies while at home.”

Teacher STEM and distance learning projects of \$1,000 or less at schools within SDG&E’s service territory in San Diego and Southern Orange counties are eligible to receive matching funds from SDG&E on the DonorsChoose platform. In support of equity for schools in disadvantaged communities, SDG&E will provide a double match, 2-1, for eligible teacher projects at schools in disadvantaged communities as determined by CalEnviroScreen. In 2019, 67% of the 322 schools in 33 school districts receiving funding from SDG&E were in disadvantaged communities.

Eligible teachers can visit <http://DonorsChoose.org> to apply. The DonorsChoose match program will run from until funds are exhausted or until Dec. 31, 2020, whichever comes first.

Submitted by San Diego Gas and Electric.

REGIONAL

Agriculture blossoms again in annual crop report, nears \$1.8B

Gig Conaughton

San Diego County Communications Office

Agriculture values blossomed for the third year out of the past four and grew close to \$1.8 billion, a height they last reached in 2014, in San Diego County’s annual crop report.

The value of all agriculture crops and commodities rose about 1.5% in the new crop report that covers the 2019 growing season, from \$1,769,815,715 in 2018 to \$1,795,528,573.

Total agriculture values also increased in the 2016 and 2017 reports, before slipping by one-quarter of 1% in 2019’s 2018 report.

This year’s increase was fueled in large part by a 5.8% increase, from \$322.9 million in 2018 to \$341.7 million in 2019, in the overall values of fruits and nuts, a category that includes three of the Top 10 crops: avocados, lemons and oranges.

Ornamental trees and shrubs, which has been the top crop in the county for the past 11 crop reports, since 2009, continued to increase in overall value, increasing by just 0.6%, but to \$445,488,124, its highest total over that time.

The rest of the annual Top 10 crops remained similar to previous years, although some crop categories were changed slightly. For example, this year’s No. 2 crop, bedding plants, color

and herbaceous perennials, like flowers and herbs, was combined with cactuses and succulents and had a total value of \$399,028,516.

The third-ranked crop, Indoor flowering and foliage plants earned a total value of \$291,335,199. The fourth-ranked, and possibly San Diego’s most famous crop, avocados, increased in value by nearly 16% and \$19 million, from \$121,038,020 in 2018 to \$140,116,363.

The annual crop report is compiled by the county’s Department of Agriculture, Weights and Measures. The report provides a yearly snapshot of an industry that remains a staple of the region’s economy despite challenges like drought, rising water costs, fires, freezes and pests.

San Diego County’s Board of Supervisors has taken several actions in recent years to boost agriculture, including: creating a boutique winery ordinance to promote the creation of small wineries; approving a new beekeeping ordinance that allows more beekeeping while protecting the public; adopting an agricultural easement program that preserves agricultural space and streamlining regulations for things like cheese-making, agritourism and on-site horticultural sales.

Supervisor Jim Desmond’s 5th District is home to a lot of the county’s agricultural land. He said agriculture is an important part of

the economy.

“Over the last year, we have seen how essential farming is in San Diego County,” Desmond said. “It is an honor to be the supervisor of District 5, which has a diverse variety of agricultural crops ranging from flowers to strawberries and avocados. I will continue to be a supporter of agriculture, which will always be essential to the region’s economy.”

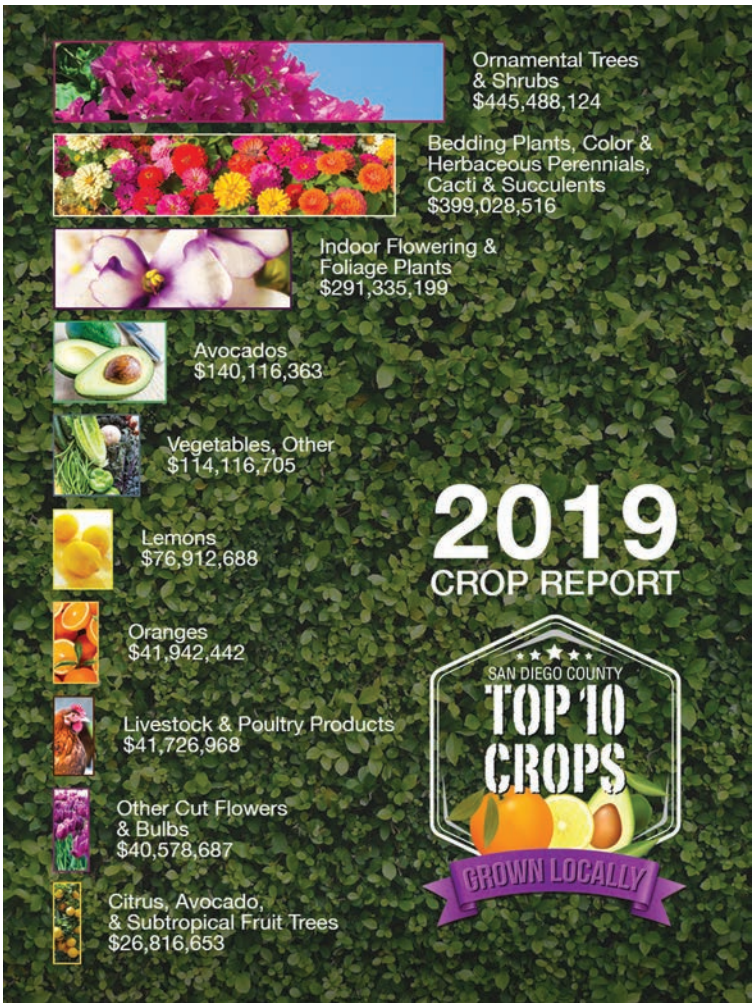
Other interesting highlights from the 2019 crop report include:

The agriculture industry continues to do more with less, increasing in total value while working fewer acres. In 2019, total agriculture values increased 1.5% while reporting 234,477 acres in production. That result was 3.3% fewer acres reported in 2018 and the fewest number of acres reported in production in 17 years – since 2002.

The increase to \$140.1 million for avocados, was that crop’s largest value since 2014.

One of the largest percentage increases was for “Field, other,” which included a relatively new crop, industrial hemp. The category increased a whopping 373% from \$794,625 in 2018 to \$3,760,517.

Wine grapes saw its third year of double-digit percent increases, rising 21.5% from \$4,591,032 in 2018 to \$5,580,300. Wine grapes became a trendy crop and soared by over 500% in 2012, two years after the board of supervisors



Ornamental trees and shrubs are the top crop in San Diego County. Village News/Courtesy photo

approved a boutique winery ordinance to promote the creation of small wineries. For more information or to

view the report, visit <https://www.sandiegocounty.gov/content/sdc/awm.html>.

Sen. Brian Jones of Santee tests positive for COVID-19

City News Service

Special to Village News

Sen. Brian Jones, R-Santee, announced Wednesday, Aug. 27, that he tested positive for COVID-19.

Jones, who was on the Senate floor in Sacramento, wearing a face mask, Monday, Aug. 24, did not say when he was tested or if he was showing symptoms.

According to a statement posted on his Twitter and Facebook accounts, Jones “today, upon his return to Sacramento this week for the end of session, received

news that he has tested positive for COVID-19.

“He will be taking additional tests to recheck the results and to rule out possibility of a false-positive result. In the meantime, he’ll be following CDC and CDPH protocols for those receiving a positive test result. Any further inquiries are to be directed to the Senate pro tem’s office.”

Jones represents the 38th District encompassing much of East San Diego County including El Cajon, Santee, Alpine, La Mesa, San Marcos, Escondido, Fallbrook and Lemon Grove.

Staff and legislators in both the Senate and Assembly received emails Wednesday from Senate Pro Tem Toni Atkins, D-San Diego, notifying them that someone in the Senate had tested positive for the virus.

Atkins said the Legislature would attempt to figure out a path forward before the session ends.

“We are taking every precaution to ensure that all of the public health guidelines are being followed, including requiring masks and social distancing for everyone in the Capitol, as well as regularly cleaning our facilities,”

Atkins said. “The Senate will be prepared to continue our work when we have completed public health protocols to ensure that the risk of exposure has been eliminated. The Senate will use the tools available to us to make sure that we can complete necessary work prior to Aug. 31.”

The Senate was scheduled to hold a floor session at 10 this morning, but Atkins canceled it after receiving the news.

The U.S. Centers for Disease Control and Prevention recommended that those who are tested self-isolate while awaiting

their results.

The Assembly continued to meet Wednesday afternoon.

The Senate has allowed members to vote remotely from their district offices on bills during committee hearings, but required senators to travel to Sacramento for floor sessions scheduled during the last two weeks, when final votes are cast.

Two Assembly members previously tested positive for the virus this summer, prompting a two-week extension of their regular recess in July.

Councilmember Chris Cate pushes for opening libraries for students and families

City News Service

Special to Village News

San Diego City Councilmember Chris Cate sent a letter to Mayor Kevin Faulconer Friday, Aug. 28, asking for the city’s libraries to be reopened in light of school years beginning and a decreasing case rate of COVID-19 in the county.

“I am requesting that the city evaluate options to safely reopen all city libraries as soon as possible. This can, and must, be done safely by following all social-distancing,

health and sanitation guidelines,” he said.

In the letter, he acknowledged that the majority of students will be participating in distance learning, but that resources are far from equitably distributed.

“Not all students have equal access to resources to fully succeed under this new method of learning,” Cate said. “Libraries have always been the great equalizer for children, youth and adults of all backgrounds. They provide much needed resources, such as books, computers and

safe productive places to learn and work.”

He cited the city’s “Cool Zone” program as evidence that city leadership can handle both indoor facilities and the pandemic in a safe manner.

Cate, chair of the city’s economic development and intergovernmental relations committee, has been the driving force on the council to open parks for business purposes and petitioned both local and state officials recently for small, socially distanced entertainment

shows – particularly live comedy performances.

If the county’s COVID-19 case rate remains below 100 per 100,000 residents, schools could open for in-person teaching by as soon as Sept. 1.

“As students begin the school year, we should also be evaluating how we can safely reopen our city libraries to provide children with much needed resources to ensure academic success,” he said. “Not doing so would greatly impact the ability for children to learn, especially those who are in

lower-income families with fewer resources.”

He said it could include reducing the maximum capacity of libraries to allow for proper distancing or implementing a reservation system which ensures that the number of individuals in a library never exceeds the safe maximum capacity at any given time.

The city council is currently on its summer hiatus but could consider an ordinance in mid-September. Faulconer could potentially file an executive order before that time.

Polling place site managers needed for Nov. 3 general election

Tracy DeFore

San Diego County Communications Office

The Registrar of Voters is seeking temporary full-time site managers to operate assigned polling places for the Nov. 3 general election. Site managers can earn \$20 per hour.

Due to the COVID-19 pandemic, polling places will be open for four

days instead of one. The registrar’s office will hire election workers rather than use volunteers because training is more extensive for the expanded time period.

Site managers will be required to train and lead a staff while representing the Registrar of Voters in a professional, nonpartisan manner. The registrar is seeking people who are team players, exhibit strong leadership skills and display flexibility, patience

and the highest level of integrity at all times.

Site managers are required to attend a paid five-day training program to learn how to run a polling place and train their election worker staff.

From Sept. 28 to Nov. 2, site managers must work 8 a.m. to 5 p.m. Monday through Friday. The managers may be required to work more than eight hours a day during the week and may need to

work some weekends during peak periods leading up to Election Day.

On Election Day, Nov. 3, site managers must work from 5:30 a.m. to 10 p.m.

The registrar’s office is working with Public Health Services to ensure the health and safety of election workers and voters. Personal protective equipment and sanitation supplies will be provided to workers so they can conduct the election process safely.

English speakers who are bilingual in Spanish, Filipino, Vietnamese or Chinese are also needed. If you are fluent in one of these languages, be sure to indicate it on the application.

Site manager applications are available online at <http://sdvote.com>. For more information, call 858-565-5800 or email pollworker@sdcounty.ca.gov.

Warship fire on San Diego Bay is possibly arson

City News Service

Special to Village News

An act of arson may have sparked an explosive fire that tore through the USS Bonhomme Richard at Naval Base San Diego in July, extensively damaging the warship and injuring scores of emergency personnel while

raging for four days, it was said Wednesday, Aug. 26.

Citing anonymous sources, 10News reported that the Naval Criminal Investigative Service has identified a Navy sailor who may have set the blaze intentionally.

The sources told the news station that search warrants have executed at the home of the sailor, whose

name and rank were not disclosed.

A Navy representative declined to comment on the report.

The massive fire erupted late in the morning, July 12, in a storage area aboard the 27,565-ton military sea vessel and soon was sending thick columns of acrid smoke above San Diego Bay and across much of the city.

The inferno, which set off several strong explosions within the amphibious assault ship, eventually sent below-deck temperatures as high as 1,200 degrees and left the ship listing due to the amount of water it took on from the firefighting efforts.

Following an intensive multi-agency operation that left 40

sailors and 23 civilian firefighters injured, military officials declared the blaze fully extinguished July 16.

Navy officials have said it remains to be seen whether the ship can be restored to fully operative status – or if it should, in light of the complications and expense the project would entail.

REGIONAL

California Senate OKs state reviews for police shootings

Don Thompson and Adam Beam
The Associated Press

The California Senate voted Sunday, Aug. 30, to require the state’s top prosecutor to investigate all police shootings that kill an unarmed civilian, advancing one of the highest profile reforms introduced this year in response to the killing of George Floyd.

The Senate OK’d the bill despite opposition from Attorney General Xavier Becerra, who called a previous version of the bill “untenable and unreasonable” because it would cost his office up to \$80 million a year. But the legislation had enough votes to pass the Senate with bipartisan support and will soon head toward a final vote in the state Assembly.

National statistics on police shootings show that twice as many white people are shot by police than black people; however, Sen. Steven Bradford, a Democrat from Gardena said, “I can assure you if white Americans were being killed at the same rate as African Americans and Latinos are being killed, not only in this state but across this country, you would be calling for the disbandment of police departments all across this state. Because it is black and brown people, people that you have never ever truly valued their lives in this country, it’s like, ‘Oh, they must have deserved it.’”

Becerra opposed an earlier version of the bill, which would have given local law enforcement agencies discretion to ask for an investigation. Becerra’s office has said it is still reviewing the latest amendments.

Assemblymember Kevin McCarty, a Democrat from

Sacramento, tried for years to get the bill passed but was unable to overcome objections from the attorney general’s office. This year, Floyd’s killing in police custody has prompted a worldwide movement that has also pushed reforms to the forefront in state legislatures.

That momentum also led the California Senate Sunday to approve legislation that would ban police officers from using choke holds and carotid holds. A choke hold applies pressure to a person’s windpipe while a carotid hold applies pressure to a person’s carotid artery, which slows the flow of blood to the brain.

Most law enforcement agencies in California have already banned choke holds after state and federal courts have found departments that use them are liable for damages in cases of death or serious injury. But the carotid hold is more common.

Floyd died after a police officer put his knee on Floyd’s neck. It wasn’t a carotid hold, but the incident – which was filmed and quickly spread on social media – prompted police departments to rethink their use of neck holds. Police departments in Los Angeles, San Francisco and San Diego banned the use of carotid holds.

Newsom also ordered the Commission on Police Officer Standards to stop teaching officers how to use the hold.

Some Republicans have declined to support similar bills, and many abstained from voting Sunday. Sen. Jim Nielsen, a Republican from Red Bluff, voted against the bill requiring independent investigations of police shootings, calling it “another overreaction.”

“This is really headed toward



In this Dec. 4, 2019, file photo, California Attorney General Xavier Becerra speaks during a news conference in Sacramento. AP photo/Rich Pedroncelli, file photo

open season on law enforcement professionals who sacrifice their lives every day for us,” Nielsen said.

Sen. Holly Mitchell, a Democrat from Los Angeles, scoffed at those comments, calling the legislation an “appropriate level of accountability.”

