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STRENGTH, COURAGE, FAITH

2020 Mother's Day Salute: Jennifer Parker

By John Gregory

Jennifer Parker is an experienced registered nurse, a trauma case manager, a prolific volunteer and a mother of four in Scripps Ranch. Her journey has not been easy.

Parker balances her homelife and an intense career. She has been a trauma case manager for 20 years and works at Scripps Memorial Hospital La Jolla. She is assigned cases in which patients have suffered severe injuries such as stabbings, gunshot wounds, neck and head trauma, or suffered injuries in car crashes, skateboard accidents or falls.

"To be a case manager you have to know how to take care of patients, what's involved and all aspects of the care in a hospital setting," she said.

"We coordinate the services that the patient is going to need after discharge. So, we start following the patient once they are admitted – get acquainted with the case, the injuries, the insurance, the family and then work with the team to pull all resources that we need for the patient when they're leaving," she explained.

First, Parker started as a medical-surgical nurse on a surgical floor. Then she worked in a head injury

unit where she gained experience with trauma patients.

"I started with an associate's degree as a single mom with my first son. I have since gotten my master's degree in 2006," she said.



Larry and Jennifer Parker (courtesy photo)

Working on cases involving the severely injured is obviously a difficult task, but Parker has managed her career while raising four children.

"It can be stressful," she said. "I feel inept many times like many moms do. We're all just trying to do our best."

Parker said exercise is important to her, and she tries to

be involved with as much as possible as a volunteer at St. Gregory the Great Catholic Church and St. Gregory the Great Catholic School, where two of her children attend.

"I enjoy it and I get a lot of satisfaction from that, being involved and knowing people, helping people," she said.

She grew up as a nurturer and became a survivor. She was a single mother at age 19, dropped out of school, but returned to earn her first degree.

She later married and had her second son. But she became a widow when her first husband died in 2003.

See **MOTHER'S DAY**, Page 5

Laughter really is the best medicine

By John Gregory

Around the time schools closed and stay-at-home orders were about to be issued to slow the spread of COVID-19, a new Facebook group emerged in Scripps Ranch with just the right medicine for all the bad news: humor.

Playing off the local Facebook pages Real House Cats of Scripps Ranch and Real House Dogs of Scripps Ranch – the new social media group was named Real Funnies of Scripps Ranch.

The Facebook group could not have begun at a better time. Posts on the page include funny memes, funny things about coronavirus isolation and precautions, and how it affects everyone in funny ways,

as well as silly things that people are doing to keep themselves occupied. Too many trips to the refrigerator is a recurring theme, according to Ellen Pickering, the group's creator.

"It kind of gives you a chance to get out of the house without really getting out of the house, so to speak," Pickering explained. "We've really had a lot of people thank us."

She is a firm believer in the benefits of laughter for both physical and mental health.

"It does give you a big break from the world," she said.

Pickering said she enjoyed seeing many humorous posts on the local Information Exchange social media group, but the posts got to

See **LAUGHTER**, Page 4

Elected officials send messages to residents of Scripps Ranch:

Message of thanks

I want to take this opportunity to thank the people of Scripps Ranch for your strength and resolve in this time of crisis.

To those who work in the medical profession, I thank you for bravely protecting us on the frontlines of this pandemic to save lives. To those working in restaurants, grocery stores and markets, thank you for keeping our community fed and supplied with the necessities that allow us to sustain ourselves in our homes. To those who volunteer and help others, thank you for giving your time and effort to serve those in need. To all who exercise the patience to stay at home and protect themselves and others from this virus, thank you.

We will surely need more of your strength, hard work and giving spirit in the coming weeks, but I'm confident that we will do what's necessary to survive this challenge and thrive once again.

Sincerely,

Mark Kersey

Councilman

City of San Diego, District Five



Mark Kersey

We will emerge stronger

Americans are facing some major challenges in light of this global pandemic: the public health emergency, the financial fallout, and the unnatural posture of required social distancing.

However, even during this difficult time, San Diegans are stepping up to meet the moment. Our health professionals are working tirelessly to ensure patients receive the highest quality care, our local research centers and innovation industries are taking charge in finding and deploying cutting-edge treatments and supplies, our frontline workers are continuing to provide essential services to the public, and every individual staying home is preventing the spread of this disease.

We may not know when we'll emerge from this crisis, or what the new normal will look like when we do; we should all be prepared for some adjustments. But Americans are resilient and San Diegans are innovators. Working together, we will emerge stronger and better than ever.

Scott Peters

U.S. Representative

California's 52nd congressional district



Scott Peters

We will get through this

As we continue to fight the COVID-19 global pandemic, I want to thank all San Diegans for stepping up to help us in our response. Please continue to stay at home, maintain your space and cover your face. For ongoing information and resources, please visit www.coronavirus-sd.com.

Together, we will get through this.

Thank you,

Greg Cox

Chairman

San Diego County Board of Supervisors



Greg Cox

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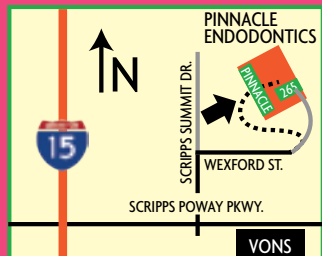
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Doctor provides COVID-19 update

By Arthur "Tony" Blain MD, FAAFP

Coronavirus disease 2019 (COVID-19) is a respiratory disease that has changed the way we all live our lives.

It is caused by a novel coronavirus (SARS-CoV-2) that was first described in Wuhan, China, in December 2019 and is now a global pandemic. Most affected will have milder illness (80 percent), 15 percent will have severe illness (most often respiratory failure), and 5 percent will require Intensive Care Unit intervention.

Symptoms include fever, fatigue, dry cough, muscle aches, shortness of breath, lack of appetite, upset stomach, nausea, and diarrhea (sometimes before any respiratory symptoms); and lack of or decreased smell and taste; and less commonly sore throat and headache.

Patients who have older age and other comorbid medical issues, such as heart disease, chronic lung disease, cancer, chronic kidney disease, hypertension, diabetes and immunocompromised have higher risk

of more severe illness and death. Pregnant women do not appear to be at higher risk for severe disease.

The virus is highly contagious and is spread via direct contact, respiratory droplets and airborne routes as far as 15 feet away.



