



# SCRIPPS RANCH NEWS

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NEWS

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Samuel Young plays Henry Metcalf and Natalia Maggio portrays Dawn Hammond in the recent production of "Return Engagements," part of Scripps Ranch Theatre's 40th anniversary season. (photo by Ken Jacques)

# 40 YEARS OF LIVE THEATRE

By Ken David

This season marks the 40th anniversary of Scripps Ranch Theatre, the local playhouse that survived early years of uncertainty on its way to becoming an award-winning arts organization and a vital part of the Scripps Ranch community.

Scripps Ranch Theatre (SRT) is a volunteer-run nonprofit organization with a stated mission of "producing quality and entertaining theater, consistently." An executive board handles fundraising and finances, while an operational board oversees things like producing; creative direction; and box office, season ticket and database management.

Funding for the theater comes from a combination of ticket sales and fundraising, and the playhouse has about 900 season ticket holders, according to current SRT Executive Director Dave McClure.

See **THEATRE**, Page 11



Scripps Ranch Theatre Executive Director David McClure in the theater's current home on the campus of Alliant University. (photo by Ken David)



A scene from the 2008 Scripps Ranch Theatre production of "The Dining Room." (courtesy Scripps Ranch Theatre)

# Chamber Bravura shines at Carnegie Hall

By Laura Hogan

Local a cappella group Chamber Bravura recently took its show on the road all the way to Carnegie Hall.

Chamber Bravura, an unaccompanied choir group with many young vocalists from Scripps Ranch, was selected to perform at Distinguished Concerts International New York's "Total Vocal" concert featuring ensemble performances at Carnegie Hall on March 24. Twenty-three groups were asked to perform after auditioning.

Chamber Bravura brought 20 of its members to perform the hit "I'll Make a Man Out of You" from the Disney movie "Mulan."

Katherine Girvin, director of Chamber Bravura, said the group has been selected to perform at the event all three times it auditioned, and it is a performance the group looks forward to every year.

Part of the process for the choir is to rehearse for three See **CARNEGIE HALL**, Page 2



Members of Chamber Bravura pose outside Carnegie Hall during a recent trip to New York for a performance inside the legendary concert hall. (photo by Pam Werner)



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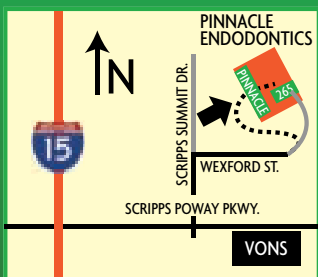
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## Hendrix Park workshop held

By Laura Hogan

The planning process for making renovations to Hendrix Park started on March 14 at the Scripps Ranch Library's community room.

Approximately 75 people gathered to take part in the first of three workshops held by the Scripps Ranch Recreation Advisory Group and the City of San Diego Parks and Recreation Department.

Kevin Ngyuen, project manager, and Leigh Kyle, consulting architect, fielded questions and comments from the attendees including some residents who felt the entire project was unnecessary. Will Loft, local resident who has lived in Scripps Ranch since 1974, said he would like to see an end to the project.

"This is hallowed ground set aside by the neighbors of the pond. I think they should do themselves a favor and get another project," Loft said.

While Loft conceded that there is some clean up that needs to be done in the park, he said the key goal should be to preserve the natural state of the pond and park area.

Members of the public were allowed to fill out a



Members of the public vote on the improvements they would like to see at Hendrix Park located off Aviary Drive in Scripps Ranch. (photo by Laura Hogan)

survey and vote with stickers for what improvements, if any, would most benefit the community at Hendrix Park as well as put one red sticker on the improvement they did not want.

On the other side of the debate over what to do with the land, D'etta Neaves, co-chair of the Bark at the Park Committee, said she was happy the workshop took place in a more constructive environment than previous meetings.

"If a dog park doesn't happen at Hendrix Park, that's fine. But, if not there, then where? Scripps Ranch does not have a dog park for our large community," Neaves said.

The next workshop will be held on May 9 at 7 p.m. in the Scripps Ranch Library community room. The results of the survey will be shared at this workshop.

## CARNEGIE HALL

Continued from Page 1

days prior to the concert with renowned a cappella director Deke Sharon. Sharon most notably served as the vocal producer, on-site music director and arranger for all three "Pitch Perfect" movies. Girvin said it was an honor for the group members to be able to work with Sharon and to experience top level a cappella performances.

"Something new this year was all the kids had wireless handheld mics on stage for the featured numbers. This was something new and exciting for them because that's what top a cappella is turning into: the groups do choreography, everyone holds a mic and it's kind of like a rock concert on stage," Girvin said.

With the selection of "I'll Make a Man Out of You," the group stood out by featuring male vocalists. Philip Sargent, Scripps Ranch High School sophomore and Chamber Bravura member for more than a year, was selected to be one of the featured vocalists in the performance. Sargent said that while the performance was exciting, the best part of the experience for him was outside of the concert.

"We may have all been there to sing, but the moments I got to spend with my friends – whether at rehearsal, walking around the city or just talking in our hotel room – they were what made the trip worth it all," Sargent said.

While in New York, Girvin also secured a private tour and vocal clinic with New York University's Music Department director. Olivia Kuykendall, Chamber Bravura member for six years, was waiting to hear from NYU on her acceptance during the visit.

"To perform in front of the director of the NYU music program was one of the best and most humbling experiences I have ever had with this group. The feedback that I got from the director was incredibly insightful. I learned so much in the short hour we worked together," Kuykendall said.

Kuykendall was pleased to discover two days later that she had been accepted to NYU for the fall of 2019.

Chamber Bravura will be looking to replace five members who are graduating seniors this year. For more information or to watch the group's Carnegie Hall performance, visit chamberbravura.org.




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# Nonprofit aids those with babies in NICU

By Tawny McCray

Nearly 15 years after the sudden loss of their baby girl, Angela Amoroso and her husband Drew Skinner continue helping other families in her name.

Two days after their daughter was born prematurely in 2004, the couple started Isabella's Giraffe Club to provide emotional and educational support for parents with infants in a neonatal intensive care unit (NICU).

Their daughter, Isabella, was born about 14 weeks early on Sept. 6, 2004. She weighed 1 pound, 11 ounces, and spent three months in the NICU at UCSD Medical Center before being cleared to go home.

"When we took her home, she was 6 pounds and it was right at the time of what would've been her normal due date and everything was looking really hunky-dory. There wasn't any sign that there could be a problem up ahead," said Amoroso, who is the executive director and founder of the Scripps Performing Arts Academy in Scripps Ranch.



Angela Amoroso and her husband Drew Skinner operate Isabella's Giraffe Club in honor of Isabella, their angelic daughter who left this earth as an infant. The organization continues to assist families with babies in a neonatal intensive care unit. (courtesy of Angela)

Four days after they brought Isabella home, and two days before her due date, Amoroso was holding her as she and Skinner watched TV, when the unimaginable happened.

"She was sleeping on her back in my arms, and literally (she and her husband) had just kissed and we looked down at her and her color was changing," Amoroso said.

They frantically called 911. An ambulance took Isabella to Scripps Memorial Hospital. She was then transferred to Children's Hospital where she died 24 hours later.

"They did everything imaginable, but we had to let her go because they got all her organs working again but not her brain. So, she literally passed in my arms," Amoroso explained.

Because Isabella's Giraffe Club was already in existence, the couple moved forward with their organization, amending it to also support families who have lost infants to Sudden Infant Death Syndrome (SIDS) and Sudden and Unexpected Death in Childhood (SUDC). The non-profit sponsors events and pro-

jects to maintain and improve the quality of care and caring provided to parents and families, strives to facilitate and enhance communication and mutual understanding of roles and relationships between families and healthcare workers, and offers bereavement programs and support groups for anyone who has suffered the loss of a loved one.

Amoroso and Skinner crafted a four-session workshop called Good Grief To Go, which they say takes participants on a journey of healing, health and well-being where they will find life can be joyful again.

"The world expects the family to bounce back and go back to their lives, and it does take time and a lot of compassion, and people can say the darndest things at the darndest times," Amoroso said. "Our workshop really supports the parents to be responsible for their grief journey without allowing what people say to affect them."

Amoroso said part of the workshop is inspiring others to also be of service. She said one family that lost a

See **INFANTS IN NICU**, Page 4

# NEWS



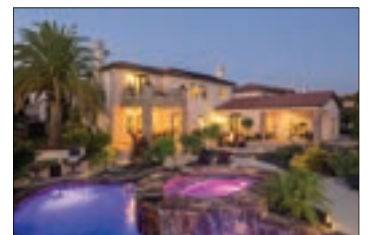
(photo by Ralph LoVuolo)

## SR Fire Safe Council holds Preparedness Day

The Scripps Ranch Fire Safe Council is holding Wildfire Community Preparedness Day in the park next to Fire Station 37 on Saturday, May 4 from 10 a.m. to 2 p.m. at 11640 Spring Canyon Road.

The public is invited to tour Station 37, learn about smoke alarms and gain fire extinguisher service and training.

Visit [srfiresafe.org](http://srfiresafe.org) to learn more about the Scripps Ranch Fire Safe Council.



## Dream House raffle ends

Ticket sales have ended for the 15th annual San Diego Dream House Raffle featuring a multimillion-dollar Scripps Ranch house which is being raffled as a fundraiser benefiting Ronald McDonald House Charities of San Diego. The Grand Prize and Multi-Ticket Drawings will be conducted live on local morning TV news on April 29.

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# 3 Great Reasons to Get Cosmetic Dentistry

Are you considering cosmetic dentistry, but aren't sure that it's right for you? The truth is that cosmetic dentistry offers many great benefits for people, so there are a lot of good reasons to get it.

Here are three of the most common reasons why people get cosmetic dentistry.

## You're Unhappy with Your Smile

Your smile is one of the first things you see in the morning, and one of the last things you see at night. For all your waking hours, your smile is a part of who you are. It helps define your image of yourself. And if you're not happy with that image, that means you're not happy with yourself. It can do serious damage to your confidence and self-esteem. This can contribute to a negative feeling throughout your day.

Cosmetic dentistry can turn this around. You can have a smile that makes you want to smile. It will make you happy and eager to share your smile with others. It can help you be open and sharing with others.



And it can give you the confidence to be your best self and project your brand well.

## Your Smile Is an Obstacle in Your Life

While you may be one who sees your smile the most, you're not the only one. There are probably dozens of people you meet every day who see your smile. Your smile should trigger a positive response in others. If you're not getting that kind of response from your smile, it can damage your confidence.

Your smile can have a big impact on your success in life. It can impact your chances of getting a job, raise or promotion.

It can dramatically im-

prove your personal life, too. Surveys have shown that an attractive smile is the top thing people are looking for in a date, and an unattractive smile is one of the things that can make people not desire a second date.

## You Have Oral Health Problems

Many people think that cosmetic dentistry is only about giving you pretty teeth. It's not. The health and beauty of your teeth are closely linked.

If you have tooth decay, it can show up as dark brown or black spots on your smile. Gum disease makes your gums red and inflamed or can cause them to recede.

Gum disease can also

make your teeth drift, becoming more crooked. This can lead to tooth loss. A lost tooth isn't just a problem with the appearance of your smile, it makes it hard to chew and can make the rest of your teeth drift.

What's the fix? With restorations like tooth-colored fillings and dental implants, we can care for your oral health and make your smile more beautiful.

## Are You Ready for a Beautiful Smile?

If you see that one or more of these reasons for cosmetic dentistry make sense for you, then it's time to consider cosmetic dentistry. If you're in Scripps Ranch or surrounding areas of San Diego, we can help. Please call (858) 271-1010 today for an appointment with cosmetic dentist Dr. Ramin Goshtasbi ("Dr. G" to his patients) at Oasis Dental Arts.

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## NEWS UPDATES

- Demolition to clear a 9.52-acre Scripps Ranch lot of buildings in preparation for a mixed-use redevelopment project is scheduled to begin in April. The lot, on the northeast corner of Carroll Canyon Road at I-15, is planned to be the future home of **The Hub at Scripps Ranch**, including 260 luxury apartments and approximately 10,700 square feet of commercial retail space. The developer is Sudberry Properties. —Hoyt Smith
- **The Philanthropic Chicks** of Scripps Ranch reportedly raised \$3,048 for Ruby Melchior, a Scripps Ranch High student who suffered a brain bleed and needs specialized help as she rebuilds her life. The funds will help pay for several camps for Ruby this summer.
- **Scripps Mesa Fireworks**, the nonprofit that raises funds for the local 4th of July fireworks show, named **Neha Yalamanchili**, a third grader at Dingeman Elementary School, the winner of the Third Annual Scripps Mesa Fireworks T-Shirt Design Contest.
- This year's **Poway Rotary Parade**, hosted by the **Rotary Club of Poway-Scripps**, will be held Sept. 7. This year's theme is "Celebrate Country Living." Visit [PowayRotaryParade.org](http://PowayRotaryParade.org).

