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Senior center board to select new member

Will Fritz Staff Writer

May 21, 2020

The nonprofit that governs the Fallbrook Senior Center is searching for a new member for its nine-person board of directors, after one board member resigned recently in the face of complaints that she was not old enough to serve on the senior center's governing body, although her selection did not appear to violate any bylaws.

see page B-12

SD County reports 5,946 coronavirus cases

Will Fritz Staff Writer

The San Diego County Board of Supervisors was scheduled to discuss measures related to reopening the region's economy, including a \$34 million economic stimulus package designed to aid local businesses May 19.

see page B-12

North County Fire honors Hoyt

Lucette Moramarco Associate Editor

retirement.

USPS Residential Custome

Fallbrook resident Olivia Hoyt, who served as a dispatcher with the North County Dispatch Joint Powers Authority for over 13 years, was honored by North

County Fire following her recent

see page A-8

Thunderbirds fly over Palomar



Village News/Wayne Taylor photo The U.S. Air Force Thunderbirds fly over Palomar Medical Palomar Medical Center in Escondido May 15 to honor health workers who are taking care of COVID-19 patients. The planes flew in formation over several hospitals in Southern California that day.

Food pantry awarded \$5K

Lucette Moramarco Associate Editor

Fallbrook Food Pantry received a \$5,000 emergency grant from the ProtoStar Group's COVID-19 Relief Fund for Nonprofits at the beginning of May allowing the pantry to restock its shelves. The philanthropic foundation in San Diego sent a check 10 days after receiving the grant application.

As with every other nonprofit organization, the coronavirus pandemic has severely affected the Fallbrook Food Pantry with foundation grants and individual contributions falling off drastically.

Making the situation even more difficult, funding from the Coronavirus Aid, Relief and Economic Security Act stalled while some local relief funds, such as San Diego's Small Business Relief Fund, exclude nonprofit organizations.

To avoid smaller nonprofit organizations getting left behind, ProtoStar established the COVID-19 Relief Fund for

see **PANTRY**, page A-6



Fallbrook Food Pantry Executive Director Shae Gawlik, left, and volunteer Nancy Rocha wear their safety face shields while celebrating the recent \$5,000 grant for more food to be given out to needy residents.

Facebook group shows FUHS seniors that the community cares

Staff Writer

Marc Sigmon said he was inspired by his hometown when, along with the help of several other Fallbrook residents, he launched the Fallbrook Adopt-a-Senior 2020 Facebook page.

"I've always said that Fallbrook reminds me of my little hometown in Rifle, Colorado," Sigmon said. "That's where I came across this idea because I saw on Facebook that they were doing this for my hometown. I'm an alumnus, so I adopted a senior and I grabbed somebody from a local business here, had them make up a little care package, send it over to them."

That's when he knew he had to bring the idea to the people of Fallbrook.

Fallbrook Adopt-a-Senior 2020 lives exclusively on Facebook and aims to pair the families of senior students at Fallbrook High



Village News/Courtesy photo Fallbrook High School senior Bethany Bishop, right, smiles as she receives her see FUHS, page A-4 Fallbrook Adopt-a-Senior 2020 gift box from Jeannine Germon Huffman over the weekend.

VILLAGE NEWS

ANNOUNCEMENT

Residents' input sought for new county park

SAN DIEGO - San Diego County is designing and developing a new local park in Fallbrook. The park will occupy a 6.8-acre parcel on East Fallbrook Street between Golden Road and Morro Road.

The Department of Parks and Recreation officially acquired the property March 24, with assistance from a county Community Development Block Grant and the staff is in the early stages of public outreach to learn more about active recreation preferences for the new park.

To do so during the pandemic, they are experimenting with new forms of public engagement and will be hosting their first public meeting virtually via a Facebook Live event May 27, from 5-6 p.m., http:// www.facebook.com/Countyof <u>SanDiegoParksandRecreation</u>

If anyone is unable to tune in for the live presentation, a prerecorded version will be available after May 27 on the county's development project webpage at http://sdparks.org. Within the presentation and posted to the project website, there will be a short survey to fill out to let the county know about community hopes and desires for the new park.

Residents are asked to fill out the survey by June 10. For more information, contact the park project manager at Stephanie. Kopplin@sdcounty.ca.gov or 858-966-1344.

Note: As of press time the project webpage was not up and running

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OPINION

Should we open businesses or stay safe?



Supervisor Jim Desmond 5th District

Should we open businesses "or" stay safe? It is not an either/or answer – we can do both. It's about moving from essential to safe. San Diego County can stay safe and be open for business.

We proved it with the essential businesses being open, and flattening the curve and trends at the same

We are a government of, for and by the people.

We, the people of California, are facing the state's new restrictions that hold our freedoms, our jobs and our economy hostage. As recently as May 7, the governor created a new unattainable goal for continuing the effort of opening businesses.

For noncompliance to an unattainable goal, he is threatening local governments that attempt to get people back to work, with the loss of state tax funds and your dollars. He is threatening smallbusinesses owners, who are only trying to survive, by revoking previously earned, and certified, professional licenses.

Not only did he move the goalposts – he tore them down.

For us to move beyond the current limited curbside business, the governor's new order requires San Diego county to have no, coronavirus-related deaths for 14 consecutive days.

San Diego County, with a population of 3.3 million people, has little to no chance of achieving 14 consecutive days with zero, COVID-19-related deaths. It is an impossible, unobtainable hurdle that will stagnate any forward progress toward moving beyond, curbside

Ninety-seven percent of the unfortunate deaths in San Diego County related to coronavirus had underlying health complications. Of the 175 San Diego County coronavirus-related deaths to date, six were due solely to the virus.

To open businesses, we must continue to protect our most vulnerable and abide by our public health officer's personal protection orders of the masks, gloves, social distancing and handwashing.

We, the people, have done what is asked of us: We, not the government, flattened the curve. We, not the government, reduced the trend. We, not the governor, want to stay healthy and see our economy thrive.

We now have, over 25% unemployment, in San Diego County. The people making the decisions to keep your businesses closed are all collecting their pay, pensions and health benefits.

We, the people, can stay healthy, abide by the personal protection requirements and be open for business.

Government can't run a business. Government can obviously ruin them but not run them. The

governor has shuttered the people's businesses, while the corporations and large big boxes thrive.

You can get baked goods at Costco but not your local bakery. You can buy clothing at Walmart but not at an independently owned clothing store.

We safely can get thousands of people a day through grocery stores but not a furniture store. Not an electronics store, nor a car dealership can be fully open for business.

We, the people, can create safe environments within all our businesses. It isn't a choice of either/ or. We can get our economy going and keep our county safe.

I believe we need to continue to follow all of San Diego County's health officer's personal safety protections. We need to allow more nonessential businesses to open.

Law enforcement should focus on health protection orders. Not unattainable orders. Businesses should set the gold standard of health safety. Empowering all their employees to enforce health and safety regulations.

I'm calling for the safe opening of retail stores beyond curbside pickup, the safe opening of restaurants for dining in and the safe opening of offices and large retail warehouse business.

I'm asking our sheriff and law enforcement officers to prioritize enforcement of safety guidelines at all businesses, rather than essential versus nonessential.

We can open businesses and be safe. And I'm calling on complete local control. Let Gov. Gavin Newsom know we, the people, will rise to this challenge.

We, the people, can stay healthy; we, the people, can follow personal health guidelines and we, the people, can safely be open for business.

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thevillagenews.com Check it out. Often.

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Open for business?



Assemblymember Marie Waldron

Special to Village News

Gov. Gavin Newsom's May revised budget projection for the coming fiscal year shows that the \$21 billion surplus we had has become a \$54 billion deficit in our state budget.

The economic activity that generates tax revenues supporting state programs has collapsed because of COVID-19. We are

now in a serious recession, with unemployment levels greater than those of the Great Depression. It is imperative that we safely open up our economy to reduce the hit on our economic outlook and help Californians recover. I've joined a group of western

state leaders asking the federal government to provide funding to help make up this shortfall and support public safety, local governments, schools, hospitals and Medi-Cal. Unlike the federal government, California cannot print its own money. State tax revenues have decreased, while the demand for state services, including unemployment insurance, has increased exponentially.

Safety is essential. We've learned a lot over the past months, and protocols like social distancing have allowed essential businesses to remain open. Thousands of customers safely visit local big box-stores each week; there's no reason those same protocols can't be used by smaller businesses with far fewer customers.

A regional approach is best as

local county health authorities should make the call. Many businesses have learned to think outside the box, and they should be given the chance to open safely. We've been saying we're all in this together, but in thousands of cases, small businesses have been forced to carry the heaviest burden.

From public safety – fire season is upon us – to education, from highway funding and Medi-Cal to programs for the elderly and the disabled, all state programs are facing disastrous cuts. The social costs of allowing our shutdown to become a depression are incalculable. By using caution and the lessons we've all learned, California's economy can safely reopen.

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.

One nurse's commitment to healing victims of COVID-19

I am a registered nurse with a little over two years of emergency room experience. After hearing the grim news about how hard New York was hit by the virus, I wanted to help but wasn't sure how. I had just started a new job, and I had a family to care for. I was also clear on the other side of the United States in Southern California.

One morning on my way to work, I found myself overwhelmed by my desire to help and called my husband and asked, "Would you think I'm crazy if I went to New York to help out with the COVID crisis?'

His response, "No, I wouldn't think you're crazy. I kind of saw this coming.'

In less than two hours after

making that phone call, I received a text message from a recruiter at Loyal Source with information about a contract with Veterans Affairs in New York. To me, it was not a coincidence but a divine intervention that I could not ignore. A week later I was at the VA Hospital in Manhattan reporting for duty.

Though I have only worked in the emergency department, I was quickly assigned to the intensive care unit to help with the sickest of the COVID-19 patients. Though quite the learning curve at first, in a matter of days the unfamiliar became my new normal, and I am now part of the COVID-19 care

Everyone here at the VA has

been so kind, patient and grateful for my help as well as the help of all the other agency nurses. Though they tell me how brave I am to choose to leave my family to come and help, to me they are the real heroes – as they are the ones who were there from the beginning and continue to show up every day.

Though our unit has had its share of losses, I have witnessed for myself a few recoveries since being here. Though slow, we are making progress – and I am so very grateful to be a part of the dynamic team of medical providers that is committed to doing all they can to heal the victims of this tragic virus.

> LeAnn Gerst, RN Temecula Valley Hospital

Yes, there once was a living wage

There is a reason "the living wage" has been a topic of discussion for 30-plus years. At some point in the 1970s was when the last living wage was paid. I know about the living wage firsthand.

I got married in 1953. I worked part-time for the first two years while I finished college and my wife managed steady work as a keypunch operator. Two years later, we were able to buy a new car, a 1956 Beetle, and two years after that, we were able to qualify for the mortgage

on a new home.

Also, of note, I was only 21 and my wife-to-be 18 when we married. That's what a minimum, living wage looks like. After that, I got an advanced degree, the springboard that propelled us solidly into the middle economic class. But we were also very, very lucky - no serious injuries or illnesses and no unplanned pregnancy.

I don't think berating people for not having gotten a formal education is particularly productive.

Not everyone wants to be tied to a desk all day, and they shouldn't need to be.

Blue-collar jobs galore would be available if the government would only begin the infrastructure program that Trump seems to have forgotten. We will be needing those new jobs as our economy recovers and, to get that, we need a government that works for all the people.

John H. Terrell

OPINION

The controversy over HR 6666, the COVID-19 Testing, Reaching and Contacting Everyone Act

Julie Reeder

Publisher

There is a lot of conversation and controversy over House Resolution 6666 introduced by Democrat Rep. Bobby Rush of Illinois with 58 co-sponsors.

H.R. 6666 is the "COVID-19 Testing, Reaching and Contacting Everyone Act."

Tracing is not a new idea, but it has been a hot topic on social media and radio talk shows in the last week. Opponents said it's likely unconstitutional and violates the First, Fourth, Fifth, Eighth and Ninth Amendments.

The bill itself is short, but it has two sentences which are vague that worry opponents.

The bill grants \$100 billion to entities around the country "to trace and monitor the contacts of infected individuals and to support the quarantine of such contacts." It would do this through mobile health units "at individuals" residences" and provide "services related to testing and quarantines" and "for other purposes." Priority for funding would go to "hot spots" and "medically underserved communities."

The director of the Centers for Disease Control and Prevention would oversee and send the funds to health clinics, schools, high schools, universities, churches or basically any other entity the CDC chose. One hundred billion dollars in funding would be for fiscal year 2020 and "such sums as may be necessary" for fiscal year 2021 and any year thereafter when the emergency continues.

The opposition has cited violation of HIPAA and privacy,

forced vaccinations and fear that it gives the authorities the right to come into homes and separate family members, including taking children if someone in the home tests positive for COVID-19. The bill clearly does not include verbiage for forced vaccinations or separations, the fear is the vague language will lead to these outcomes. This concern was fueled by at least two items made public.

One was an advertisment that appeared for the Washington State Department of Children, Youth and Families on a Washington state social services job board advertising for workers for child centers, suggesting that child separation for quarantine was already in the works and even giving the addresses of sites where the children would be held.

The DCYF later posted a clarification on the job posting, stating that it was intended only for foster children who had tested positive for COVID-19 or who had been exposed and had no placement available. They furthermore clarified that the addresses they posted were proposed, but they hadn't received previous permission.

A second item was a video circulating on social media which showed Dr. Robert Levin, the director of Ventura County Public Health, speaking before the board of supervisors about a plan to hire up to 50 new "contact tracing investigators" to "find people who have COVID-19 and immediately isolate them, find every one of their contacts, make sure they stay quarantined and check in with

them every day." Levin admitted his "poor messaging" during a news conference the next day, stressing those who test positive or who are identified by officials as having come in contact with an infected person would not be forcibly removed from their homes.

While Levin walked back his "poor messaging," it's undeniable that he did say it. The incident fueled important public discussion right now as to how influential employees like health officials should be as it pertains to policy decisions, laws or edicts, limiting citizens' rights to leave their home, separate or work in their own business. And again, while citizens typically have complied voluntarily, boundaries are being tested as to how constitutional is it for mayors, county supervisors and governors to limit citizen's movements freedoms and their ability to work or be free from forced injections.

There are a couple of petitions on Change.org, a website for activism, addressing HR 6666. One of them states, "House proposal HR 6666, The TRACE Act ...violates the very idea of a civil society. And, it is also a massive waste of \$100 billion allocated for 2020 alone.

HR 6666 violates inalienable rights to one's person, home and property, to one's life, freedoms, privacy and security. It is a violation of the Fourth Amendment, as well as the First, Fifth, Eighth and Ninth Amendments of the Bill of Rights. an invasion into our local communities."

Public health officials have also been hoping for technology to help alert them to potential new infections and map the pandemic's spread with the help of tech companies. Apple and Google announced in April a joint effort to track the coronavirus by smartphone. This idea also sparked a wave of fear on social media and excitement.

The tech giants have said that their apps would alert someone who had been exposed; however, it wouldn't alert health officials or tell where the meeting took place, making it less helpful than health officials hoped.

While HR 6666 clearly does not include language directly for forced vaccinations, it is another public fear that governors will force the vaccination that President Donald Trump has discussed may be available in the next six to 12

In deciding the constitutionality of a law, there are two ways to challenge them. One is to challenge the law "on its face," which could strike the law in its entirety. The other way is to challenge the law "as applied" to a particular person. For example, a person with health disabilities might challenge the restriction that is preventing them from going outside for needed exercise.

A court could uphold an "as applied" challenge where a restriction is enforced so rigidly that it creates a harmful outcome in a particular case. While the government must act forcefully to protect public health, it's best if restrictions are enforced flexibly, allowing for more personal physical freedom.

Strong government action, with due respect for the government's constitutional limitations and some flexibility in enforcement, seems to be the best approach.

In conclusion, while tracing is not a new idea or action, one of the problems with this contract tracing program is that it is only helpful very early in an epidemic or pandemic. At the stage we are at in the U.S., it is almost useless because we are so far into it and so many people have already been exposed to the virus. As shown by the Stanford University Santa Clara County study and the numbers reported by Bakersfield clinics, much of the population here already has antibodies. But Congress wants to spend an additional \$100 billion for this program, creating a huge surveillance system and overreaching program not based on science, and many people disagree with offering money to individuals and groups who agree to monitor their neighbors. The bill is vague on what the outcomes would be for people who have been exposed.

Just like global warming, animal rights, free speech, forced vaccinations, religion, politics, gun rights and myriad other topics, no matter what side people are on, it is most important that they are free to discuss and voice their opinion openly without blatant censorship, such as what is currently happening on Facebook, Twitter, YouTube and other social media networks. Our forefathers wrote the First Amendment covering free speech, knowing that it was paramount for the protection of all the other amendments. We must protect our unique American inalienable rights.

Julie Reeder can be reached by email at jreedermedia.com.

Bonsall resident gives his view of COVID-19

I am delighted to read in the May 7, 2020, issue of Village News: Jeffrey Jones' letter: "Dear Fallbrook, Keep doing what you're doing," and "San Diego County meets 4 of 5 criteria for reopening, extends stay-at-home order" by managing editor Kim Harris.

These are definite good reasons why beautiful, bountiful, breezy Bonsall, which was once called Mount Pleasant, really is such a delightful healthy place to live. We enjoy such wonderful immediate, adjoining neighbors such as Mr. and Mrs. Andy Vanderlaan and the entire Beyer family. That promotes excellent mental health which does affect physical health and produces contentment.