“How, pray tell, is that disrespecting and not honoring law enforcement?” Mitchell said.

The bill also faces objections from police reform groups that said it doesn’t go far enough to create an independent investigator. They believe the attorney general’s office is too tied to law enforcement.

The legislation sets up an odd battle between Democratic

lawmakers who control the Legislature and the state’s top law enforcement officer, also a progressive Democrat.

“If he wanted to, he could prioritize independent investigations for police deadly force,” McCarty said. “He could join five other states, embrace this common sense reform and be on the right side of history.”

Becerra has said his office has often intervened to investigate killings by police, including the 2018 fatal shooting of vandalism suspect Stephon Clark in Sacramento. His office is currently investigating allegations that police in Vallejo in the San Francisco Bay Area acted improperly when they

killed Sean Monterrosa while responding to a looting call during recent protests, then destroyed key evidence.

Clark was found with only a cellphone; Monterrosa with only a hammer.

McCarty’s bill would make those investigations mandatory by a department that already lacks sufficient resources, Becerra said in a letter of opposition even before the bill was amended.

“We are not equipped or resourced to take on this work on a routine basis,” Becerra said. “Our small team of investigators and prosecutors have not a fraction of the capacity possessed by our local partners.”

California lawmakers OK more exemptions from labor law

Adam Beam and Don Thompson
The Associated Press

California lawmakers OK’d exemptions to about two-dozen more professions Monday, Aug. 30, from a landmark labor law designed to treat more people like employees instead of independent contractors.

Among other things, the legislation would end what critics had said were unworkable limits on services provided by freelance still photographers, photojournalists, freelance writers, editors and newspaper cartoonists with certain restrictions to make sure they are not replacing current employees.

Lawmakers separately approved giving newspapers one more year before they have to start treating newspaper carriers as employees.

The law that took effect this year was primarily aimed at ride-hailing giants Uber and Lyft, which are fighting the new requirements in court and with a measure on the November ballot.

Unlike contractors, workers who are deemed employees are entitled to the minimum wage and benefits including overtime, sick leave and expense reimbursement.

But numerous professions have objected, saying that they were ensnared in a definition they said could end their livelihood.

The author of Assembly Bill 5, Democratic Assemblymember Lorena Gonzalez of San Diego, said she worked for the last year to

decide what additional jobs should be exempted from a law that critics said puts the state in the position of picking winners and losers.

The measure cleared the Senate on a 39-0 vote and passed the Assembly on a 66-0 vote. It would take effect immediately if Gov. Gavin Newsom signs it into law.

Her bill would also exempt fine artists, freelance writers, translators, editors, content contributors, advisers, narrators, cartographers, producers, copy editors, illustrators and newspaper cartoonists who work under written contracts.

It would add further exemptions for musicians with single-engagement live performances, those involved with sound recordings or musical compositions, insurance inspectors, real estate appraisers and inspectors, manufactured housing salespersons, youth sports coaches, people engaged by an international exchange visitor program and competition judges.

She also added those engaged in consulting services or animal services, along with landscape architects and professional foresters.

The measure passed the state Senate without a dissenting vote after Democrats who control the Legislature rejected multiple amendments from Republicans that sought to provide even more exemptions to the law.

“This is one of the most disastrous pieces of legislation we



Dozens of supporters of a measure to limit when companies can label workers as independent contractors circle the Capitol during a rally in Sacramento, Wednesday, Aug. 28, 2019. AP photo/Rich Pedroncelli file photo

could have ever put forward and that the governor could have ever signed,” Republican Sen. Melissa Melendez said. “It has ruined thousands of lives and livelihoods, and I am just so disheartened and disappointed that we couldn’t come together on this particular issue and give people some relief.”

Meanwhile, Gonzalez opposed a separate bill extending a one-year exemption for newspaper companies that has let them continue to treat newspaper delivery people as contractors.

The bill by Democratic Assemblymember Blanca Rubio of Baldwin Park would extend the exemption until Jan. 1, 2022.

Newspaper companies have said treating carriers as employees would drive up costs and accelerate the decline of printed newspapers.

“I can never condone or support an unsustainable business model that operates at the expense of low wage workers,” Gonzalez said, her voice cracking. “They have no lobby, they have no union ... They’re just trying to get by.”

Her fellow Democrats – Rubio and Assemblymember Al Muratsuchi of Torrance – countered that small ethnic newspapers are among the hardest hit.

“Their ad revenues have dropped dramatically” because of the coronavirus pandemic, Muratsuchi said, citing examples from his district. “They’re struggling to survive.”

The Assembly sent the bill to Newsom on a 60-2 vote.

California governor signs eviction relief bill amid virus

Adam Bean
Associated Press

SACRAMENTO, Calif. (AP) – Californians who haven’t paid

their rent since March 1 because of the coronavirus can stay in their homes through at least Jan. 31 under a new state law Gov. Gavin Newsom signed late,

late Monday – one day before statewide eviction protections were set to expire.

The bill does not halt foreclosures for landlords whose tenants have stopped paying rent, but it does extend some state protections to rental properties of four units or less – protections previously only available to owner-occupied homes.

The pandemic has devastated California’s economy, causing millions of people to lose their jobs as the government ordered businesses to close for months to slow the spread of the disease. In April, the Judicial Council of California – the rule-making authority for the state’s court

system – halted most eviction and foreclosure proceedings during the pandemic.

But those protections end on Wednesday, meaning landlords could resume eviction proceedings on tenants who haven’t paid their rent.

Monday – the final day of the legislative session – state lawmakers approved a bill that would ban evictions for tenants who did not pay their rent between March 1 and Aug. 31 because of the pandemic. The bill would also ban evictions for those same tenants through Jan. 31, but only if the tenants pay at least 25% of the rent owed during that time.

The legislation does not forgive the missed payments. Tenants will still owe the money. Landlords can ask a judge to order the tenant to pay it back, but they can’t ask a judge for an eviction solely for not paying rent in full.

Tenants would have to sign a document, under penalty of perjury, that says they have experienced a financial hardship directly related to COVID-19. Wealthy tenants – defined as earning a salary of at least \$100,000 or 130% of the area’s median income, whichever is higher – would have to show proof that they cannot pay.

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An advertisement for a restaurant. The top section has a dark background with the text "COFFEE, CORKS AND CUISINE" in white, bold, sans-serif font. To the right of the text is a white silhouette of a wine bottle with a fork and knife crossed inside it. Below this, on the left, is a list of offerings: "From coffee", "to Cuban infused", "cuisine, to gourmet", "homemade desserts –", and "all to pair with the perfect wine or beer!". To the right of this text is a circular inset image of a salad with yellow bell peppers, green leafy vegetables, and a creamy dressing. Below the list is the text "Take Out Orders ~ Food & Drinks" in a large, bold, white font. The bottom section has a dark background with a circular logo on the left containing a stylized 'C' and a fork/knife. To the right of the logo is the phone number "760-645-3891" and the address "139 S. Main Ave, Fallbrook". To the right of the address is a blue Facebook logo. At the bottom, the hours of operation are listed: "Mon-Wed 6am-5pm | Thurs-Fri 6am-8pm" and "Sat 7am-8pm | Sun 7am-2pm".

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NATIONAL

PORTLAND

from B-1

presumptively dismissing charges that include riot, disorderly conduct and interfering with officers.

“The leadership are obviously cowards. There’s just no other way to put it,” he said. “Who in their right minds would come to start a business in Portland, going forward? Who in their right mind? Why would you? Why would you visit?”

In a recent letter to city council members published by local media outlets, a major developer said the riots are having an unprecedented effect on businesses.

“If you know a retail or office broker, give them a call and ask them how many clients they have are trying to leave. The number is like nothing I have seen in 42 years of doing business in downtown,” Greg Goodman of the Downtown Development Group said. “Their departure has absolutely nothing to do with Black Life’s Matter (sic) movement (which has been a positive) but does have most everything to do with the lawlessness you are endorsing downtown. You are doing an excellent (job) of enabling people who don’t know or care about George Floyd to ransack our city at the expense of the people you are trying to help.

“Think how many jobs have been lost by people of color in our city, not through protest, but from vandalism. I would make the case that your actions have hurt those you have intended to help,” he said.

Goodman said, “A larger number of businesses are moving out of or locating outside of the Central City,” including Daimler Trucks North America, Airbnb, Banana Republic, Microsoft and Saucebox. Google is halting construction in the Macy’s building, he said.

A Google representative told The Epoch Times via email that the unrest hasn’t affected the company’s construction schedule, while a Daimler representative said the company has no intention of moving its headquarters. An Airbnb representative said employees have been working from home since March.

A Microsoft representative said in an email that some employees looked into the matter “and we have nothing to share.”

Gap, which owns Banana Republic, and Saucebox didn’t immediately respond to a request by The Epoch Times for comment.

The Downtown Development Group didn’t immediately respond to requests for comment. The five Portland city council members also didn’t immediately respond to inquiries.

“There’s been so much frustration, and so many small retailers and businesses that have closed, and big businesses are leaving downtown because they don’t think our elected officials don’t care,” Goodman told KPTV-TV.

Wheeler touched on the issues facing businesses, in a virtual briefing Wednesday, Aug. 26.

“Violent extremists,” he said, have seized an opening “to do harm to our city, to scare our core downtown employers at night, to

wreak havoc in an effort to drain city resources. We must clean up the damage and the defacement of our downtown buildings, especially near the Justice Center.”

Wheeler planned to meet with key stakeholders in the community to adopt certain measures to try to fix the issues. He said he’ll unveil publicly his solutions for how to support business recovery in the coming days, but the

broad strategies include helping businesses that have suffered losses not covered by insurance and assisting in the cleanup of graffiti.

“We want to get about the business of cleaning up our community, of investing in our community, of restoring the confidence of employers in our community to be able to let people come back to the downtown area,

in particular, and reopen,” he said, adding later that the city has to “work with our local employers to help them get back up on their feet and help their employees and their customers feel safe coming downtown.”

NTD reporter Melina Wisecup contributed to this report.

Reprinted with permission of The Epoch Times.

BOSEMAN

from B-1

Court Justice Thurgood Marshall. Boseman’s family said he endured “countless surgeries and chemotherapy” while portraying King T’Challa of Wakanda in the Oscar-nominated “Black Panther,” a film that proved a person of color could lead in a successful superhero film.

“For him to pass at this time when we are disproportionately affected by COVID-19 and have all of these attacks by law enforcement, and him being the symbol bringing us to Wakanda, it’s just a blow,” Sharpton said. “To hear that our superhero who projected a positive light was now gone, it was a gut blow.”

Boseman was elevated to a stage that many Black actors don’t get the chance to occupy, Los Angeles Lakers star LeBron James said. And his ability to be “transcendent” on that stage brought a comic book character to life for many in the Black community.

“Even though we knew that it was like a fictional story, it actually felt real. It actually felt like we finally had our Black superhero and nobody could touch us. So to lose that, it’s sad in our community,” James said, lamenting on the loss of “the Black Panther and the Black Mamba in the same year.”

In January, Bryant died in a helicopter crash involving eight others including his 13-year-old daughter, Gianna. Lewis died in July after being diagnosed with pancreatic cancer in 2019.

Other notable deaths in 2020 include actor Naya Rivera, civil rights leader C.T. Vivian, music executive Andre Harrell and Hall of Fame Georgetown basketball coach John Thompson, who was the first Black coach to lead a team to an NCAA championship

and prioritized academics to his athletes.

“The year 2020 has been up and down for everybody,” Giannis Antetokounmpo, a player with the Milwaukee Bucks, said, adding that Boseman left “so much behind.”

“It’s a lot to unpack,” Chris Paul, a guard with the Oklahoma City Thunder. “Chadwick was a special guy. I think everyone took it hard, especially the Black community. That was one of our black superheroes. I think ‘Black Panther’ was something so powerful, for myself along with my kids to see a superhero that looks like them and the way that he played it with such class and elegance. That was tough.”

Activist Martin Luther King III called Boseman’s death another “great loss.” But he encouraged people not to lose hope even in a year of tumult.

“We could easily say ‘Oh my God. This is the most terrible year that existed.’ But I choose not to say that,” the son of the Rev. Martin Luther King Jr. said. “Our ancestors had to go through so, so much. And yet, we’re still here. We are nowhere where we need to be, but we are always making progress and moving ahead.”

Gil Robertson, the co-founder and president of the African American Film Critics Association, said Black people are at a critical crossroads of their survival in America.

“We’re getting it from all sides of the fort,” Robertson said. “We’re losing these strong men. These men who operated with a level of integrity. A level of authenticity. I find all of this alarming. I hope that our community can really come together. ... Not just for one cause. Just to make a consistent effort to rehabilitate our community.”

AP sports writer Brian Mahoney contributed to this report from Lake Buena Vista, Florida.



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Become the ‘Wings of Change’ in Fallbrook

Christal Gaines-Emory
Intern

Wings of Change, a new organization in Fallbrook started by Stephanie Holbrook, seeks to impact the migration direction of various types of butterflies by planting a few California native plants in the gardens around Fallbrook.

Holbrook got her start with Wings of Change after helping her son’s kindergarten class raise their own butterfly gardens. Then, after realizing that her housekeeping business could not continue due to the coronavirus pandemic, her clients asked her to create butterfly gardens in their yards instead.

“Now, they call me the butterfly lady and my neighborhood is practically monarch alley,” she said. “All of my neighbors love the impact my butterfly garden has had. They come over and thank me for the butterflies coming to their yards.”

In 2019, Holbrook had 30 different varieties of butterflies in her garden. Before starting Wings of Change in March, Holbrook had no previous experience working in the environment except working as a manager in the garden department at Lowe’s.

Wings of Change has been hired to plant California native plants at homes and businesses to attract butterflies. Not only do they work locally, Holbrook said they are also willing to travel around the county. Their work includes clearing a patch or working around the resident’s current garden, beginning the butterfly garden and providing information about how to care for the new garden. Wings of Change is an environmentally friendly project; they never use any pesticides or chemicals when planting. After having a bad reaction to pesticides, Holbrook spent time in the hospital. Now, her family lives an organic lifestyle, and her organization does as well.

The plants that attract butterflies include milkweed, dill, rosemary, buckwheat and many more. One popular plant used to attract butterflies is passionflower, which produces passionfruit.

“Butterflies eat what we eat, so planting these benefits us people as well. And since they’re California native species of plants, they’re drought tolerant,” she said. “These plants require less water than your lawn; they actually save water.”

Annuals are plants that must be replanted every year. Holbrook said that by replanting a few seeds every year, it can impact change in the environment.

“I love gardening and nature, but I really have a great time seeing others get so excited about butterflies,” Holbrook said. “I’m making money doing what I love, living the dream.”

She also loves helping others make a change to the environment and seeing the growth all around her, she said.

One challenge Wings of Change has faced is a lack of suitable plants. Many nurseries don’t carry plants that are constantly being eaten by bugs, but that is an integral part of a butterfly garden, allowing the caterpillars to consume the plants in order to grow.

