

## THE BEGINNING OF A UNIQUE SCHOOL YEAR

*The new classroom:  
online learning  
from home*

The 2020-21 school year will open on Aug. 31 for Scripps Ranch students in the San Diego Unified School District (SDUSD), but students will be learning from home on laptops, not on school campuses.

This unusual public school year gets underway with online learning due to restrictions based on the COVID-19 global pandemic.

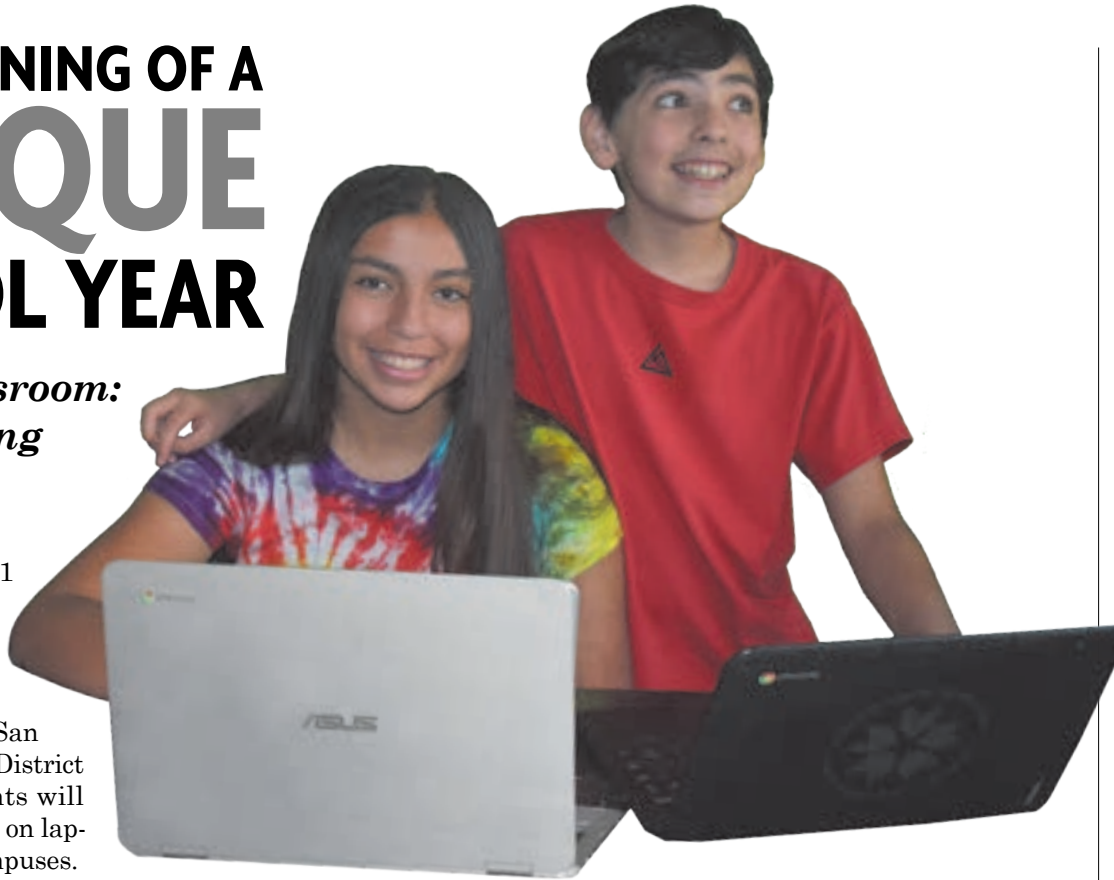
Meanwhile, San Diego County was taken off the State's COVID-19 watchlist Aug. 18 and is in the midst of a 14-day period in which its case rate must fall below the six thresholds set by State health officials. Should the county stay below those marks, schools would be allowed to physically reopen campuses, pending the decision of the school district.

SDUSD would base its decision on strict standards adopted and developed in collaboration with health experts from the University of California, San Diego. SDUSD has its own set of case metrics as well as its own standards of physical safety measures, which must be in place before it will allow schools to reopen, according to an

Aug. 10 district announcement.

While SDUSD has been making contingency plans all summer, parents were active on social media sharing information. Some lined up tutors and enrolled their children in programs offering supplemental lessons. Others organized study pods and socially-distanced backyard learning groups.

**First day photos:** Email a photo of your student on the first day of classes to Scripps Ranch News for publication in the September issue. Email photo, student's name, grade and name of school to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com).



### NEWS

Alliant navigates through pandemic

PAGE 3



### SCHOOLS

Marshall principal ready for school

PAGE 10



### SCHOOLS

Teacher preps for online learning

PAGE 11



### SCHOOLS

Newly appointed SRHS principal

PAGE 12



### SPORTS

Postponed season offers challenges

PAGE 13

# BACK TO LEARNING

## Students are inspired to help others

By Ashley Shah

Rising Scripps Ranch High School (SRHS) seniors Melina Dimitropoulou, Jenna Nguyen and Arathi Nair have called for a change.

What started as a project for their junior year English class has turned into a movement to help those who are less fortunate.

"For the assignment, it was a year-long project in which we had to find a topic we were passionate about and research the issues and organizations already working to solve it and look for something to improve on," Dimitropoulou said. "We had to plan out a timeline and which organizations we wanted to contact near the beginning of the school year and propose our plan to our teachers. And then we just had to execute the plan and document as we went along."

The topic that the team decided to tackle was the inequality in access to education.

"We recognized our own privilege of having education in the center of our lives and realized that everyone should have that education as a main part of their lives as well," Nair said.

Through their research, the team found its goal.

"We found that although there are a lot of charities and non-profits which get educational materials to children in need, there isn't really a connection be-



Jenna Nguyen, Melina Dimitropoulou, and Arathi Nair conduct drives to help less-fortunate students. (photo courtesy of Melina Dimitropoulou).

tween better off communities like Scripps Ranch and these organizations. Our project's goal was to be the link between these organizations and Scripps," Dimitropoulou said.

On May 23, the team held its first drive. The team members collected around 290 books, two large boxes of school supplies and 22 masks.

"To maintain social distance, we had people who wanted to donate sign up on a spreadsheet and then we drove by their houses and picked up the

See **HELPING OTHERS**, Page 7



# Rotary leader faces new challenges

By Hoyt Smith

Scripps Ranch businessman Dave Parker became the new president of The Rotary Club of Poway-Scripps on July 1. Never has that job been more difficult, and never has the need for its community service been greater.



Dave Parker

“Typically, we are a lunch group, meeting every Wednesday with a speaker at Kaminski’s in Poway,” he said. “With COVID restrictions, it has become very challenging.”

Rotarians haven’t been able to network face-to-face since March, so they’ve been video conferencing via Zoom instead. But that hasn’t stopped Parker and the service organization from raising money and funding important projects.

The Rotary Club usually raises the lion’s share of its annual budget by sponsoring a September parade in Poway.

“Unfortunately, we had to postpone it this year,” Parker said. “There’s a concern because we use some of the proceeds from the parade to

give back to the community. Part of our challenge right now is to find alternative funding methods.”

Parker and his fellow Rotarians decided to sell American flags, and used some of that money to support first responders.

“We partnered with Chile Peppers Mexican Eatery to donate lunch to the staff at Palomar Medical Center Poway,” he said.

The Rotary Club will also contribute some of that money to support local fire departments. It earned about \$1,300 from the sale of the full-sized stars and stripes.

Parker, a Scripps Ranch resident for almost 20 years now, delivered them all himself.

“I got to meet some really friendly people,” he said.

Hopefully, the parade will return next year, Parker said.

Another goal for Parker and his club members is to work with shelterbox.org to bring emergency shelters and supplies to Scripps Ranch and Poway, including family-sized tents, food and water – “Everything one might need in a disaster,” Parker explained.

In addition to serving Scripps Ranch and Poway, Parker said the Rotary Club also addresses regional and international needs through matching grants. For example, it is partnering with other clubs to provide money for wells and water storage on the Navajo reservation in Arizona and New Mexico, and to fund tree planting in Ghana, Africa. The goal is to plant one tree there for every Rotary Club member worldwide.

Parker is a financial advisor for Edward Jones. He

See **ROTARY LEADER**, Page 3

“Every tooth in a man’s head is more valuable than a diamond.”  
–Miguel de Cervantes, Don Quixote

**Dr. Anthony D. John D.D.S., M.S., Root Canal Specialist**  
MEMBER OF THE INTERNATIONAL ACADEMY OF ENDODONTICS

“Hands down, the best experience.”  
–Cliff

Helping retain natural teeth using advanced technology.

**PINNACLE ENDODONTICS**  
10672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92131

**AFTER HOURS**  
EMERGENCY CARE AVAILABLE

**858-444-0600**

Coaches and parents, scan and save our contact info for dental emergency needs.

