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Patrick and Maggie Stovel enjoy the company of their Pennywise the Dancing Clown statue near the garage of their decorated Scripps Ranch home. (photo by John Gregory)



A 12-foot tall ghost towers above one side of the Stovel's yard. (photo by John Gregory)

HALLOWEEN HOUSE

*A handful of families decorate their homes,
but this couple really loves Halloween.*

By Rachele Sparks

With the help of a lighted, 12-foot tall ghost and a life-size Pennywise the Dancing Clown statue with glowing red eyes, Patrick and Maggie Stovel work hard to get Scripps Ranch residents into the Halloween spirit.

"The orange light comes on and

the neighbors know it's coming," Patrick said.

When the Stovel's porch lights turn blood-orange, the zombies, tombstones, spiders and mummies come out. Starting at the end of September, Patrick starts setting up the house, one spooky decora-

See **HALLOWEEN HOUSE**, Page 13

SRHS marching band readies for competition

By Laura Hogan

Literally marching to the beat of their own drummers, members of the Scripps Ranch High School (SRHS) marching band are hoping to come out on top as they kick off their season of competition.

The Falcons marching band season will begin at the end of October. With a group of 121 students including the color guard this year, the SRHS marching band will be performing music and a routine with the theme "The Tortured Mind." Russell Shedd, music director at SRHS, said the theme, with music composed by Rob Stein, was introduced to the students during their pre-season band camp.

"We think the concept 'The Tortured Mind' is relevant to today's modern teenager, so there is a lot to draw on as far as creativity and inspiration," Shedd explained.

Students prepare for each season by attending a two-week-long band camp prior to school starting. Elaine Rosen, president of SRHS Music Boosters, said the boosters hire specialized coaches to work with the students to assist Shedd. These two weeks are spent learning the music and prepar-

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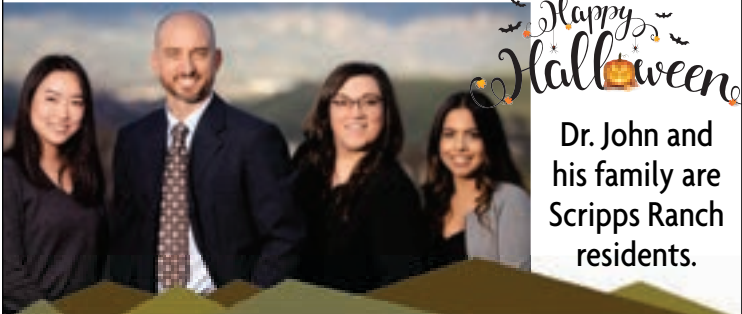


The Scripps Ranch High School marching band prepares for a busy season of competition. (photo by John Gregory)

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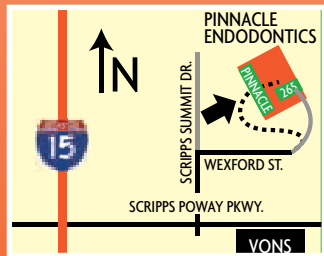
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10th Becky's Gift toy drive opens

The 10th annual Becky's Gift toy drive will begin Nov. 1. Volunteers with the project are celebrating the 10th year by launching a new website: beekys-gifts.org.

The goal this year is to surpass 1,500 toys.

Last year, with all the support of the Scripps Ranch community, local businesses, friends and families the project surpassed goals and even added an extra cancer center to deliver toys to.

Becky's Gift allows families affected by cancer the chance to choose a gift for their children or grandchildren during the holidays while undergoing treatment. The drive helps make a difference to many families during the holiday season. This is an emotionally, physically and financially stressful process for families. During the holidays, Becky's Gift helps relieve some of this stress. The project helps patients focus on getting healthy. Becky's Gift is intended to let cancer patients know their loved one will get a gift during the holidays.

These families have made such statements as, "Becky's



Volunteers for Becky's Gift toy drive prepare to deliver presents to a cancer center in San Diego. (courtesy photo)

Gift is truly a blessing at a time when cancer has taken over our family's life," and "Going through cancer, the focus has been all on me. It is nice that Becky's Gift is available to give my kids toys."

Starting Thanksgiving week, Becky's Gift volunteers deliver toys to four cancer centers in San Diego: UCSD Moores Cancer Center; Oncology Associates of San Diego; South County Hematology and Oncology Center; and Sharp Reese Stealy Kevin H. Cook Infusion and Oncology Center.

Becky's Gift collects unwrapped new toys for children 1-16 years of age. Gift donations are greatly ap-

preciated. Gift cards are also accepted. Gifts can be dropped off at Scripps Rock Dental, 12112 Scripps Summit Drive, Suite C.; St. Gregory the Great Catholic School, 15315 Stonebridge Parkway; or contact Christie Jackson at christie@jacksonlane.com or Becky Walton at beekywalton@san.rr.com and they can pick the gifts up.

Anyone may also help by hosting a toy drive at a local business, place of work, school, girl or boy scout troop, or in a neighborhood. Becky's Gift will deliver flyers and a collection box. Visit facebook.com/BeekysGift or beekysgifts.org.

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Effort launches to fix patient's yard

By Maria Leyva

Scripps Ranch resident Sandra Dougherty has been through three rounds of cancer in the last six years.

In 2014, Dougherty, who has lived in Scripps Ranch for a decade, was diagnosed with breast cancer. After a mastectomy and chemotherapy, she beat her cancer. Then, as she was going through reconstructive surgeries, her husband Robert "Bob," was diagnosed with pancreatic cancer. A little more than a year later, in spring 2017, he died, leaving his wife and two boys.



Grant, Sandra and Tyson Dougherty (courtesy photo)

"She doesn't play the victim and she just takes it head on."

—Maria Mikus

In July 2018, Dougherty was diagnosed with metastatic breast cancer, cancer that had spread beyond the breast.

Maria Mikus, who has known Dougherty for more than 30 years, remembers when Dougherty called to tell her she had been re-diagnosed.

"She called me in tears, and I went to pick her up at the urgent care. She thought she had hurt her back skiing and it was just an injury but, unfortunately, it was a tumor wrapped around her spine," Mikus said.

As Sandra Dougherty was coping with everything going on in her life and the lives of her children, the family's backyard began to fall into disrepair. Their backyard turned into a "big dust bowl," Mikus said.

Following the death of her husband and her second diagnosis, fixing the backyard was put on hold.

"It was all fine and alive until Bob died," Dougherty said. "My dad tried to keep it going for a few months until the sprinklers broke and then I let it all die because I didn't have the energy or time to deal with it."

Mikus, who described Dougherty as a great mom and amazing person with a big heart, has started a project to help Dougherty rebuild her backyard as she undergoes treatment for her cancer once again.

"I think she's just trying

to be a single mom and give her kids a normal life without living in fear of 'Am I going to lose a second parent too?'" Mikus said.

Dougherty has two sons; Tyson is in high school and Grant is in sixth grade.

Following her second diagnosis, Dougherty underwent surgery and radiation. Chemotherapy no longer works for her, Mikus said. Now, Dougherty is taking medication to help fight the spread of the cancer.

Dougherty is also seeking alternative treatments to

prolong her life, Mikus said. She is trying meditation, veganism and doing "whatever she can to stop the cancer from spreading."