Arthur "Tony" Blain, MD, FAAFP

Social distancing is key to not getting coronavirus and controlling its spread. Wear a facemask covering your mouth and nose if in public.

If you have any symptoms above, call your primary care provider or use a telemedicine service (e.g., Teladoc, MDLIVE, or Doctor On Demand). Most medical insurance companies provide one of these telemedicine services for their patients. They can help arrange COVID-19 testing if it's indicated.

If your provider determines it is safe for you to stay home, here are 10 ways to manage your respiratory symptoms at home: 1) Stay home from work,

school and public places, shopping or transportation; 2) Monitor your symptoms – call your provider if symptoms worsen; 3) Rest and hydrate; 4) If you have a medical appointment, call them ahead of time and tell them you have or may have COVID-19; 5) If you have a medical emergency (trouble breathing, chest pain, new confusion or inability to arouse, bluish lips or face), notify 911 dispatch personnel that you have or may have COVID-19; 6) Cover your cough and sneezes; 7) Wash hands with soap and water at least 20 seconds, or use alcohol-based hand sanitizer with at least 60 percent alcohol; avoid touching your eyes, nose and mouth; 8) Stay in a specific room away from other people in your home, use a separate bathroom, wear a facemask; 9) Avoid sharing personal items (dishes, towels, bedding); 10) Clean all surfaces (counters, tabletops, door-knobs, computers, toys).

You can leave home after three things have happened: 1) you have had no fever with no fever-reducing
See **COVID-19**, Page 4

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The free community newspaper, neighborhood website and social media network for Scripps Ranch

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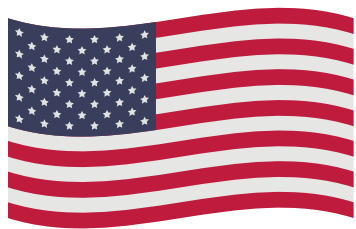
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The 'Miracle Edition'

Today, every one of you is brave as, together, we all bear the burden of living in the age of COVID-19, a silent threat lurking across the globe. Forced to live in isolation – staying alert to stay alive – and doing our best to not spread this insidious virus, residents have overcome obstacles in the most ingenious ways.

Months ago, we might have scoffed at the notion that staying at home, away from work and school, would be a sacrifice. That notion reveals nothing. Each freedom-loving citizen has sacrificed a relatively sheltered life in order to save lives. It takes hidden strength to carry on with so much uncertainty – to display a brave face or project a sense of normalcy and security to others, especially children. That's not to mention those afflicted by the coronavirus or those who save the lives of victims.

Monitoring the news has been trying. We have cried, we have laughed – sometimes at the same time. But we have provided daily digital news updates for the community, and will continue throughout the crisis.

When our daughter was very young, she called the American flag the "Miracle Flag." It was an apt description. Similarly, we are calling this newspaper the "Miracle Edition." This issue is a grass-roots effort made possible by those who provided content, all the encouraging messages and our advertisers who believe in the power of the independent press. We look forward to a strong recovery, and we know it will take time. We're here for the long haul.

Wishing you health, strength & courage,

John and Jacqueline Gregory
 Publishers

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Businesses remain open

Several businesses in Scripps Ranch remain operational during the current stay-at-home orders. It's not easy, but many local merchants continue to find clever ways to provide services and goods to customers in spite of the COVID-19 crisis. Some offer pick-up, some offer curbside service, some offer delivery and others will visit your home to provide maintenance and repair. Scripps Ranch News salutes these enterprising local businesses and encourage residents to buy from them. Here is a list of some of the Scripps Ranch businesses that remain open and are taking orders:

Restaurants

40N Pho & Grille (858) 695-8088	Newtopia Cyder (858) 926-4305
Board & Brew (858) 689-2739	Nutmeg Bakery & Café (858) 397-2922
Chile Peppers (858) 578-4210	Pazzo's Pizza (858) 271-0271
Enclave (858)869-5670	Pernicano's Ristorante (858) 271-5250
Filippi's Pizza Grotto (858) 586-0888	Public House 131 (858) 537-0890
Flippin' Pizza (858) 860-5007	Sammy's Woodfired Pizza & Grill (858) 456-5222
The French Oven Bakery & Café (858) 766-8706	Santorini Island Grill (858) 693-8300
Harland Brewing Company (858) 800-4566	Savagewood Brewing Company (858) 577-0350
Himalayan Grill (858) 566-6015	Sushi Lounge (858) 577-0350
Kappa Sushi (858) 566-3388	Takhrai Thai (858) 549-1848
Little Italy Bar & Grill (858) 860-5445	Yanni's Bar & Grill (858) 527-0011
Luna Grill (858) 693-5862	Yogurt Heaven (858) 549-9205

Other Businesses

A/C Mechanical, Sol Inc. 858-733-1534	Geneva Flooring (858) 547-8069
Best Deal Plumbing 858-578-7808	Keepsake Companions 858-386-6290
Black Mountain Plumbing 858-536-4161	The Guitar Aces 619-249-6426
Budget Blinds of Miramar 858-271-6252	Market at the Ranch 858-566-2847
C.A.L.M. Speech Therapy (858) 621-3316	Mary Kay Cosmetics 808-554-2811
A Cleaner Space 858-527-8876	Renew Physical Therapy 858-385-9400
Edward Jones/Dave Parker (858) 935-9080	State Farm/Renee Murphy 858-566-7100
Enrichments 365 (619) 684-2722	Wild Birds Unlimited 858-860-5007

Scripps Ranch News has been publishing an updated list of local businesses serving this community on ScrippsRanchNews.com for weeks – and now in print – and reminding readers to shop locally each week through the Scripps Ranch News social media network as well as the twice-weekly E-News edition. Local businesses may add their name and phone number to this list by sending an email: info@scripps-ranchnews.com.




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LAUGHTER

Continued from Page 1

be too much and members were asked to stop sending them.

"I made a comment saying, 'That's too bad. It would be so great to have a place to go (for humorous posts). Can you start a funnies page?'" Pickering explained. "And they said, 'No, but you could.'"

So, Pickering did some research to see how difficult it would be to operate such a Facebook group. She lined up six admins to monitor the posts, including herself. At first, she thought six would be too many, but she quickly found she would need them all. Real Funnies already has more than 940 members.

Besides Pickering, the admins include Andy Bustamante, Scott Hanson, Tina Lewis, JL Nuss and Jessica Doughty Pearson.