**Serving the Scripps Ranch Community since 1987!**

**858.586.7834**

**SCRIPPS PERFORMING ARTS ACADEMY**

[ScrippsPerformingArtsAcademy.com](http://ScrippsPerformingArtsAcademy.com)

**JOIN US IN STUDIO, OUTSIDE OR ONLINE!**

Scripps Performing Arts Academy is more than a ballet school; we offer a nurturing, non-competitive environment that encourages each student to become the best that they can be without compromising their technical & artistic development.

**There is another Option! Come Try Us!**

All Programs offered with more limited class sizes, 9-12 sq. feet social distancing, fresh air AND Online options!

Ballet \* Pointe \* Progressing Ballet Technique \* Jazz \* Lyrical Jazz \* Contemporary \* Modern \* Tap \* Hip Hop \* Musical Theatre \* Private Vocal Instruction

**Across the street from SRHS!**

**SCRIPPS RANCH NEWS**

[ScrippsRanchNews.com](http://ScrippsRanchNews.com)

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

Scripps Ranch News is published monthly and mailed directly to homes in Scripps Ranch.

**Editor & Publisher**  
John Gregory  
[john@scrippsranchnews.com](mailto:john@scrippsranchnews.com)

**Art Director & Publisher**  
Jacqueline Gregory  
[jacqueline@scrippsranchnews.com](mailto:jacqueline@scrippsranchnews.com)

**Photographer**  
Justin Fine

**Digital Content Manager**  
Suzanne Micheletti

**Reporters**  
Ken David, Bella Ross, Ashley Shah, Hoyt Smith, Terry Wilson

**Advertising**  
John or Jacqueline Gregory  
[info@scrippsranchnews.com](mailto:info@scrippsranchnews.com)

**Phone**  
(858) 945-4465

**Mailing address**  
9984 Scripps Ranch Blvd. #312  
San Diego, CA 92131

**Copyright & Licensing**  
The entire contents of Scripps Ranch News is copyrighted. Copyright 2020, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.



# Alliant navigates through pandemic online

By Ken David

While the Scripps Ranch campus of Alliant International University (AIU) may seem pretty quiet these days, administration, faculty, staff and students have all been busy keeping education on track amid the COVID-19 pandemic.

As explained by Cielo Villasenor, assistant vice president, communications for AIU, all of what used to be on-campus courses are now being held in a synchronous remote format and will continue that way through the end of the fall 2020 term.

“Classes are the same time they usually are,” Villasenor said. “It’s still interactive

with all of the faculty and students joining via Zoom.”

AIU’s online programs have continued to operate as before; however, residencies, internships and other such programs that provide hands-on practice for students in both online and on-campus programs have been impacted.

“Every student has a field training director and they’ve been working with students to see if they can move their internship to maybe telehealth or if they maybe need to change those internships and practica to something that can be done remotely,” Villasenor said.

Since March, she said, a cross-disciplinary team of administration, faculty and staff have been meeting dai-

ly to address all needs.

“We’re constantly keeping our finger on the pulse and talking with faculty and students about how it’s going in our new normal,” Villasenor said.

She added that the university’s key focus was allowing students to continue progress toward their degree. “A lot of our students are working on their masters and doctorate level degrees,” she said. “We knew what we needed to do was make sure they could continue to progress in their degrees; that we provided them with a platform and a model that could help advance their ac-



Alliant International University President Andy Vaughn (second from left) walks the institution’s Scripps Ranch campus with some students before COVID-19 forced everyone to study or work from home. (photo by Paul Nelson)

ademic success.”

No programs are paused, Villasenor said, with the university team able to get each course in each program continued online.

Right now, the only people on campus are members of the security, facilities and post office/printing teams, she said, with hopes of bringing some library staff back soon.

“We are working on a plan to have library staff on campus just to ensure our students have access to our physical library items,” Villasenor said. “We have a vast online catalog, but we want

See ALLIANT, Page 12

## NEWS UPDATES

### Fundraiser underway for Diego Ruiz

Diego Ruiz, one of the brothers who own and run Chili Peppers restaurant in Scripps Ranch, was involved in a serious accident and suffered a traumatic brain injury while riding his scooter July 3 on Timberlake Drive. He was in an induced coma for more than two weeks and recently regained some functions. His family hopes to bring him home to provide him with care and support. They are looking for the community’s assistance to help them afford a nurse and provide physical therapy. A GoFundMe campaign to help is underway. Visit [bit.ly/2YcpFur](http://bit.ly/2YcpFur) or [gofundme.com](http://gofundme.com) and search for: Diego Ruiz Chile Peppers.

### Motorcyclist killed

A 30-year-old male was killed in a crash Aug. 12 while riding his 2019 Indian Scout motorcycle eastbound on 13400 Stonebridge Parkway near Sycamore Canyon Park. A witness reported that the motorcycle was traveling at speeds of 80-100 mph, according to San Diego Police. The solo male rider failed to maintain the curvature of the road, jumped the south curb and struck a fire hydrant. The male was thrown from the motorcycle and succumbed to his injuries at the scene. The fire hydrant was separated at its base, according to the police.

### ROTARY LEADER

Continued from Page 2

moved his office from South Park to Scripps Ranch last year. He served as president-elect of the Rotary Club of Poway-Scripps from July of 2019 through June of this year before becoming president in July. He encourages visitors to the

weekly Zoom meetings and welcomes new members.

“We’re looking for people who want to do good in the world,” Parker said. “The more hands we have, the more help we can give.”

For more information regarding The Rotary Club of Poway-Scripps, or to get involved, visit [powayscrippsrotary.org](http://powayscrippsrotary.org).



### Live In-person Musical Theatre Day Camps

STAR Repertory Theatre is offering Live In-Person Theatre Day Camp Programs weekly with three different age groups between 5 to 16 Monday-Friday. Each camp is one week featuring shows such as: Beetlejuice, Hamilton, Hair-spray, Backstage Tech, SIX, Matilda, Grease, 13, Heroes/Villains, Improv, Wicked, Annie, Frozen, Seussical, Disney. Twelve campers only per camp due to COVID-19 restrictions.

Sign up:

[STARrepertorytheatre.com](http://STARrepertorytheatre.com)

STAR Repertory Theatre  
329 E. Valley Parkway  
Escondido, CA

760-751-3035  
or 619-708-0498

# READY FOR BRACES?

## We are fully open and ready for you!

**Gilmore Orthodontics** is committed to **keeping the community safe** with abundant precautions in place for in-person visits.

We also offer **virtual exams** for new and existing patients.

Start with braces or Invisalign **immediately after** your in-person or virtual office visit.

## GILMORE ORTHODONTICS

Board-Certified  
American Board of Orthodontics

858-433-7377 | [www.gilmoreortho.com](http://www.gilmoreortho.com)



DAVID S. GILMORE, DDS, MSD  
RETIRED NAVY ORTHODONTIST

9870 Hibert St. D9, San Diego, CA 92131 (Located in the Trader Joe’s Shopping Center)



# Creativity is a coping mechanism

By Ashley Shah

Scripps Ranch resident Amy Salomon's hobby has caught the attention of the community.

Salomon is painting on rocks and leaving them around her neighborhood.

"It's such a pleasure to see her painted rocks when you go out. It makes you feel connected and

like someone is thinking about you. Seeing her work has inspired my kids to do this and it's great because it's an accessible craft," said neighbor Laura Stephens.

Such artistic efforts serve as a coping mechanism throughout these challenging times.

"Doing these projects calms my mind and it's meditative. I feel like working with the natural elements such as rocks, glass, tiles and more helps ground me and it keeps stability," Salomon said. "When I am focused on my craft – whether it's painting or gluing – it takes my mind off of whatever I am stressing

about and makes me focus on something fun and creative. Creativity is a joyful thing that makes you feel good about yourself and using bright colors can create a positive aura."

Salomon has always been invested in crafty projects.

"Ever since I was little, I loved beads. I grew up in New Jersey and I would

always go to Greenwich Village in New York and I would visit the shops and buy these large, fun beaded earrings and I just loved it," Salomon said.

She even began making her own earrings later.

"I used to sell some earrings at small boutiques, but mostly made them as a way to design and create or as gifts," Salomon said.

While Salomon was a speech therapist for about 40 years, spending the last 20 years in the San Diego County Office of Education working with infants and small children with developmental disabilities, she has always done the arts as



ing with it," she said. Salomon works on these projects when she feels inspired.

"There are weeks I'll go without touching any rocks or doing any projects. I just do this when I feel inspired. I'll see an interesting rock

outside and just work on it. I just keep going on and create un-

til I'm happy," she said.

Salomon promotes using this time as a way to relieve stress.