"For me, it [the experience] has just been looking at someone and just admiring them for their strength and it makes me appreciate everything I have, and being healthy and being able to do this for her would just help me feel like I'm giving her and her boys a place to hang out," Mikus explained.

"I feel like the yard is a

See **YARD**, Page 4



An effort is underway to rebuild the Dougherty family's backyard. (courtesy photo)

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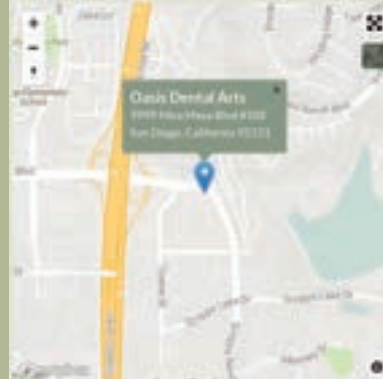


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YARD

Continued from Page 3

mirror of my life. It died with Bob, essentially, and now it is staring me in the face every day reminding me of the disaster that my life has become,” Dougherty said. “I’m hoping to rebuild my backyard to move on from it, just like I’m trying to rebuild my health. Somehow those two things feel a bit connected.”

Mikus and a couple of Scripps Ranch families thought it would be a good idea to assist Dougherty by helping her fix her backyard.

Originally, Mikus applied to home makeover shows. When that didn’t provide any results, she decided she could round up more people to help.

“I thought, if we can all chip in – whether it be monetarily or time – we can make this backyard a place for her and her boys to be able to relax and spend some quality time together,” Mikus said.

She is extending that invitation to anyone in the community who can donate time, materials or donate to the GoFundMe page to help give Dougherty a “sanctuary where she can relax and just feel at ease and comfortable.”

Mikus said they would like plant donations or anyone to volunteer their landscaping skills. She would like to give Dougherty’s backyard a tropical feel, while also being water conscious.

For now, Mikus has divided the project into two phases. Plans for the first phase are to plant trees, mostly for privacy since Dougherty is using a backyard sauna as part of an alternative treatment to rid her body of toxins. They also plan on building a deck and to put in some sod.

Ideally, Mikus would like phase one to be completed by December. Phase two of the project would involve adding a jacuzzi, a deck and water features. Mikus understands that it is a big project, but believes Dougherty deserves the effort.

“I get numb when I think of all she has gone through. I think she’s truly an inspiration because with everything she’s gone through, she doesn’t play the victim and she just takes it head on and says, ‘I need to defeat this,’” Mikus said.

Any monetary donations can be made to the GoFundMe page: bit.ly/2OPm3KX. To volunteer or donate plants or materials, contact Maria Mikus at mariamikus@yahoo.com.

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Fall festivities bring fun, support to local schools

By Laura Hogan

Two local elementary schools are bringing fall festivities to Scripps Ranch. Both Ellen Browning Scripps and Dingeman Elementary schools are hosting fall themed events for the local community to support their schools.



The public is invited to attend special seasonal fundraising events at Dingeman Elementary School and Ellen Browning Scripps Elementary School, both being held at the respective schools on Friday, Oct. 25.

'To add to the fun, our carnival chairs built a life-sized Candy Land.'

—Danyelle Comer

EBS Fall Family Festival

The Ellen Browning Scripps (EBS) Fall Family Festival will be held on Oct. 25 from 5:30 to 8:30 p.m. at the school. Danyelle Comer, EBS ABF president, said this year's events will include a cupcake walk, games of chance, a pumpkin carving contest and a variety of local food vendors. Comer said families can further support the school by partic-

ipating in the Silent Auction. She also explained that the event will boast new events this year including game booths sponsored by each grade level, in addition to a new game that is likely to be a hit with the kids.

"To add to the fun, our carnival chairs built a life-sized Candy Land, which will be run in partnership with the American Heart Association who is providing prizes for the game. And to promote heart health, we've added 'healthful' tips for the kids throughout the game," Comer said.

Attending the festival is

free for all families. Twenty-five game and bake sale tickets can be purchased for \$20, a raffle ticket for \$5, or 10 game boards for \$10 at the festival.

The EBS Fall Festival proceeds will go to support programs such as Everyone's A Reader, Fine Artists, grade-appropriate Science Nights, International Night and Character Education. Everyone is encouraged to come in costumes appropriate for elementary aged children.

For more information on the Fall Festival, visit ebs-afp.com/fallfamilyfestival.

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Oct. 25, 5:30 to 8:30 p.m.

Cupcake walk, games, pumpkin carving contest, silent auction and local food vendors

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DINGEMAN ELEMENTARY BOO BASH

Oct. 25, 5 to 8:30 p.m.

Music, games, trick or treating and food

11840 Scripps Creek Drive
dingeman.net/Home

Dingeman Elementary Boo Bash

The Dingeman Elementary School Boo Bash will be held on Oct. 25 from 5 to 8 p.m. at the school. The event will boast music, games, trick or treating and food.

Everyone is encouraged to come in costume. Attendees are asked to avoid costumes with gory decorations or costumes with weapons.

The event is open to all. For more information, visit dingeman.net/Home.



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Photos by John Gregory



SRHS Homecoming 2019

Scripps Ranch High School students enjoyed activities before and during the traditional Homecoming football game against Crawford High School on Oct. 11. Pregame events at the school Quad included pizza, music and games. Some made signs for the game at a special booth.

The Scripps Ranch High marching band performed on the field before the game, at halftime and after the game. Members of the school choir also performed at halftime.

Earlier, the students from different classes built small floats for a float competition and the floats were paraded during halftime to raucous cheers from the audience. The floats, which included one colorful depiction of Spiderman, were a bit comical.

Halftime also included the presentation of the Homecoming Court, and the presentation of this year's king and queen.

Once the game ended and after the crowd and players stood for their school anthem, the fans in The Cage

student section sang along loudly to "Sweet Caroline."

Homecoming week concluded the next night with the Homecoming Dance at the school on Oct. 12.

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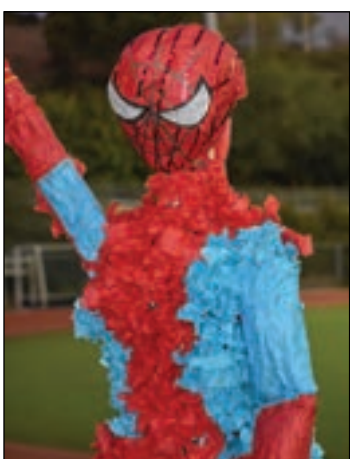
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Marching band: practice makes perfect

MARCHING BAND

Continued from Page 1

ing for the endurance needed to perform in competitions. Students then practice three times a week to prepare thereafter as school begins.

“In addition to learning the music, they have to learn the positioning as well. As you might imagine, it takes multiple weeks to learn where you need to go and where you need to stand. They have to be able to find their certain spots on the field at certain times in the music,” Rosen said. “Just like any other sport, they also need to spend time conditioning as well.”

The competitions are executed by the California State Band Championships (CSBC) and bands are expected to adhere to strict rules such as timing their entrance and exit of their performance. The CSBC allows bands of all sizes to compete and then judges the performances against schools of similar size.

Shedd stated that he is hoping for a high-ranking performance, as the band has

placed in the top nine out of 80 groups in past years. He also explained that all students are welcome to take up marching band regardless of previous experience.