It is delightful to watch so many people enjoy the benefits of walking in or near the park including 86-year-old Korean War veteran Robert Larson who served four years in the U.S. Navy from 1951-1955.

The strong ocean breezes blows some air pollution away from us to the east. The absence of cigarette or cigar factories or breweries? Or only one, maybe? There could be considerable gardening activity. That is excellent form of exercise.

While the governor's stay-athome orders are not fun most of the time, I think they are practical until say around July 1. By then we will really know if the curve is flattening, or if deaths dropping,

as we all hope.

The very healthiest entire counties in the entire state of California appears to me to be Modoc with no COVID-19 cases, Mariposa with one case in the last two weeks and the first and perhaps two or three other counties that have not been mentioned yet or that I have not read about.

I invite everyone to read article 'When it arrived, they were ready" by Kevin Baxter in the Sunday, May 3, 2020, issue of the Los Angeles Times. Dr. Eric Sergienko developed a plan, told his colleagues and they accepted his good ideas. They deserve some praise and recognition.

Gov. Gavin Newsom needs to offer tangible benefits to those seven or eight counties that have the fewest deaths and confirmed cases. As far as other states go, West Virginia, New Mexico and South Dakota seem to be doing very well. How do we make a return to optimum physical and mental health appealing?

"Sugar is the sweetest enemy you will ever entertain," Tom Kopko, God's Physicians medical newsletter editor, said. He lived from 1934 to 2010. Sadly, he died suddenly of a congenital heart defect while driving home after a basketball game in Northern California. He was very creative.

John Hemphill

Dear North County Fire Protection District and Fallbrook Fire Association,

As my time as a Fallbrook resident comes to a close, I wanted to take a moment to express my heartfelt gratitude and appreciation to your department. Beyond being a resident of Fallbrook for 13 years, I had the privilege to serve as a fire/EMS dispatcher for the North County Fire Protection District and Fallbrook Fire Association.

While I always strove to give my absolute best to all cities and agencies I served, North County Fire was always special. You were my home department. I hold your department in the highest regard. Your level of customer service, knowledge and desire to help others is remarkable.

We've been through a lot over my 13-plus years as a dispatcher. The 2007 Rice Fire, CPR saves, countless open houses, amazing

community outreaches, the 2017 Lilac Fire, Rescue TC's, medical aids, snake removals, the list goes

In June 2019, your department suffered an enormous loss. I was the dispatcher who processed the 911 call when one of your own needed help. My heart ached for the tremendous loss for his family, your department and the Fallbrook community. Above all else, I will always

be thankful for the friendships, camaraderie and mentorship from your department. The occupation of a 911 dispatcher is generally one of little fanfare or recognition. We are the first to make contact with patients and residents needing help and often the last to be thanked.

North County was always the exception. I always felt part of

the team. I remember one of my dear friends who works as a firefighter/paramedic saying, "We always consider you as part of our department...you just physically work somewhere else.

And I always knew, regardless of the seriousness of the problem, that once I heard in the background "FD is on scene," the patients and residents were in the best possible hands.

Thank you, North County Fire and Fallbrook Fire Association. It truly was an honor working with you and serving the residents of Fallbrook, Bonsall and Rainbow.

> Respectfully. Olivia Hovt Former North Comm dispatcher

Re: 'Do we permit a virus to destroy our economy?' [Village News, Miller Letter, 05/07/20]

OMG. Did Miller really complain about Walker's misinformation and fake news only to go on to tell the biggest whopper of the month when she tries to tell us that the average salaries in the country rose from around \$63,000 per

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year to \$89,000-plus per year in just one year?

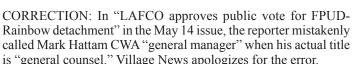
That would have been a 45% increase in just one year. That would have been so inflationary that the Federal Reserve would have had to raise interest rates back

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up to the 1980 levels.

Truth is, salaries haven't kept up with inflation since 1989, which means we are earning less in real terms than we did 30 years ago.

Keith Jeffries



called Mark Hattam CWA "general manager" when his actual title is "general counsel." Village News apologizes for the error.



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FUHS

from page A-1

School with locals who just want to do something to help make the students feel special during this

Because of the COVID-19 pandemic and restrictions placed upon school districts regarding what they can and can't do with graduation ceremonies, Fallbrook High will not have in-person graduation.

That is a tough thing for some students to swallow, and Sigmon recognized the local need.

"I got in touch with the person who organized there in Rifle, who happens to work at the same

place that I had my first job," he said. "I was talking to her, and I invited her to be one of the original moderators to help and show because her process was working well.'

Even though the group was only formed May 11, as of Monday afternoon, May 18, more than 100 seniors have been adopted, and the first round of gifts has been delivered to the adopted students. "It's just been so rewarding,"

Sigmon said. The Facebook group is a private group. and page moderators have

to approve each individual who joins, Sigmon said.

We facilitate information between parents and adopters," he said. "It's all about making sure of

the privacy of the children. I mean we made it a private group, so not their information isn't shared."

Once a parent joins the group, they can add photos of their senior student and write a little bit about them. That's when quick-acting adopters can claim the student. The page moderators then connect the parent with the adopter to facilitate the exchange of information and ultimately, gifts.

Since the process is highly protected and demands attention from the moderators, there are many nights when the moderators are up late into the night checking on the group and verifying connections, Sigmon said.

"The moderators and the admins screen the people to make sure



Village News/Courtesy photo Jeannine Germon Huffman delivered this gift box to Fallbrook High School senior Bethany Bishop as part of the Fallbrook Adopt-a-Senior 2020 group on Facebook.

that there's some connection to Fallbrook, so that we're not just letting somebody into a private group with a bunch of children and we have the safety of that in mind," Sigmon said. "Once the parent posts there, we look at the post and we make sure that it's genuine, somebody who's connected to a senior and then we post it to the group. And then from that point on, it's just whoever comments on the post first and then we close the post out."

Sigmon said they are working with the school to find out exactly how many seniors are in the class and working to get the word out to as many parents as possible.

"I haven't received the exact number from the school district," he said. "But to get this far

in a week is just beyond any expectation that we ever thought."

Sigmon said they are working hard to get the word out to the Spanish-speaking population of Fallbrook that may not necessarily engage in Facebook or Facebook

"We have some people on the team who are bilingual so that we can make sure that if they do post in Spanish that we can communicate to them in Spanish," he said. "Because it's not about anything other than just doing outreach and providing that channel."

Really, the entire program is designed to make students feel better during an emotional, important time of their lives, Sigmon said.

"What we're doing is we're just asking that they have the opportunity to post the information about their senior, how proud they are," he said. "Share a few words and some pictures and tell people about what they like, what they don't like. And what we wanted to do was encourage the local community to kind of find somebody; we just called it an act of random kindness. They see a senior that's coming in there, they want to do something for them. They do it.

"It's all budget-friendly, so there's no requirement that somebody has to spend \$100. It's just an act of kindness.'

He said adopters can also do it

anonymously. Right now, Sigmon said they

just want to get the word out.

"Our goal is to get every single senior adopted," he said. "Not everyone has heard of this yet, and we want everyone who wants this for their senior and everyone who wants to help a senior to know about it."

To apply to join the group, visit http://www.facebook.com/groups/ FUHSAdoptASenior/.

Senior banners to be installed downtown

Lila MacDonald, CEO of Fallbrook Chamber of Commerce, is one of the administrators of the Fallbrook Adopt-a-Senior group and, as an alumnus of Fallbrook High, she wanted to do something to help the seniors feel good as well.

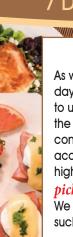
"The high school and the chamber work together frequently, so I reached out to the superintendent to see if we could brainstorm," MacDonald said. "The first idea was banners. and since the chamber holds the permits on the banners down Main Avenue, we thought why not start a new tradition?"

MacDonald said 45 banners with the names of all the graduating Fallbrook High students will be hung up in downtown Fallbrook

Sunday, May 24. "The plan is every year when the Avocado banners come down, the 'Congratulations graduates' banners will be hung up,' MacDonald said. "We are excited to celebrate all those seniors who are graduating this year and look forward to their journey. We hope they feel the love of their community at this time and always."

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





Z Cafe Family

As we are all aware of COVID-19, just like you, we are taking it day by day. For now, we will remain to stay open and continue to uphold our sanitation procedures. Our number one priority is the safety and health of our customers and employees. We will continue to monitor the local health guidelines and take action accordingly. Currenty, the dining room is unavailable, so we highly recommend our customers call in their favorites and pick up their orders with our new CURBSIDE SERVICE. We would like to thank you all for the love and support during such a challenging time.

We are amazed by this community! - Z Cafe Management

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> - Danny Covo, Owner Autoheim, Fallbrook

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Real Estate Round-Up: And now for some good news



Kim Murphy Murphy & Murphy Southern California Realty

Things have changed considerably in California since March 19. We've all learned the term "social distancing," and we've gotten used to wearing a mask at the same time as we wear our glasses. We've learned to walk to the other side of the grocery aisle and to stand back 6 feet while we're waiting to pay for our purchases. We've learned that "takeout" can still be delicious and that "date night" means finding a fun way to do something with your partner that doesn't involve leaving your home.

But, despite the light I am making of the often uncomfortable and impersonal new guidelines we are all living with, there is a darker side to the story, and it concerns how rough these changes have been to the California economy.

This week when Gov. Gavin Newsom announced that his revised budget included cutbacks for state employees, a broader net of people became impacted. Up

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till now large corporations and independent business owners had been singled out as "essential" or "nonessential." Adding state employees to the people affected truly raised the bar of awareness and consequence.

The proposals circulating about the opening, delayed opening or modification of virtual and in person teaching in elementary and secondary education will bring another financial cost to our already strained fiscal shortfall.

So how about some good news? If you are one of the 81 million American homeowners, even though retirement funds and the stock market have taken a hit, home values are holding steady.

In March, the median existinghome price for all types of housing was up 8% from March 2019 across every region in the U.S. as reported by the National Association of Realtors. Yes, the pandemic has slowed sales down, with some slight pressure on prices, currently, but with the right policies and proper recovery, I believe there is a great chance that home values will fully recover even as home sales temporarily fall.

The demand for housing has outpaced the availability of housing for over a decade. The demand has not diminished and in fact has increased now that people have been forced to stay home. Suddenly people realized that their home was too small for all their family members or too large to take care of or that working from home may become more permanent than they thought, so having a home office is a necessity or having a yard with a view and/ or a pool are not a luxury but an enhancement to the vacation that may or may not be available.

Renters and city dwellers are looking for room to roam, even if it simply means a few more rooms or a plot of land you can call your

New home purchase transactions support the fact that demand is still high. Buyers are prepared to purchase despite the hurdles that exist to get into property. NAR said that one quarter of all Realtors had at least one client go into escrow during the second week of April without physically seeing

Transactions are proceeding with the growing use of new technology like 3D walkthroughs, virtual open houses and electronic signatures. As I speak with Realtors across the region and the state, they all report that the current "on hold" attitude by some buyers or sellers will immediately cease once the stay at home order is lifted.

I watch the Murphy & Murphy algorithms daily, and the number of potential buyers looking online at homes is much higher than it was pre-March 19. Buyers may not be able to physically look at homes, but they are looking online in far greater numbers than before March 19.

It's not surprising that buyers and sellers are still motivated to engage in real estate transactions when you consider that the median family net worth for all homeowners in the U.S. has increased by nearly 15% since 2008.

Sustainable and affordable homeownership remains the best opportunity for most households to increase their long-term net worth and financial security. Property ownership is the bedrock of financial security for many Americans, which is why Congress has actively participated in protecting that asset.

Did you know that the real estate industry makes up nearly onefifth of the U.S. economy? This is because purchasing a home is only the first part of the stimulus to the overall economy. New owners of homes hire contractors to make improvements, purchase furniture and accessories to spruce up their new home and invest their personal financial resources into their new community's schools, stores, churches and restaurants. Every time a home is sold, multiple jobs are created when the new owner invests in their new property.

Knowing all the good that one single real estate transaction has on the total economy of a region, begs the question, why are so many sellers sitting on the sidelines?

On May 15, the California Association of Realtors created a recommended flyer to be posted at every listing that provides buyers with the required guidelines that must be adhered to before viewing a property. In April, CAR created four new forms to be used when showing property, listing property or purchasing property.

The number of COVID-19 cases continues to decline as a percent of people tested. Fallbrook and Bonsall have some of the fewest cases reported in all of San Diego County, so why wait?

Homes in Fallbrook provide much of what people want right now, which is some elbow room for the new lifestyles residents are now living within their jobs, families and relaxation. Buyers are looking for what Fallbrook has. Now is the time to get ahead of the curve and preempt the flood of homes that will come on the market once the stay at home mandate is lifted. We're here to help you navigate the process, safely and securely.

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.

PANTRY

from page A-1

Nonprofits, March 28. According to ProtoStar's website, "The fund is specifically intended to assist smaller nonprofits with net liquid assets below \$250,000 and net revenues of less than \$100,000 in 2019.

ProtoStar described Fallbrook

Food Pantry's need on its website, "Since March 16, the number of families needing assistance with food has skyrocketed at the Fallbrook Food Pantry. Yet, donations have not kept up with the increase in the number of families served. A contribution from ProtoStar's COVID-19 Relief Fund would hopefully help make up the difference.

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

HERE'S HOW:

1.) Moving our market style distribution to the LEARNING CENTER (which is located at the pantry - 140 N. Brandon Road, Fallbrook) for food pick up only: all food (dry goods, canned, frozen meats, dairy items, bread and fresh produce) will be pre-bagged. SERVING: MON-FRI 9:30AM-12:30PM

2.) No one is allowed to open bags and remove items that are unwanted – we cannot risk contamination. All food in bags must leave with each family/individual.

3.) Asking clients to stand 6 feet apart while standing in line for food.

4.) Asking both volunteers and clients to wear gloves at all times while in the pantry.

5.) Any new clients will be treated as an "emergency" and will be able to receive food with just an ID (YOU MUST HAVE either a driver's license, state ID, military, school, etc.).

6.) Our hours of operation will remain the same: Monday-Friday 9:30-12:30. If clients show up early to stand in line – we will begin serving them as soon as possible even earlier than 9:30 to prevent "loitering" or too much contact with others.

7.) As long as staff/volunteers are willing and able to serve, we will not have to change days and/or hours of operation - but in the case of this situation changing due to a variety of possible obstacles, we will keep the public apprised of our decisions and make it known if and when we need EXTRA HELP from the community

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



Monday-Friday 9:30am-12:30pm 140 N. Brandon Rd., Fallbrook, CA 92028 760.728.7608

www.fallbrookfoodpantry.org

"when you are hungry, nothing else matters."



The Fallbrook Food Pantry is well Village News/Lucette Moramarco photo stocked with cans of soup, bags of potatoes and, not pictured, cans of tuna, thanks to a \$5,000 grant from the ProtoStar Group.

By May 2, unemployment reached 27.25% in Fallbrook and 28.16% in Bonsall, according to a report issued by San Diego Association of Government. The food pantry estimated that the increase in distribution is currently about 20-25% more than normal.

The pantry's grant application indicated that approximately 270 households, or about 961 individuals, now depend on Fallbrook Food Pantry for their grocery needs every week. These numbers are expected to rise in the coming months, the pantry said...

The food pantry is the only free service where families in need can receive groceries in the Greater Fallbrook area, which also includes Bonsall, DeLuz, Rainbow and Pala. The pantry's grant application said it is distributing approximately \$150 worth of food per family a week and it serves about 4,730 seniors annually.

The application said approximately 40% of those served

are children. The families who depend on the Fallbrook Food Pantry for their weekly groceries are racially diverse: Hispanic (41.8%), African American (26.6%), Asian (10%) and White (21.6%).

The Fallbrook Food Pantry is holding fund drives and appealing to foundations, governmental agencies, individuals and other funders for grants and contributions.

Gary Poon, head of the ProtoStar group, said its goal is to "help fill the gap in donations and encourage others to contribute too" as well as "make a big impact on a small

To see how ProtoStar is hopefully transforming philanthropy and learn how to partner with it, visit https:// protostargroup.com/.

Fallbrook area residents in need of food can go to the food pantry Monday through Friday from 9 a.m. to 12:30 p.m., 140 N. Brandon St. A driver's license or other ID is needed to receive food. For more information, call 760-728-7608.



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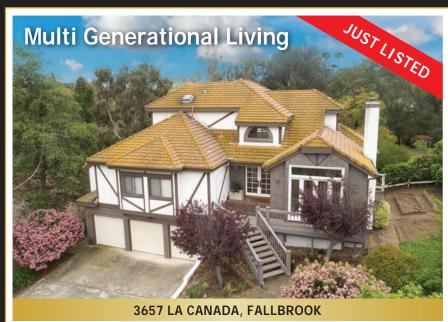
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Seller will entertain offers between \$850,000 & \$950,000







Welcome home! Highly upgraded 4BD/3.5BA home with pecky-alder cabinetry and granite countertops. 2,767 sf on .63 acre. Warm wood, accented by stone, is featured in the wall of built-ins in the great-room. Knotty pine trey-ceilings in great room and master. The flowing floorplan centers around the cook's kitchen, great room and formal dining room. Kitchen boasts custom full backsplash, LG double ovens, Fr. door refrigerator, glass front cabinets, multi-level breakfast bar, LG 5 burner natural gas 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



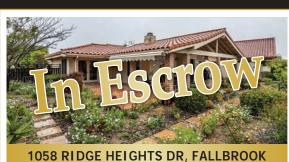
California Bungalow nicely sited on .29 acre cul-de-sac lot. Nicely maintained and upgraded over time, this 3 bedroom, 2 bath home with 2 car garage is that perfect little starter home or charming cottage, perfect for downsizing in those Golden years. An enclosed bonus room provides an all season enhancement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

Seller will entertain offers between \$450,000 & \$515,000



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

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



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



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SOLD FOR \$735,000

30652 ROADRUNNER RIDGE, VALLEY CENTER
Seller will entertain offers between
\$675,000 & \$780,000

SOLD FOR \$655,000

198 BRYCE LANE, FALLBROOK

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

SOLD FOR \$600,000



If you've been thinking about selling, now is an excellent time.

