



San Diego City Attorney Mara Elliott (courtesy of San Diego City Attorney's office)

City attorney calls Scripps Ranch home

By Ken David

When San Diego City Attorney Mara Elliott ends her day leading a 360-person office that handled approximately 21,000 cases last year, she is happy to return home to Scripps Ranch.

"Scripps is just fun," Elliott said. "I feel like when I drive into my neighborhood, I'm really getting away."

One can understand the need for Elliott to decompress following a workday after considering the diverse, important role she plays as city attorney.

Elliott's job as San Diego city attorney is not to be confused with the work of the San Diego County's district attorney. Elected in 2016, City Attorney Elliott and her staff handle misdemeanors within the city of San Diego. The San Diego County district attorney, on the other hand, handles felonies and misdemeanors happening outside of the city of San Diego.

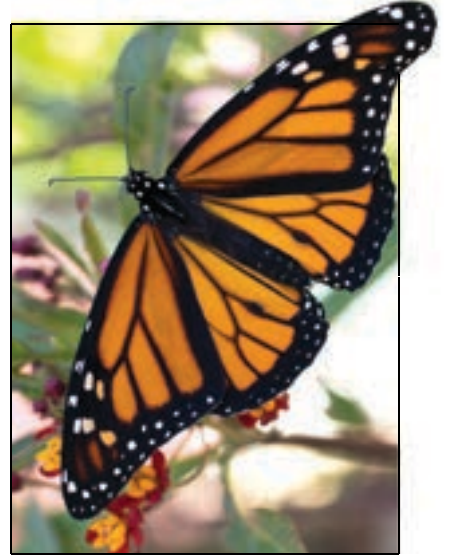
Elliott explained that the See **ELLIOTT**, Page 2



Alexandra Kotsos, head captain of the varsity cheerleading squad (left), and Alanna Bantigue, dance captain, will lead the Scripps Ranch High School cheerleaders into the upcoming school year and the 2018-19 Falcons sports season. See the cheer squad's team photos on page 17. (photo by Ralph LoVuolo)

A SPIRITED BEGINNING

The Scripps Ranch High School cheerleaders' beaming faces symbolize a positive outlook and anticipation of the experiences awaiting as school begins. Scripps Ranch public schools begin classes Monday, Aug. 27 while some private schools are already in session. Students will have a bit of anxiety and parents will shed a few tears. Meanwhile, parents are encouraged to email their first-day-of-school photos to Scripps Ranch News for publication on ScrippsRanchNews.com as well as in the September issue of the newspaper. Email your photos to info@scrippsranchnews.com.



Members of the Scripps Ranch community are making an effort to help the declining population of monarch butterflies thrive. (photo by Anthony Eusebio)

Teacher brings learning to life

By Cynthia Kurose

First grade teacher Amy Boelzle is making education fun and interactive for students at Dingeman Elementary School while also working to support the environment.

Voted Teacher of the Year in 2017-2018 at Dingeman Elementary, she manages a butterfly garden at the school that she incorporates in to her life science lessons, and she has taken it a step further to expand the effort to the Scripps Ranch community.

Boelzle inherited the garden from Sara Church, a former third grade teacher at Dingeman, who initiated many science and conservation activities at the school prior to her retirement. Among her contributions were creation of the Green Team – a group of third graders responsible for recycling at the school – as well as building a See **BUTTERFLY**, Page 6



The future of Innovations Academy
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Your guide to school supplies
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SRHS football season preview
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Girls volleyball team focuses on chemistry
PAGE 14

Children enjoy reading to furry friends

By Bella Ross

On some Saturday mornings, attendees at the Scripps Miramar Ranch Library may find that the library's usual silence has been replaced by the sounds of young voices, perhaps articulating the words of books like Dr. Seuss's "Go, Dog, Go!"

Let it be known, this book choice is far from random. Look a bit closer and one will find not only kids, but dogs patiently sitting by as young readers try to piece together syllables.

"Their teachers aren't there. Their parents aren't there.

They're just reading to the dogs who don't correct them and aren't judging them for their reading," said Jennifer Shumaker, Scripps Ranch visit captain from the therapy dog organization Love on a Leash.

The program is called Paws to Read, and it's far from new. Some frequent attendees have practically grown up beside these dogs.

"We have kids all the way from infants to as old as 12 years old who come," Shumaker said. "We even encourage the little ones like the two and three-year-olds to just grab a book and show the dogs the pictures while they're

flipping through it."

Lisa Thompson, a member of the Love on a Leash national board of directors, said the main goal of the program is to give the kids a non-judgmental environment to practice reading out loud. However, she said she's seen the program fulfill all kinds of needs.

"We'll have kids who come over the course of years that are scared of dogs when they start out in the program and, as the years roll on, they learn to love the dogs and become very comfortable with them," Thompson said.

See **READING**, Page 21



Children read to canines the first and third Saturday of each month at the Scripps Miramar Ranch Library. (courtesy of Paws to Read)

S.T.E.P. helps military families in financial crisis

By Terry L. Wilson

The Support The Enlisted Project (S.T.E.P.) is a nonprofit headquartered in Scripps Ranch that assists young military families in financial crisis.

“We work with pay grades E1 to E6 in all branches of the service in Southern California,” said S.T.E.P. CEO Tom Teravainen.

“We define a financial crisis as imminent loss of financial necessities,” he explained. “For example, they are about to lose their home, their car, their electricity or critical needs for their baby, or maybe they don’t have

money to feed the family.”