"I never went to art school or took formal classes, but if you have a feeling for the natural elements, you should just feel for it and create. It doesn't matter what you do for a living or what you have going on, creating can be a way to escape," she said. "This is not a structured business or anything, it's just a hobby that provides me with tremendous pleasure and keeps me connected to the earth."



Amy Salomon



## Welcome Club survives confinement

By Denise Stewart

While members are not currently meeting face to face, the Scripps Ranch Welcome Club still maintains vibrant connections among its members. Email, Zoom, Facebook and phone calls all help to keep the ladies safely in touch with their friends in the club.

The new membership directory is under construction and it is, once again, full of members who have made Welcome Club an important part of their social life here in Scripps Ranch. They are confident that the enjoyable club activities will begin again as soon as it is safe to do so.

The Morning Book Group continues to meet on Zoom monthly to discuss their reading selection. Lots of catching up on recent highlights of members' lives goes on then, too.

Very small groups of masked trailwalkers can be seen among the eucalyptus trees some mornings. Of course, they are observing the social distancing rules while they get their exercise and enjoy the outdoors.

The movie going, Bunco playing, coffee klatching and regular club gatherings are on hold until it's safe to gather indoors again. But innovative ideas for activities that will support a responsible transition back to the traditional club agenda are being presented and discussed by group leaders. All the collaboration is supported by technology until we can meet again. Welcome Club will be ready to supply a broad selection of events when the time is right to enjoy them.

To learn more about the club, visit [scrippsranchnewswelcomeclub.com](http://scrippsranchnewswelcomeclub.com).

## SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

SAFETY IS OUR PRIORITY!

- Temperature Readings
- Staggered appointment times for social distancing
- Strict disinfection and sterilization

Receive a

FREE HYGIENE KIT

with your new patient visit

NOW ACCEPTING NEW PATIENTS | [myseasidesmiles.com](http://myseasidesmiles.com)

- Complete dental care for ages 1 & up
- Using the best dental technology
- Come meet our friendly and welcoming staff
- Military discounts

LOCATED IN SCRIPPS RANCH

12036 Scripps Highlands Dr., Suite 100  
San Diego, CA 92131 **858.271.4200**



## Youngster creates newspaper

**K**iana Farokhi, a fourth-grader at Dingeman Elementary School, was looking for something to do one morning recently – so she created a newspaper.

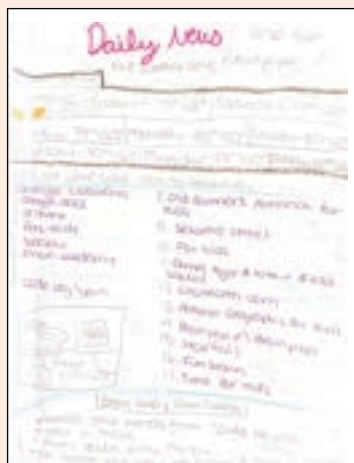
Kiana loves reading and writing, and wants to be an author, according to her mother Ellie Parsayan. She named the newspaper The Creek Drive Newspaper since the family lives on Scripps Creek Drive.

While her publication was created using pencils, pens and crayons, a closer look reveals surprising detail and sophistication on each of its six pages.

“She asked me to give her some paper and said, ‘Mom, I’m going to make a newspaper,’” Parsayan said. “So, that’s what she came up within a couple of hours and I was completely surprised when I saw the different sections that she had put together.”

It includes news about the possible reopening of schools, protest marches, the presidential election and the spread of COVID-19 – complete with charts. It also has a weather forecast, a list of learning resources for students, a list of ways to avoid COVID-19, an impressive advice column, full color comics, quotes from 2020 and a special thanks to healthcare workers.

Readers may access *The Creek Drive Newspaper* in the *Life* section of [ScrippsRanchNews.com](http://ScrippsRanchNews.com) or at [bit.ly/31hbuKx](http://bit.ly/31hbuKx).



## Project helps the homeless

By Bella Ross

**D**uring the early days of the pandemic, Scripps Ranch High School (SRHS) rising juniors Kylie Bach and Madhavi Akella were motivated by the boredom of their long days in quarantine.

“We had nothing to do, so wouldn’t it be good if we could use this time to do something good for the community?” Bach asked.

They didn’t know it then, but Covers for Lives was born.

The high schoolers’ first project involved making hand-sewn masks to donate to homeless individuals, about 1,500 of which were being packed into the convention center downtown.

“We bought supplies from Daiso out of our own pockets and we asked families for donations,” Bach said. “We hand-sewed about 250 masks and donated them to Father Joe’s.”

It was then when Bach and Madhavi realized they had the momentum to launch their home-grown project into an actual organization. The two friends gathered up more volunteers, including about six other SRHS juniors, and

decided they would commit their time to supporting San Diego’s homeless population.

Their most recent project was an essential items drive-in where community members could donate items – including food, hygienic products and personal protective equipment – to be given to Father Joe’s Villages. The team also accepted Venmo donations to purchase more essential items.

Bach said the drive was a huge success, leaving them with more than \$1,300 worth of feminine hygiene products, 130 cans of food, hundreds of masks and gloves, as well as \$250 in Venmo donations.

Covers for Lives’ next project is equal parts charity drive and DIY project.

“We’re planning on tie-dyeing tanks and selling them to our peers online because it’s a trend,” Bach said.

All the proceeds will go toward purchasing more pads and tampons to be donated to a local women’s center.

If you’re interested in donating to Covers for Lives, reach out through the group’s Instagram @coversforlives, or visit [coversforlives.wixsite.com/coversforlives](http://coversforlives.wixsite.com/coversforlives).



Madhavi Akella prepares a hand-sewn mask to be donated to help the homeless. (courtesy photo)

# Sell your old scrap gold and diamonds

## and get an extra 20% off

if you use it toward a purchase, repair or custom job!



Owners and Scripps Ranch residents, Bill and Cynthia Collins (along with their family)

# Collins

FAMILY JEWELERS

Serving the San Diego community for almost 42 years

858.578.6670 [www.collinsfamilyjewelers.com](http://www.collinsfamilyjewelers.com)

APPOINTMENTS & CURBSIDE DELIVERY AVAILABLE



We also buy **ROLEX** watches

Open Tuesday-Saturday, 10am to 3pm • Closed Sunday and Monday • 8220-A Mira Mesa Blvd. in the Sprouts shopping center




Friend us on Facebook Follow us on Instagram Show us love on YELP



# HAPPY FIRST DAY BACK TO LEARNING!



This school year might be a little different, but know your local dentist is **here to serve you** just as we always have! Full safety measures are in place!

-  Child-friendly office
-  Serving the entire family
-  Conveniently located in Scripps Ranch

*Dr. Santoro's son Nicholas Jenson getting ready for virtual school!*

 *Village Center*  
DENTISTRY



*♡ Where everyone is treated like family ♡*

## **Comprehensive & Conservative Care**

Fillings • Crowns • Invisalign (clear braces)

Cosmetic Veneers • Pediatric Dentistry

Schedule appointments easily

***Located in the heart of Scripps Ranch!***

9982 Scripps Ranch Blvd. • [info@yourvillagedentistry.com](mailto:info@yourvillagedentistry.com) • 858-566-8510 • [www.thescrippsranchedentist.com](http://www.thescrippsranchedentist.com)



# Fetch the Sun: apparel for humans and dogs

By Terry L. Wilson

Steve and Jennifer Ryan of Scripps Ranch have created the perfect accessory for dogs that have become part of the family: matching shirts and hats for dogs and their humans.

"We started a dog-centric business called Fetch the Sun," Jennifer said. "We do mostly T-shirts inspired by what dog owners do with their dogs. Pet owners love to take their dogs hiking, surfing, running at the park or in the mountains, so we use those types of themes for our shirts and hats."

But just when things were looking doggone good, the COVID-19 shutdown put the enterprising couple on a leash, forcing them to curb the apparel venture they started.

"Our plan was to attend local events as vendors to get our name out there, but



The Ryan family, including their two pooches, model apparel from their company, Fetch the Sun. (courtesy of Fetch the Sun)

the COVID shutdown took that away from us. We had to go back to the drawing board and think of other ways to promote our business," Steve said.

"So, we had to get a little more creative, and one way was to involve new people and other companies to sell our shirts and hats," Jennifer said. "For example,

we found a company in San Diego that makes trucker hats. ... These hats – we call PupLids – are really cute because we make them especially for dogs."

The dog and his human can have matching T-shirts and hats with chinstraps, Steve explained. The caps come in black or blue with the company's logo, which is a little dog standing on sand in front of a mountain with an ocean wave and the sun in the background.

"Savagewood Brewing here in Scripps Ranch is brewing up a special beer with our Fetch the Sun logo on the label," Jennifer said. "Our designer is creating a special label for the beer cans, then we'll modify that and make a matching shirt set out of it for dogs and their owners."