## INFANTS IN NICU

Continued from Page 3

child and went through the workshop is helping to revitalize Rolling Hills Park in Rancho Peñasquitos with a project called Sienna's Play-Garden, which is expected to open this summer. She said another family committed to doing \$1 million endowments "and they're halfway there."

Amoroso said they are in the process of getting their Good Grief To Go workshop online, so it can reach people throughout the U.S. and the world.

Isabella's Giraffe Club also hosts a dinner once a month for parents who have babies in the NICU. They bring in an Italian dinner from Pizza Nova to the family room at the Jacobs Medical Center at UCSD.

Through their non-profit, Amoroso and Skinner also give parents pointers on how to thrive in the NICU, including creating a relationship with the hospital staff even though it's under the most stressful circumstances.

Amoroso and Skinner have helped hundreds of families through their organization and remain committed to doing so.

"We had some incredible support and because of that we just said we were going to commit our lives to returning all that love," Amoroso said. "We now call SIDS not sudden death but sudden love, because of how the world responded to us." Visit [isabellasingiraffeclub.org](http://isabellasingiraffeclub.org).

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# St. Gregory the Great celebrates Diamond Gala

By Cynthia Kurose

What began as a small group of families bringing their own chairs to Hoyt Park or to the home of their then-pastor to gather for Sunday mass in the fall of 1985 has since flourished in to a robust parish community with a beautiful, award-winning church campus on Blue Cypress Drive. Saint Gregory the Great (STGG) Catholic Church is now home to more than 3,100 parishioner families, at least 65 active groups and ministries, and a school that offers Catholic education to children from preschool through grade eight. Over the years, the ability of STGG to continue to expand its offerings to the community has relied heavily on fundraising activities. Notable among them is its annual fundraiser gala, which will be held this year on May 18 at the U.S. Grant Hotel in downtown San Diego.

Dubbed the “Diamond Gala: Cheers to 10 Years in Catholic School Education,” this year’s event celebrates the 10th anniversary

of STGG Catholic School’s opening in 2009. Since that time, the school has grown in its number of grades and students taught, including the most recent addition of its preschool in February 2018. The campus has also seen improvements, including technology in its classrooms, sod on its playing field, a library and a science lab.

Brie Atwater is a parent at the school, and this year’s gala chair.

“This year’s gala is special to me, personally, because it was very important for us to choose a parish that had a school connected to it. We’re very much invested in our daughter’s Catholic education,” she said.

Volunteering her time to help raise funds for both the church and school – as event proceeds are split evenly between the two – is a worthwhile endeavor for Atwater because it is an opportunity for her to give back to a parish and school community that has been very welcoming to her family.

As the event chair, Atwater works with a team of other volunteers, parish clergy, staff and school ad-



ministration to organize event logistics and secure participation from the community. The gala is an evening cocktail attire affair comprised of a three-course meal, musical entertainment, dancing, a silent auction, a live auction and a raffle. According to Atwater, more than 200 items have been donated by members of the community, including parishioners, school parents and students, and local business owners.

Noteworthy contributions made by local families and STGG parishioners include the Korn family, which

helped to secure the event venue; the Collins family of Collins Family Jewelers, which donated a diamond necklace valued at more than \$7,000 that will be featured in the silent auction; and long-time parishioner Ray McKewon of Xceptional Music Company who will provide musical entertainment at the gala. Atwater is still actively seeking event sponsors, and will also continue to accept contributions for the silent auction up until the week before the event.

Atwater expects approximately 400 attendees. Be-

yond the STGG community, both STGG School Principal Maeve O’Connell and STGG Pastor Father Nicholas Clavin, wish to extend a hand of hospitality and invitation to the greater Scripps Ranch community.

“The gala allows us an opportunity to welcome people with open arms,” O’Connell said. “We are here to share the message that we are a faith-based-community and all are welcome.”

Clavin shared an even deeper emphasis on community as he reflected on the 2003 Cedar Fires when the STGG church and parish hall became a refuge and outreach center for hundreds of families in the community.

“It forged a great bond between the greater Scripps Ranch and the Catholic community,” he said. “Hospitality is the hallmark of our parish and of our school. We welcome one and all, Catholic and non-Catholic, alike.”

To learn more about the Diamond Gala or to purchase tickets, visit [stgg.org](http://stgg.org) or email [2019stgg.gala@gmail.com](mailto:2019stgg.gala@gmail.com).

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## Philanthropist's Club sends WWII vets to D.C.

By Laura Hogan

The Philanthropist's Club at Marshall Middle School is making a difference in the lives of World War II veterans.

Julie Rick, advisor for the Philanthropist's Club and math teacher at Marshall Middle School, established the club 10 years ago.

"Most of the kids at our school are upper middle class, for the most part, and they live in nice neighborhoods. I wanted to provide the opportunity to give back to the community," Rick said.

Every year, the club votes on a charity to support financially through fundraisers over the course of the school year. Rick happened upon an article featuring the charity Honor Flight Network and suggested it as an option for the club. The club voted and agreed Honor Flight Network was the charity they wanted to support.

According to its website, Honor Flight Network's mission is "to transport America's veterans to Washington, D.C., to visit those memorials dedicated to honor the service and sacrifices of themselves and their friends."



Lola Wall, President of the Philanthropist's Club at Marshall Middle School, meets World War II veterans. The vets were able to make a trip to Washington, D.C., because of the Philanthropist's Club's fundraising efforts. (courtesy photo)

Last year, the club supported the Helen Woodward Animal Center, but had the opportunity to meet two local World War II veterans who visited the group after their trip to Washington, D.C., in uniform.

The club's 25 members meet every Wednesday at lunch to discuss details for upcoming fundraisers or events. The club hosts bake sales that take place one to two times a month with

cupcakes and donuts as their main form of fundraising. The baked goods are paid for by the students in the club. This year, the club furthered its fundraising efforts by selling candy grams at Marshall Middle School for Valentine's Day. Rick said the new fundraiser was a huge success with the club raising more than \$500.

Rick said the club has raised approximately \$1,600 with the hope of raising

\$1,800 by the end of the school year. The money this year will go to support two brothers who bravely fought in World War II.

In addition to fundraising for Honor Flight Network, the club also conducts a food drive every November. This year the club collected 1,500 cans of food. Rick said she is hopeful the club will continue to give back to the community in new ways including service opportunities.



John Perry Wishchuk

## Guardian songwriter and scientists flourish

The Missionary Childhood Association's annual song writing contest awarded St. Gregory the Great Catholic School sixth-grader John Perry Wishchuk first place for his original composition "Children Helping Children." Wishchuk performed his award-winning song at the MCA Mass at Our Mother of Confidence Church. His song now goes on to the national level.

Meanwhile, seven of St. Gregory the Great's seventh graders were invited to the Greater San Diego Science and Engineering Fair in Balboa Park. Shane Martin ("What Does Fido Know?: A Cognitive Study") and Lilli Lawrenz ("Temperature: Do Windmills Care?") both placed first in their categories. Jack Grissom, Sinclair McComic, Emily Salazar and Claire Scelfo placed second with their projects. Eva Lawson placed fourth. In addition, Jack Grissom also received a professional award from the American Society of Materials, San Diego Chapter, while Lilli Lawrenz was acknowledged by the Association of Women in Science, San Diego Chapter with an additional award. Special invitations were extended to Lawrenz to participate in the California State Science and Engineering Fair in Los Angeles in April, and the Broadcom Masters Competition in Washington, D.C., in October.

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# Therapy dogs spread love at EBS

By Terry L. Wilson

**L**ove on a Leash is proof positive that dogs are the best medicine on four legs. A wag of the tail and the nudge of a friendly nose can turn a frown into a smile and brighten up the darkest of days. Students at Ellen Browning Scripps Elementary School tend to agree as many look forward to visits by the friendly canines from the Love on a Leash program.

In the early 1980s a group of pet therapy enthusiasts from San Diego founded Love on a Leash, an organization in which certified therapy dogs visit hospitals, homes and schools offering people-in-need some tender loving care as only a pet can offer.

“What started as a local program with a handful of helpers now has more than 2,000 volunteers nationwide,” said Linda Roth of the San Diego North County chapter. “Here in Scripps Ranch we have about 280 members and we each have a dog or a cat and even a bunny that has been certified as a therapy animal.”

In 2015, Roth, already a seven-year volunteer, and her canine pal Happy teamed up with Martha Wilcox and her dog Sedona along with Sharon Eastman and her pooch Puzzle to introduce Love on a Leash to Ellen Browning Scripps Elementary School.

Gayle Shinn, district counselor for the San Diego Unified School District, recalls that meeting.

“Our association began three years ago when I wanted to do an assembly with dogs to teach children about all the wonderful things animals do for us and to respect animals,” Shinn said. “I met Linda and her dog Happy and thought it was a great idea to have the Love on a Leash dogs come to the assembly. The dogs had a very calming impact on our students as well as our staff. Things went so well that we made it an every-other-week event.”

Ellen Browning Scripps Elementary School Principal Liz Sloan also endorsed the program.

“The dogs are great motivators for students that are very shy and reluctant readers,” Sloan said. “We have the children read to the dogs and it brings them out of their shell, and they love the dogs.”

Roth, the leader of this unique pack, is on the go



Local Love on a Leash volunteers who take their therapy dogs to visit Ellen Browning Scripps Elementary School are (from left) Sharon Eastman and her dog Puzzle; Linda Roth and her dog Happy; and Martha Wilcox and her dog Sedona. (courtesy photo)

constantly traversing the community with her gal pals and their handsome hounds doing what they love best: spreading love one tail wag at a time.

“We go into the classroom, put down our quilts and blankets and the children sit down with the dogs and love on ’em, brush them, read a story to them. Some will just talk to the dogs with amazing results,” Roth said. “Once, the nurse brought in a little girl who couldn’t stop crying. She sat down with Happy, put her arms around him – in less than a minute she stopped cry-

ing and talked to Happy for 15 minutes. ... One reason dogs are so effective with children is because dogs are not judgmental. They just want to share the love.”

The success stories are vast and wide-ranging depending on the child’s specific needs.

“A therapy dog is at first a service dog that is trained to help an individual that requires assistance in opening a door, or maybe they’re in a wheelchair. The service dog helps them do a variety of daily tasks ... dogs are just love covered in fur. They’re comfort dogs,” Roth said.

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# SCHOOL NEWS

## MMS musicians earn high honors

Marshall Middle School's Advanced Band and Advanced Orchestra both earned unanimous "Superior" ratings at the CMEA-SBS Band & Orchestra Festival at Lewis Middle School on April 6. Those performances were about as perfect as they get.

## Dingeman Elementary Spring STEAM Carnival

Join Dingeman Elementary School on Friday, April 26, 3-7 p.m. for its annual spring fundraising event, the Dingeman STEAM Spring Carnival. Open to the public, the Spring STEAM Carnival is a fun and family-friendly event with fun activities, retail vendors, live performances, food, and a silent auction. All proceeds benefit the students of Dingeman Elementary to help fund additional programs.

## Science Olympiad team participates at State

Marshall Middle School's Science Olympiad team competed in the 2019 California Science Olympiad Tournament held on April 6 at California Institute of Technology. Fifteen Marshall Middle School students were selected to participate, and the team placed 11th out of 30 teams at the State tournament.

—Laura Hogan

## SRHS holds Comic Con 2

Comic Con 2 is the theme for this year's Scripps Ranch High School Music Program End of the Year Concert on May 31, at 6 p.m. in the Quad. Performances include choir, band, and orchestra. Order tickets at [squ.re/2Pk53ui](http://squ.re/2Pk53ui).

## MRE's Spring Social moves to Savagewood

The Miramar Ranch Elementary Family Faculty Association annual Spring Social and Fundraiser has been moved to a new venue, Savagewood Brewing Company, 9879 Hibert St., Suite F. In addition, the ticket price has been reduced to \$20 which will include food, dessert and two drinks (beer or wine). The event will be casual. The Silent Auction is being held online at [www.miramarranch.org/auction](http://www.miramarranch.org/auction). All proceeds benefit Miramar Ranch Elementary students. Adults only. The event is scheduled for Saturday, April 27, 7-10 p.m. Visit [mrespring-social.com](http://mrespring-social.com) for tickets.