At a time when inventory should be abundant, it isn't. There are many qualified buyers scrambling to take advantage of historically low interest rates. The new standard of showing a home is that buyers must be pre-qualified and provide proof of funds before entering a home for sale. Many sellers have taken their homes off of the market in fear of COVID-19 and the unknown. We continue to do business because of our experience. Our clients trust us. Now more than ever, the Murphy & Murphy concierge service is our strength. Our personal attention to your specific needs gives you piece of mind. Health and safety are paramount. If you were thinking about selling your home before March 19th when Governor Newsom announced he would be closing California, please revisit those thoughts. The state of California will most likely be in some sort of lock down for the rest of the year. Real Estate has been established as essential business. A record number of buyers are making the move from renting to home ownership. This change in the market is opening up buying power at all levels. Our many years of experience can achieve results for you at the highest possible sale price. Please give us a call. Give us an opportunity to show you how we will accomplish success for you and your family. We have been award-winning Realtors in the community since 1997. In times like these you need specific market place knowledge and experience representing you.

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North County Fire honors Hoyt for service to her community

him and his family.

junior firefighter for a day, and the

experience was a huge support for

article about Hoyt giving the CPR

The Village News published an

Lucette Moramarco

Associate Editor

Fallbrook resident Olivia Hoyt served as a dispatcher with the North County Dispatch Joint Powers Authority, aka North Comm, for over 13 years. She recently retired when her husband was promoted to a job in Washington state, and the family is relocating.

While Hoyt also worked with crews and agencies of surrounding paramedic Ben Lian.

Parker was a young boy who lived in Hoyt's neighborhood community who had an aggressive brain tumor and died in 2017. North County Fire made him a

cities, she was most involved with her home department, North County Fire Protection District. She participated in many of its events and some special projects like helping young Parker Landis, along with North County Fire Capt. John Choi and firefighter/

instructions that saved the life of Bonsall resident Erica Myers in February 2008. Myers thanked Hoyt in person after she recovered from the heart attack. Hoyt said that she still keeps in contact with Myers 12 years later. In January, Hoyt was the

recipient of the NCFPD Challenge Coin Recognition Program for "her selfless acts of service for this agency and this community." During the presentation, she was called "an ambassador for not only North Comm, but also this organization over the years playing instrumental roles in efforts like supporting young Parker Landis...

See Hoyt's thank you letter to North County Fire on page A-3.

Lucette Moramarco can be reached by email at villageeditor@ reedermedia.com.

North Comm dispatcher Olivia Hoyt poses with her three children, from left, Ben, Jack and Madilyn, at the North County Fire Open House October 2017.

Village News/Courtesy photos



As the North County Fire Board Recognition part of the January board meeting, Divisional Chief McReynolds presents the Challenge Coin and Award to Olivia Hoyt as dispatcher and community partner.



North Comm dispatcher Olivia Hoyt participates in the seventh annual 9/11 Memorial Hill Climb with public information officer and fire Capt. John Choi.



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Fire scorches 150 acres in Camp Pendleton training area

Will Fritz

Staff Writer

FALLBROOK - A fire in a Marine Corps Base Camp Pendleton training area scorched more than 100 acres and caused an obvious smell of smoke in Fallbrook and other parts of North County as far south as Escondido before firefighters were able to stop its spread early Tuesday morning, May 19.

Camp Pendleton officials first reported the fire at 7:50 p.m. Monday. At the time, it was described as having burned roughly eight acres in a training

area of the Marine Corps base. Base officials tweeted the fire had grown to 35 acres as of a little after 9:15 p.m., then said on Twitter at 10:15 p.m. that the fire had blackened 50 acres and was 20% contained.

Base officials said a little before 1 a.m. that the forward spread of the blaze had been stopped. As of 6:15 a.m., the fire was 80% contained and had blackened 150

There were no reports of injuries or damage.

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



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North County Fire extends weed abatement deadline

Will Fritz Staff Writer

The North County Fire Protection District has extended its weed abatement deadline from May 15 to June 1, the fire district announced last week.

The fire district requires local property owners to remove excessive weeds from their land and create "defensible space" in case of a wildfire.

Property owners who do not comply can be subject to cost recovery fees from the fire district.

The fire district began notifying property owners of the May 15 deadline back in March. The original deadline was a full month

ahead of 2019's weed abatement deadline, in anticipation of dry weather leading to high levels of fire fuel. However, higher-than-expected rainfall has mitigated some of this risk, allowing the fire district to feel comfortable moving back the weed abatement deadline by two weeks.

"We made (the original deadline) in January and February when not a lot of rain was coming in and we were thinking it was gonna be drier," North County Fire Marshall Dominic Fieri said. "Once the season did come about with more rain, we were able to change."

In a statement, Fieri said: "the extension was given as a result of this season's fire weather

forecast indicating that the recent rain storms will keep the fuel moisture level higher than what was projected earlier this year. This extension will allow property owners additional time to remove dead brush and create a defensible space in the event of a wildfire."

Fire prevention personnel will begin compliance inspections after the June 1 deadline has passed.

After the deadline, properties with excessive brush and lacking necessary defensible space that require additional inspections will be issued cost recovery fees, Fieri said.

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



Property owners have until June 1 to remove Village News/Shane Gibson photo excessive weeds on their land.

Calling all heroes: Local Red Cross seeks public's nominations for annual awards

SAN DIEGO – Do you know an "ordinary" person with extraordinary courage? Someone who has saved a life, helped a neighbor in need or made a difference in their community? The American Red Cross of San Diego and Imperial Counties asked residents to send their nominations for the 18th annual Real Heroes

"Every day we're surrounded by heroes, but oftentimes the good deeds and courage of everyday heroes go unnoticed," Sean Mahoney, regional CEO of the American Red Cross Southern California Region, said. "We need the public's help to identify individuals and groups in our community who we can recognize for their contributions."

The annual Red Cross Real Heroes Awards Breakfast honors those making an impact through their brave and compassionate actions, demonstrating a true commitment to creating safer, stronger communities.

"We need the public to nominate local unsung heroes in San Diego and Imperial counties. It can be a colleague, family member, neighbor or friend who performed a selfless act of bravery or improved their community through humanitarian service," Mahoney said.

Since the event's inception, more than 100 heroes have been honored. Watch the inspirational stories of previous honorees at http://youtube.com/socalredcross.

Honorees will be celebrated across eight categories: animal welfare, community partner, fire and rescue, good Samaritan, gift of life, law enforcement, military and youth good Samaritan. For complete category descriptions, visit http://www.redcross.org/sandiego/realheroes.

Heroes are nominated by the public and chosen by an awards selection committee comprised of local community leaders and event sponsors. Honorees are selected based on the degree to which their actions uphold the values of the Red Cross humanitarian mission and leave a lasting and positive impact on the community.

This year's Real Heroes award recipients will be honored at the event Friday, Sept. 25.

vent Friday, Sept. 25.

How to nominate a hero

- The deadline to submit nominations is July 10.
- Submit a nomination form by online or download the nomination form at http://www.redcross.org/sandiego/realheroes.

 Submit a nomination via email to Events.SanDiegoCA@redcross.

 Mail a nomination form to American Red Cross, Attn: Real Heroes, 3950 Calle Fortunada, San Diego, CA 92123. The 18th annual Real Heroes Breakfast is made possible by the support of sponsors, including Hometown Hero Sponsor San Diego Gas and Electric and Co-Presenting Sponsor U.S. Bank.

For more information about the

American Red Cross of San Diego and Imperial Counties, visit http://www.redcross.org/sandiego.

Submitted by the American Red Cross of San Diego and Imperial

Foundation for Senior Care honors first responders



Keith Birkfeld, left, executive director of the Foundation for Senior Care, with foundation driver Madison Ohlson, right, honors first responders at the North County Fire Protection District by donating lunches prepared by Major Market to firefighters and paramedics and the five stations serving Fallbrook and Bonsall, including from middle left Capt. Anthony Fieri of NCFPD Station 4 on Pala Mesa Drive, Jake Swan, Erik Alter-Reitz, Jason Bracci and Brendon McReynolds. NCFPD Station 4 sits at the southeast corner of the district and often helps seniors in the 55-plus community in Bonsall as well as others in the area. Seniors often use 911 to reach NCFD, but they can also reach the Foundation for Senior Care at 760-723-7570.

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BUSINESS

Legacy Endowment Community Foundation announces new board member



Village News/Courtesy photo Chris Murphy is the newest member of the Legacy Endowment board of directors.

FALLBROOK - Local, top -awarded Realtor Chris Murphy joins the Legacy Endowment board of directors as its newest member to advocate for North County's nonprofit sector.

Both Chris Murphy and his wife, Kim Murphy, have been award-winning Realtors in North San Diego County since 1997. They are better known as Murphy & Murphy and are recognized for their community involvement and generosity.

In December 2012, they opened their concierge real estate brokerage on Main Avenue in downtown Fallbrook. They said they have come to treasure their community relationships. Their approach is more than typical client and Realtor transactions; they become trusted advisers and genuinely respect the distinction they said.

For Chris Murphy, this new volunteer leadership role will continue his tradition of givingback to the community he loves.

"I've had some great experiences working with the Fallbrook Food Pantry. Through these encounters, I know lives have been lifted out of food instability and crisis by their good work. It's why we decided to get involved about six years ago as major sponsors of their annual charity dinner and golf tournaments," Chris Murphy said recently. "I know Legacy Endowment holds and manages a variety of endowment funds that generously support organizations like the Fallbrook Food Pantry who are, right now, on the front line of responding to those hit hard by the COVID-19 crisis. In this new role, I know I can help bring awareness to what Legacy Endowment is doing to help people support their favorite causes like these in perpetuity."

Legacy Endowment was founded in 1994 and has substantially grown its assets to more than \$14 million and has distributed between \$500,000 and \$600,000 a year to a variety of worthy organizations.

"Larger, regional community foundations can sometimes find it difficult to stay close to their stakeholders with high personalization," Mark Hvasta, Legacy's board chair, said. "We value the viewpoint of our donors who are choosing what is important to them. They have built up a lifetime of assets through their hard work and conscientious financial planning. They want to see their legacy distributed to the causes they always loved in perpetuity. We become the trusted stewards of their charitable

intentions and as such, we are responsible for ensuring a safe and productive investment haven for their choices, even in these difficult times."

"Chris Murphy is going to be a tremendous asset to our board team," Jean Larsen, Legacy's executive director, said. "He's already highly attuned to community needs and possesses excellent networking skills to help serve those in need. I know all the board members join me in a warm welcome."

More information about Legacy Endowment Community Foundation can be found at http:// Legacyendowment.org or 760-941-8646.

Submitted by Legacy Endowment Community Foundation.

Get back into the swing of things: Driving, accidents and what to do if you're in one



Andrew Zucker. Village News/Courtesy photo

Andrew Zucker Attorney at Law The Zucker Law Firm Special to Village News

For many people, the past few months have felt like people's lives have been turned upside down. They barely recall the days stuck in traffic, sitting at red lights, hours spent day and night in cars heading to work, school or errands. On the other hand, people are more aware of that routine than ever as restrictions lift, and they get back out into the world. While society reimagines "the new normal," one thing they can't avoid is their commute.

California has some of the most prominent commuter cities in the United States, and cars are the primary mode of transportation. The more people drive, the higher the risk of accident or injury. Alongside the usual worries, add in the fact that people are now "out of practice." Whatever actions they take to protect themselves while driving, things happen that they can't always control. If people do find themselves in an accident, here are three points to remember to move things along - so they can get back to their normal.

Get a medical exam. Health and safety should always come first but in the heat of the moment, people are not always thinking clear. Their desire to get back to their day can make them rush the process at the scene thinking, "It's not that serious." And they may, in fact, feel fine at the time. Adrenaline is powerful, and when an accident happens, it can make them ignore signs of injury that crop up later. It's worth having medical personnel give the drivers and passengers a check to identify potential trauma. If they decline at the time, seek an exam as soon as possible afterward. It sounds inconvenient in a world of "there's no time," yet makes a huge difference in getting life back to normal. People don't want to be left reeling with discomfort, medical bills and no recourse – see a doctor.

Create documentation. Briefly forget the cellphone stigma and use it as the valuable tool it is. Call emergency services, snap photos and take notes. The priority should be getting medics and police to the accident scene, followed by documenting the area as possible with safety in mind, and taking notes of the situation as they occur. The records created in the period directly after an accident provides beneficial information to piece together events that seem

blurry in hindsight. Consult an attorney. Don't wait for months while medical bills grow and insurance pushes back on a claim to seek a professional opinion. A consultation is not a contractual agreement to use the attorney's services, but it provides specialized insight on a unique situation and options to ease the burden. Many attorneys will provide a free telephonic consultation to discuss options at no cost or obligation to use their services in the future.

Whether people are going back to work now, will be in the coming weeks or are just finally making those trips to the grocery store they never thought they would miss, Californians are getting back on the roads and traffic is going to increase. They should keep the above three tips in mind if they're in an accident and it will set them up for success - and getting back to their "new normal."

Andrew Zucker of The Zucker Law Firm in Temecula is a trial attorney that specializes in personal injury and wrongful death cases. In 1993, Zucker started his legal career in the Riverside District Attorney's Office as a deputy district attorney. As a prosecutor, Zucker refined his trial skills handling serious and violent felony's including rape and murder cases. His trial skills and success resulted in him being

recognized by the California State Assembly and the Riverside District Attorney's office as the felony prosecutor of the year in 1998. Zucker has been practicing in Temecula for over 20 years and has represented many police officers, sheriff deputies and firemen injured or killed in the line of duty. Zucker is honored to have prosecuted one of the largest wrongful death judgments in the history of California resulting in an award of \$50,000,000. The Zucker Law Firm is located at 43434 Business Park Drive in Temecula. For more information or an appointment, call 951-699-2100 or visit https://www. thezuckerlawfirm.com.

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Waldron joins state leaders in seeking solutions to massive budget crisis

SACRAMENTO – Assembly Republican Leader Marie Waldron and other California leaders formally requested \$1 trillion in federal aid to assist states and local governments with looming budget crises as a result of the COVID-19 outbreak, May 11.

Waldron, as part of a coalition of western state officials led by Gov. Gavin Newsom, is requesting emergency funding to stave off deep cuts to essential services like hospitals, education, fire and

"This is when we need the federal government the most," Waldron said. "Our state is facing an unprecedented spike in unemployment and our economy is in shambles - deep budget cuts to essential services will only make our problems worse. Our schools, hospitals and public safety are under serious threat."

Budgets for government services throughout the country are deeply threatened by the prolonged stay-at-home orders that have shut down economies and jeopardize the livelihoods of countless Americans.

In California, the state budget deficit is projected to be as deep as \$54 billion by 2021, which translates to approximately a quarter of the last budget over two fiscal years. Education funding could be slashed by as much as a third. Many hospitals are in danger of bankruptcy. And the state's official unemployment rate is nearing 15%.

"Without federal support, states and cities will be forced to make impossible decisions – like whether to fund critical public health care that will help us recover, or prevent layoffs of teachers, police officers, firefighters and other first responders," according to

Submitted by the office of Assemblymember Marie Waldron.

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OBITUARIES



John Miller Dunckel, family man, real estate broker, Navy pilot, passed peacefully Tuesday, March 31, 2020, at his home in Fallbrook. Jack, as he was known, was born Oct. 30, 1927, in Three Rivers, Michigan. He was the second of three children of State Treasurer Lewis Miller Dunckel and school teacher Elizabeth (Betty) Dunckel. Along with brother Bill and sister Diane, the family moved west. Jack graduated from Van Nuys High School and was drafted briefly into

He then enrolled in USC where he eventually met the love of his life, Donna Williams. Jack majored

the army at the end of WWII.

in zoology/pre-med and was the president of the Sigma Alpha Epsilon (ΣΑΕ) fraternity. He also lettered by running the 440 for the USC varsity track team. After Donna graduated from USC in 1951, the two were married and started their 68 years together.

Jack was not exempt from the draft, so he joined the Navy when the Korean War broke out. He deployed twice to Korea on the USS Boxer. He piloted 49 combat missions in the AD-1 Skyraider. Jack loved his country. He also loved his squadron mates and cherished those relationships for his entire life.

Jack's first of four sons, David, was born in 1953 while Jack was in the Sea of Japan. Jack was able to return from the war on the day his second son, John, was born in 1955. Tim and Bill came along in 1957 and 1968.

Returning to his family, Jack joined Donna who had bought a home near her parents in Rolling Hills Estates, California. Jack worked for his father-in-law (Don Williams) as a Realtor. He then became a broker and took over the business when Don retired. Jack was very successful and was the president of the local Board of Realtors for multiple terms. He

retired in 1980 and moved to the town of Fallbrook, where he and Donna built their dream home.