“The program at Scripps is extremely inclusive. Anyone who has musical interest should join. It fits into every schedule imaginable. It helps students become lifelong learners and passionate supporters of the arts,” Shedd said.

The marching band’s first competition is the Valhalla Field Tournament scheduled for Oct. 26 at Valhalla High School in El Cajon.

Scripps Ranch High School will be hosting one of the largest competitions of the season on the evening of Nov. 2 on the home football field. The community is invited to attend with tickets being sold at the stadium on the day of the event. Tickets cost \$10 for adults, \$7 for students with ID, and \$5 for members of the military and seniors. In addition, children under the age of 13 will be admitted free with a paying adult. All proceeds of the event will go toward the music program at SRHS. For more information on time and location, visit SRHSmusic.com.



Photos by John Gregory



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The kindness bug catches on

By Laura Hogan

Kindness Week spread kindheartedness through the halls of Jerabek Elementary School in October.

The week consists of classroom activities and school events centered on the message of being kind. Laura Stephens, founder of Kindness Week, said all the events are meant to be student centered.

“At Jerabek, the students know we are a team focused on creating a culture of kindness. They are the leaders. All activities are meant to be led by the students – between the students,” Stephens said.

Activities include students giving each other “Caught Being Kind” cards, kindness themed readings by students and classroom activities from homework to art projects, all focused on kindness.

Stephens said this year’s first of three designated Kindness weeks every school year was notable because of the school’s new affiliation with the national No Place for Hate initiative founded by the Anti-Defamation League (ADL). According to the local ADL website, No Place for Hate schools “are able to incorporate ADL’s anti-bias and anti-bullying resources with their existing programming to form one powerful message that all students have a place to belong.”

Stephens said all schools at the elementary, middle and high school levels in Scripps Ranch have committed to becoming No Place for Hate schools.



David Charbonnet, CEO of VIP NeuroRehabilitation Center, speaks to students at Jerabek Elementary School about the importance of positivity and kindness for the school’s first Kindness Week of the year. (courtesy photo)

“The combination of all the schools working together to get like activities going during the same week really expanded our reach to students and families,” Stephens said.

At Jerabek Elementary, the week’s capstone was a celebration rally which included speaker David Charbonnet, CEO of VIP NeuroRehabilitation Center in San Diego. Charbonnet, who served as a U.S. Navy SEAL for a year and a half, was injured in a parachuting accident outside of San Diego. His injuries left him para-

lyzed from the waist down.

Charbonnet spoke to the students about the importance of combating adversity, staying positive and helping others. Stephens said it was a highlight for the students.

The next Kindness Week will be held at the end of January 2020. Stephens said the school is working on an exciting event that is community focused for that week. Until then, as a No Place for Hate school, the students and teachers are finding ways to be kind every day of the year.

Cushman Foundation donates golf carts

Jerabek Elementary School celebrated National Custodial Workers Day on Oct. 2 with a presentation of two golf carts for school custodians.

The golf carts were donated by the Cushman Foundation. The Cushman family. Two of Stephen Cushman’s grandchildren attended Jerabek Elementary, and he has two future Jerabekians (great-grandchildren).

Joaquin Sanchez, lead custodian, accepted the gift. Principal Watkins, Jerabek students, the Jerabek FFO and representatives from CSEA (the labor union that represents San Diego Unified School District custodians), were in attendance.



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Family celebrates 41 years of business

By Ken David

In a time when many small brick and mortar businesses have struggled to stay open while facing the onslaught of online shopping, one family business run by longtime Scripps Ranch residents has not only survived but thrived. Collins Family Jewelers is celebrating its 41st year.

Along way, they've become a trusted resource for generations of families and played an active role in their community.

Collins Family Jewelers at 8220 Mira Mesa Blvd., owned by Bill and Cynthia Collins, first opened in October 1978 as a stamp and coin store based on Bill's interest in that hobby and his desire to open his own business.

Bill and Cynthia have been married for more than 37 years and met while snow skiing in 1979. It was around that time that Bill transitioned the business to jewelry. A rise at the time in gold and silver prices, plus the draw of the young technology of video games, caused interest in collect-



Collins Family Jewelers is truly a family business involving (from left) Bill, Cynthia, Chelsea and Briana Collins, and Mat Vigil. (photo by John Gregory)

ing among young people to fall off, Bill explained. He also feels his timing was good because that was also a time when disco music was strong and gold fit with the music's fashion.

"We sold a lot of chains and charms to both guys and girls. Two or three chains to a person," he said.

Bill started out as the jeweler and received training from the Gemological

Institute of America. Over the years, the business has grown into a 3,100 square foot space at Mira Mesa Mall that includes retail space and a manufacturing shop. The company employs 17 people, including five working in the jewelry shop.

"There's virtually nothing that a person could ask for jewelry-related that we can't do," Bill said. "That really makes us a true jew-

eler. There are many jewelry stores out there that sell jewelry, but they're not able to do all the things we can do. That makes us a jeweler not just a jewelry store."

Bill and Cynthia explained they do a lot of bridal business and ear piercings in addition to repairs, appraisals, engraving and custom design.

"We take people's jewelry, maybe jewelry they've inherited, and make it into something brand new; whether we use the same metal but take the stones out, or do something else to make new things," Bill said.

Bill still does some buying, selling and appraising of coins and stamps.

Having been in business in one area for so long, Bill said it's not uncommon to have generations pass through the store.

"I do a lot of baby ear piercing," he said. "It's very common for a woman to tell me when they bring their engagement ring to us that I pierced their ears as a baby."

The store's name speaks to more than it being a place that caters to families, it is literally a family business. Bill's siblings have helped at the store. Cynthia has been involved since meeting Bill and now runs store marketing, office management and purchasing. The couple's two oldest daughter's, Scripps Ranch residents Briana and Chelsea, are in charge of sales, inventory and general operations. Bill said he and Cynthia are looking forward to retirement in 10 years, when the business will have been in one space or another in Mira Mesa Mall for 50 years.

"We just turned 60 this summer," Cynthia said. "So, See **JEWELERS**, Page 12



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Local artist thrives despite autism

By Terry L. Wilson

The San Diego Autism Society held an event to showcase a potpourri of talented autistic artists and performers on Sept. 21. Scripps Ranch resident Torey Sciabarra was one of the stars of the show.

Torey's amazing paintings of dogs drew throngs of admirers to his booth. Displayed next to him were portraits of his canine pals.

"Ritchey is a chocolate Lab, he's my first painting. ... I started painting dogs because I grew up watching Disney movies and I was amazed at the art and I wanted to follow in the steps of my greatest idol, Mr. Walt Disney," said the 28-year-old artist.

"Torey's success is nothing short of a miracle," said his father Pete, a retired Navy captain. "I was deployed to Desert Storm when he was born. I didn't meet my son until he was seven months old. It was our first kid, so we didn't know what was normal and what wasn't. But my wife Carol noticed the behavior of other kids at the playground having fun while Torey was in a world of his own. Just before he turned four, Torey was diagnosed with autism. That was in 1994."

There are three most common forms of autism: Asperger's syndrome, autistic disorder and pervasive developmental disorder. Each differs in severity and impact; one of the most devastating is loss of speech. Sadly, Torey began losing his ability to speak at age two. By age four, he was completely non-verbal. Fearful that their son was facing a bleak future, his parents began a search for help.