## Community Awareness event scheduled at Marshall Middle

Parents of Thurgood Marshall Middle School students are invited to join the movement to end human trafficking in San Diego at a community awareness event on April 27, 5-7 p.m. in the MMS Theater. Learn strategies to recognize protective and risk factors about human trafficking from experts in the field. Register at [goo.gl/gQc-8cr](http://goo.gl/gQc-8cr).

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# 'Return Engagements' brings laughs to SR Theatre

By Ken David

There's still time to get in on the fun of "Return Engagements," a classic comedy presented by Scripps Ranch Theatre through April 28.

Written by Bernard Slade, the same playwright who wrote "Tribute" and "Same Time Next Year," "Return Engagements" similarly follows a set of characters over the years, sharing with the audience all the laughs and lessons learned along the way.

The first act introduces three different couples: "a tipsy actress and the bellboy who bedded her the night before, a gutsy Polish woman who has survived World War II and the carpenter she chooses to father her baby, and an acid-tongued columnist and his cool psychotherapist wife."

In Act II, the audience catches up with the couples 20, 25 and 30 years later.

Director Charles Peters pointed out that Slade also wrote for television sitcoms — including "Bewitched," "The Flying Nun" and "The Partridge Family" — and brought his understanding



Natalia Maggio, plays Dawn Hammond and Robin Thompson portrays Oliver Edwards in the Scripps Ranch Theatre production of "Return Engagements," running through April 28. (photo by Ken Jacques)

of comedy to his playwriting.

"It's interesting how he wrote ("Return Engagements") because there are three major couples in (the play) and three different styles of comedy," Peters said. "Each couple represents a different style of comedy: one's a little more farcical, one's a little more grounded and one's a little more witty and satirical. It's very interesting to observe."

This is something of a return engagement to the play itself. The local theater previously staged "Return Engagements" about 10 years ago, according to Peters. One of the actors in that play was Jill Drexler, who is now the artistic di-

rector at SRT.

The cast of this 2019 production includes Morgan Carberry as Fern Edwards, Adam Daniel as Raymond McKay, Julia Giolzetti as Miranda Jablonski, Natalia Maggio as Dawn Hammond, Ruth Carlson Russell as Daisy Lawrence, Robin Thompson as Oliver Edwards, Nick Young as Joe Bristol and Samuel Young as Henry Metcalf.

While filled with laughs and intersecting plot lines and references, Peters noted that audiences seeing "Return Engagements" can also expect touching and poignant parts of each story.

"There are moments about the choices we make in life,

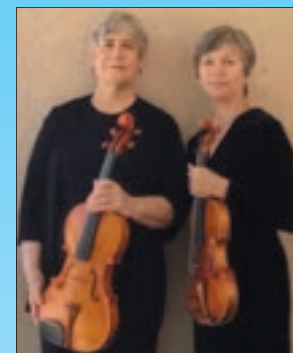
how they resonate throughout time and how even small things can resonate," the director said. "I think every person in the audience can, in some way, identify with at least one or more of the characters and how they feel."

There's also something for those familiar with Canadian life and lifestyles. Set in Stratford in the Canadian province of Ontario, the play's script and characters include a number of "Canadianisms" that those familiar with the country will recognize, according to Peters, whose wife and mother-in-law are Canadian.

"My mother-in-law came and laughed her head off at some of the things," Peters said. "I don't know that everyone will get it, but that's an added layer."

Scripps Ranch Theatre performs on the campus of Alliant International University, 9783 Avenue of Nations. "Return Engagements" can be seen Friday and Saturday at 8 p.m. and Sunday at 2 p.m. through April 28. To reserve seats, call (858) 578-7728. For ticket price information, visit scrippsranchtheatre.org.

**THE SCRIPPS RANCH**



Judith Coker and Natakka Kytasty comprise Duality, performing live in concert May 12 in the Scripps Miramar Ranch Library Center

### Duality performs May 12

The "Pleasure of Your Company" music series, sponsored by Scripps Ranch Friends of the Library, presents Duality on Sunday, May 12, at 2:30 p.m. in the Scripps Miramar Ranch Library Center.

Duality, comprised of violinist Natakka Kytasty and violist Judith Coker, will perform a diverse program, featuring the interplay of violin and viola, including works by composers ranging from Mozart and Handel to Martinú and even some rags by Ryden.

Natakka Kytasty has played with the San Diego Chamber Orchestra, Orquesta de Baja California, Lyric Opera of San Diego and the Kensington Piano Trio. Judith Coker has been a member of the Calgary Philharmonic, the Mexico City Philharmonic and the San Diego Symphony and Opera Orchestra.

There is no charge for the concert, although donations are appreciated. Meet the artists at a complimentary post-concert reception. Visit www.sr-fol.org for information.

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# 'Treehouse in the Woods' serves local Vets

By Hoyt Smith

Scripps Ranch military veterans seeking fellowship with those who have served in the armed forces are invited to join the Veteran of Foreign Wars' Fred Lewis Kent Post 7907 in Poway.

Located at 12342 Old Pomerado Road, Post 7907 is the closest VFW facility to Scripps Ranch and already includes several Scripps Ranch members, according to Post Commander and 30-

year Navy veteran Bill Morrison.

"I look at our place as a treehouse in the woods," Morrison said of the popular gathering point abutting scenic Bette Bendixon Park. "It's nice and quaint, but somewhat hidden and out of the way. We would like more of our neighbors on the south end of Pomerado Road to know we're here."

Founded in 1959, the Fred Lewis Kent Post offers "a great place" for vets to connect and share a sense

of comradery, said post bartender and Scripps Ranch resident Tracy Perreault.

"It's a special place for sharing and healing with a very outstanding group of people," she said. "Folks here will do anything and everything to support our troops. I get goosebumps just talking about it."

The VFW is a nonprofit veterans service organization comprised of veterans and military service members from the active, guard and reserve forces, and is dedicated to securing and protecting their rights and benefits. There are 30 VFW posts in San Diego County. Post 7909 is the closest one to Scripps Ranch.

"We're the only post and canteen serving the Interstate 15 corridor between MCAS Miramar and Escondido," Morrison said. "There is a post in Rancho Bernardo, but it doesn't have the capacity for entertainment that we do here."

The Fred Lewis Kent Post boasts a bar, and an adjacent hall and kitchen that Morrison said can be rented out for weddings, birthday parties and special events. Proceeds from such rentals



VFW Post 7907 on Old Pomerado Road is a place for veterans to connect. The post is seeking members from Scripps Ranch. (photo by Hoyt Smith)

benefit Post 7907 and services to its members. Many events there, such as the post's weekly "Burger Burn" on Friday evenings, are open to the public.

"It's hard to find a better meal at a better price this close to Scripps Ranch," said member Jason Widmer, a Desert Shield veteran and founder of KIC Restoration Inc., a general contractor serving the local area.

Attendees enjoy fresh food and beverages along with karaoke and great customer service, he added.

Named in memory of Lieutenant Fred Lewis Kent,

USN, who was killed in action during the Allied invasion of the Gilbert Islands in World War II, Post 7907 is one of the leading posts in California and is "number one" in its district in terms of membership, Morrison said. It has more than 1,000 members including its associated VFW Auxiliary, and just adopted the new F-35 fighter unit at MCAS Miramar. The post hosted its "Adopt a Unit Dinner," serving an authentic Cajun supper on April 20.

"We've had a steady flow of younger vets from Miramar joining us in recent years," said Post Quartermaster Alan Helton. "But a lot of our older members are passing away. We would really like to get the word out to people in Scripps Ranch who may not know of all the great things we're doing here to serve the veteran community."

For more information, or to join VFW Post 7907, visit [www.vfw7907.com](http://www.vfw7907.com).



## TASTE OF THE RANCH

Kim and Michael Field were among the many attendees enjoying the 12th annual Taste of the Ranch fundraising celebration that benefits the Scripps Ranch High School Foundation. This year's event was held April 13 at Newtopia Cyder, 10045 Carroll Canyon Road, and included food, a silent auction and drinks. (photo by Ralph LoVuolo)



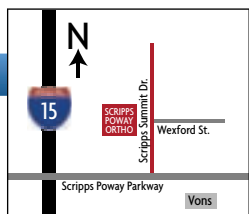
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**THEATRE**

*Continued from Page 1*

Over the years, SRT productions have garnered a number of Aubrey Awards from the San Diego Association of Community Theaters as well as other accolades.

Chosen by a play-reading committee, the list of SRT productions focuses on seasons mixed with comedies, dramas and musicals.

“Our audience likes comedies, so we do a lot of those,” McClure noted. “Musicals are more expensive to produce, so we only do one of those every one or two years.”

In addition to its regular schedule of plays, the theater hosts the annual “Out on a Limb: New Plays from America’s Finest City” festival, spotlighting plays by San Diego writers. Additionally, the theater’s Education and Outreach Program works to preserve San Diego’s arts and culture community by bringing live theater to children throughout the San Diego area. The program includes performances for students at local middle and high schools as well as a summer camp and a six-week children’s program held in partnership with the Rancho Family YMCA.

Much of what is known about the theater’s history is recorded on the SRT website in a three-part series of articles by Sharon Hays.

According to that information, SRT’s origins go back to 1978, when Scripps Ranch resident and local stage actor B.J. Scott got tired of having to drive long distances to plays she was in. She advertised in area newspapers for people interested in meeting to discuss and organize a community theater in Scripps Ranch. The charter officers of the new Scripps Ranch Community Theatre (SRCT) were B. J. Scott, president; Gretchen Timmermans, vice president; Luraine MacLeod, secretary; and Jerry Oen, treasurer. SRCT’s first production, in June of 1978, was the classic play “Our Town,” directed by Teri Eriksen and starring Scripps Ranch residents.

The early years saw the fledgling SRCT struggle to find a home. Performances were held on the campus of United States International University (USIU, now Alliant International University), Wangenheim Middle School in Mira Mesa, the Scripps Ranch Swim and Racquet Club and even the parking lot of the Vons shopping center.

SRT found its current home, the Legler Benbough

Theatre, in 1992. The university’s then-president, a Scripps Ranch resident, knew about the playhouse’s search for a permanent home and offered the organization a lease.

**‘Our audience likes comedies, so we do a lot of those.’**

**–David McClure**

The theater was renovated between the 1999 and 2000 seasons with money from a grant from the Legler Benbough Foundation. The renovation brought a new stage, sound booth, lighting, seats and carpeting, resulting in the intimate 118-seat venue it is today.

“It’s a good space, but we’ve outgrown it,” McClure said.

The local theater’s growth and success amidst challenges reached a new level around 2003, when the theater transitioned from being, technically, a community theater (of all unpaid staff) to a professional one after the still-unpaid board made a decision and commitment to pay actors, set designers and crew involved with the productions.

Opportunity for a new SRT home has arisen with the possible sale of the property where Alliant International University now sits. That’s now the top challenge for the theater’s volunteer stewards. According to the foundation that owns the parcel, the land is still for sale with no report of a buyer. McClure says that discussions with his contacts at the university indicate Alliant would like to continue to host SRT at its next location, whenever that time comes.

To celebrate the 40th anniversary and help generate funds for play production and the theater’s Outreach and Education Program, SRT is holding a “Lights on Broadway” opportunity drawing for a three-night trip to New York City, including round-trip airfare, a three-night hotel stay and a \$300 voucher to use toward two tickets to the Broadway show of the winner’s choice. Tickets for the drawing are available at scrippsranchtheatre.org or by contacting Caitlyn McTaggart at development@scrippsranchtheatre.org. The winner will be announced at SRT’s 40th Anniversary Celebration on May 11. The celebration will include a reading of SRT’s first produced play, “Old Town.”



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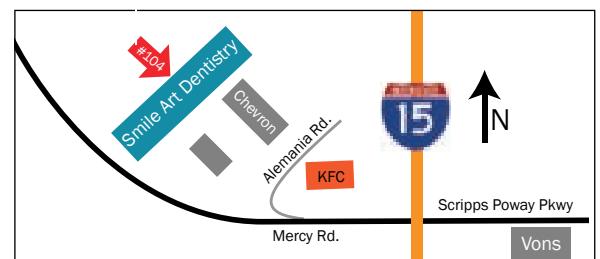
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#### Corrections

An article on page 3 of the March 2019 issue of Scripps Ranch News titled "Fire Safe Council has concerns over redevelopment" incorrectly stated the number of homes proposed for a development on land presently occupied by Alliant University. The correct total number of proposed homes is 460.

