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Sidewalks, Boys and Girls Club, revitalization committee allocated CDBG grants

Joe Naiman
Village News Reporter

The projects selected for 2020-2021 Community Development Block Grant funding include three Fallbrook sidewalk projects, Americans with Disabilities Act improvements for the Boys and Girls Club of North County and county staff costs for the Fallbrook Revitalization Committee.

A 5-0 San Diego County Board of Supervisors vote, Tuesday, April 7, approved the plan and authorized the acceptance of the funds expected to be awarded.

The allocations include \$355,000 for the design and construction of a sidewalk segment on the north

side of Aviation Road, \$285,000 for the design and construction of a sidewalk segment on the north side of West Alvarado Street, \$240,000 for the design and construction of a sidewalk segment and pedestrian ramps on the south side of Ammunition Road.

Also authorized were \$190,108 for a disabled access ramp at the Boys and Girls Club of North County and \$10,835 for eight revitalization committees including the one for Fallbrook.

Community Development Block Grant projects are intended to revitalize lower-income

see CDBG, page A-4

Coronavirus shutdown hurting events, wedding industry

Jeff Pack
Staff Writer

On a typical spring Monday afternoon, you aren't likely to find Don McDougal tooling around his garage working on little projects at his house.

But it's anything but typical. You might normally be able to find McDougal at the Grand Tradition Estate and Garden property that he owns and his home overlooks. But in fact, the only people who have set foot on the 30-acre property recently are the grounds crew and a few assorted staff.

About the only thing happening at one of the most popular wedding

and events venue in the region is some minor projects due to the coronavirus pandemic and orders handed down from county and state officials.

"We've been shut down since early March and we've had to postpone all of our March weddings and now we postponed all of our weddings and receptions and special events through April," McDougal said. "At this point, we haven't canceled anybody. We've postponed. And so what we're doing is trying to move primarily brides and grooms, 90% of our business is weddings and

see SHUTDOWN, page A-4

FUESD board praises Singh for pandemic response

Will Fritz
Staff Writer

In a jointly-signed letter, the Fallbrook Union Elementary School District's governing board lauded the district's superintendent, Candace Singh, for her leadership during the coronavirus pandemic crisis.

In January, the board was split 4-1 in granting a salary increase to Singh, with board member Caron Lieber clashing with the majority and casting the sole 'no' vote.

Singh earned a bit under \$330,000 in 2018.

But the board is now united in highlighting "the leadership and integrity we have witnessed of FUESD Superintendent Dr. Candace Singh and her brilliant team as they navigate these unsure waters, bringing needed resources and assistance to the community of Fallbrook."

In the joint letter, governing board members said Singh and other district administrators began preparing for the coronavirus as far back as February, long before any stay-at-home mandates were issued.

"Early in February, Dr. Singh and her team identified the possible threat of the Coronavirus and began preemptive sanitation and education planning across our schools to protect our students and staff," board members said. "Looking to help outside our own organization, Dr. Singh gathered

see FUESD, page A-6

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FUHSD uses bus stops to deliver lunches



Students with their families on U.S. Marine Corps Base Camp Pendleton wait to receive school lunch meals provided by Fallbrook Union High School District, April 2. See more photos on B-1.

Village News/Shane Gibson photos

Bonsall Woman's Club makes masks for Palomar Hospital

BONSALL – While their community may have been put in an altered lifestyle, modified lockdown and "stay at home" scenario when compared to the usual lifestyles, it does not mean Bonsall Woman's Club members have to take the coronavirus pandemic sitting down.

During difficult times, adapting, improvising and overcoming is their motto. The women in BWC are active members of the club because they have the needs of the community forefront in their minds.

One such is Bea Liner who serves as the club's Craft Chair and also serves as first vice president. A request was recently made known by a member club of the Palomar District that masks were in short supply at the Palomar Hospital. When the request was made known to Liner, she decided she had to do something and sprang into action.

In the spirit of how best to serve the community in which she lives, Liner gathered three additional members of her Craft Group, went



Bea Liner, left, and Beverly Thompson work on sewing masks to be donated to Palomar Hospital.

Village News/Courtesy photo

into action and started making the much-needed masks.

The Craft Group is usually kept busy making household items to be sold at BWC events, where all profits are turned over to identified charities. However, the current coronavirus pandemic took priority.

Her group consisted of Beverly Thompson, Donna Ivicevic and

Patty Merriam. Working tirelessly, they completed 78 masks in a short period of time and delivered them to the Palomar Hospital warehouse.

Masks that are made to hospital specifications can be delivered to the hospital's warehouse, 2227 Enterprise St., in Escondido.

Submitted by Bonsall Woman's Club.

Missionary doctor says the coronavirus projection for Malawi is 'pretty bleak'

Rick Monroe
Special to Village News

When the last plane with fleeing foreigners left Malawi in March, medical missionary Christina (Metzler) Miller and her husband, Greg, decided to stay. She works in a small hospital in a rural town in the African country they've called home the past three years.

The coronavirus in the landlocked, third-world country is expected to be devastating.

"I was called to be a missionary 16 years ago, and this is a once in a lifetime opportunity to serve hundreds or thousands of people in need. This is our home now, and it's our calling," the 33-year-old doctor said.

That's a gutsy call for the 2004 graduate of Fallbrook High School. The Metzler family moved to Fallbrook 33 years ago, and Christina Miller said she knows her family is worried.

"After we made our decision, I wondered, 'Should I rethink this,'" she said in an April 6 phone interview. "I never thought I would encounter such a difficult decision, but this is the pinnacle of



Medical missionary and FHS grad Dr. Christina (Metzler) Miller, center, poses with villagers following a talk about keeping children healthy at a women's church convention in Malawi.

Village News/Courtesy photo

my calling. It's the right decision."

Miller is more than a medical doctor at Nkhoma Hospital. She is the only preventive medicine specialist in Malawi. In the hospital, she coordinates teaching sessions to help keep the team current on the latest guidelines and improve quality of care at the institution. She utilizes Nkhoma Hospital's network of community clinics and her husband's network

of pastors and churches to bring education and healthcare prevention to communities.

"I'm in a position to help in a way no one else could do," she said. "This virus is terrible, but as a leader in health care here, I can help. And Greg is needed, too."

Her hospital may or may not treat COVID-19 patients directly.

see MISSIONARY, page A-6

ANNOUNCEMENTS

Vintage Car Show is rescheduled to Aug. 23



The 55th annual Fallbrook Vintage Car Show will take place Aug. 23 at Potter Jr. High School.

FALLBROOK – Doug Allen, president of Fallbrook Vintage Car Club, and the club’s car show chairs, Steve Shapiro and Michael McGuire, have announced that due to the current health crisis along with important state and local mandates on public gatherings, the Fallbrook Vintage Car Club has determined it is in the public’s best interest to reschedule their

55th annual Fallbrook Vintage Car Show. The new date is Aug. 23, and it will still be held at Potter Jr. High School in Fallbrook. Anyone who has questions can visit www.FallbrookVintageCarClub.org or call Steve Shapiro at (760) 390-1423. Submitted by Fallbrook Vintage Car Club.

Rotary Club of Fallbrook to raise money for local charities

FALLBROOK – Members of the Fallbrook Rotary Club are conducting a “Non-Event Fundraiser” to assist three local nonprofits: the Boys & Girls Club of North County, the Foundation for Senior Care and the Fallbrook Food Pantry, in dealing with the adverse impact of the COVID-19 pandemic. While club members dig deep into their own pockets, they are publicizing a postcard notice with the goal of obtaining

needed community financial support for these three vital local organizations. Residents are asked to send their tax-deductible contributions to: The Rotary Club of Fallbrook Foundation, P.O. Box 1227, Fallbrook, CA 92088. They acknowledge the Village News for its assistance in the design of the postcard. Submitted by the Rotary Club of Fallbrook.

Bird club hopes to meet in June

VISTA – North County Aviculturists, a club for pet bird owners and breeders, regrets that it will not schedule a meeting in May. The group’s leaders want everyone to be safe and stay home. They do hope to see a return of

confidence in holding gatherings and if so, will schedule a June auction. Details will follow next month. For more information, go to www.ncabirdclub.com. Submitted by North County Aviculturists.

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OPINION

How will we change when this pandemic is all over?

Jeff Pack
Staff Writer

One of my favorite memes of over the past month reads: “I guess we’re about to find out which meetings could have been emails after all.”

The arrival of the COVID-19 novel virus brought the United States to a standstill, millions of Americans are likely spending more time at home over the past 30 days than they have over the past three years.

Thousands and thousands of people are fighting for their lives, mostly alone, in a hospital filled with people wearing only masks, unable to show a smile with anything but their eyes.

Thousands of people are dying. Nonessential businesses have also closed their doors and millions of workers – if their job allows for it – are now working from home. Businesses that have been deemed nonessential have shuttered and laid off millions of workers, whether they wanted to or not.

Students have lost the remainder of their school year, and many seniors may not have those senior proms to tell stories about or have the opportunity to toss their graduation cap into the air with their classmates.

Still, they are attending classes online, completing and turning in assignments. Most importantly, they are continuing to learn.

More people are using Facetime, Zoom and Skype to communicate with friends, family and co-workers than ever before.

While we all navigate American life with freedom of movement restrictions, new accessories like face masks and ponder whether the handshake has a future – people are doing what they do best – adjusting, adapting and being creative.

Which brings me back to my favorite meme. How many meetings will be scrapped in favor of an email or in other words, how many of the things we do will become the things we used to do?

Business

It is easy to start here because it is on topic.

Thousands of people in southwest Riverside County travel outside of their community to jobs located in San Diego, Orange and

Los Angeles counties.

They leave before dawn and clog up Interstate 15 as they migrate to office buildings far away from home. They repeat the process each evening.

But if some of those meetings can now become emails – or at least video conference meetings – couldn’t that reduce the number of hours those employees would need to inhabit those soulless office complexes five days a week?

Could some business owners be realizing at this very moment that with advances in technology and the right workforce in place, they can be just as effective working from home at least some of the time? How does a three-day office workweek sound?

Going even further, what if that same business owner realizes that not having to house so many people each day can save them money on overhead?

Instead of offices? Workstations.

Instead of company cars or rideshare programs? Telecommuting technology packages and home work stations.

There’s another benefit too. What if you could hire the best people for the job, regardless of where they live?

Less commuting, less traffic, less pollution and less of an impact on public safety – it sounds pretty good.

Government

That’s right, I’m going there.

What is the role of government during this crisis? Who is in charge? States or the federal government?

Everyone’s got an opinion – especially on Facebook, ugh, exhausting – but what most people agree on is, Americans need help. Most would agree that we need leadership and bipartisan support in order to keep as many of us from falling off the map either health-wise or financially.

And that represents, to me at least, a shift.

If the current administration continues to insist that the responsibility of caring for its citizens resides at the state level, the role of local, county and state governments will be put under a spotlight like never before.

The upcoming 2020 election and those that follow will be less about who wins the presidency and more about the people who will

be elected to help create policies that will guide us through difficult times in the future.

States with strong, effective governors and legislatures will push through this crisis faster than others. States with ineffective or corrupt leadership will suffer. That accountability has to be reflected in the results of upcoming elections.

Or, it can flip in the other direction, the election could swing toward the federal government having a bigger role in our collective well-being.

I will say it – bigger government.

Considering Americans pay more money in taxes to the federal government than to their respective states, some would argue the federal government should be taking more responsibility for the overall well-being of every American.

I believe that how this balance plays out will have a big impact on how and where Americans want leadership and responsibility to reside.

Friends and Family

In times like this, we tend to lean on the people we trust the most. Today, when those people don’t live under the same roof as us, we miss that.

Millions of Americans are taking more time to check in with friends and family all over the country and world. Millions more are suffering from isolation.

Suddenly, spending copious hours on Facebook, Twitter and Instagram is seemingly less important than an hourlong phone call with your father, mother, sister, brother, children and friends.

If you remember, that was the big criticism of the youth in our country – their inability to connect on a human level. The same argument could be applied to adults as well – we’ve lost touch.

These days you can find families playing board games, watching old movies together, having familywide Zoom meetings – laughing, learning and connecting.

We yearn for the days when we could go for a hike, have a family birthday party at the beach and invite everyone over for a barbecue.

This thing has hit us hard, and we’re making promises, commitments and changing our ways.

When this is all over, forget the meetings that could have been emails – I believe we will be more focused on text messages that can become phone calls, phone calls that can become hugs and Zoom meetings that can become precious time together.

For all the frustration, fighting and sorrow that we are all dealing with in this crisis – we will be better for this – in more ways than we can imagine.

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

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Thank you, Village News and Foundation for Senior Care

Thank you, Village News for the story on Foundation for Senior Care’s grocery service. Thank you, Foundation for Senior Care for easing the worries and concerns of our senior population. I used the service once and they are pleasant and very organized. I will use it again.