"The very first therapist that we worked with was Dawn Holman," Pete said. "She was working with Dr. Ivor Lovass at U.C.L.A., a pioneer in the field of behavior modification therapy for individuals with autism. ... Dawn created a unique program for us to follow, but we had to find and pay the salary of three young interns that were willing to be trained by Dawn so they could administer her program to our son. One of those students was Susie Jordan, who to this day continues to interact with



Torey Sciabarra sits at his booth by his artwork during the Autism Society's recent Lights, Camera, Autism event.



Torey Sciabarra greets guests viewing his artwork at Lights, Camera, Autism.

Torey."

Obviously, Torey's story has a happy ending, but the odds were not good to get him from the non-verbal stage to where he is today. With the cards stacked against them, the Sciabarra's rolled the dice. Their first task was an attempt to teach Torey how to speak again.

"Torey went through discreet trial methodology, which was basically a reward system," Pete said.

"For example, Susie would sit face-to-face with him and say a word, like book. When he eventually repeated that word, Torey would get a reward like a cookie or a toy. This went on 40-hours a week. That's why we had to hire three individuals to administer Dawn's program. And that is literally how we taught Torey to speak again. One word at a time, until he began to string words together and eventually spoke in

complete sentences."

Torey's parents wanted him to be enrolled in a full inclusion class in school. He ended up getting a regular diploma, not just a certificate, from Scripps Ranch High School in 2009. After that, he attended Miramar College where he studied art.

Now, Torey holds down three part time jobs and plays the piano. He played eight years of ice hockey and is an accomplished working

artist.

"He has a good life, but it's not perfect," Pete said. "Torey can't drive and lives at home, but he lives a full and active lifestyle as much as anyone can that has autism."

One in 68 children are diagnosed with an autism spectrum disorder (ASD) and to date there is no medical cure. ASD is one of the fastest-growing developmental disorders in the United States.

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Welcome Club offers variety of social activities

By Denise Stewart

Welcome Club members enjoy their special monthly social occasions, but the regular meetings of Trail Walkers, Crafters, Card and Bunco Players, Off the Ranch Hikers and Book Readers provide a variety of outlets for members' interests. In October, members had 23 enjoyable opportunities on the club's calendar they could select from.

The Welcome Club TGI gathering at the end of September had the taste of fall in the weather and the taste of really good food on the table. Members brought their party personalities and delicious dishes to share that evening at Pat and Karen Reilly's home. TGIs are informal early evening gatherings featuring friendship and a potluck supper.

That delightful evening was followed in October by a TGI with a special theme. Co-President Dorothy Mildice and her husband Jim opened their backyard to a comedy movie fest. Earlier darkness and a big screen were the perfect combination for the outdoor cinematic event the Mildices host bi-annu-

ally. Club members brought their own refreshments with plenty to share with other movie viewers while they all enjoyed the laughter under the stars.

Halloween, which is mostly considered fun for kids, took on a whole new reputation this year at a Welcome Coffee Klatch at the home of Mary Rea. Mary has elevated the spooky season to one of great fun for mature folks. Along with the brunch goodies, Mary and her co-hosts, JoAnn Farmen, Sandy Desmond and Emma Rotella, entertained among a house full of witches, goblins and ghosts. It was a convivial celebration along with the Halloween characters. At this October Coffee Klatch, participants experienced a whole new flavor.

The Gadabouts event for the month, planned by Pam Savelsberg, was an expedition to the Natural History Museum in Balboa Park. Members viewed the collection of wildlife photos. Among them were the 50 Greatest Wildlife Photographs from the pages of National Geographic magazine. Accumulated over a 130-year pe-



September Welcome Club TGI hosts Karen and Pat Reilly (clockwise from center of back row) were joined by Vicky Bergman, Lynnell Hallock, Carol Cesarone and John Thomas.

riod, the photos revealed not only the beauties of nature, but also the technological evolution of nature photography. After the art experience, the ladies feasted on lunch at the Prado Restaurant overlooking the park.

The November calendar will offer many of the same events and a few specials yet to be announced.

Already on the club calendar for Nov. 15 is a Birthday Babes quarterly celebration. Members will bring a lunch dish, share a birthday cake and toast each other's special days.

Toward the end of the month,

Gadabouts will make a visit to the Christmas displays at Canterbury Gardens and will follow with lunch in a nearby restaurant.

Coming up on Dec. 15 is the annual Holiday Dinner Dance set for the Country Club of Rancho Bernardo. After cocktails, canapes and a three-course dinner, the club's favorite DJ will fill the dance floor with celebrants.

November's Welcome Club monthly meeting will be held at 7 in the evening at the Scripps Ranch Community Center on Cyprus Canyon Road. A short business meeting will be followed by a craft program and a social time.

For more than 35 years, Welcome Club has provided Scripps Ranch women with a congenial group of neighbors with whom to socialize. The club continues to grow, and new ideas and energy are being enjoyed by all the members. If Welcome Club seems like it might be a good fit for you, check out the website: scrippsranchnwelcomeclub.com. There, you will find contact information and your call will be welcomed.

ADVERTORIAL

Have you ever had a concussion?

A concussion is a form of traumatic brain injury that can vary from mild to severe.

Concussions can occur in a variety of ways including falls, motor vehicle accidents, athletic incidents, horseback riding, assault and a variety of other unexpected events.

It is important to recognize that concussions must be dealt with immediately to prevent further trauma to the brain. This includes seeking immediate medical attention which can include a CT or MRI scan to rule out bleeding on the brain.

Concussions can produce a myriad of symptoms such as headaches, visual disturbance, vestibular issues, memory problems, motor problems, dizziness, processing speed problems, emotional issues and attention/concentration problems.

As part of post concussive follow up, individuals should seek out appropriate professionals to facilitate their rehabilitation. Dr. Lisa Davidson is a clinical psychologist and neuropsychologist in Poway with longstanding specific expertise in concussions. She conducts comprehensive



neuropsychological evaluations which look at a person's cognition, memory, visual-perceptual-motor skills and psychological factors.

Dr. Davidson is also an advocate of baseline testing in athletics whereby athletes and/or teams are given a test called IMPACT to ensure that if an athlete sustains a concussion that they are properly evaluated and returned to play safely. The return-to-play protocol aims to ensure that athletes of all ages receive proper care for their brains to mitigate the long-lasting effects

that concussions may produce. Further, Dr. Davidson is offering services to concussion patients whereby she takes the information obtained via IMPACT and/or a neuropsychological evaluation and creates an individualized rehabilitation plan involving the best professionals in San Diego coupled with cognitive rehabilitation and individual therapy programs that are offered in her office.

Most importantly, Dr. Davidson is able to offer her services under most insurance plans including Aetna,

Anthem Blue Cross, Blue Shield, Cigna, Healthnet, MHN, Medicare, Tricare, UHC/UBH and VA Choice.

It is never too late to be concerned about your brain health so please call Dr. Lisa Davidson at (858) 672-0130 to enquire about how she can help you. Her office is conveniently located at 15525 Pomerado Road, Suites C-5 & C-7 in Poway.

Dr. Lisa Davidson
(858) 672-0130
15525 Pomerado Road
Suites C-5 & C-7
Poway, CA

JEWELERS

Continued from Page 10

we told (Briana and Chelsea) we have a 10-year lease, this is your transition period to imagine we're not there."