Fetch the Sun products are available on Amazon and Etsy or visit [fetchthesun.com](http://fetchthesun.com).

## HELPING OTHERS

Continued from Page 1

supplies," Dimitropoulou said.

The masks were donated to the Young Women's Christian Association, the school supplies were donated to the Kids in Need Foundation and the books were donated to Father Joe's Villages.

"We picked these three organizations because they have local and global impacts, and these organizations help those in different countries who don't have the same access to education as we do," Nair said.

The team promoted its drive through social media and by sending out the Google sign-up form to their school and friends. The team was planning to have new drives on Aug. 22 and Sept. 12.

"We are going to see how

it goes with our two drives in the fall and then we hope to continue doing these drives throughout the year," Nguyen said.

For the three seniors, this organization is even more urgent through this tough time.

"At a time like this when schools are closed, it is especially important because students need access to books so they can learn and keep continuing with their education. The masks are really important as well because we want to help in any way we can to flatten the (coronavirus) curve," Dimitropoulou said.

At SRHS, Nguyen is a member of the Color Guard and Winter Guard team as well as a peer tutor. She also volunteers at St. Gregory the Great.

"For me, this project became something really meaningful because, as a kid, my parents would al-

ways read to me and I want every kid to have that opportunity," Nguyen said.

Dimitropoulou was the publicity chairperson for peer tutors at SRHS. She ice skates and volunteers at an ice rink as well.

"I recognize the value of having good education materials in order to succeed and I want all students to get the education they deserve," Dimitropoulou said.

At SRHS, Nair is the co-president of Science Olympiad. She volunteers for the organization Parents United and is part of the choir group for the organization Chamber Bravura.

"Personally, I've loved school all my life and I know it's because I've had certain privileges and I want everyone else to love school like I do and have the same access I've had," Nair said.

Sign up for the next drive at [bit.ly/donation-drive](http://bit.ly/donation-drive).

## There is always room for kindness!

Specializing in Coming Soon and Off Market properties.

Call Today! (858) 245-6475



**Laura Kay Stephens**

REAL ESTATE ADVISOR

BRE# 02082318

Your kind of realtor!

[Laura.Stephens@exprealty.com](mailto:Laura.Stephens@exprealty.com)

[laurastephens.exprealty.com](http://laurastephens.exprealty.com) or  
[RyanRealestateHomes.com](http://RyanRealestateHomes.com)

Ryan Real Estate Team:  
"SDAR Circle of Excellence Award"



**TD's DELI**  
BREAKFAST & LUNCH  
— MONDAY THRU FRIDAY —

TRY OUR FAMOUS  
**BREAKFAST BURRITOS**

served until 10:00 am

sandwiches ♦ salads ♦ burgers

also try our  
**BROWNBAG EXPRESS**

ham or turkey on white or wheat with a bag of chips and a can of soda

ONLY \$6.40



Ask about our daily soup or sandwich special.

Phone Orders (858) 566-7713

Visit our website for menu options  
[www.tdsdeli-scrippsranch.com](http://www.tdsdeli-scrippsranch.com)

Located in Scripps Ranch at 9965 Businesspark Avenue  
Mon-Fri, 6:30 am - 2:00 pm, closed weekends & holidays

Give your home  
the protection  
it deserves.

Your home is where you make some of your best memories, and that's worth protecting. We're here to help.

LET'S TALK TODAY.



**Dave Murphy, Agent**  
Insurance Lic#: 0B07853  
12121 Scripps Summit Dr.  
San Diego, CA 92131  
Bus: 858-621-6681



**Renee Murphy, Agent**  
Insurance Lic#: 0B65148  
12121 Scripps Summit Dr  
San Diego, CA 92131  
Bus: 858-566-7100

**State Farm**

State Farm Fire and Casualty Company, State Farm General Insurance  
Company, Bloomington, IL  
1708137 State Farm Florida Insurance Company, Winter Haven, FL  
State Farm Lloyds, Richardson, TX





The Donigan family was the first to move into the new community in 1969. (courtesy photo)



The Donigan family home as it appears today. (photo by Bella Ross)

# 'First family' recalls the early days

By Bella Ross

In the early days of Scripps Ranch, the first families were forced to learn the value of public services the hard way.

Sheila Donigan, who moved into the new community in 1969, knows the struggle best.

"There was nothing. Nobody. We barely had electricity," she said. "We had no phone service – and I used to work for the phone company."

Sheila and her late husband Paul Donigan purchased their Rookwood Drive home – now worth nearly \$1 million – for \$38,800 that year. All their friends said they were crazy at the time.

"Twenty years later those friends come around and say, 'You are the luckiest people we know. You're barely 20 miles from downtown and you can get anywhere in the county,'" said Jay Donigan, one of Sheila's three children.

The 1970s marks an unusual time in Scripps Ranch history as the decade

*'There was nothing. Nobody. We barely had electricity. We had no phone service – and I used to work for the phone company.'*

—Sheila Donigan

the area – former home to newspaper magnate E.W. Scripps' estate – erupted into the sprawling suburban oasis it is today. But before there were schools and parks, there were dirt roads and model homes – and not much else.

Jay was 8 and a half when the family moved into the community. It resembled more of a construction site in the early days, providing a vast playground of half-built homes and untouched sewers for the kids to poke their heads into.

"I'd been in pretty much every house in this section of Scripps Ranch before they were even built," Jay said, recalling the days when he and other neigh-

borhood kids would collect old soda bottles left behind at the construction sites to trade in for change.

While it was all fun and games for the kids, Sheila said she was haunted by the apprehension she felt moving into the unfinished neighborhood as progress on the site seemed to come to a halt.

It quickly became apparent that the developer was falling short on a lot of the promises made in the initial advertisements for the neighborhood, including amenities such as RV storage and a finished sewer system.

In response to the false promises, in 1970, the Donigans joined with 19 other

families to chip in for a lawyer as part of the very first class action lawsuit ever against a developer in the state of California.

The group eventually prevailed, ensuring the establishment of amenities such as schools and parks for the community in return, Sheila said.

"For seven years, we all were walking on pins and needles because, if the developer had won, we wouldn't be here," she said. "I don't know where we would be."

Sadly, for the early families who settled in Scripps Ranch, the benefits of having a community with a network of public services couldn't be enjoyed until much later.

Jay, for one, attended too many schools to count on one hand. The kids' first school after moving from Ocean Beach, where they lived before Scripps Ranch, was merely a set of single-family homes in Mira Mesa that were converted into classrooms. Then they attended a small school called "Site 1" on Red Rock Drive.

After eventually graduating from Mira Mesa High School, Jay pursued an education in political science. He said growing up in the early days of Scripps Ranch taught him the role of government in a way that many people might take for granted.

"The fire department guys lived in trailers at the lake because that's where the fire station had been. ... that was years and years before we had a real fire department with a real building," Jay said.

More than 50 years later, Scripps Ranch has expanded from the Donigan's humble family of five to a community of nearly 35,000 residents. As for their original home – Sheila still lives there. Jay lives down the street.

The neighborhood has changed a lot over the years, but some things stay the same. Sheila said the culture of the community has been built on kindness.

"There are more people with young kids, and it's a completely different generation," she said. "But they're nice people."



(858) 536-4161

SUPPORTING  
**SCRIPPS RANCH**  
*We are in this together!*

www.blackmountainplumbing.com • License No. 782799



# 'Original Scripps Ranch kids' describe area's growth

## Part 2 in a two-part series

By Hoyt Smith

Scripps Ranch didn't have a high school until 1993 or a middle school until 1998. The nearest options were Wangenheim Middle School or Mira Mesa High School in Mira Mesa. Some local students opted to attend a math-science magnet program at Gompers Preparatory Academy 17 miles away, in San Diego's Chulas View community.

"If Scripps Ranch High School had existed back then, I may have made a different decision," said Paul Manoguerra, who chose to go to Gompers. "The other part of it was my attraction to the STEM (science, technology, engineering and mathematics) curricula. And I got to meet other students from Clairemont, Linda Vista and North Park. They became lifelong friends."

There were no sports programs at Gompers. If magnet students from Scripps Ranch like Nils Persson wanted to compete athletically, they would have to catch a bus to Mira Mesa High School at lunch.

"Some of my friends at Gompers played tennis, soccer and badminton," said Persson, insisting that traveling wasn't a problem. "We were adapting machines. You get what you get, and you don't throw a fit."

In addition to the lack of schools, there were few churches in Scripps Ranch at the time.

"I was raised Catholic," Manoguerra said. "Our parish was Good Shepherd in Mira Mesa. That was the nearest Catholic church."

In 1985, while Manoguerra was attending Gompers, the Roman Catholic Diocese of San Diego established St. Gregory the Great in Scripps Ranch. At first, the parish had no building or property.

"Their first mass was celebrated outside in Hoyt Park," Manoguerra said. "My parents were active as founding members."