An article on page 10 of the March 2019 issue of Scripps Ranch News titled "Sumi-e ink painting offers beauty and peace" incorrectly stated that supplies are provided for class participants. However, students must purchase their own supplies. A list for supplies is provided on the first day of class.

# Scripps Ranch digs dirt

## A new compost hub is getting started

By Lynn Owens

### New Compost Hub is organizing

Lots of us in Scripps Ranch already compost our kitchen waste and maybe our yard waste, too. However, people in apartments and condos usually don't have space, and others may not have time or willingness to tend their own compost piles. Now, another option is becoming available in Scripps Ranch: a community compost hub for 10 participants! Neighbors will bring their fruit and vegetable scraps to the hub, or may be able to arrange for pickup.

Typically, compost hubs are in farms, community gardens or other shared sites. San Diego currently has public hubs in Ocean View and San Carlos, and private hubs at Mesa College and General Atomics. However, our Scripps Ranch hub will be in the backyard of Suha Chari and Jay Jayakumar – gardeners, sustainability advocates, community leaders and above all good neighbors.

Over the years, Suha and Jay have developed an amazing permaculture garden. They use rainwater collection, bioswales and per-

maculture best practices to nurture year-round abundance from fruit trees, permanent plantings and annuals from their own and others' seeds. In addition to typical American produce, they have many greens, beans, gourds, herbs and spices from their native India.

The Compost Hub will be managed by Sarah Boltwala-Mesina, executive director of Inika Small Earth Inc. and project director for their Food2Soil program. Over 10 to 12 weeks, at temperatures of 120 to 160 degrees, small batches of humus-rich compost will ripen for use. Inika Small Earth is dedicated to building a network that teaches how to grow food, live healthy lives, share resources and build community.

For both Suha and Jay, the garden and the new compost hub are very much about community and sustainability as well as healthy local food. Suha is a steering committee member of Sustainable Scripps Ranch (SSR), and several years ago she started a monthly SSR Garden Share. Friends,



neighbors, newcomers and others show up to check it out or share whatever they have – snacks, books, tools, clothes, plants, food and ideas in addition to garden produce – and take home a share of others' abundance.

In addition, there are always lively discussions and time to meet and connect with neighbors old and new. You are welcome to join us at any time. No dues, signups or gardening experience are required. The next Garden Share is scheduled for Tuesday, April 30. Contact Suha at sustainableSR@scrippsranchnews.com for more details about either the Compost Hub or the Garden Shares. You can also sign up for the Compost Hub at www.dropoff.food2soil.net.

### Time of Use electricity billing comes to Scripps Ranch

Scripps Ranch residents are signing up for Time of Use (TOU) now! Most of us must register our choices before the end of May or June. To help make the transition easier, we have a talk on Thursday, April 25 from 1:30 to 2:30 p.m. at our

Scripps Ranch Library. You can also attend a Question and Answer session at the Scripps Ranch Community Center, 11885 Cypress Canyon Road, tentatively scheduled for Wednesday, June 12 from 6 to 7:30 pm. Learn more at <https://www.sdge.com/whenmatters>.

### Preparing for wildfires

If Wildfire issues matter to you, come hear a presentation on Friday, May 10 from 10 to 11:30 a.m. at the Scripps Ranch Library. It will be presented by SDG&E and the Scripps Ranch Fire Safe Council. It's never too early to think about being prepared.

### Want to know more?

More information and updates will be posted on our webpage, [scrippsranch.org/ssr](http://scrippsranch.org/ssr).

Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. If you would like to receive our monthly email, you can sign up online at [scrippsranch.org](http://scrippsranch.org) under "Get Connected." Send us your thoughts about topics and ideas for creating a more sustainable world. Even better, join our committee!

# Protecting taxpayers from meritless lawsuits

By Mara W. Elliott

San Diego City Attorney

As your City Attorney, one of my most important responsibilities is safeguarding taxpayer dollars that can be used to protect the things that matter most to us: our safety, streets, libraries and parks, to name a few.

Our city is frequently sued, and our litigators' courtroom expertise saves you millions every year. When the City bears some responsibility, we will settle a lawsuit on its merits and for an appropriate sum. When a case has no merit, we're eager to go to trial. Our Civil Litigation Division prides itself in winning cases outright or, alternatively, turning million-dollar claims into lunch-money verdicts.

Two incidents provide good examples. Both were tragedies, and heart-breaking to be sure, but not the taxpayer's responsibility.

One lawsuit began when a Scripps Ranch woman, driv-

ing while extremely high on marijuana, drove over a median barrier and into oncoming traffic. The other began when a Navy man, impaired by alcohol and texting, sped across the Coronado Bridge in his truck, lost control, and flew off the bridge and into Chicano Park below.



Mara W. Elliott

Both drivers were charged with felonies by the District Attorney's Office.

The first was convicted of gross vehicular manslaughter, the second of vehicular manslaughter while intoxicated and driving under the influence.

Yet before those criminal cases were heard, my office defended the City of San Diego from lawsuits alleging that the City had caused the accidents – and you, the taxpayer, should pay for them.

In the Scripps Ranch case, an injured motorist blamed the road design, not the driver who crossed a raised median, a still-warm marijuana pipe at her side.

Though no formal settlement demand was made, the attorney boasted that his case was worth as much as \$70 million.

In the Coronado Bridge incident, eight individuals filed four different lawsuits seeking millions of dollars in damages caused by the falling truck. They claimed the City should have posted signs to warn them of the danger of falling vehicles, and placed barriers in the park anywhere a falling vehicle could land.

The good news for taxpayers: The Scripps Ranch lawsuit, and one of the Coronado Bridge lawsuits, were thrown out by a judge before trial. We are confident we will get the remaining lawsuits dismissed, too. These pre-trial dismissals were hard-fought victories for the high-performing deputy city attorneys who defend the City.

A third recent victory followed the discovery that a plaintiff invented the story of how he injured himself. He alleged he was riding his motorcycle on Black Mountain Road in Mira Mesa when he

hit a center median strip, was thrown from his motorcycle and broke his clavicle. Blaming his injuries on a poorly lighted median, he sued taxpayers for \$400,000 to pay medical bills, reimburse lost income and repair his motorcycle. When my office investigated, however, we discovered that he gave a different story to the Emergency Room medical staff. He never mentioned a motorcycle or a median, instead stating that he had been hurt when he fell down a flight of stairs. Confronted with this evidence, his lawyer withdrew the lawsuit.

These are just three examples of the many lawsuits my office stopped in their tracks, saving taxpayers tens of millions of dollars. I firmly believe that our attorneys are the most cost-effective employees anywhere. They protect the City pocketbook so your tax dollars can go to public safety, neighborhood services and the community improvements that make San Diego a safe and beautiful place to live.



# SRHS boys lacrosse in transitional year

By Noah Perkins

**S**cripps Ranch High School boys lacrosse coach Anderson Caldwell is preaching patience and development to his team.

“It’s not going to happen overnight,” Caldwell said. “We’re continuing to lay the bricks and the foundation for sustaining a positive and successful program.”

Not the easiest lessons to heed for a team coming off back-to-back appearances in the Division I CIF San Diego Section Championship game; but perhaps necessary lessons for a team chock-full of new faces, with a first-year head coach.

“We lost a lot of seniors last year and are now going from a team of senior leadership to a lot of younger guys taking the key roles on both sides of the ball,” Caldwell said.

Caldwell, 29, is an ideal voice for the slow grind of development. A native of Fairfax Station, Va., he earned a spot as a walk-on attacker at the Virginia Military Institute his freshmen year. After making only sporadic appearances on the field, he played in 10 games his senior year, starting four.

Prior to Scripps Ranch High School, Caldwell worked as an assistant coach at Westfield High School in Virginia and at the La Jolla Country Day School.

Leading a young team as a young coach, Caldwell was quick to point out that it’s not only the players who are impacted by growing pains.

“There’s a large learning curve, not only for the kids but for myself as well,” Caldwell said. “We are in the beginning phase of it. Success will come with hard work from the kids and the coaching staff.”

After opening the season March 5 with a loss to Carlsbad, the Falcons dropped their next two games to Del Norte and The Loomis Chaffee School, before rattling off their first victory of the season: a 20-1 win over Mission Hills.

“You tackle the elephant by taking small chunks,” Caldwell said.

With a record with one victory and a tough stretch of games coming up against La Jolla and Coronado, Caldwell wants to keep things simple for his players.

“Lacrosse is very technical; Lacrosse I.Q. is built over the years as any sport is,” Caldwell said. “Transi-



Garrett Hall looks to pass while being checked by a Valley Center defender during a game on April 5. (photo by Ralph LoVuolo)

tioning from a senior base group to a younger group, you have to start back at square one and develop the basic fundamentals from the offensive and defensive side of the ball.”

Caldwell has leaned on seniors Eithan Taylor (offense), Zach Stewart (defense) and Jared Shulin (defense) as mentors to the younger players on the team.

“From a senior leadership perspective, I’m happy with how they’ve taken on the younger players,” Caldwell said. “They’ve helped out a

lot by teaching the nuances of the game – that leadership is one of the things I’m most proud of (this season).”

With the regular season ending May 3 against St. Augustine, and the playoffs quickly approaching, Caldwell is optimistic about the direction of the program.

“What I want to see is getting rid of bad habits and developing new techniques – and hopefully that transcends into more wins and a positive playoff outcome,” he said. “We are going to continue to work the basics and fundamentals.”



**SPORTS**

Mason Bowen surveys the field intensely during early season action. (photo by Ralph LoVuolo)

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Scripps Ranch High School swimmer Ty Konold makes waves as he competes in the annual Ironman Relays on April 6, hosted by Escondido High School and held at La Jolla High.



A young player scans the field during April 6 Scripps Ranch Lacrosse Association action at the Marshall Middle School field.



A Scripps Ranch youngster shows determination as she defends against an opponent on April 6.



This Scripps Ranch Lacrosse Association player demonstrates excellent form as she sticks with her opponent.



A Scripps Ranch Lacrosse Association player takes a wide stance while executing a big shot on goal.



Jolie Riedell of Scripps Ranch High races past a La Jolla High defender during a rare double-OT loss for the Lady Falcons on April 10.



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# SRHS track and field bonds as a team

By Nicholas Cassol

The Scripps Ranch High School track team, led by head coach Michel Sproles and distance coach Chuck Warren, is gearing up for one of its best seasons yet. Supported by a large group of talented athletes, ranging from runners to sprinters to throwers, the team works hard both on and off the track, striving to achieve their goals both individually and as a team.

“Every season our main goal is to try and make track and field a positive experience for every athlete,” Warren said. “Each year we push for significant individual improvement.”

Some of this improvement was seen by Megan Hill, a distance runner who, along with other top athletes on the team, qualified for the Arcadia Invitational, one of the most competitive track invites in the country. It was there that she ran 11:02 in the 3200, missing the school record by a mere second. Although “qualifying for Arcadia and running sub-11:15 in the 3200,” were always goals for her, she sees “going to the meets, cheering friends on and being a part of the track community” as among the most rewarding aspects of being on the team.

Julia Morales, who competes on the sprints team, agrees that the best part of being on sprints is the “small group,” where “everyone is super close.”

“Practices are hard, but we encourage each other along the way,” she said.

Morales, whose sprint medley relay team competed at the Texas relays and is ranked second in the country, said her success can be attributed to these hard practices.

“Even if the workout kills us on the track, it will pay off later,” Morales said.

For Joshua Boamah, who competes on the throws team, practicing persistently is integral to the success of the team.

“Both shot put and discus require a lot of work and practice time. Strength is the foundation of what we do, but it is technique that gets you far,” Boamah said.

This year, the throws team saw five newcomers, who, despite having “very different throwing styles,” have, according to Boamah, “performed very well, with lots of new personal records.”

“It’s fun to be running with talented people, as they push you to work harder,” said Giovanna da Silva,



The 2019 Scripps Ranch High School girls track team (photo by Elyssa Pampo)



The 2019 Scripps Ranch High School boys track team (photo by Elyssa Pampo)

a distance runner who is enthusiastic about the goals for the distance team.

“The girls are capable of winning CIFs,” she said.

In terms of personal ambitions, she hopes to claim the school record in the 3200. Goals aside, though, da Silva said, “It is very fun being on the track team, running by the stands as people cheer you on during races.”

This is a sentiment shared by Ryan Connors, who also

competes on the distance team. He said there is “nothing better in the last 100 meters of your race than having everyone lined up beside the track, cheering you toward the finish line.”

As for aspiring athletes, Coach Sproles has this to offer: “Athletes should consider track and field because there is so much to gain from this sport. It provides structure, discipline, a hard work ethic and a team environment.”