She noted that the store now includes a nursery area, built for their granddaughters, whose mothers came back to work when their newborns were one month old.

"So that's a pretty rare thing. We have three generations in the store at all times," Cynthia said. "Our two younger daughters are part of the nanny circulation."

Raising five daughters while building their business, the Collins have been involved in various team sports and community activities over the years. Cynthia has taught Sunday school at St. Gregory the Great Catholic Church for many years and is still a Girl Scouts manager in Scripps Ranch. They've also been active community supporters through their business, including supporting community concerts and many other efforts.

"We've had a policy that any group that comes to us from the local community in the Scripps-Mesa area, we'll always participate," Bill said. "We have that policy to not say no. It's the right thing to do."



The yard at Patrick and Maggie Stovel's home comes alive as it glows eerily every night during the Halloween season. (photo by Patrick Stovel)

HALLOWEEN HOUSE

Continued from Page 1

tion at a time, Maggie said. "It slowly goes up," she explained. "Every week, the kids come by to see how it's going. And every year, Patrick buys something new, so something fun always sneaks in. He has the master plan."

'Every year, Patrick buys something new, so something fun always sneaks in.'
—Maggie Stovel

Five years ago, the Stovels bought a few lawn decorations that Patrick considered "high-end, Disneyland quality" decorations to avoid a "cheesy, tacky set up." And every year, he has added to his collection. Now, their home lights up the street, and he and Maggie are hoping the rest of the neighborhood will eventually join in.

Until that happens, they are happy to have visitors stop or drive by their Halloween home. A lawn full of zombies emerging from the ground makes children apprehensive to approach the front door, Patrick said, but once they do, they can check out the "Nightmare Harvest," complete with corn stalks and "human cocoons" hanging near the doorway.

The Stovel house glows with Halloween color. In place of a garage door, Halloween movies such as "Beetle Juice" are projected and played every night of the week. When Oct. 31 finally arrives, Maggie said Pennywise the Clown makes his



Maggie and Patrick Stovel sit among ghoulish friends trying to escape from their front yard cemetery. (photo by John Gregory)

'Every week, the kids come by to see how it's going.'
—Maggie Stovel

appearance (he only comes out Halloween night), Patrick gets the fog machine going, and he and Maggie pass out full-sized candy bars.

The way they see it, Halloween is just the start of the holiday season, and their display is intended to make viewers feel "warm

inside" as it sets the mood for fall and the rest of the holidays.

"We go all out for Christmas, too," Patrick said.

Now that this is their fifth year decorating so elaborately for Halloween, the neighborhood children have come to love and look forward to seeing the display.

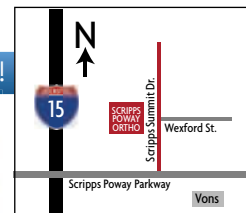
"We can't stop now," Patrick joked. "The kids have come to expect it."

The Stovels welcome all the visitors they can get. Visitors can stop or drive by for a peek by heading to 11089 Doverhill Road in Scripps Ranch.



Featured smile: **McKenzie**

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- Email your high-resolution photos to info@scrippsranchnews.com
- Include the name of the photographer.



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Girls stock closet for Rescue Mission

In collaboration with the San Diego Rescue Mission, Alexis Bernabe and Natalie Krebs collected more than 16 bags full of gently worn clean clothing for boys and girls at the mission as their project for the Girl Scouts Silver Award.

The two Scouts, members of Scripps Ranch Girl Scouts Troop 8837, sorted the clothing and put it into the shelves of the in-house clothing closet for the San Diego Rescue Mission. The closet of clothes is sorted by size, gender and clothing type. It provides a stylish and dignified way for children in need



Alexis Bernabe (left) and Natalie Krebs stocked and organized a special closet for children at the San Diego Rescue Mission. (courtesy photo)

to choose clothing.

Using social media as their portal, they also creat-

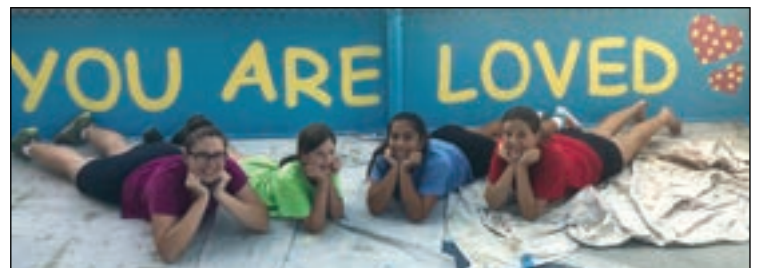
ed awareness of the needs of homeless teenagers in San Diego County.

Girl Scouts complete mural at Rescue Mission

Scripps Ranch Girl Scouts from Troop 8837 added some cheer to the children's preschool playground at the San Diego Rescue Mission in downtown San Diego recently.

Grace Costello, Jessica Gregory and Katie Shine designed and painted a mural by the preschool playground at the San Diego Rescue Mission. The three Scouts chose this as their project to earn their Silver Awards.

Their goal was to replace



Katie Shine (Troop 8837), her sister Victoria Shine (Troop 3178), Jessica Gregory (Troop 8837) and Grace Costello (Troop 8837) designed and painted a mural by the preschool playground at the San Diego Rescue Mission. (courtesy photo)

the dull tan walls with a bright, cheery backdrop for the children to enjoy when they played outside. They

chose a bright "You are loved" theme in an effort to help homeless children feel supported by the community.

HOW TO CONTACT US

Do you have a **news tip?**

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Do you know someone in Scripps Ranch who is doing **great things?**

Awards, accomplishments, volunteerism, heroism, fundraising projects, or local events



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Library hosts Halloween fun

The Scripps Ranch Friends of the Library (SRFOL) bring a couple of special Halloween events for children and families to the Scripps Miramar Ranch Library this month.

Thursday, Oct. 24 at 3:30 p.m.

A Pumpkin Party will be held on Thursday, Oct. 24 at 3:30 p.m. This event provides a fun seasonal event for kids with crafts, treats and Halloween fun without the scares.

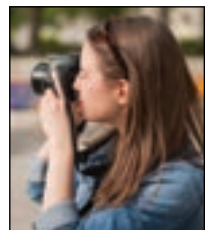
Friday, Oct. 25 at 7 p.m.

The Haunted Library returns this year on Friday, Oct. 25 at 7 p.m. At this annual event, planned and staffed by Library Teen Council members (with support from SRFOL), the library is transformed into a "haunted house" after hours. All are welcome.

Scripps Miramar Ranch Library
10301 Scripps Lake Drive

Enter the Scripps Ranch News 2019 Photo Contest

Do you have a colorful or exciting photo you took in Scripps Ranch this year? Here is your chance to show it off. Scripps Ranch News is holding its first Scripps Ranch News Photo Contest.



Entries will be published in the December issue of Scripps Ranch News and also posted on ScrippsRanchNews.com.

It's easy to enter: Email a photo taken in Scripps Ranch in 2019 to info@scrippsranchnews.com. Photos must be high-res, at least 300 dpi. Include the name and address of the photographer. Include the date and location the photo was taken.

Rules: All photos must have been taken within the 92131 Zip Code area of Scripps Ranch. All photos must have been taken within the year 2019. No Photoshop or alterations allowed. Deadline: entries must be submitted by Nov. 22, 2019.