This assistance begins with a two-step process starting with professional counseling designed to inspire the family in need to make their critical moment a turning point in their life.

“We want to use the donated dollars from our community to last their lifetime through education,” Teravainen said. “That is our focus. We understand the many hardships these young families face; ranging from deployment to the 50 percent spousal employment rate that’s below the low-income cutoff established by H.U.D.

“Our Financial Counseling Program consists of professional social workers who created a short-term intervention that takes about 10 to 15 hours of counseling per family over a course of several weeks.”

The assistance provided comes in the form of life lessons. An array of experts teach families how to do long and short-term planning, educating them to understand their current financial situation and then provide help enabling them to build a concrete plan to achieve goals for their future.

“This program helps, education.”
See S.T.E.P., Page 4



Besides providing financial counseling services and emergency financial assistance, the Support The Enlisted Project holds special events throughout the year for the program’s military families. (courtesy of S.T.E.P.)

ELLIOTT

Continued from Page 1

city attorney’s office handles “quality of life” issues such as vandalism; unsafe housing conditions; a neighbor who might not be trimming brush back, creating a fire hazard; and code compliance issues.

“We’re trying to make sure the quality of life is good wherever people are living,” Elliott said.

Overall, her role is a complex one. On one hand, she’s

the attorney for the city. Her clients are the mayor and the City Council, and her role is as their civil advisor. All laws and municipal codes come through the city attorney’s office. The city attorney sits in with the City Council and Council committees, and advises them on how to conduct their meetings; including whether they may have a conflict of interest. Elliott’s duties also include issuing memoranda of law, which describe particular legal

issues, and giving the city advice on how to conduct its actions or the important things to consider before taking action.

On the other hand, she is the attorney for the people, prosecuting misdemeanors on behalf of the city’s residents. In that situation, Elliott doesn’t consult with the Council or Mayor, but moves forward independently.

The city attorney’s office argues for and defends against legal actions in-

volving the city in civil court. Prosecutions could be for faulty work done by a city contractor or for illegal dumping. Defense of the city’s cases can involve things like accidents involving city vehicles, trips and falls on city property or right-of-way, even damage caused by potholes.

Elliott and her family, husband Greg and two sons, ages 11 and 13, moved to Scripps Ranch four years ago after living in Carlsbad. “We love the trails, and

the people here are really friendly,” she said. “We spend a lot of time at the lake. And I like our library — our library is really terrific, and I’m a book nerd,” she said.

Elliott also enjoys trips to the local bakery and café, The French Oven.

“It’s good to walk there because once you arrive, you’ve already burned some calories,” she joked.

Like many parents, she’s involved in her sons’ schools and also works to stay involved with the local community, despite her busy schedule. She was involved in school government when her sons were at Jerabek Elementary School, and she helped that school develop its emergency plan. She’s still involved with her sons’ school field trips, but the duties of her job have affected the time that she has available.

“Most of the meetings I cover (as city attorney) are held during school hours,” she said.

Her husband, Greg, is on the board of the Scripps Ranch Civic Association, providing Elliott with a way to remain involved in her community.

“For his work on the Fourth of July Parade, I helped him get in touch with elected officials to invite them,” she said. “That’s the best way these days that I can do community service.”

No matter the demands of work, family, school or community, Elliott said it was a longtime goal of hers to live in this area and she’s very happy to have made Scripps Ranch home.

“I’ve always wanted to live there. We used to live in Serra Mesa and my dream was always to move to Scripps Ranch,” she said. “Now, we’re finally where we always wanted to be.”




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Residents seek to beautify parkway following project

By Cynthia Kurose

San Diego Gas & Electric (SDG&E) is nearing completion of its Sycamore to Peñasquitos 230 kilovolt (kV) Transmission Line Project through Scripps Ranch and is finalizing repairs to the roads affected by the underground work. Left in the project's permanent wake, however, is a 160-foot-tall, 230 kV transition pole that towers above Stonebridge Parkway and neighboring homes.

When the pole was first installed last fall, local residents immediately voiced their concerns, referring to it as "an eyesore," and felt they had been misled by the original project description. Early project renderings depicted a pole that would be similar in height to neighboring transmission lines, whereas the final structure is significantly taller. Residents also reported being dismayed by the installation given their understanding that the new transmission line would be installed underground.

According to an email from Allison Torres, SDG&E communications manager, the utility company's "proposed project would have consisted of a primarily overhead route utilizing existing SDG&E transmission corridors ... Under this proposal, a new 230 kV line through the community of Stonebridge would have been placed overhead."

Following preparation and review of an environmental impact report (EIR) for the project, 41 alternatives were identified, several of which were dismissed due to infeasibility based on environmental, legal or other considerations. The California Public Utilities Commission (CPUC) narrowed the alternatives down to five for full analysis.

"Ultimately, the CPUC approved Alternative 5 (Pomero Road to Miramar Area North Combination Underground/Overhead) as the environmentally superior alternative, in part because it would minimize significant and unavoidable impacts to Aesthetics, Noise and Recreation. Significant and unavoidable impacts to visual quality would be limited to one cable pole," read the email from Torres.

With the project approved and no immediate recourse to halt its progress, residents formed a committee in November 2017 to negotiate funding from SDG&E

to soften the appearance of the imposing structure by adding trees and other aesthetic enhancements along Stonebridge Parkway.