Those viewing the page are greeted with a photo of a roll of toilet paper sporting a hand-drawn smiley face. The group had a contest to name the roll, and it was officially named "Mr. Schitzengiggles."

Another image – created by Wendy Robello – bears the inscription, "Real Funnies of SR: Where Social Distancing Brings Us Together."

Those who want to join the group need only search for Real Funnies of Scripps Ranch on Facebook and click on the "join" button.

These are the rules: "Unwind and be kind! Never be mean and keep it clean or your words aren't going to be seen! No political posts or you're off the page like a ghost!"

COVID-19

Continued from Page 2

medication for 72 hours; 2) cough, shortness of breath and symptoms have improved; and 3) at least seven days have passed since your symptoms first appeared.

Dr. Blain is a board-certified Poway family physician and board member of the California Prostate Cancer Coalition with 24 years of medical experience, both in the community and with the military. He provides office and telemedicine care for COVID patients and all medical issues. He lives in Poway with his wife, four sons, two dogs, two cats and a Lion Head rabbit. When not coaching youth basketball, soccer and running, he runs ultra-marathons and enjoys open water swimming.



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MOTHER'S DAY

Continued from Page 1

That's when her perspective changed and she became more involved with her church. It took a while, but she survived with the help of friends, family and her faith, she said.

She remarried in 2006. Now, she has a family with a wide range of ages: Corey, 35; Tyler, 28; Luke, 11; Francesca, 7; and granddaughter Gianna, 2.

She credits her husband, Larry Parker, as a steady element in their family.

"He's the calm, practical, level-headed person who just kind of helps balance my anxiety and my worries when I feel overwhelmed," she said.

Jennifer Parker offered an insight to her philosophy for raising kids:

"I'm big on manners and doing what's right. I'm big on helping others and kindness ... A lot of love; have patience," she said.

Here is her advice for women enduring the rigors of motherhood:

"It's one day at a time. ... Pool your resources. Talk to the people that love you and care about you and support you. ... Get away from the negativity and be in the positives," she said.

Pure Meal Prep donates meals

Brett Dudley, born and raised in Scripps Ranch, owns and operates Pure Meal Prep San Diego along with his wife, Cassie Dudley. The venture is an all-organic, freshly prepared and healthy meal prep company that delivers meals weekly right to the customer's door. The meals are complete and ready to warm up and enjoy.

It's an especially popular concept in the age of COVID-19 because customers need not worry about risking a trip to the grocery store for meal ingredients or ordering groceries online. Instead, Pure Meal Prep will deliver a week's worth of freshly prepared fine food directly each week.

But the company is doing much more. For every meal plan purchased, Pure Meal Prep San Diego will donate one meal to someone who is in need, now until the end of the COVID-19 crisis. Brett and Cassie wanted to do their part helping those who have lost their job or fallen on hard times.

The best way for those in need to participate is to contact the company in ad-



(courtesy of Pure Meal Prep San Diego)



(courtesy of Pure Meal Prep San Diego)

vance through social media or email: puremealprepsd@gmail.com. Donated meals are available to pick up on Sundays at their commercial kitchen in El Cajon starting at 10:30 a.m. This will be on a first come first serve basis – five meals per family maximum.

They are also looking for those who want to volunteer or donate to the program to make an even greater impact in helping the community.

Brett and Cassie have years of experience in the restaurant business. Brett is the expert chef and Cassie has worked in the management side. The two were recently married in November 2019. Now, they own a commercial kitchen in El Cajon

and team up to operate Pure Meal Prep.

They use top of the line pure ingredients and everything is made from scratch – from hamburger buns to pasta to demi glace. Weekly meal plans range from 10 meals to 20 meals per week and prices range from \$120 to \$240 per week, plus delivery fee and tax. Brett creates a new menu each week "so our customers don't get bored eating the same meals," he said.

Furthermore, food preparation is handled with the highest of sanitary standards, with chefs wearing masks, gloves and using hand sanitizer often, Cassie said.

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Residents adapt and help others:

'Help a Hero' bags

Riley O'Day and Syra Walia of Scripps Ranch Girl Scout Troop 3077 are collecting items for "Help a Hero" bags as part of their Silver Award Project. Scripps Ranch has heroes – such as sanitation workers, grocery workers, postal workers and delivery drivers – and these Scouts want to show their appreciation. They are asking residents and businesses to donate items such as bite-sized chocolate, granola bars, Chapstick, mints/gum or travel size lotion. Their goal is to gather enough items for 50 bags. Residents may also suggest a hero who should be recognized.

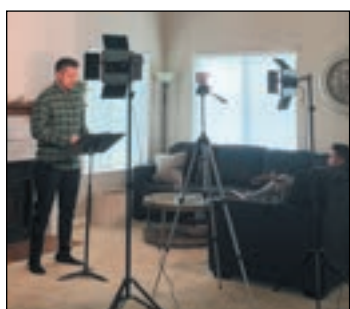
Those interested in helping may contact Kelly at kelly.oday24@gmail.com or Simmi at simmia09@gmail.com. Drop off location is 11471 Rose Garden Court. Phone (858) 229-8727.



Mask holders (photo by Stacey Lynn)

Locals make mask holders

There are many people and groups making mask and shield holders for the general public as well as for medical workers during the COVID-19 crisis. Scripps Ranch residents Thuy Lam and HM Rashidian are among those making holders – some for nurses at Scripps Memorial Hospital La Jolla. These mask holders had #Hero imprinted on them.



Pastor Nick Davis (photo by Gina Davis)

Home workspace

Pastor Nick Davis of Redemption Church prepares to live stream a service from his home's living room. He set up a home studio to deliver Sunday service each week since his congregation cannot currently gather to meet at the site of their services normally held at Ellen Browning Scripps Elementary School.