Prizes will be announced in November. Send entries to info@scrippsranchnews.com.

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Social chairs meet the challenge

By Barbara Wesser

One of the most challenging jobs on any organization's board is coming up with fun social events that will appeal to members and their guests. The Scripps Ranch Women's Club social chairs historically have come up with some really creative and enjoyable events.

Over the 25-plus years of the club's existence, some of the most memorable include: Medieval Night; Kentucky Derby watching along with authentic food and drinks; Ocktoberfest with home-brewed beer; Tacky Party with tacky dress and foods including Cheez Whiz and crackers; Gilligan's Island costume party; St. Patty's day celebration and much, much more.

This year's chairs are meeting the challenge for sure. Coming up in November is a private shopping spree at J. Jill. On the calendar for the 2019-20 years are a holiday party at the RB Country Club, a La Jolla beach walk and lunch, Mother's Day high tea, and a cooking class. This is just a sample of what these ladies have imagined.

The club isn't just about fun. It takes its philanthropic projects as seriously as its socials, providing funding for many Scripps



Scripps Ranch Women's Club social chairs (from left) Annie Lanning, Peggy Foster and Madelaine Pantelone enjoy the "Yoga in the Park" social event. (courtesy photo)

Ranch organizations – primarily college scholarships for Scripps Ranch High School graduating seniors each year. It also supports schools, SRCA, theatre, and the library.

All women living in the

ranch are eligible to join and are most welcome. For more information on membership, check out the website at srwomensclub.org or give a call to Connie Curran, (858) 271-7707; or Rose Lizcano, (626) 278-3024.



Send in your Halloween photos

Keep Halloween alive by sending in your photos of this year's Halloween costumes to Scripps Ranch News.

Send your photos of those special Halloween costumes to Scripps Ranch News and your photos will be posted on Scripps Ranch News.com and select photos will be published in the November issue

of Scripps Ranch News. Photos must be high resolution; at least 300 dpi for publication in the newspaper.

Email your photos to info@scrippsranchnews.com. Include the name of the photographer.

Don't lose that Halloween spirit! Email your photos today.

Auditions Scheduled for upcoming play

The Scripps Theatre Arts youth theater organization has scheduled auditions for its next production: "Once Upon a Mattress."

Youths ages 4-18 are invited to audition. Auditions are scheduled for 5 to 8:30 p.m. on Nov. 5 and 6.

Callbacks will be held from noon to 3 p.m. on Nov. 10.

Visit <https://scrippstheatrearts.com/auditions> for more information and to sign up for an audition slot.



"Once Upon a Mattress" is presented through special arrangement with R&H Theatricals.

Gardeners will meet for holiday celebration

By Denise Stewart

Scripps-Mesa Garden Club members are back at their regular venue on Nov. 19 at the Scripps Ranch Library Community Room at 6 in the evening. The meeting date was moved up a week due to the Thanksgiving holiday.

This month the gardeners will be enjoying a pumpkin potluck to celebrate the holiday Season. After they nosh, Susan Castella will be leading the group in the craft of creating living plant pots. A short business meeting and a prize drawing will be part of the evening's activities.

There will be no Garden Club meeting in December. The regular fourth Tuesday gatherings will resume in January. For additional information contact the club President Bob Gale at his email rgale1943@gmail.com.

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THE POWAY EAGLE





Holly Adams serves up a glass of kombucha at JuneShine's Scripps Ranch brewery and tasting room, 10051 Old Grove Road. (photo by John Gregory)



Chef Lando has opened Enclave, an eatery serving super-healthy, all-natural meals made of the finest ingredients. (photo by John Gregory)

JuneShine and Enclave offer natural flavors

By Hoyt Smith

A different kind of bar is thriving in a Scripps Ranch industrial park. JuneShine, a San Diego-based company, is serving its unique brand of hard kombucha at a tasting room at 10051 Old Grove Road.

Although the business park is a rather unorthodox gathering spot for a tavern, the location was already established as a premier location. JuneShine purchased the 25,000 square foot brewing facility from Ballast Point Brewing Company earlier this year.

Instead of bistros and pubs, JuneShine's Scripps Ranch tasting room is surrounded by neighbors such as WD40, Latitude Pharmaceuticals and LG Electronics. But its kombucha bar, the in-house eatery named Enclave, and patio

are drawing a large and enthusiastic crowd of customers who seem to be seeking something new.

Whether it's the product, including up to 30 unique flavors of fermented organic green tea and honey, or the ambience and lifestyle statement, which appeals to fitness-minded patrons, the tasting room is packing in patrons.

On a recent Saturday evening, more than 70 people gathered casually on the premises, including many fitness enthusiasts – several with rolled yoga mats in hand. The brewer's slogan is "honest alcohol for a healthier planet." Its kombucha contains no artificial coloring, GMOs, pesticides, or processed corn or rice syrup.

Sucha Kumar, creator of a meet-up group called "Live Blissed," was hosting a "Move Eat Drink" event

at JuneShine to provide her followers hearts, bodies and minds with balance and support for long-term health.

"This is the perfect fit for us," she said.

A restaurant called Enclave has teamed up with JuneShine to offer diners what it calls "adventurous super food," with a menu that includes organic brisket and chicken, grass-fed steak and nitrate-free bacon. Enclave claims its values are "completely aligned" with JuneShine's mission of providing more transparency in food, beverage and alcohol while making a positive social and environmental impact.

The tasting room is pet friendly, and Enclave offers "zero waste dog food" on its menu.

JuneShine's biggest draw, however, appears to be the

hard kombucha. Ordering sampler sets of three five-and-a-half ounce servings, Drew Johnson, a first-time visitor to JuneShine, tried to define the taste.

"It's sort of like hard cider or a spritzer," he said. "It's not as filling as beer, and it's full of probiotics and antioxidants. I really like it."

JuneShine's organic, gluten-free, non-GMO flavors range from a very light and subtle strawberry to the bolder blood orange mint, which the bartender said was among their most popular offerings. Other blends included a jalapeña margarita (with a slight pique) to a cinnamon-infused grapefruit spice with a festive holiday accent. The hard kombucha is 6 percent alcohol by volume.

Staff at JuneShine's Scripps Ranch tasting room say that many people still

come in looking for Ballast Point, so the company carries five different beers on tap "so that we don't have to turn anyone away," the bartender said. JuneShine also serves hard cider and non-alcoholic kombucha, although it's not their brand.

JuneShine offers retail sales of hard kombucha in a can at the Old Grove Road location. Its products also sell at BevMo and Whole Foods Markets. The company has another tasting room on El Cajon Boulevard in San Diego's North Park community.

The company was established last year in San Diego and its products are currently available in California, Oregon, New York, Texas and Hawaii. It will soon expand its market to Chicago, Boston, Arizona and Nevada. For more information, visit juneshine.co.



(photo by John Gregory)



(photo by John Gregory)

ROCK STUDENTS PLAY SHOWCASE

Young student musicians taking lessons at School of Rock Scripps Ranch gave a spirited performance at the school's second show group concert, titled So Cal Summer, on Sept. 22 at the Spark@Encore venue, 8255 Ronson Road. The youths who performed were focused and provided excellent renditions of numerous summertime rock favorites – creating fascinating versions.