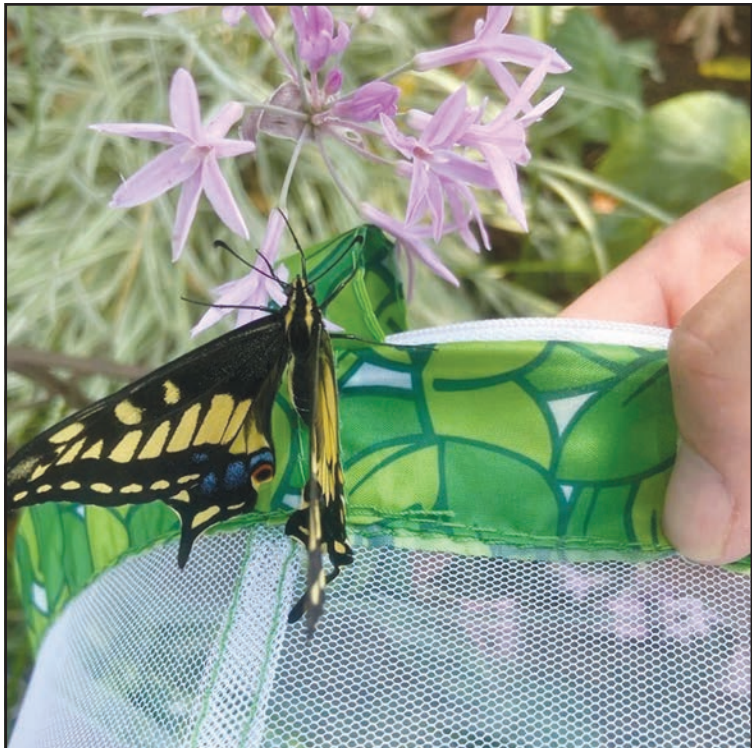
Holbrook has successfully overcome this challenge, she said, and now she’s ready to expand and do more. Holbrook has applied to the North American Butterfly Association which raises awareness about conserving butterflies and the benefits of butterfly gardens. Now, Wings of Change has partnered with Fallbrook’s chapter of the National FFA Organization and Kellogg Garden Organics. The partnership with FFA will focus on preordering plants specifically for butterfly gardens for the students involved with nursery projects, so the students can start their own butterfly gardens and sell them. The partnership with Kellogg Garden Organics means that Wings of Change will start selling their own organic soil.

“We have to love Mother Earth and improve what we have. The environment will thank us,” she said. “My job is very rewarding. We could help be the wings of change.”

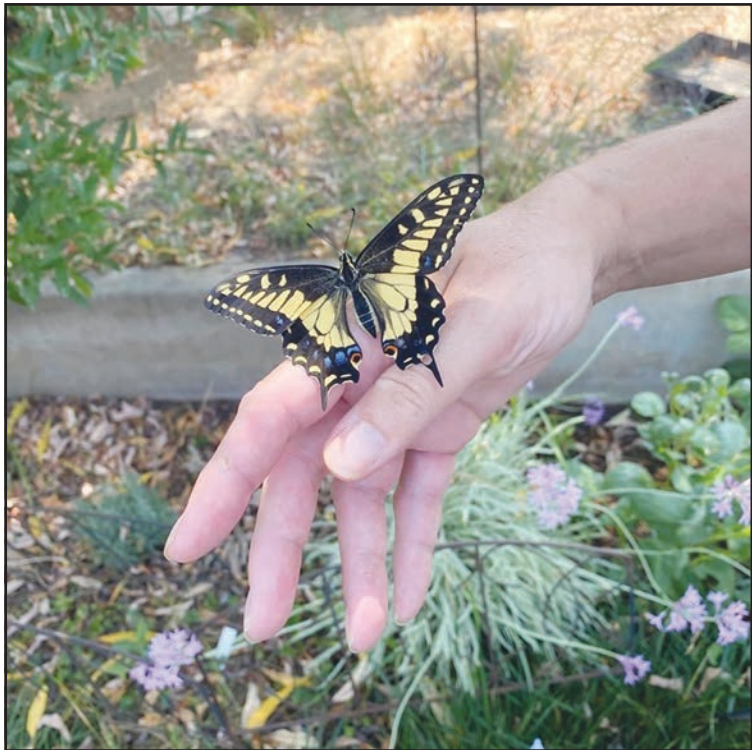
Wings of Change is looking for more volunteers to help expand their organization and plant more butterfly gardens. For more information, contact Stephanie Holbrook at stephanie.gotocrew@gmail.com or call 760-908-7454.



A Queen butterfly lands on a flower in Fallbrook.



A newborn Western Swallowtail rests in the garden.



The newborn Western Swallowtail lands on the owner of the butterfly garden.



Wings of Change volunteers install a butterfly garden with the students of D'Vine Path.

Village News/Courtesy photos



A Monarch butterfly sits in one of the butterfly gardens planted by Wings of Change,



The early stage of a Western Swallowtail is attached to a branch in the garden.



The Western Swallowtail is almost ready to emerge from its chrysalis.

HOME & GARDEN and REAL ESTATE

FBA works to recycle cigarette butts around the village

FALLBROOK – Terracycle cigarette butt recycling units have been placed along the Pico Promenade by the FBA and at the entrance to the Fallbrook Library by Friends of Fallbrook Library to encourage a safe and responsible way to dispose of cigarette butts.

As most Fallbrook residents know, cigarette butts are often the cause of wildfires and routinely get into waterways and eventually the ocean. According to a National Geographic website, smokers around the world buy roughly 6.5 trillion cigarettes each year. That's 18 billion every day. While most of a cigarette's innards and paper wrapping disintegrate when smoked, not everything gets burned. Trillions of cigarette filters – also known as butts or ends – are left over, only an estimated third of which make it into the trash. Based on Fallbrook's recent cleanup efforts, the rest are often casually flung into the street or out a car window.

Cigarette filters are made of a plastic called cellulose acetate and covered in a paper liner. When tossed into the environment, the filter dumps the plastic, but also the nicotine, heavy metals and many other chemicals they've absorbed into the surrounding environment.



The pile of cigarette butts are collected by Village News/Courtesy photos Fallbrook Beautification Alliance volunteers during recent cleanups. The cigarettes will be mailed to Terracycle for recycling.



Marta Donovan from the Fallbrook Beautification Alliance creates a message with cigarette cases and butts picked up during a recent litter clean up event.

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When disposal units are not available, the FBA asks smokers to take responsibility to put out their cigarette by hand or foot, pick up the cold butt and dispose of it in a standard trash receptacle. Pocket ashtrays are also an option. Drivers should invest in a portable ashtray for their cars. Numerous styles are

available, including those that fit in cup holders for convenient access. Terracycle offers smokers an option to recycle their cigarettes and associated trash at no cost, through their cigarette Waste Recycling Program. They accept extinguished cigarettes, cigarette filters, loose tobacco pouches,

outer plastic packaging, inner foil packaging, rolling paper and ash. More details on the program and how to sign up may be found at <http://Terracycle.com>. Submitted by Fallbrook Beautification Alliance.

Home buying during the COVID-19 outbreak



Prospective homebuyers willing to enter the hectic fray and shop for a home during the COVID-19 outbreak may benefit from knowing what to expect as they search for their next home.

FALLBROOK – Homeowners know that the process of buying a home can be both exciting and nerve-wracking. The anxiety associated with buying a home has hit new heights during the coronavirus pandemic.

Historically low interest rates and limited inventory has made 2020 an especially unique time to buy a home. It's also a competitive and potentially expensive time to buy a home. While the economic consequences of COVID-19 have been severe, the Federal National Mortgage Association, also known as Fannie Mae, forecasted a significant increase in median home prices in March 2020. City dwellers have scrambled to buy homes outside of cities, where social distancing is more difficult and the risk of getting COVID-19 appears greater than it is in suburban or rural settings. That's led to a lot of competition among prospective buyers.

Prospective homebuyers willing to enter the hectic fray and shop for a home during the COVID-19 outbreak may benefit from knowing

what to expect as they search for their next home.

Get ready for virtual tours.

Buyers might once have scoffed at the notion of buying a home they'd only seen in videos, but virtual tours have become the new normal in the wake of the pandemic. An April survey from the National Association of Realtors found that home tours had declined sharply. While 98% of Realtors said they were taking clients on home tours as recently as February, that number had declined to 63% by April. As many regions pause their reopening plans, prospective homebuyers should ready themselves for virtual tours as opposed to in-person home tours.

Expect limited inventory.

While home prices are up, many people are holding onto their homes. The NAR said that total housing inventory at the end of May 2020 was down nearly 19% from the end of May 2019. Buyers will have less inventory to choose from, so those intent on buying may need to prioritize what they need in a home and focus on finding properties that

can fulfill those needs.

Expect to move quickly.

Realtors have seen homes sell within days of being listed, and that rapidity has put pressure on buyers to move quickly. It also highlights the importance of finding a home inspector before your search begins as well as a lender who can handle quick closings. Ask around for recommendations, but make sure you have these two important professionals lined up before beginning your search. Doing so will give you a better chance of buying in an unusual time.

Make the best down payment you can afford.

A high down payment makes buyers look better no matter the state of the economy. An offer with a high down payment looks like a stronger offer, and that can make the difference between winning and losing a potential bidding war.

Buying a home during the COVID-19 outbreak presents some unique challenges to prospective buyers.

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How to keep grass alive in an ongoing heat wave

Charlotte Owen
Special to Village News

The south and southwest regions of the U.S are experiencing a heat wave. Keeping safe should be residents’ top priority, including maintaining their homes and the area surrounding it – the lawn.

Extreme heat can quickly kill the grass they’ve been working to maintain all year. Dry and dead grass can also catch fire with ease, which can spread quickly to homes. But with some preventative and corrective lawn care, residents can keep their lawn and home, healthy and safe.

Keep your grass from dying.
Now is the time to be proactive. If your grass is green, that doesn’t mean it’s feeling healthy. It may be days away from turning brown, so get out there – when it’s safe to be outside – and give it some love before it gets damaged.

Here are a few alliterative tips to help you easily remember the do’s and don’ts of keeping your grass alive through the heat wave:

Water when you wake.
It may seem like a no brainer, but watering grass during extreme heat is the single most important thing you can do to keep it alive. Watering daily is recommended with extreme heat, but be sure to abide by local regulations for water usage in your state.

It also matters what time of day you water your lawn. You may intuitively think that doing so in the hottest part of the day would make sense because that’s when the grass gets thirstiest. Unfortunately, though, it isn’t as helpful as you might think because the water dries up instantly, leaving little for the grass to enjoy.

Try to water the grass after the hottest part of the day, like a little before sunset or in the morning before the heat starts to rise. Since it’s hot out there, maybe take a few minutes to stand in the sprinkler yourself to cool down.

Mow in the morning.

While mowing the lawn is typically a good habit for keeping a lawn healthy, you should use much more caution during this heatwave – not only to keep yourself safe, but also your lawn.

Is it bad to cut grass in a heat wave?

Yes, it can be. The heat leaves your grass “stressed” and cutting it too often or too short can make this worse. If you do mow, try doing so a day or so after it rains, when your grass is likely to be happier.

What length should I keep my grass in extreme heat?

If you can, try adjusting the height of your mower blade to keep the grass about an inch higher. Longer grass will keep the roots cooler by providing more shade.

Another way to think about it is to avoid cutting more than a third of the grass off the top. This practice is a good rule to follow throughout most of the year, but especially when it’s hot.

Avoid aeration for now.

If you’re watering your lawn but your grass isn’t responding, you may need to aerate your soil. The hot ground may cause the water to evaporate before the grass can actually drink any. But unfortunately, aerating the lawn in the midst of the heat wave can worsen that problem by oxygenating the ground. It can also expose the grass roots to the extreme heat, killing it from the bottom up.

Once the heat wave ends though, it is highly recommended that you schedule or complete an aeration once it is cooler. This treatment can help reverse the damage being done as we speak.

Forget fertilization.

Although possibly counterintuitive, fertilizing can actually hurt the grass during the high heat. Most fertilizer products are heat sensitive and shouldn’t be used in temperatures above 85 degrees.

That aside, think about grass like



Village News/Courtesy photo

you might think of a person. The grass, much like the human body, requires more nutrients when it’s growing. In the extreme heat, the grass is already struggling to get enough nutrients to survive. Fertilizer makes the grass even hungrier when it’s already starving.

Stay safe.

Practice safe lawn maintenance by staying out of high noon heat while doing lawn or gardening work. You already know the best time of day for mowing is early in the morning anyway, so it’s better for you and your lawn to stay indoors during these hours.

Preventing fires from starting in your yard is also one of the most important precautions you can take during a heat wave. If smoking outside, always avoid throwing cigarettes in the grass after use. Fire pits and bonfires should be avoided even at nighttime whenever possible, but if used should be put out entirely before bed. Keeping your grass as healthy

as possible will help reduce the risk of fires, but it is still a real concern.

This article is courtesy of <http://lawnlove.com>.

How to be more effective while you work from home



Wearing headphones can help at home workers concentrate on their work.

Village News/Courtesy photo

ESCONDIDO – If you’re one of the many people who’s just getting the hang of work-from-home lifestyle, Broadpoint Properties is guessing that sometimes, you find yourself lacking motivation, feeling like you’re in a slump and prone to procrastination, especially when Netflix is a little too nearby. It’s OK, it’s not “all” you. Did you know that your environment can impact your creativity, productivity and mood? So, if you’re starting to dearly miss your office space, here are a few ideas to help you create a truly inspiring home office space.

Keep it bright.

Generally, working in a well-lit room is best practice. But some people like working in a dark setting. If you prefer a bright setting, it is recommended to place your desk by the window where there’s natural light. Avoid harsh lights against gloss-bright walls as it can create feelings of lifelessness and anxiety. Whether it is a day or night light setting, choose what works best for you. The key is to create a calm and comfortable space.

Keep it clean.

Have you heard the saying “a cluttered room is a cluttered mind?” And a cluttered mind is a recipe for a lack of productivity.

Try setting a dedicated space for papers and other things, like a box or basket or a cabinet in your desk or nearby.

Use productivity apps.

If you’re easily distracted by little things that need doing around the house, consider installing apps that block distractions, organize and automate some tasks to help you work smarter and more effectively.

Switch it up.

One of the cool things about working from home is that you are allowed to have more than one workstation. You can work from your couch, use all four sides of your dining table, work by the porch or even from your bed. It’s still best to have a dedicated spot where you can place your calendar, paperwork, etc. to prompt yourself that this place is for work only, but at least when it’s getting too mundane, you are free to move to a fresh spot to switch things up.

Surround yourself with little nuggets of happiness.

Put a picture up of your loved ones. Or your favorite travel destination. Write little affirmation notes to yourself. Add plants. Some people like lighting up candles, diffusing some essential oils and turning on some feel-good music. Gear yourself up

with whatever helps create a calm setting to help you keep focused.

Take breaks.

Unplugging from your work life from time to time actually contributes to productivity. You are human; you need to recover. Try using the pomodoro method, where you set intervals of 25 minutes for pure work, then rest for five minutes. Also, set boundaries as to what time you will entertain work notifications. Have self-care weekends. You’ll be surprised at how allowing yourself for some slack time gets you all recharged and so-ready for work days.

Where do you work best? Do you have other productivity hacks? Let us know.

Remember that everyone is in this effort together. Broadpoint Properties hopes that these ideas inspire you to create a home office space that truly works for you.

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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Local Brits remember and honor the past

FALLBROOK – Fallbrook’s Excalibur chapter of the Daughters of the British Empire made a donation to Save Our Forest/Fallbrook Land Conservancy to dedicate a tree in memory of Diana, Princess of Wales, who died in an auto accident in Aug. 30, 1997.

Now renamed “British Friends of Fallbrook and Bonsall,” members met Sunday, Aug. 30, at

the tree site to honor that memory. The local philanthropic group was chartered in 1983. Their efforts in the past have been to raise funds for various Fallbrook charitable organizations and keep their ties to the countries of their birth alive.

The “Diana” tree is located at the corner of Main Avenue and Alvarado Street, planted in an above ground container. In 1998, when the tree was originally

planted in Diana’s memory, the report from Dig Alert marked a FPUD sewer line right under the sidewalk at that site.

“Oh! Oh! We can’t plant a tree over an ancient clay sewer line, whose roots could invade it at a joint,” SOF chair Jackie Heyneman said. “There are some in-ground trees already in that block done long ago. But, because Save Our Forest wanted to conform with current rules, it was the above-ground method or not at all.”

There is a limit of lifetime in a planter or container for any kind of tree. This tree has been replaced once already and will be again to remember Diana. But the continuity of the line of trees on the Main thoroughfare must not be broken.