According to St. Gregory's website, weekday masses were originally held in the living room of the church's founding pastor, Father Jim Poulsen. Susan Hannifin-MacNab recalled her family attending services in the auditorium at Jerabek Elementary School, then later in a neighboring business park.

After 12 years of fundraising, St. Gregory the Great purchased its current property on Blue Cypress Drive. The parish broke ground there in 1997 and the first mass was celebrated in the new church in October 1999.

"The church is huge today, with close to 1,500 families," Hannifin-MacNab said. "I Still go there."

Another early Scripps Ranch institution that drew the community together was the Scripps Ranch Swim & Racquetball Club.

"It was the only community pool in the area at the time," Persson said. "If young people wanted to play or socialize, that was the place. It was kind of the center of the universe when school was out and the weather was hot."

Persson, Hannifin-MacNab and Manoguerra all spoke of Scripps Ranch in the 1970s and 1980s as a "bubble," almost like an island in many ways. All agree that the shared experiences of bussing to another school, of building churches from scratch and gathering at one common hangout shaped each child's character and

guided their future.

Manoguerra, who now lives in Washington, acknowledged that there's still a strong sense of community in Scripps Ranch.

"I notice it when I'm back at my folks' house," he said.

Rob Martin's family moved to Scripps Ranch from Long Beach in the mid-1970s after his father, who served in the U.S. Army, returned home from a tour of duty in Vietnam. Martin remembers Pomerado Road then as very windy, lightly trav-

elled two-lane back route to Poway.

"I had an aunt and uncle that lived in Poway and we only saw them a couple times a year," he said. "Scripps Ranch and Poway were very separate. Nowadays there's tons of traffic (between the two communities), but back then it was very sparsely travelled. We were pretty isolated."

Hannifin-MacNab said isolation gave Scripps Ranch "the feel of being a small town on the edge of

a big city." She theorized that the cohesiveness and unity of growing up in a small-town atmosphere created the charm and attractiveness that ultimately drew more people to Scripps Ranch and the surrounding area.

### Correction

The street where Paul Manoguerra grew up was incorrect in part 1 of "Original Scripps Ranch Kids." Manoguerra resided on Tribuna Avenue.

### Please do not take mental health lightly!

I am a Licensed Marriage and Family Therapist, passionate to work with teenagers, individuals, couples, and families!

#### Specialized in:


- Stress
- Trauma
- Grief & Loss
- Anxiety



I provide therapy via telehealth (video sessions).


Call for a free initial consultation.

**Confluence Therapy**  
**Bharati Patwardhan**  
 (LMFT# 113378)  
**(858) 280-6030**  
[www.ConfluenceTherapySD.com](http://www.ConfluenceTherapySD.com)



Featured smile: **Megan**

- ▶ We go above and beyond CDC and ADA guidelines for COVID-19 protection.
- ▶ Proud sponsor of local schools and sports
- ▶ Experienced, friendly staff
- ▶ Personalized attention
- ▶ All types of braces and Invisalign offered
- ▶ We treat adults and children.



**SCRIPPS POWAY ORTHODONTICS**  
 12112 Scripps Summit Dr., Suite F • Scripps Ranch  
 858.527.0090 • [www.ScrippsOrtho.com](http://www.ScrippsOrtho.com)



**LDI LYNCH DANCE INSTITUTE**

- PRE BALLET
- MIGHTYMINI MOVERS
- ALL BOYS BASICS CLASS

**WEE ONES THRIVE AT LDI**

**\$56 per month**

Register now at [lynchdance.com](http://lynchdance.com)  
**(858)-282-9911**



# New principal leads the way

By Ashley Shah

**J**oshua Way was hired to be the next principal at Thurgood Marshall Middle School (MMS) in February and was finally able to start serving in his new role May 12.

Before coming to MMS, Way was the principal of Woodland Park Middle School in the San Marcos Unified School District (SMUSD).

“When I got hired, I was in a unique position because I had a front row seat at three different districts. I was in SMUSD as well as entering San Diego Unified School District and since my kids go to school in the Carlsbad Unified School District, I had the opportunity to see how all three districts were handling COVID-19,” Way said.

He began his duties at MMS in the middle of the COVID-19 crisis. As a result, his first challenge was planning the eighth-grade promotion ceremony.

“Due to COVID, we had pretty detailed parameters to begin with. So, I gathered a parent promotion committee, ASB and some staff and

*‘I miss the students so much and am excited to get back ...’*

—Joshua Way

we came up with a plan. We wanted to make the most authentic promotion at the time,” Way said.

MMS eighth graders celebrated their promotion through a virtual ceremony.

“We have a fantastic digital media program at Marshall, so that was great because the students and staff could both get involved. We had students share words of encouragement and inspiration as well as photos of themselves in the video. It turned out really nice and it was something we could be proud of,” Way said.

Way’s current challenge remains planning the upcoming school year under the COVID-19 restrictions.

“Our plans are to continue the same high-level standards of Marshall, just in a different way. We are redesigning the way we deliver instruction. This school year

will be much different than our crisis pandemic teaching in March,” Way said.

After countless surveys and feedback from parents, students and staff, Way has nailed down what he wants to focus on through the upcoming school year.

“What we felt was the most important takeaway from March was being consistent. This year we will be focusing on what students need to know and do, how we measure that progress, and how to support students when they don’t achieve what they need to, and when they do achieve it, and how to provide them with more,” Way said.

Way wants to focus on making an online school year more user friendly for students and parents.

“Students are used to walking into a classroom and looking on the board and finding information on what they have to do,” he said. “So, now we are trying to streamline where and how students can find information even during online learning. We are trying to nail it down to one consistent platform for instruction and communication.”

For Way, the most important goal of the year is creating a meaningful connection between everyone such as peer to peer, staff to peer and staff to parent.

“We are looking for ways to embed in the school day for students to get help outside of the classroom. We want to provide an outlet for students and parents to talk about how they are coping – and if they have any issues we can help with,” Way said.

This year, Way will be providing an online Wellness Center that both parents and students can use.

“We are going to have rigorous academics, but in that we want to make sure that our students and parents are supported emotionally and socially. We really want to build a culture of community and trust,” he said.

As a former Link Crew advisor at multiple schools, Way is looking to implement a mentorship program for incoming sixth graders and upperclassmen.

“All incoming sixth graders will be linked with an upperclassman all year. These upperclassmen have already been selected because they have demonstrated leadership. They are going to get training so that they will be there to guide their sixth graders

See **PRINCIPAL**, Page 11



Marshall Middle School Principal Joshua Way (courtesy of Joshua Way)

**TOYOTA**  
*Of Poway*



**SERVICE SPECIALS**

**OIL CHANGE**  
only \$**24.95**<sup>+tax</sup>  
Up to 5 qts. Conventional Oil  
only \$49.95 for **SYNTHETIC OIL**

TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires 9/30/20.

**MAKE AN APPOINTMENT ONLINE FOR AN ADDITIONAL \$5.00 OFF**  
USE THE CODE “**SCRIPPS**” WHEN YOU BOOK YOUR APPOINTMENT

**TOYOTA**  
SERVICE DEPARTMENT  
**858-486-2900**  
**ToyotaofPoway.com**

13631 Poway Road, Poway, CA 92064

**BUY 4 TIRES, GET THE WHEEL ALIGNMENT for FREE**  
\$109.95 value

**PLEASE CALL FOR APPOINTMENT.**

In stock tires only. Installation extra. Must present coupon during write-up. Some models are additional cost. Valid at Toyota of Poway. Not valid with other coupons. Not valid on previous purchases. Expires 9/30/20.

**Service Hours: Monday-Friday 7:00am - 5:30pm • Saturday 8:00am - 5:00pm • Sunday Closed**



# Teacher prepares for online classes

By Ashley Shah

As the upcoming school year comes to a kickoff, teachers, students and parents are getting ready for online learning.

This year due to the circumstances caused by the coronavirus pandemic, the San Diego Unified School District (SDUSD) will be fully online for all grades when the school year begins.

Miramar Ranch Elementary School (MRE) teacher Julie Callahan said she is excited for the school year and plans to have a successful year.

Callahan has been teaching in the SDUSD for around 32 years and has been at MRE for the last 16 years.

"This fall will be much different from the spring. We are all on the same page and everything is going to

be more structured," Callahan said.

Online training for teachers began Aug. 24 to help ensure that all teachers are prepared for this upcoming year and gave them more specific guidelines to follow.

Callahan will be teaching third grade this year just as she did last year.

"All of the third grade teachers and I have been having meetings and working together to get this school year going and planned," Callahan said.

In the upcoming school year, there will be three hours of lesson time, followed by an hour of office hours in which students and parents will be able to have more one on one time with the teacher, if needed. Students will have around two hours of work



Julie Callahan

time alone.