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— J. Ramos

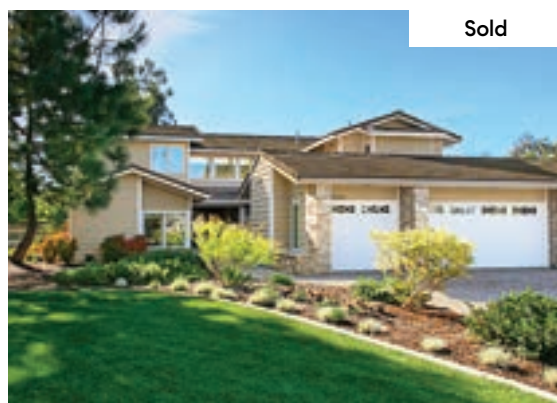
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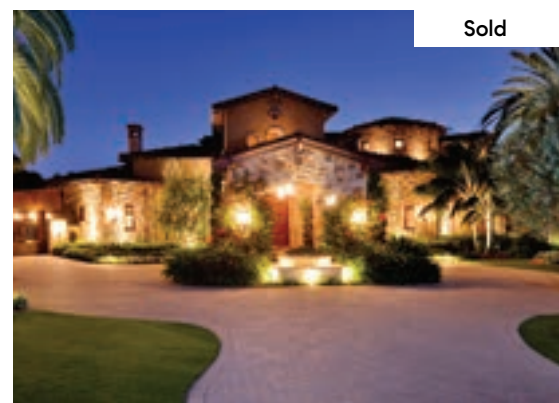
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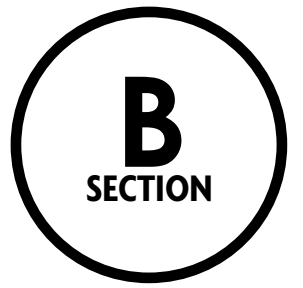
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**PETS**  
The story of  
Lucky Bird  
PAGE B8

# SCRIPPS RANCH LIFE



Volume 1 Issue 11 • April 2019

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## TRIUMPHANT MOMS!



**FOSTER MOTHER**  
Scripps Ranch mom is 'huge asset' to community:  
*Foster mother Michelle Jackson Cooper said Scripps Ranch is an ideal place to raise children.*  
PAGE B3



**ACTIVE HOUSEHOLD**  
Mom finds renewed strength following challenging year:  
*Scripps Ranch mother Adria Shaw entered a period characterized by significant change for her family.*  
PAGE B4

# MOTHER'S DAY 2019



## Louie The Goose RETURNS HOME

*Louie the Goose, a favorite at Lake Miramar, spent a few days at the San Diego Humane Society Escondido campus recovering from an illness, but he's back at the lake now. (photo by Mindy Dreisewerd)*

### *This goose is glad to be back*

By Anna Ruth Ramos

**T**hose who have frequented Lake Miramar might have seen or heard of Louie the Goose.

While classified as a goose, to locals, he's been dubbed the therapy goose.

Beloved by many in the community, Louie has made headlines locally about his comforting impact on people, which earned him his moniker. With stories of how Louie has helped others just by being around them, recently, Louie was the one in need of help because he had been sick with an upper respiratory illness.

That's where Mindy Dreisewerd came in. She created a GoFundMe page for Louie the Goose. She's raising the money for those who helped

with his recovery. Dreisewerd explained that Louie greatly helped her cope with severe depression over the years and now she's giving back by helping him get healthy again.

Now, Louie is doing better, according to Dariel Walker, communications specialist at the San Diego Humane Society.

Walker said Louie was brought in by humane officers after people observed that he sounded like he was coughing.

"He was brought in to our Escondido campus and treated for an upper respiratory infection," Walker said. "After receiving treatment, our humane officers actually released him back to Lake Miramar."

He was at the Escondido campus for nine days where



*Louie enjoys his surroundings at Miramar Lake. (photo by Kelly Allison)*

he was treated with antibiotics.

He came in March 25 and was released on April 3.

Another local woman who's grown fond of Louie is Kelly Allison. She went to see Louie at Lake Miramar the day after he got back.

See **LOUIE THE GOOSE**, Page B7

### WHAT TO SEE



*Flower Fields by Erin Hanson*

#### Gallery honors Mothers

The Erin Hanson Gallery presents The Floral Show, an exhibition of floral paintings by Scripps Ranch artist Erin Hanson.

**The Floral Show reception:** May 11, 5-9 p.m. Music and treats.

**Mother's Day Social:** May 12, 10 a.m.-4 p.m. Mothers are invited to celebrate with champagne, strawberries, cake.

ERIN HANSON GALLERY  
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### WHAT TO DO



#### Superheroes Day

Wear your favorite superhero costume for a discount and meet Captain America at Rita's to celebrate National Superhero Day. Enter a drawing for a family 4-pack to the movies (with purchase).

#### National Superhero Day

Rita's Italian Ice & Frozen Custard of Scripps Ranch  
April 28, 1-3 p.m.

10585 Scripps Poway Parkway  
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### WHAT TO ATTEND



#### 'The Lion King Jr.'

Scripps Theatre Arts presents "The Lion King Jr." Join 47 local performers who transport you to the African savannah as they journey from Pride Rock to the jungle and back again.

#### 'The Lion King Jr.'

Performances May 17-19

Marshall Middle School Theater

Scripps Theatre Arts on Facebook: Bit.ly/2HjdtRO





ADVERTORIAL

## Dr Tess Mauricio: Mother's Day Q&A!

### We all know that you are super busy, as a successful dermatologist, how does your day start?

When I open my eyes in the morning, if my husband is next to me, I hug him and we stay in bed longer to chat and wake up together. I love this time of the day. Then I pick up my cell phone and check email, messages and Facebook! My husband usually brings me tea while I'm still in bed working on my phone, then we cook breakfast with our kids before they go to school and I get ready for my usually hectic day.

### With your hectic schedules, activities, TV shows, etc., how do you juggle all the schedules and maintain balance within your family as a loving wife, and a nurturing and caring mother?

I believe that balance in life is key and it can be challenging to achieve if you don't make it a priority. First, I take care of myself no matter how busy I get, I make sure I am healthy physically, mentally and emotionally. I try to eat healthy, get regular massages, and I exercise.

I need to make sure I have lots of energy and strength to do everything I want to do. And I get an extra boost when I look like what I see when I look in the mirror so of course, I make sure I make time for my skin and body treatments to keep me looking and feeling my best.

I also get a lot of help from my husband, parents, family and staff. I think when we fool ourselves into thinking we can do everything on our own and by ourselves, that is when we feel overwhelmed, bitter, exhausted and unhappy. This means that we have to make time to be with the people we love and give them the appreciation, love and gratitude they deserve no matter how busy we are. Preserving personal relationships is the key to achieving life balance and happiness.

### Where do you draw your strength from?

I pray constantly and I really focus on being grateful. Sometimes it is not easy and there are also many frustrating, exhausting moments and situations, but I try to not dwell on the negatives be-

cause that is just draining. I avoid unhappy and negative people and situations as much as possible.

I prioritize having a good relationship with my husband, children and family. I think there is nothing more emotionally and physically exhausting than dealing with family and relationship issues. But when you have your family behind you, life is happy and the challenges you face everyday are more manageable. My family's unconditional love and support powers me and makes me braver to take on new challenges!

### What inspires you most?

I am inspired when I know I helped make a difference in the lives of others. I really love making people happy! I love making peoples' wishes come true! I teach my kids to "Be a blessing to someone everyday" and I live by this mantra!

Knowing someone will be made happier and live life better by what I am doing only pushes me to work harder!

### What tips can you spare to busy career women like yourself?

Do not feel guilty about taking care of yourself. When you are at your best, you are happier and you will perform better at all your roles in life, as a wife, mother, daughter, sister, friend, boss, etc. and you will enjoy life more!

When we take care of ourselves physically, emotionally, spiritually we give our children and those around us a great role model for how they should value themselves. I think this is very important. As a mother, I want to show my children by the way I live that they should be kind to themselves, that they should love themselves and that they deserve to be loved, go for their dreams and ultimately be happy.

When new challenges arise, instead of asking "Why?" ask "Why not?" Life is an adventure. Don't be afraid to try and you may just surprise yourself! Life is short. Always think about living life to the fullest and always do and be your very best everyday and you won't have regrets!

# What is Hot in Anti-Aging?

ADVERTORIAL

By Judith A. Habert

**D**r. Tess Mauricio, Founder of M Beauty Clinics in San Diego and Beverly Hills is a pioneer of a new field in medicine and anti-aging called "Regenerative Aesthetics" where Doctors can utilize patient's own growth factors from patient's platelet-rich plasma, patient's own stem cells from fat cells in combination with widely used methods like skin resurfacing and microneedling to activate our own natural regenerative processes and ability to heal and repair.

Dr. Tess along with her colleagues, pioneered ALMI fat and stem cell transfer Procedure for the face and the use of fat-derived stem cells for hair growth. "Regenerative Aesthetics" is the new field in medicine using growth factors, Stem cells to activate our own natural regenerative processes.

ALMI (the acronym for Autologous Lipocyte Micronized Injection) Procedure is a biocellular therapy performed by harvesting fat under local anesthesia and then processing the fat into micronized ALMI fat. ALMI fat is rich in stem cells along with other regenerative cells that are used for anti-aging and regeneration. The process also includes the use of the patient's Platelet Rich Plasma (PRP) from the patient's blood for growth factors. The procedure addresses volume loss, wrinkles, skin texture, skin tone, hair loss (ALMI HAIR), sexual health and vaginal rejuvenation (ALMI FEM SHOT, vConfidence, and vTime-Machine).

ALMI was the #1 Plastic Surgery trend of 2017 by Real Self.com and has been featured on The Doctors, ALMI was also recently featured in the Hollywood Reporter in an Anti-aging feature. ALMI's popularity is growing with over 200

ALMI Procedure providers across the US.

Dr. Tess routinely combines the ALMI Procedure with her signature anti-aging Time Machine Procedure skin rejuvenation treatment. The Time Machine Procedure combines energy based skin resurfacing, microneedling, growth factors from PRP and with ALMI, stem cells from fat can be added to the mix for shorter downtime and improved anti-aging results from one single visit.

Antiaging can also come from within. Nutrition is key to our health and wellness but today's modern lifestyle and diet make it virtually impossible to supply our bodies with the biochemical building blocks and nutrients that it needs to function optimally. More and more people are turning to nutritional supplements whether in the form of special shakes, juices, or pills.

One of the newest nutritional supplements, Lively, specializes in our brain function by improving restorative sleep with Lively Sleep Peacefulli, optimizing mental performance with Lively Focus Clearli and brain restoration and repair with Lively Restore Dayli. Created by Stanford educated power couple, anesthesiologist and Dr. Tess' husband, Dr. James Lee, after Dr. Lee recovered from a brain tumor.

Stem cell anti-aging can also come from within. Stem cells harvested from a patient's fat can be processed and given back to the patient intravenously and via local injections to treat chronic, degenerative conditions that are usually associated with aging like osteoarthritis of the knees. Regeneris Medical is a network of providers that offer these cutting edge, safe and highly effective procedures. Dr. Tess and Dr. James have established Regeneris Medical San Diego

and Beverly Hills to continue to offer these life-changing procedures within the provider network.

Anti-aging intravenous treatments with antioxidants and vitamins are also becoming more popular. Dr. Tess offers IV Glutathione and Vitamin C antioxidant treatments at her M Beauty by Dr. Tess clinics. Not only is this easy and almost painless IV treatment helpful in slowing down the aging process and boost the immune system from within but patients appreciate the improvement in their skin tone, quality and glow.

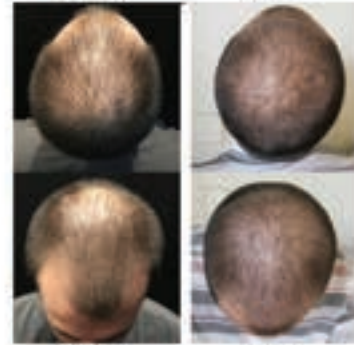
For more info or to schedule a consultation please call (858) 689-4990 / [www.mbeautyclinic.com](http://www.mbeautyclinic.com).



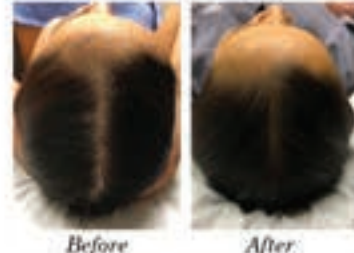
Before After



Before After



Before After



Before After

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# Scripps Ranch mom has encouraging words

By Hoyt Smith

A Scripps Ranch mother of five with children through pregnancy, adoption and foster parenting has words of encouragement for all moms this Mother's Day – and praise for the community in which she lives.