Stonebridge resident Monica Emanuele organized the group, which dubbed itself the "beautification committee." They held several meetings with SDG&E and homeowner's association (HOA) representatives, and consulted with arborists and landscape architects to determine the most ideal, yet cost-effective, design to minimize the visual impact of the towering structure along the parkway.

Emanuele said that the committee also created a mission statement, formalizing itself with an identified purpose which it presented to the HOA early in the process to secure support and recognition as a grassroots committee of Stonebridge homeowners.

"We discussed costs and details like what kind of trees would be suitable per SDG&E and HOA standards, as well as irrigation and other considerations," said Emanuele. "The initial number that was proposed by SDG&E was \$25,000. As



A 160-foot-tall, 230 kilovolt transition pole installed by SDG&E towers above Stonebridge Parkway near Stockwood Cove. The images demonstrate the visual impact on the parkway. (photo by Cynthia Kurose)

homeowners who had paid for our own private landscaping at home, we knew that figure wasn't going to come close to making an impact."

Over the course of several more meetings, Emanuele said the committee was successful in negotiating incrementally more funds toward the beautification project, ultimately securing \$70,000 from SDG&E.

A letter to Stonebridge HOA dated Feb. 7, 2018 from SDG&E Regional Public Affairs Manager Todd Voorhees, read in part, "SDG&E will provide funding not to exceed \$70,000 to



NEWS

assist in the beautification of community areas along Stonebridge Parkway ... Funding can be utilized for the purchase and installation of trees, bushes and shrubs for common areas along Stonebridge Parkway with the purpose of softening the view of SDG&E's 230 kV Transition Pole."

At the April 2018 HOA board meeting, the beautification committee submitted a written plan with its formal recommendation for utilization of the \$70,000 from SDG&E, which was required in order for the board to vote to accept the funds from the

utility company. The plan included proposed types, quantities and placement of trees along Stonebridge Parkway, together with corresponding justification based on its months of research, and in alignment with the original mission that had been adopted when the committee was first formed.

"The purpose is to beautify the parkway for the Stonebridge community," said Emanuele. "My hope is that it is equitable for everyone."

A representative from Stonebridge HOA indicated that installation of trees is expected to happen this fall.

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S.T.E.P.

Continued from Page 2

cates and assists, which empowers them to take control of their finances,” Teravainen said. “We help them get on a positive budget path, we help them get a full-debt reduction plan, then we discuss the elephant in the room which may be the eviction or repossession they’re facing.

“And if we can’t figure out how to use their future dollars to stop that loss, we will go ahead and write a check to cover that debt. So, basically it’s a two-step process where we teach them to fish and teach them how to get back on their own feet.”

Over the last six years, 4,000 applicants went through the process and 88 percent of the families are still working though the goals and objectives they set. Although they are eligible for two grant cycles, 92 percent of the families that received money have not come back for a second grant, Teravainen said.

“We don’t have a process to pay loans. Everything we do comes from grant dollars. We don’t want to add to their debt load. Our mission is to help these young military



S.T.E.P. CEO Tom Teravainen

families move from a financial crisis to being financially self-sufficient. That key of being financially self-sufficient is where these secondary programs come into play,” Teravainen explained.

“It’s important to meet all these people and to let them know we’re there to help the best we can,” he said. “We’re privately funded. We don’t take state or federal funding, so it’s imperative to meet new donors, new funders, new community members and new partners.”

The local office is in Scripps Ranch at 9951 Businesspark Ave., Suite A. To learn more about the Support the Enlisted Project or to make a donation, visit stepsocal.org.

NEWS UPDATES

SR Community Fair will return in 2019

The annual Scripps Ranch Community Fair will not be held this year for the first time in 19 years. The Scripps Ranch Civic Association, which normally holds the event annually, responded to a request for information via email, stating the Community Fair was postponed this year until 2019.

Last year’s event, touted as the 18th Annual Scripps Ranch Community Fair, was held on the campus of Alliant International University in June 2017. One of the largest events in Scripps Ranch each year, the Community Fair featured numerous vendor booths; booths by an assortment of Scripps Ranch community organizations; food; and inflated jumpy structures, rides, games and activities for children. A community stage featured locals performing live music, self-defense demonstrations and dance routines.

Business sponsors, vendors, groups or individuals wanting to contribute funds, volunteer and become involved with the 2019 Scripps Ranch Community Fair may email the Scripps Ranch Civic Association at srca@scrippsranch.org.

Two Girl Scout volunteers honored

Scripps Ranch residents Sue Papp Bannister and Eric Morgan will be honored for their hard work and dedication to Scripps Ranch Girl Scouts at the annual Volunteer Conference and Celebration on Saturday, Aug. 25 at the San Diego Convention Center.

Bannister will receive the Appreciation Pin. She has been a valuable member of the Scripps Ranch Girl Scouts leadership team, taking on the role of webmaster for the service unit website. She kept the service unit informed and up-to-date about Girl Scout happenings. In addition, she led a yearly meet-up of multi-level scouts, which allows girls to meet their requirements for bridging to the next level.

Morgan will receive the Cookie Award. His tireless product sales efforts help the Scripps Ranch Service Unit really shine. He goes above and beyond the call of duty by being available to lend a helping hand, train troop cookie managers, answer any questions and distribute products.

‘Pleasure of Your Company’ presents Bryan Verhoye

The fall season of the “Pleasure of Your Company” music series will open with a free performance by concert pianist Bryan Verhoye on Sunday, Sept. 9, at 2:30 p.m. in the Scripps Miramar Ranch Library Center. His program will include works by Beethoven, Mendelssohn and Rachmaninoff.