"During my lessons, I'm planning to teach the students a concept and then have them go out in (online) breakout rooms to work together and get them socializing, and then we can come back and regroup and talk about the lesson," Callahan said.

In the daily three hours for lessons, subjects such as math, literature and writing will be covered. Other subjects such as art, science and social studies will be intertwined throughout the school week as well.

"This year, we are planning to have an early morning recess and a lunch break for the students. It'll be good for them to have a break in between all of that learning," Callahan said.

Teachers are allowed to See **TEACHER**, Page 12

## PRINCIPAL

Continued from Page 10

throughout the school year, especially during this tough time," Way said.

Next school year, Way wants to fully implement Where Every Student Belongs (WEB). Way has been working closely with the district office, county and state officials for planning in case schools were to go back to in-person learning.

"The district will be providing whatever safety equipment public health officials will be requiring for a safe return to school such as face masks or dividers. They are looking at various schedules that also help prevent the spread of COVID-19," Way said.

He explained the many unique challenges he has faced due to the circumstances.

"For me, any strategic

planning requires a thorough understanding of the context. However, with a situation such as COVID, things are constantly changing, so it's hard to get an understanding of the context. I've done a lot of surveys and research to assess what parents, students and staff need the most," Way said.

Other challenges he faces during this time are not always having the answers and missing his students.

"I started in this field because I love kids and I love learning. Not having any students around has been really hard. Another thing that has been hard has been not having concrete answers. As educators, people look up to you for the answers. However, this situation has made that very difficult," Way said.

He has extensive background in the field of education. However, when it

comes to this unique situation and his position, he described what has prepared him the most.

"I would say I have a lot of experience with culture and community by being the Link Crew advisor and helping with other programs in the past. I would also say that I have a lot in the way the system works. Working with the National Council for Preservation Education (NCPE) has really tuned me into the systems we have in schools," Way said.

As the new school year nears, Way cannot wait to see what is to come.

"I have been so impressed by the level of engagement our staff has been putting in the summer and I cannot wait to see what they put together for the students. Most importantly though, I miss the students so much and am excited to get back into the swing of things," he said.

## West Coast Oral Surgery

(858) 536-2900 | www.westcoastoralsurgery.com  
9855 Erma Rd. Ste 100 San Diego, CA 92131

**Experiencing dental pain, swelling or possible infection?**

If you have dental questions, we can help or connect you with an available dentist who can serve your needs!

**Summer Time is the Best Time for Wisdom Teeth Removal!**  
Schedule your child's consult today!  
**(858) 536-2900**

- Wisdom Teeth
- Dental Implants
- TMJ Disorders
- Corrective Jaw Surgery
- General Anesthesia
- Extractions
- Bone Grafting
- Facial Trauma
- Distraction Osteogenesis
- Sleep Apnea Surgery
- Jaw Reconstruction
- Oral Pathology

WE ARE OPEN AS AN ESSENTIAL SERVICE PROVIDER – Over 25 years with a history of excellence!

We are proud to service you and your referrals in selling and buying real estate. Call Us Today!!!

**Roxanne Govari**  
619-598-1424  
roxanne@pemberleyrealty.com  
www.pemberleyrealty.com

You're Retired. Your Money Isn't.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call my office today.

**Dave Parker**  
Financial Advisor  
9968 Hibert St Ste 102  
San Diego, CA 92131-1035  
858-935-9080

## BEST DEAL

Plumbing, Heating & Air, Inc.

Contractors Lic. 770827

In the plumbing business for 50 years

Owned and operated here in the community

- Water Heaters/Same Day
- Disposals and Drains
- Toilet Repairs/Installs
- Water Pressure Problems
- Faucet Repairs and Installations

Good Quality Work at Reasonable Prices  
Licensed and Insured

(858) 578-7808

10796 Charbono Terrace • San Diego, CA 92131



**TEACHER**

Continued from Page 11

teach from their own home as well as their classroom.

"I'm looking forward to meeting my students and their families and establishing communication with them. I'm going to make sure all the needs of students are met and the trust between the parents and students is there. We're going to try and make it as similar as the regular school year," Callahan said.

If instruction were to move to physical in-person classes, the school is preparing.

"Our principal, superintendent and district are all working together for what it will look like when we return. We know that it will be socially distanced if we go back and other precautions will be put in place," Callahan said.

Callahan feels secure and holds high hopes for this school year.

"This year will be new for all of us and we're going to make it through by working hard and being flexible. I don't have any concerns about this upcoming school year. I feel confident that it will reopen with the children when it is safe to do so with the proper precautions," Callahan said.

**Lawson takes the reins at SRHS**

By Bella Ross

Most people would hardly consider Matt Lawson's timing in the position to be lucky as he served as interim principal of Scripps Ranch High School (SRHS) amid the March arrival of COVID-19.

Lawson was selected to assume the position permanently in late July after working as vice principal for five years, meaning he'll be leading the campus through its first fully online start to a school year.

"It's going to be a unique year, to say the least," Lawson said.

Current plans for online learning promise a full day of instruction, with a combination of live learning through programs like Zoom and time for students to work on assignments individually.

Although students will not be on campus physically, Lawson promised he is working to produce an end-product that is as close to traditional learning as possible. This means fostering meaningful relationships between students and their teachers remotely.

"There are so many people feeling isolated and relationships are one of the most important factors in learning," Lawson said.

The new principal taught math for nine years in San Diego and Massachusetts before he decided he wanted to work in administration – a decision that eventually launched him into masters and doctorate programs in educational leadership at San Diego State.

Lawson loved teaching – he said it was his passion – which is why he wanted to have a similar impact on a larger level.

"My main goal is that I felt like I was able to make an impact in the classroom, but I wanted to make one schoolwide," he said.

Despite the grueling workload, Lawson said he was thankful to have been able to pursue his education while serving in administrative positions at Mira Mesa High and SRHS.

"I was learning stuff in class that I could then im-

plement the following day," he said.

With the new school year around the corner, Lawson said many of the larger issues he would like to focus on are not new to SRHS, but may certainly be harder to address amid the pandemic.

Although SRHS is among San Diego's highest achieving campuses, Lawson said there are still unsettling discrepancies in learning outcomes among students of color and disabled students that could be deepened in the age of online learning.

This goes hand-in-hand with Lawson's larger goal of fostering a greater sense of inclusion on campus. That means making sure kids' emotions are addressed as often as their academics.

"COVID or not, the ultimate goal at Scripps Ranch High is to make sure we're serving all students and making sure they are getting ready to graduate and have success in their lives," he said.

**ALLIANT**

Continued from Page 3

to make sure each and every service available pre-COVID is available post-COVID, and currently, they are."

She added that tutoring, and services for international students, career assistance, and military and veterans are also still available.

"Everyone is available to meet, whether it's by phone, Skype or Zoom," she said. "For now, that is our campus presence."

International students have added challenges at this time due to travel, visa and particular international study requirements and timelines. To help them, Villasenor said AIU has held regular webinars and question-and-answer sessions, and noted that the International Scholarship office has remained reachable by phone and electronically.

"This is not an easy time to navigate if you are an international student," she said.

While working to continue education online, Villasenor said AIU is simultaneously planning for a safe return to campus, whenever that may be.

"The same cross-disciplinary team (that's been working on online solutions) have developed a pretty comprehensive return to campus plan," she said. "It's dynamic, but it incorporates guidance from the CDC and local public health departments. It allows us to quickly adapt to developments, challenges and opportunities."

She said ideas being explored include modified classrooms with things such as distanced desks, plexiglass dividers, air circulation modifications and other measures. Outdoor classrooms are another idea. Enhanced video and audio will be included for these campus-based options to accommodate those who can't or don't feel able to join in person once campus has reopened, Villasenor said. She noted that these changes would serve as the prototype for what may be expanded to other AIU campuses.

Beyond education, AIU also hopes to preserve a semblance of campus life in a time of social distancing. Villasenor said that so far, student organizations have continued to communicate and operate amid pandemic restrictions.

"I know there have been a number of student groups that have continued remotely," she said. "They just have to do it in a creative, remote way."

For more information, visit [www.alliant.edu](http://www.alliant.edu).



**SEASIDE PEDIATRIC  
DENTISTRY &  
ORTHODONTICS**

**COMPLIMENTARY  
ORTHODONTIC  
CONSULTATIONS**

SAFETY IS  
OUR PRIORITY!

- Temperature Readings
- Staggered appointment times for social distancing
- Strict disinfection and sterilization



SPEED UP  
YOUR ORTHODONTIC  
TREATMENT WITH

PROPEL

CHECK OUT OUR PREMIER PACKAGE! Propel and custom bleaching trays included with your orthodontic treatment.