See **RESIDENTS ADAPT**, Page 10



Painted lady



Sara orangetip



Swallowtail

Butterflies arriving in Scripps Ranch

By Dorothy Mildice

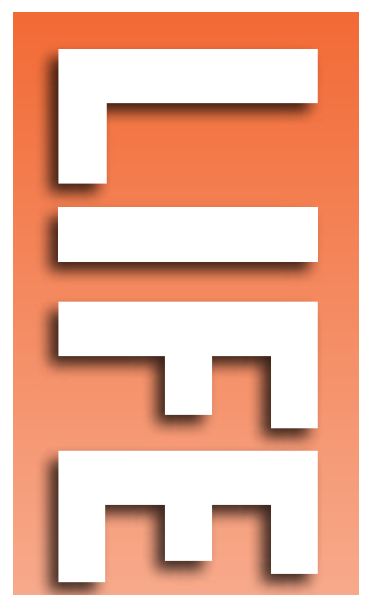
As soon as the weather warms a bit and the days are no longer rainy, we're starting to see the usual spring butterflies. Living on a canyon in Scripps Ranch that faces southeast, we're fortunate to have a long vista and can see the butterflies as they come up the canyon and pass through our yard, flying from the desert southwest on their northwesterly-bound journey.

One of the first to fly through is the painted lady. They haven't come in swarms yet like last year, but we often see one-a-minute. Start looking for them! In flight they're a medium/small butterfly, with an orange cast. Once they land you can see they look more moth-like on the underside with bits of brown and white.

Another early visitor is the Sara orangetip, and we've seen a number of them fly through. The first recorded one in San Diego this year was on Feb. 4. They're one of a number of white butterflies in the Anthocharis family. They can be seen from February into May, depending on the weather. In flight you see mostly white, but when they land the bright orange spot on the dorsal forewing is an excellent distinguishing feature. In our yard they go to the small purple blooms of society garlic sea lavender. They are especially fond of the fields of wild mustard that cover our foothills in the spring.

It's unusually early for the swallowtail butterfly, but already we are seeing them daily. They'll be lots more prevalent as warmer weather brings more blooms. They are fond of the flower stalks of pride of Maderia. There are several different types of swallowtails and they can all be found along the Pacific coast from Baja to Canada.

Cool facts: Most butterflies only eat the nectar from flowers, and occasionally pollen, tree sap and rotting fruit. When they get thirsty, they will sip water from damp patches on leaves or occasionally land on still, shallow water.



Writing campaign for health care workers

Scripps Ranch resident Victoria Muschek is coordinating a card and letter writing campaign to support the doctors, nurses and health-care workers in San Diego during the COVID-19 crisis. This is a creative writing or art project for kids. Anyone may write a supportive note and/or create a picture to send. Show healthcare workers how much they are appreciated. Questions may be directed to Victoria Muschek: bmuschek@san.r.r.com

Anyone who wants to participate can send cards or letters by May 8 to:

Attention: Gigi Adriano
Sharp Health Plan
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San Diego, CA 92123



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Author creates 'Doggy Doctor' book

By John Gregory

Scripps Ranch resident Jacqueline Johnson is a veterinarian who is creating a new book that will give children a behind-the-scenes look at the type of work she does on a regular basis.

Johnson has written "The Doggy Doctor and the Upset Tummy," and the creation of accompanying illustrations is underway. Next, the project will go to a designer. She is hoping to release the book sometime in the fall.

The characters are a veterinarian who works at an animal hospital along with her assistants, which are all animals – including two based on her real-life dog, Jiminy, and her cat, Dinah. A parrot answers the office phone.

The book's illustrator, Chennon Roberts, is creating cartoon-like images for the book. Johnson is pleased that the visual portrayals of her pets look accurate.

"I have two little girls who are two and three years old, and I'm always trying to tell them stories about work and they're always wanting to hear about the things I do, and they keep saying I'm a doggy doctor," Johnson said. "And they wanted to hear all my doggy doctor stories."

Her husband suggested she write a children's book and the idea started snowballing from that point, Johnson said.

The story is about a dog that has an upset stomach. The team at the veterinary hospital takes X-rays and find that the canine patient has eaten a lot of things it shouldn't have. The dog must have surgery to remove the foreign objects, then goes into the recovery process.

The story shows children a little about veterinary

medicine from a realistic perspective, Johnson said.

"It gives kids a behind the scenes view of what they actually do (in a veterinary hospital)," Johnson explained.

Johnson, who works at Cabrillo Pet Hospital in Point Loma, hopes this will be the first in a series of "Doggy Doctor" books – each with a story written in rhyme.

Now, she is working on her next story for her second book. Every book in the series will feature a different veterinary case that the readers can actually see, she said.

The book is written for children ages 4 to 8, but younger children will also enjoy the story, Johnson explained.

Those interested in following the book's progress can subscribe on the web-



Illustrations in "The Doggy Doctor and the Upset Tummy" depict author Jacqueline Johnson's pets as veterinary assistants. (Illustration by Chennon Roberts)



Jiminy (courtesy photo)



Dinah (courtesy photo)

site beardeddogpress.com or on Facebook: @doggydoctor-stories.

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While our library is closed ...

By Joan Reese

Anybody who happened to stop by the Scripps Miramar Ranch Library on Saturday, March 14 (the last day it was open to the public in the face of the public health crisis), had to have been impressed by the full parking lot and the number of people of all ages frantically checking out stacks of books! Our library is important in the lives of community members.

At this time, it is unknown when the library will reopen to the public. Officially, the library will remain closed "until further notice." All library materials currently checked out have due dates extended until May 22. Please do not attempt to return to the library or leave books outside the library. However, during the closure, library staff are now available to answer calls Monday-Friday between 9 a.m. and 5 p.m. Although staff cannot place holds or check out materials for you, they will be happy to walk you through using SDPL's digital library and also answer your reference questions.

In the meantime, this is an excellent time to explore the wonderful variety of electronic resources available on the San Diego Public Library's website! These include e-books and e-audiobooks, films, cultural offerings, foreign language instruction and genealogy databases and more. Access is free to library cardholders (if you don't already have a library card, you can apply online). For more detailed information and links, visit www.srfol.org. Many of these exciting

resources are made possible with the support of the Friends of the Library.

The library's innovative Seed Library (check www.srfol.org for details) is once again, despite the library's closure, able to provide seeds to local gardeners on a limited basis. Please email [seedlibrary@srfol.org] to inquire about obtaining free seeds for your "victory garden."

Trevor Jones, our library's branch manager, is leading the new "BucketList Book Club," a low-pressure online book group where readers are encouraged to take on what they've always meant to read but never got around to. The first title is "Moby Dick" by Herman Melville. Just sign up on our library's Facebook page to join.