The shopping is done at Major Market by volunteers, and delivery is also volunteer-based. It is comforting to know that there are people in our community who are spending their precious time to help out.

This organization runs on donations, so please be generous. During these difficult times it is a blessing to know that there is a local organization that is responding with such a necessary service.

My delivery volunteer even gave me an Easter card. She wrote on it, “Stay safe and healthy. You are not alone.”

Barbara E. Taylor

OPINION

COVID-19 update



Supervisor Jim Desmond
5th District

While COVID-19 has brought many unknowns, let’s start with what we do know. San Diego County is under a modified shelter in place. There has been a shift over the past few weeks. When the first restrictions started coming down, we were encouraging people to go outside, but maintain a safe social distance. That’s recommendation has now changed.

We are at a crucial moment in our fight against this invisible enemy and staying at home is the best way to defeat COVID-19. Remain at home, unless it’s for essential services such as, work at essential businesses, going to the grocery store or going for a run or walk. The county is under these orders indefinitely, while the federal government has extended their deadline until at least the end of April. I know how straining it can be on families and especially businesses. We have done an excellent job of slowing down the spread and we need to continue to do so, by remaining indoors, but I’m also eager to get our economy back open. I will continue to take a long look at some of the unintended consequences these restrictions have had on businesses and hopefully reduce some of these closures in the future.

We are in this fight together, and we must all stay apart, in order to come together. Stay safe and together we will get through this time.

Care for your mental health



Assemblymember Marie Waldron
AD 75 - (R)

These times can be overwhelming. While we love our homes, being forced to stay there for extended periods causes stress, anxiety and depression. We are worried about our income, our jobs, our children’s education, our health and our future. So how do we cope with this new and very unreal lifestyle that the coronavirus has forced upon us? Remember, we are all in this together, and help is available. While we must physically isolate ourselves in order to help rein in the virus and “flatten the curve,” it is important to keep in touch with family members, friends and work associates via phone or social media. Staying connected is important and so is staying busy. Home improvement projects, reading and a good workout program help. Many of us need to learn how to deal with the very real stress we are feeling. Taking care of mental health is just as important as maintaining physical health. We should all try to limit the time spent listening to or reading the news. We need to take care of our

bodies, allow time to unwind, and reach out to others – while also maintaining social distancing of course. For more information on coping with stress, visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>. Other valuable resources are also available. They include:

- Crisis Text Line, <https://www.crisistextline.org>, or text “HOME” to 741741
- National Suicide Prevention Lifeline, <https://suicidepreventionlifeline.org> or (800) 273-8255
- National Alliance on Mental Illness Helpline, <https://www.nami.org/Find-Support/NAMI-HelpLine> or (800) 950-6264
- Substance Abuse and Mental Health Services National Helpline, <https://www.samhsa.gov/find-help/national-helpline> or (800) 622-4357
- National Domestic Violence Hotline, <https://www.thehotline.org>, (800) 799-7233 or text “LOVEIS” to 22522
- Please also visit my website at www.asm.ca.gov/75 and click on the “Coronavirus Helpful Resources Page” button for a variety of COVID-19 resources and information.

Remember, none of us is alone. Together, we will get through this, and we will all be stronger once it’s over.

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.

Virus detection and prevention

I am informed that one of the first coronavirus symptoms to show up is difficulty holding one’s breath. Each morning when I wake up, I take a deep breath and hold it for about 30 seconds. Not experiencing any difficulty or comfortability doing this exercise is confirmation that I have not contracted the virus. I don’t want anyone around me – this includes the whole town of Fallbrook – to contract the virus either, so I am humbly making the following requests: Stay home whenever possible and wear facial covering and practice social distancing when in town. Why cover your face? Here is why. When one must go out, for example, to buy something at the store, you could easily touch something that was just touched by someone with the virus. It could happen when you open a door, climb on the bus or get handed change from the cash drawer. Now, you have the virus on your fingers and could leave some viral particles on everything you touch

for the next guy. Now, nobody catches the disease by absorbing it through her skin; it can only infect if it gets in through the eyes, nose or mouth. That is why we are all told to wash our hands frequently, especially before we eat, smoke or rub our eyes. If you already are infected, wash your hands after you touch your face or blow your nose. It is far too easy to absent-mindedly touch one’s face or put something into your mouth before you realize what you just did – unless you are wearing a facial covering of some type. The best protection against contracting or transmitting the invisible virus turns out to be a barrier to your own fingers. Don’t take off the face covering until you get home, take your contaminated hands off the steering wheel and the virus-laden coins out of your pocket. Next, wash your hands. Now you can safely go ahead and eat, smoke or pick your nose.

Jeffery Jones

Re: ‘Do we permit a virus to destroy our economy?’ [Village News, Miller Letter, 04/02/20]

Boy, where do I start with this one? Ms. Miller seems to conflate her personal thought that “the majority of the people drive a better car than ‘I do’ yet have zero savings.” I wonder where she gets this idea? I truly doubt the majority of people with no savings are driving a better car than her, unless she is driving at least a 10-year-old car worth about \$2,500. Secondly, she may have a year-plus of savings, but I will bet dollars to doughnuts that she more than likely wasn’t paying an average of \$12,000 per year for health insurance for a family of four and an additional \$16,000 in copays, out-of-pocket expenses and deductibles, which is the average in U.S. for those not getting their health care through an employer. If she is so well-off and doesn’t seem to need the \$1,200 from the government that she thinks is excessive pork, then I hope she will donate that money to a local food bank. I’m sure the thousands of people who rely on the food bank to supplement their budgets aren’t driving around in luxury cars. She needs to remember that the average family income in this country is around \$55,000 per year. Not much left out of that after deducting the average in California \$2,000 per month in rent, plus health insurance premiums, copays, etc. Ms. Miller also blames the Dems for the “pork-filled” relief package – yet, Trump’s Treasury Secretary Steven Mnuchin was directly involved with the Dems in the house to structure this bill and it has his imprint all over it. From what I can tell from reading the reports on this package, there isn’t a whole lot of pork in it. The biggest “pork” went to the

1% where in Mnuchin’s infinite wisdom, he deleted the maximum \$500,000 per year deduction for depreciation, which is going to save Trump millions over the next several years, since it was one way he was able to keep his taxes near zero in the past. She also is trying to blame the coronavirus infections in California on immigrants crossing the border, yet there isn’t even one documented case of an infected person coming into the U.S. via the southern border. Then, she goes on to state that she “prays” for our country and four more years of Trump. Does she not realize that we are in the dire straits we are in precisely because of Trump and his total ignorance. Facts: He totally ignored two of his top advisers last year – and one was head of HHS – who said that what kept them awake at night was the threat of a global pandemic. Last year, he fired the head of the pandemic task force in the White House and dismantled the office completely, and he did this after No. 1 above. He has systematically, over his term in office, deleted health care for millions through his attack on the Affordable Health Care act and removed millions more from Medicaid. And, he is even now, in the midst of the biggest health crises in the history of the country, trying to get the Supreme Court to find the entire act unconstitutional, thus putting millions more Americans into the uninsured category. It’s no wonder the hospitals asked for \$150 billion to pay for the health care of the uninsured for the coronavirus outbreak. He denied the whole pandemic delete for the first three months of infections calling it a hoax from “fake news” and an attempt by Democrats to discredit him. Turns

out the real “fake news” about the virus came from Fox News, who, along with Trump, ignored and downplayed the whole issue. FOX is now being sued for their false and misleading narrative on the epidemic. It wasn’t until we had a quarter million infections and 6,500 deaths – now, as of April 6, 335,000 infections and 10,000 dead – that Trump invoked the Defense Procurement Act to force private industry to produce the PPE and respirators we so desperately need. To date, not one single respirator has been produced, even though New York, Michigan and Los Angeles are expecting to run out of respirators this week. Trump is now insisting that the National Stock Pile was not intended for the states. He stated that it is “our” stockpile. Just who does he think the “our” refers to if not the American people? Trump’s total refusal to allow the federal government to handle the procurement process for PPE and respirators has caused total chaos in the states and has led to bidding wars for these critical items. Worse yet, when the states have been able to order critical items, the Feds have stepped in to confiscate the orders and redirect them elsewhere. God only knows where. This administration has no regard for science nor the scientists who strive to protect us – from climate change to the corona virus. It is time to vote this “perfect genius” out of office. I would hope that Ms. Miller would get at least some of her news from somewhere other than FOX News, because not only is she uninformed, she is misinformed. Also, a little compassion for the less fortunate would go a long way.

J.K. Walker

Rancho Monserate needs another exit...Part II

Please read my Village News opinion piece dated March 5. I am a resident in Rancho Monserate. I have strong feelings and a will to live. I believe if there is a wildfire like the Lilac Fire in 2018 that many lives will be lost. I believe there are ways to prevent the loss of lives and animals. Here are more bullet points that I have researched in needing another entrance and exit besides Dulin Road: How many individuals on these committees have actually come to Rancho Monserate and visually looked at Dulin Road and really know the impact it will have if there is a fire in trying to evacuate vehicles? Dulin Road runs into Old Hwy 395. If there is a fire from the west and Dulin Road is used, we would encounter traffic from Lilac Road, causing a severe delay in moving the vehicles off Dulin Road onto Hwy 395, making it a prime area for disaster. Ocean Breeze Ranch will generate an estimated 3,990 daily trips. The estimated Traffic Impact Fee, which will be paid is \$2,200,235, and Ocean Breeze Ranch will also improve West Lilac Road to current public road standards and install a traffic signal

at Old Highway 395 and West Lilac Road. What are these funds being used for and how do you get an estimated 3,990 vehicles out of the park on Dulin road? Even one-third of these vehicles cannot be accommodated on Dulin Road in an emergency. There was a surveyor that did a survey on putting a road in behind the golf course of Rancho Monserate, giving the opportunity for another road. I believe Rancho Monserate would give up part of the golf course to have another entrance and exit into the park. I was also told this idea was not viable because we would be upsetting the environmental area. Is the environmental area more important than lives? The Fallbrook Community Planning Group held meetings in July 2018 and October 2019, about installing traffic calming features along Dulin Road. What type of traffic calming features? A raised crosswalk wide enough to accommodate a golf cart will allow safe crossing of Dulin Road by Rancho Monserate residents. What type of a raised crosswalk and when is this supposed to be done? The existing equestrian facility is on 375 acres and currently

has approximately 165 horses. Although the size will be reduced, a Major Use Permit will allow up to 400 horses and up to 204,433 square feet of existing and proposed structures. Eight existing barns, five houses and three manufactured homes used for employee housing, five water wells including three well houses, 34 covered and uncovered horse pens, one horse exercise area, two open area training arenas and nine horse structures will remain while 16 horse shade structures, one horse aquatic therapy pool, one equipment maintenance shop and four covered and uncovered horse pens are slated to be added. In the event of a fire, all horses will shelter in place and will be moved to large pastures with the irrigation turned on. So, this means there is no escape route for the horses, and they will be moved to a pasture with the irrigation turned on. Can you see 400 horses confined to a pasture with water turned on? We lost 50 horses in the Lilac Fire. So, Fallbrook Community Group and city of San Diego; what does it take to get another entrance to the park and Ocean Breeze? Don’t put Rancho Monserate residents, and everyone in jeopardy.

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CDBG

from page A-1

communities. The proposals were selected based on criteria which include benefit to lower-income residents, health and safety considerations, the ability to leverage block grant funds into additional revenue, and availability of alternate funding sources.

The allocations are based on 2020-2021 entitlement figures from the U.S. Department of Housing and Urban Development, which provides funding for the programs.

Based on an expected 2020-2021 allocation of \$2,458,516 for the unincorporated county, the supervisors funded 10 projects in unincorporated communities including the four in Fallbrook and seven regional projects including the revitalization committees.

The CDBG allocations also include \$700,000 for planning and administration. The county also

administers the CDBG program for six incorporated cities as well as for the unincorporated area and for regional projects.

Although the projects will likely be exempt from California Environmental Quality Act review, the federal funding makes them subject to National Environmental Protection Act review which could include a finding of no significant impact.

The Aviation Road sidewalk improvements will consist of 600 feet of sidewalk between South Mission Road and South Main Avenue. The improvements also include curbs, gutters and pedestrian ramps. The census tract’s last recorded population of 9,215 included 6,730, or 73.03%, at the low-income or moderate-income level.

Approximately 450 feet of sidewalk will be constructed between 229 West Alvarado Street and 111 West Alvarado Street. The project will also include curbs, gutters and pedestrian ramps. The

census tract’s total population of 7,905 included 5,580, or 70.59%, with low or moderate income.

Approximately 230 feet of sidewalk along with pedestrian ramps between 410 Ammunition Road and 420 Ammunition Road will complete a missing segment. The census tract figures of 7,735 total people and 6,250 at moderate income or lower equate to 80.80% having low or moderate income.