Meet the artist and mingle at a complimentary post-concert reception. Visit www.srfol.org.

Shelley Zimmerman is parade grand marshal

The Rotary Club of Poway-Scripps has selected retired police chief Shelley Zimmerman as the grand marshal for the Poway Days Parade. Zimmerman, a Scripps Ranch resident, was the first woman to serve as San Diego Police Department (SDPD) Chief of Police. The parade will be held Sept. 8. Visit powaydaysparade.org.

Just days left to enter the Lemonade Stand Contest

A few days remain to enter the first annual summertime Lemonade Stand Contest sponsored by Scripps Ranch News and Rita’s of Scripps Ranch. Summer is not over yet!

Everyone who enters will receive a gift certificate for one regular Italian ice treat from Rita’s of Scripps Ranch, located at 10585 Scripps Poway Parkway in the Scripps Ranch Marketplace. All entries will be featured on ScrippsRanchNews.com and will appear in the September issue of Scripps Ranch News.

The grand prize-winning entry will receive one \$25 gift card to Rita’s of Scripps at the end of the contest.

Are you planning a lemonade stand near your home? Why not enter the contest? It’s simple:

1. Send a high-resolution photo of your lemonade stand to info@scrippsranchnews.com.
2. Include the date the photo was taken; the street location of your stand; and the name (or names) of the kids running the stand.
3. Send your mailing address so we can send your certificate for a free regular Italian ice from Rita’s of Scripps Ranch. Deadline: Entries must be received by Friday, Aug. 24, 2018.



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No purchase necessary to enter. Photos due by August 24, 2018.

Innovations Academy begins 2018-2019 year

Next year's location still a mystery

By Cynthia Kurose

Innovations Academy (IA), a kindergarten through eighth grade public charter school in Scripps Ranch, has been relocated three times since its inception in 2008. At the conclusion of the upcoming 2018-19 school year, it will be forced to move once again, but with the expectation that the next site will be its permanent home.

On June 19, the San Diego Unified School District (SDUSD) Board of Education voted 4-1 to move forward with the Scripps Mesa Joint Occupancy Project – a deal which will involve demolition of the current school site and construction of a mixed use facility with 264 apartment units in its place. While many residents and all local community groups opposed the project, the school board voted in favor, citing overall benefits to the school district, including an ongoing revenue stream that would be generated from the full 66-year lease agreement.

As part of the project's description, according to the environmental impact report (EIR), "The intention of the District is to relocate Innovations Academy to its own, permanent location, and the District, in July 2016, approved spending up to \$20 million on such a facility. In the event a permanent location cannot be secured ... Innovations Academy would be relocated to an existing traditional K-6 or 7-8 school campus, within the school district boundaries."

School administrators and parents at IA have mixed feelings about the relocation of the school.

"There is nervousness about the uncertainty among parents, administration and even students," said Jennifer Ott-Rol, parent of twin fourth graders at the school.

"We don't know what's going to happen, and we won't until there is a definite location for us. My kids are nervous about it; it's an upheaval in their lives," she

said.

Christine Kuglen is the director and author of the charter for IA, and she recalled what it was like moving year after year when the school was first founded.

"I was desperate to be anywhere for more than a year," she said. "We had been at three different locations for one year each and I was moving the school every summer."

In anticipation of the fourth move, she sought out unused SDUSD property on her own, hoping to find a permanent or semi-permanent home for the school. When she found the former Ellen Browning Scripps Elementary School site at 10380 Spring Canyon Road, she approached the school district with a petition to use the campus. While it initially met with resistance, she ultimately received approval for a short-term lease that began in the summer of 2011.

With regular lease renewals always looming at the



Innovations Academy Director Christine Kuglen



Scripps Ranch has been home to Innovations Academy since 2011. With the San Diego Unified School District board's recent approval of the Scripps Mesa Joint Occupancy Project, it will be forced to relocate once again. (photo by Cynthia Kurose)

current site, the prospect of a permanent location for IA is appealing to Kuglen.

"I never expected to be there (at the current site) forever. We do need a permanent, forever home, and we are going to get that now," she said.

Parents who were first attracted to IA because of its

project-based learning style, among other offerings, say they would consider following the school to its next site if the new location puts it in a reasonable commuting distance.

"I am willing to commute as long as my daughter is still thriving and feels

See **INNOVATIONS**, Page 6

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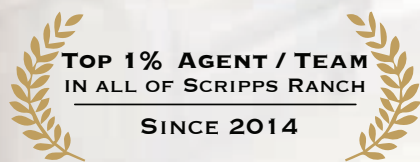
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BUTTERFLY

Continued from Page 1

butterfly habitat, and installing vegetable planters around the school. Given her love of nature and passion for gardening at home, Boelzle partnered with Church when the project first began, picking out most of the plants that would be included in the garden.

‘It’s fun to see and learn about the different stages of the butterfly together as a family.’

— Marian Eusebio

“When my husband and I did the landscaping for our home, I knew I wanted a butterfly and hummingbird garden, so milkweed and other perennials became staples,” Boelzle said. “When Sara (Church) retired a few years ago, I took on the management of the (school) garden.”