Michelle Jackson Cooper and her husband, Michael, raised three boys and a daughter locally before adopting an additional daughter eight years ago. Then, about a year ago, the Coopers decided to take in a foster child as well. After a 10-month wait, they recently brought an infant girl into their home.

"My husband and I both thought about doing this for a long time," Cooper said. "When we were going through the adoption process, it opened our eyes to the incredible need for foster parents. We realized there were a lot of foster children out there and not enough people stepping up to help."

So, the Cooper family decided to take "a leap of faith" and care for a baby in dia-

pers.

"It felt like the right thing to do, for our family, our children and for kids in general," Cooper said.

As friends and neighbors will attest, the Cooper's commitment to children extends far beyond their four-bedroom townhome in the Meadowbrook community off Cypress Canyon Road.

In addition to caring for five children, Michelle Jackson Cooper is a youth leader at Canyon Springs Church in Scripps Ranch, a volunteer in the children's unit at Sharp Mesa Vista Hospital in Kearny Mesa and a volunteer at Ellen Browning Scripps Elementary School, "teaching character education lessons about things like honesty, integrity and perseverance."

"Michelle is an incredible woman," said Chad Richards, youth director at Canyon Springs Church in Scripps Ranch. "It's not like she's setting aside her other responsibilities to be a foster mother. She still maintains her commitments here at church, at school and at Mesa Vista Hospital. She's a huge asset to us, them and



Foster mother Michelle Jackson Cooper said Scripps Ranch is an ideal place to raise children. (photo by Hoyt Smith)

the entire Scripps Ranch community."

Explaining her drive, Cooper said she comes from a large and "complicated family, one that was broken many times. There were many divorces."

Her experience growing up, coupled with her current responsibilities, makes her empathetic to the stress and demands of marriage and family life, and the many burdens that mothers carry every day.

"There is so much pressure on moms to be everywhere and do everything," Cooper

said. "Many work full-time, but each one wants to be an excellent parent, home keeper and volunteer. A lot of expectations are put on us and we put a lot on ourselves. It can seem overwhelming at times."

Her advice to mothers on Mother's Day: "Be vulnerable, be real and don't try to be perfect. Do the best you can and don't worry about having all your t's crossed and i's dotted. Just make sure you have your village, your neighbors and people who are there to support you. And don't be so hard on

yourself."

Cooper also appreciates being a resident of Scripps Ranch, describing it is an ideal place to raise five children.

"It has the close-knit feel of a small country town. Our neighbors, our schools, our church are all great, and the support we've received from this community has been incredible," she said.

There are more than 1,300 children in foster care in San Diego County, according to San Diego Youth Services. Children are most often placed in foster care because of neglect and physical abuse.

Foster parents like Cooper are "real life super heroes," according to Jamie Thomas, director of services for San Diego Youth Services.

"They provide a safety net for the most vulnerable in our community," he said. "But they're hard people to find. We don't have nearly enough volunteers to meet our needs."

May is National Foster Care Month. Those interested in becoming foster parents may call (877) 792-KIDS or visit [sandiegofosterkids.com](http://sandiegofosterkids.com)



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# Mom finds renewed strength following challenging year

By Cynthia Kurose

With three teenage boys, a husband and a male dog in her family, Adria Shaw has spent most of her adult life surrounded by males in her own household. In late December 2017, however, the birth of her baby girl marked the beginning of what would be a year characterized by significant change for the family.

“I’ve always been very involved in my boys’ sports lives, and I don’t like pink,” Shaw said, regarding the birth of her baby girl. “But it has definitely changed the family for the better. The boys have become more caring and compassionate. I have a better appreciation for my entire family and I pay more attention to the little things now.”

There is certainly no shortage of little things for Shaw to pay attention to in her very busy household. With an active toddler, three teens with demanding academic and athletic schedules, and both parents holding full-time jobs, she relies on writing things

down in order to keep everything straight.

“I carry multiple lists to keep track of what needs to be done by when, and who needs to be where and when,” she said.

With one child requiring pick up and drop off at daycare and her three boys attending two different schools, Shaw said that she relies not only on her husband, but on other Scripps Ranch families to share the responsibility of carpools to ensure everyone gets to where they need to be.

“It truly takes a village,” she said. “We have lots of friends who offer support and we always try to pay it back.”

The village of support that the Shaws have established in the community proved instrumental in 2018 when the family experienced its share of challenges, both physically and emotionally. Just four months after giving birth to daughter Kaiya, Shaw underwent knee surgery to repair a torn anterior cruciate ligament. Unable to drive, she found herself totally dependent on family and friends to transport her

children to their school and sports commitments.

In October 2018, Shaw’s middle son, Jalen, who plays freshman football for Scripps Ranch High School (SRHS), fractured his clavicle during a game. A mere 24 hours later, eldest son Mekhi suffered the same injury in a SRHS varsity football game, which would require surgery five days later. Just one week following Mekhi’s surgery, their family dog of eight years succumbed to a heart tumor he had been diagnosed with five months earlier. Rounding out the year, Jalen, this time while playing basketball, suffered another sports injury – a broken tibia, which would require surgery a week later.

While the physical injuries and recovery process required logistical adjustment, Shaw explained that the emotional challenges that accompanied the hardships were even more difficult to deal with.

“It’s hard as a mom. You feel so much responsibility for everyone around you,” she said. “I get very overwhelmed, but I don’t let peo-



Adria Shaw looks forward to enjoying a worry-free Mother’s Day with her family this year. Pictured are (from left) Amare, Jalen, Mike, Kaiya, Adria and Mekhi Shaw. (photo courtesy of Adria Shaw)

ple know that. I don’t want it to affect the family dynamic.”

She also described the role

her sons’ friends played in helping to keep their spirits up when they were injured – and expressed gratitude for those relationships.

In caring for her own well-being, Shaw admitted that she must remember to take time out for herself. She finds solace in spending time with a small, close-knit group of girlfriends comprised primarily of mothers she has met over the years through her sons’ sports activities.

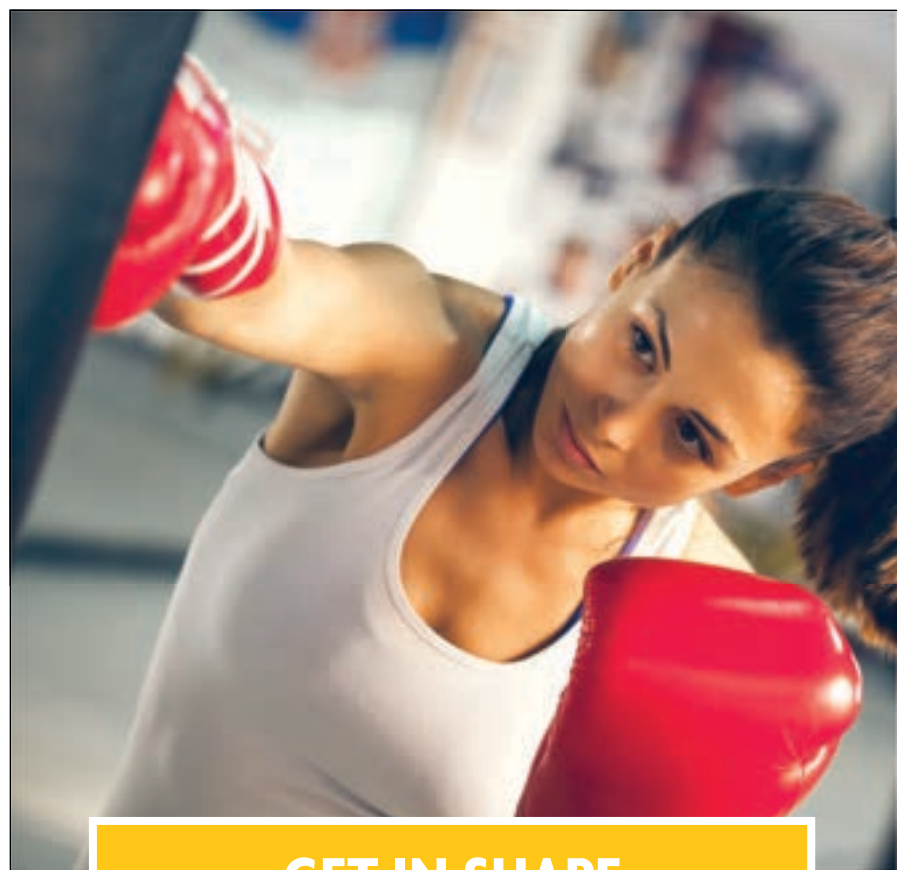
As 2018 drew to a close, Shaw decided to take her self-care a bit further when she joined a 60-day fitness challenge.

“In January, I made a commitment to myself to be a better person for my family,” she said.

Upon completion of the challenge, which she managed while simultaneously juggling all of her regular family commitments, Shaw conceded that her physical results were somewhat average, but she was proud to have accomplished her primary goal: to be a better example to her children and “hit reset” for herself mentally and emotionally.

“I’m not perfect; nobody is,” said Shaw. “You always need to take care of yourself first.”

This Mother’s Day, Shaw hopes to enjoy a simple, worry-free day relaxing and enjoying the company of her family and closest friends.



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# The Welcome Club is enjoying a busy spring

By Denise Stewart

April and May are busy months for Scripps Ranch Welcome Club members who are involved in a wide variety of activities. Special club events are taking place both in the community and around the city.

On the “ranch” there are the usual card games, craft-making, bunco, book clubs, trail walking, Coffee Klatches and Birthday Babe celebrations.

The monthly club meeting on April 8 featured a talk by the publishers of this newspaper, John Gregory and his wife Jacqueline – who does the graphic design for the paper. John shared his experiences in journalism starting back in junior high, later in college and professionally with newspapers throughout San Diego and the San Diego Union Tribune, up to his present role with this community’s monthly publication. He also shared an experienced point of view on ethics in journalism during his exchange with

the audience.

As April’s off-the-ranch adventure, the Gadabouts group took a tour of the home of the Padres at Petco Park in downtown’s East Village. They got to see not only the playing field and public areas of the stadium, but they also got a look behind the scenes at the dugouts and other facilities that support the team and the fans. The group enjoyed lunch afterwards at a nearby restaurant while they experienced the vibe of downtown San Diego.

April’s Coffee will be held at the home of Co-President Dorothy Mildice. Her cohorts, JoAnn Farmen, Norma Brownwell and Kathy Binks will assist with the preparations for the regular monthly event. As always, it will bring together club members to relax, chat and enjoy the company of their circle of friends.

Next month, on May 15, the Welcome Club ladies will don their favorite bonnets, raise their pinkies high, and take tea together at the Victorian Tea Room



Jacqueline and John Gregory shared highlights of their journalism experiences with the Welcome Club at the April meeting. (courtesy photo)

of the Metropolitan Hotel in Old Town San Diego. The cups of tea will be accompanied by trays of delectable traditional tea sandwiches and treats. The event and reservations are being coordinated by Denise Stewart, coffee chair.

At May’s regular members’ meeting at the Community Center on Monday,

May 13, the slate of new officers will be installed. A celebration of members’ special contributions to the club’s history and vitality will take place during that evening.

Gadabouts Chair Pam Savelsberg leads the Welcome Club monthly on an outing to an enjoyable place. A trip to the Lawrence Welk Theater to share lunch and “Menopause the Musical” is slated for early June.

In addition to all the fun they have together each month, Welcome Club members provide financial support for community activities. Recently, the club donated to the Symphony in the Park, the Scripps Ranch Community Center, The Scripps Ranch Theatre and the Scripps Ranch Library. During the winter holiday season, the women traditionally contribute to the Armed Services YMCA efforts.

While the Welcome Club dates back to the 1980s, new members are joining monthly and taking advantage of the friendship and

fun this local group offers. Membership is growing as word gets around about the Welcome Club.

Ladies wanting more information about the Welcome Club and its activities may check the website [scrippsranchnwelcomeclub.com](http://scrippsranchnwelcomeclub.com). There, you will find contacts who will make you feel welcome.



Scripps-Mesa Garden Club toured Bob Gale’s lavish garden for its April meeting. (courtesy photo)

## Tours and talks grow gardeners’ skills

By Denise Stewart

Scripps-Mesa Garden Club toured the lush garden of its President Bob Gale during its April 23 meeting. Bob is a Master Gardener, and with expertise and continuous care, he has turned his yard into a lavish display of exotic colors, forms and scents from all over the world.