All three sidewalk projects supplement previous construction funded by CDBG revenue. The 2012 CDBG appropriations funded the construction of 1,100 feet of sidewalks along Aviation Road between Alturas Road and Wisconsin Street and 230 feet of West Alvarado Street sidewalks between Pasadena Avenue and South Mission Road.

A 2017 CDBG allocation funded Ammunition Road sidewalks between Alturas Road and South Mission Road, and general fund money was used in 2019 to eliminate 175 feet of the

Ammunition Road sidewalk gap.

The CDBG funding for the design and construction of a ramp at the Boys and Girls Club which meets ADA standards will create a new accessible entrance into the facility and increase access for individuals with disabilities. The \$190,108 includes \$3,408 for environmental review.

The three sidewalk projects and the Boys and Girls Club ramp all have an estimated completion date of June 2021.

In February 1996, the board of supervisors activated a community revitalization program for several unincorporated communities in San Diego County. The committees include regular meetings, coordination of community resources, and direct connection to county staff and resources. After the committee establishes goals, committee members work with county staff to achieve those goals based on available resources.

Community revitalization committees are currently active

in Fallbrook, Alpine, Borrego Springs, the East County backcountry, Lakeside, Ramona, Spring Valley and Valley Center. The \$10,835 CDBG allocation for the revitalization committees includes \$835 for environmental review.

A \$500,000 proposal for sidewalk improvements along the south side of East Alvarado Street was placed on the alternative list. That project would design and construct sidewalks along with pedestrian ramps meeting Americans with Disabilities Act standards for approximately 500 feet between Orange Avenue and South Brandon Road. That census tract of 14,360 people includes 9,000, or 62.67%, with low or moderate income.

A proposal for sidewalks along Reche Road was deemed not to be an eligible project.

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

SHUTDOWN

from page A-1

receptions. So we’ve moved those in later in the year and into next year. We’ve tried to move him into this year, but, we just don’t have available dates.

“So, from that standpoint, we’ve got a business with no revenue coming in at this point in time. Hopefully, May 1, if this opens back up, we’ve got a lot of brides and grooms that are anxious to see whether it’s going to open up or not and we’ll be able to go back at it.”

With 84 employees at the Grand Tradition, it is one of the largest employers in the town. McDougal said they’ve had to furlough some of them. He said he is hoping to get the payroll protection funding from the government.

“The bank gave me the option of delaying the application for a few weeks and doing it toward the tail end,” he said. “I said, I’d rather get the money in my hand now, and it could run out and not have anything.”

He said he is hoping to have that money in the next week or so.

“That will allow us to bring all of our staff back on as far as on the payroll, whether we have jobs (for them to do) or not,” he said. “We’re trying to get everybody to work 24 hours, and then we’re trying to stagger all the work shifts so that we can still maintain social distancing. All of our administrative staff, our sales department, coordinating department and marketing are all working remotely from home.

“As far as our kitchen and banquet staff and so on, we’ll bring them back on the payroll hoping that this thing kicks back in the first of the first of May.

“We’re trying to take care of all of our staff and keep them on the payroll and we’re also offering a financial program where if they need financial assistance, we’ll help them get through until they can get back on.

“A thing has been tough for a lot of the employees is they have kids and the kids are out of school, so they’ve gotta be able to be with their kids so they in some cases can’t work. And so we’re giving them the option of either coming back to work

or staying on unemployment, depending on what works the best for them,” he said.

In addition, the Veranda restaurant on the property is closed, McDougal said they aren’t set up for takeout.

And the damage extends past the venue grounds. There are possible hundreds of other people that rely on the venue to make a living. Wedding planners, coordinators, caterers, DJs, photographers and others depend on the revenue they generate for a wedding or special event on the property.

“Now you’ve got food service distributors and you’ve got the, their suppliers, you’ve got farmers that are raising produce,” McDougal said. “And so it’s not a matter of just turning the switch and everything’s going to go right back to normal. It’s going to take some time to ramp up in a number of these areas. I know in our coordinating staff that are calling and rescheduling, one of the concerns that everybody has is they’ve got to check and make sure your photographers will be available, your florist

will be available, the bakery will be available. There’s a lot of coordinating that has to be done on it.”

In addition to weddings and special events, the property also hosts groups like rotary clubs and women’s groups each week. That revenue is just gone.

In the meantime, McDougal said they have worked on a couple of projects on the property, including replacing parts of the roof.

“Fortunately, we got it done before the rain came,” he said. “That was one of those things that is very difficult for us to do during here when we’ve got events going on. We can’t do those garden projects and some specialty projects that we’re working on.”

All in all, McDougal seemed calm about the situation, although disappointed.

“It’s an unfortunate thing, whoever would’ve thought something like this in our lifetime would happen?” McDougal said. “We have to make the best of it.”

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

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Real Estate Round-Up: Shelter in place



Kim Murphy
Murphy & Murphy Southern California Realty

It’s now week four, and for better or for worse, we are all “sheltering in place.” I’m sure many of you are wondering why I would say “for better or for worse,” and here is why. Not being a scientist, I have nothing to add to the discussion of the health implications of COVID-19. I, like you, read many articles on the subject and find a diverse perspective within the medical and social sciences community.

The leaders in the U.S., and California, have adopted the “shelter in place” position, in tandem with additional recommendations, like

wearing a mask in public, social distancing and washing our hands often and for at least 20 seconds.

Sweden has adopted a “herd approach,” believing that minor exposure to the virus will help people develop their own immunity to fight off the virus. The approaches couldn’t be more different.

California’s approach has shuttered every business that is not considered essential. Real estate has been included in the “essential” business category. Despite being included as “essential,” the impact on real estate has been measurable.

At a time when real estate sales were steadily climbing, the “shutdown,” caused most things to stop and recalibrate. Fallbrook reports 51 detached homes closing escrow in January, building to 62 in February and 65 in March.

March’s number would have been higher, but it was March 19 when Gov. Gavin Newsom ordered the “shelter in place,” which had an immediate effect on many buyers who were in escrow and now found themselves furloughed.

Lenders were not going to provide a mortgage to someone whose employment was in question and began the process of reverifying employment right before funding the purchase loan. It was a very sad

time for many buyers who were hopeful to own their first home and suddenly had the rug pulled out from under them, literally days before they thought they would be moving.

So where do we go from here? What is essential and how do we unwind the “shelter in place” mandate? Real estate is finding its way. Buyers who are qualified and motivated, are still buying homes.

There are currently 75 homes in escrow in Fallbrook. Which means, sellers are still selling their homes. Despite the concerns over exposure, many sellers, either due to the necessity or the desire to sell, are taking precautions and moving forward with the process.

There is another side of the story, that is not being discussed, and it is the long-term ramifications of the many businesses that found themselves not categorized as essential.

All those people either own or rent homes and have no source of income. They went from being able to pay their bills to not being able to pay their bills. The mortgage relief package offered by most banks provides them with the ability to not pay their mortgage for up to 90 days; however, with few exceptions, the past due amount must be paid back by the end of the year.

I don’t know about you, but if I missed my mortgage payment for 90 days because I didn’t have an income, I don’t know how I would earn enough when I return to work to not only pay my regular bills but also pay an additional amount to cover the past due months.

A possible result might be an increase in notice of defaults and ultimately foreclosure, which would not be good for the real estate market.

In 2008, when defaults were rampant, Fallbrook homes lost over 60% of their value, on average. That means everyone who owns a home, will be impacted if we don’t get people back to work.

Ask yourself, is it essential for someone to be able to support their family? I think the simple answer is yes. If social distancing and masks are a necessity, then allow businesses to reopen with those guidelines in place.

Fallbrook has already lost two restaurants and three retail stores. That loss may not matter to you, but trust me, it matters to those owners and the people employed in those places.

Restaurants could limit their customers, make sure their employees all wear masks and gloves, disinfect every surface after

each use. Small-business owners would be thrilled to have 10 people in their store at the same time.

Having more than one client in their store at a time was a very good day for the independent store owner. They could mandate the social distancing rule, the wearing of masks and provide gloves for their clients.

These types of guidelines are specific. Restaurant owners and independent store owners would be thrilled to have the opportunity to uphold these types of guidelines, if it meant reopening and getting their employees back to work.

If a person were in a high-risk category or have personal concerns over exposure, then they could continue to “shelter in place” until they are comfortable with the exposure levels.

But for the people I mentioned above, their high-risk is losing everything, with the possibility that they may never recover from that loss. Just my thoughts. Have a great week.

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

MISSIONARY, page A-6

The government is still finalizing plans, but she knows it will be an impact because the country is just not prepared.

“I look around and see a lot of people with sniffles,” she said. “I don’t know for sure it’s the virus, but I know it takes weeks before it’s really evident. When it comes, it

could be like an avalanche.”

The doctor said the problem is, “The medical supply chain is desperate, and testing for coronavirus is unreliable. The two main cities in the country have 20,000 tests available.”

“There’s just nowhere on the continent to buy the masks,” she added, saying there were 600 employees in her hospital, and they are down to 1,000 masks.

“We’re looking at preventative strategies, including re-use of masks,” she said.

She recently completed a draft plan with the Disaster Preparedness Committee at the hospital.

There was hope the virus would not find its way into Malawi, and through March there were no reported cases of the virus. However, Miller explained that was because no one had tested positive. The figure rose to three cases April 3, and she said there are 5,000 suspected cases now in the first week of April.

“It’s here,” she said. “There’s been no mortalities, but we have our first high-risk case and it won’t be long before it’s really here. There’s no way to contain it.

“We pray to be wise and as prepared as possible, but the projection is pretty bleak,” she said.

On the positive side, she said her team at the hospital is excellent, giving the example of them placing 15 hand-washing stations throughout the hospital in one day.

“We cling to small victories,” she said.

Her husband Greg Miller is a third-generation pastor and teaches Christian theology at Nazarene Theological College of Central Africa. Mawali is a country where 85% of people identify as Christian, but few have actually heard the gospel message. He focuses on teaching understanding and discernment to pastors. His goal is to train future church leaders in how to understand Scripture and think outside of cultural biases. He also developed a program for local pastors who have other jobs to become ordained.

“He’s making great inroads,” his wife said. “Pastors here are like chiefs and pretty much do what they want. Despite warnings about the coronavirus, some are holding church services. But some are listening because we’ve partnered with them.”

There is a severe shortage of doctors in the country – 1 doctor for 50,000 patients in a country of 24 million people. The doctors continually see one patient after another. Christina Miller said she has seen her share of patients, but with her training, she also holds an administrative position and primarily works on writing procedures and protocol, providing resources and is now preparing for the pandemic.

Miller said she became interested in medicine after helping with

in-home care for her disabled grandmother on weekends – and found it to be very rewarding.

“It was something I liked and was good at it,” she said.

She and her family attended Riverview Evangelical Free Church, where many have gone on to be church workers and missionaries.

“The church did health care trips to Mexico and by the time I was 18, I had made a half dozen or more trips – and loved it,” Miller said.

An honors student, after high school she went to Point Loma Nazarene University to study nursing, but a Fallbrook surgeon who attended Riverview suggested she become a doctor.

“He said I might tire of taking orders from doctors,” she said, so she switched her major to pre-med.

After graduation, she took a semester off for a missions’ trip to Indonesia, which solidified her desire to become a missionary.

After college, she graduated from University of California Los Angeles Medical School, then completed her residency at the Loma Linda Medical Center. She later earned a master’s degree in preventive medicine and public health, which was good training for her current position in Malawi.

While at Loma Linda, she and her husband were involved in setting up soup kitchens and medical clinics for the needy. Greg Miller worked for a church and taught Bible classes.

A mission trip in 2016 to Papua New Guinea further strengthened Christina Miller’s desire to become a missionary doctor. They discovered the World Medical Missions program by Samaritan’s Purse would assign them a hospital to work at, teach the language and provide for their needs in a third-world country for two years. After that, they needed to raise their own support, which they were able to accomplish in 2019.

They began serving in Malawi in January 2017 at Nkhoma Hospital, a 220-bed facility founded in 1915. The hospital provides primary health care to a population of 60,000 and referral care to approximately 450,000. Nkhoma Is a one-hour drive from Lilongwe, the capital of Malawi.

Nkhoma has been their home, except for seven months of fundraising in 2019.

“We have finances through the end of the year, when God-willing, we will return to the U.S.,” Miller said.

It sounds like a worrisome comment, but Miller said she wanted her mother to “please, please not worry.” Her faith in Jesus is strong, and she believes she will be protected, she said.

The Millers can be contacted by email at Miller.GnC@gmail.com. They also have a blog at www.MalawiMillers.com for regular updates and information about how to join in advancing God’s kingdom in Malawi.

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FUESD from page A-1

leaders from the Fallbrook High School and Vallecitos districts, the Boys and Girls Club, and other local agencies and private schools to share knowledge and resources, but more importantly, develop a united response to protect and serve this community.”

The board said Singh and FUESD leadership have made a conscious decision to continue to pay district staff as well as substitute teachers and business partners while schools remain shuttered.