- Reduce treatment time by 50%
- Accelerated Tooth Movement
- Improved Predictability

- Optimal Aligner Seating
- Assistance in Retainer Wear



myseasidesmiles.com | 858.271.4200 | 12036 Scripps Highlands Dr., Suite 100, San Diego, CA 92131



# Cross country team keeps pace amid pandemic

By Ken David

Among the disruptions to normal life reaped upon the local community by the COVID-19 pandemic, area high school fall sports athletes, as well as coaches and administrators, are dealing with a schedule-jarring postponement to their seasons.

As of a July 20 announcement, the CIF does not expect to start Section competition in any fall sport until December.

A CIF San Diego Section announcement on Aug. 14 stated that "Season 1" high school sports, including cross country, will be allowed to begin practice on Dec. 12. Scripps Ranch cross country head coach Chuck Warren was able to give a glimpse of what the changes mean to his sport and the runners on his team.

"I think we can start official practice sometime in early December and any official games or meets will be after the new year," Warren said. "Official practice usually starts the first week in August, with the first meet normally right after Labor Day."

Before pandemic-related

restrictions began, Warren was planning activities for the running club he offers during the summer. Open to any student looking to run for training, Warren said, the group usually meets for workouts three times per week at Miramar Lake.

"I wasn't sure if that was even going to happen, and then I got a call from my athletic director mid-June and he said go for it," Warren said. "I sent out an email expecting 20 kids, but I got 50, so I guess they wanted to get out of the house."

Warren quickly found Miramar Lake too crowded with other users to work out runners safely, so he moved club activities to Jerabek Park. He said during the club, runners are spaced out for group talks or meetings and any non-running activity, wear facemasks for all talks and stretching, and break into smaller groups for the runs. He even had groups showing up at different times based on experience levels.

"I was trying to break it up as much as possible," Warren said.

Then he learned there

was not going to be any competition, for any fall sport, until winter.

"It's going to be more challenging after cross country because our goal is to make it to state championships every year," Warren said. "Now, that's going to be in late March. Then the following week we start track and field. Normally, we have a winter season before we start track. So, if we do get to that level at the state meet, those kids will need some time off and probably

won't compete in the first few meets in track and field."

That not only impacts training schedules for the competition season, but also presents a challenge for multi-sport athletes, including many cross-country runners who also compete in track and field.

"The whole idea (usually) is to peak them in cross country in November and peak them again in June for track. That's going to be a neat trick to do it so quickly. It's new ground for me," he said.

Warren said that once the season starts, he expects student athletes will have to sign a waiver, perhaps have to fill out a questionnaire and probably have their temperature taken.

The coach said a challenge will be how meets and races, including large invitational events, play out. At this point, the best he can do is speculate and prepare for whatever comes.

"Maybe we could just have some morning session races. Then, after morning sessions, have those runners leave and then another group comes in," Warren said. "Maybe have morning, midday and afternoon sessions. I don't know. We'll see what happens."

However logistics are handled, Coach Warren is optimistic when it comes

to the talent on his team and the prospects for the season ahead.

"We've had a lot of success the last few years. The boys have been to state championships three years in a row and our top two runners from last year are returning," he said. "They finished fifth and seventh in CIF finals last year. They're going to be very disappointed if we don't have a season. They're trying to compete in college and so on."

Warren said the team was one of the favorites to win its division, led on the boys side by standout senior runners Giancarlo De Silva and Caden Farrow.

"They're best friends, training together every day," Warren said. "They're two of the top track athletes in the county."

Among the girls, the coach said he's pleased with how the team has come up after losing key runners and rebuilding from scratch.

"We had eight strong girls and five had never run cross country before," he said. "Then, in CIF, we were the youngest team from San Diego by far. They had a respectable CIF finish at sixth in one of the strongest divisions."

Standout Chloe Ellermeier returns to the team this year and is expected to pick up the pace where she left off last year, when she qualified for the CIF state meet as an individual.

Despite the unique challenges posed to fall 2020 sports, Coach Warren is optimistic about cross country.

"I'm looking forward to this season quite a bit. It's not just about the varsity. Some kids join the team for the social life. It's a great way for freshmen to meet new friends. (For) a lot of them, it's a training ground for their sport; club baseball or soccer or whatever," he said. "It's going to be very interesting. We'll see what happens."



## CIF-SD releases master calendar

The CIF-San Diego Section posted its "master calendar" for the 2020-21 school year in high school sports, which includes the postponed start of fall sports until December due to the COVID 19 crisis.

The calendar lists the breakdown of seasons and the dates when each sport can begin practice, when teams in each sport can begin competition, when the regular seasons must end and a general timetable for CIF-SD playoffs. The new plan calls for a Season 1 and a Season 2.

Season 1 will include badminton, traditional competitive cheer, cross country, field hockey, football, gymnastics, boys volleyball, girls volleyball, girls water polo, boys water polo and roller hockey. Practices for all Season 1 sports may begin Dec. 12.

Season 2 will include baseball, girls basketball, boys basketball, competitive sport cheer, boys golf, girls golf, boys lacrosse, girls lacrosse, boys soccer, girls soccer, softball, swimming and diving, boys tennis, girls tennis, track and field, boys wrestling and girls wrestling. Starting dates for Season 2 sports practices are spread between Feb. 8 and March 13, depending on the sport.

# SPORTS

## SR Little League Fall Ball cancelled

The Scripps Ranch Little League (SRL) Fall Ball season has been cancelled this year, according to an Aug. 9 announcement.

The SRL Board decided it was best to not register players for Fall Ball and then wait to see if they could play games between September and November. The COVID-19 pandemic caused delays in opening youth sports, and there was a high chance no games would be allowed locally before November. With this information, and knowing Fall Ball is a season of only playing games on Sundays, the Board decided it was best to skip this year.

SRL hopes it will be able to hold a season in the spring and possibly an "early bird registration" at the end of this year for 2021.



**PHYSICAL THERAPY**  
ONE-ON-ONE CONCIERGE IN SCRIPPS RANCH  
**RECOVER FASTER • GET STRONGER**



Now Accepting  
Most Insurances





blue of california









**AUTO-NESS  
THERAPIES**

**Dr. Matthew Perry**  
10035 Carroll Canyon Rd. Suite G  
San Diego, CA 92131  
Located inside of Evolve Fit Studio  
**858-324-5537**





# HOMES



With a few simple measures, you can manage all those peskier aspects of nature you'd rather not have indoors. (copyright Robyn Huff, @robyns\_frenchnest)

## Tips to keep the outdoors outside

(StatePoint) Even avid nature lovers will agree that not all aspects of the outdoors belong inside one's home. While bugs, mud and allergens will sneak their way into interior spaces, the steps you take to manage these elements can keep your home more comfortable.

### Contain allergens

Your home should provide a respite from outdoor allergens. Unfortunately, pollen has a tendency to stick to skin, hair, shoes and clothes. Contain allergens by removing outerwear when you get home. If you spent the day in a grassy or forested area, you may also want to change your clothes or even take a shower before sitting on furniture. As far as cleaning is concerned, regularly shake out your welcome mat outside and away from the front door. Also, make a habit of regularly laundering items that touch your eyes, ears and nose most

frequently, such as bedding and towels.

### Combat insect invaders

According to the Smithsonian Institution, there are more than 200 million insects for each human on the planet! That's a lot of critters, and despite your best efforts, some of them are going to enter your home, especially during peak bug season. With the National Pest Management Association's bug barometer calling for high pest pressure from ants, roaches, mosquitoes and more this season, having a smart way to deal with insect invaders is a good idea.

The majority of people are concerned with the ingredients found in conventional bug killer sprays. If that describes you, look for effective solutions made without harsh chemicals. For example, Zevo Insect Killer Sprays with BioSelective Technology work on a broad range of household insects, including ants, roaches, flies, fruit flies, gnats and spiders.

The active essential oils in Zevo target nerve receptors vital to insects, not people or pets. Easy to use, just spray on pests, then wipe up the dead bugs, as well as any excess product. Leaving only a light scent of essential oils, Zevo lets you get on with your day after use, and is available online or in-store at Target and Home Depots nationwide. To learn more, visit [zevoinsect.com](http://zevoinsect.com).

### Make floors mud-free

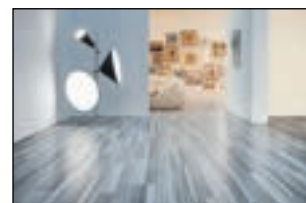
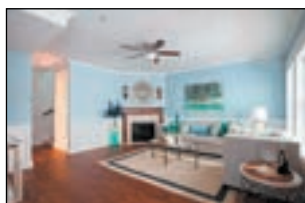
Setting up a mudroom near the entrance of your home can help you combat footprints once and for all. If you don't like being barefoot or want extra sole support, keep a pair of shoes nearby that you can swap into indoors. Just be sure that this pair never leaves the house. Have a dog? Wipe paws clean when you get home from walks, or better yet, try dog boots, which have the added bonus of protecting paws from sharp objects, hot pavement and other road hazards.