While retired, Jack enjoyed friends, golf, bible studies, crossword puzzles, drumsticks (ice cream) and being involved in his children and grandchildren's lives.

Jack is survived by his wife, his sister, four sons, 12 grandchildren and 11 great-grandchildren.

Jack knew Jesus as his Lord and Savior, and we look forward to seeing him in heaven again someday. We plan on holding a memorial service at Riverview Church this summer to honor his



Carol Lee Savoca passed away on Mother's Day, May 10, 2020, after what should be considered a successful bout against cancer. Her determination and strong will bought her several extra years to spend time with the people she loved most.

Carol was born June 7, 1940, in Dayton, Ohio, to Robert and Margaret Deebach. She was the 11th generation of her family in the United States tracing her roots back to the Plymouth Colony in 1631.

Growing up in a more innocent age as an only child in Ohio, Carol loved the smell of dead ducks hanging in the shed after a successful hunt with her dad, smoking cigarettes poolside at the club and getting into shenanigans with her "cousin" Tom. As she ventured into adulthood, she attended the University of Colorado with her best friend, Jodee, where her youthful hi-jinx continued.

Through her single life, Carol lived the life of an eccentric pet owner; her small apartments became rotating menageries housing everything from roosters to alligators. "Spur of the moment" was a predominant theme of her youth. She craved adventure which she filled by road-tripping the US with friends, family, and sometimes strangers. Eventually fate found her a job in San Francisco where she fell for her boss (and the love of her life), Dominic Joseph

Savoca, whom she married after an extended courtship.

Together Carol and Dominic started a family and eventually moved to Bonsall, California. Carol approached motherhood with the same zeal with which she approached everything else. She provided a warm, loving and creative environment for her children to thrive and extended the same care to all of her children's friends. At the Savoca household all felt welcome, safe and supported. She understood how to entertain with stately flair but also loved to share one-on-one time with her many close friends to whom she was fiercely committed. She and Dominic became fixtures

in the community through a lifetime of volunteerism and community service. Dominic passed away in 2014.

Carol is survived by her family in which she always had such great pride. Her children are Robert (with wife Kate), Elizabeth (with husband Drew), Dominique (with husband Dennis) and Michael. Her grandchildren are Rowan, Violet and Cormac.

Editor's Note: Due to a production error in the May 14 issue, the photos for the two obituaries were switched and placed with the wrong text. Village News apologizes for the error.

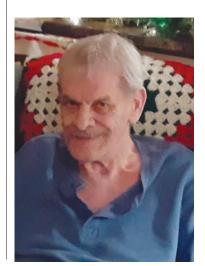


Dennis DeWyn of Fallbrook died April 4, 2020. He was born March 3, 1942, in Los Angeles to Evert and Catherine DeWyn. The family later moved to Bellflower, where he attended Bellflower Christian School and later graduated from Downey Union High School in 1959. He moved to Fallbrook in 1973.

He was owner of A-1 TV and Appliance with service and sales for over 30 years. Dennis retired in 2003. He enjoyed fishing at Oceanside Harbor and taking short trips with his family. His friendly smile and comic self were always there, even while he struggled with Alzheimer's disease.

Dennis is survived by his loving wife, Jean; his brother, Evert DeWyn and family in Michigan; his children, Denise, Jana, Robert, Kristen and Gail; his grandchildren, Austin, Ethan, Jesse, Mikayla, Anthony, Christopher and Tyler.

A memorial gathering and burial will be held at a later date.



William (Bill) Joseph Hite died May 11, 2020. Bill was born Feb. 4, 1946, in Logansport, Indiana. He moved at the age of 11 to Encinitas and graduated from San Dieguito High School in 1964.

Bill was in auto part sales and worked at Napa in Fallbrook for 12 years. After retiring, he and his companion, Mavis, moved to Las Vegas, Nevada, in 2012, where he resided until he died.

Bill is survived by Mavis, his companion of 17 years, and extended family, along with his sister, Janet Hite of Menifee.

Bill was a great man loved by many and will be missed by all.

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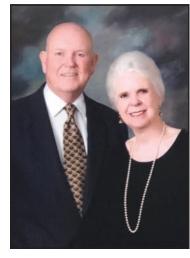


OBITUARIES



Carla Warner Tinker passed away May 13, 2020, surrounded by her beloved husband Gordon Tinker, devoted daughters Andrea Wassner (Boise, Idaho) and Jill Homer (Orange, California), sonin-law Peter Homer, grandchildren Tori Wassner, Nick Wassner and his wife Amy, and Justin Homer. Lifelong friend Suzanne Kovner and her two daughters, Lisa and Nina, were also present along with the Tinker's caregiver, Maria

Carla radiated light and energy throughout her life. She didn't suffer fools gladly and had no problem sharing her opinion. Born in Raleigh, North Carolina, Feb. 9, 1938, to William Crawford Warner and Glennen Fletcher Warner, Carla graduated from Fairfax High School in Fairfax, Virginia, in 1955, then went on to the College of William and Mary



in Williamsburg, Virginia, where she graduated in 1959 with degrees in political science and history.

Her career started with a position at the Central Intelligence Agency in Langley, Virginia, where she served from 1960 to 1962. An ad in The Washington Post in search of a roommate led her to her three best friends for life: Suzanne Kovner, Nancy Dewar and Sandy Woodson. It's also when she met a handsome young officer in the U.S. Navy. On June 29, 1962, Carla married Lieutenant Gordon Tinker in Washington, D.C. The adventure was just getting started...

Shortly after getting married, Carla and Gordon moved to Pacific Grove, California, where Gordon attended Naval Post Graduate School. Their daughter Andrea was born at Fort Ord in 1963. By 1964, the young family was sent to Puerto Rico, where Jill was born in 1965.

The last 10 years of Gordon's Naval career were spent in California, with five on Camp Pendleton. As a wife and mother in a military family, Carla felt fortunate to be in the same location for so long. They fell in love with the area and purchased property in Fallbrook, breaking ground in

By mid-1976, Carla, Gordon, Andrea and Jill moved into their new home, which quickly became known as "Tinker's Zoo & Transient Quarters" due to Carla's persistent dedication to rescuing humans and animals alike, especially dogs, cats and horses. In her spare time, she served as a substitute rural mail carrier for 17 years until she retired in 1994.

Carla was an avid gardener, reader, chef and collector of books, herbs and fine wines. She was an expert crossword puzzle master, who only used a pen. Her commitment to giving back to the Fallbrook community was demonstrated by her various volunteer commitments including the Angel Society's Angel Shop, the Bottom Shelf Bookstore at the Fallbrook Library, the Fallbrook Garden Club and the Fallbrook Art Center.

Travel was another one of Carla's treasured past times. Together with Gordon, family and friends, Carla enjoyed 11 narrow

ETHICAL, EXPERIENCED

boat trips throughout the United Kingdom and seven canal boat trips throughout France (to just name a few). She also introduced her grandchildren to international travel with trips to England and France in 2002 and 2007 for Andrea, Tori and Nick. In 2011, Jill and her son Justin visited the

A Celebration of Life will be held at a later date. In lieu of flowers, donations to Friends of the Fallbrook Library, organizers of The Bottom Shelf bookstore, are encouraged: Friends of the Fallbrook Library, P.O. Box 2586, Fallbrook, CA 92088. Please write "In memory of Carla Tinker" in the memo section.



Glen Herman Holzhausen was born on a farm outside Chesaning, Michigan, April 20, 1923. In the morning of May 8, 2020, he died at Paramount Parks Assisted Living facility in Eagle, Idaho, where he lived for the past four years. He

was aged 97 years and 18 days. Glen was the second child and eldest son of Philip and Eva Holzhausen and grandson of Herman and Juliana Holzhausen who immigrated to Michigan from

Germany. Glen chose not to stay on the farm but to attend college at General Motors Institute, which is now Kettering University, in Flint, Michigan, and become a mechanical engineer. During his time at the institute he was drafted into the Army. Following basic training, he was stationed in the Panama Canal Zone.

Glen met his first wife, the accomplished singer Mary Katherine Litz, at a USO show in Baltimore, Maryland, in 1944. They were married Aug. 24, 1946. Glen completed his engineering degree at General Motors Institute in 1948 and worked several jobs as a mechanical engineer focused primarily on the design of internal combustion engines. The majority of his working career was spent at Garrett AiResearch in Southern California where he played an active role in bringing turbocharging technology to large diesel engines.

In 1982, he retired from Garrett, and he and Kathie moved to Fallbrook. Kathie was active in the community, and Glen managed his 10-acre avocado ranch. Kathie died in 1993, and Glen married Sara Ewald in 2000. After Sara died in 2016, Glen moved to Eagle, Idaho, to be closer to his daughter

Lisa and her family. Preceding Glen in death were his wife Kathie in 1993, wife Sara in 2016, brothers Phil, Wayne, Richard and sister Barbara. Surviving Glen are his children Gary (wife Leslie), Dale (wife Patti) and Lisa (husband John) and seven grandchildren (Alex, April, George, Kim, Erika, Will and Beck) and sisters Doris (husband Doyle), Margie, Marylyn and many nephews and nieces.

Glen always spoke fondly of his years growing up on the farm in Michigan and never forgot his deep ties to the farm and family. Celebration of life arrangements are pending. As a remembrance of Glen's life, contributions can be made to your choice of an organization serving military

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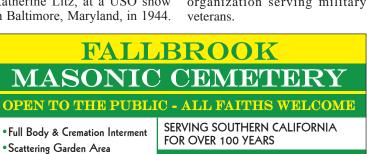
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Become part of our growing community and connect with other survivors by going to this link on our website: bewelltherapy.net/weekly-classes-yoga-for-cancer-recovery-schedule/

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All Monday classes are FREE and we have additional "pay as you can" donation based classes every day of the week. We know times are tough, if you are not able to make a donation we understand.



For all class days, times and more information about Be Well, please visit our website:

bewelltherapy.net



VILLAGE NEWS

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May 21, 2020 www.VillageNews.com Volume 24, Issue 21

A rainbow of colors blooms in Fallbrook

Lucette Moramarco Associate Editor

For those of us who sit at desks all day, whether at the office or at home, going for a walk is a good way to destress and get some exercise. I have been trying to go walking around my neighborhood more often the last few months and am enjoying seeing all the flowers blooming this spring.

I know the names of quite a few of the flowers but am having to look up some of them in online searches to discover what they are called. My dad could always identify what kind of fruit and vegetables were growing in the fields along roadways all over the state, but he didn't grow flowers. I am not much of a gardener, so I just take photos of flowers and learn their names.

My favorite flower is the California poppy, the orange one. I just recently discovered that there are red California poppies too, and one of my neighbors has them in her yard. Those flowers only grow for a short time, so I am glad my second favorite flower, the bird of paradise, blooms all year long.

I have a bird of paradise bush that is not doing too well. My dad cut off the original plant from one of his bushes almost 30 years ago and gave it to me planted in a bucket. I have transplanted it at least twice, but it had not flowered in several years until this April. It gets more sun in my front yard than it did in the patio of my previous home, so finally flowered. Several houses in my area have bird of paradise bushes; most of their flowers are the tallest ones I have ever seen.

I also recently noticed that the jacarandas around Fallbrook are blooming now besides lots of other purple flowers. Spring is a good time for red and orange flowers too. Some blooms even have more than one color like the lantana which look like miniature works of art.

My neighborhood is full of all kinds of flowers. When you go out on your walks, take a look at what your neighbors are growing. For those of us without a green thumb, enjoying the sights of other people's plants and flowers can make getting some exercise fun.



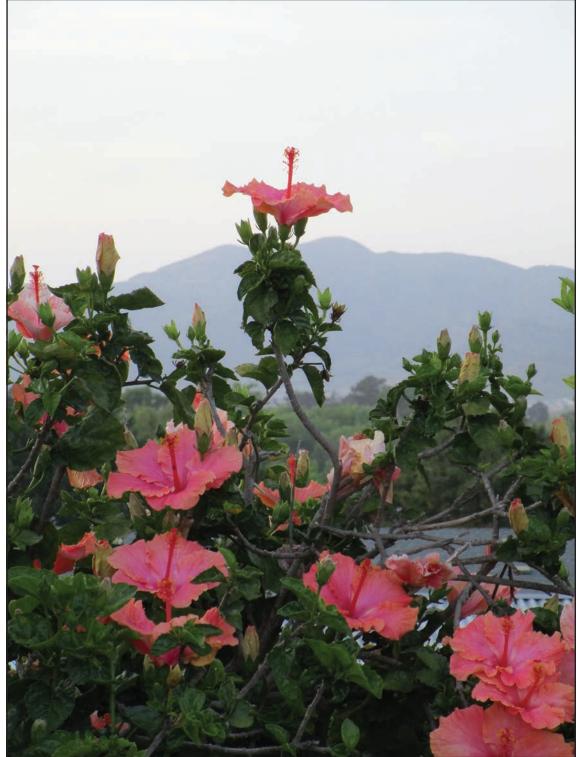
Red California poppies are not as commonly seen as orange poppies.



The Icelandic poppy grows well in California.



Camellias grow best in partial shade.



The hibiscus blooms best with six hours of sunlight per day.



These flowers are one kind of many with the trumpet shape.



Irises can be found in many colors, including blue.



Village News/Lucette Moramarco photos

This bush is known as a blue potato bush.



Tall birds of paradise flowers show how the flower got its name.

HEALTH

Tips to maintain your mental health during COVID-19

José A. Álvarez

San Diego County Communications
Office

Outbreaks of infectious diseases can be a stressful time. With additional concerns about the economic impact of the pandemic, many may feel overwhelmed with anxiety, fear or worry.

May is Mental Health Month, and San Diego County officials are encouraging residents to monitor their mental well-being and that of their loved ones. They're also offering tips on how to mentally cope with pandemics.

Common signs of distress may include:

- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy and activity levels
- · Difficulty concentrating
- Difficulty sleeping or nightmares and upsetting thoughts and images
- Physical reactions, such as headaches, body pains, stomach problems and skin rashes
- Worsening of chronic health problems
- · Anger or short temper
- Luke Bergmann, director of County Behavioral Health Services, said it's important for

residents to keenly observe their mental and emotional well-being and to find ways to safely stay connected to their friends and family. Be aware of the signs of stress and know when to seek help for themselves and for those they care about.

"While COVID-19 is impacting communities in different ways and to different extents, it is traumatic for all of us. We all need one another, now maybe more than ever, to get through difficult times," Bergmann said. "Find ways to stay connected. Call or video chat with friends and family or a support line until it's safe to do it in person."

Here are more tips to maintain mental health:

- Take care of your body by stretching, taking deep breaths and meditating.
- Eat healthy and well-balanced meals.
- Exercise and get plenty of sleep.
 Make time to unwind and engage in activities you love, if they're allowed.
- Limit time spent watching, reading or listening to information about the pandemic, even on social media.

Mental health resources are available year-round.



Mental Health Month was established to raise awareness, educate communities and reduce stigma surrounding people experiencing mental illness.

The county and its partners have created virtual events to commemorate the month, due to the restrictions on public gatherings. People can still come together to break the stigma and

support mental health.

It's important for residents to know that despite the COVID-19 pandemic, mental health resources and support are still readily available through county Behavioral Health Services and its many service providers.

If you or someone you know need help or are experiencing a mental health crisis, you can talk to a trained counselor by calling the county's 24-hour, multilingual Access and Crisis Line at 888-724-7240. Other resources are available on Behavioral Health Services' COVID-19 Resources for Families, Parents and Caregivers webpage, https://www.sandiegocounty.gov/content/sdc/hhsa or the It's Up to Us website, https://up2sd.org.

Healthy Habits for Bonsall and Fallbrook Folks: Prebiotics versus probiotics

Megan Johnson McCullough

Special to Village News

Prebiotic and probiotic: these two terms sound very similar and are often used interchangeably, but they are very different and have different roles for the digestive system. Gut health is extremely important, so understanding the difference can help with stomach issues and better movement of food through the system.

Prebiotics are actually nondigestible and are the fiber of foods that doesn't get broken down. They can be found in foods such as bananas, the skin of apples, garlic, onions, beans, as well as many other items. This fiber enters the small intestine and is fermented once it reaches the colon.

Fermentation helps to increase the good type of bacteria. By boosting total fiber intake, you also boost prebiotic fiber. Prebiotics can be thought of as fertilizer for the gut. They're not affected by heat, cold, time or acid.

They nourish the already existing good bacteria present

in the gut. They can help treat obesity, bone loss and digestive disorders. Prebiotics also increase the concentration of calcium and magnesium in the intestine. They can help lower cholesterol too.

Probiotics are live bacteria that increase the fermentation process in foods, including kefir, miso, kimchi and other types. They can be taken in pill forms as well. Many people have found the gastrointestinal benefits of taking probiotics.

It is important to understand that probiotics, when taken as a supplement, are only affective when they are alive. They can easily be affected by heat or stomach acid. There are hundreds of types of probiotics. They have to compete with bad bacteria in the gut.

They have been found to be effective in treating irritable bowel disease, childhood diarrhea and other bowl infections. Probiotics also help balance out the poor effects of antibiotics. They can help enhance healthier skin and help with colon irritation after surgery.

Food is the best source of prebiotics and probiotics. However, in today's processed high sugar food, obtaining enough fiber is not always up to par.