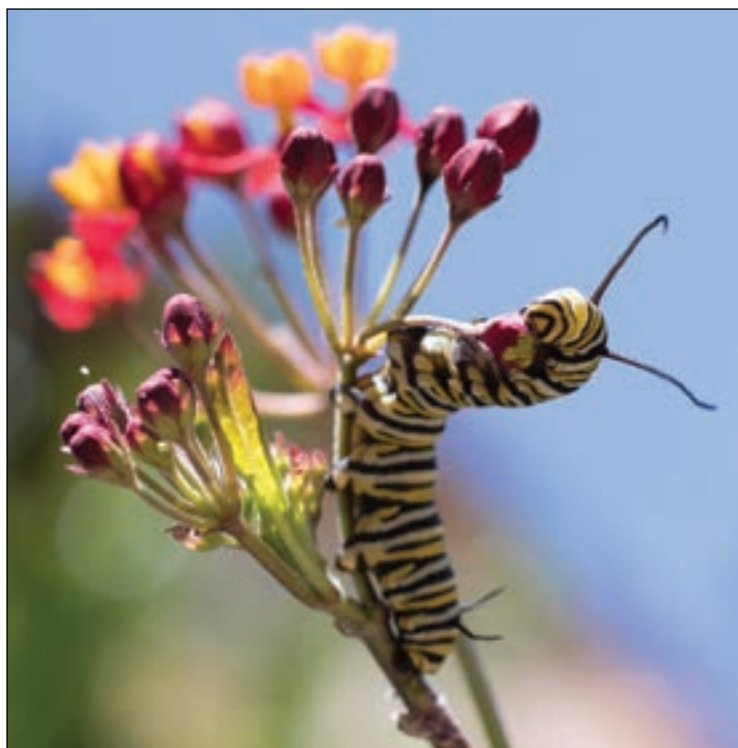
Boelzle selected milkweed as a plant of choice for the school garden, as well, because it has a low water requirement and attracts monarch butterflies. She explained that the monarch only lays its eggs on milk-

weed, and the caterpillars exclusively eat this plant before creating their chrysalis.

“This spring, we had an abundance of monarch caterpillars on the plant,” Boelzle said. “Students were very excited to observe them as they ate their way through the plants, and sometimes we had to transplant the caterpillars to other areas to have enough food.”

At the end of last school year, Boelzle gave milkweed seeds to her students in hopes that they would plant a garden at home, helping the monarchs to continue to thrive beyond the school’s campus. According to the Center for Biological Diversity, the population of monarch butterflies has plummeted by 90 percent in the past 20 years due primarily to climate change and pesticides, which threaten their sole host plant. The organization filed a petition to protect monarchs as “threatened” under the Endangered Species Act, and a decision is expected by June 2019.

Abraham Eusebio is a second grader at Dingeman who was in Boelzle’s class last year. His family planted the seeds received from his teacher and they have enjoyed the experience this



A colorful monarch caterpillar feeds on milkweed in the Eusebio family garden. (photo by Anthony Eusebio)

summer.

“We had four successful monarch butterflies that we raised,” Eusebio said. “I even got to keep the empty chrysalis; it’s very fragile.”

Eusebio’s parents have also found the process rewarding. “It’s been neat to see butterflies coming to our garden, caterpillars eating milkweed, butterflies laying eggs and thriving,” said Marian Eusebio, Abraham’s mother. “It’s fun to see and learn about the different stages of the butter-

fly together as a family. I’ve learned a lot, too.”

The Eusebio family is not the only one in town that finds raising monarch butterflies rewarding. Bettina Mitteer is a Scripps Ranch resident who has been raising monarchs at home for three years. She has also been known to give away milkweed and monarch caterpillars to her neighbors through her local Buy Nothing Facebook group, complementing it with mentoring and strategies for maintain-



A monarch caterpillar becomes a chrysalis before emerging as a butterfly. (photo by Bettina Mitteer)

ing a successful habitat.

“Raising monarchs was an accidental hobby,” Mitteer said. “I bought and planted the milkweed, and the monarchs started landing on it and laying their eggs. Because I’ve been successful, it has been very rewarding and that was something I wanted to share with my neighbors. Particularly because the population is declining, I feel it’s something we can do to make a difference, one butterfly at a time.”

Anthony Eusebio, Abraham’s father, said that Boelzle has done a great job of educating students on the importance of the environment and ways to care for it. Looking ahead, Boelzle hopes to get even more parents involved as she, along with students and her fellow educators, work to continue conservation and beautification efforts at Dingeman Elementary and in the surrounding community.

INNOVATIONS

Continued from Page 5

she belongs,” said Amanda Belton, whose third grader has been enrolled at IA since kindergarten. “If we were to change schools, it is doubtful that we would choose a traditional neighborhood school, as I truly believe in project-based learning.”

Kim Knox is another parent who was first attracted to the school because its teaching methodologies and positive discipline philosophy aligned well with her parenting style. However, proximity was also a consideration, so a cumbersome commute would likely cause her to consider other charter school options for her fifth-grade son.

At the March 6 SDUSD school board meeting this year, IA’s charter was approved for a five-year renewal, with the next renewal date set for June 30, 2023. More information about Innovations Academy can be found at innovationsacademy.org.

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Walmart	\$4.99	\$3.82	\$0.97	\$0.25	\$4.24	\$5.68	\$0.97	\$ 0.15
Target	\$4.39	\$2.99	\$1.19	\$0.59	\$4.29	\$5.69	\$0.99	\$0.15
Office Depot	\$2.99	\$4.59	\$4.50	\$0.25	\$4.29	\$7.00	\$1.00	\$0.15
Staples	\$2.59	\$3.00	\$3.00	\$0.75	\$2.00	\$5.00	\$2.29	\$0.17

* Prices subject to change.