Most months, the club meets at the Scripps Ranch Library Community Room at 6 in the evening. Meetings include plant shares, garden-related speakers and programs to improve the knowledge and skills of local gardeners.

In May, the gardeners will tour another local garden to take in the knowledge, creativity and skill of another plant lover.

Back at the library in June, a speaker will demonstrate how any gardener can evaluate his yard’s soil to determine its composition, fertility, and pH balance while using tools and materials commonly available in garages and kitchens. The speaker will show ways to save money, time and energy by defining what needs to be done to make a garden more productive.

Local gardeners interested in learning more about the Scripps-Mesa Garden Club may contact the president at [rgale1943@gmail.com](mailto:rgale1943@gmail.com).

ADVERTORIAL

# A Sustainable Water Supply for San Diego

By Sean Karafin

Water Reliability Coalition  
Co-Chair and Vice President  
of Public Policy for the San  
Diego Regional Chamber of  
Commerce

With recent rainfall, San Diegans may forget we lived through the most severe drought in California’s history – while we had a wet winter it’s not if we will experience another drought again, but when. This makes San Diego’s need for a sustainable water supply critical. Currently only a small amount of our water is supplied locally, but the Pure Water San Diego program (Pure Water) will provide a local and sustainable supply that will meet one-third of our water demand by 2035.

San Diego currently imports about 85% of water from the Colorado River and Northern California Bay Delta. However, weather, climate and resource demands, have made imported water less reliable. Pure Water will create a drought-proof supply: it uses proven technology to clean recycled water to produce safe,



The Pure Water Program will provide a sustainable water supply for San Diego for generations to come.

high-quality water. More than 50,000 laboratory tests have shown that the purified water meets or exceeds all federal and state drinking water standards. Pure Water ensures we have water to support our economy and communities, while reducing the amount of water discharged into the ocean at the Point Loma Wastewater Treatment Plant. Pure Water also produces renewable energy, which supports the City’s Climate Action Plan goals.

Pure Water will use the

same types of proven technologies as Orange County’s Groundwater Replenishment System, which started producing 70 million gallons of purified water per day in 2008 and will expand to 130 million gallons per day from its current 100. San Diego is a leader in water reuse and now is the time to secure a reliable, local supply. After more than a decade of planning, environmental review and design, construction is scheduled to start this year on Pure Water’s Phase 1 projects, including the ex-

pansion of the North City Water Reclamation Plant, construction of pipelines and pump stations, and a full-scale North City Pure Water Facility, which will produce 30 million gallons a day of purified water in 2023.

On April 22 we celebrated Earth Day, and in the spirit of championing environmental protection, we are proud to support a sustainable program like Pure Water. More information can be found at [www.purewatersd.org](http://www.purewatersd.org).

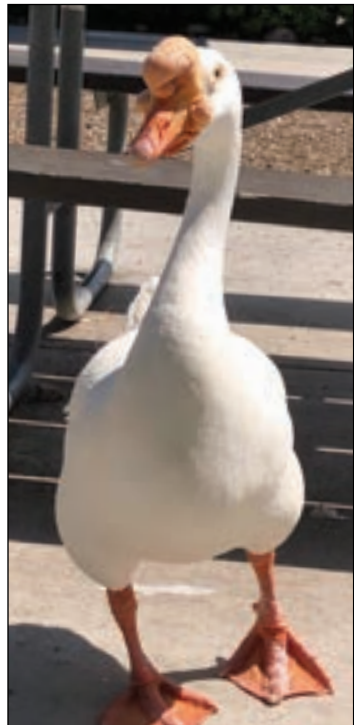


# Lake Miramar has rentals for springtime fun

By Daniela Alvarez

Lake Miramar has long been a staple of scenery and recreation for San Diegans. With the warmer weather approaching, locals can enjoy the amenities offered by a company providing rentals such as kayaks, bikes and boats to make the most of the spring and summer.

Rocky Mountain Recreation Center, which manages recreation services throughout California and Colorado, was awarded a 20-year contract with the City of San Diego to operate the concessions and rental business not only at Lake Miramar, but also at six other lakes throughout San Diego.



Louie the Goose seems happy to be home at Miramar Lake following his release after treatment for an upper respiratory illness. (courtesy of San Diego Humane Society)

## LOUIE THE GOOSE

Continued from Page B1

Allison has known Louie for several years as she used to frequent the lake a lot for walks. She assures that if there's anyone who knows Louie best, it's Mindy Dreiserwerd because of her personal story with him.

She said people were heartbroken from missing Louie during the days when he was gone because he has been at the lake for numerous years.

"He's a staple of the lake," Allison said. "I'm so glad he's back because it was my birthday this week and he was gone, and it just broke my heart. That's why I reached out ... to see if anybody saw him because I'm thinking 'Where did he go?' Luckily, he came back."

Visit the GoFundMe page at [bit.ly/2VRObxC](http://bit.ly/2VRObxC).

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Deposit	.....	\$30
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Full Day	.....	\$30

### Pedal Boats

Deposit	.....	\$30
RATE PER HOUR		
Small	.....	\$15
Large	.....	\$25

### Kayaks

DEPOSIT		
Single	.....	\$24
Double	.....	\$30
FIRST HOUR		
Single	.....	\$12
Double	.....	\$15

### EACH ADDITIONAL HOUR

Single	.....	\$ 8
Double	.....	\$10

### Bikes

RATE PER HOUR		
Single Adult Bike	.....	\$10
Single Child Bike	.....	\$6
Rentals include helmet		



Rocky Mountain Recreation Center provides rentals at Lake Miramar including row boats, motor boats, pedal boats, kayaks and beach cruiser-style bicycles. (courtesy photo)

In addition to being regional manager for Rocky Mountain Recreation, Jeff DeMeester also teaches a class on boat safety once a week. DeMeester is familiar with the area and knows how much locals enjoy Lake Miramar.

"I'm actually surprised there isn't a club for paddle boarding," DeMeester

said. "We'd definitely love to see more people come in the early mornings to miss the hustle and bustle of afternoon crowds. They could really enjoy the morning silence and glassy water."

Eventually, DeMeester would like to implement summer camp-type programs with the use of these rentals.

"We hope to find community support soon," DeMeester said. "We work with non-profits so it's a possibility to fund these programs."

Visitors can enjoy several types of rented equipment, such as row boats, motor boats, deluxe pedal boats, kayaks, beach cruiser-style bicycles, and bait and tackle

for fishing. While weekends are the busiest at the lake, visitors can still enjoy a vast space for picnicking, running and more.

The concession stand is located next to the restrooms. To learn more about Lake Miramar and Rocky Mountain Recreation Center, visit [bit.ly/2KBcPRU](http://bit.ly/2KBcPRU).

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# Birds of a feather: Lucky Bird finds a home

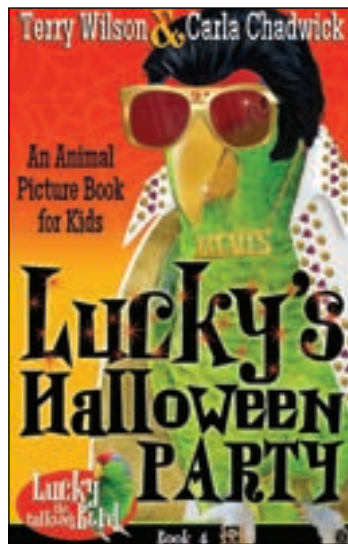
By Terry L. Wilson

The beginning of this story occurred 11 years ago when my girlfriend, Kathy, rescued a one-week-old injured Amazon parrot. He was lying helpless in the street in front of my Ocean Beach apartment. Kathy scooped him up, saving him from a speeding car and a nearby cat that was eyeing him up as an afternoon snack.

You must understand, I was not a bird person. I've always been a dog and cat guy. With tears in her eyes, Kathy handed me what looked like a clump of feathers with a tiny beak and a foot encased in a large ball of tar.

I had no idea what to do, but it was obvious that tar had to be removed. So, I took the baby Amazon parrot into the bathroom and laid out my surgical tools that consisted of a pair of Kathy's eyelash tweezers, my nose-hair scissors and a pair of fingernail clippers. I was now ready to operate.

I carefully clipped, snipped and filed away until his tiny foot was free of the tar that had rendered him flightless.



Throughout the operation he just looked at me through eyes that could barely open. To this day I often wondered what he was thinking.

It was getting late, so I told him he could stay one night while I tried to figure out what to do with him. I went to the bird store and purchased a seed mix and formula for baby Amazons. I also picked up a five-foot palm tree, thinking it would make him feel more at home.

To make sure he wouldn't need help in the middle of the night, I slept on the downstairs sofa near the palm tree. I woke up to find him on my chest, nestled against



Lucky Bird, an Amazon parrot, was rescued and is now the main character in a series of books for children. (courtesy of Terry Wilson)

my cheek. I was hooked.

I named him Lucky Bird, an appropriate moniker considering his start in life. We had a lot to learn about each other. More than a decade later, our relationship is still a work in progress.

Parrot experts tell me that it's rare for an Amazon to share its affection. Normally they tend to be a one-person bird. But Lucky is the exception to the rule. Kathy and I take Lucky pretty much everywhere we go. He rides on the handlebar of his stroller and says hello and goodbye to everyone we pass.

Lucky loves to chat. He does a variety of animal sounds and sings along with Lawrence Welk. Once his chatty nature nearly got me in trouble. While at the Ocean Beach Street Fair we were walking behind a large biker and his girlfriend. Lucky gave her a wolf-whistle. The burly biker turned and looked at me with daggers in his eyes. I pointed to Lucky and fortunately for me, Lucky gave him a wolf-whistle too.

From day one, Lucky would perch on my head as I wrote article after article for the various magazines that kept him in bird food. That

was all well and good when he weighed less than a candy bar. Even as I am typing this story, he is wandering from my head to my shoulder and occasionally walks across my keyboard. I believe he thinks he's my editor. In fact, I use L. Byrd as a pseudonym for some of my articles.

Two years ago, Lucky and I teamed up with Carla Chadwick to create a series of kids' books starring Lucky. I wrote the stories and took photos. Carla created all the graphics for the book.

We now have a series of four: "Lucky at the Beach," "Lucky's Halloween Party," "Lucky's Pals," and (my favorite) "Lucky's Tales of the Old West." Lucky's books can be found at [luckybirdbooks.com](http://luckybirdbooks.com)

Terry Wilson is a multiple Emmy award-winning TV personality and producer. In 1998 the Society of Professional Broadcasters voted him Best Newscast Anchor. The San Diego Press Club honored his work as a freelance writer in 2006. He has traveled the world hosting and producing TV specials in addition to writing features and cover stories for national publications. A lifelong student and teacher of martial arts, in 2004 he was inducted into the U.S.A. Martial Arts Hall of Fame.

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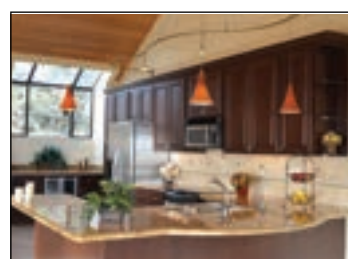
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## What to do if you see an animal in a hot car

(SPM Wire) It happens every summer. Pets are left in vehicles with no owner in sight. Unfortunately, it doesn't take long for this circumstance to be dangerous or even deadly. Even on a temperate day, the greenhouse effect of rolled-up windows can heat up a car to 116 degrees F within an hour, according to the Humane Society.

This summer, be a hero to a pet in need. If you see a pet in a hot car, act quickly to try to locate the owner. He or she is likely in a nearby establishment. Talk to the proprietors of

nearby stores and ask them to make an announcement to customers.

Then, call the non-emergency number of your local police department or animal control. Stay on site until help arrives.

While most pet owners have the best intentions, many are unaware of the danger of leaving a pet in a hot car. You can help spread the word. Free online resources, available at [HumaneSociety.org](http://HumaneSociety.org), offer tips, advice and important information on keeping pets safe.



# What to know before firing up the grill

(StatePoint) Spring is here and for many that means it's time to cook up mouth-watering dishes and invite friends and family over for a barbecue.

Seven in ten U.S. adults own a grill or smoker, according to the Hearth, Patio & Barbecue Association. Be careful; grill fires are all too common. Before starting up the grill, make sure that you've taken the following precautions to keep the place you call home safe.

**Too hot to handle.** Grill fires can start in a number of ways, including dirty grills, grilling too close to something that could catch fire and leaving the grill unattended. To prevent a fire, clean the grill after each use. Always keep it a safe distance from your building (at least 10 feet) and away from trees. Place the grill on a solid surface that can't burn, such as concrete or asphalt. And never walk away from the grill while cooking, as a spark or small flame can easily spread.