It is recommended that people consume 25-38 grams of dietary fiber and 5-20 grams of prebiotic fiber daily. Both prebiotics and probiotics are most effective when taken or consumed regularly, which means taking them at the same time of day even.

People need proper gut health to absorb nutrients, to feel comfortable after eating and of course to process the food that they eaten. As much as people tend to enjoy food, an upset stomach can ruin any day and make daily activities difficult.

Talking to a doctor and seeing if a prebiotic or probiotic is right for them can help deter some of these bad stomach days.

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



The body benefits from the bacteria Village News/Carl McCullough photo found in pre and probiotics, especially in digestion.

Why drugs and alcohol will not help your mental health issues

Stanley Popovich

Special to Village News

Using alcohol and drugs will not take away your problems and fears. In the short run, they might make you feel better, but in the long run these addictions will only make things worse.

Here are some ways on how to manage your persistent fears and anxieties without drugs and alcohol.

1. Take it one day at a time. Instead of worrying about how you will get through the rest of the week or month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with problems.

2. Learn how to manage fearful thoughts. When experiencing a negative thought, read some positive statements and

affirmations that will help lift your spirits and make you feel better. Remember that fearful thoughts may be exaggerated so balance these thoughts with realistic thinking and common sense.

3. Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

4. Do not do everything all at once. The best solution is to break fears or problems into a series of smaller steps. Completing these smaller tasks one step at a time will make the stress more manageable and increases your

chances of success.

5. Drugs and alcohol are not the answers to your problems. Getting the help you need and learning how to deal with your situation are the best ways in managing your fears, anxieties and other mental health issues. In time, you will become better able to manage your problems.

6. Managing your anxieties will take some hard work. Trying to avoid your problems will do nothing in getting rid of your fears and anxieties. Sooner or later, you will have to confront your mental health issues. Remember that all you can do is to do your best each day, hope for the best and take things in stride.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non-Resistant Methods." His book has become popular with over 300 positive book reviews and counting. For more information, visit http://www.managingfear.com.

Don't let the children drive you crazy

The American Counseling Association

Special to Village News

One result of the health crisis has been a great many parents getting to spend a lot more hometime with their children. While situations vary around the country, many school systems have ceased classroom instruction for the year. Instead, children may be doing online classes, while complaining and trying to sneak in as much TV, cellphone and video game time as possible each day.

However, parents can help minimize the complaining, the goofing off and their own headaches, by taking action to make home-time more productive.

A starting point is having a real plan for the child's day. Experts recommended making a schedule sheet to hang on the wall or fridge where parents and children can see what happens throughout the day and week. In school students have set times for math, English or history lessons. Doing school at home time should be the same to help move the learning process forward and minimize arguments.

It's also important to offer choices. Reading time doesn't have to mean picking up the same book or story each day. Give the child a selection to choose from. This same sort of approach can work for art projects, writing lessons or virtually any subject.

Math studies, for example, might include lessons from a math book some days, but could also include practical math projects around the house. Does the child know how to measure and calculate the square feet in their bedroom? Can they figure out how to change that recipe to increase or decrease the number of cookies it will make? Then how about going right from there into a baking session?

The opportunities to learn around

the house are endless. The backyard is probably filled with budding plants, small bugs or places to plant a few seeds, all part of science learning. What about helping the child put together a family history writing project or family tree project with research and art? And yes, there are art projects for most children, regardless of their age.

Children are very social creatures, and being stuck at home with their parents and maybe siblings for any extended period isn't as much fun as hanging with friends or even being back in school. But with a little planning and effort, parents can help fill up the days in productive ways to help make the time go faster and to minimize the complaining.

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



Skin Cancer Awareness Month reminder: Obtain vitamin D safely through diet and vitamin supplements

NEW YORK CITY - Vitamin D is essential for strong bones and a healthy immune system. While a limited amount of the vitamin can be obtained from exposure to the sun's ultraviolet radiation, the suggestion that the best way to obtain vitamin D is through sun exposure is both misleading and dangerous.

The health risks of UV exposure - including skin cancer - are serious and well-documented. While many people have found their time outdoors severely limited because of COVID-19, some may misguidedly forgo sun protection completely in an effort to obtain vitamin D. Instead of damaging your skin, The Skin Cancer Foundation suggested residents get their vitamin D from sources like oily fish, fortified dairy products and cereals and

"Too many people believe that exposure to the sun's radiation is the optimal way to obtain vitamin D, and that using sunscreen leads to vitamin D deficiency," Dr. Deborah S. Sarnoff, president of The Skin Cancer Foundation, said. "In reality, unprotected UV exposure can put people at risk for potentially life-threatening skin cancer, and it isn't the most effective way to reach your vitamin D quotient."

Humans can produce only a limited amount of vitamin D from UV radiation. For Caucasians, that limit is reached after just five to 10 minutes of midday sun exposure. After reaching the limit, further exposure will not increase the amount of vitamin D in the body. Rather, it has the opposite effect: the vitamin D stored in the body begins to break down, leading to lower vitamin D levels.

Spending time in the sun whether outside or beside a window in an attempt to achieve higher vitamin D levels can have serious consequences for the skin, however. About 86% of melanomas, which are the most dangerous of the three most common skin cancers, and 90% of nonmelanoma skin cancers are associated with exposure to UV radiation. To lower the risk of developing skin cancer, The Skin Cancer Foundation has always recommended sunscreen use as part of a complete sun protection routine, including seeking shade and covering up with clothing. Since some types of UV rays can penetrate window glass, this recommendation should hold true even on days people do not venture outside. Studies have shown that regular use of an SPF 15 or higher broad-spectrum sunscreen reduces the chances of developing squamous cell carcinoma by about 40%, melanoma by 50% and premature skin aging by 24%.

Researchers have never found

that everyday sunscreen use leads to vitamin D insufficiency. It's more than possible to maintain healthy vitamin D levels while incorporating sunscreen and other sun protection into their daily routine. Vitamin D can be obtained with far safer and more effective options, including oily fish, like salmon, fresh tuna, trout and sardines, and cod liver oil, as well as from fortified orange juice and milk, yogurts and some cereals. Supplements are also readily available and inexpensive.

For more information, visit https://www.SkinCancer.org.

Submitted by The Skin Cancer

Thinking About Health: Families deserve straight talk about nursing home safety

Trudy Lieberman

Community Health News Service

The headlines have been grim. Seventeen bodies piled up in the morgue at a New Jersey nursing home. Fifty-five residents dead in Brooklyn, New York. In one week, 104 residents dead in a facility in western Pennsylvania and 102 dead at a home in San Antonio. In Detroit, 26% of nursing home residents and staff test positive for the coronavirus.

Residents in nursing homes had been at risk long before I began reporting on them in the 1990s, and care facilities have continued to be the subject of press inquiry all across the country. Staffing shortages, poor care and downright abuse had been the stuff of media exposes for years long before anyone had heard of the coronavirus.

The usual response? Nursing homes that got in trouble promised to clean up their act, engaging in what came to be called "yo-yo compliance" with state and federal regulations.

Nursing facilities with numerous

deficiencies in care-giving would promise to make recommended changes and improve conditions. But promises were just that. Often, they did not result in permanent or meaningful change. A facility would get in trouble again.

The nursing home story today is different: 100 dead residents at one facility in one week when even 55 or 25 would be highly unusual. Deaths during the coronavirus pandemic raise serious questions about infection control, testing protocols, protective equipment for staff and the number of personnel to care for residents who are vulnerable to begin with.

Most visitors have been prohibited since the pandemic began, making it more important than ever that the public has access to information about complaints, infection rates and staffing at their local nursing facilities.

The public needs someone or some agency to be their eyes and ears to help them learn what's happening on the inside.

Carol Marbin Miller, the deputy investigations editor for the Miami Herald, told me many Florida

families wanted to move their relatives who were in Florida facilities when the pandemic hit and residents started dying in large numbers. She said the paper had begun hearing from families wondering how facilities that housed their relatives were adapting, people who needed information to decide whether to leave a family member in what could be a troubled nursing home.

She added that some readers told her they were able to care for their relatives at home for a short time if need be, but they were in the dark about conditions in the nursing facilities where their relatives were

Other families, looking for new nursing home placement for relatives coming from a hospital, asked the same question: "Where should I send my mother?"

Florida, like a lot of other states, had refused to release numbers of nursing home residents who died from the virus, and it has been something of a national struggle for families and the media to get this information. Marbin Miller's newspaper, along with other media outlets, threatened legal action, and eventually the state agreed to release the death counts.

At the end of the first week of May, the state reported 665 people had died in the state's nursing homes and assisted living facilities, an increase of 242 from the previous week. Fourteen facilities reported more than 10 deaths.

A few weeks ago, the Centers for Medicare and Medicaid Services, the federal agency that oversees Medicare and the country's nursing homes, issued "guidance" requiring the country's nursing facilities to be more transparent.

Beginning May 17, nursing homes will have to report their COVID-19 cases to the federal Centers for Disease Control and Prevention and to families and residents already in nursing facilities. Presumably this information will be on the CDC and Centers for Medicare and Medicaid websites and in the states, too.

Earlier this spring, Kaiser Health News offered a glimpse of what nursing home inspectors found when they visited facilities across the country. Infection control was

a problem before the days of the

In the past three years, 61% of about 9,400 nursing facilities sampled were cited for one or more infection control deficiencies. Sixty-three percent of about 9,700 were cited for infection control deficiencies on their last two standard government surveys.

Even nursing homes with fivestar ratings from the government, presumably a designation of high quality, have had problems. It turns out 40% of those facilities were cited for infection control lapses.

Results like these suggest families with relatives already in nursing facilities or those about to place a relative in one should look long and hard at the new data available.

"A society's quality and durability can best be measured by the respect and care given to its elderly citizens," British historian Arnold Toynbee once warned. Do we measure up?

Have you experienced any problems with nursing homes? Write to Trudy at trudy.lieberman@ gmail.com.



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HOME & GARDEN AND REAL ESTATE

Art benches on the move in Fallbrook

Nancy Heins Glaser

Special to Village News

In 2019, a community art project called "Take A Seat" was initiated to upcycle and transform wooden benches into objects d'artes that homeowners might cherish and raise money for Save Our Forest at the same time.

The goal was to have unique wooden benches available to those who love their gardens. The original Robert Old wooden benches have been replaced over the years for Save Our Forests' Treescape project. Recycled plastic, graffiti proof benches replaced the original wooden benches throughout downtown Fallbrook under shade trees.

"Seven artists for seven benches" is what I jokingly called the special fundraising project to support Save Our Forest, a committee of The Fallbrook Land Conservancy. That committee provides environmental

education classroom programs for each of Fallbrook's elementary students.

The leaders, retired teacher Jean Dooley and community advocate Jackie Heyneman, schedule and present information to augment the classroom teachers' lessons about subjects like photosynthesis and weather.

The successful bench auction, Nov. 2, 2019, raised lots of fun and funds. Recognized artists participated over many months, meeting, planning and painting the benches. Save Our Forest volunteers visited, transported and photographed them. The benches were anti-graphite coated, and the feet were prepped for outdoor

Since the live auction, much has changed for everyone. The bench buyers' lives have changed too. I thought it might be nice to follow the benches as they went to their new homes, so they were



Ron and Sandy Hull pose with the art bench they bought in the "Take A Seat" Village News/ Nancy Heins Glaser photos fundraiser for Save Our Forest. They are taking it with them in their RV on their trip around the Southwest.

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Daniel Martinez. The Hulls sold their home and their longtime business, the clothing store at 100 Main. New owner Tuula Hukkanen is in place and ready to take on the shopping season ahead, while the Hulls will be traveling with their RV complete with Martinez's "Bench Fantastico" across the southwest. Guess what? Their art bench will visit more places than many residents dream about. They promise to keep us informed and send a photo to a national publication with their "Bench Fantastico" and keep us posted.

photographed in place. COVID-19 confinement changed everyone. The first featured art object is

titled "Bench Fantastico" and is now owned by Sandy and Ron

Hull. It was painted by artist

Safe travels. Save Our Forest continues with fundraising efforts all year to underwrite costs associated with materials and plants for educating elementary school children about trees. Third grade students start by learning how to transplant small plantlets, grown by volunteers over the previous year, into larger pots. The trees grow for another year, preparing to be transplanted again at Los Jilgueros Nature Preserve.

Area businesses have gotten involved. Brenda and George of "Brew & Que" and "The Rib Shack" have underwritten yearly field bus trip costs where



Artist Daniel Martinez spends a few minutes with the art bench he painted, before it leaves town with its new owners.

children are taught fun learning opportunities with planting techniques shown by members of the Plant and Wildflower teams as active hands on learning.

Children get to explore open spaces while learning modern and age-old "how to" lessons for

successful planting. Another unique fundraiser is in process and also benefits community members. When they obtain annual memberships to the Fallbrook Land Conservancy, they get one tree free and advice on what to plant for a certain area, as well as consultation on planting techniques.

For more information, about SOF or to volunteer, call 760-728-0089 visit https://www. fallbrooklandconservancy.org/ save-our-forest.

Editor's note: This is the first in a monthly series of articles on the art benches and their new owners.







TruConnect brings communities mobile broadband internet access

SAN DIEGO – According to the most recent data, more than 30 million Americans have filed for unemployment; a recordbreaking number revealing the devastating toll the coronavirus pandemic has had on the U.S. economy. TruConnect, a global telecommunications

company, is offering eligible low-income families affordable communications services through a federal and state assistance program called Lifeline.

TruConnect is the fourth largest provider of Lifeline services in



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TruConnect has been servicing low income households for over 10 years – however, with the current spike in unemployment, it's critical to get the word out to the masses as federal and state governments are expanding the program to cover qualified unemployed individuals amid the pandemic. Inevitably, as the unemployment rate continues to skyrocket so will the number of families unable to afford or access the internet.

Soon, millions of Americans will be without broadband meaning children in the home will no longer have access to education, unemployed adults will no longer be able to look for new jobs and their families will lose their ability to access health care providers or loved ones in the case of an emergency.

TruConnect is a nationwide wireless service provider that believes affordable services should be available for everyone, so they offer Lifeline and pay-as-you-go plans.

Anyone in need of TruConnect's Lifeline services, can apply at https://www.truconnect.com/.

Submitted by TruConnect.

Home prices rise in 96% of metro areas in first quarter of 2020

WASHINGTON - Nearly all of the nation's metro areas saw price growth and had minimal inventory increases in the first quarter of 2020, according to the latest quarterly report by the National Association of Realtors.

Median single-family home prices increased year-over-year in 96% of measured markets in the first quarter, with 174 of 181 metropolitan statistical areas showing sales price gains. It is an increase from the 94% share seen in the fourth quarter of 2019. The national median existing single-family home price in the first quarter of 2020 was \$274,600, up 7.7% from the first quarter of 2019 at \$254,900.

Forty-six metros, mostly in the West and South regions, saw prices increase by double digits. These areas include Boise City, Idaho, at 18.1%; Eugene, Oregon, at 14.5% and Colorado Springs, Colorado, at 14.4%, among others.

"The first quarter price jumps mostly reflect conditions before the coronavirus outbreak and show the strength of the housing demand before the pandemic," Lawrence Yun, NAR chief economist, said. "Even now, due to very limited listings, home prices are showing no signs of buckling."

In March, the median sales price of existing homes rose 8% on a year-over-year basis. Yun said the strong desire for housing, paired with the dire inventory totals contributed to higher home prices.

Supply is extremely limited, and there are simply not as many homes for sale to meet the demand among potential buyers," he said. "More supply and more listings are needed to provide a faster recovery for the economy."

At the end of last quarter, 1.50 million existing homes were available for sale, 10.2% lower than total inventory at the end of 2019's first quarter. As of March 2020, housing inventory totals were equivalent to 3.4 months at the current sales pace.

Metro areas that were already deemed the most expensive also saw price jumps in the first quarter. In the West region, median sales prices increased from one year ago in San Jose at \$1,350,0000 for 10.7%; San Francisco at \$985,000 for 5.9%; Anaheim at \$875,000 for 9.4%; San Diego at \$670,000 for 8.1%; Boulder, Colorado, at \$622,600 for 3.1%; Los Angeles at \$592,800 for 8.1% and Seattle at \$554,400 for 11.5%.

"The fast-rising home prices are not healthy, so more homebuilding needs to take place as the economy begins to reopen," Yun said. "Mortgage rates are at historic lows and those with secure employment will be attracted to the market."

Metro areas with year-over-year

price declines were marginal, with decreases less than 3%. Those areas include, among others, Bloomington, Illinois, at -1.8%; Shreveport-Bossier City, Louisiana, at -2.1% and Bowling Green, Kentucky, at -2.7%.

Median single-family sales prices were higher across all regions compared to one year ago. The Northeast saw a rise of 9.7%, while the Midwest, the South and the West each had an individual increase of 7.5%.

Lower mortgage rates made home purchases more affordable in both 2019 and in the first quarter of 2020. The 30-year fixed-rate averaged 3.57% in the first quarter of 2020, down from 4.62% one year ago. The average monthly mortgage payment on a 30-year fixed-rate mortgage with a 20% down payment was \$995, down from \$1,048 a year ago. This change is equivalent to 15% of the median family income of \$79,662, down from 16.1% one year ago. Housing expenses are considered a cost burden if the cost is more than 30% of income.

To afford a typical mortgage

payment, a given family needs to spend no more than 25% of income on its mortgage payment for a 30year fixed-rate mortgage with a 20% down payment). The income that is needed for this scenario decreased to \$47,760, down from \$50,304 one year ago.