Children and families are invited to join the SDPL Stay-In Storytime Club on Facebook for access to Chapter-a-Day, Bilingual and Bedtime Storytime videos plus music, crafts, and much, much more! Our own Scripps Ranch Youth Services Librarian Melissa Giffen is one of the librarians leading these fun storytimes.

We regret that our May "Pleasure of Your Company" concert at the library featuring the Hutchins Consort has been canceled due to the public health crisis, as were the March and April concerts. We hope to be able to reschedule these concerts for the fall.

Please check the SRFOL website [www.srfol.org] or the Scripps Miramar Ranch Library's Facebook page for details and updated information about all programs and library happenings.

Trader Joe's, thank you!

About Trader Joe's employees: They're going above and beyond to ensure their shoppers remain safe, while also creating a positive experience. I hadn't been food shopping in over a month so felt a little stressed and anxious yesterday. The line was long (past See's) and intimidating, but the Trader Joe's employees were outside with those standing in line, available to answer questions and make sure people were standing 6 feet apart. They've marked lines on the concrete and included positive, inspirational messages at these lines.



The line moves rather fast and when at the front they have more employees wiping down and spraying carts with disinfectant. Another employee tells you when it's your turn to enter. I appreciate them limiting the number of shoppers. They also have taped arrows on the floors of the aisles for better control, furthering the respected and recommended distancing.

What is most appreciated is the employees' upbeat and happy attitudes. They're very willing to help, and truly make a somewhat stressful experience a positive one. What sealed the deal is when my cashier, Jermaine, told me he'd be right back. He came back with a large bouquet of flowers and told me I should have them. His kind gesture was very much appreciated and although I thanked him, I want all of the Scripps Ranch Trader Joe's employees to know how much we appreciate them!

—Pamela Wick

ADVERTORIAL

Evaluate your estate during these unprecedented times

As a community, we are finding ourselves adjusting to a new normal. In my line of work, it is natural to see clients who are concerned about whether they have their affairs in order and if their loved ones and assets are protected should something happen to them. However, during these unprecedented times, when people are facing potential risks to their health and financial stability, it is even more prudent to evaluate one's estate planning needs and to ensure that one's personal and financial goals are met.

Below are some planning tools that should bring you and your loved ones greater peace of mind in the midst of this crisis:

Advance Health Care Directive – have a current and state-specific health care power of attorney in place, which nominates individuals, in order of priority, who will make medical decisions for you if you are unable to do so yourself and will set forth your preferred standard of medical care.

Durable Power of Attorney for Finances – similar to a health care power of attorney, this document appoints someone who will handle



Irina Sherbak

your financial affairs if you are incapacitated. This document gives your agent authority to pay your bills, file your taxes and handle other financial aspects of your life. Without this document in place, a court involved con-

servatorship or guardianship proceeding may be required.

Will and Trust – regardless of your financial situation, every person should have a Will in place to designate beneficiaries in the event of death and guardianship



nominations if minor children are present. However, a more comprehensive approach to estate planning is with a trust, especially for individuals with over \$150,000 in assets in order to avoid the expensive and drawn-out probate court process.

Although much of the world may be "shut down," we are working around the clock to assist clients in establishing comprehensive estate plans and retitling assets. Through virtual meetings, telephone conferences and electronic communication, we are available to analyze assets, evaluate old documents, draft new documents, supervise document execution, and coordinate with financial institutions and advisors to transfer assets and change beneficiary designations.

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RESIDENTS ADAPT

Continued from Page 7



Lights of hope

Cynthia Collins and her family placed light bulbs to form a cross to give encouragement to those passing it at night.

"We love giving people hope when they drive by our cross ... It's lit during Christmas and Easter seasons. We are happy to have it on for those driving down Fairbrook," she said.

Poway Gymnastics: free exercise routines

Poway Gymnastics is offering free daily workout challenges on its Facebook page for anyone during the length of the stay at home orders due to COVID-19. Each day, an instructor from Poway Gymnastics takes viewers through a series of exercises. Routines include physical workouts and stretching for flexibility. Bonus exercises are included.

Visit the Poway Gymnastics Facebook page to participate: [@powaygymnastics](https://www.facebook.com/powaygymnastics).

Gardening: a blessing in times of stress

By Denise Stewart

Meetings and club activities are on hold for the Scripps-Mesa Garden Club due to the coronavirus battle. However, gardeners have more time in the day for spending outdoors with their greenery. Since spring is the most active growing season in most gardens, our veggies and flowers demand more of our time. Under current conditions, we now have more time to give, and we also have a greater need for the garden to give back to us through stress relief and healthy exercise. The beautiful flowers and tasty produce help with eliminating some stress. Toting bags of fertilizer and potting soil builds strength.

When things are back to normal, the Scripps-Mesa Garden Club will resume its monthly meeting on the fourth Tuesday of each month. Usually, it is at 6 p.m. at the Community Room of the Scripps Ranch Library.

If you have an appreciation of gardening, contact Bob Gale, rgale1943@gmail.com. He can lead you down our garden path.