Kate Rose Reynolds (seated) and Katee Drysdale play sisters Eveline and Kathleen Donnelly in the Scripps Ranch Theatre production of "And Neither Have I Wings to Fly." (photo by Ken Jacques)

A touching story of loss and life

By Ken David

A heartwarming tale of family love, loss and life comes to Scripps Ranch when Scripps Ranch Theatre (SRT) presents "And Neither Have I Wings to Fly," Nov. 8-Dec. 8 at the theatre's home on the campus of Alliant International University.

The play tells the story of a family dealing with the loss of its matriarch after a long illness. One daughter struggles on to decide if she's making the right decision as her wedding nears. Her sister had been hiding a scholarship application and now has to decide whether to pursue that or stay to care for her grief-stricken father while also dealing with emerging feelings for a new man in her life.

Written by Ann Noble, the play was first staged in Chicago in 1995. It was there and then that Jacquelyn Ritz, director of the SRT production, first saw the play and liked it so much that she returned the next night to see it again. It was Ritz, herself, who suggested the play to SRT Artistic Director Jill Drexler and lobbied for its addition to this year's season. In lauding the play's script, Ritz described the characters as captivating.

"All of the characters become very close to you," she said. "We can all identify with at least one, if not a couple, of them because there's two generations — the parents and the young adults — and there's this



Kate Rose Reynolds (left) plays Eveline Donnelly and Paul Eddy (right) plays Charlie Doyle in the family drama "And Neither Have I Wings to Fly," running Nov 8 - Dec 8 at Scripps Ranch Theatre. (photo by Ken Jacques)

group of seven people who are all pursuing something. They're all on this journey where in a week they get to know each other a little better and change each other's lives."

While the play deals with serious issues like loss of a spouse and mother, Irish storytelling throughout the play and familial comedy add laughs to the story.

"So many of (the characters) love to make each other laugh, so there's humor in it, but it's not a comedy," Ritz said. "The laughter comes from real human connection."

Ultimately, however, it's a story about life, relationships and the struggle of grief.

"So much of this play is about forgiveness, having honest and beautiful relationships with the people around you, and being strong and digging deep to figure out how to keep going

when the world gets dark," Ritz said.

The cast of the play includes Walter Ruskin as Peter Donnelly, Sara Jane Nash as (the ghost of) Moira Donnelly, Kate Rose Reynolds as Eveline Donnelly, Katee Drysdale as Kathleen Donnelly, and Paul Eddy as Charlie Doyle.

Taking the reins of the play is Ritz, who has previously directed "Accomplice" and "Communicating Doors" at Scripps Ranch Theatre.

Scripps Ranch Theatre is on the campus of Alliant International University, 9783 Avenue of Nations. "And Neither Have I Wings to Fly" begins its run Nov. 8 and will play Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Dec. 8. To reserve seats, call (858) 578-7728. For ticket price information, visit scrippsranchtheatre.org.



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Photos will be published in the December issue of Scripps Ranch News and also posted on ScrippsRanchNews.com.

- Email a high-resolution photo taken within the 92131 Zip Code area of Scripps Ranch in 2019 to info@scrippsranchnews.com
- Include the name and address of the photographer.
- Include the date and location photo was taken.
- No Photoshop or alterations allowed.
- Deadline: entries must be submitted by Nov. 22, 2019.
- Prizes will be announced in November.

Send entries to info@scrippsranchnews.com.





GREAT SEASON CONTINUES

The Scripps Ranch High School varsity football team will strive to add another victory to its perfect 8-0 record during this incredibly successful season as it takes on Patrick Henry High School at home on Friday, Oct. 25 with kickoff starting at 6:30 p.m. The Falcons added victory number 8 last week as the team

traveled to San Diego High School for a 34-6 road win on Oct. 18.

Scripps Ranch High earned victory number 7 in a 45-0 Homecoming romp over Crawford High on Oct. 11 as seen in these photos.

Meanwhile, head coach Marlon Gardinera proudly announced that his team col-

lectively reached an academic goal of 3.71 GPA, which met his team goal. Gardinera stated that football is a game, but achieving high standards is most important for his student athletes because it will help advance their chances of gaining higher education which will serve them throughout their lives.



Photos by Justin Fine



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Robin Harris helps USA win gold medal

By Dave Kensler

Winning a gold medal for your country is a dream of many but a reality for only a few.

Robin Harris, who has been the tennis director at the Scripps Ranch Swim & Racquet Club since 1987, recently represented the gold medal-winning USA team in an international tennis competition in Lisbon, Portugal. The Alice Marble Cup is for women ages 60 to 64. It is an International Tennis Federation (ITF) sponsored event.



Robin Harris won a gold medal competing in the Alice Marble Cup in Lisbon, Portugal. (courtesy photo)



Robin Harris has been the tennis director at the Scripps Ranch Swim & Racquet Club since 1987. (courtesy photo)

'We were up every morning at 5:30 and practicing as soon as possible.'

—Robin Harris

"There were over 30 countries represented in the competition," Harris explained. "We beat France in the finals to win the gold medal."

The two-week event began with the team competition the first week followed by a second week of individuals trying to win medals. Teams consisted of four people. A match consists of two singles and one doubles.

The process for even making the team is a challenge and it happens every year. Nobody is guaranteed a spot on the team just because they played the previous year.

"You have to apply to be on the team and then the USTA (United States Tennis Association) makes the final selections based on your playing record and related factors for that year," Harris said. "Basically, for every one position on the team, there are four or five

people applying."

This is not a competition where seniors play for a couple of hours a day once the teams arrive at the venue and then socialize.

"We were up every morning at 5:30 and practicing as soon as possible because once the matches begin at eight, there are no other courts available to practice," Harris stated. "Typically, our days end around seven in the evening and then we get up the next day and do it all over again."

She also picked up silver medals in the individual

competitions in the women's doubles and mixed doubles.

Harris, who last year was the only female in the class inducted into the Southern California Tennis Association Senior Hall of Fame, is not sure about whether she will compete next year. The many challenges are large considering the time commitment, practicing and the fact participants are responsible for some of their expenses. But, she is grateful for this year's experiences.

"There is an opening ceremony with kids carrying flags for each participating

country. It is kind of like an old people's Olympics," she said. "Plus, I had never been to Portugal before and was not sure if and when I would have the chance to return.

Then, for some rest and relaxation after the competition, we went to Spain and I had never been to that country either. It was a fun experience."



Robin Harris (courtesy photo)

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HOME



By transforming a shed into a functioning oasis, extending your home's living space is both trendy and easy. (copyright Amie Freling Brown and Kristin Leitten of Meme Hill Studio)

He shed, she shed

Turn your shed into a functioning oasis

(StatePoint) Once the domain of lawnmowers and gardening tools, today's backyard sheds are being repurposed into unique, functional spaces (think: she-shed, bunkhouse or even a bar pub) complete with plumbing and electricity.

Here are tips from the experts on how to turn a simple shed into a backyard oasis.

"Quite often, we are seeing that homeowners are adding electricity to backyard sheds and using decorative interior lighting to make a statement, just as lighting would be used in the interiors of a home," said Jennifer Kis, director of marketing communications for Progress Lighting.