In 135 of the 181 metro areas, a family needed less than \$50,000 to afford a home in the first quarter of 2020, assuming a 20% down payment. However, in the most expensive metro areas, a given family needed over \$100,000 to afford a home. This scenario was the case in San-Jose-Sunnyvale-Santa Clara at \$235,179; San Francisco at \$171,593; Anaheim at \$152,431; Urban Honolulu at \$137,414; San Diego at \$116,718; Boulder, Colorado, at \$108,461 and Los Angeles at \$103,270.

The National Association of Realtors is America's largest trade association, representing more than 1.4 million members involved in all aspects of the residential and commercial real estate industries.

Submitted by National Association of Realtors.

RWQCB approves Camp Pendleton waste discharge order rescission

loe Naiman

Village News Reporter

The San Diego Regional Water Quality Control Board approved a rescission of the waste discharge order for Camp Pendleton's California Sewage Treatment Plant No. 9.

The 7-0 board vote May 13 eliminates the waste discharge requirements for the Las Pulgas plant which has been replaced.

The RWQCB initially issued a waste discharge order for the plant in 1998. The sewage has since been diverted to Camp Pendleton's Southern Regional Tertiary Treatment Plant and Northern Regional Tertiary Treatment Plant, which supports the production of recycled water for landscape irrigation and seawater intrusion mitigation.

Between 1999 and 2012 the United States Marine Corps received 12 staff enforcement letters regarding California Sewage Treatment Plant No. 9 and three notices of violation for the waste discharge order. During that time 94 violations for deficient

monitoring, overflow events, and exceeding the pH limit occurred. No violations took place during the final seven years of the California Sewage Treatment Plant No. 9 operation.

All sewage operations for California Sewage Treatment Plant No. 9 ceased during 2019. In June 2019 the Marine Corps notified the RWQCB that the plant had been taken offline. The buildings and sludge drying beds were demolished, and in September 2019 the Marine Corps notified the RWQCB of the completion of that demolition. A Sept. 26 inspection by RWQCB staff confirmed the diversion of the sewage and the demolition of the structures.

A waste discharge order requires the permit holder to submit monitoring reports and to pay annual fees, so Camp Pendleton no longer must submit those reports and pay those fees while the RWQCB can redirect resources to monitor active facilities.

Before acting, the RWQCB held a public comment period from Feb. 7 to March 8 and no comments were received



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Key to keeping cool is air conditioner maintenance

FALLBROOK – Few things beat summer heat better than walking into a comfortably chilled airconditioned home. Air conditioning is often taken for granted, but it is sorely missed when it is not working. The key to keeping cool all summer long is to ensure that air conditioning systems are functioning properly.

Maintaining an air conditioning unit can save money and protect homeowners' investments. Without regular attention, an air conditioning unit will lose its efficiency, needlessly wasting both energy and money as a result. Poor maintenance also can lead to system failure just when it is needed most. According to the U.S. Department of Energy, the average life span of an air conditioning unit is about 15 to 20 years. Home Advisor sayid homeowners can pay between

\$500 and \$4,000 for central air conditioning, with the final cost depending on the unit, additional installation items, such as ductwork and installation charges. With regular maintenance, homeowners can keep their units humming properly and avoid premature replacement costs.

So, what can homeowners expect as it pertains to air conditioner maintenance? The following are some oft-needed checks and fixes.

Keep it clean.

Vacuum the fins and coils of the air conditioning unit on the external compressor/condenser fan with a soft-bristled brush, advised the experts at Family Handyman. This maintenance may require unscrewing the metal box surrounding the unit to access the fins. Remove any accumulated debris that may be impeding air flow.

Afterward, go inside and change the filter that is installed with the evaporator that's located in a central duct near the furnace. Inspect the filter periodically to see if it is soiled and needs replacement. Timing can vary depending various factors, such as the time of year, the accumulation of dust and whether or not pets live in the home.

Straighten the coil fins. The fins on the condenser are easily bent and that can affect the flow of air through the coils. If the fins cannot easily be straightened, then consult with a heating, ventilation and air conditioning professional to do so.

Check the thermostat.

Ensure that the thermostat is still working properly. Homeowners also may want to upgrade an old thermostat to a programmable or smart thermostat that enables them to remotely set and adjust the temperature.

Consider an in-line duct booster

HVAC professionals can guide homeowners through the advantages of an in-line duct booster fan for forced-air cooling. This upgrade can increase the flow of cool air into a room that always seems hotter than the rest. Another option is a vent or register booster fan that sits on top or replaces a traditional floor or wall register.

Deal with condensation.

Condensation from air conditioning coils can puddle around the furnace if the condensate drain tube is clogged. Clearing it out will help prevent puddling and the formation of bacteria-laden water in the system.

Periodic maintenance is necessary to ensure uninterrupted service on a home air conditioning unit.



Village News/Courtesy photo Periodic maintenance of an air conditioning unit will keep it in good repair and working efficiently.

The Burn Institute spotlights Youth Firesetter Prevention

SAN DIEGO - The Burn Institute of San Diego and Imperial counties cast a spotlight on Youth Firesetter Prevention during National Arson Awareness Week, May 3-9. This week is set aside each year to raise awareness about the seriousness of this crime and to help educate adults and children about the true cost of arson.

Susan Day, executive director of The Burn Institute, stressed the importance of fire and burn prevention education in the community.

"Early intervention is critical when a child is engaged in the dangerous behavior of setting fires," Day said. "A child may be curious and experimenting with fire play, or there could be an underlying trauma that causes the youth to use fire with intent; either way, the consequences are lifethreatening and a public hazard."

Arson fires are preventable through education and awareness, such as the Burn Institute's Youth Firesetter Intervention Program and Fire Safe Kid website.

The Burn Institute is committed to creating and maintaining a fire-safe community. Through education, staff can assist children who set fires or are at risk. They seek to empower youth and their families to make better decisions. To request help from this program, call 858-541-2277 or visit https://burninstitute.org/.

According to the United States Fire Administration, an estimated 210,300 fires are intentionally set each year. Losses resulting from these fires included approximately 375 civilian deaths, 1,300 civilian injuries and \$1 billion in direct property damage. The incidence of these fires typically peaks in March and April and again in July.

A few factors tend to influence firesetting in the youth.

Easy access to lighters and matches - In many homes

where a child or adolescent was involved in starting a fire, they easily discovered the matches or lighter or knew exactly where to find them. If someone in the home smokes, they should always keep matches or lighter in their pocket or in other secure locations. Inform the child that they will be randomly checking their pockets, backpacks and rooms for matches

Lack of supervision – Providing supervision is important. Parents are often shocked to learn their child was engaged in firesetting over a prolonged period of time.

Failure to practice fire safety –

Young children, teens and parents often lack an understanding of the dangers associated with firesetting and safety rules about fire. Have clear rules rather than relying on vague threats or warnings.

Easy access to information on the internet – Technology has made explicit media available to youths about many dangerous and often illegal activities for them to

For more information on the Burn Institute, visit http://www. burninstitute.org.

Submitted by the Burn Institute.



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Dexter Wilson Engineering to design Rainbow's Rice Canyon Transmission Line

Joe Naiman

Village News Reporter

Dexter Wilson Engineering, Inc., will be providing design services for a transmission pipeline from the Rainbow Municipal Water District's Rice Canyon Water Tank.

A 3-0 Rainbow board vote April 28, with Michael Mack and Helene Brazier not able to participate in the meeting, authorized Rainbow general manager Tom Kennedy to execute a design services contract with the Carlsbad company for up to \$190,880 and found that the design itself is categorically exempt from California Environmental Quality Act review although environmental review will be required for the construction.

Rainbow's Rice Canyon Water Tank obtains potable water from

Connection 10 on the Metropolitan Water District of Southern California's First Aqueduct, which conveys treated water through Pipelines 1 and 2.

A transmission line from the Rice Canyon Water Tank will provide multiple benefits. The tank and Connection 10 are currently underutilized, which causes buildup in the tank and creates water quality issues, so the transmission line will allow water in the tank to circulate quicker and improve water quality.

A transmission line utilizing Connection 10 would increase the likelihood of service during an aqueduct shutdown. The tank is less than a mile away from the Horse Creek Ridge development so a transmission pipeline could serve Horse Creek Ridge along with the Meadowood, Campus Park, Campus Park West and Palomar College developments as well as additional projects which have been proposed but not yet approved.

The pipeline could also provide service to the southern Morro zone. "There's no pipeline coming down from there into the main Bonsall area," Kennedy said.

The design services phase of the project will prepare plans, specifications, and estimates suitable for issuing an advertisement for bids to construct the pipeline. The original alignment plans utilized existing Rainbow easements to bring the pipeline to the boundary of Horse Creek Ridge. Rainbow staff issued a request for proposals for the design services in August 2019 and six bids were received by the Oct. 8 deadline.

"We had gotten design prices for this project that were very, very high," Kennedy said.

Rainbow staff reviewed the six proposals and determined that Harris & Associates was the most qualified firm for the design project. A recommendation to award the design work to Harris & Associates for \$244,677 was presented to Rainbow's Engineering and Operations Committee, which recommended that the full board authorize the contract.

Pardee Homes is the developer of Meadowood, which is east and south of Horse Creek Ridge. Pardee will be financially responsible for constructing infrastructure within the Meadowood boundaries. The Rice Canyon Transmission Line was initially envisioned to end at the Meadowood development, but

Pardee approached Rainbow staff to propose coordination with the design activities.

Pardee is using Dexter Wilson for the design of the transmission line extension through Meadowood. Although Dexter Wilson did not bid on the Rice Canyon Transmission Line design, Rainbow staff asked Dexter Wilson for a proposal.

Due to economies of scale the cost for Dexter Wilson to design Rainbow's portion of the Rice Canyon Transmission Line was \$190,880. Rainbow staff considers Dexter Wilson highly qualified to perform the work.

"It made sense to save some money for the ratepayers," Kennedy said.

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

How home design trends are evolving for social distancing

FALLBROOK - COVID-19 has brought changes to everything, and home design is no exception. Experts are expecting to see lasting impacts on everything from the materials we use to the rooms we prioritize. Check out these and other noteworthy trends:

Houses over apartments: Many people who live in condos or apartments do so to be closer to the action – work, entertainment and shops – and never planned on spending much time at home. But the pandemic has changed that, and more people are going to want a home that offers plenty of room and outdoor space in case they need to self-isolate again.

Self-sufficiency: A hard lesson learned is that things and services people once thought could be counted on aren't necessarily a sure thing, so items that increase selfreliance will become very popular. Expect to see more homes with sources of energy like solar panels, sources of heat like fireplaces and stoves, and even urban and indoor gardens that allow you to grow your own produce.

Outdoor living: Between playgrounds closing and parks becoming overcrowded, many people are turning to balconies, patios and backyards for fresh air and nature. This means people are going to be investing more in outdoor spaces, with functional kitchens, soothing water features, cozy firepits and high-quality outdoor furniture to create a muchneeded escape.

Healthier spaces: Thanks to spending more time indoors and reprioritizing health, many will turn to design to help ensure homes are safe and healthy for families. There will likely be a rise in products like water filtration systems as well as materials that improve indoor air quality. For new homes and additions, alternatives to wood-framing like insulated concrete forms from Nudura, which offer improved ventilation for healthier indoor air quality and an environment that's less susceptible to mold, will be key.

Home office space: Business experts are suggesting many companies will see that working from home is not only possible but offers tangible benefits, like saving money on office space rent. With working from home on the rise, creating a home office space that inspires productivity will be a major project many will tackle. Luxury home office furniture that feels chic and blends into décor as well as ergonomic chairs and desks



will see a major boost.

Custom and quality: With the hit to the economy, people are going to be buying less, but what they do buy will be better quality, while at the same time making an effort to support American businesses.

When it comes to design, trends will shift to locally made furniture, custom-built homes and pieces and materials that stand the test of time.

Find more information at nudura.com.

NFPA provides tips for grilling safely

QUINCY, Mass. - While there may not be as many gatherings with family and friends this Memorial Day, many observances of the holiday this year will likely continue to involve outdoor

Protection Association reminded everyone to follow basic grilling safety precautions over Memorial Day weekend and beyond, particularly as people remain at

grilling. The National Fire home in response to COVID-19. "Whether you live in a state where stay-at-home policies

remain in place or restrictions are beginning to ease, many people will continue to limit their exposure to the coronavirus, which means a lot more dining and entertaining at home," Lorraine Carli, vice president of outreach and advocacy at National Fire Protection Association, said. "As the holiday weekend approaches and warmer weather arrives, more of us will be grilling outdoors, which translates to an increased risk of home grilling fires."

According to National Fire Protection Association, cooking equipment is the leading cause of U.S. home fires overall, annually contributing to nearly half, 49%, of all home fires. National Fire Protection Association estimated show that between 2014 and 2018, an annual average of 10,600 home

fires involving grills, hibachis or barbecues, resulting in 10 civilian deaths, 160 civilian injuries and \$149 million in direct property damage. July is the peak month for grilling fires, followed by June, May and August.

Gas grills were involved in an average of 8,900 home fires per year, including 3,900 structure fires and 4,900 outdoor fires annually. Leaks or breaks were primarily a problem with gas grills.

"It's important to make sure your grill is in good working order and can be used safely, no matter what type of grill you use," Carli said. "For households that don't grill during the winter months, now is the time to conduct a pregrilling inspection and ensure that the grill is clean and functioning properly."

National Fire Protection Association offered tips and recommendations for enjoying a fire-safe grilling season.

For propane grills, check the gas tank for leaks before use.

Keep the grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Place the grill well away from the home, deck railings and out from under eaves and overhanging branches.

Always make sure the gas grill lid is open before lighting it.

Keep children and pets at least 3 feet away from the grilling area. If starter fluid is used when charcoal grilling, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. When the grilling is finished, let the coals

in a metal container. Never leave the grill unattended when in use.

cool completely before disposing

Submitted by the National Fire Protection Association.

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

The COVID-19 outbreak has created a new reality for all of us, at least temporarily.

market. For example, you might be wondering if you should put off moving. Or, you might need to move but are worried about all this uncertainty.



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

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To view call Teri King 760-468-3139 DRE #01703867

SPORTS

Calhoun named FUHS male athlete of the year by HSSA

Jeff Pack Staff Writer

Joel Calhoun was named High School Sports Association's male Athlete of the Year at Fallbrook Union High School for the 2019-2020 school year, according to Fallbrook High Athletic Director Patrick Walker.

The four-year varsity letterman in basketball and baseball recently led his team to the semifinals in the CIF Division 5 Boys Basketball playoffs and had a promising senior season in baseball cut short by the coronavirus pandemic and school closures.

Calhoun said academics were always important to him and his

"It definitely started with my parents," he said. "They laid the groundwork for pretty much all of my academic success. They always made sure I was on top of my assignments growing up. And, you know, elementary school is not hard, but without some proper guidance, kids can always go the wrong way.

"My parents were always super involved in my education starting out," he said. "And then in the later years that kind of just translated to me doing everything myself. In the young stages is where I'm thankful for what my parents did for me. With that mindset, I got to do it on my own later on.'

Calhoun said having discipline with his schoolwork helped him athletically.

"I think it did tie into the athletic career because in the classroom it translates almost exactly," he said. "You pretty much just do what the teacher asks you, you follow the

directions and you should be all right. That's pretty much what it is in the sports world too. You listen to your coach and you do what he or she says and you should be all right, good to go. I think the classroom-like procedure, it does tie in with the sports a little bit."

During his four years at Fallbrook High, Calhoun played one year of football.

"I did football my freshman year too, just for fun," Calhoun said. "The guys were just awesome. It was a really fun year. We didn't do too well, but I still talk about it with those guys and it's hilarious. I definitely don't regret it."

He also played four years of varsity baseball, well, almost. The season, as we all know, was cut short due to the coronavirus

"It is really difficult, especially for those guys who are full baseball," Calhoun said. "I had my basketball fun in December, so I have that to look back on. But basketball is my No. 1 sport. For those guys who have baseball as their No. 1 sport and they train 10, 11 months out of the year for it, to have it just canceled. It's definitely sad for them because I know some of them really needed it to get recruited this year."

He said the team was expected to make a deep run into the playoffs this season.

"We were expecting it to be a pretty good year," Calhoun said. "Myself, Zach Allegro, Joel French, we were the three guys from basketball. We came (to baseball) I think two games late, so we were right around .500 before this whole virus canceled everything. But this was supposed



Joel Calhoun was named High School Sports Association's male Athlete of the Village News/Shane Gibson photo Year at Fallbrook Union High School for the 2019-2020 school year. He was a four-year letterman in both basketball and baseball during his time at Fallbrook High.

to be our deep run year."

He said he stepped right onto the field as a freshman, playing first base that first year. He said he enjoyed learning from the older players on the team and bonding with his coaches, Walker, Camacho and Baker.

"Baseball was really fun and it wasn't always perfect, but they took six freshmen under their wing when they didn't really have to either," Calhoun said. "And we made four good years out of that."

Of course, he thanked his basketball coach, Ryan Smith.

"Ryan Smith for sure," Calhoun said. "Basketball was really never easy until senior year and we both had to just get through those hard times before senior year."

He also praised some of the teachers that helped him throughout his four years.

"Teachers like (Kathy) Beal," Calhoun said. "I think Ms. Beale was one of the highlights of my senior year. She was one of the very few teachers that really excelled with kids. And I'm glad I got her before she retired. She was really special to me. She really put

in the extra effort that a lot of these coaches do in the classroom.