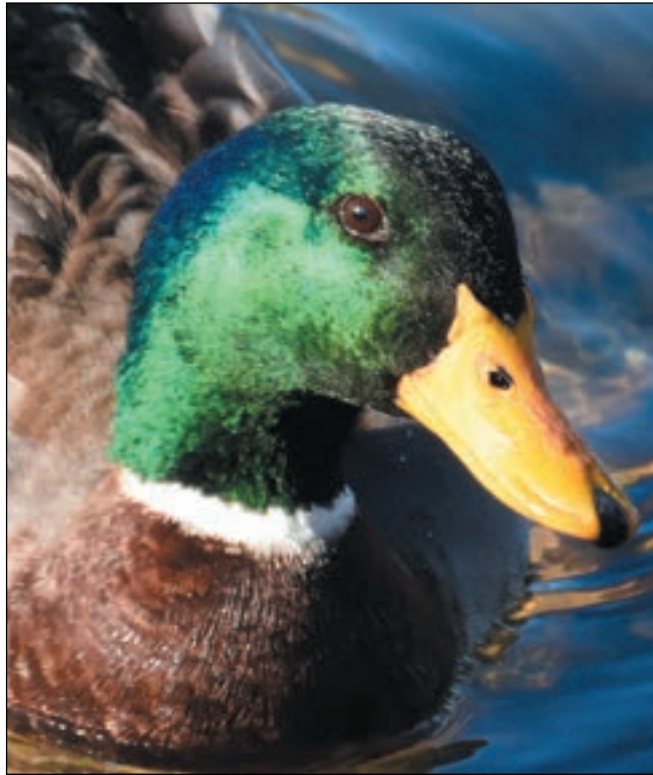


photo by Julie Aquilino



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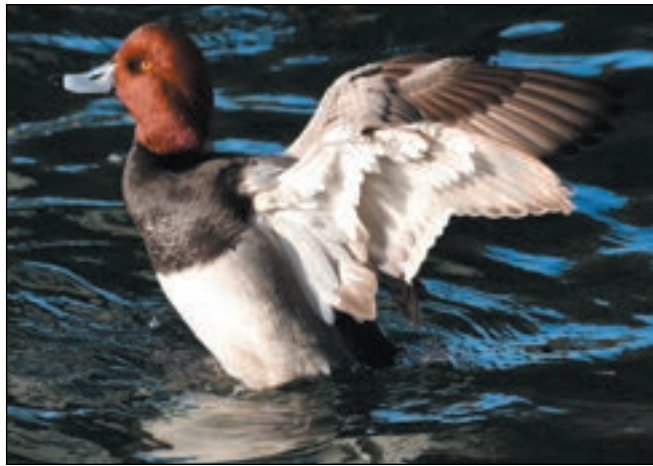


photo by Julie Aquilino

A fine time for fowl

Julie Aquilino, a resident of Scripps Ranch since moving here from New York City seven years ago, captured these colorful birds on camera as they visited Lake Miramar before the stay-at-home orders for COVID-19. She has taken photos as a hobbyist for a little more than a year. Her

boyfriend gave her a Nikon for Christmas one year. She began enjoying surf photography, then developed a love for taking photos at the zoo. Now she is enjoying flowers, looking for creativity in all that she sees. "Photography is now my passion, it fulfills the artistic desires I've always craved," Aquilino said.

Welcome Club doing its part

By Denise Stewart

"The Welcome Club of Scripps Ranch has contributed financial support to the SRCA to aid in their efforts in helping our community through the COVID-19 pandemic. Many in the community have contributed their time and resources toward this effort and we are doing a part," according to Anne Steele, treasurer for the club.

The usual activities that define Welcome Club are on hold for the duration of the virus crisis.

When it is safe to return to normal social contact, the Welcome Club will resume its regular schedule of meetings and social activities. The election of new officers, Bunco and Bridge games, craft making, trail walking, Coffee Klatches and the usual good times are all waiting to happen again.

The website for the group is scrippsranchwelcomeclub.com and there you will see what the dynamic group of local ladies is all about. Contact information is also there. When the isolation is over, Welcome Club might be the perfect place for you to refresh your social life.



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Scripps Ranch Boy Scout Ben Leader with his parents, Jen and Fritz Leader.

Boy Scout helps seniors in need

Marshall Middle School sixth-grader Ben Leader is working hard to fulfill his service hours for rank advancement in Boy Scouts. He is creating personal care bags for senior citizens in need through the San Diego non-profit organization Serving Seniors.

Serving Seniors is a nonprofit organization in San Diego serving low-income and homeless senior adults aged 60 and above. Their support includes meals, housing, health and social services, and lifelong learning.

Donations of large zip lock bags, hand sanitizer, toothpaste, toothbrushes, tissues, toilet paper, bath soap, hand soap, shampoo and conditioner would be appreciated.

To coordinate drop-off of items by May 8, contact Ben's mom, Jen Leader, at jen.leader6@gmail.com.

Girl Scouts among Top Entrepreneurs

Liberty Morgan and Phoebe Melis from Troop 3102 in Scripps Ranch were listed among the Top 100 Entrepreneurs for Girl Scouts San Diego. Liberty is number 44 on the list with 2,105 boxes sold and Phoebe is 68 on the list with 1,510 boxes sold. The top 100 cookie entrepreneurs will receive an exclusive keepsake coin recognizing their hard work and business savvy. The individually numbered coins commemorate each winner's placement in the 2019 cookie program.



Liberty Morgan



Phoebe Melis



Every day should be Earth Day

By Suha Chari
Sustainable Scripps Ranch

Recently, I heard a feature on NPR about these bacteria that live within rocks, that were found to have been alive for 1,000 years! That seems like the stuff of mythology, but we know that there are bacteria in almost every part of this earth, even in clouds and volcanoes, nourished by the sulfur, methane and iron, though perhaps not as long-lived as these.

This brought home to me, very starkly, how we're all connected with not just life as we know it, but with everything around us: the mountains, rivers, and not least, the stars above us, and of course the sun and the moon.

As the Vietnamese monk Thich Nhat Hahn says, "I am because you are; and we all are, because of all that we came from, and all we are part of."

This pandemic will one day be over, and we will surely change some of our ways, as directed by the experts and the government that are trying to tackle this huge challenge. According to Dr. Fauci, we may never again shake hands, gather in large crowds, or go on rallies, protest en masse and so on. The restrictions placed on us now may seem like huge hardships to many of us, but we know that these are minor changes, superficial at best. After all, whole countries get by without shaking hands, as in Japan where they bow to one another, or in India, where people bring their palms together as in prayer, to greet one another with a Namaste'.

This situation has also brought out the

best in us – our inner strength, kindness and compassion. We share what we have with our neighbors; neighbors shop for the elderly, check on each other, make masks for others, and thus we take care of one another, as in a vibrant, well-functioning community.

This is now, in the midst of a raging pandemic. The larger question is: are we capable of looking at the big picture, connecting the dots and making real and meaningful changes to our lives, for the long haul, in order to accommodate all of life and everything that supports it?

Ancient and indigenous communities have worshiped the sun and the moon, and made gods of various aspects of nature, for good reason, however primitive we may consider them. They knew the intrinsic value

of everything that surrounded them, every little thing they took from nature, and even everything they painstakingly made, taking none of it for granted. Can our care and mindfulness in these times lead us in that direction?

Every time we buy or think of buying a piece of clothing, or even furniture, do we think of the hours, materials and labor spent in making it? Can we imagine its life cycle, where it will end up when we no longer need or want it?

Do we look at a whale or any other sea creature and think of what we have done to make their lives untenable, with the islands of plastic that they are forced to ingest, albeit accidentally?