Save Our Forest has the express purpose of keeping Fallbrook green and beautiful, protecting the wildlife corridor, and most importantly providing for a healthful atmosphere. There it is, and will be, to remind the folks of Fallbrook that the Brits loved Diana, but love Fallbrook as their home, too. SOF is grateful to the group for their contribution to their community forest.

Submitted by Save Our Forest.



Members of British Friends of Fallbrook and Bonsall meet at a tree planted on Main Avenue in memory of Princess Diana, Sunday, Aug. 30, from left, Jayne Bender, Moira Forbes, Sandra Buckingham, Sue Thorne and David Allee.

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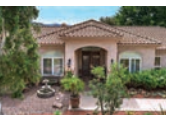
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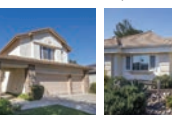
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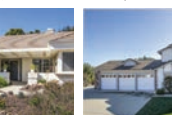
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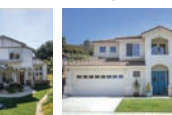
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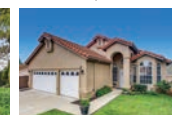
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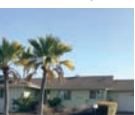
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SPORTS

Season of unknowns coming up fast for FHS boys' volleyball team

Jeff Pack
Staff Writer

In every other school year, the boys' volleyball season is played in the spring. This year, they will start their season Saturday, Dec. 12. That's quite a few months ahead of schedule.

For Jeffrey "Chip" Patterson, head coach of Fallbrook High School's varsity boys' volleyball team, it means a whole lot of things will be up in the air – not volleyballs, though – leading up to the season.

"The biggest problem we have is that these boys have to get physicals and all these things completed by a certain day in November," Patterson said. "Right now, unfortunately they have sent us a list of what everybody's physical status is. Probably from my last team, probably only three of them still have good physicals. So I have to email them and get them all to go get a physical."

An even more daunting problem is now that volleyball is moved up to the first of two sports seasons this school year, Patterson will be competing for athletes with other sports, like football.

"They might be like, 'Coach, I'm not playing volleyball,'" Patterson said. "So, that's what we are faced with right now."

The Warriors had been enjoying a relatively good season last spring when their season was cut short by the COVID-19 pandemic and all spring sports were canceled for the year.

He said last year they had five returners on the team and this year,

they will have only three.

"This is going to be different," Patterson said. "I don't know what we're going to have this year."

For a sport like volleyball there is a lot of timing involved in the team aspect of the game and Patterson said there's going to be an accelerated learning curve when it comes to that.

But really, he's going to try to focus on the fundamentals of the game. No. 1 on his list was passing.

"Fallbrook was never a big volleyball school," Patterson said. "So with me, the primary focus is to always focus on the things that are the most difficult to learn. You spend a large majority of your time trying to make sure that they understand just to pass the ball. That it's the hardest thing to do."

Because, if a team can't pass the ball effectively, no matter how good your team's hitters are, it won't matter as the ball never gets to the setter.

"We work on passing and serving because if you can't serve, then you can't score," Patterson said. "If you go back and every time you serve the ball, you serve it into the net, obviously (the other team is) going to beat you. If you serve into the net 20, 50 times, they're going to beat you because all they do is serve the other 10 points that you couldn't pass."

Patterson said he's sent some instructional videos to the players, but not much as far as strategy or plays.

"We run plays, but it's only three basic plays we run," he said. "And when you run any play, a play has



Fallbrook High School boys' volleyball will start their season a few months ahead of schedule thanks to the CIF San Diego Section's new two-sport season schedule. Village News/Shane Gibson photo

a combination of anywhere from five up to six different attacks.

"But primarily we always focus on working outside the middle, like making the outside and middle do things. We try our hardest not to work with the middle or the weak side because the setter can't see the person that he's setting."

Patterson said his son will likely serve as the team's setter for the upcoming season, and he's chomping at the bit to get back out there. He's been playing on his club team, which has helped.

"His friends, they want to get back on the court," he said. "But you're never going to really know

until you make contact with that parent because that parent, (the student) could want to play all day long. But if they have parents are hesitant or afraid, they aren't playing that sport."

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

'History of Pickleball' wins sports writing award

OCEANSIDE – The 14th annual National Indie Excellence Awards recognizes "History of Pickleball – More Than 50 Years of Fun!" as the 2020 winner in the sports category.

Co-authors Jennifer Lucore and Beverly Youngren, who are both passionate about the sport of pickleball, said they are very honored to receive this recognition for their book.

"Your book embodies the standards of excellence that this award was created to celebrate. We salute your talents," NIEA said to the mother-daughter team who are both former Fallbrook residents. "This year's entries continue an upward trend in high-quality publishing, even among first time or newer authors. The competition is intense."

A leader and veteran of

publishing award contests, the NIEA is open to recent English language books in print from independent, university and self-publishers. Recognizing the merit of authors, publishers, editors and designers NIEA champions self-publishers and the independent presses who go the "extra mile" to produce high quality books in all aspects from the written word to design and production.

To order "History of Pickleball – More Than 50 Years of Fun!" visit Amazon or for a signed copy visit the authors' website at <https://allpickleball.com/>.

To view the 14th annual NIEA winners, visit <https://www.indieexcellence.com/14th-annual-winners>.

Submitted by Jennifer Lucore and Beverly Youngren.



Mother-daughter Jennifer Lucore and Beverly Youngren win an award from the National Indie Excellence Awards in the sports category for their book "History of Pickleball – More Than 50 Years of Fun!" Village News/Courtesy photo

Property SPOTLIGHTS!

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Escape! Gorgeous single level estate home on quiet cul-de-sac in Fallbrook's gated Champagne Crest community. Recent, luxury remodel includes massive, 32' of glass doors which disappear into the back patio facing walls to allow breathtaking views of Mt. Palomar and San Luis Rey Downs. \$1,995,000

COLDWELL BANKER VILLAGE PROPERTIES

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760-822-3284
DRE #01450115

Potential! Potential!

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To view call Team Gallegos
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DRE #01493156

Hollywood Hills Style Estate

Located on 1.61 acres in Fallbrook with absolutely captivating views!! Enter through the wrought iron gate and wind up to this gorgeous single story, custom home. Detached casita with bedroom, bathroom, seating area & kitchenette that adds 390 sq.ft. Gourmet Chef's kitchen was beautifully remodeled only a month ago with all upgraded appliances. \$1,050,000

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Call Patrick Marely
760-473-0000
DRE #01054284

Paradise at Ponto Beach

Paradise at Ponto Beach is now available with no HOAs or Mello Roos! This lovely beachside home is one block from Ponto Beach and boasts a fully remodeled interior with wood laminate flooring, a gourmet kitchen, neutral colors, an open floor plan, natural light, and much more. 4 bedrooms/3 bath. Offered at \$1,699,000

broadpoint PROPERTIES

Call Elisabeth Lentulo
760-532-1057
DRE #01904564

Back On the Market

Gently lived in 5 BR, 3 BA pool home w/ owned water filtration system & solar to heat pool & spa. Entry into huge combo LR-DR which will accommodate large furniture. Large, open kitchen w/ island, stainless appliances & double oven. FR includes fireplace & sliding doors to backyard pool & entertaining area. The 16'x12' shed can be a shop. \$499,000

CR PROPERTIES REAL ESTATE SERVICES

To view call Denise McFarland
951-551-4169
DRE #01424930

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Murphy & Murphy REAL ESTATE

To view call Chris Murphy
760-310-9292
DRE #01246689

Mo Forza wins Del Mar Mile

Joe Naiman
Village News Reporter

San Luis Rey Thoroughbred Training Center colt Mo Forza won the Grade 2 Del Mar Mile stakes race Sunday, Aug. 23, at the Del Mar Thoroughbred Club.

Mo Forza, who was ridden by Flavien Prat, won the one-mile turf race in 1:33.27 and finished 4 1/4 lengths in front of second-place Restrainedvengeance.

“We expected him to run well, and he did,” trainer Peter Miller said.

The race was the first for Mo Forza since the Pegasus World Cup Turf Invitational Stakes race Jan. 25 at Gulfstream Park in Florida.

“Just needed a break. Just needed a little rest and relaxation,” Miller said.

Nine horses ran in the Del Mar Mile. Miller’s primary instructions to Prat were to get Mo Forza to relax and to save ground.

“I didn’t want to start slow. You always want to start with the rest of the field,” Miller said.

Mo Forza and Prat broke seventh. Dreams of Valor broke first and had a one-length lead over second-place Kiwi’s Dream a quarter of a mile into the race. At that point Mo Forza was sixth, six lengths in back of Dreams of Valor and a head behind Restrainedvengeance, who was fifth after the first two furlongs.

Kiwi’s Dream held the lead half a mile into the race and was a head in front of Dreams of Valor. Mo Forza was still sixth, trailing Kiwi’s Dream by 6 1/4 lengths and Restrainedvengeance by a head.

Three-quarters of a mile past the starting gate Kiwi’s Dream was still in front. Dreams of Valor was second and trailed Kiwi’s Dream by a head. Mo Forza remained sixth and a head

in back of Restrainedvengeance, who was ridden by Tiago Pereira, but the gap between Kiwi’s Dream and Mo Forza had narrowed to 3 3/4 lengths.

“He’s a come-from-behinder, so that’s kind of where we want him,” Miller said.

Prat and Pereira made their moves as the horses approached the stretch while Kiwi’s Dream and Dreams of Valor fell back. Mo Forza entered the stretch 1:22.06 into the race and held a one-length lead over Restrainedvengeance, who was a head in front of third-place Royal Ship.

Mo Forza expanded his lead in the stretch.

“I was surprised by the margin of victory,” Miller said.

The victory was the fifth career win for Mo Forza in 11 career races.

“You never expect to win. You hope to win,” Miller said.

Mo Forza was foaled in Kentucky April 5, 2016. He was sired by Uncle Mo out of Unusual Heat. He made his racing debut at Santa Anita Park in June 2019, and his first victory was at Santa Anita in November 2019. He followed that with three more wins, all in stakes races, before finishing ninth in the Pegasus World Cup Turf Invitational Stakes.

The Del Mar Mile put Mo Forza back into the winner’s circle. The \$90,000 first-place share of the total \$150,000 purse brought his career earnings to \$614,460.

“He came out of the race well and we’re going to look to run him one more time between now and the Breeders’ Cup,” Miller said.

Miller and Mo Forza’s owners are being flexible on Mo Forza’s next race.

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



Mo Forza and jockey Flavien Prat win the Grade II, \$150,000 Del Mar Mile, Sunday, Aug. 23, at Del Mar Thoroughbred Club in Del Mar. Village News/Benoit photo

Fallbrook Chamber opens registration for annual charity golf tournament



From left, Rod Walz, Jon Frandell, Jennie David and Tae Cho celebrate winning Fallbrook Chamber of Commerce’s 2019 Charity Golf Tournament. The 2020 event, Friday, Sept. 25, is open for registration.

FALLBROOK – The Fallbrook Chamber of Commerce opened registration for its annual Charity Golf Tournament at Pala Mesa Resort, scheduled for Friday, Sept. 25.

All the fun starts midday, with check-in at 11 a.m. and shotgun start at 1 p.m. Tournament play is enhanced by lunch, an opportunity drawing, a virtual silent auction, contests and golf awards. A portion of the proceeds will benefit REINS Therapeutic Horsemanship Program, a local nonprofit where children and adults with disabilities learn how

to ride horses. Additionally, the putting contest will be coordinated by the Friends of the Fallbrook Library to also benefit REINS.

Several sponsorships are being offered, including the opportunity to sponsor a veteran to play. For more information regarding the tournament, to make a donation or sign up to play, contact the Fallbrook Chamber office at 760-728-5845 or at <http://www.fallbrookchamberofcommerce.org>.

Submitted by Fallbrook Chamber of Commerce.

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Lynn Stadille-James & Lisa Stadille 760-845-3059

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401 Ammunition Road
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Rental Wanted - Country/Vineyard House: Retired couple seek 2 or 3 bedroom; 2 bath; 2 car garage home on vineyard or farming estate. Seeking long-term lease. No children/pets. David 760-898-1848.

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the village beat

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

thevillagenews.com

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the fallbrook village

Village News

760 723-7319

SHERIFF’S LOG

Aug. 18			Aug. 25		
900 block E. Mission Rd	Burglary		1000 block E. Mission Rd	Shoplifting	
2100 block S. Mission Rd	Vandalism		400 block E. Fallbrook St	Violation of court order	
3200 block Staghorn Ct	Death		200 block Ammunition Rd	Death	
300 block E. Mission Rd	Fraud		400 block Elbrook	Dr Stolen vehicle	
1000 block Tanya Ln	Violation of court order		5200 block San Jacinto Cir	Burglary	
500 block Ammunition Rd	Report of sex crime against minor		500 block N. Main Ave	Arrest: Violation of court order	
1300 block Via del Oro	Stolen vehicle		1600 block S. Mission Rd	Arrest: Under influence of controlled substance, resisting an officer	
3200 block Via Altamira	Recovered stolen vehicle				
800 block Magarian Rd	Arrest: Assault with deadly weapon		2000 block Pheasant Run	Threatening phone call	
			Aug. 26		
1100 block Alturas Rd	Domestic battery, vandalism		4000 block Star Track Wy	Stolen vehicle	
Aug. 20			1500 block Malaga Wy	Violation of court order	
3000 block Rainbow Glen Rd	Citizen’s arrest: Battery		1000 block S. Main Ave	Arrest: Robbery, exhibition of deadly weapon	
300 block E. Alvarado St	Found narcotics				
Aug. 21			Aug. 27		
3900 block Reche Rd	Child abuse/neglect		800 block Old Stage Rd	Arrest: Public intoxication	
1100 block Alturas Rd	Vandalism		1200 block S. Vine St	Petty theft	
Aug. 22			31900 block Wrightwood Rd	Stolen vehicle	
S. Main Ave @ Ammunition Rd	Arrest: Parole violation, resisting an officer with minor injury		1500 block Malaga Wy	Elder abuse incident	
			Aug. 28		
3400 block S. Old Highway 395	Arrest: Public intoxication		1000 block Knoll Park Ln	Violation of court order	
3400 block S. Old Highway 395	Arrest: Possession of controlled substance paraphernalia		200 block Almond St	Vehicle vandalism	
2600 block Daisy Ln	Residential burglary		2100 block S. Mission Rd	Possession of controlled substance, paraphernalia	
4800 block 5th St	Petty theft				
500 block Sancado Ter	Residential burglary		1400 block S. Hill Ave	Vandalism	
Aug. 23			200 block W. Clemmens Ln	Vehicle burglary	
200 block Shetland Wy	Vehicle burglary		300 block W. Clemmens Ln	Vehicle burglary	
2000 block S. Old Highway 395	Stolen vehicle, vandalism		31400 block Gold Club Dr	Residential burglary	
2100 block S. Old Highway 395	Arrest: Possession of controlled substance for sale		1400 block S. Mission Rd	Vehicle burglary	
			1500 block Malaga Wy	Arrest: Theft from elder/dependent adult, use of card information without consent, credit fraud	
300 block E. Fallbrook St	Vehicle burglary				
200 block Shetland Wy	Stolen vehicle		1600 block S. Mission Rd	Petty theft	
400 block Crestcourt Ln	Discharge of firearm		200 block Royal Glen Dr	Report of rape	
200 block E. Fallbrook St	Petty theft		Aug. 29		
Tecalote Dr @ Millagra Dr	Arrest: Public intoxication		31900 block Del Cielo Este	Domestic abuse	
1000 block S. Main Ave	Vehicle vandalism		Stewart Canyon Rd @ S. Old Highway 395	Vehicle burglary	
31900 block Del Cielo Este	Petty theft				
Aug. 24			200 block N. Pasadena Ave	Threatening phone call	
500 block Alturas Rd	Theft from elder/dependent adult		29900 block Disney Ln	Grand theft	
300 block E. Fallbrook St	Vehicle burglary				