Scripps Ranch Back to School Guide

By Arjun Suri

Summer went by in the blink of an eye, filled with fun and good times, and now it's time to get ready for a new grade in school. Have you picked up your school supplies yet?

Don't know where to start? I have your back with the first annual Scripps Ranch Back to School Guide. This is a guide to the best stores for the best prices

on the essentials that you just can't do without – three ring binders, glue sticks, color pencils, folders and one-, three- or five-subject notebooks.

Don't forget to check your school's website or school flyers for any additional details that a teacher might have specified, in addition to the basics.

Go on students, start the school year on the right side with this Back to School Guide!

Arjun Suri is a reporter who resides in Scripps Ranch and attends Marshall Middle School. He published his own weekly newspaper as a fifth grader at Ellen Browning Scripps Elementary School. Arjun aspires to be a professional journalist and practices his craft in Scripps Ranch News each month.



Arjun Suri

SCHOOL NEWS

Marshall Middle has new Facebook page

A new Facebook group has been created so that parents and families of Marshall Middle School students can share information. Go to Facebook and search for Marshall Middle School SR Parents/Families.

Donations needed for MRE Halloween Carnival

Volunteers are getting ready for the 45th annual Miramar Ranch Elementary School (MRE) Halloween Carnival. The Halloween Carnival committee is looking for more vendors and sponsors to participate in the carnival. The committee needs businesses that would like to sponsor a booth on the day of the event. There is also a need for donated items, gifts, gift cards, etc., for the raffle and silent auction. Businesses and residents who wish to contribute may email Helena Parker at miramarhalloweenchair@gmail.com or Leanne Steichen at leanne.

steichen3@gmail.com.

Jerabek Meet & Greet

The Jerabek Elementary TK and Kindergarten Meet and Greet will be Friday, Aug. 24 from 2 to 3 p.m. This is for TK/kindergarten students and parents only. Due to space constraints, siblings may not attend.

Miramar Ranch Kindergarten K/TK Meetup and schedules

Incoming Miramar Ranch Elementary School kindergarten (and TK) students and their families have been invited to a final summer meetup on Friday, Aug. 24, 9:30 a.m. (just after the kindergarten teacher meet and greet). For more information, contact coordinator Nikki Lankford at nikki_spencer@hotmail.com.

School tours will be held Aug. 24, 9-11. a.m. Meet in front of the school. Children are welcome. No RSVP required.

Kinder/TK only: Class assignments will be posted at 8 a.m. in the lower kindergarten playground on Aug. 24. Kinder/TK teacher meet and greet and classroom tours will be 8:30-9 a.m.

See **SCHOOL NEWS**, Page 8



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Tips to create a successful carpool

(StatePoint) It's time to get back into the school mindset, which for parents means school supplies, packing lunches and carpools.

A carpool arrangement can be the school year's greatest gift, but the key to a seamless schedule is good communication and a solid set of rules. With these best practices, parents can help ensure a safe and smooth ride for all the carpool passengers throughout the school year:

- **Develop a contact list:** Compile a contact list that includes the names of every child and adult involved in the carpool, along with addresses and phone numbers. Print several copies of the list. Keep one copy in the car and share the remaining copies with the other families participating in the carpool.

- **Create a calendar:** Discuss scheduling needs and clearly outline who goes where and when each day of the week. This calendar may change over time, so consider sharing a document electronically for easy updates and to keep everyone on the same page.

- **Prioritize safety:** New car seat options are mak-



Keep safety and portability top-of-mind when organizing school carpools. (StatePoint)

ing it easier to ensure every child is protected in the back seat. For example, the Graco TurboBooster Take-Along Highback Booster and Backless Booster provide safety on-the-go and are designed for ultimate portability. In both highback booster mode and backless booster mode, big kids from 40 to 100 pounds can be safely transported. In highback mode, the seat back nests inside the seat bottom, making it simple to transport the booster from car to car. In backless mode, the seat folds to become 50 percent smaller and comes with a carry bag for addi-

tional portability. To learn more about these booster seats, visit gracobaby.com.

- **Minimize distractions:** It's important to stay focused. Don't listen to a podcast or look at your phone. Instead, concentrate on the task at hand: getting children safely where they need to go.

- **Provide snacks:** After school, kids are typically hungry and will want a snack during the car ride home. Talk to the other parents about what food you plan to provide for their children. Be mindful, many children have allergies or dietary restrictions, so factor this in before snack time.

SCHOOL NEWS

Continued from Page 7

Class assignments for first through fifth graders will be emailed after 5 p.m., Aug. 24.

Dingeman Elementary FFC plans Back to School party

The Dingeman Elementary School Family Faculty Connection will hold a Back to School Party on Aug. 24 from 4 to 8 p.m. at the school. Students and their families are encouraged to attend to reconnect with classmates and make new friends.

Events at EBS

TK and Kinder Back to School Night at Ellen Browning Scripps Elementary will be held 5:30-7 p.m., Aug 23, (adults only).

TK, Kinder and New Student Orientation will be 10:30-11:30 a.m., Aug 24.

A Class Posting Party will be held 5-6 p.m., Aug 24 in front of the school.

Walk the Red Carpet on the first day starting at 7:30 a.m. on Aug 27. School starts at 8:45 a.m.; the gate opens at 8:30 a.m.