Is Zero Waste a fancy term we throw around in board rooms, with all good in-

Numerous residents are having to celebrate their birthdays without being able to invite friends to their parties due to the COVID-19 isolation orders. They are still able to celebrate in other ways, and share their birthdays here:



Happy Birthday to our wonderful Leprechaun! Love, Mom, Dad, Ella, Cali, Coco and Ripley ♥



Congratulations Hannah and Daniel Wilson on the birth of their son, Forest Vann Wilson, 3/25/20, in Denver, CO. We love you all! ♥ Mom/Dad



This guy turned 12 on 3/29 and as soon as this is all over all he wants to do is get back to playing baseball with both his SRLL Cubs teammates and his Longhorn teammates and go surfing. (submitted by Kristin Dutton)



Happy 9th Birthday Landry O'Day. We love you! Mom, Dad, Riley and Marley



Happy Sweet 16 to an amazing and beautiful sister and daughter. Even if we can't have a celebration right now we want you to know how much we love you!! Dad, Mom and Sophia



Teodora Purcell celebrated by having friends play ding dong ditch, leaving gifts on the porch as they run back to their cars to shout "Happy Birthday!", as well as enjoying Yanni's take out for dinner with family.



Happy Birthday Emily! You're officially a teenager and will be a Falcon soon! Love Mom, Dad, Amanda & Hammy (Chewy)



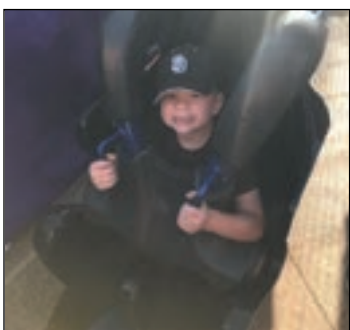
Happy birthday Matthew! We hope to celebrate your football party soon! Love, EBS room 202!



Happy 6th Birthday, Valentina! Here is a picture of Valentina turning 6! (submitted by Sandra Revilla)



Happy Birthday Ed and Kelly! It's not Costa Rica but we are both healthy and together! My birthday wish is healing for the world during this difficult time.



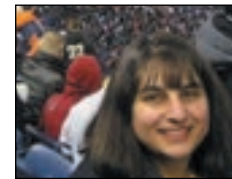
Happy 7th Birthday, Matthew! Enjoy Legos, wrestling, M&Ms and french fries. We love you, The Elbaz's



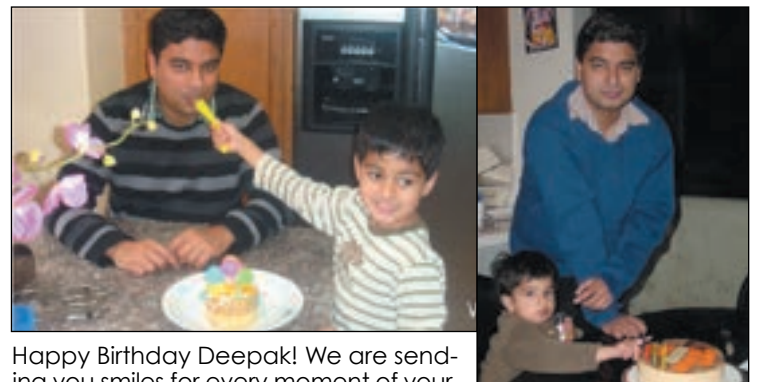
Jack Hurley is 16! What a blessing you are to the world. You are loved by many. We will celebrate with you buddies as soon as we can. Love, Mom and Miles



Happy birthday Jacob! Though unable to celebrate with friends, we want to wish you a wonderful 16th and will make it up to you! Love you buddy!



Happy Birthday, Dana! You brighten everyone's day with your smile, kindness and love. I'm a better man because of you. Tony



Happy Birthday Deepak! We are sending you smiles for every moment of your special day! Have a magical day working at home with your family beside you! We cannot wait to celebrate this birthday and many more with you! You are the BEST and stay like that FOREVER! Love, Shobica, Sahil & Dhruv



Happy birthday to Creston who completes our family and has taught us so much about love.



Happy 7th Birthday to Joey & Cora! You are so special to your family! Gold mining to follow soon! Love, M&D GG&GP E&J

If you know someone having a birthday in May or June, you can send a message and photo to Scripps Ranch News and we'll share it on the special day on our Facebook and Instagram pages – and publish it in the next issue of Scripps Ranch News. Send your birthday message (25 words maximum) along with a photo and the birthday date to info@scrippsranchnews.com.



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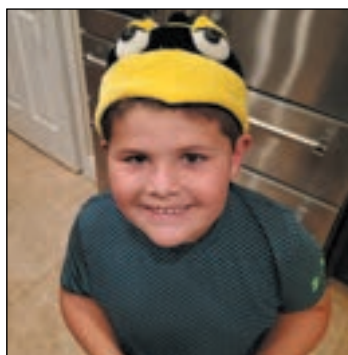
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Happy 15th Birthday, Sagey! Love, Mom, Dad, Ashay and Devin



Happy 11th Birthday Anna. We love you! XO - Mom, Dad and Nora



My son Jake is turning 6 and obviously can't have a party to celebrate. We plan to make the day fun with a birthday car parade with his friends, pancakes, trampoline fun, cul-de-sac activities. Happy birthday Jake the snake! (submitted by Erin Rohling)



We Love you soo much! We're going to make the best out of this day. Love Mommy, Daddy & Bella



You bring love and laughter to our family. Hopefully we can celebrate with friends soon. ♥ Mom, Dave, Sean & Buddy



Happy 7th Birthday Corinne!! We love you so much!



Happy 7th birthday to our sweet girl Valentina. We hope all your dreams come true. We love you very much! Love, Mami and Papi



Happy Birthday, Sara! It's your birthday and you can cry if you want to!