**Safety first.** Keep safe by getting equipped with tools and knowledge. Use long-handled spatulas, wear



*This spring, kick back and enjoy your home's outdoor spaces. Just be sure any grilling you do is done safely. (copyright Monkey Business/stock.Adobe.com)*

flame-resistant mitts and never wear loose-fitting clothes near an open flame. If you're using a gas grill, check it periodically for leaks. Keep baking soda or a small fire extinguisher nearby, since attempting to put out a fire with water will only cause the flames to flare up. Also, remind everyone of that life-saving rhyme: "stop, drop and roll" to remember what to do if you catch on fire.

**Landlord knows best.** If you're a renter, before you even consider grilling, check with your landlord to see if it's allowed. Apart-

ments often don't allow gas grills on balconies due to state fire codes. Even the 39 percent of renters living in single-family homes may be prevented from grilling if there are neighbors living close by or there isn't a patio or outdoor space. Know the rules. If you're not allowed to have a gas grill, consider alternatives like an electric grill or a community grill in a common area.

**Have the right insurance.** As a homeowner or renter, even if you take precautions, accidents do happen, so make sure you're properly covered for

the summer grilling season and beyond. According to Erie Insurance, a standard renters insurance policy can help cover you if you're responsible for causing injuries or damaging other people's property. No one wants to think about the worst-case scenario, especially when you're planning a fun barbecue, but being protected is a way to give your family peace of mind. Plus, you can't be too sure your neighbors are practicing safe grilling habits. Renters insurance can help protect you from costs resulting from their negligence, too.

# TO MAY S

## Homes sales sprang forward in March

Home sales in San Diego County improved in March after a slow start to 2019, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of Realtors® (SDAR). Single-family (detached) home sales in March countywide were more than 28 percent higher than February, and attached properties (condominiums and townhomes) were nearly 21 percent higher. Year over year, however, sales of existing homes are down by 7 percent for single-family homes and 15 percent for condos and townhomes. The supply of homes on the market increased by nearly 10 percent for single-family properties compared to March of last year, while the supply of attached homes for sale jumped by 31 percent.

### Scripps Ranch home sales for March 2019

Single family homes sold: **14**

Median price of single family homes sold: **\$845,000**

Attached homes sold (condominiums or townhomes): **14**

Median price of attached homes sold: **\$534,500**

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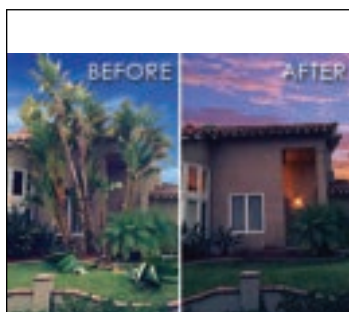
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# Prioritize spring home improvements

(StatePoint) The warmer weather means it's time to start thinking about home improvement projects. Whether you're getting your home in tip-top shape for your own enjoyment or getting it ready to put on the market, not all home improvement projects are created equal when it comes to return on investment (ROI). Here are top areas on which to focus:

#### Interiors

The kitchen is the heart of the home and it's one of the best areas to renovate in terms of ROI, according to Remodeling magazine's annual "Cost vs. Value Report," which puts the price tag of the average minor kitchen remodel at \$22,507, with 80.5 percent of the cost recouped upon resale.

To give the kitchen an updated appearance, replace the flooring, countertops, sink and faucet. A fresh coat of paint in a trendy shade, such as Living Coral, Pantone's Color of the Year, can add a vibrant pop of color to energize any kitchen. Not looking to go that bold? Consider an



When you have a checklist of DIY projects to focus on this spring, take a moment to assess which ones are worth your time and money. (copyright Tyler Olson/stock.Adobe.com)

accent wall or stick to a classic palate of gray and white in terms of cabinets and countertops. White on white is also a popular new style for kitchens and bathrooms.

Other features home buyers are paying close attention to are laundry rooms and such energy-saving elements as Energy Star appliances and windows, according to the survey "What Home Buyers Want in 2019" by the National Association of Home Builders.

#### Curb appeal

The popularity of outdoor projects remains strong and it's for a good reason. According to the "Cost vs. Value Report," the biggest bang for your buck in 2019 will come from replacing a garage door. The report states that the average price is \$3,611, and 97.5 percent of it is recouped when the house is sold.

Other outdoor projects with high ROI include adding manufactured stone veneer to the exterior (94.9 percent),

adding a wood deck (75.6 percent) and replacing siding (75.6 percent). Looking for a simpler way to make an impact? Sprucing up the landscape by planting flowers or bushes or even just clearing the yard of debris will make a big statement.

No matter what updates you end up making, it's always a good idea to notify your insurance agent.

"Certain upgrades may change the value of a house, so homeowners need to make sure they're properly covered," says Bob Buckel, vice president of product management, Erie Insurance. "There are a few things to look for. Ask your agent about guaranteed replacement cost policies that can cover the cost to rebuild a home in today's dollars following a covered loss."

Some upgrades may also make you eligible for discounts, Buckel added, especially if they make the home more secure.

"For example, Erie Insurance offers certain safety discounts such as for installing smoke alarms or an automatic sprinkler system," he said.

# Improvements to benefit wildlife

(StatePoint) When it comes to changing the world, your own backyard is a great place to start. As you make home improvements, consider their potential to benefit local wildlife that travel in and around your property.

Here are a few important steps you can take:

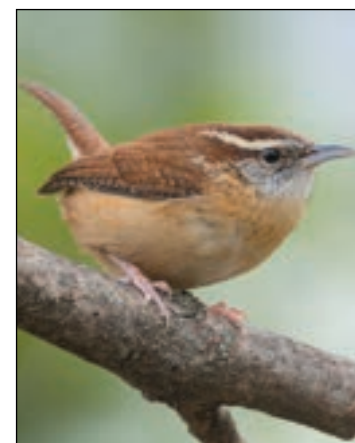
#### Plant native species

By planting native species exclusively in your garden and yard, you will be promoting a healthy local ecosystem while providing

natural habitat for visiting wildlife, whether that be insects, birds or furry creatures. Because native plant species are meant to thrive in your local climate, they will require less maintenance, which means a beautiful yard with less stress.

#### Prevent bird Strikes

You may not realize it, but your home poses a risk to birds. Window strikes are common among many species of migrating birds, and millions of wild birds are killed



Make improvements to your home that will help protect both local and migratory wildlife. (copyright Sharon Day/stock.Adobe.com)

annually flying into windows.

However, a simple home improvement project can make your home safer for birds. Birds can see certain light frequencies that humans can't, so by applying UV decals and UV liquid to your home's windows and sliding glass doors, you can make windows visible to birds in a way that won't obstruct your own view.

"Protecting birds adds beauty to your garden, is good for the environment and most importantly, saves lives," says Spencer Schock, founder of WindowAlert, a

See **WILDLIFE**, Page B11

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# Keep bills low as temps get high

(StatePoint) Do higher temperatures have to mean higher energy bills? The answer is no. There are numerous ways to keep your home cool and bills low in summer.

After a few months of disuse, it is vital to check that your air conditioning system is still working in an efficient and optimal manner. If you have a central air conditioning system, for peace of mind, you might want to have your system checked by a heating, ventilation, air conditioning and refrigeration (HVACR) professional. In order to save, be sure to shop around for special deals, which are not difficult to find for seasonal preventive maintenance.

Understand however, that the proficiency of HVACR technicians varies greatly. When searching for the right HVACR technician for your home, one way to make certain that the job will be done properly and effectively is by hiring a professional certified by North American Technician Excellence (NATE), the nation's largest certification body for HVACR technicians. NATE-certified technicians are qualified to properly install and service equipment, which means maximum home comfort and energy savings.

Once a technician has inspected your system for efficiency, there are a number of things you can do to keep



By taking proactive measures, you can rest assured that this season you will be cool while saving money and energy. (StatePoint)

energy bills low:

**Clean your air filters.** Check them every couple of weeks and change them at least twice in the season, or as directed by the manufacturer.

**Don't obstruct airflow around air conditioner units.** Keep them clear of plants and debris.

**Raise the thermostat by about 5 degrees.** Each degree you raise the thermostat will save you a percentage off your cooling energy bill.

**Compare energy bills from last year.** If your costs have significantly in-

creased, simply contact a qualified HVACR technician. He or she can help determine the source of the problem.

Remember, having an energy-approved, eco-friendly, high-efficiency product does not mean automatic money and energy savings. Proper installation, service and maintenance are important, too. So, do yourself a favor and request the service of an HVAC contractor who employs NATE-certified technicians. To locate one, visit the Homeowners section of the NATE website at [www.natex.org](http://www.natex.org), then enter your ZIP Code on the locator map.

## WILDLIFE

Continued from Page B10

company that offers UV decals and UV Liquid.

The UV decals and liquid from WindowAlert have been proven to effectively alter the flight path of birds to prevent window strikes. The

coating will look like etched glass to the human eye, but be very visible to a bird. As UV reflectivity may fade over time, it's important to replace the decals and liquid every four months. Application techniques can be found by visiting [WindowAlert.com](http://WindowAlert.com).

## Build or buy a bird house

Add beauty to your yard with a wooden bird house. Find a design you love or craft your own to match your home's architecture. Placing the bird house either within three feet of a window or over 30 feet away will help avoid bird strikes.

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**HAPPY MOTHER'S DAY**



Amanda,  
You are a superhero and the glue that holds this home together. You take such good care of our precious baby girl, Harlow, and me. You are deeply loved and appreciated! Happy Mother's Day!  
Lars

Happy Mother's Day! I love you.  
Thank you for giving me food, as well as a roof over my head.  
Jason



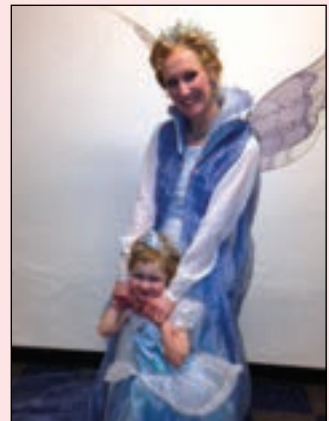
Cynthia (Babes),  
Andy could not have a better mother, nor I, a better wife. Your caring spirit and loving nature never cease to amaze. Can't wait until July when we welcome our baby girl!  
Love,  
Brian & Andy Kurose

Happy Mother's Day to the most amazing Mother in the World.  
Love you Mom!  
Brad Weber

Happy Mother's Day to my beautiful Mom, Lilly Lamar.  
Thank you for all the love and support you've shown me over the years, I love and appreciate you more than you'll ever know.  
May God bless you always,  
Christina Arredondo



Nana,  
Thank you for all of the special time we spend and precious memories that we create together. I especially enjoy our walks exploring the outdoors. I love you very much and wish you a Happy (Grand)Mother's Day!  
Love,  
Andy



Dear Mom,  
I love that you are my real life Blue Fairy and ballet teacher! Happy Mother's Day.  
Love, Quinn ♥

Happy Mother's Day Mommy! We love you so much and appreciate all that you have taught us and all that you do for us every day.  
Danika & Katrina ♥♥♥

**To: Gina Manos**

Mom,  
I appreciate everything you have sacrificed to make me the person that I am today. You support and encourage me regardless of the circumstances, and for that I am forever grateful. I love you so much.  
Happy Mother's Day!  
Love,  
Sophia

Mom,  
You have done way more for me than anyone else and you have helped me so much. You care for me at all times and words can't describe how grateful I am for you. You are the most amazing person and the best mom ever.  
Happy Mother's Day!  
Jessica



To my wonderful Mom,  
Happy Mother's Day. Thank you for all you do for us as Mom and Super Granny! We love you and appreciate you.  
Lots of love always,  
Lynette, Makayla & Dylan

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**Scripps Ranch Theatre** is seeking S.R. community members who may be interested in serving on our volunteer Operational Board. If you think you may have interests in publications management, Board record-keeping, pro-

duction management, or other theatre-management areas, please email publications@scrippsranchnews.com with your contact information and a bit about your interests.

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Seeking Advertising Reps: Sell advertising for Seacoast Media Lab LLC, an innovative, local company with growing community newspapers and websites including Scripps Ranch News. Our highly regarded publications are extremely popular. Quality is second to none. Part-time or full-time: A great way to make cash or kickstart your future. Honest, outgoing people with great personalities encouraged to apply. Send cover letter and resume to john@scrippsranchnews.com.

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