Visit the Schools page at ScrippsRanchNews.com for more school updates.

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Non-profit theater group forms for children

By Anna Ruth Ramos

There's a new project in town for artistic kids to be able to express themselves through the arts.

A local non-profit theater group called Scripps Theatre Arts was started by Alicia Gonzalez, a Scripps Ranch resident. The program was designed for kids ages 5 to 16 and bears the tagline "Create. Express. Inspire. Shine."

Gonzalez, a San Diego native, moved back to San Diego and into the Scripps Ranch area from San Jose six years ago. She has four children: two girls, ages 13 and 11; and two boys, ages 9 and 6.

'I love the effect that theater has on their confidence.'

— Alicia Gonzalez

What got Gonzalez started was the fact that she was often asked about opportunities for children who wanted to get involved in theater. Members of the community kept reaching out to her over the past few years since they were aware of her kids' involvement with stage acting, she said. Aside from the Balboa Park and Escondido theater scene, Gonzalez said she saw the need for something local in the area as far as a not-for-profit program for children's theater is concerned. When she couldn't find anything nearby, she decided to start a program herself.

With a background in human resources, Gonzalez is now the director of HR for the San Diego Symphony. Her experience has helped her in running her own theater from a managerial standpoint and in producing a show by herself. She founded her non-profit with a creative team of three people who are all San Diego-based. Her director is from Escondido, the music director is from Mission Valley and the main choreographer is from Ramona.

Gonzalez said Scripps Theatre Arts is intended to give back to the community.

"It's exactly the type of family environment that I wanted to raise my kids in," Gonzalez said. "I wanted it to be obvious that it was for the community of Scripps Ranch."

Gonzalez has always made



Young actresses smile brightly following recent auditions for the upcoming Scripps Theatre Arts production of "Aladdin Jr." (courtesy of Alicia Gonzalez)

sure that her kids had access to artistic activities. Her daughter started musical theater at age five, while her other daughter was four-and-a-half when she first had her own musical audition. Her now nine-year-old son won an acting award at PowPAC, Poway's community theater, when he was just seven years old.

"My childhood was greatly lacking in the arts. So, as an adult, I really appreciated any [of the] live performing arts. That's why I think I got my kids involved so young,"

Gonzalez explained.

She cites gaining valuable life skills such as collaboration, cooperation and confidence as the main benefits that theater can give children, no matter if they pursue careers within or outside of the arts.

"When it comes to kids, I love the effect that theater has on their confidence, their public speaking ability," Gonzalez said.

"As an educational program — it's certainly not intended to create profession-

See **CHILD ACTORS**, Page 10



Theatrical family: All four children in the Gonzalez family will perform in the Scripps Theatre Arts production of "Aladdin Jr." Alicia Gonzalez (front) is the founder of the new non-profit theater group for children. (courtesy of Alicia Gonzalez)

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Laurel Canyon sounds come to Hoyt Park

By Ken David

Scripps Ranch music fans are in store for a harmony-filled trip back in time when Back to the Garden featuring Eve Selis performs a free concert at Scripps Ranch Symphony in the Park from 6 to 7:30 p.m. on Sunday, Sept. 9 at Hoyt Park.

This show is a tribute to the music of the Laurel Canyon scene. For those not familiar with the term, Laurel Canyon is a Southern California neighborhood in the hills above Los Angeles. In the late 1960s and early 1970s, the area was home to a number of musicians and saw the birth of the singer-songwriter movement and the rise of huge stars who were either solo singers or members of folk and rock bands. Many of these artists played on each other's records and spent time together off stage.

Award-winning local singer/songwriter Eve Selis will perform as a guest vocalist for this show and is an admirer of the Laurel Canyon scene's time and its music.

"The music was so shap-

ing our world during that period," Selis said. "Artists like James Taylor, The Byrds, The Eagles, all of them lived up there in that area, and there was a whole resurgence of going to someone's house or going to a small little restaurant and all these famous musicians would come in and play together. It was a magical time."

Back to the Garden band members include Cactus Jim Soldi, Marc Twang Intravaia, Sharon Whyte, Larry Grano and Rick Nash. The band's Facebook page makes a point of highlighting that Back to the Garden is not a tribute band concerned with mimicking the looks and costumes of famous musicians, but instead focuses entirely on getting the music right.

Selis is very familiar with all the musicians in the Back to the Garden band — they are the backing band for her when she performs as a solo artist. Selis said she has performed with Back to the Garden before, but she's been working with guitarist



Back to The Garden is a five-piece band that features various local artists as special guests. Eve Selis will be the guest for the band's Sept. 9 Symphony in the Park performance at Hoyt Park. Back to the Garden members include (from left) Rick Nash (bass); Larry Grano (drums, vocals); "Cactus" Jim Soldi (guitar, vocals); Marc "Twang" Intravaia (guitar, vocals); and Sharon Whyte (keys, vocals). (courtesy photo)

Intravaia for 27 years and has been playing with the full group as a backing band for about 15 years.

"They're amazing musicians, super fun, and this show will bring you back to a time when you remember these songs on the radio or, for some of us, what you remember others (like parents or older siblings) listening to," she said.

Checking her copy of the set list, Selis said music fans can expect to hear favorite, or at least familiar, songs by artists including Linda Ronstadt; America, Crosby, Stills & Nash; Neil Young; The Byrds; The Monkees; and Three Dog Night.