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LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9013094
Name of Business

a. KIWI CLEANING SERVICES
b. KIWI CARPET & WINDOW CLEANING
c. KIWI WINDOW CLEANING
d. KIWI CARPET CLEANING

27189 Pumpkin Street, Murrieta, CA 92562
Mailing address: P.O. Box 4602, Oceanside, CA 92052
County: Riverside
This business is registered by the following:
Robert Benedict Durbin, 27189 Pumpkin Street, Murrieta, CA 92562
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 10/01/94
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 05, 2020
LEGAL: 5301
PUBLISHED: August 20, 27, September 3, 10, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9012910
Name of Business

CRG PROCESSING

5256 S. Mission Road, Suite 1006, Bonsall, CA 92003
County: San Diego
This business is registered by the following:
Sprint Funding, Inc., 5256 S. Mission Road, Suite 1006, Bonsall, CA 92003
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 Aug 01, 2020
LEGAL: 5302
PUBLISHED: August 20, 27, September 3, 10, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9013658
Name of Business

TAYLOR CUSTOM DESIGN

2860 Hwy 76, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Kaarina Chanel Towey, 2860 Hwy 76, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 08/04/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 15, 2020
LEGAL: 5304
PUBLISHED: August 27, September 3, 10, 17, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9012760
Name of Business

a. TECHNOINNOVATION SOFTWARE
b. TECHNOVATION

2988 Ridgefield Ave., Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Charles Ryan Carter, 2988 Ridgefield Ave., Carlsbad, CA 92010
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 01/01/1995
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jul 30, 2020
LEGAL: 5306
PUBLISHED: August 27, September 3, 10, 17, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9012893
Name of Business

342 INDUSTRIAL

342 Industrial Way, Fallbrook, CA 92028
Mailing address: 1507 Via Vista, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Anne Odermatt, 1507 Via Vista, Fallbrook, CA 92028
b. Oscar Lomeli, 170 Mercedes Road, Fallbrook, CA 92028
This business is conducted by Co-Partners
Registrant first commenced to transact business under the above name as of 07/15/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 1, 2020
LEGAL: 5307
PUBLISHED: August 27, September 3, 10, 17, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9013128
Name of Business

CYCADS – N - PALMS

1361 De Luz Rd., Fallbrook, CA 92028
Mailing address: P.O. Box 1161, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Gisela Sparkman, 1361 De Luz Rd., Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 03/01/1999
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 05, 2020
LEGAL: 5300
PUBLISHED: August 13, 20, 27, September 3, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9013273
Name of Business

SAN DIEGO CAR FINDER

2553 S. Santa Fe Ave, Vista, CA 92083
County: San Diego
This business is registered by the following:
Mark Friebe, 2553 S. Santa Fe Ave, Vista, CA 92083
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 10/01/2000
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 07, 2020
LEGAL: 5303
PUBLISHED: August 20, 27, September 3, 10, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9012595
Name of Business

KENT N. TIBBY DBA TRANCE4U

1902 Wright Place #200, Carlsbad, CA 92008
Mailing address: 4425 Old River Street, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Kent N. Tibby, 4425 Old River Street, Oceanside, CA 92057
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 04/15/05
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jul 27, 2020
LEGAL: 5298
PUBLISHED: August 13, 20, 27, September 3, 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 September 16, 2020 at 1:00pm, 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:
Stasik, Sarah
Jones, Charles

Published August 27 and September 03, 2020

SALE OF ABANDONED PROPERTY

NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST. VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON SEPTEMBER 24TH, 2020 AT 11:00 AM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS:MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING

BURT ROSENMEYER
SUSAN POLICE
CLAUDIA & DAVID ALLEN
VICTORIA OLSEN
CAROLINE LOPEZ
JESSIE SCALES
ARTURO JAIME
ARMANDO MARQUEZ
ADRIANA GUEVARA
DIANA ALLEN
DAVID ALVAREZ
EVA MENDEZ

Published September 3, 10, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9012543
Name of Business

ONE KELEKTIV

706 Convertible Ln, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Daniel Gonzalez, 706 Convertible Ln, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 7/16/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jul 25, 2020
LEGAL: 5299
PUBLISHED: August 13, 20, 27, September 3, 2020

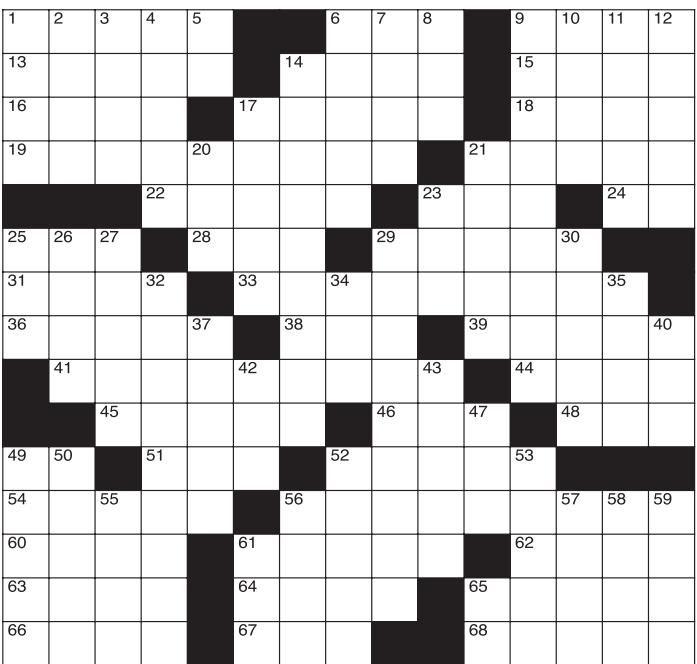
FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9013403
Name of Business

AQVATIKAA

716 Silver Dr, Vista, CA 92083
County: San Diego
This business is registered by the following:
Claudia Aker, 716 Silver Dr, Vista, CA 92083
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 11, 2020
LEGAL: 5305
PUBLISHED: August 27, September 3, 10, 17, 2020

APN: 104-200-27-00 TS No: CA01000306-19-1 To No: 95312638 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED November 22, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 23, 2020 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, Special Default Services, Inc., as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on December 1, 2006 as Instrument No. 2006-0853430 of official records in the Office of the Recorder of San Diego County, California, executed by Adalberto Salazar and Amelia Gonzalez husband and wife as joint tenants, as Trustor(s), in favor of INDYMAC BANK, F.S.B., A FEDERALLY CHARTERED SAVINGS BANK as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 323 Markell Ln, Fallbrook Area, CA 92028. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$117,584.77 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call In Source Logic AT 702-659-7766 for information regarding the Special Default Services, Inc. or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA01000306-19. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: August 21, 2020 Special Default Services, Inc. TS No. CA01000306-19 17100 Gillette Ave Irvine, CA 92614 (949) 225-5945 TDD: 866-660-4288 Susan Earnest, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.insourcelogic.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: In Source Logic AT 702-659-7766 SPECIAL DEFAULT SERVICES, INC. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. Order Number 72536, Pub Dates: 09/03/2020, 09/10/2020, 09/17/2020, VILLAGE NEWS

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 131145-11 Loan No. 39687 Title Order No. 1524296CAD APN 183-170-80-00 TRA No. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/31/2020. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. MORTGAGE LENDER SERVICES, INC. as the duly appointed Trustee WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state) all right, title and interest conveyed to and now held by it under said Deed of Trust, described as follows: Trustor(s): ALAN REES AND MARIA C. BRETON-REES Deed of Trust: recorded on 02/03/2020 as Document No. 2020-0054290 of official records in the Office of the Recorder of SAN DIEGO County, California, Date of Trustee's Sale: 09/14/2020 at 10:00AM Trustee's Sale Location: At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 The property situated in said County, California describing the land therein: Real property in the City of Vista, County of San Diego, State of California, described as follows: Parcel A of Parcel Map No. 20596, in the City of Vista, County of San Diego, State of California filed in the Office of the County Recorder of San Diego County, November 26, 2008 as Instrument No. 2008 0610513 of Official Records. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1010 MIRAMAR DRIVE, VISTA, CA 92081. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$143,505.19 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The Beneficiary may elect to bid less than the full credit bid. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 131145-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 08/10/2020 MORTGAGE LENDER SERVICES, INC. 11707 Fair Oaks Blvd., Ste 202 Fair Oaks, CA 95628 (916) 962-3453 Sale Information Line: 916-939-0772 or www.nationwideposting.com Tara Campbell, Assistant Vice President MORTGAGE LENDER SERVICES, INC. MAY BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NPP0371147 To: VILLAGE NEWS INC 08/20/2020, 08/27/2020, 09/03/2020



CLUES ACROSS

1. American composer

6. Very fast aircraft

9. Workplaces

13. A mount on a surface

14. Small freshwater fish

15. Double-reed instrument

16. Canadian flyers

17. Famed astronomer

18. Smooth, shiny fabric

19. Profited

21. Conspiracy

22. Infections

23. Chum

24. Secondary school (abbr.)

25. Resistance unit

28. Sound unit

29. Ancient city of Egypt

31. Crease

33. Polished

36. For goodness __!

38. College basketball tournament
39. Scorches

41. Describe precisely

44. Thick piece of something

45. Frocks

46. Indicates near

48. Senior enlisted US Army member

49. A note added to a letter

51. A nose or snout

52. Clumsy

54. Satisfied to the fullest

56. Display of strong feeling

60. Popular awards show

61. Cuisine style

62. Expresses pleasure

63. Monetary unit of the Maldives

64. Utah city

65. Fight

66. Messenger ribonucleic acid

67. Body part

68. Suspiciously reluctant

CLUES DOWN

1. Fruit of the service tree

2. At some prior time

3. Mongolian city __ Bator

4. Strongboxes

5. Russian river

6. Gurus

7. Horse mackerel

8. Pearl Jam's debut album

9. Confines

10. First month of Jewish ecclesiastical year

11. Famed Idaho politician

12. Prevents from seeing

14. Indicate time

17. Male parents

20. Tab on a key ring

21. The Great Dog constellation: __ Major

23. Frying necessity

25. Former CIA

26. The leader

27. Produces
29. London soccer club

30. Closes

32. Region in the western Pacific Ocean

34. Not present

35. Small drink of whiskey

37. Begat

40. Helps little firms

42. Pointed end of a pen

43. Fencing swords

47. Inches per minute (abbr.)

49. Hymn

50. Philippine island

52. Flemish names of Ypres

53. A way to inform

55. Small lake

56. Linear unit

57. Central Japanese city

58. Partially burn

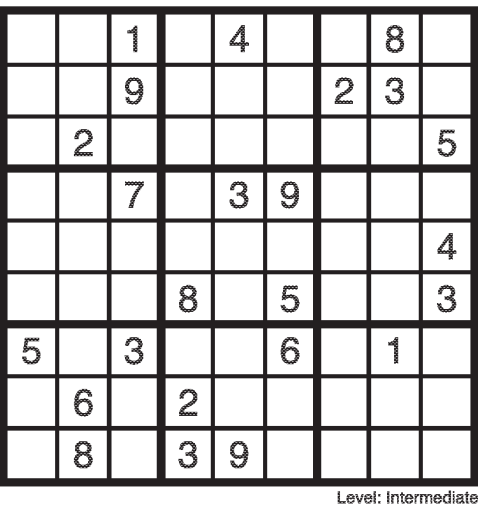
59. Sports award

61. Part of your foot

65. Atomic #21



SUDOKU



Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Redwoods and a bit of mystery at Samuel P. Taylor State Park



Rays of light shine through the redwood trees in Northern California.

Nathalie Taylor

Special to the Village News

Early morning sunlight filters down through redwood trees, catching the rising smoke of a campfire, creating white misty rays. As I walk through a grove of towering coast redwoods, the damp cool air invigorates me and the carpet of dry needles beneath my feet is soft and inviting. The intoxicating scent of damp redwood and smoke permeates the air. I breathe deeply. Rays of light illuminate the lacy ferns crowding the forest floor. The sun glows green through wide, flat California hazelnut leaves.

This is Samuel P. Taylor State Park, north of San Francisco – a park where I have spent many a day. It’s a place to be still in the hush of the redwoods, a place where the cares of the world are washed down the creek and out to sea.

Samuel P. Taylor purchased the land where the park is located; and in 1856, he built the Pioneer Paper Mill. After train tracks were laid in 1874, Camp Taylor Resort was constructed. The Azalea Hotel was part of the resort, and stood in what is now the Azalea Picnic Area. A cement pond circle in the picnic grounds is a remnant of the hotel, which was destroyed by fire in about 1911. The train tracks no longer exist.

There is something special, and a bit mysterious, about this park. Mystery is generated by the rich history, as well as by historic sites, some of which are obscured. Over the years, I heard several tales, including those my Grandma Mary would tell. She was a frequent visitor via the train from Sausalito, when Camp Taylor was in its heyday.

In the 1960s, our family would camp in the park with our yellow and white Siesta trailer. Evenings were spent sitting around a moss-laden stone stove where my father would cook hamburgers over the spitting fire. Then, we popped marshmallows onto long skewers

for toasting over the still sizzling fire. The stone stoves remain, and they are still moss-covered.

I spent so much time among those redwoods that I knew every campsite. My favorite was campsite #44 because it was near an old redwood stump surrounded by a sea of ferns. My brother and I called it our fort. I visited my “fort” fairly recently, but the sea of ferns had diminished. A few still remained, but it wasn’t crowded with green as it was when I was young.

Ranger talks and slide presentations were engrossing, and I listened attentively as sparks shot upward from the crackling campfire. We would arrive early to sit in the front row on redwood benches. Those presentations kindled my young imagination. We heard one tale of a ruined cabin foundation, and curiosity drove our family to hunt for it. However, we discovered there was no trail, and foliage was so thick it was impossible to attempt a search. Only the deer and raccoon could find that site.

Another ruined foundation was located near Stairstep Falls. In 1965, we discovered a few remnants of a moss-covered stone chimney, but by the eighties, we were unable to locate it.

But, ruins or no ruins, Stairstep Falls is a magical place. A small seasonal waterfall trickles down the hillside over mossy rocks abundant with hanging ferns. The lush vegetation makes the grotto appear like a primeval forest.

In the Orchard Campground stands a lone palm tree. I was told that it was once located in the garden of a private home. On my last visit, the tree was still there – one palm tree in a forest full of redwoods.

Another tale concerned the remains of a wooden dam in Papermill Creek, which is now known as Lagunitas Creek. My brother and I would spend hours in the creek, sailing our handmade boats, and wading in the stream. On one visit something incredible



Coast redwoods can be found in Samuel P. Taylor State Park.

Village News/Nathalie Taylor photos



Lee and Barbara Taylor cook hamburgers on a stone stove in the Azalea Picnic Area, 1999.

happened. During a particularly light water flow, I was thrilled to find traces of the dam. Five or six pieces of water-worn wood were jutting slightly from the creek bottom! The row of wooden pieces spanned the width of the creek. They may still be there.

All of my discoveries were exciting, but the most exhilarating discovery came in 1967 when I found a worn, white hexagonal tile in Papermill Creek. It was probably from the burned Azalea Hotel. I placed my treasure in a special box with a dated note explaining where I found it. Occasionally, I bring it out and reminisce about the history and unsolved mysteries of Camp Taylor.

Hiking the trails is a perfect way to appreciate the vastness and beauty of the redwood forest. The Pioneer Tree Trail is still in existence, but has changed a bit over the years. In the sixties, the trail would head straight up a steep hill to a flat area on the hilltop. There we would sit on logs and listen to the sounds of the forest. The sun illuminated a circle of California hazelnut bushes surrounding the logs. It was truly magical. I was sad when the trail was rerouted.