"Actually, our principals were really cool this year. (Steve) Martinez and (Dr. Narciso) Iglesias, they were always really fun," he said. "They would always ask me about sports. Martinez would go to away games. Guys like that, the faculty really stepped up this year and made an effort to really make the kids feel like this is a special year for us."

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

Murray to run at St. Louis University

Joe Naiman

Village News Reporter

Erin Murray wasn't able to run track as a Fallbrook High School senior, but she will join the St. Louis University track team during the Billikens' next season.

"I feel extremely blessed to have the opportunity to continue my athletic career in college, especially because of how sudden our high school sports season ended. I'm super excited to run for St. Louis University and see how my running abilities will develop at the collegiate level," Murray said.

Murray received an athletic scholarship from St. Louis University and also received academic scholarship assistance.

"I'm super proud of her for having achieved her goals and her dreams," Fallbrook coach Marco Arias said. "It's been a dream of

Arias said that Murray undertook extra training, fulfilled what was asked of her and asked how she could improve.

Some runners compete in both track and cross-country, but Murray played on Fallbrook's field hockey team rather than competing on the Warriors' cross-country team during the fall season.

"I'll just be running track for the Billikens. I'm a sprinter, and the 400 meter is my main event, so I will not be running cross-country there," she said.

Murray was also considering Baylor University and Colorado State University before selecting St. Louis.

"I chose St. Louis because it was the ideal school for me. It checked off all the boxes of criteria that I wanted in a school," she said. "It has a great pre-med program. It has a special atmosphere to it."

The NCAA Division I track and field program also met Murray's desires.

"After flying out to check out the campus, meeting with the coaches and the team, I knew St. Louis was a perfect match," she said.

Before her campus visit Murray had never even visited Missouri.

"I've lived in Fallbrook my whole life, so I just wanted to try something new," she said. "It is definitely something new."

The campus visit allowed Murray a firsthand experience with the track and field program.

"I met with the coaches and met with the team and just fell in love

with the school," she said. Murray will major in neuroscience.



Village News/Shane Gibson photo Her high school career over, Erin Murray looks forward to going to St. Louis University and competing on its

"I'm hoping to pursue medicine. I haven't decided which medical field," she said. "I'm currently open-minded to wherever I find myself most interested in when the time comes."

Murray was on the Warriors' track and field varsity for all four years and was also on Fallbrook's field hockey varsity team for four years. Murray was a forward and midfielder during the field hockey season, an all-league field hockey player for all four of her high school seasons and named to the all-CIF second team as a senior.

As a freshman on Fallbrook's 2017 track and field team Murray won the Valley League championship meet's 400-meter race with a time of 1:00.90 to defeat second-place Rayna Valade of Ramona by 51/100 of a second. Murray won the 2018 league race in 1:00.76 while Valade, who was a senior that year, finished second

During the 2019 season, Murray won the 400-meter event in all seven of Fallbrook's dual meets or tri-meets, at the Bronco Invitational and the Jaguar Invitational, and at the league meet. Murray's time at the Valley League meet was 58.45 seconds; the second-place time of 1:00.04 was posted by San Pasqual

then-junior Raegan Beckham.

Murray had a second-place finish at the 2019 Escondido Invitational meet but broke the school record for the 400-meter run. Although 2019 Olympian High School graduate Adaeze Noble relegated Murray to second place with a 56.50-second lap that gave Murray a faster pace and her time of 56.58 seconds broke the school record of 56.99 seconds set in 2001 by Naomi Mattos.

Murray had not run the 200-meter dash or the 4x100 relay at the league meet until her junior year, but in 2019 she was part of the 4x100 quartet whose time of 48.79 seconds provided Fallbrook with the league championship and Murray's 200-meter dash performance of 25.82 seconds not only beat Beckham's second-place time by 1.09 seconds but also set a personal record.

The Valley League coaches named Murray the league's girls track and field athlete of the year for 2019.

In addition to her athletic activity, Murray was the editorin-chief of the Tomahawk student newspaper as a senior and a student

see MURRAY, page B-12

Olivo awarded State Leadership award by CBCA



Village News/Shane Gibson photo Fallbrook Union High School senior Dean Olivo was a four-year letterman on the varsity baseball team and was recently awarded by California Baseball Coaches Association a State Leadership certificate.

Jeff Pack Staff Writer

Fallbrook Union High School senior Dean Olivo was recently awarded a State Leadership certificate by California Baseball Coaches Association.

The award is given to the senior athlete from each school that best exemplifies leadership on his team. Olivo said his leadership comes in the form of setting a good

example for his teammates. "I'm not like a leader that's loud and trying to get in people's faces," he said. "But I like to characterize my leadership by helping others through my actions and setting a good example by putting the right foot forward."

The four-year varsity starter at shortstop only played two other sports in high school and both during his freshman year.

"I played one year of freshman football and one year of rugby,

but baseball is my main sport,' Olivo said. Looking back at his four years

at Fallbrook High, he has nothing but positives to say about his experience.

"I like to say that I really enjoyed growing up in a small town with all your friends and just continuing those relationships through high school," Olivo said. "That's what really made it for me. From the baseball side of it, we continued playing from when we were 8 until we were seniors in high

school. That brought like really good connections and really good chemistry on and off the field. That is a big driving factor in all of it."

Olivo was crowned homecoming king in the fall, another highlight of his senior year.

But it wasn't always smooth sailing for these seniors, they went through quite a bit with changes at the administrative level at the school. He admitted it wasn't all that smooth, but nevertheless, he wouldn't have it any other way.

He is, however, looking forward to what's next, even if that is also uncertain.

"Right now, I'm looking into nursing at a college, but with all this virus going on ...," Olivo said. "I had been accepted to a Xavier University for nursing, but with this virus, I'm not really sure where I'll end up. I'm using the June 1 deadline to my advantage before I make my commitment anywhere."

Growing up in Fallbrook was special to him.

"That's one of the good things about Fallbrook because it's a small town with big community support," Olivo said. "I was a homecoming king. I mean, I have a lot of thanks to give out. Thanking this community, all my friends and family, and especially the coaches, earning this award really means a lot to me."

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

EDUCATION

NCL honors the Class of 2020 Ticktockers

League, San Luis Rey Chapter would like to honor and recognize the graduating class of 2020 Ticktockers for their dedication and service to the community. This is the second of three groups of the seniors' portraits.



Megan Jean Janikowski is the daughter of Dan and Heather Janikowski and sister to older brother Dean and younger brother Jack. Megan Janikowski is a graduate of Cathedral Catholic High School. Her favorite philanthropy is helping at The Angel Shop. She and her mother love to clean, organize and search for hidden gems while helping this great organization.

Janikowski earned a letter three years in soccer, she ran crosscountry for two years and played softball for two seasons. Her senior year soccer team was Western League Champions. She was team captain her senior year, and her team was Open Division CIF Champions.

Janikowski was an Options mentor at Cathedral Catholic High, a campus minister and a scholar athlete all four years. She loved working with the special needs students and deepening her faith through campus ministry. Janikowski is most passionate about helping others and enjoys being with her family and loves to surround herself with animals. She currently has dogs, cats, horses, chickens, doves, cockatiels and fish. She would have more animals if time

Janikowski earned a soccer and academic scholarship to attend Eastern New Mexico State in Portales, New Mexico. She will double major in pre-med and teaching. Go Greyhounds.



Starr Duvall Lang is the only daughter of Nicole and Robert Lang. She is a graduate of Mission Vista High School. Her favorite NCL memory is volunteering with her mother and their friends Nicole and Rosalie at the Angel Shop thrift store where they help organize and go through donations. Since freshman year of high school, Starr Lang has been studying American Sign Language and is now completing ASL 4 at Palomar College putting her on track to complete the American Sign Language interpreting program.

Along with being co-president of Mission Vista High School's ASL club, Lang is a member of both the National Honor Society and California Scholarship Federation chapters on her campus and is a member of her school's Catholics serving the Community Club. In the time left over from these activities, she is working to publish her book, "A Photo Anthology of Name

In the future, Lang hoped to graduate from a four-year university with her bachelor's degree in linguistics and apply for a master's program in speech and language pathology so that she can work to assist others in achieving and maintaining effective and fluent communication.



Gabriella "Ella" Rose Perko, is the daughter of David and Erica Perko and has an older brother, Alexander, and a younger sister, Leila, who is in the NCL class of 2021. Ella Perko is a graduate of Classical Academy, a Link Crew leader and involved in her school's Film Club. She is a competitive U.S. Synchronized Figure Skater with gold and bronze medals both in state and national levels.

Annually, Perko lobbies in Washington, advocating for better medical care for rare disease patients. Her favorite philanthropy is Solutions for Change. She loves decorating group homes at Christmas to prepare them for incoming families. She also looks back fondly on baking cookies with her mom and sister for New Haven and getting to know her NCL sisters.

In college, Perko plans to major in anthropology and she looks forward to traveling the world while working on digs as an archaeologist.

"Thank you to my family for everything you have ever done," she said. "Thank you, mom for pushing me outside of my comfort zone and believing I am capable of anything. I couldn't possibly have had a better life and I will forever be grateful."

"Offering a hand up is not a handout." Clara Barton, founder of the American Red Cross



Makaila Victoria Weber is the daughter of Bill and Charlene

Weber and sister to brothers Lance and Nathan, and sisters Shawna and Maddy. Makaila Weber has been a member of NCL for six years and has spent many hours volunteering at a variety of philanthropic organizations. Her favorite philanthropy memories were serving dinner to many families at Solutions for Change, baking cookies for the Fallbrook Senior Center and making desserts for New Haven.

Weber is a graduate of Classical Academy High School. During high school she competed on the varsity equestrian team for the Orange County Interscholastic Equestrian League and Los Angeles Interscholastic Equestrian League. She concurrently competed as a member of the United States Equestrian Federation for the past eight years at local shows.

She has also served as a member of her school's National Honor Society. Weber graduated early from high school and is currently attending Palomar College to acquire her associate degree in biology before transferring to a university of her choice. She plans to earn a degree in biology and become a veterinarian.

Weber would like to thank her family for supporting her and pushing her to be the greatest she can be.

"Yesterday's history. Tomorrow's a mystery. So, live for today." -Carroll Shelby

Submitted by National Charity League, San Luis Rey Chapter.

Opinion

Started with lockdowns, ended with a pandemic

Christal Gaines-Emory

Special to Village News

I'd like to start off by saying that none of this situation is the Fallbrook High School administration's fault. The circumstance is a raw deal for the 2019-2020 seniors, but also for the teachers and staff. It was not how any of us wanted this year to go, and I know how devastating and disappointing it is for us all. This is in no way the administration's fault.

On that note, I'd like to talk about our senior class. Seniors all across the nation are angry and disappointed, and I am too. At Fallbrook High, our high school career consisted of multiple lockdowns, gun threats, a few bomb threats, three different principals and more.

Don't get me wrong, I love my school; I really do. I love my friends, my dedicated teachers, my amazing College and Career Center counselors, current principal Narciso Iglesias, the staff and I love all the organizations I've been a part of, like National FFA Organization.

That being said, our high school

career was rough, and we all know it. Personally, while I've made amazing memories these past four years that I will always cherish, I also experienced some of my deepest hardships. I lost my only two remaining grandparents, my grandfather freshman year, then my grandmother sophomore year. And both times, I went back to school the day after like nothing had happened.

I dealt with family loss, drama, broken hearts, broken friendships, anxiety, bad decisions and health scares, but I pushed through these things like all of us do, because there was a light at the end of the High School twice, but I decided not to because Fallbrook High meant a lot to me and the people I had at Fallbrook High meant even more. I wanted to spend the last year of high school with the teachers and friends I love.

The coronavirus has completely obliterated the light at the end of the tunnel for the seniors of the 2019-2020 school year. These last few months were it for some of us.

We are going off to college, and we probably will never be as close to most of our high school friends ever again

These few months were our time to make memories and spend time together before we go off to different states and different professions. And we definitely deserved it after the past few years we've had. We deserved to spend our last few months together, dance badly at prom, go to our last Senior Sunset, attend grad night, play our last season of a sport and walk at graduation.

We earned these things. We don't note; we're ending our childhood locked in our houses. We aren't getting a peaceful send off into adulthood; we don't get to dance with our friends at prom for the last time or hug them as we throw our caps into the air; we're getting a virtual graduation and then that may just be the end of it.

I'm not sad because I don't get to go to my senior prom. I'm sad because I am missing out on the memories I should be making with my favorite people before we go our separate ways. I'm sad because my friends and I are missing what was supposed to be the best year of high school. I'm sad because I may not be able to thank my teachers or counselors before I go off to college.

I'm sad because I wanted to be at school and yeah, if you know me, you know that I'm absolutely loving sleeping in every day. But I'd give that up in a heartbeat to spend the last few weeks of this school year at Fallbrook High. Everyone always promises that the last semester of high school is always the best and it goes by so fast, so you have to enjoy it. Spoiler alert, we're not enjoying it.

Adults and parents will probably say something cheesy like "Everything happens for a reason," and they may be right. But right now? I am beyond disappointed in how this all turned out, and I just want to wake up tomorrow at 6:30 a.m., snooze my alarm four times, get up, get ready for school, and drive like hell to make it to Mr. Kirkham's class two minutes before the bell rings, coffee in hand and backpack hanging on one of my shoulders.

Adults will probably patronize me for saying this, and they have been patronizing us all over social media saying that we're being dramatic, but I'd like to ask you all to look back on your senior year of high school and remember. Reminisce about the last semester and your prom, and graduation. Remember the look on your favorite teacher's face when you hugged them goodbye on the last day of school. Think about throwing your cap in the air and knowing that you finally made it.

There are so many bad things in the world, you don't have to tell me that. Please don't belittle me and say "Oh honey it could be so much worse!" because you're right, it certainly could be worse. But for us seniors, right now in this moment? God, it hurts like hell to know that I won't have the best moments that we were promised of high school to look back on when things get tough. It may sound dramatic to you, but to all the seniors across the globe, it is outrageously disappointing.

Fallbrook High seniors began our high school career with the gun threats and lockdowns, and we're ending it with a pandemic, stuck in quarantine. A virtual graduation may be the best we can do at this point in time, but respectfully, it's not enough, and it won't make up for what we've lost these past few months. Things could most certainly be worse, and I am grateful that we are safe and healthy, but things could

These unfortunate circumstances brought from the virus are disappointing and scary for everyone, but I hope we can all come together when the pandemic ends and appreciate our health and all that we have. We're all struggling, and while I hope this makes us stronger, I know how hard it is right now, and it is OK to acknowledge that you are struggling and having a hard time.

Jobs have been lost, businesses closed down, people have died, and we are all dealing with these losses in our own ways. We shouldn't be belittling each other for the disappointment we're all feeling, we need to stick together instead of tearing each other down.

I hope that when this is over, all of us recognize the importance of living life to the fullest while we can and never taking a moment for granted. We took this year for granted, and if nothing else, we will all learn from this. I'm still hopeful that the graduating class will get to experience a normal graduation, even if it is during the summer like our administration has been hoping, and maybe even a prom too.

That's probably pushing it, but hey it's worth a shot. I hope this article reaches you all in good health, and I hope we will all use this experience to grow closer together and value everyone around you. I know I will.

Christal Gaines-Emory is a senior at Fallbrook High School.

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



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Local residents earn degrees from WGU

SALT LAKE CITY - The following Fallbrook residents have earned a degree from Western Governors University. Timothy Bryant has earned a bachelor's degree in accounting, while Elena Malone has earned a Master of Business Administration.

Since Jan. 2, 2020, Western Governors University has awarded 6,313 undergraduate and 4,975 graduate degrees. Graduates' areas of study include business, K-12 education, information technology and health professions, including nursing.

The online, nonprofit university has graduated over 178,000 students from across the country since its inception in 1997.

Submitted by Western Governors University.

ENTERTAINMENT

Amazing Mini Miracles visits Silvergate retirement residence

FALLBROOK - Donna Carlomagno and her miniature therapy horses paid a socially distanced visit to the individuals living at Silvergate Fallbrook, May 4.

Carlomagno's Amazing Mini Miracles is a nonprofit organization dedicated to enriching as many lives in their community as possible through their miniature therapy horse interactions.

Before the spread of COVID-19, Carlomagno would take her miniature therapy horses into nursing homes and hospitals to visit residents and promote happiness. Due to the coronavirus outbreak, she can no longer take the miniature therapy horses inside, but residents of the Silvergate Retirement Residence were able to go outside and see the miniature therapy horses from 6 feet away.

"I reached out to Silvergate Fallbrook to see if I could bring Amazing Mini Miracles' therapy mini horses to their facility. I thought our mini horses could help spread some cheer and good vibes throughout the Silvergate community, even if it was only through us waving at them through the windows. Silvergate residents and staff were sitting in chairs 6 feet apart in the drive-around when we arrived," Carlomagno said.

Carlomagno and her husband Paul paraded the miniature therapy horses around the drive for the residents of Silvergate.

Amazing Mini Miracles has two certified miniature therapy horses, Charm and Libby, who visit the sick and elderly.

For more information visit their website at http://www. AmazingMiniMiracles.org.

Submitted by Amazing Mini

Donna Carlomagno, front left, and her husband Paul Carlomagno, front right, lead their miniature horses in front of residents of Silvergate Fallbrook, May 4.