“Dr. Singh believes it is imperative to not only support the students and staff of FUESD, but also the local economy,” the board said.

FUESD, which has moved its classes to an online-only format, is also providing technology to students and teachers and handing out meals to local families with children under the age of 18, regardless of enrollment.

“We are grateful for the strength, dedication and action of Dr. Singh and her team to prevent, protect and prepare our community during this unprecedented time,” board members said. “Dr. Singh and her team truly care for this community.

We see this in action every day through her sound decision making and her personal and consistent communication, which has brought a sense of calm and reassurance to our families and staff. That is why we find it our responsibility to those who elected us to share with you the action and leadership we have witnessed during these uncertain times.”

FUESD spokesman Seth Trench also highlighted some things the district has accomplished during the pandemic crisis.

The district has distributed more than 2,600 Chromebooks and 175 iPads to students and their families,

Trench said.

Child Nutrition workers have given out more than 42,000 meals to local families with children under the age of 18.

Teachers have been holding daily video meetings, creating interactive learning opportunities and even calling students personally while physical campuses have been shut down.

The district has worked to provide updated information for students and parents on its website, which has had more than 52,000 page views in the last 30 days, Trench said on April 10. The district’s counseling team also has developed an online resource hub to assist with students’ social and emotional health while schools remain closed.

“FUESD schools have been taking every opportunity to connect with their students,” Trench said. “William H. Frazier has started digital reading time; San Onofre School has had “social distancing” parades, and local Marines support food distribution at Mary Fay Pendleton.”

Trench also said FUESD nurses in particular are continuing to support the community with things like medical assistance, resources and education.

“One of our registered nurses, Kitty McNeil, has been sewing masks at home for district employees supporting the community,” Trench said.

The governing board in its letter encouraged anyone who wishes to learn more about the programs and services FUESD is offering to the public to visit FUESD.org/coronavirus.

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

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4024 CREST HEIGHTS, FALLBROOK

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

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

Pride of Ownership



629 ROSVALL DRIVE, FALLBROOK

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

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

Immaculate Setting



422 CRESTCOURT LANE, FALLBROOK

Welcome home! Highly upgraded with pecky-alder cabinetry and granite countertops. Warm wood, accented by stone, is featured in the wall of built-ins in the great-room. Knotty pine trey-ceilings in dining room and master bedroom. The flowing floorplan centers around the cook's kitchen, great room and formal dining room. Kitchen boasts custom full backsplash, LG dbl ovens, Fr. door refrigerator, glass front cabinets, multi-level breakfast bar, 5 burner cooktop, customized center island. Master and the additional bedrooms reside in separate wings of the home.

Seller will entertain offers between \$715,000 & \$785,000

Country Cutie



955 BUENA CAPRI, FALLBROOK

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

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

Multi Generational Luxury



3657 LA CANADA, FALLBROOK

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

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



3135 CANONITA DR, FALLBROOK

Private 4BD, 2.5BA 2,812 sf ranch style home on 1.82 acres in Gird Valley has everything you move to Fallbrook for. Style, Space, Quality Construction, Privacy, and Views. Spacious open floor plan with freshly remodeled kitchen, hardwood floors, big windows that provide natural light and sit-down views from virtually every room. Enjoy the freedom of an extra wide and deep 2 car garage.

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



1058 RIDGE HEIGHTS DR, FALLBROOK

Premier single story home in Luxury gated community. "East Ridge" is known as the premier 55 and over senior estate development. Perfect place for anyone looking to downsize. Very convenient floor plan with plenty of privacy for owners and their guests. Plush carpet in the bedrooms and tile floors in the high traffic areas of the home. Enjoy beautiful views.

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



3495 VIA ZARA CT, FALLBROOK

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



3680 HARMONY HILL, FALLBROOK

Seller will entertain offers between \$850,000 & \$925,000
SOLD FOR \$915,000



418 N. NEVADA ST, OCEANSIDE

Seller will entertain offers between \$795,000 & \$895,000
SOLD FOR \$855,000



3742 FOXGLOVE LANE, FALLBROOK

Seller will entertain offers between \$795,000 & \$875,000
SOLD FOR \$820,000



2082 FUERTE, FALLBROOK

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



30652 ROADRUNNER RIDGE, VALLEY CENTER

Seller will entertain offers between \$625,000 & \$700,000
SOLD FOR \$655,000



198 BRYCE LANE, FALLBROOK

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



199 N. MERCEDES, FALLBROOK

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

These are times of great opportunity.

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

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COVID-19

RESOURCE LIST

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



Assemblywoman
District 75
Marie Waldron



Fallbrook Regional
HEALTH DISTRICT

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

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HEALTH

Palomar’s nursing, dental programs donate PPE to local hospitals



Palomar College adjunct faculty members Charity Tang, left, and Tami Heaston pick up some of the protective gear the college donated to Kaiser and Temecula Valley hospitals.

SANMARCOS – Surgical masks, eye shields, disposable gloves: For decades, items like these have been staples in hospitals and classrooms alike, barriers to infection and cross-contamination. But as COVID-19 spread around the country, filling emergency rooms and forcing medical classrooms like Palomar College’s to move to remote learning for the semester, faculty took action. It became apparent that one-way Palomar College could help in the current crisis was to donate

its supplies of personal protective equipment, while the hands-on lab portions of the nursing curriculum are on temporary hold. “In the nursing department, we have adjunct faculty who work at Kaiser and Temecula Valley Hospitals. Knowing how important this equipment is, they made a desperate plea because they don’t have what they need to keep themselves protected,” Julie Van Houten, chair of the nursing department at Palomar College, said. “I knew we had stuff in the lab that wasn’t being used because we had to close our clinical sites. So, I asked if we could donate it, and the administration said yes.” The two adjunct faculty who arrived at Palomar College Monday, March 23, to pick up the supplies were Charity Tang and Tami Heaston. “Both of these nurses were my students at one point, and now they’re back at Palomar, teaching. They came and picked up masks, gowns, gloves, and also some hand sanitizer and eye shields,” Van Houten said. “They were in tears when they were thanking me. The masks, they’re just so important.” A week later, March 30, the Dental Assisting program at Palomar donated its supplies of PPE to Tri-City Medical Center after the college received a request from Aaron Byzak, the hospital’s chief external affairs officer, who also serves on the board of the Palomar College Foundation. “Tri-City is such a major community partner, and they employ many of our students after graduation,” Stacy Rungaitis, the foundation’s executive director, said. “It’s so rewarding to be able to help our community in this way during such a unique time, and we are grateful for the opportunity to support our front-line medical workers at Tri-City Medical Center.” Jack Kahn, superintendent and president of Palomar College, said the donations illustrate Palomar College’s close connections with many key hospitals and health care providers in the region. “We are honored to be able to help the staff at these hospitals who are working so hard to keep up with the threat of COVID-19,” Kahn said. “We wish the doctors and nurses – and especially our alumni working in health care – all the best as they tackle this crisis.” Submitted by Palomar College.

Life without touch: Reflections by one who touches



Laurel Lozzi
Special to Village News

As the world rapidly changes, time slows down. When everything feels so wrong, the birds sing to us of all that is right in the world. Headlines remind us of the many who have died, while the new buds on the trees remind us of renewal. A call from a longtime friend or distant relative reminds us of what’s important in life, while we no longer hug those close. We creatively adjust to life’s new protocols, while we pause our planning in the face of uncertainty. Our call to gratitude is just as loud as our cries of grief.

In all of this paradox and collective change, many people are left without jobs or overwhelmed with new immediate work and, for some, not much has changed at all. Yet we are all touched. Touched by fear, touched by devastation, touched by beauty, touched by humanity and touched by change. Hopefully, all leading us closer to what matters most. I dare say, what matters most is connection – to ourselves, each other and something greater than us. We are now given the opportunity to creatively find connection without touch. I passed by two horses softly standing next to each other, affectionately leaning in toward one another. Not touching bodies. Not grazing, nor walking – simply standing close with presence. It looked like they were hugging, if horses could do such a thing. I was struck by this image as an example of what’s possible in our current times. We are no longer physically touching, yet there is a rare opportunity in what was our fast-moving-world to pause and become ever more present in the moment. To feel the space between us, to find a more subtle way of knowing we are connected. This is a vulnerable act – to simply be with someone else, to feel and be

felt. No distraction, no words, no touch to soothe or distract. As our lives pause and the knits and purls of life get tighter, so too, do our relationships. There is no eating out or going out or being out. For many, no more hugs or signs of physical affection. Even if we live with others, we are all more alone as touch takes pause. With resilience and creativity, we now dress up and have date night in our living rooms. We ask our friends for suggestions on how they may home school their children. We learn how our boundaries may be different from those we live with. We buy groceries for our ailing friends. We send prayers to those who are dying alone. We drop off groceries to the local food pantry. We call a friend just to hear another’s voice. We dance with each other through our computer screens. And we grieve what we’ve lost – our community meeting houses and churches, our weekly workouts, our incomes, our routines, our schedules, our alone time – or together time, our acquaintances and our semblance of certainty. Everything has moved into virtual space – work, classes, gatherings, meetings, even bodywork sessions and partner dances. It speaks to our creativity and our adaptability, yet what is lost, is lost. That closeness between those two horses, the thing that happens when we put our bodies close, in the same place near each other: that cannot be replaced by screens. And thus, we grieve. We go outside and we find that subtle intimacy yet again. In the fragrance of blooming jasmine, in the light moving across the hillside as the clouds pass overhead, in the familiar ra-tat-tat of the neighborhood woodpecker, in the rain lightly kissing our cheeks. I recently learned a poem by Wendell Berry that resonates for these uncertain times about the dark. “To go in the dark with a light is to know the light, To know dark, go dark, go without sight, And you’ll find that the dark, too, blooms and sings, And is traveled by dark feet and dark wings.” May we all find ground in this new time and wings to carry us when our feet tire.

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– Tony Teets, Fallbrook, Educator/Coach

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Top antiviral benefits of elderberry

BONITA SPRINGS, Fla. – Natural antiviral substances have been used for centuries to fight common infections, but interest has grown around elderberries, a purple berry long used for its cold and flu-reducing properties. Researchers believe elderberry’s antiviral properties may be valuable in the widespread prevention and treatment of influenza and other viral illnesses.

Elderberries, small, dark purple berries grown on the Sambucus tree, are well known for their cold and flu-fighting properties. Used medicinally for centuries to reduce cold symptoms and other ailments, researchers believe elderberry may be one of the best natural antiviral substances and could be used to effectively treat the common cold and influenza A and B.

Broad-based antiviral therapies like elderberry supplementation block key viral proteins from entering host cells. Additionally, elderberry extract is also antimicrobial and works to fight bacterial infections, like pneumonia, that often develop as complications of the flu.

Elderberry is used for viral infection protection.

The common cold and flu account for more than 20 million doctor

visits a year, causing numerous missed school and workdays. While conventional remedies address temporary symptom relief, researchers believe that elderberry extract could be used to effectively shorten the duration of colds and cases of flu.

Elderberry boasts immune-activating benefits. Elderberry juice encourages the production of cytokines, a protein that works to regulate immunity and inflammation. In one study, elderberry’s potent immune-boosting properties were shown to be effective against 10 unique strains of the influenza virus.

Elderberry extract is a powerful antimicrobial. Elderberry juice is high in anthocyanins, a type of flavonoid that has both antimicrobial and antiviral properties. Many patients with severe influenza A or B are susceptible to bacterial infections like pneumonia, with pneumonia rates as high as 65.7% among hospitalized influenza patients.

Due to its potent antimicrobial properties, elderberry supplementation is a powerful natural compound in the prevention of both influenza and subsequent bacterial infections.

Elderberry syrup has potent antioxidant ability. Elderberries are

high in phenolic compounds, a type of micronutrient found in berries and cacao. These compounds are responsible for the deep red or purple color of elderberries and are bioactive, which means they enhance the antioxidant status of healthy individuals.

Additionally, anthocyanins found in elderberries have been proven to inhibit inflammatory biomarkers and promote health and disease prevention against multiple viral and bacterial infections.

Elderberry treats upper respiratory symptoms.

Many researchers believe that there is a strong potential for misuse of antibiotics during cold and flu season, especially in Western countries. Elderberry is an alternative natural compound proven to effectively reduce cold and flu symptoms such as upper respiratory symptoms and maybe a safer alternative to prescription medications often used to treat these symptoms.

Other benefits of elderberry extract include its high vitamins A, C and E content, high levels of potassium and its anti-inflammatory and antiseptic properties. For these reasons and its potent antiviral capacity, elderberry extract can

be a useful natural compound to supplement with during cold and flu season.

Safety profile of elderberry products

While most elderberry products are safe to consume, researchers have found that consuming raw elderberries or the leaves or bark of the Sambucus plant can cause adverse gastrointestinal effects such as nausea, vomiting, abdominal cramps and diarrhea. For these reasons, it’s best to avoid ingesting any raw elderberries.