Another trail was called Lover’s Lane when I was young, then the name was changed to Wildcat Canyon. The area surrounding the trail changed, as forests do. A picturesque red footbridge that overlooked a beautiful fern grotto,



Ron Taylor sailed his handmade fence picket and redwood twig boat on Papermill Creek. 1965

was destroyed by a storm. The grotto was gone, and a sturdier bridge was built. But, the new bridge was bare wood, and hardly picturesque.

However, Wildcat Canyon is still enchanting. At a place where the trail makes a sharp turn, is a bench where hikers can pause and listen to the echoes in the canyon – the trickling creek, tapping woodpeckers, and the raucous shrieks of a Stellar’s jay or two.

The South Creek Trail leads to the ruins of the Pioneer Paper Mill, but not much remains except pieces of cement foundations. Further down is the swimming hole where my brother and I spent many hours skipping rocks on the

still surface, then disturbing the stillness by splashing in the cold water. In the autumn, we would need to dodge the fallen leaves floating on the surface of the water.

The essence of Samuel P. Taylor State Park is the peaceful, fragrant surroundings in the shadow of ancient redwoods. The lure is delighting in the realm of nature. The promise of historic discovery is also a lure – finding the lone palm tree, or a ruined foundation. But, you probably won’t find the white tile – I already did that – 53 years ago.

Please check the website for reservations and current park information: https://www.parks.ca.gov/?page_id=469.



Tile found in creek, probably from the burned Azalea Hotel.

HEALTH

Nursing students perform COVID-19 screenings at Palomar

SAN MARCOS – A new COVID-19 screening program has brought nursing students back to Palomar College after the program suspended face-to-face instruction in the spring due to social distancing requirements in the state of California. Every essential employee, student and visitor is being screened for symptoms in drive-thru stations staffed by student volunteers from the nursing department.

While providing a crucial service for the campus at large by screening anyone coming to campus for symptoms, the students are also gaining clinical hours which are required in addition to classroom work every semester.

The screenings entail a temperature screening with no-contact forehead thermometers and a brief questionnaire – all told, less than a minute per person. Those who show no symptoms of COVID-19 are given a sticker to wear while they’re on campus.

“We’re doing the best we can to get students good experience while we’re dealing with COVID-19,” Amy Hinchman, academic department assistant in the nursing department, said. “We’re taking a different approach to how we do our clinicals; our instructors are so passionate and we all want our students to succeed.”

With two entry points to the San Marcos campus, the screening stations are located in Lot 12 off the Las Posas Road entrance and in Lot 1 at the front of campus, off Mission Road. These are currently being staffed all day long, Monday through Friday, with a shorter window Saturdays. A screening station is also up and running at the Escondido Education Center with more limited hours.

“Our top priority is mitigating the spread of COVID-19, and we’re thrilled that in protecting the campus, our nursing students are also able to record some of the hours that are required in order to become registered nurses,” Jack Kahn, interim superintendent and president, said.

The nursing program at Palomar College is four semesters long and widely respected within the region’s medical community. In March, as all classes were transitioned to a remote learning format, the program was forced to suspend many of its classes, although state officials agreed to allow students to simulate more of their required clinical hours.

In the past, students typically fulfilled their clinical requirements in hospitals and other patient-care situations, but with the onset of COVID-19, those opportunities have dwindled.



A nursing student from Palomar College conducts a temperature test at a drive-thru station at a campus entry point. Village News/Courtesy photo

“We’re obviously not getting as many placements in the hospitals, so we’re using the screening sessions to offset the in-hospital requirements,” Hinchman said. “These stations do count as direct patient-care hours.”

On Friday morning, at the Las Posas Road station, Jennifer Bennet, a fourth-semester nursing student, said that people coming onto campus have been mostly cooperative and friendly about being screened inside their cars.

“I think everyone knows this is the new norm,” Bennett said, adding that as students at the mercy of statewide health regulations, “We’re happy to take anything we can get and to be able to help.” Submitted by Palomar College.

Millions of Americans who get health coverage from employers could lose coverage during COVID-19

Edward R. Berchick and Laryssa Mykyta
Special to Village News

Most Americans receive health insurance through their job or a family member’s job. So, when workers lose their jobs, they and their family members run the risk of losing their health coverage as well.

Previously released estimates from the U.S. Census Bureau’s Current Population Survey Annual Social and Economic Supplement show that about 55.1% of the U.S. population – some 178 million people – had employer-sponsored insurance or ESI in 2018.

A more detailed portrait of ESI gives a glimpse at those who may be at risk of losing their health insurance in light of recent economic upheaval due to COVID-19.

Workers in key occupations

Recent economic shifts have likely affected workers in certain jobs more than in others. Media coverage has heavily focused on workers in food service and retail occupations who have lost jobs due to social distancing measures and the closing of nonessential businesses in many states.

According to the Bureau of Labor Statistics, the unemployment rate in service occupations, which

include food service jobs, was 27.1% in April 2020.

While data on how these recent changes have affected coverage within households are not yet available, use the CPS ASEC to examine coverage for workers in these jobs in 2018 and their families.

The following occupations are among those affected during the pandemic and are most at risk of losing health coverage: food preparation and serving; building and grounds cleaning and maintenance; personal care and service and retail sales.

Collectively, 39.6 million people worked in these jobs in 2018, representing 23.6% of all workers. The majority, 55.2%, of workers – about 21.9 million – in one of these occupations had ESI plans.

Slightly under a third, 32.0%, of workers in these jobs were the policyholders. That is, the plan was in their name and their employment as opposed to their spouse’s name or a parent’s employment made them eligible to enroll.

What about the children?

In 2018, about 38 million children under 19 years had health insurance through their parents’ ESI plan. It represents nearly one-half, 49.1%, of all U.S. children under 19.

About 22.8% of children with parents employed in food preparation and serving; building and grounds cleaning and maintenance; personal care and service and retail sales were on a parent’s ESI plan. It means that ESI plans with workers in jobs likely affected by a shrinking economy covered 4.3 million children in 2018.

Edward R. Berchick is senior health demographer at the U.S. Census Bureau.
Laryssa Mykyta is branch chief in the Health and Disability Statistics Branch.

OPINION

QuadraMune for preventing and beating COVID-19

Dr. James D. Veltmeyer
Special to Village News

A cavalcade of disinformation and outright lies have surrounded the spread of COVID-19 over the last five months. Americans have been subjected to numerous contradictory assertions and directives from global bureaucracies like the World Health Organization as well as the CDC, the surgeon general and Dr. Anthony Fauci.

It’s time to set the record straight and discuss the best ways of not just curing the coronavirus, but actually preventing it in the first place. And, as with most illnesses, it generally comes down to the immune system. Contrary to popular opinion, COVID-19 itself is not really killing anyone. What is killing a very minuscule number of coronavirus victims is the body’s

immune system overreacting to the presence of the virus and causing widespread inflammation of body tissues and organs, such as the lungs. Inflammation caused by the hyper-reaction of the immune system is the cause of many illnesses physicians deal with on a daily basis. Chronic diseases like lupus and arthritis are auto-immune disorders. Common allergies are caused by the immune system identifying and overreacting to common and usually harmless outside substances, like pollen or dust, and causing that system to go into overdrive to fight the outside agent, even if that agent poses no health threat to the individual.

The reason most people diagnosed with COVID-19 are having no symptoms or only mild illnesses is that their immune systems are functioning normally; however,

in older adults and individuals who have compromised immune systems, the immune system moves into “freakout” mode, causing massive inflammation often leading to either violent illness or death.

With COVID-19, the virus enters through lung type 2 epithelial cells. An excessive immune response results in the infiltration of inflammatory cells, called neutrophils, into the lungs. Neutrophils produce enzymes which destroy the fine structures of the lung needed for respiration to occur, also causing the leakage of water into the lungs. Protection from a virus is mediated by stimulation of the first layer of defense “innate” immunity: interferon-alpha production NK cell activity.

Additional production from the virus is enhanced by Th1 cells, which are part of the adaptive immune system and cause immunological memory and suppression of excessive inflammation inhibits NLRP3 and chemicals that are toxic to the lungs.

QuadraMune is a natural health product that offers an integrated and sustained attack on inflammation. It contains four main ingredients: Pterostilbene, Epigallocatechin gallate or EGCG, Sulforaphane and Thymoquinone. The first ingredient is used for immune stimulation and blocking inflammation. The second is a potent antioxidant, responsible for some of the health benefits of green tea. Sulforaphane is also an antioxidant and potent stimulator of endogenous detoxifying enzymes, responsible for the health benefits of broccoli. Finally, thymoquinone is a phytochemical compound found in the plant Nigella sativa.

In a clinical trial, pterostilbene was demonstrated to increase the ability of NK cells to kill target cancer cells. NK cells are cells of the body that directly kill viruses. In the same trial, pterostilbene increased the production of Interferon-gamma from T cells. Interferon-gamma is essential for antiviral Th1 immune memory. It also decreased CRP, the C-reactive protein, which is associated with death from COVID-19 and TNF

which is produced by macrophages in the lungs and causes lung failure.

Sulforaphane protects the lungs from damage by activating the Nrf2 gene and suppresses the death of lung cells. It stimulates production of growth factors, stimulates fluid call surfactant to clear debris and prevents scar tissue formation.

EGCG protects from cell death induced by inflammatory mediators, inhibits alveolar macrophage hyperactivation, suppresses neutrophil activity in the lungs, reduces fibrosis and stimulates healing factors. It also stimulates T regulatory cells when needed to protect the body against autoimmunity and pathological inflammation.

Lastly, thymoquinone has an active ingredient chemically related to hydroxychloroquine which – despite the best efforts of the left-wing press to ridicule its efficacy – has been proven in study after study to work both as a preventative and greatly assist recovery in the early stages of COVID, is demonstrated to stimulate NK cells, which are antiviral, and is a potential antiviral itself based on its mechanistic effects on cells.

Like other viruses, COVID-19 can be avoided or – if contracted – its worst effects mitigated by a strong and effective immune system, just like the common cold, the various strains of influenza or other maladies that have plagued humanity for centuries.

Dr. James Veltmeyer is a prominent La Jolla physician voted “Top Doctor” in San Diego County in 2012, 2014, 2016, 2017 and 2019. Veltmeyer can be reached at dr.jamesveltmeier@yahoo.com and by visiting <http://drveltmeier.com>.

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The Honest Migraine invites reader experiences

FALLBROOK – A new website launched Thursday, Aug. 20, offering migraine sufferers an opportunity to share their experiences with others seeking helpful tips.

The Honest Migraine has been designed and developed by Shelby Ramsey to create a community for those who would like to share their challenges and successes in managing or helping another individual with migraine headaches.

“We have the ability to help each other in a positive way with suggestions,” Ramsey said.

Ramsey began the blog sharing details of her six-year journey with migraines and what has led her to

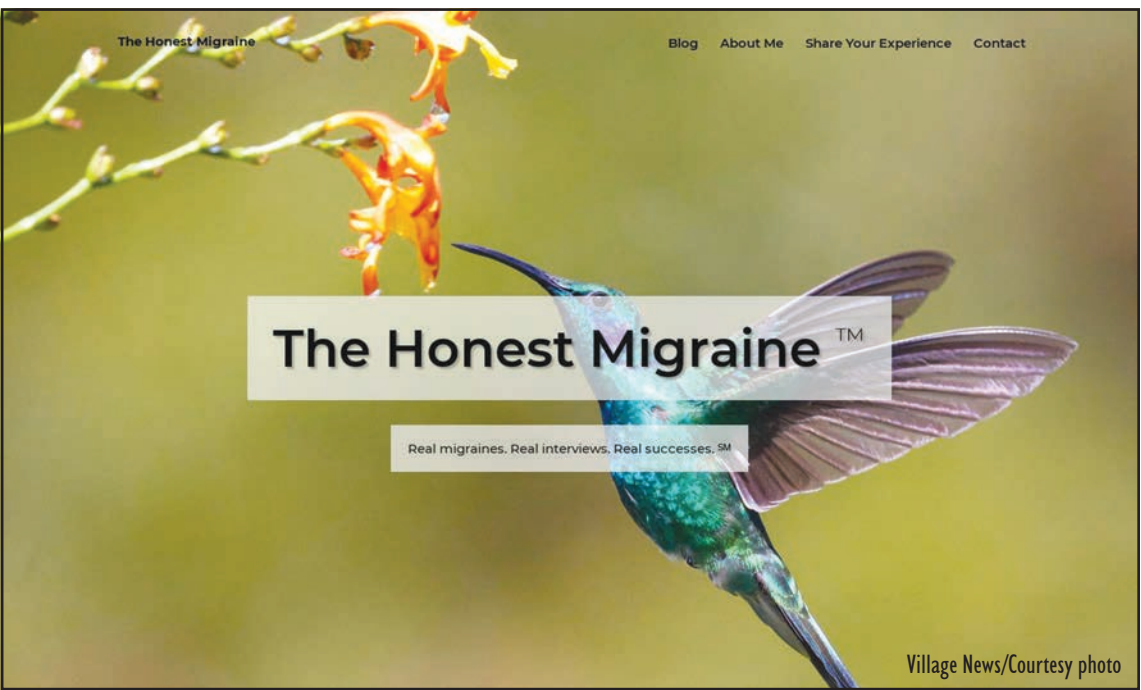
wellness. She discusses treatments, exercise, healthy eating practices, mindfulness and more.

The Honest Migraine will feature regular interviews with other individuals affected by migraines, medical professionals who assist migraine patients and other health information.

“My goal is to share my experiences with migraines with readers and endeavor to be an uplifting person of support during their journey with this debilitating condition,” Ramsey said.

For more information, visit <http://thehonestmigraine.com>.

Submitted by The Honest Migraine.



The Honest Migraine is a new blog for migraine sufferers to share their experiences and health tips.

County marks Overdose Awareness Day: No one has to die

Gig Conaughton
County of San Diego
Communications Office

Standing in front of 645 placards representing every person who died by accidental drug overdose in San Diego County last year, county and other officials said Monday, Aug. 31, these deaths did not have to happen – and no one else has to die.

County Supervisor Kristin Gaspar, County District Attorney Summer Stephan, County Behavioral Health Director Dr. Luke Bergmann, law enforcement, drug prevention and health care officials gathered at the County Administration Center Monday morning to commemorate International Overdose Awareness Day.

The annual global event was created in 2001 to raise awareness of overdose deaths, reduce the stigma attached to them and acknowledge the grief of victims’ families and friends.

Collectively, the speakers said overdose deaths were increasing locally and victims could be anyone of any ethnicity and background – mothers, fathers, sons, daughters, friends, rich, poor, old, young. They said law enforcement was crucial, but that society must collectively realize substance abuse disorder was a disease that can, and must, be beaten.

And they urged people to act, to get help by calling the county’s Access and Crisis line (1-888-724-7240) or 2-1-1 San Diego; to safely get rid of old prescription drugs at biannual Prescription Drug Take Back days or by taking them to local Sheriff’s offices and fire stations; and to learn more about the overdose crisis at the San Diego Opioid Project, <https://www.sandiegoopioidproject.org/>.

Gaspar called on parents to go to their medicine cabinets to get rid of old prescription drugs that children can get to.

“Immediately, first step,” Gaspar said, “look in your medicine cabinet. Anything in there, expired, unused meds; we need to make every day prescription (drug) takeback day in San Diego County. Those can go immediately to your Sheriff’s department ... to a fire station,



disposed of properly. They are dangerous.”

Stephan and others said overdose deaths plague San Diego County like the rest of the nation. She said fentanyl deaths in particular have become a rising problem, due in part to drug dealers “lacing” other various illegal drugs with deadly fentanyl. She said fentanyl-related deaths have increased in San Diego County from 152 in all of 2019 to 203 in just the first six months of 2020.