Happy 5th birthday beautiful Leila! We love you to the moon and back! Love Mommy, Daddy, and Alex



Isabella Coppola - 11 years ago you came into our world and made us parents, it has been amazing watching you grow into the young lady you are today. You are the most wonderful daughter and big sis, we love you so much and hope you have a happy birthday. XO Mom, Dad and Nic



Cynthia, although our friends/family can't celebrate your birthday in person, the kids and I will make you feel every bit as special! Love you and happy birthday! Brian



Happy 8th birthday Luke! We love you and are so proud of the person you are becoming. Love, Mom, Dad, Cal & Thomas



HAPPY 21ST BIRTHDAY NATHAN PENNINGTON! We are incredibly proud of the amazing young man you have grown up to be! Love, Dad, Mom, Julia, Gabe and Liv

Happy Birthday Joy! I was totally going to buy you a ton of jewelry and a new car, but because of social distancing and store closures, I just couldn't. So sorry. Better luck next year! Love, J

EARTH DAY

Continued from Page 12

tention, but not yet in our blood as an intentional way of living, like many of our ancestors? Can we imagine a life where nothing goes to waste, and anything we take from the earth, for any of our many appurtenances, ends up again to replenish the earth, like all life does?

Every time we buy a box of cookies, do we consider what happens to the packaging it comes in? Every paper we use and throw away, every project we undertake, just to keep ourselves or our children busy, everything we use, misuse, overuse, waste - do they bring up in us a sense of, "well, this is not right, there should be a better way?" Yes, I'm sure we often feel that way, especially here in the privileged First World, especially those of us who are intimately familiar with another way of living. So then, what do we do about it? If not us, then who? If not now, then when?

Nature seems to be showing us another, better way

of life and living, in these trying times. Now that we have been forced to slow down, pace ourselves, we can actually see its greenery, feel its pulse and hear its songs, all day long! Will we learn this lesson for the generations, not just for now, to be forgotten the moment things seem to return to apparent normal? Will we then incorporate that lesson into what will be our new normal, building a really thriving and sustainable world that excludes no one and no thing?

It is great that many of us do everything we can to reduce our consumption as best we can by reusing, re-purposing, not wasting, recycling and composting all that we can. How about reversing this process and starting with "What do I really need, really love, cannot do without, will make my life better" and acquire and keep only those things that fulfill these needs?

That may be a more fulfilling life, lived with intention and appreciation for all that we have and all that we are.

Happy Mother's Day!



I love my Mom. She is the best! Happy Mothers Day! Love, Luke

You're the best Mom in the world! I love you very much. Happy Mother's Day! Love, Drew

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Design and irrigation: basics to successful garden

Most gardeners have lots of advice about how to make your garden grow. But it takes an experienced one who lives in your climate zone and who deals with the same soil as you do to give you the insights that will make your garden flourish.

Helen Plutner is chair of Sustainable Scripps Ranch (SSR), a standing committee of the Scripps Ranch Civic Association and on the board of the Scripps-Mesa Garden Club. She has been digging in local dirt for almost 30 years. Helen has evolved from a working woman having a traditional water-guzzling grassy yard to a gardener benefiting from her well-designed water-wise and food-bearing landscape.

Back in 2003, the home she shares with her husband survived the Cedar Fire, but the yard was scorched by the horrendous heat. She and her husband decided to take a new approach to their property. They sought help from a landscape designer at Walter Anderson Nursery. The designer provided them with a plan for a wonderful new front yard.

According to Helen, the design is the necessary element to a successful evolution into a productive and sustainable garden. Together, the team decided to leave the standard front lawn behind and move toward a garden appropriate to our climate. By adding lots of mulch and updated advances in irrigation like gear rotors and drip irrigation, they improved the efficiency of watering and lessened evaporation.

Unlike their mostly decorative front yard which attracts birds and pollinators, they decided that their side and backyards would be dedicated to plants that provided edibles. The areas would be transformed into an orchard with more than 24 kinds of fruit including berries, and also vegetables and herbs.

Helen got started by researching Dave Wilson's website on home orchards and attending local lectures. Dave Wilson Nursery supplies fruit trees to many Southern California garden outlets and is a respected authority on growing them.

Helen decided it was the perfect time to start composting and she also created a worm bin. While some mulch materials came from their own yard, additional mulch and compost was acquired at Miramar landfill.



Low water plants and small trees make a lovely spring display in Helen Plutner's front garden.



An arbor supports the produce bearing plants in the hydroponic garden. The plants grow in pots containing perlite and a grow mix.

That resource still is available, she said.

The couple also learned about grafting fruit trees, which is especially useful if growing stone fruits, with help from the San Diego Rare Fruit Society. This skill allowed them to diversify their annual fruit yield.

In addition to citrus, loquats, figs, pomegranates, apples, peaches, mulberries and her favorite – cherry trees – they now have seasonal fruit almost all year long. The fruit harvest meets the couple's needs and they also freeze some and share the surplus with neighbors.

With the drought deepening over the years, their goal became to harvest and use all the water falling from the sky over their property. With expert advice from Brook Sarson, owner of

H2Ome, and videos on how to make a swale, a new project got underway.

Using the abundance of local rocks, Helen and her husband built a pair of swales in their front yard to collect rainwater from their roof. The swales keep almost all water from running off the property into the gutter and down the sewer to the ocean. In conjunction with the swales, several rain barrels were added to store about 1,000 gallons of water. The rest of the water, instead of running down the bank behind their yard, was diverted to the front swales where it seeped into the ground. Helen explained that an inch of rain on a 1,000-square-foot roof will yield 600 gallons of water.

"We have seen a remarkable difference in our plants

and vegetables since we put those in," she noted. "And surprisingly, even in the last few years our irrigation is mostly turned off from about November till April."

This substantially lessens their water bill.

More recently, greywater has been made available to their fruit growing efforts. Their washing machine is conveniently located on the inside wall of the garage. Just beyond that wall are their banana trees. By just adding a small pipe from the washer through a hole in the wall, they were able to supply the trees with ample irrigation.

"As our climate becomes more of a concern, sustainable practices are more important than ever.

"Sustainable Scripps Ranch's goal is to promote waterwise landscaping, energy saving and reducing our impact on the environment. We garden by our guidewords: reduce, reuse and recycle. SSR and our local Scripps-Mesa Garden Club are here to help you learn the gardening practices that support those goals," Helen said.

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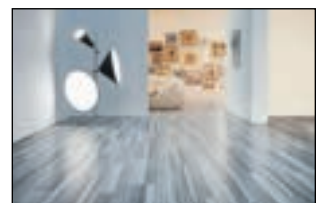
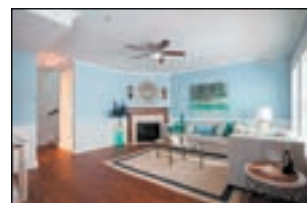
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