Due to a lack of sufficient trials, most health care personnel don’t recommend the use of elderberry during pregnancy or while breastfeeding. Additionally, although a few studies have evaluated the efficacy of elderberry extract and it has been used effectively to treat influenza in children, there isn’t much research on elderberry’s safety profile for children.

While there are many elderberry products marketed to children, it’s best to speak with a holistic health care provider before use. Otherwise, elderberry syrups, lozenges and teas have a very high safety profile and are considered safe for home use.

How to use elderberry at home

Due to the potent antiviral

and antimicrobial capabilities of elderberry extract, many people add elderberry syrups or teas to their daily routine, especially during the winter months or peak flu season.

Organic, child-safe elderberry syrups and lozenges can be found in most health food stores, and elderberry tea can be made at home by boiling dried elderberries with water and ginger and stirring in a small amount of sweetener like honey or stevia.

For additional research on the antiviral benefits of elderberry supplementation, visit the <https://www.GreenMedInfo.com> elderberry research database.

The GMI Research Group is dedicated to investigating the most important health and environmental issues of the day. Special emphasis will be placed on environmental health. Their focused and deep research explores the many ways in which the present condition of the human body directly reflects the true state of the ambient environment.

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Submitted by GreenMedInfo.

Kicking It: Telecommuting and staying mentally healthy

Elizabeth Youngman Westphal
Special to Village News

You’ve heard the old saying that something good can come from something bad. Right?

I found mine. Telecommunicating with my doctor. Luckily for me, it wasn’t for COVID-19.

Actually, I scorched my wrist while pan frying sliced potatoes. It was just a small spot on my right wrist. I didn’t even notice it at the time.

Except a few days later, it went from a hardly noticeable spot to a roaring infection the size of a silver dollar.

As you may have discovered, the doctor’s offices are closed. Therefore, I got to chat with my

general practitioner over the computer. Which means for the first time in days, I put on a decent shirt and a touch of makeup.

My doctor looked at the burn through the computer’s camera and prescribed an antibiotic which I picked up an hour later at the drive-up window. Easy peasy.

So, are you still waiting for the good news? Here it is. I didn’t have to weigh in. Maybe we could start doing our annual physicals over the phone? OK, I’m joking. Kind of.

Exercising is like old age. You can’t be a namby-pamby about it. Last week, I pulled my shoulder doing pushups, so I gave myself permission to play bridge online instead of working out. At least that is something I am doing every day.

Playing bridge, not working out.

The orioles are back announcing spring. Two nesting pairs return annually to the oak trees in front of the kitchen window. They love sugar water, making the hummingbirds wait their turn.

The most exciting backyard happening is our new tenant. A Western blue bird is building a home in our bird hotel. I watch her as she wings across the neighborhood collecting bits of straw for her new home. There will be babies.

My wee victory garden is another spring ritual. I’ve had to start this year’s herb garden from seeds since larger plants were not available. So far, the lettuce, basil, oregano, parsley, dill and sage appear to be peeking through the soil. I’ll tell you

the secret for drying herbs another time.

Meanwhile, the tomatoes have caught root along with the mini zucchini mounds. It appears the rain has been just what they needed.

Cloudy, rainy days are my favorite. And warm coastal fog sends me over the moon. It inspires me to cook. But, not crazy cooking.

We’ve stayed on track and continue eating sensibly. We are down to two meals a day. I seem to be staying trim. Still using popcorn as my go to snack or half an apple with peanut butter.

I enjoy a very late breakfast after a speedy metabolic workout. I’ll hit 15 or more squats, a dozen jumping jacks throughout the morning and even a plank now and again now

since my shoulder feels better.

When I don’t do the regular stuff, I practice balance. It’s just standing up barefoot and raising one foot. Balance is ever so important for grownups. Yoga tree posing is not required; that’s just showing off, which is OK when in a room with others.

For now, just stand and lift one foot off the ground and breathe. Track your time for improvement.

That’s all for now. Keep a happy thought. Read. Watch movies. Write to a friend. Or if you are really bored, write to me using this email.

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

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County budget moved back, capital projects to be suspended

Joe Naiman
Village News Reporter

San Diego County’s 2020-2021 budget hearings will not be in June as has been the case in past years and capital projects will be suspended.

The announcement by Helen Robbins-Meyer, chief administrative officer of San Diego County, was made during the March 24 San Diego County Board of Supervisors meeting as part of update on the coronavirus epidemic. Robbins-Meyer cited the cost of containing the coronavirus outbreak in conjunction with lost revenues for the decision.

“We will suspend all of our capital projects,” Robbins-Meyer said. “Things that seemed essential a month ago will not be considered essential going forward.”

The county is spending approximately \$10 million each month to control the coronavirus outbreak. That does not include lost revenue from fees and other payments the county is waiving or deferring.

Robbins-Meyer also noted that some federal or state funding may be diverted and the county cannot be assured of those normal sources of revenue, and an economic downturn which reduces income tax revenue could also lead to reduced federal or state funding to local governments.

The economic downturn from the quarantine has also adversely affected publicly traded stocks, and since the county’s pension fund investment portfolio includes stocks that is also a potentially significant revenue loss which will require the county to make additional contributions to meet pension obligations.

The April 7 board of supervisors meeting included the allocation of Community Development Block Grant funding provided by the U.S. Department of Housing and Urban Development. The county administers the program for six incorporated cities as well as for the unincorporated area and for regional projects, so some of the CDBG projects in the plan are for those cities.

The approved projects in the unincorporated county included supplemental funding for previously-approved projects including three Fallbrook sidewalk projects and funding for two nonprofit organizations including the Boys and Girls Club of North County but no new county capital projects.


The county will be operating under its fiscal year 2019-2020 budget until the 2020-2021 budget is adopted. Robbins-Meyer currently expects the budget hearings to take place in July.

The March 24 meeting was slated to include the Capital Improvement Needs Assessment plan, which does not approve

funding for projects on the list but directs the chief administrative officer to determine funding sources. That item was withdrawn.

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

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




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

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

HENRY N. PORTNER, JD, LLM

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FUHSD uses bus stops to deliver lunches



Fallbrook school bus driver Danny Godoy helps bag lunch meals for students at a U.S. Marine Corps Base Camp Pendleton bus stop. Village News/Shane Gibson photos



Jupiter Bentley, 3, waits to receive her lunch provided by Fallbrook Union High School District at a U.S. Marine Corps Base Camp Pendleton school bus stop.



Fallbrook school bus driver Nancy Calderon helps deliver school lunch meals during one of the daily routes to students who live on U.S. Marine Corps Base Camp Pendleton while all schools are closed due to the COVID-19 pandemic.



Students who live on U.S. Marine Corps Base Camp Pendleton receive their school lunches delivered by school bus drivers and provided by the Fallbrook Union High School District.



School bus driver Nancy Calderon helps bag lunch items for students at U.S. Marine Corps Base Camp Pendleton.



School lunch meals include a steady supply of chocolate milk as Fallbrook school bus drivers deliver meals along their route on U.S. Marine Corps Base Camp Pendleton.



Students wait in line with their families at a U.S. Marine Corps Base Camp Pendleton school bus stop for their lunch meals provided by Fallbrook Union High School District.



Dr. Narciso Iglesias, principal of Fallbrook High School, rides along and assists in the U.S. Marine Corps Base Camp Pendleton school bus meal delivery to students.



Children wait at a U.S. Marine Corps Base Camp Pendleton school bus stop with their families as the bus arrives to deliver lunch meals.

HOME & GARDEN AND REAL ESTATE

Earth Day is a 50-year-old celebration

Roger Boddaert
Special to Village News

Earth Day is an annual event held around the world, April 22, to demonstrate the need for environmental protection and is celebrated by over 1 billion people globally.

First celebrated in 1970, it now includes events coordinated by Earth Day networks in more than 193 countries and is 50 years young this year.

Man has dwelt on this planet for a long time. Spring has been the season for rebirth, with the singing of birds to rejoice in regrowth.

Now in many parts of the world, spring is strangely silent, for many of the birds are forever gone.

As the world turns, man has tried to harness the land by using a swath of chemicals that poisons not only the insects against which they are directed but also, in turn, affects the birds, the fish

in the rivers, the earth which supplies our food and, inevitably humankind.

In the sixties, I bought a book titled "Silent Spring" by Rachel Carson who described what was going on around the world on a grand scale. She collected data and translated it so that any layman could understand the fragileness of the "balance of nature."

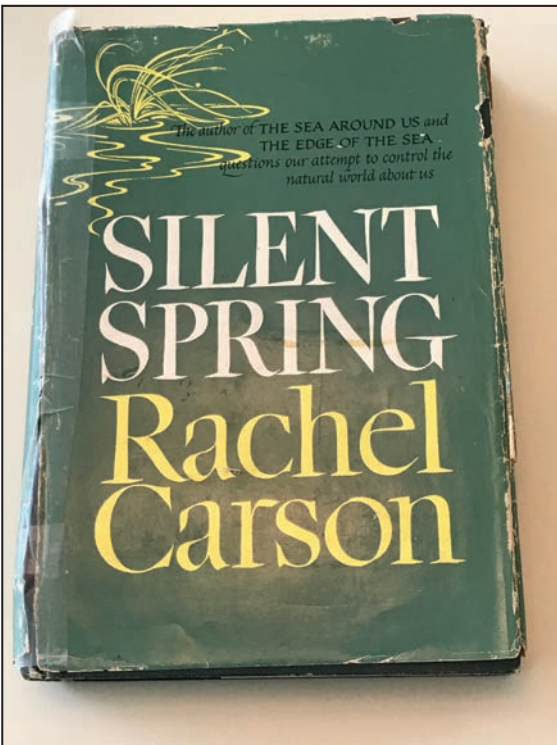
She pointed out how careful people must be with the great powers now at their command to not disturb this delicate balance. It became life-altering to a new generation on the brink of wanting to make a change for the earth, and it became massive in its scope.

This era was when the flower children of the 60s grew into a movement and were one of the dynamics in how Earth Day was born.

While humans have been progressively poisoning our environment, many types



Rivers flow in different seasons around the globe



This book changed lives in the 60s.

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of insects, including flies and mosquitoes, have been breeding superior races composed of individuals immune to chemical attack.

But there is a positive side to the picture. People are learning more and more about nonchemical controls that, in the long run, will be both safer and more effective than the deadly chemicals which are still poisoning the earth, for there is a lot of work to be done.

Look how the word "organic" is more in use now and how the grocery stores have dedicated sections in the produce department labeled "organic" and "locally grown" to lessen the number of miles food has to travel before it arrives at the market.

I remember planting my first garden as a child with my mother back in Los Angeles.

We planted potatoes, beets and carrots, which is what she grew up with planting on the family farm. Those are called root crops, and they were stored in earthen root-cellars, which were like an outdoor cooler, in Norrland, Sweden.

Perhaps the silver lining of the current global pandemic will make everyone think about

Mother Earth. Maybe a reflection of what people have done teaches them that nature is more durable than all humans put together.

I wish that this particular time spent at home with family has brought about new connections, new appreciation and new re-knitting of family values for people who are one big family living on earth.

An Earth Fair for 2020 was planned for April in Balboa Park in San Diego but canceled due to the closure of the park with the current conditions. I have talked with the organizers who have rescheduled this celebration for Sept. 13, so I hope the community will join me in my tree walk in the park at that time.

In the past 50 years since Earth Day began, grassroots groups have been doing beautiful things about the world. Let's not look back in the rearview mirror and ask why people didn't do more. For what happens to the Earth, happens to everyone on it.

Roger Boddaert is an ornamental landscape horticulturist, aka "The Tree Man of Fallbrook" and can be reached at (760) 728-4297 to answer any garden questions.

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Winter gardens are still producing



Chuck and Mary Jo Bacik pick purple cabbage from their backyard garden, their own farmers market.

Mary Jo Bacik
Special to Village News

April is the ideal time to plant a summer garden in Fallbrook, but many gardeners are finding that after the beautiful March rains, they are still busy harvesting vegetables from their winter garden.

With a year-round opportunity to plant and harvest, it is hard to keep up with the bounty, and I always find myself playing catch-up at the end of each season, trying to make space for new plants.

As the weather heats up this month, many of the vegetables

that are referred to as “winter” or cool season crops, will start to bolt. Bolting is another way of saying that a vegetable plant has started to flower. It happens in spring when cool-season crops respond to the warmer temperatures and longer days.

Crops that are already bolting in my garden include arugula, dill, cilantro and some lettuces. I can tell that the cabbage, Swiss chard and broccoli are not far behind.

When a vegetable or herb bolts, it is now spending more of its energy growing the flowers and seeds than the leaves or edibles that we enjoy, leaving us with



Sugar snap peas



Artichoke



Red Swiss chard

plants that are bitter, tough or peppery.