Dr. Bergmann said that the COVID 19 pandemic has exacerbated the problem because people who are stressed and turning to substance abuse feel disconnected from care. But he said advancements in telehealth means that anyone can get help, and he urged people who were struggling, or who had loved ones struggling with addiction issues to call.

“If you can get access to a phone,” Bergmann said, “you can get care. And there’s not a better day, I would say, to begin a recovery journey than today.”

Some of the other comments from Monday’s speakers included:

Gaspar said she strongly supported the Methamphetamine Strike Force and Prescription Drug Abuse Task Force initiatives, and that the county’s new \$6.5 billion budget directed \$100 million to address COVID and all its impacts. Gaspar said that included an additional \$15 million for technology needed for behavioral health such as telehealth, outreach and engagement, and workforce recruitment and retention.

US Attorney Robert Brewer Jr. said federal law enforcement was doing everything in its power to disrupt and dismantle drug traffickers and their networks. But he added “we can’t enforce and incarcerate our way out of this supply-demand-addiction cycle.”

Brewer said partnerships between state, local and community agencies and groups were critical and urged everyone to work together to “hammer home” the message that overdose is preventable and drug addiction is a treatable disease.

Stephan said the District Attorney’s Office prosecutes drug dealers but also protects the public

through awareness and outreach through initiatives like the Opioid Project.

Bergmann said people can and do recover from substance abuse disorder. He said the County Health and Human Services Agency provides services and help to more than 111,000 county residents of all ages. Bergmann said the county’s nine programs work with justice partners hospitals, community health centers and other community-based providers to improve, expand and introduce new methods to help those in need.

The most poignant comments came from Pam Summerfruit, who identified herself simply as “the parent of an overdose drug victim.”

Summerfruit said that a week before Thanksgiving in 2016 her 26-year-old son died of a fentanyl overdose after taking an illegally obtained dose of what he thought was Percocet, a pain medication. Summerfruit said her son’s dealer pleaded guilty and was sentenced for manslaughter. But her son is still gone.

“We’re left,” Summerfruit said, “like so many other families, to remember our loved ones and to act by spreading the word on this international Overdose Awareness Day that overdose death is preventable.”

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CDC survey shows nearly half of all high schoolers experience feelings of hopelessness

HENDERSONVILLE, Tenn. – The Centers for Disease Control and Prevention has released the results of the 2019 Youth Risk Behavioral Surveillance System. The YRBSS is a survey, conducted by the CDC, that includes national, state and local school-based representative samples of ninth through 12th grade students.

The survey’s purpose is to monitor priority health risk behaviors that contribute to the leading causes of death, disability and social problems among youth in the United States. The surveys are conducted every two years to determine the prevalence of these health risk behaviors. Behaviors that contribute to unhealthy lifestyles and those that indicate possible depression and/or suicidal ideation are included.

Currently, suicide is the second leading cause of death for middle and high school aged youth in California. The four questions below are included in the YRBSS and relate to suicidal thinking. The results from the middle and high school students are also listed.

Have you experienced the feeling of hopelessness and sadness for a constant period of two weeks or greater during the past 12 months, which is the possible beginning of clinical depression? The survey found that 45.3% answered “yes,” or over one out of every three young people.

Have you seriously considered suicide in the past 12 months? The survey found that 26.6% answered “yes,” or over one out of every four young people.

Have you made a plan to attempt suicide in the past 12 months? The survey found that 23.7% answered “yes” or almost one out of every four young people.

Have you attempted suicide in the past 12 months? The survey found that 9.2% answered “yes” or over one out of every 11 young people.

The release of these results comes just before the beginning of National Suicide Prevention Month in September. National Suicide Prevention Week is Sept. 6-12, with World Suicide Prevention Day Sept.

10. During this day, week and month, organizations and individuals across the state will be conducting activities to draw attention to the tragedy of youth suicide.

For more information, The Jason Foundation has compiled an informational packet for Suicide Prevention Month that may be of use. The packet will provide additional information on the tragedy of youth suicide and offer suggestions on how to become involved in prevention efforts. The Jason Foundation is a nationally recognized leader in suicide awareness and prevention. They provide all their programs, services and materials to the public at no cost.

To download the packet, visit <http://www.jasonfoundation.com> and click on “Suicide Prevention Month” under the “How to Get Involved” tab.

Suicide is preventable. Together, we can make a difference.

Submitted by the Jason Foundation.

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BUSINESS

FPUD approves additional LAFCO deposit

Joe Naiman
Village News Reporter

San Diego County’s Local Agency Formation Commission requires a deposit to process applications to LAFCO for jurisdictional changes, and the Fallbrook Public Utility District will be providing an additional deposit to process the application for FPUD to detach from the San Diego County Water Authority and annex into the Eastern Municipal Water District.

A 5-0 FPUD board vote, Monday, Aug. 24, authorized an additional \$62,220 deposit to LAFCO. The deposit is expected to cover an additional 510 hours of LAFCO staff time at LAFCO’s rate of \$122 per hour.

The San Diego County Water Authority’s supply rate is a melded rate which melds the cost of water delivered from the Metropolitan

Water District of Southern California, water purchased from the Imperial Irrigation District under the Quantification Settlement Agreement and water produced by the Claude “Bud” Lewis Carlsbad Desalination Plant in Carlsbad. The SDCWA also has transportation, storage and customer service charges along with fees and charges for fixed expenditures which are incurred even when water use is reduced. It creates the possibility that FPUD and Rainbow can reduce their cost of purchasing water – and thus their rates – by detaching from the CWA and becoming part of another MWD member agency.

The Eastern Municipal Water District is a member of MWD and purchases imported water directly from MWD. The Western Municipal Water District is also a member of MWD and provides retail water sales of MWD supply

to the Elsinore Valley Municipal Water District and to the Rancho California Water District. If FPUD and Rainbow detach from the CWA and join Eastern their status would be similar to that of the two water districts which obtain MWD water from Western.

The two districts anticipate a combined savings of between \$8 million and \$10 million annually by purchasing water from Eastern rather than from the CWA. Due to fixed costs the CWA and the other 22 CWA agencies could incur adverse financial impacts if FPUD and Rainbow left. A preliminary CWA analysis estimated an annual impact of \$13 million in 2018 dollars. The CWA has also expressed concern about member agency reliability, impacts to the Bay-Delta and the CWA’s weighted vote at MWD meetings.

LAFCO has created a technical advisory committee to identify issues and attempt to resolve differences. The Aug. 3 meeting of the committee included discussion about consultants to analyze water supply reliability, the proposed reorganization’s impact on the CWA and the 22 other member agencies and whether an “exit fee” would be warranted.

In February 2019, LAFCO’s

board approved an update of the processing fees for applications submitted to LAFCO. Before the change the fees for annexations, detachments and latent powers expansions were based on the affected territory’s acreage. The new fees are based on staff time costs, and the revisions to the structure also include estimates of staff time along with hourly salary, benefit and overhead costs for staff members involved. The staff costs are new to LAFCO for proposals.

The jurisdictional boundary change fees are non-refundable but may be augmented by one or more deposits if additional staff time is needed while the deposits to cover staff time for formations, consolidations and incorporations are refundable if the actual staff time is less than the estimate. The number of hours for each type of proposal is based on LAFCO’s experience with such proposals, although LAFCO has not previously processed a proposal for an agency to detach from the CWA and annex to another agency.

If a landowner or public agency consults with LAFCO staff prior to submitting an application, the LAFCO staff time involved prior to the submittal of the application is

not added to the staff time involved in processing the application. If a member of the public requests that LAFCO staff perform general research there is no cost if the research involves no more than four hours of staff time while any research beyond four hours would result in a charge based on the hourly staff rates for LAFCO staff members utilized.

FPUD initially provided a \$24,563 deposit which covered 191 staff hours. On Aug. 12, LAFCO executive officer Keene Simonds sent an electronic mail message to FPUD general manager Jack Bebee, noting that LAFCO had expended 170 staff hours as of that date and that Simonds expected the processing to be approximately 25% complete.

“We’re making progress,” Bebee said.

He said that the cost of the deposit to LAFCO is small compared to the potential reduced cost of purchasing water.

“The savings if we get through this process are substantial,” Bebee said.

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

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California announces \$20 million in funding for opioid addiction treatment

OAKLAND – The California Department of Health Care Services announced. \$20 million in funding will be awarded to two-thirds, 212, of the hospitals in California to treat people with opioid and other substance use disorders.

The Behavioral Health Pilot Project is based on the California Bridge program that combines medication for addiction treatment in hospital emergency departments with support from a substance use counselor to help people get into ongoing substance use treatment.

“People seeking help with their drug use should be able to turn to their local hospital and expect to be treated like any other patient with a life-threatening illness,” Serena Clayton, program director of California Bridge, said.

The state’s funding comes at a critical time as overdose deaths are drastically rising, traditional forms of drug treatment are complicated by the COVID-19 pandemic, and many states are cutting back on drug treatment services. By contrast, with this new funding, California will be able to make treatment available to people on a massive scale.

The state’s move toward setting a new standard of care for substance use is the culmination of the pioneering work of California Bridge, a program of the Public Health Institute. It puts California at the forefront of a growing movement to rethink how drug

use is treated across health systems and in society at large.

“This funding will revolutionize how substance use is addressed in hospitals by shifting the attitudes of providers, many of whom are reluctant to treat people who use drugs. We are getting closer to the day when every Emergency Department treats substance use disorder because it’s the most equitable way to improve access to care,” Dr. Aimee Moulin, professor of emergency medicine at University of California Davis Medical Center, said.

DHCS will work with the California Bridge program to support all 212 Behavioral Health Pilot Program grantees with training, tools, resources, educational materials and assistance with data collection.

“We’re pleased that DHCS has seen how powerful the CA Bridge program can be in equipping busy emergency departments to provide this life saving treatment,” Moulin said. “This is an opportunity to demonstrate to the entire nation how opening up access to treatment can transform the lives of people suffering from addiction.”

The Budget Act of 2019 appropriated \$20 million in general funds to establish the Behavioral Health Pilot Program but funding was delayed due to COVID-19 to expand the California Bridge model. As it became clear that overdose deaths were increasing at an alarming rate, the Budget Act

of 2020 re-appropriated funding for the project. Awarded hospitals will receive funding in September 2020, and patients across the state should begin receiving treatment soon after.

The California Bridge Program, a program of the Public Health

Institute, is working to ensure that people with substance use disorder receive 24/7 high-quality care in every California health system by 2025. The program seeks to fully integrate addiction treatment into standard medical practice, breaking down barriers to access

treatment, effectively saving lives. More information can be found a <http://www.bridgetotreatment.org>.

Submitted by California Department of Health Care Services.

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BBB warns consumers lose more than weight with popular Noom health app

ARLINGTON, Va. – Consumers who are at home more than usual during the coronavirus pandemic may be especially interested in getting in shape by trying out convenient web-based health and fitness services. The Better Business Bureau is warning consumers about Noom, a popular app-based weight loss service.

According to BBB serving Metropolitan New York, where Noom is based, customers have submitted well over a thousand complaints alleging that the company offers misleading free trials, and that subscriptions are difficult to cancel after free trials are complete.

“Many stay-at-home consumers are looking for options that can help them achieve their health and wellness goals during this pandemic time,” Claire Rosenzweig, president and CEO of BBB serving Metropolitan New York, said. “Smartphone applications and online programs may seem convenient – especially when coupled with attractive free trial offers – but consumers must always be cautious when shopping for a weight loss service.”

Between Aug. 16, 2019, and Aug. 18, 2020, BBB received 1,213 consumer complaints regarding Noom, representing a significant uptick in complaint volume over previous years. Since July 2017, Noom has drawn 2,023 complaints.

According to complaints made to BBB, consumers reportedly try to cancel the trial offer before it ends but still end up being billed for the subscription. A number of these consumers said they believed that after the free trial the cost of monthly membership was between \$20 and \$40. Instead, they discovered that they were charged for several months upfront upon the free trial’s end, resulting in alleged charges varying from \$120 to \$180 or more. Consumers consistently alleged difficulty trying to get in contact with Noom’s customer service to request a refund of charges. Then they turned to BBB for assistance.

As of this date, Noom’s BBB Business Profile displays a D rating due to the high volume of complaints filed against the business and the company’s failure to address the underlying cause of its recent pattern of complaints. Nearly 100 complaints have been received from consumers in the BBB Pacific Southwest region.

To avoid losing money on free trials and subscription services, especially in the health and wellness area, BBB recommended the following tips.

Be wary of free trial offers, and before signing up, fully understand all the terms and conditions. Free trial offers are common in the health and beauty category. Some deals might become “subscription traps” that hook consumers into paying for expensive products or services that they did not intend or agree to buy. Be cautious and proceed carefully if the business terms state that it takes payment from a credit card until canceled.

Determine personal fitness goals and check the details. It’s hard work to lose weight. Find a program that can be stuck with, preferably one that is enjoyable, with goals that seem reasonable. Be sure to understand how the product or service is supposed to work. Does a weight loss plan require purchasing special foods? Can the membership be canceled during a move or if that the program doesn’t meet the clients’ needs?

Always be wary of “overpromises” in advertisements and customer testimonials for weight loss services. According to the Centers for Disease Control and Prevention, evidence suggested a gradual loss of 1-2 pounds per week is a healthy goal and is more successful for achieving long-term weight loss.

Report concerns. If a consumer comes across an ad for a weight loss program or product that feels like it’s overpromising or deceptive, they can report it. Contact the BBB, report suspicious, confusing or misleading ads to BBB Ad Truth and file a report with the Federal Trade Commission.

Research the company with <http://BBB.org> before purchasing. Many companies specializing in weight loss programs or products have lengthy consumer track records with BBB. Check what people have said about the product or company name by checking <http://BBB.org> and searching the internet in general to see if there are any complaints alleging issues.

Submitted by Better Business Bureau.

SDG&E warns customers about a new wave of utility scams

SAN DIEGO – A new wave of scammers is targeting San Diego Gas & Electric customers, threatening to cut off their service unless they pay their utility bills immediately with prepaid cards. The most common tactic reported is scammers impersonating SDG&E’s billing department and asking for payment via Green Dot MoneyPak, a way of sending cash via prepaid or bank debit cards.

Known as the “Pay-by-Phone” scam, or “Green Dot” scam, criminals typically threaten immediate power shut-offs to scare customers into making an immediate payment. Once customers purchase prepaid debit cards, or make wire transfers based on the scammer’s instructions, they are asked to call another phone number to provide the card information, which allows the thieves to steal the money.

It can be especially confusing for victims, as the phone number scammers use may play a recorded message and menu options that mimic SDG&E’s official customer service line, which is 800-411-7343. When victims call the number provided by scammers, they may hear a recorded message that tells them they are calling SDG&E’s business line. They are given different menu options, including one to pay their bill or to report a gas leak or power outage. To avoid becoming a victim of utility scams, follow the tips below.

The bottom line is SDG&E will not call a customer to proactively ask for payment information during the call. Customers may receive communications directing them to pay their bill via their MyAccount at <http://www.sdge.com>, use the Billmatrix system or to call and use the automated pay-by-phone option at 800-411-7343.

SDG&E will not request that a customer use pre-paid debit cards for payments or cryptocurrencies, such as Bitcoin, to pay their bill or send emails with an online payment method with a QR code.

- If you suspect that a caller may be a utility scammer, keep the following in mind.
- If a caller claims to work for SDG&E and asks for payment over the phone, it is a scam, hang up.
- Only provide financial information by telephone if the customer initiated the call.
- Hang up and call SDG&E directly at 800-411-7343 to verify information about the account. Customers can also view their account status, including bills and payments, through SDG&E’s mobile app or via <http://www.sdge.com/myaccount>.
- Don’t be the next victim.

Criminals work year-round to come up with new ways to defraud people. SDG&E works hard to make sure customers know what to do if they are targeted. Unfortunately, scams are on the rise, especially during times of uncertainty and crises like with the pandemic.