Village News/Courtesy photos



Murrieta's Jonny West comes up short on 'American Idol'

Jeff Pack

Staff Writer

Murrieta Valley High School alumnus Jonny West, 23, was eliminated after advancing to the Top 5 on Season 18 of "American Idol" on ABC Sunday, May 17.

West was eliminated from the Top 2 along with Francisco Martin and Dillon James, leaving Just Sam and Arthur Gunn to battle for the title, which Sam ultimately

The road to the finale was long and winding for West, who was quarantined at home in Studio City with his girlfriend and former fellow contestant, Margie Mays.

The last three episodes of the competition featured performances broadcast from each contestant's home due to the coronavirus pandemic.

On Sunday, singing from his apartment, West performed his original song, "Makin' Love" in his final performance at the American Idol 2020 Finale.

"You know what's cool about you is your already thinking about the future right now," Perry said. "This is going to be released if you win 'American Idol' and it's your original song, you're the artist. And I am thinking to myself, man, if he wins 'American Idol,' I want like Mark Ronson to produce this song. It's got soul. I want it to be so big.

"No matter what happens, you are on your way and I am a fan," she said.

Judge Luke Bryan agreed.

"Yeah, buddy, that was radioready," he said. "That was 'get the artwork done and get it to the people.' Really, really looking down the road five years from now going, 'man, I remember when that guy walked into "American Idol" and look at him now,' so, congrats buddy.'

"You are a singer, songwriter, producer extraordinaire" judge Lionel Richie said. "I'm talking to you as a songwriter now, my friend. You have a talent that very few people possess. I'm afraid of you if you gain any more confidence, you might come after all of us. You are really quite gifted my friend.

"Take this moment in time, enjoy the ride, we're so happy for you, Jonny," he said.

West, in his usual low-key demeanor, thanked all the judges.

"That means a lot, appreciate that," he said. "This whole thing has been more than I ever could have dreamed of, and I hope to just make you guys proud and make you guys want to play a song of mine in your car or at a birthday party, so yeah."

At one point in the competition, West was joined by two other local performers, 17-year-old Temecula singer Makayla Phillips and 16-year-old Olivia Ximines of Menifee. Phillips was eliminated in the Top 11 show, and Ximines didn't make it through in the Top



Jonny West performs "Makin' Love" in the finale of Season 18 of "American Idol." West advanced to the Top 5 of the competition before being eliminated in the competition for the Top 2

Valley News/Courtesy photo

West auditioned in Los Angeles, and he performed on piano one of his original songs, which garnered him a unanimous "yes" from the

In the Hollywood Week rounds, he first sang "Someone You Loved" by Lewis Capaldi, making it through to the next round. He later performed a duet with his girlfriend and fellow contestant, Margie, singing "Like I'm Gonna Lose You" by Meghan Trainor and John Legend. According to the judges, the performance was lacking, but both contestants made it through the next round. He sang another original song for his final solo performance and advanced.

Jonny sang "You Found Me" by The Fray in the Hawaii round and advanced into the top 20, though his girlfriend, Margie, did not advance.

The show moved to performances from home where West performed an original

rendition of "Faithfully" by Journey in the competition of the Top 20.

After making it through to the next round, West performed his original version of "Amazing Grace" flanked by his mother on Mother's Day.

That performance sent him through to the show's finale.

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

Aloha, FHS Marching Warriors

FALLBROOK - On this day, the Fallbrook High School Marching Warriors would typically begin packing for an adventure to the sandy beaches of Waikiki, Hawaii. They would anxiously await the 4 a.m. call time to meet in the band room before they board the buses to the San Diego airport.

But, on this day, they instead move through the new routine of minimizing movement outside of homes. Masks have become a daily wardrobe choice, and social distancing is practiced.

Many people are aware that the

much anticipated FHS Marching Warrior trip will no longer occur. It is not canceled but postponed. This year, they will not run their toes through the soft sands of Waikiki, Hawaii, but they will Memorial Day weekend in 2021.

Instead, they have another year to raise additional monies for Hawaii in 2021, and the Marching Warriors anticipate additional student and alumni participation.

Visit Fallbrook Band on Instagram and at www. fhswarriormusic.org Saturday, May 23, for news for Fallbrook Warriors and seniors.

For more information on current fundraising efforts or questions regarding the organization, email info@fhswarriormusic.org or call 760-626-6945.

Submitted by the Fallbrook High Band Boosters.

> The Fallbrook High Marching Warriors wear leis while performing at a 2019 football game.

> > Village News/Courtesy photo



Parade brings birthday greetings to 'Mahjong Queen'



Fallbrook resident Araxy Moosa waves to her Village News/Courtesy photo friends as they parade by her house on her birthday, May 7. Born in Beirut, Lebanon, Moosa has lived in Fallbrook since 1993. She is also known as the "Mahjong Queen" as she has been teaching the game for several years.

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San Diego County reports 5,946 coronavirus cases, 211 deaths Fallbrook remains one of least-impacted communities, with 22 reported cases

Staff Writer

The San Diego County Board of Supervisors was scheduled on May 19 to discuss measures related to reopening the region's economy, including a \$34 million economic stimulus package designed to aid local businesses

The Economic and Humanitarian Stimulus Package, proposed by Supervisors Nathan Fletcher and Diane Jacob, includes \$17 million "for implementing economic stimulus programs for restaurants and small businesses impacted by the COVID-19 pandemic," \$15 million for behavioral health services and \$2 million for child welfare services.

Funding would come from the federal CARES Act.

Meanwhile, San Diego County health officials reported 110 new coronavirus cases and two additional deaths on Monday, May 18, raising the totals to 5,946 cases and 211

There were a total of 22 reported coronavirus cases in Fallbrook, up from 18 last week, and six in Bonsall, up from two last week, as of press time Tuesday.

Fallbrook remains one of the areas with the lowest number of coronavirus infections per 100,000, with the 92028 ZIP code - which also covers Rainbow and De Luz - reporting 45.6 coronavirus cases per 100,000. That puts Fallbrook in fourth place for the ZIP code with the lowest number of coronavirus infections in San Diego, behind ZIP codes covering Ocean Beach, Scripps Ranch and Alpine. That does represent a drop from last week, when Fallbrook was in second place, but the increase in cases is not significant.

The county did not estimate a per

capita infection rate for Bonsall, as its number of cases was too small.

Citing decreasing coronavirus hospitalization and ICU rates statewide, Gov. Gavin Newsom Monday, May 18, announced a relaxation of restrictions that could allow more businesses to reopen quicker in a majority of the state's counties. Newsom also said that if the current trends continue, the state may be able to significantly ease restrictions statewide in the next few weeks.

The looser restrictions announced by Newsom include requirements that counties have no more than a 5% increase in hospitalizations over a seven-day period, have no more than an 8% positive rate among people tested for coronavirus and have 15 trained patient-contact-tracing workers per 100,000 population.

The governor said he was encouraged by recent statewide statistics that have shown a 7.5% decrease in coronavirus hospitalizations over the past two weeks, an 8.7% decline in intensivecare unit patients in that same period and an "unprecedented number of masks" and other personal protective equipment being distributed throughout the state.

On May 18, Viejas Casino and Resort in Alpine welcomed a capacity crowd and a line out the door as the first of four tribal casinos to open this week despite coronavirus stay-at-home rules keeping some other businesses

Viejas and the other casinos are on tribal land, meaning they are not subject to the same state regulations that have limited other business operations in California. Sycuan Casino Resort plans to reopen May 20, Jamul Casino May 21 and Valley

View Casino & Hotel May 22. Harrah's Resort Southern California also announced plans to reopen its casino at noon Friday, May 22

Dr. Wilma Wooten, the county's public health officer, said Monday, May 18, the county health department disagreed with the casinos' timing but lacks jurisdiction to block the action.

The four casinos opening later this week had some limitations, such as bingo and poker remaining closed, restaurants operating for limited hours and gaming areas requiring appropriate spacing between players and staff. Patrons and staff also were to undergo temperature checks, wear masks at all times and practice physical distancing.

Videos taken by reporters and the public Monday, May 18, at Viejas Casino showed a line outside the gambling establishment - which reportedly reached capacity by 11 a.m. Most of those in line outside appeared to wear masks and respect social distancing requirements.

A walk-in testing site at the Tubman-Chavez Community Center at 415 Euclid Ave in Southeast San Diego will open its doors today and has capacity for 132 testing appointments a day.

Newsom also announced a \$125 million state relief program to provide financial assistance to undocumented immigrants during the coronavirus pandemic. Fletcher said the Jewish Family Service of San Diego would oversee both San Diego and Imperial counties' Immigrant Disaster Relief Fund.

Applicants for the disaster relief fund locally may apply for a onetime sum of \$500. A household will be limited to \$1,000. Interested applicants should call 858-206-8291 to get more information.

City News Service contributed to this report

LEGALS

NOTICE OF PUBLIC HEARING PROPOSED 2020-21 BUDGET

In accordance with the provisions of the Education Code Section 42103, you are hereby notified of the preparation of the proposed Annual Financial and Budget Report of the

The proposed budget, computed district tax requirement, and any recommendations made by the Superintendent of Schools, San Diego County, shall be available for public inspection on June 18, 2020 to June 22, 2020, The proposed budget is available on the district's website: www.vallecitossd.net/home/services/business-services

YOU WILL THEREFORE TAKE NOTICE THAT the Governing Board of the Vallecitos Elementary School District will conduct a public hearing of the proposed budget on June 23. 2020, 6:00 PM, Due to the COVID-19 crisis, this public hearing will be held electronically via teleconference. If you would like to participate, visit the districts board agenda webpage for call information at www.Vallecitossd.net/board-of-trustees

Dr. Paul Gothold County Superintendent of Schools San Diego County

May 2020

Published May 21, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9007908 Name of Business

RUIZ LAW GROUP 674 Grant Court, Vista, CA 92083 County: San Diego This business is registered by the following: Vincent A. Ruiz, 674 Grant Court, Vista, CA

This business is conducted by an Individual Registrant first commenced to transact business under the above name as of 03/01/2020 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON Apr 29, 2020

LEGAL: 5255 PUBLISHED: May 14, 21, 28, June 4, 2020

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9008035

a SLEEP AND POTTY CO. b. SLEEP AND POTTY COMPANY

1930 Sunset Blvd., San Diego, CA 92103 County: San Diego

This business is registered by the following: Diana Souad Peters, 1930 Sunset Blvd., San Diego, CA 92103 This business is conducted by an Individual

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON May 04, 2020 LEGAL: 5256

PUBLISHED: May 14, 21, 28, June 4, 2020

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9007837

Name of Business YORK & COMPANY 7041 Via Mariposa Sur, Bonsall, CA 92003 County: San Diego

This business is registered by the following: 1. Carrie F. York, 7041 Via Mariposa Sur, Bonsall, CA 92003

2. Sharon F. York, 7041 Via Mariposa Sur, Bonsall, CA 92003 This business is conducted by a General THIS STATEMENT WAS FILED WITH THE

RECORDER/COUNTY CLERK OF DIEGO COUNTY ON Apr 28, 2020 LEGAL: 5257 PUBLISHED: May 14, 21, 28, June 4, 2020 Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information. **Services Offered**

CLASSIFIEDS

Employment

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Senior center board to select new member out of existing applicants after resignation

Staff Writer

The nonprofit that governs the Fallbrook Senior Center is searching for a new member for its nine-person board of directors, after one board member resigned recently in the face of complaints that she was not old enough to serve on the senior center's governing body, although her selection did not appear to violate any bylaws.

Robyn Dahlson, who is in her 30s, was appointed to the senior center's board of directors in April but resigned effective May 11, after at least one senior center member complained about her age.

The senior center board's president, Jack Schirner, told members at the board's May 13 meeting that he intends to select a new board member out of the three other people who applied for the position at the same time as Dahlson and appeared before the board in March.

Schirner has always maintained Dahlson was selected due to her fundraising experience and that complaints about her were simply a case of "sour grapes," but nevertheless, she has resigned. The senior center's bylaws stipulate that Schirner has 30 days to select a replacement who will be voted on in an up-or-down vote by a majority of the senior center's board.

"I was completely unaware of any transgressions that the board may or may not be causing. I was just excited to further donate and give of my time to a community that I already care so much about. At this time, I have chosen to resign because I feel like though I find no fault in what the board did in my election, perhaps learning more about the organization before becoming an elected official will be beneficial for all parties involved," Dahlson told Village News after her resignation. "And just, lastly, being on the board is not indicative of my level of service to this organization."

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

MURRAY from page B-9

leader for Fallbrook's Fellowship of Christian Athletes chapter. She also volunteered at the REINS therapeutic horsemanship program for six years.

Murray's senior field hockey

season concluded with the Warriors winning the 2019 CIF championship. Winning the field hockey CIF

championship is something that I'll cherish forever. I was so grateful for the bond I had with the girls on the team as well as the coaches," she said.

Fallbrook's only track and field meet of 2020 was March 5. Murray was held out with a hamstring pull. The Warriors' scheduled March 12 meet was canceled due to rain, and the rest of the season was canceled due to the coronavirus outbreak.

Since Murray did not compete for the Warriors' track and field team during her senior year, her high school athletic career thus ended with winning the CIF field hockey championship. "Although that was the best way for my high school career to end, I'm not sure it made up for not finishing my high school track season," she said. "There were many goals I set for myself for this track season."

Murray hoped to lower the school 400-meter record she set last year, and she also hoped to break the 4x100relay school record, which is 48.5 seconds and was set in 2000.

Last year. Murray qualified for the CIF meet in the 200-meter dash but did not advance past the preliminary heats. Her time of 57.61 seconds in the 400-meter preliminaries was the seventh-fastest and gave her a lane in the final, although her final's time of 57.65 seconds placed eighth. Fallbrook's 4x100 relay team placed eighth in the preliminaries but had to scratch out of the final due to one of the other runners incurring a hamstring injury.

This year I was really hoping to qualify for state," Murray said.

"I was looking forward to making those final memories with my teammates as a senior," Murray said. "So, while I'm extremely grateful for our field hockey championship win, there's still a piece of my high school experience that feels incomplete."

Murray added that other seniors also lost final opportunities.

"My heart goes out to everyone affected by the coronavirus but especially my senior classmates and senior athletes. For many of them this is the last time they're ever going to play a game or compete in a race with their peers, and that's suddenly been taken away from them," she said. "I just hope we're somehow able to make up for these lost memories in

the near future and that we learn to never take a moment for granted."

Winning the CIF field hockey championship is Murray's favorite high school memory.

"We had 10 seniors on the team who I've played with, almost all of them, since Potter so being able to finish out my field hockey career with a championship is something I'll never forget," she said.

Murray also has significant track and field highlights.

"Breaking the 400-meter high school record at the Escondido Invitational last year was one of my favorite memories from track," she said.

"Also, part of my favorite track memories was running with my 4x100 team," Murray said. "It's been a joy competing with my 4x100 team

Murray will have a new set of teammates as she commences her collegiate track career.

"I'm really excited to see what her times develop into," Arias said. "It's going to be a fantastic experience for her.' "I'm super excited and just super

grateful to have committed to St. Louis and still have the opportunity to continue to run track in college," Murray said. "I'm grateful for everyone who has helped me and encouraged me throughout all four years in high school, so thank you to my parents, my coaches, my teachers, my friends and everybody else who has supported me. I can't wait to see what God has planned for me in these next four years."

Joe Naiman can be reached by email at jnaiman@reedermedia.com. This is a shortened version of the original story which can be read online at http://villagenews.com.

SHERIFF'S LOG

May 4 Pala Rd @ Monserate Hill Rd Assault with a deadly weapon Possession of controlled substance 400 block Alturas Rd Arrest: paraphernalia 1200 block S. Main Ave Arrest: Shoplifting May 5 900 block Alturas Rd Arrest: Violation of court order, outstanding misdemeanor warrant 3100 block S. Old Highway 395 Arrest: Possession of controlled substance Recovered stolen vehicle Canonita Dr @ S. Old Highway 395 Pala Rd @ S. Mission Rd Arrest: Driving on suspended/revoked 2800 block Lakemont Dr Grand theft 2400 block S. Stage Coach Ln Arrest: Public intoxication 900 block E. Mission Rd Commercial burglary Arrest: Violation of court order 31100 block Calle Joya 1900 block Rainbow Glen Rd Grand theft 500 block E. Elder St Arrest: Possession of controlled substance, paraphernalia Theft from elder/dependent adult 1000 block Hughes Ln May 7 2400 block Gum Tree Ln Credit fraud W. Alvarado St @ S. Pasadena Ave Vehicle burglary 35800 block Messara Wy Vehicle burglary 500 block Ammunition Rd Vandalism May 8 800 block S. Main Ave Arrest: Possession of controlled substance, paraphernalia 300 N. Brandon Rd Commercial burglary 4700 block Oak Crest Rd Petty theft May 9 39800 block Rock Mountain Rd Vehicle burglary 1000 block Rainbow Crest Rd Vandalism 200 block W. Clemmens Ln Arrest: Assault with a deadly weapon 31800 block Bobritt Rd Residential burglary E. Mission Rd @ Davis Dr Arrest: Possession of controlled substance, paraphernalia 600 block E. Elder St Missing adult

Missing adult

paraphernalia

Battery

Arrest: Possession of controlled substance,

Possession of controlled substance,

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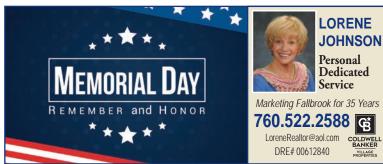
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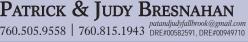
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