Not surprising that the Italians refer to arugula as “rocket,” I imagine that’s because it becomes more peppery as the season heats up.

Mulching or added water can help slow down the process, but as the temperatures reach 70 and the days lengthen the plants know it’s time to start producing seeds. My solution – eat up.

The sugar snap peas are still producing in abundance and the cabbages, planted originally for a St. Patrick’s Day harvest, can now be offered to friends for

coleslaw, Chinese chicken salad or to enhance a fish taco.

The artichokes are also at their peak, producing more edibles daily. And during this time of self-isolation and minimal trips to the market, it is nice to be able to share the abundance with neighbors.

There is still time to plant some summer veggies from seed, but many of our garden supply stores and herb markets have veggies starts for sale.

Starting with small plants can save you a month or more of time waiting for harvest and guarantee 100% sprouting, but varieties are more limited.

When shopping for plants, be safe and keep your distance from others, or offer to split a 6-pack with a friend to minimize the number of shoppers out and about.

Ideal summer plants include watermelon, cantaloupe, honeydew, all the zucchinis and squashes, beans, every variety of peppers, corn and of course, tomatoes and basil.

With extra hours spent at home, ideal weather and a desire to spend more time outside away from TV news, I can’t think of a better way to spend my day then planting next season’s garden.

NFPA urges added caution for home fire safety during COVID-19 pandemic

QUINCY, Mass. – As the public largely remains at home in response to COVID-19, the National Fire Protection Association urges added caution for home fire safety in the days and weeks ahead.

According to NFPA, cooking, heating, and electrical equipment are among the leading causes of home fires year-round.

“We already see the majority of fires happening in homes,” Lorraine Carli, vice president of Outreach and Advocacy at NFPA, said. “As people spend much more time at home and engage in activities that significantly contribute to the home fire problem, it’s critical that they recognize where potential hazards exist and what they can do to prevent fires.”

Cooking is the leading cause of

home fires and is responsible for nearly half, or 49%, of all reported home fires involving cooking equipment. Moreover, unattended cooking is the leading cause of home cooking fires, meaning that home cooking fires occur most often when people aren’t keeping a close eye on what they’re cooking.

“As many households are now dealing with unusual routines and out-of-the-ordinary circumstances, such as kids home from school and parents working from home, there’s greater potential for distracted cooking,” Carli said.

NFPA statistics show that heating equipment is the second-leading cause of home fires, resulting in an average of 52,050 home fires each year. Electrical distribution or

lighting equipment is involved in an annual average of 35,100 home fires.

“For much of the country, heating systems are still in use and in many cases, for more hours than usual,” Carli said. “In addition, with everyone at home, people may be using the same outlets to charge phones, laptops and other digital equipment, which also presents a fire hazard.”

With these concerns in mind, NFPA reminds the public to use best practices for staying fire-safe during the COVID-19 pandemic and beyond:

- Cooking**
 - Stay in the kitchen while frying, boiling, grilling or broiling food. If the cook leaves the kitchen for even a short period of time, turn off the stove.
 - When simmering, baking or roasting food, check it regularly, remain in the home while food is cooking, and use a timer as a reminder that food is cooking.
 - Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from the stovetop.
 - Make sure all handles are turned inward, away from where someone can grab a hot handle or tip a pan over.
 - Be on alert. If a person is sleepy or has consumed alcohol, refrain from using the stove or stovetop.
- If there are young children in the home, create a “child-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Heating**
 - Keep anything that can burn at least 3-feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater.
 - Have a 3-foot “child-free zone” around open fires and space heaters.
 - Never use your oven to heat a home.
 - Remember to turn portable heaters off when leaving the room or going to bed.
 - Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
 - Install and maintain carbon monoxide alarms to avoid the risk of CO poisoning. If someone smells gas in the gas heater, do not light the appliance. Leave the home immediately and call the local fire department or gas company.
- Electrical**
 - When charging smartphones and other digital devices, only use the charging cord that came with the device.
 - Do not charge a device under a

- pillow, on a bed or on a couch.
 - Only use one heat-producing appliance, such as a coffee maker, toaster, space heater, etc. plugged into a receptacle outlet at a time.
 - Major appliances, such as refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc., should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
 - Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use.
 - Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.
- In addition, smoke alarms should be located on every level of the home, in each bedroom and near all sleeping areas. Test them monthly to make sure they’re working. NFPA also strongly encourages households to develop and practice a home escape plan to ensure that everyone knows what to do in a fire and can escape quickly and safely.
- For a wealth of NFPA resources and information on home fire safety, visit <https://www.nfpa.org/Public-Education>.
- Submitted by National Fire Protection Association.*

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Let us talk about the real estate market



Pam Moss
Special to Village News

Inventory is still historically

low. Yes, demand has slowed due to market uncertainty. If you are waiting thinking you are going to get a discounted deal, think again. Market time is well below historical lows. New average market time is now 90 days versus 46 days. We have now approached what is called a balanced market. I.e., neither a seller or buyer advantage. A balanced market is expected marketing time versus actual market time which is now between 90 to 120 days. Our inventory is still historically low and demand is still there but a bit delayed due to this pandemic. It will rise again as uncertainties recede, and the market returns to the strong demand evident in all numbers from 2019 and 2020.

The inventory has dropped 47% from the high this year. Many have withdrawn to wait out the shelter in place order. Why? Mortgage rates are still historically low – let’s look at the numbers: \$500,000 at 3.5% interest rate means the payment is \$2,245 versus \$2,997 at 6% which was considered low historically. The low rate environment boosts affordability, hence more buyers. Where do we go now? COVID-19 will limit new supply and damper demand – hence the movement to a balanced market. There is a tug of war between buyers’ thinking and the market realities. Most sellers are not over encumbered and not stressed. Our market is still projected to

	Current Actives 4/2/2020	Active Inventory 4/4/2019	Year Over Year
Los Angeles County	8,534	12,875	-34%
Orange County	4,183	6,876	-39%
Riverside County	6,813	9,245	-26%
San Bernardino County	4,525	5,732	-21%
San Diego County	5,018	6,751	-26%
SOCAL TOTALS	29,073	41,479	-30%

San Diego Housing Demand

2020 Census makes operational adjustments due to COVID-19

WASHINGTON – The 2020 Census is underway and more households across America are responding every day. Over 70 million households have responded to date, representing over 48% of all households in America. In light of the COVID-19 outbreak, the U.S. Census bureau is adjusting 2020 Census operations in order to:

- Protect the health and safety of the American public and census bureau employees.
- Implement guidance from federal, state and local authorities.
- Ensure a complete and accurate count of all communities.

The census bureau temporarily suspended 2020 Census field data collection activities in March. Steps are already being taken to reactivate

field offices beginning June 1, 2020, in preparation for the resumption of field data collection operations as quickly as possible following June 1. In person activities, including all interaction with the public, enumeration, office work and processing activities, will incorporate the most current guidance to promote the health and safety of staff and the public. This will include recommended personal protective equipment and social distancing practices. Once 2020 Census data collection is complete, the census bureau begins a lengthy, thorough and scientifically rigorous process to produce the apportionment counts, redistricting information and other

statistical data products that help guide hundreds of billions of dollars in public and private sector spending per year. In order to ensure the completeness and accuracy of the 2020 Census, the census bureau is seeking statutory relief from Congress of 120 additional calendar days to deliver final apportionment counts. Under this plan, the census bureau would extend the window for field data collection and self-response to Oct. 31, 2020, which will allow for apportionment counts to be delivered to the President by April 30, 2021, and redistricting data to be delivered to the states no later than July 31, 2021.

appreciate between 3-5% in 2020. Low interest rates help instigate demand and fuel a quick recovery. The only sluggish market will be the luxury market as those buyers are what is called the recreational buyer and their market time will increase dramatically the higher the price point. These opinions and facts are based on data collected from reliable real estate data from the MLS and the opinions are mine based on over 50 years in the real estate business with all of the ups and downs. Pam Moss’ broker license is CA BRE 0041292. She can be reached at pmoss.broker@gmail.com or (714) 296-9300.

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ENTERTAINMENT

Local artist Dixon Fish paints mural on Fallbrook School of the Arts building

FALLBROOK – The Fallbrook School of the Arts is sporting a fresh new mural on the east side of its building. The mural was designed and painted by Dixon Fish, a well-known local artist. This contemporary mural was commissioned by the board of Fallbrook Arts Inc. to replace a previous painting that had slowly faded away after many years.

Since the east end of the school is so visible from Alvarado Street, Fish said that he “thought the mural needed a big splash of color so that it could be easily seen and enjoyed by people driving by.”

Since most artists use color in their works, a color wheel seemed an obvious choice to Fish to use as the subject of the mural. Fish went on to say “the idea for a giant drawing of a hand painting the color wheel came from his background in theater set design.”

Fish also mentioned that he wanted to use paint that would withstand the strong southern California sun. After some research, he found a company in Culver City that makes acrylic paint specifically for murals. There is also a final finish of a UV protecting varnish that he has applied to the mural.

Having served on the Art in Public Places Committee, Fish realized the high standards that needed to be met for this mural to fit into the other great art in the village.

Fish has another public art piece in the Fallbrook Library. He was selected to create the history wall. That piece is made up of printmaking plates that show the people, places and agriculture that make the Fallbrook area so special.

Fish earned a master’s degree in fine arts from Arizona State

University and taught studio art, art history and photography at El Capitan High School in Lakeside. He also taught at Arizona State University and Grossmont College.

Much of his creative time has been spent doing theater set design and scenic painting for a variety of professional regional theaters. His art and design work has been recognized with awards both regionally and nationally. He is also a juried member of the Los Angeles Printmaking Society.

Fallbrook School of the Arts is a nonprofit arts education facility serving culturally diverse individuals of all skill levels, children to adults. The school offers year-round programs, classes and workshops in painting, drawing, ceramics, printmaking, jewelry making, warm glass, fiber arts and paper arts as well.

The Fallbrook School of the



Artist Dixon Fish puts the finishing touches on his mural at the east end of the Fallbrook School of the Arts on Alvarado Street.

Arts is located at 310 E. Alvarado St. in Fallbrook. Class schedules can be viewed at <https://www.fallbrookschoolofthearts.org>.

Submitted by Fallbrook School of the Arts.

OBITUARIES



Barbara J. Scoll of Edina, Minnesota, and Fallbrook died peacefully April 7, 2020, aged 73, of cancer.

Barbara Jane Rosenfelder was born March 9, 1947, the daughter of the late William and Susan Rosenfelder of Elmhurst, New York, she was educated in the public schools of Queens, New York.

She graduated in 1963 from Newtown High School with a New York State Regents Scholarship to Cornell University in Ithaca, New York, where she met her husband

Jonathan, a law student. The couple began 51 years of married life as Peace Corps volunteers in a small village on Viti Levu, Fiji Islands, from 1968 to 1970.

In Fiji, she taught in an indigenous primary school. The couple then moved to Minneapolis, where she received a master’s degree in social work from the University of Minnesota and worked as a planner in Hennepin County’s child protection services while raising two sons.

She was an adventurous traveler, avid reader and bridge player

and excellent cook. Together with several close friends, she formed a cooking group which met regularly over 15 years to prepare gourmet meals.

She loved Minnesota’s North Shore and the chaparral hills of northern San Diego County, where she and her husband spent winters.

She was preceded in death by her sister Evelyn Henis and is survived by her husband, Jonathan; two sons, Adam (and wife Kristen) and Benjamin (and wife Emily) and four grandchildren, Layla, William, Josephine and Lucy, to all

of whom she was devoted.

She is remembered for her warmth and humor, friendship, love of family and civic-mindedness. Her family is grateful for the superb cancer and home hospice care she received from the physicians, nurses and staff of Methodist Hospital. Service is pending. Memorials preferred to MinnPost, the online nonprofit newsroom, at <https://minnpost.com/support>.



and determined spirit until the end.

Diane was born in Pasadena in 1942. Adopted and raised by Nona and John Simpson, she was nevertheless compelled to find her biological parents. In her 40s, she found them, Betty and Harry Appenzeller in Indiana and learned she had four younger biological siblings: Jan, Patrick, Bill and Margaret Appenzeller. The relationships she created with the family were rich and lasting. The Adoptees Liberty Movement aided her search and for years she helped other adoptees.

After graduating from Arcadia High School in 1960, Diane attended Whittier College. During a summer break as a leader in the Sea Scouts on Catalina Island, she met Ed Vivanco. They married in 1964.

Diane graduated as a registered nurse and worked in doctor’s

offices and nursing homes in Pasadena. In 1973, they moved to Vista with their three children.

Diane was deeply committed to community volunteerism. She was a Cub Scouts and PTA leader, backyard swim teacher, youth soccer coach and referee, and a founder and longtime registrar of the Vista Soccer Club. She was a commissioner in the California Youth Soccer Association.

She had a creative flair, as a member of a community-focused clowning troop, violinist in the Fallbrook Orchestra and, late in life, as a volunteer chauffeur of her beloved Citroen for weddings and proms.