### Banish excess moisture

Too much moisture indoors is bad news. Damp spaces can promote growth and spread viruses, bacteria

See **OUTDOORS**, Page 16

Luxury flooring for  
Every **home**, every **room**,  
every **aesthetic**.



Geneva  
FLOORING  
WOMAN OWNED & OPERATED



Been staring at that floor for months?  
Call now for a change of scenery!

Now is the time to have something to look forward to.  
Have the home of your dreams!

We are following the ADA social distancing guidelines and offer private showroom or in-home consultations with samples.

LIC#801132

**SHOWROOM OPEN**

Visit our new website with complete list of products.

[Genevaflooring.com](http://Genevaflooring.com)

**(858) 547-8069**

9360 Activity Road, Suite D, San Diego, CA 92126





**SAVE UP TO 50-90%  
ON YOUR A/C BILLS**



**HOW QUIETCOOL WORKS**

- 1** Open a few windows anytime it's cooler outside than inside, typically in the morning and evening.
- 2** Turn your QuietCool fan on by setting the speed and timer.
- 3** QuietCool pulls in cool, fresh air from outside and expels hot, stale air out attic vents.
- 4** Your home has now been made cooler, healthier, and more comfortable.

**SAVINGS YOU CAN  
ACTUALLY FEEL**

**NOW OFFERING A  
MANUFACTURER'S  
REBATE  
OF UP TO \$150**  
(CALL FOR DETAILS)

**FREE  
WIRELESS RF  
CONTROL KIT UPGRADE**



LIMIT ONE PER HOUSEHOLD  
RESTRICTIONS MAY APPLY.

**ECONOMY PACKAGE**

Whole House Fan (Trident Pro Series)

- Trident Pro 3.3 Whole House Fan  
1,600 SQFT - ~~\$1,399~~ \$1,299
- Trident Pro 4.8 Whole House Fan  
2,400 SQFT - ~~\$1,599~~ \$1,499
- Trident Pro 7.0 Whole House Fan  
3,500 SQFT - ~~\$1,799~~ \$1,899

**SMART PACKAGE**

Whole House Fan (Stealth Pro Series)

- Stealth Pro 3.3 Whole House Fan  
1,600 SQFT - ~~\$1,699~~ \$1,549
- Stealth Pro 4.8 Whole House Fan  
2,400 SQFT - ~~\$1,899~~ \$1,749
- Stealth Pro 7.0 Whole House Fan  
3,500 SQFT - ~~\$2,299~~ \$2,149



**(INSTALLATION INCLUDED  
WITH ALL PACKAGES)**

[www.quietcool.cc/Suncosolar](http://www.quietcool.cc/Suncosolar) | (619) 383-2626





**OUTDOORS**

Continued from Page 14

and bugs, according to the American Lung Association. To keep your home's interiors dry, fix up any leaks and keep humidity levels at 50

percent or less by adjusting controls on your air conditioner and/or by running a dehumidifier. The Institute of Medicine cites good ventilation and moisture control as ways to help limit both mold and bug problems.

**Add water features to your yard**

(StatePoint) Enhancing your backyard? Experts say that the sights and sounds of water features make them one of the most impactful additions to consider.

"Water features not only increase visual interest, but the bubbling sounds add a sense of calm to any outdoor space," says landscape designer Doug Scott of Redeem Your Ground in Atlanta, Ga. "They also attract birds, butterflies and more, literally bringing life into your backyard."

So, how do you select the right water feature for your yard? According to Scott, here's what to consider:

- **Fountains:** With a wide range of shapes, sizes and options to complement any space or budget, fountains are one of the most common types of water features for homeowners across the country. They're also relatively easy to install and maintain.

"Fountains create the sights and sounds my clients are looking for and they do it in a way that accommodates their potential space and budget constraints," Scott says.

- **Water gardens and fishponds:** Water gardens are gardens of plants that live in and around water. Best when incorporated into a natural setting, they enable homeowners to add such vibrant plants as water lettuce, water lilies, horse tail, blue iris and sweet flag to their landscapes. Much like



Installing a water feature in your yard is an effective way to add vitality and beauty to the space. However, it's important to understand the long-term maintenance requirements of your specific project. (StatePoint)

water gardens, fishponds are best incorporated into a natural setting and contain many of the same plants.

"The added bonus of fishponds is that you'll be able to enjoy the beauty of koi and goldfish, while providing them a home," Scott says.

Scott cautions that when compared to other water features, fishponds do add expense and necessary periodic maintenance. Beyond stocking the pond, you'll need a pump to aerate and circulate the water, as well as vegetation to create oxygen and provide a natural food source. Additionally, you must provide adequate protection for the fish from the land and air predators that will likely pay your pond a visit. On the plus side, fishponds will attract an abundance of non-predatory wildlife to your yard.

"Although adding a pond or water garden is more involved than just buying

a fountain and plugging it in, the life it'll bring to your family outdoors is limitless," Scott says.

- **Waterfalls and streams:** Waterfalls and streams create a meandering setting that helps you connect one space of your yard to another. Functionally, they also help manage draining. However, due to the engineering required for successful installation, Scott highly recommends most homeowners work with a professional on such a project. This minimizes the chances of things going wrong.

To learn more, check out the new Exmark Original video, "Done-In-A-Weekend Projects, Go With the Flow," in which Scott discusses the various benefits, maintenance needs and other considerations of each water feature type. Visit [Exmark.com/Backyard](http://Exmark.com/Backyard) to access other episodes from Exmark's Original Series.

**SECRET SPOTS SUPER CHALLENGE**  
Enjoy a fun, Team/Family/Bubble activity and play against other groups

Saturday Aug. 29  
Saturday Sept. 5  
Saturday Sept. 12  
Saturday Sept. 19

9:30 am-12:15 pm

- Create a team!
- The Scavenger Hunt is in Balboa Park!
- Walk 2.5 to 3.5 miles as a team.
- Physical distancing practiced.
- Limited to first 5 teams who register.

WHERE YOU WANT TO BE TOURS – [WhereTours.com](http://WhereTours.com)  
OUT OF THE ORDINARY – [GroupAdventures.com](http://GroupAdventures.com)  
Sign up – [menkin@wheretours.com](mailto:menkin@wheretours.com) 619-917-6037

Get professional images of your athlete in action by scheduling your event today!

[f](https://www.facebook.com/justinfinephoto) [i](https://www.instagram.com/justinfinephoto) @justinfinephoto

[justinfine.com](http://justinfine.com) | [justin@justinfine.com](mailto:justin@justinfine.com)

**PLACE YOUR CLASSIFIED AD in SCRIPPS RANCH NEWS!**

**ONLY \$10** (15 cents for every word over 40 words)

**40 words or less**

Submit your classified ad at:  
[scrippsranchnews.com/classified](http://scrippsranchnews.com/classified) or email your content to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com).

**SCRIPPS RANCH NEWS (858) 945-4465**

SCRIPPS RANCH  
CLASSIFIEDS

**HAND SANITIZER**

**Safe Hand Sanitizers!**  
100% alcohol, bleach and chlorine free. FDA Approved. It's all about your kids and your safety. GlanHealth's products are scientifically-proven to eliminate harmful germs & bacteria. Available now! Contact Ed Franklin at [efranklin@dalrada.com](mailto:efranklin@dalrada.com). [www.glanhealth.com](http://www.glanhealth.com). Do your homework!

**HEALTH & BEAUTY**

**Shannon Behan Massage**  
Home appointments now available. I strictly adhere to CDC and CAMTC guidelines. Visit my website [shannonbehanmassage.vistaprintdigital.com](http://shannonbehanmassage.vistaprintdigital.com) for more information about my services or call 858-437-4676 to schedule an appointment with Shannon.

**CORE MESSAGE THERAPY**  
CORE Myofascial therapy helps improve alignment

**PLUMBING**

**Best Deal Plumbing, Heating & Air**  
(License #770827) For all of your plumbing needs, water heaters - same day service, toilets, faucets, water pressure regulators and drain stoppages. Scripps Ranch residents Tom & Paula Conlon: (858) 578-7808.

**HEATING & AIR CONDITIONING**

**A/C Mechanical Sol Inc.**  
Replace or install a new A/C, get a furnace for FREE! Call 866-226-3909 or 858-733-1534. License #923310.

**TRAVEL SERVICES**

**Travel Advisor, Scripps Ranch**  
Over 35 years of experience specializing in ocean cruises, river cruises, escorted European vacations and personalized European adventures. For appointment call Jayne Gomes, Cruise Company of So Cal at 858-271-7303. References available.

**TUTORING**

**Jackie Bhagat**, native Spanish Speaker. 38 years experience. Teaches online as well as direct. One hour weekly - \$35.00. 2 hour weekly - \$30.00 per hour.