Victims of fraud are urged to call SDG&E immediately at 800-411-7343 to report it.

SDG&E is a San Diego-based energy company that provides clean, safe and reliable energy to better the lives of the people it serves in San Diego and southern Orange counties. The company is committed to creating a sustainable future by providing around 45% of its electricity from renewable sources; modernizing natural gas infrastructure; accelerating the adoption of electric vehicles; supporting numerous nonprofit partners and, investing in innovative technologies to ensure the reliable operation of the region’s infrastructure for generations to come. SDG&E is a subsidiary of Sempra Energy. For more information, visit <http://SDGNews.com> or connect with SDG&E on Twitter, Instagram and Facebook.

Submitted by San Diego Gas and Electric.

San Diego County Adopts New Budget

Tracy DeFore
San Diego County Communications Office

The San Diego County Board of Supervisors adopted a \$6.5 billion revised budget for fiscal year 2020-2021 after public deliberations Tuesday, Aug. 25.

The adopted budget addressed the unexpected COVID-19 and economic crises and also reflected calls for social justice and racial equality.

A \$6.4 billion recommended budget was presented to the board Aug. 10, and called for an increase of \$159 million or 2.5% over 2019-2020 and \$100 million to fight the COVID-19 public health crisis.

Supervisors approved additional spending Tuesday, adding \$140.1 million to the budget.

As a result, the revised \$6.5 billion budget calls for an increase of \$299.2 million or 4.8% over 2019-2020 with an additional 24 employees for 17,953.5 additional staff years.

The pandemic coupled with the economic downturn are slashing revenue at a time when costs are rapidly rising. Despite these challenges, the county is required by law to balance the budget.

To make up the shortfalls, the county will be dipping into its reserves for \$277.3 million, \$138.8 million for 2020-2021 and \$138.5 million for 2021-2022.

Helen Robbins-Meyer, the county’s chief administrative officer, told the board dipping into reserves helps everyone get through the pandemic and come back on the other side with policies and programs that allow the county to bounce back stronger and better. But she cautioned the practice cannot become the norm and discipline will be required to fix the imbalance and replenish the reserves.

“We believe this spending plan is sound and reasonable for this time,” Robbins-Meyer said. “We will adjust as necessary and collectively we will combat COVID-19, navigate the economic downturn and begin to address the social justice and racial equity issues facing our region.”

Responding to COVID-19 remains the top priority. The new budget includes a \$24 million increase for the COVID-19 Emergency Rental Assistance Program to expand the program countywide, plus, \$1 million for landlord/tenant counseling services.

Another \$5 million will provide COVID-19 testing, tracing and treatment activities for K-12 schools.

Also, \$2 million will help families gain internet access so their children don’t fall behind in distance learning.

New funding sets aside \$5.4 million to help the homeless at the San Diego Convention Center continue receiving on-site care after they move to new housing accommodations.

Another \$2.5 million will go toward translation services to help the county share more information with those who do not speak English as their first language.

Additional funds of \$5.9 million will launch a South Region Crisis Stabilization Unit at Paradise Valley Hospital and \$5 million will boost countywide Mobile Crisis Response Teams.

Nearly \$11 million will go toward a variety of traffic improvements including guardrails and traffic signals.

The revised budget also carries over proposals from the recommended budget below.

The county Health and Human Services Agency will see an increase of \$100 million to reduce the pandemic’s spread and allow for responsible reopening. The funding will go toward efforts tied to responding to COVID-19, including the testing, tracing and treatment strategy, food distribution, medical supplies, personal protective equipment and shelter.

Another \$15 million will pay for technology needs to support behavioral health services, including telehealth, electronic health record upgrades, outreach and engagement, workforce recruitment and retention.

The county is also providing a wide array of online services to customers that range from help for behavioral health issues, to permitting, to digital library books. Parks is offering virtual programs as well, including Movies in the Park.

The Registrar of Voters office is busy planning for the November presidential election to ensure it is conducted in the safest way possible during this pandemic.

Strengthening children and families, the county will continue to serve over 1 million San Diegans every month with Medi-Cal, CalFresh, CalWORKs and general relief, and also help enroll low income families and others affected by the pandemic’s economic fallout. Child Welfare Services will expand upon efforts to strengthen families and address disproportionality and disparities. Seniors will be supported through efforts such as the Geriatric Emergency Department Accreditation program and Alzheimer’s awareness.

A \$23.7 million increase will address homelessness in the unincorporated area and another \$0.4 million will be used to develop a Flexible Housing Subsidy Pool in collaboration with the Regional Task Force on the Homeless to move those experiencing homelessness into permanent housing.

A \$3 million increase will help address homelessness among youth up to the age of 24, with a focus on youth transitioning from foster care and young parents experiencing homelessness. The sheriff’s Homeless Assistance Resource Team will see a \$2.6 million increase to expand its program.

In the area of behavioral health, the county continues to transform the multi-sectoral system of care from one driven by crisis, to one of continuous care and prevention, by providing coordinated resources to keep people connected, stable and healthy. It includes increased investments for diversionary services, such as the expansion of Crisis Stabilization Units, and increases to help community providers expand their capacity for long-term treatment. The county will also continue its partnership with University of California San Diego Health to develop a behavioral health hub on county-owned property in Hillcrest.

Nationwide conversations are driving change in public safety. De-escalation training for law enforcement agencies is a priority to strengthen community trust, equity and racial justice. By the end of the year, nearly 3,000 officers are expected to complete training through the district attorney’s office, with an additional 1,600 through the sheriff’s department. The Citizens’ Law Enforcement Review Board will have increased authority and expanded resources to provide independent oversight of the sheriff’s department and probation.

The board of supervisors created a new Office of Equity and Racial Justice to examine bias within the county organization, which will also work with the newly formed Human Relations Commission. The commission will collaborate with community organizations to address disparities and create more equitable programs, services and resources for all.

Plans are in the works to create the District Attorney North County Family Justice Center to further protect victims of crime. The county is also designing an earthquake early warning system pilot program and building two fire stations, one in Mount Laguna and the other at Palomar Mountain.

The county is on track to nearly double the number of affordable housing units in its portfolio over five years to help low income, special needs and homeless residents using local, state and federal funds. Pre-approved plans, permit and impact fee waivers are available for the construction of granny flats or accessory dwelling units to help ease the affordable housing shortage.

The budget includes funds to protect and improve the region’s air quality, including \$5.0 million for addressing vehicle emissions and \$21.1 million to implement the Community Air Protection Program that continues to monitor air quality in communities most vulnerable to air pollution.

The capital program includes \$22.3 million to enhance and renovate the Rock Mountain Detention Facility; \$15.0 million for design and construction of Innovative Residential Rehabilitation Program; \$14.9 million for multiple facilities major maintenance capital projects; \$14 million for the Lakeside Equestrian Facility; \$7.2 million for construction of Mount Laguna and Palomar Mountain Fire Stations and planning of the East Otay Mesa Fire Station; \$9.3 million for expansion and improvements at various county parks including Lincoln Acres Park expansion; \$1.7 million for expansion and construction at the Rancho San Diego Library and Casa de Oro Library and \$0.6 million for electric vehicle installation and improvements at county facilities.

The fiscal year 2020-2021 Capital Program also includes partial funding for the following capital projects: \$14.5 million for the County Administration Center phased renovations; \$7.5 million for North Coastal Live Well Health Center improvements; \$2.0 million for planning the Third Avenue Mental Health Inpatient Facility Hub, Hillcrest; \$2.0 million for the Edgemoor Psychiatric Unit and \$0.4 million for the San Diego Juvenile Justice Campus (Phase II).

The budget plan is part of a two-year operational plan that will help determine how the county spends its resources. The first year of the plan for fiscal year 2020-2021 was adopted Tuesday, the second year was approved in principle.

The new fiscal year budget is retroactive to July 1.

For more information on the budget, visit the county’s budget portal.

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ENTERTAINMENT

Endless Summer dinner party benefits Fallbrook Food Pantry



Enjoying the Endless Summer theme of a Fallbrook Food Pantry’s fundraising dinner are, clockwise from top left, hosts Chris and Kim Murphy, Ryan and Rebecca Christopherson, Pete and Karen Keough and Sam and Tiara Dabney. Due to COVID-19 restrictions on large gatherings, the fundraiser involved small gatherings at different homes.



Nancy Rocha, right, a server at 127 West Social House, receives help from her friend, Damon Joao, in serving dinner at Chris and Kim Murphy’s fundraiser for the Fallbrook Food Pantry. Small Town Kitchen was the other restaurant providing food for the small gatherings taking part in the fundraiser for the food pantry.



Guests at the Chris and Kim Murphy’s dinner party toast the Fallbrook Food Pantry and its fundraising efforts.

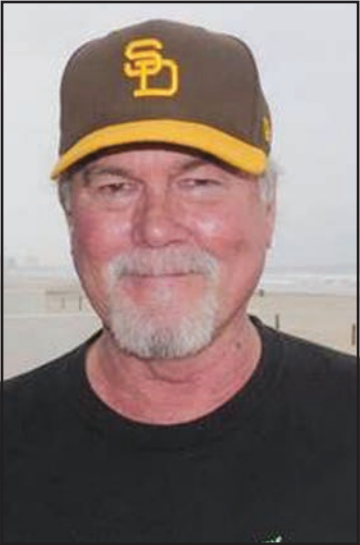


Dinner for the fundraising party at the Chris and Kim Murphy’s home is from 127 West Social House, followed by tiramisu for dessert.



The theme for the dinner party fundraisers is Endless Summer. Each small gathering participated in a Zoom meeting, and guests bid on items in the online silent auction from their phones.

Jim McInnes returns to local radio



PALA – Rez Radio 91.3 KPRI-FM in Pala introduced Jim McInnes as the newest member of the Rez Radio volunteer family, beginning in Sept. 5, at 8 p.m., with his new/old Saturday night show “Vinyl Resting Place.”

McInnes is back for afternoons 47 years after he first hit the airwaves in San Diego on the original version of KPRI-FM. “Vinyl Resting Place,” a show McInnes created for KPLN-FM The Planet early in the millennium, is a rich journey

through his personal music collection.

He is a 28-year veteran on KGB-FM during its peak of popularity in the 1970s, 80s and 90s, produced most of that station’s Homegrown album series, hosted the “Homegrown Show,” was a constant presence at local music venues and performed as a musician with the San Diego-based band The Shenanigans.

Along with McInnes personal music collection, Rez Radio has a 4,500-song playlist. McInnes

Jim McInnes returns to Rez Radio 91.3 KPRI-FM, beginning Sept. 5.

Village News/Courtesy photo

joins a group of Rez Radio music programmers including locally based folk musician Joel Rafael, Top 40 expert Mark Gleason, local music scene aficionado Chris Carmichael and station manager John Fox.

McInnes will follow the “Wolfman Jack Show” at its new time Saturdays from 4-8 p.m. with two weekly hours of “Vinyl Resting Place” from 8-10 p.m., leading into “Dead Air” a weekly hour of Grateful Dead music and interviews.

Rez Radio 91.3 KPRI-FM is owned and operated by The Pala Band of Mission Indians and broadcasts in the San Luis Rey River Valley, livestreaming worldwide on iHeartRadio, TuneIn.com, Radio Garden, <http://www.RezRadio.FM> or ask a smart speaker to “play KPRI.” There’s also a free telephone listen line at 712-775-5748.

Submitted by Pala Rez Radio 91.3.

Pala Casino Spa Resort presents La Séptima Banda

PALA—Pala Casino Spa Resort announced La Séptima Banda is coming to the Starlight Theater Saturday, Sept. 26. The outdoor concert event will feature a variety of regional Mexican music, from bandas and cumbias to rancheras and narcocorridos. General admission tickets are on sale now for \$30.

La Séptima Banda is a large 17-piece group which plays a variety of regional Mexican music, from bandas and cumbias to rancheras and their specialty, narcocorridos. The group began playing together in 1994 under the name Banda San Luis and recorded two albums for Sony Mexico. Neither album charted, and La Banda left the label.

After much deliberation, the members unanimously decided to change their name to Banda la Aventurera. Over the next several years, they released four independently issued albums by Hyphy Music, three of which were written by Espinoza Paz and all have subsequently been reissued

under the La Séptima Banda moniker.

In 2014, the group changed names again, becoming La Séptima Banda, and signed to Fonovisla. Their first recording was backing Enigma Norteño on the single “Narco de Narcos.” The band’s own debut, “Segurito Segurito,” was released in the spring of 2015, prefaced by the single “Bonito y Bello.” The following year, the group released “A Todo Volumen,” topping the Latin charts. “Micha y Micha” – “half-and-half” – arrived in 2017. As the title suggests, the LP was split between studio tracks like “Se Defiende” and “La Bruta” and live recordings like “El Narco de Narcos” and “El Chapo Barrial.”

La Séptima Banda will join the existing lineup of summer concert series events at Pala Casino: Superstar Imposters – Summer Tribute Series, Funky Funk Get Down – Big Grooves & Dance Moves Series, Domingos de Musica y Baile Series and Up & Coming Country Artists.

The Superstar Imposters – Summer Tribute Series is one of three outdoor concert series in the Starlight Theater at Pala Casino Spa Resort. It will feature some of the nation’s top tribute band and artists recreating some of rock’s most iconic bands and performances onstage on select Friday nights, including Cash, Killer & The King (Johnny, Jerry Lee & Elvis Tribute) Sept. 4; Metalachi (Heavy Metal Mariachi) Sept. 11; Yesterday (Beatles Tribute) Sept. 18; Don’t Look Back (Boston Tribute) Sept. 25, and Summer of ’69 Concert with Led Zepagain (Led Zepplin Tribute) and Strange Days (The Doors Tribute) Oct. 2.

The Up & Coming Country Artists Series features new country band on select Saturdays at 8 p.m., including Honey County, Aug. 29, and The Swon Brothers, Sept. 12.

The other outdoor concert series are Funky Funk Get Down – Big Grooves & Dance Moves, featuring Rose Royce Sept. 5; WAR Sept. 19, and Stevie “E” &

The LCB Band with special guest Bill Champlin (Tribute to Steve Wonder & Top Funk Hits) Oct. 3, at 8 p.m., and Domingos de Musica y Baile, featuring Mariachi Divas Sept. 6, at 8 p.m.

Funky Funk Get Down – Big Grooves & Dance Moves will feature top funk, soul and rhythm and blues bands on select Saturday nights. Domingos de Musica y Baile will feature both headline Latin entertainment, as well up and coming stars on select Sunday afternoons.

The health and safety of the valued guests and team members is paramount to Pala Casino Spa Resort. Pala Casino is committed to following the guidelines and recommendations issued by the Centers for Disease Control for businesses. Guests will be asked to wear facial coverings and practice safe social distancing throughout each of these events. Seats will be sanitized and pre-set to enforce proper social distancing. Additionally, all guests will have their temperature screened at the

entrance to the casino. For a full list of the property updates and safety protocols at Pala Casino, visit <https://www.palacasino.com>.

All shows will be held outdoors at the Starlight Theater. Doors open one hour before start of show.

Guests must be 21 years of age or older to attend. Guests will be asked to wear facial coverings and practice safe social distancing.

Guests who sign up for or have a players card will receive \$5 back in Added Play valid the day of event only.

Tickets are on sale now, with no service charge, at the Pala Box Office, <http://www.palacasino.com> and 877-946-7252. Tickets are also available at <http://www.etix.com> and 800-514-3849.

All events and promotions are subject to cancellation without notice. Learn more about the upcoming events at Pala Casino Spa Resort by visiting <https://www.palacasino.com/entertainment/all-entertainment/>.

Submitted by Pala Casino Spa Resort.



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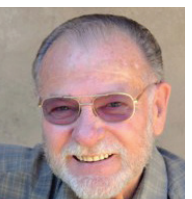
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