She became a long-term care ombudsman, advocating for elders in San Diego County. Even in

assisted living and impaired by dementia herself, her moments of clarity focused on expressions of compassion for others.

Her strongest passions were contemplative ones. She was an avid and knowledgeable bird-watcher, weather watcher and family genealogist. Her accomplishments in needlepoint are displayed on stockings at Christmas and the walls of her homes in Fallbrook and North Hero, Vermont. She practiced Rinzaï Zen at the Hidden Valley Zen Center in San Marcos.

For years, jobs she did – creating a one-woman house painting business, working as a farmer of canna flowers and avocados and administrator of the Zen Center – were channels of meditative action.

Diane leaves her husband, Ed Vivanco of Fallbrook; daughter Mary and family (Darrell, Brendan and Kate) of Poway; son John and family (Brooke and Sebastian) of White Salmon, Washington; and son Luis and family (Peggy, Isabel, Felipe and Camila) of Burlington, Vermont. We are grateful to Terri Scirocca, whose dedication and compassion in Diane’s end-of-life care helped sustain her human dignity.

Diane gave generously to many causes and charities. Memorial contributions in Diane’s name can be made to Hidden Valley Zen Center, Cornell Lab of Ornithology and the Sierra Club.

Given the coronavirus pandemic, a memorial gathering will be postponed indefinitely.

CLASSIFIEDS

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BUSINESS

Dentist celebrates 45 years in the village

Rick Monroe
Special to Village News

Fallbrook’s senior practicing dentist, Dr. Philip C. Roberts celebrated his 45th year serving the community April 1. Like so many nonessential businesses, his office was closed – but it was still a very special day.

“We had a nice celebration with friends, staff and former staff, plus our family,” the dentist said. “We didn’t see them face-to-face, but it was a nice alternative with nonstop phone calls, text messages all day long.

“My wife Gail made a special dinner and it was nice to hear from our three daughters, who are spread all across the country,” he said.

Philip Roberts recently signed a new lease on his building in south Fallbrook, meaning that God-willing, he plans to reach 50 years or more here.

“I have no plans to retire,” he said. “I really enjoy what I do here.”

Dentists have a great longevity in Fallbrook. Dr. Ronald Allison retired in January 2019 after a 60-years here. He still lives in town.

“I was honored that my friend Dr. Allison asked me to take over his clients,” Philip Roberts said. “I sure can’t retire now with these new patients.”

He also loves his patients.

“It’s a very rewarding profession. Our motto is ‘We treat people, not just teeth.’ That’s why we have so

many people coming back,” he said. “There may be two people with the same exact symptoms and condition, but that doesn’t mean they get the same treatment. Everyone is different and special.”

Roberts said he considered medicine as a career, but dentistry is so much more rewarding.

“That’s because you can see the positive result of your work immediately. You see the satisfaction and get their feedback,” he said.

Growing up in San Diego, the future dentist and his wife-to-be grew up in the same neighborhood, meeting when they were ages 10 and 7. The friends attended the same schools and church, and eventually both attended San Diego State. Philip Roberts decided to attend dental college at Creighton University in Omaha, Nebraska.

They married in 1971, two years before he graduated from dental school.

“It was a bad time to start my own business, since the country was in a recession,” Philip Roberts said, and in 1973 he began working under Dr. Burton H. Press in the San Francisco Bay area.

“It was a great experience. I learned so much more than the mechanics you learn in school,” Philip Roberts said. “He taught me practice management, and the importance of being a people person – of serving your patients well.”

Press was a cutting-edge professional, Philip Roberts said,

and president of the state dental association. He later became national president.

A San Diego dentist told Philip Roberts about a practice in Fallbrook where the dentist had died. Roberts was interviewed by the staff, and they liked him – and the rest is history.

“Fallbrook was – and still is – such a friendly place. It’s a place where people look out for one another, a friendly village,” Gail Roberts said. “This is the nicest place in Southern California.”

Originally located in the north end of town at 304 E. Mission, Philip Roberts relocated the practice after nine years to a larger office in the southern section at 1680 S. Mission Road,

“When we moved here in 1975, there was one stop light,” Philip Roberts recalled. “We would see our patients in town – in the grocery store, church or other places – and so many became our friends.”

He also marveled at wide range of interesting clients who live or lived in Fallbrook, from movie actors and producers to World War II fighter pilots – as well as the “average Joe” clients he loves to serve.

“We’re blessed in Fallbrook to have some really great dentists,” Philip Roberts said. “We’re all friendly to each other and get together at continuing education meetings.”

Philip Roberts’ practice includes a hygienist, receptionists and



Dr. Philip Roberts, along with his wife Gail, have been serving Fallbrook at his dental office for 45 years.

two assistants.

Gail Roberts helps the practice as bookkeeper and other duties but was able to focus on raising three daughters.

“She’s been my right arm, helping the most on the business side,” Philip Roberts said. “The receptionist does the billing and insurance.”

Having a full staff allowed Gail Roberts to focus on raising their three daughters, each who have become professionals. Their oldest daughter is an occupational therapist who works with children with disabilities in Canoga Park. Their middle daughter is a dentist in the Air Force, stationed in Alaska. And

their youngest daughter is a speech pathologist in Tennessee.

Faith is important with the Philip Roberts, each serving in multiple leadership capacities at Zion Lutheran Church. Gail Roberts was also a teacher at the school.

When the Roberts celebrate their 50th wedding anniversary in July 2021, the hope is there will be no coronavirus or other situation to spoil the celebration.

To contact Dr. Philip C. Roberts, call (760) 728-5848. The practice has been closed since March 17 with the exception of caring for emergencies.

Apply these 5 business survival strategies during the COVID-19 crisis

RIVERSIDE – In response to local partners seeking help to provide Riverside County businesses with accurate information on resources available, Inland Empire Center Small Business Development Center offers information that would be useful to business that need recovery assistance in navigating through this global COVID-19 pandemic that is affecting business survival.

The following business strategies can be used during a crisis like COVID-19 or any economic downfall. Use this time to review and understand how the business is doing and the steps that must be taken to achieve the goals.

If at any time a business owner needs assistance with any of these steps, they can know that the Inland Empire Small Business Development Center is available to assist them virtually. Call their Riverside or Ontario offices at (951) 781-2345 to

schedule a meeting or schedule online at <https://inlandempirebdc.org>.

Keep close watch on cash flow

The difference between surviving and going under when times are tough depends in large part on understanding cash flow. It is vital that a business owner plans and understands the status of the business’s cash flow.

Limit credit to customers. Cap the amount of credit the business is ready to extend.

Review and revise collection policies. The longer a business waits to call a delinquent customer, the less likely it is that they’ll collect the money.

Look into a working line. Having the line in place will help the business if things sour or great opportunities happen and they want to act quickly.

Trim overhead

If revenues are down, small

businesses can maintain profitability or minimize losses by cutting their expenses.

Reevaluate their business space. If it’s not being utilized effectively, consider subleasing a portion by bringing in rent.

Employ energy conservation initiatives. Any kind of conservation can save a lot of money.

Comparison shop for insurance policies. Many small-business owners routinely renew policies annually rather than shopping around for better deals.

Manage payroll. Think long and hard before laying off employees.

Continue to market wisely

Slow times are no excuse for slacking off on marketing. Small businesses need to continually develop their pipeline of customers, so review that marketing plan now.

Maximize referrals. Ask existing customers for referrals. Offer them some reward, such as discounts on their future purchase for giving friend referrals.

Get feedback. It is an ideal time to

ask customers what the business is doing right or wrong.

Work on retention. Existing customers are cheaper to market to, so think of new ways to increase sales without bringing in a new customer.

Look ahead

If business is slow, owners may have time on their hands. Turn lemons into lemonade by spending this time doing strategic planning.

Meet with advisers. What is the goal of the company? What would be needed? Strategize tax planning for the year.

Revisit that business plan. If a small-business owner started out with a written plan to guide them, it’s time to take another look.

Stay optimistic. Prepare the business to take advantage of opportunities that will surely present themselves soon.

Protect personal assets

All businesses hope to survive difficult economic times, but the reality is that some will undoubtedly fail. If it does, what happens to the small-business owner? It depends

on how they’ve set up the business.

For sole proprietorships and partnerships, creditors can look to their personal assets – their home, their car and their savings to satisfy their claims.

For limited liability companies and corporations, creditors can only satisfy their claims from business assets; their personal assets may be protected. If personal assets are currently vulnerable, consider meeting with a business attorney to discuss changing the business’s form of entity.

The Inland Empire Small Business Development Center is currently assisting small businesses to secure Small Business Administration business loans. For more information and to download the application, visit <https://entre.csusb.edu/newsMgr/index.php?newsId=93&page=or> <https://www.sba.gov/funding-programs/loans>.

Submitted by Inland Empire Center Small Business Development Center.

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SBA clarifies eligibility of faith-based organizations to participate in paycheck protection and economic injury disaster loan programs

WASHINGTON – Jovita Carranza, administrator of the U.S. Small Business Administration, announced that SBA issued guidance clarifying that all faith-based organizations impacted by the coronavirus are eligible to participate in the paycheck protection program and the economic injury disaster loan program, without restrictions based on their religious identity or activities, to the extent they meet the eligibility criteria outlined in the CARES Act that was passed by Congress, signed into law by President Donald Trump and implemented by the Paycheck Protection Act Interim Final Rule.

“Following the passage of the emergency economic relief assistance, the administration and Congress acted to ensure that small businesses and nonprofits

alike have access to critical funds to keep their workers paid and employed,” Carranza said. “Faith-based organizations have always provided critical social services for people in need, and SBA will make clear that these organizations may access this emergency capital.”

The paycheck protection program is designed to keep small business workers employed and provide small businesses with capital through the nation’s banks and other lending institutions, with support from the SBA. The paycheck protection program’s maximum loan amount is \$10 million with a fixed 1% interest rate and maturity of two years. SBA will forgive the portion of loan proceeds used for payroll costs and other designated operating expenses for up to eight weeks provided at least 75% of loan proceeds are used

for payroll costs.

The economic injury disaster Loan program provides qualifying small businesses and nonprofits with working capital up to \$2 million with low interest rates and terms extending up to 30 years.

“While every American is being affected by COVID-19, the impact of this pandemic is particularly hurting our schools and places of worship and disproportionately impacting the underrepresented communities, the sick, the elderly and the lower income,” Carranza said. “It’s vitally important that organizations focused on delivering critical social services and meeting community needs remain viable, particularly during this economically challenging time.”

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small-business owners with the resources and support they need to start, grow or expand their businesses or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit <https://www.sba.gov>.

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Submitted by Small Business Administration.

SPORTS

Fallbrook hoopsters named to all-league teams



Naiya Kurnik was named to the Valley League's First-Team list following her sophomore season with the Fallbrook High School Warriors.



Senior forward Antonia Rosario of Fallbrook High School was selected to the Valley League's second team

Village News/Shane Gibson photo

Jeff Pack
Staff Writer

After what can only be described as a strong rebound for the boys’ and girls’ basketball teams at Fallbrook High School this past winter season, two players from each of the teams were named to the Valley League all-league teams.

Head coach Jessica Ramirez’s Warriors girls’ varsity team went 6-4 in league and 17-11 overall, falling in the first round of the CIF playoffs.

As a result, sophomore point guard Naiya Kurnik, a 5-9 sophomore was named to the Valley League’s First Team. Senior forward Antonia

Rosario was selected to the league’s second team.

Senior shooting guard Kate Calhoun and sophomore forward Ellie Ahrend were named as honorable mention performers.

The boys’ team seeded No. 1 in the Division 5 CIF Playoffs, fell short of advancing to the finals with a close loss at home in the semifinals.

That was quite a rebound from the 2018-2019 season that saw the Warriors win only one game all season. This spring they finished with an 18-9 record, going 5-5 in league play, under head coach Ryan Smith.

Four-year varsity player Joel

Calhoun was named to the Valley League’s First team and senior guard Cooper Sherman was named to the second team.

Smith thought Calhoun deserved more consideration for the league’s player of the year honors, which went to Escondido High School’s Nicholas Payne.

“It’s disappointing, I think he deserved it, but at the same time you have to win or get to a CIF championship game to be able to get that award,” Smith said. “But I think Joel kinda resurrected the program that had been down the last four or five years in doing what he did. And then the stats of the average about 22 a game and about eight rebounds.

“I’m a little bit bummed he didn’t get it, but at the same time, it does go by how far you get, and unfortunately we didn’t get there, so I can see why,” he said.

Smith said he was proud of both his senior athletes.

“I think they both had great years,” he said. “Joel’s been on varsity for four years and for me three years where he’s steadily gotten better and better. He was the second team kid last year. He was, I think, honorable mention in his sophomore year. It just kind of culminated the end of his high school career, getting first-team all-league and being a leader and transforming the program the way

he did this year too.