Backyard sheds are widely available at garden centers, hardware and home stores in a variety of architectural styles, from traditional to modern. Sheds range in size, from small (under 80 square feet), medium (approximately 90 to 120 square feet) and large (ranging from 144 to 288

square feet.) Choose a size appropriate for the use – for example, a gardener's get-away or she-shed may be on the smaller size. A bunkhouse or bar shed will need to be larger.

Decide whether this will be a DIY project from the ground up, or whether a prefabricated shed best meets your needs. Check with your local planning department to comply with codes and guidelines. Decide if the shed will mirror the architectural features of your home. Keep in mind that because sheds are not tall, the roof will be visible and should be considered as part of the design.

When turning a backyard shed into a dream bunkhouse at her lakeside home, designer, artist and owner of Meme Hill Studio, Amie Freling Brown, put this to the test.

"I'm obsessed with the tiny living concept and the she-shed movement," Freling Brown said. "When we decided we needed more sleeping space for our 750 square foot lake house, we knew it was time to create our own tiny house."

Choosing a 10- by 12-foot classic backyard shed with a gambrel roof, gable vents, transom windows and 7-foot walls to give top campers in the bunk beds more headroom, Freling Brown transformed a simple shed into a bright, nautical farmhouse-inspired bunkhouse, complete with electricity for an overhead light, two wall lanterns and electrical outlets.

The hand-painted wood grain texture of its overhead pendant inspired Freling Brown's choice of reclaimed wood paneling for the ceiling, creating an unexpected décor detail. She added vinyl plank flooring that would stand up to sandy, wet feet from the lake.

Beadboard paneled walls painted in a semi-gloss white make the most of the reflected light, adding to the small space's open, airy feeling. As a contrast to the light palette of the bunkhouse interior, she used color in coordinating bedding, nautical decor and navy furniture, as well as accessories that make it warm and inviting.

For more lighting tips, trends and inspiration, visit [Progress Lighting at progressltg.com/ProgressLighting](http://ProgressLighting.com/ProgressLighting).

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Don't wait to plan until a disaster, such as a wildfire, is at your doorstep. Preparation today can pave the way for a smoother financial recovery process in the wake of a natural disaster or emergency scenario.

IT'S FIRE SEASON

Are you prepared for a natural disaster?

(StatePoint) Only 39 percent of respondents in a FEMA survey say they have developed an emergency plan and discussed it with their households.

When a natural disaster strikes, moving your family to immediate safety is always the top priority, which means there is often little time to think about the financial details that can make the recovery process go smoothly. That's why it's crucial to be proactive and prepared for whatever comes your way.

"Disasters occur during every season and on all different scales," said Rullah Price, senior vice president and community outreach director, Wells Fargo Home Lending. "That is why being prepared is so critical in today's environment."

Wells Fargo offers the following tips to help plan in advance for worst-case scenarios:

- **Save important financial documents** such as birth and marriage certificates, wills, deeds, tax returns, insurance policies and stock

and bond certificates, on a thumb drive. These records are often needed for tax and insurance purposes.

- **Make a visual or written record of your possessions**, including cars, boats and recreational vehicles. Or, use an inventory booklet and make a simple list.

- **Photograph your home exterior**, including landscaping, making special note of any improvements, such as a patio, fencing or outbuildings, as these may increase property value.

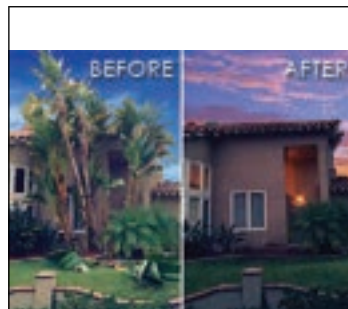
- **Consider setting up online banking, mobile banking, bill pay and electronic account alerts.** This will help you stay on top of your accounts and bills if you're displaced from your home.

- **Have cash or an emergency fund.** A disaster can shut down local ATMs and banks. After a disaster, you may need cash for the first few days, or even several weeks.

It is also important to know that when a disaster is approaching, many financial institutions will send updates. This will help

pave the way for a speedy recovery. For example, once Wells Fargo is aware of a pending disaster, the bank begins communicating immediately with customers who might be impacted, using numerous virtual channels, such as email, text, ATMs and social media – to

See **FIRE SEASON**, Page 22



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it is important to plan how to keep your family healthy and safe in the event an emergency or natural disaster strikes close to home.

Now is the perfect time to make simple preparations to ensure your family has essentials on hand for an emergency. While many comprehensive resources exist to help you build an emergency kit, the first step is to start with the basics: water, See **EMERGENCY KIT**, Page 22

Prepare an emergency kit

(StatePoint) The devastation of natural disasters, such as hurricanes and wildfires, has left an indelible mark and also served as a reminder of the importance of being prepared for the unexpected. Worldwide, 281 natural disasters impacted more than 60 million people in 2018, according to the Centre for Research on the Epidemiology of Disasters.

As unexpected occurrences continue around the globe,

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It's crucial to be proactive and prepared for whatever comes your way. When a natural disaster strikes there is often little time to think about the financial details that can make the recovery process go smoothly. (StatePoint)

FIRE SEASON

Continued from Page 21

alert them where to call for information and assistance should they suffer sustained damage.

After a disaster, wait until it's safe to return to your property. Then, assess for damage, including your automobiles. Call your lender and insurance company to

file a claim as soon as possible if you have sustained damages. It is also helpful to know in advance if and what resources your financial institutions provide. For example, Wells Fargo customers – including those with home mortgages, home equities and auto loans – can contact 800-TO-WELLS or visit wells Fargo.com/recovery.

EMERGENCY KIT

Continued from Page 21

food, light, communications and first aid.

An emergency preparation element often taken for granted is access to safe and potable drinking water. From earthquakes and hurricanes to floods and wildfires, natural disasters can contaminate and disrupt water supplies and systems.

“During disasters, water systems are often compromised, and it may take days or even weeks for proper testing to be done and for systems to be restored,” said Alison Hill, managing director of LifeStraw, a manufacturer of water filtration systems that has been on the ground in India, Indonesia, Myanmar, Mozambique, here in the U.S., and most recently the Bahamas, offering support to those affected by devastating natural disasters.

While most emergency preparation checklists include clean water, it can be difficult to plan for more than a few days' supply. Emergency preparation tips suggest keeping a few gallons on hand (about a three-day supply). For longer-term protection and to eliminate



Take steps to prepare your family before the next natural disaster or emergency strikes. (StatePoint)

the bulk and weight of carrying large quantities of water during an evacuation scenario, a personal filtration device stored within your at-home emergency kit or go bag provides greater flexibility and longer-term protection.

Options from LifeStraw are a good choice, as they remove bacteria (99.9999 percent) and parasites (99.99 percent) that can contaminate water when systems break down. Because of their ability to filter out these contaminants like E. Coli, salmonella, giardia, cryptosporidium and other waterborne bacteria and

parasites, LifeStraw products make it possible to drink from any nearby river or body of water. The original LifeStraw is durable, weighs only 2-ounces, is easy to store and lasts for up to 1,000 gallons of water. It's easy to keep a few in an emergency kit or even the glove compartment of your car. LifeStraw also offers other models, such as the LifeStraw Flex with Gravity Bag, LifeStraw Mission, and LifeStraw Community, which are ideal for families and groups.

To build your emergency kit, visit ready.gov/build-a-kit and fema.gov.

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