“Cooper has shown probably some of the biggest growth I’ve seen from a kid in my years coaching where he’s kind of an unknown his sophomore year and he was athletic and had potential, and it just kind of all came together by a senior year. For Cooper, it has kind of been like a light switch that clicked on his head, and he just transformed this year and was able to get a second-team spot.

“That was awesome for both those guys. I’m very proud of both of them,” Smith said.

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

6 girls’ swimmers lose high school conclusion to season

Joe Naiman
Village News Reporter

The 2020 Fallbrook High School girls’ swim team included six seniors whose high school careers were cut short by the closure of the school and the cancellation of CIF spring sports.

Cindy Buenrostro, Anna Draves, Lucy Goode, Rebekah Kehl, Rose Khattar and Sophia Wallace all saw their final high school seasons end early.

“It’s sad that I don’t get to see them finish out their whole season and their high school career,” Fallbrook coach Sean Redmond said.

The Warriors won all three of

their dual meets before the season was canceled.

“I thought they were doing very well and things were starting to progress very well,” Redmond said.

The cancellation of the season also eliminated the league and CIF meets.

“I feel sad for them that they’re not going to have that opportunity and be able to go out with some excitement and fanfare,” Redmond said.

Redmond has not ruled out having a postseason ceremony.

“Hopefully there are ways we can make it up to them and do something,” he said.

Regardless of whether there is

a formal ceremony, all six of the seniors will receive varsity letters.

“They’re going to be able to earn their varsity letters because of what they did,” Redmond said.

“All six of them participated in the varsity meets,” Redmond said. “All of them did score.”

The normal procedure for earning letters involves scoring points at varsity meets. All six seniors finished at least third in at least one individual event.

The loss of the remainder of the season also likely ended the Fallbrook High School career of sophomore exchange student Aina Piza-Serra, who has returned to Spain.

This was Kehl’s first varsity

season, although she had been on the Warriors’ junior varsity team during her first three high school years. Buenrostro, Draves and Wallace were also with the Warriors for four years.

Goode was at Classical Academy as a freshman and sophomore before joining the Fallbrook program as a junior. Khattar transferred to Fallbrook from Montgomery High School in Santa Rosa during her junior year but did not swim for the Warriors in 2019.

None of those seniors plans to swim in college. Buenrostro, who has not yet selected a school, is a nationally ranked fencer and intends to compete in that sport at

the college level.

Draves and Goode were this year’s team captains. The cancellation of the season also impacts the selection of the 2021 captains.

“Usually we do that at the end of the year,” Redmond said. “I think that’s going to be interesting who ends up being selected as captain for next year.”

The team captain is not necessarily a senior.

“I’ll put something out for them to vote,” Redmond said.

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

Shutdown ends high school careers of 10 track and field seniors

Joe Naiman
Village News Reporter

Six boys and four girls on the 2020 Fallbrook High School track and field team had a premature ending to their senior season when the school was shut down for the remainder of the academic year and all CIF spring sports were canceled.

The boys whose high school careers were ended by the truncated season are sprinter Holden Lynas, pole vaulter Ian Whadford and distance runners Christian Goodell, Josh Hernandez, Ricardo Martinez and John Regan. Triple jumper Chiara Curnow, sprinter Erin Murray, pole vaulter Maya Rink and pole vaulter and discus thrower Roseline Sanchez are the senior girls whose high school careers were halted.

“I’m just heartbroken for these guys and gals. They trained tremendously,” Fallbrook head coach Marco Arias said. “They put in everything that was required to have a successful season, and it’s disheartening.”

Fallbrook’s only meet of 2020

was a March 5 tri-meet at Rancho Buena Vista High School which involved Fallbrook, Rancho Buena Vista and Carlsbad. The Warriors’ scheduled March 12 home meet against Mission Hills was canceled due to rain.

“We were just starting to get into the swing of it and it just got cut short,” Arias said.

This was Lynas’ first season on varsity although he had been part of the Fallbrook program for all four of his high school years. Goodell, Hernandez, Martinez, Murray, Rink, Sanchez and Whadford also spent four years including the partial 2020 season with the Fallbrook team.

Curnow was in her third season with the Warriors. Regan, who transferred from Lejeune High School in North Carolina, had been with the Warriors as a junior as well as this year.

“All of them had a really good preseason,” Arias said. “It’s devastating, especially for athletes like Erin and Josh.”

Hernandez was being recruited by colleges.

“He needed to have a season to

really solidify that opportunity for himself,” Arias said.

Murray will run for St. Louis University but was held out of the March 5 meet due to a hamstring pull.

“She never even actually got to run anything this year,” Arias said.

Ironically the absence of track and field means that Murray’s high school career concluded with Fallbrook’s CIF field hockey championship. Her collegiate running, should all go as planned, will mean that her track and field career won’t have ended as a high school junior.

“She’s going to get everything she deserves. She’s a hard worker,” Arias said.

As a junior Murray won the 200-meter dash and 400-meter race at last year’s Valley League championship meet and was also part of Fallbrook’s winning 4x100 relay team at the league meet. Murray also won the 400-meter event in her freshman and sophomore years. Arias expects Murray to continue her success at St. Louis University.

“She’s going to make them very

happy,” Arias said.

Regan will be attending a military academy, although he has not specifically selected the branch of the armed services, and plans to run in college.

The loss of nearly all of the season will not deprive the seniors of varsity letters.

“They’re all going to get it,” Arias said.

Normally, a varsity letter is based on team points gained at meets throughout the season.

“They would have all lettered,” Arias said. “Even at that one meet, they accumulated enough points.”

In a tri-meet all three schools participate in each race or field event flight and each school is scored

against each of the other schools so team position points are given for the position against each other school rather than for the athlete or relay team’s overall position.

Those who didn’t meet the points threshold March 5 will still receive letters.

“If you’ve been in the program for four years regardless of performance you would be awarded a varsity letter your senior year,” Arias said.

“Tremendous group of seniors, and I’m going to miss them,” Arias said. “I’m sorry to see them go and leave a void of what leadership looks like for the younger ones.”

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

No season but no seniors for Fallbrook gymnastics team

Joe Naiman
Village News Reporter

The coronavirus quarantine which led to the cancellation of school and of CIF spring sports deprived Fallbrook High School’s gymnastics team of the Warriors’ 2020 season, but the team had no seniors so the cancellation of the season won’t finalize the high school careers of any of Fallbrook’s gymnasts.

“They’re all planning on being on the team next year,” said Fallbrook coach Haley Flores.

The Warriors were to have opened their season with a dual meet March 13 at Mount Carmel High School, but that meet was canceled and that also turned out to be the final day of classes for Fallbrook High School students.

“We were all just really sad because we were working hard to get to the first meet,” Flores said.

The team had 15 gymnasts, including those who were slated to compete at the junior varsity level.

“A lot were new. There were a lot of new girls,” Flores said.

Varsity letters will not be awarded for Fallbrook’s 2020 gymnasts.

“We’re excited to start up next year and be able to compete,” Flores said.



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County: San Diego
This business is registered by the following:
Morgan Mordecai Eugene Pan, 4141 Holly Lane, Bonsall, CA 92003
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 10, 2020
LEGAL: 5239
PUBLISHED: March 26, April 2, 9, 16, 2020

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

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

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

Fictitious Business Name

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9006328
Name of Business
ESTES PAINTING & SERVICES
18664 Caminito Pasadero, San Diego, CA 92128
County: San Diego
This business is registered by the following:
Shane Christopher Estes, 18664 Caminito Pasadero, San Diego, CA 92128
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 11, 2020
LEGAL: 5242
PUBLISHED: March 26, April 2, 9, 16, 2020

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

Fictitious Business Name

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

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

Fictitious Business Name

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

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

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00012007-CU-PT-CTL TO ALL INTERESTED PERSONS
Petitioner:
DIANA CRUZ & DERRIEN BRAXTON on behalf of minor child RAKEEM CRUZITO BRAXTON CORONA
Present Name:
RAKEEM CRUZITO BRAXTON CORONA
Proposed Name:
RAKEEM CRUZITO BRAXTON
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Date: 4-23-2020 Time: 8:30 am Dept: 61
The address of the court is Superior Court, 330 West Broadway, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: 06 MAR 2020 Signed: Loma Alksne, Judge of the Superior Court.
LEGAL: 5244
PUBLISHED: March 26, April 2, 9, 16, 2020

SHERIFF'S LOG

March 22	
4800 block Pala Rd	Commercial burglary
March 23	
800 block S. Main Ave	Commercial burglary
March 24	
900 block Old Stage Rd	Assault with deadly weapon
2300 block Willow Glen Rd	Residential burglary
1200 block Valentine Ln	Commercial burglary
March 25	
1100 block S. Vine St	Robbery
1100 block Alturas Rd	Report of sex crime against child
200 block E. Aviation Rd	Arrest: Obstructing a peace officer with minor injury
March 26	
1200 block S. Mission Rd	Vandalism
March 27	
1900 block Gird Rd	Vandalism
March 28	
300 block E. Mission Rd	Commercial burglary
March 29	
4700 block Silent Knoll Dr	Vehicle burglary
700 block Alturas Rd	Vehicle vandalism
900 block Alturas Rd	Arrest: Residential burglary
1400 block Alturas Rd	Discharge of a firearm
March 30	
1400 block S. Mission Rd	Arrest: Possession of controlled substance
1300 block S. Mission Rd	Petty theft
400 block W. Alvarado St	Child abuse
400 block Ammunition Rd	Vehicle vandalism
39200 block American Rd	Battery
March 31	
900 block S. Main Ave	Burglary
500 block Village View Pl	Petty theft
Pala Rd @ Interstate 15	Arrest: Possession of controlled substance for sale
April 1	
3900 block Keri Wy	Grand theft
3700 block Cedar Vale Wy	Petty theft
3200 block Via Altamira	Stolen vehicle
2600 block Doville Ranch Rd	Domestic abuse, vandalism, cruelty to child
5200 block Olive Hill Rd	Residential burglary
3900 block Keri Wy	Grand theft

April 2	
4700 block Silent Knoll Dr	Vehicle burglary
200 block Ammunition Rd	Commercial burglary
5200 block S. Mission Rd	Fraud
1100 block Old Stage Rd	Arrest: Vandalism
April 3	
1700 block Calmin Dr	Stolen vehicle
6900 block Rainbow Heights Rd	Recovered stolen vehicle
700 block S. Main Ave	Arrest: Commercial burglary
500 block E. Elder St	Petty theft
S. Vine St @ E. Clemmens St	Arrest: Possession of controlled substance
April 4	
Kalmia St @ De Luz Rd	Arrest: Evading peace officer
Pankey Rd @ Shearer Xing	Arrest: Possession of controlled substance
4100 block Sleeping Indian Rd	Death
300 block E. Mission Rd	Arrest: Petty theft
500 block S. Main Ave	Commercial burglary
3500 block Esterlina Dr	Petty theft
April 5	
3700 block E. Mission Rd	Battery
1400 block S. Mission Rd	Arrest: Possession of controlled substance
4600 block Dulin Rd	Commercial burglary
2900 block Mackey Dr	Stolen vehicle
April 6	
3510 block Rice Canyon Rd	Missing person
1300 block S. Mission Rd	Vehicle burglary
3900 block Reche Rd	Arrest: Cruelty to child with injury
500 block E. Alvarado St	Vandalism
April 7	
500 block E. Mission Rd	Vehicle burglary
100 block Country Glen Rd	Fraud
200 block E. Alvarado St	Vandalism
5000 block Dulin Rd	Petty theft
2400 block Via Rancheros	Arrest: Possession of controlled substance, commercial burglary, fraud
April 8	
3900 block Lorita Ln	Arrest: Misdemeanor warrant
300 block E. Alvarado St	Fraud
8000 block W. Lilac Rd	Stolen vehicle
6200 block Camino Del Rey	Petty theft
31300 block Club Vista Ln	Child abuse
1200 block S. Vine St	Arrest: Domestic abuse

ORDINANCE NO. 346

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

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

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

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

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

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

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

Section 4. DIRECTOR COMPENSATION

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

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

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

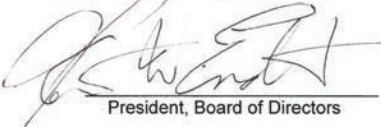
SECTION IV. Section 2.12 of the District's Administrative Code shall be revised to replace "One Hundred and Five Dollars (\$105.00)" with "One Hundred Ten Dollars and Twenty-Five Cents (\$110.25)." All other provisions of Section 2.12 shall remain unchanged and in full force and effect.


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

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

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

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



President, Board of Directors

ATTEST:

Secretary, Board of Directors

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

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ATTORNEY AT LAW

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VALERIE ZUCKER

ATTORNEY AT LAW

A former Supervising Deputy District Attorney in Riverside, CA. Valerie Zucker brings a wealth of legal experience to, The Zucker Law Firm.

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