"A lot of these songs are very harmony-centric songs, and that's one of the things that Back to the Garden does best," Selis said. "Not only are they possibly the best musicians in San Diego but they have the harmonies down on these beloved songs."

It's important to note that a big part of Scripps Ranch Symphony in the Park's mission is to provide funds to the music programs at all Scripps Ranch schools. The directors from each of these programs have been invited to receive charitable donations from Scripps Ranch Symphony in the Park on stage prior to the Sept. 9



Eve Selis (courtesy photo)

concert at Hoyt Park.

Those planning to attend the Back to the Garden show featuring Eve Selis should know that only low-to-the-ground chairs are allowed, no dogs are allowed, and attendees cannot bring plastic tarps because they kill the grass in the park. Visit symphonyinthepark.org.

CHILD ACTORS

Continued from Page 9

al actors — if they want to do that, that's great," she said of Scripps Theatre Arts. "But these kids will be able to go into high school and go into college and make speeches without having to overcome that major hurdle of talking in front of people. ... They can focus on the content and not their feelings because they'll have a chance to overcome that. The confidence in kids who go through these programs is just incredible to me."

Auditions for the program's first show were held in the first week of August at the Scripps Ranch Recreation Center.

"When we first started this, it was kind of like throwing water into the air. I was worried that we'd get about eight people; that not even the costs of running this would be covered," Gonzalez said. "We have 27 kids in the cast as of right now and I think it might still grow."

Scripps Theatre Arts' first production will be "Aladdin Jr.," scheduled to run Oct. 5-7 in the theater at Marshall Middle School.

For more information, search for Scripps Theatre Arts on Facebook or email scrippstheatreats@gmail.com.

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SR Theatre presents thriller with a time warp

By Ken David

Get ready for an entertainingly confounding, comedic stage thriller when Scripps Ranch Theatre (SRT) opens its new season with Alan Ayckbourn's "Communicating Doors," Sept. 7-Oct. 7.

Written by acclaimed playwright and director Ayckbourn, "Communicating Doors" tells the story of three women who all have business in the same hotel suite. One of the women has narrowly escaped being murdered, one is about to be murdered, and the other was murdered two decades before. That may seem a little confusing, time-wise, until you realize that the door in the corner, the "communicating door" that connects two hotel rooms, leads back to the same suite 20 years earlier.

"It's a thriller with a time warp," said Jacquelyn Ritz, who is directing the play for SRT.



Master gardeners return to Garden Club

By Denise Stewart

The Scripps-Mesa Garden Club will meet Sept. 25 at the Scripps Miramar Ranch Library Community Room to hear another presentation by three master gardeners. The 6 p.m. talk will be preceded by a plant share at 5:45 p.m.

The master gardeners are returning and finishing up their talk on "Earth Friendly Gardens" that they began earlier in the gardening season.

The speakers will then be exploring a new topic: "Horticultural Fact or Fiction," how to research what is true, what is an "old wives' tale," and what is "snake oil."

Scripps Mesa Garden Club meets monthly except in December and welcomes all local plant enthusiasts to share in their learning experiences. For more information, contact the club president at her email: lab@san.rr.com.



Director Jacquelyn Ritz works with cast members of "Communicating Doors." (photo by Ken Jacques)

Ritz, who previously directed "Accomplice" at SRT, is excited to direct Ayckbourn's time-shifting thriller in the local theater space.

"We'll have characters two feet from the audience! You'll feel like you're in the suite with them. That close-in seating is good," Ritz said. "The theatrical elements, including what we do with the door and what happens when the time changes will be very exciting for the audience."

With its time shifting elements, the play covers a 40-year period — the present day, 20 years in the future, and 20 years in the past. "Communicating Doors" was originally set in the year it was written, 1994, so char-

acters were going back to 1974 and up to 2014. The Scripps Ranch Theatre version is set in 2005, so the past is 1985 and the future is 2025.

"For 2025, it was interesting to think about how people will dress, how they

will move," Ritz said. "Going back to 1985, we're having a lot of fun with that design time and the big hair and the colors and things people carry around like big phones."

The director believes the way that the play goes back and forth in time to illuminate the plot and present possible alternative realities for all of the characters involved presents questions ripe for contemplation.

"For me, it's about the little moments that can change our future. If you make a choice in the past, it impacts your future," Ritz said. "So what is the door? Is it a force? Does it give you a chance to go back? If it does, do you want to?"



Three performers in Scripps Ranch Theatre's production of "Communicating Doors" are (from left) Kate Rose Reynolds, John W. Wells III and Wendy Waddell. (photo by Ken Jacques)

The cast is led by Kate Rose Reynolds as "Poopay" and Wendy Waddell as "Ruelle." Also featured on the production are Charles Peters, Sibongile Ngako, Wendy Waddell, Paul Morgavo and John W. Wells III.

Ritz describes "Opening Doors" as a dynamic play that offers something for everyone.

"You walk in thinking it's one play, but then it turns into something else," she

said. "It's unpredictable, surprising and has a lot of heart. You'll invest in these characters and you'll experience it like you're in the front row."

Scripps Ranch Theatre is on the campus of Alliant International University, 9783 Avenue of Nations. "Communicating Doors" runs Sept. 7-Oct. 7. To reserve seats, call (858) 578-7728. For ticket price information, visit scrippsranchtheatre.org.



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Scripps Ranch Theatre's (SRT) Artistic Director Jill Drexler and SRT's Publications Manager Allan Salkin. (courtesy photo)



Decked out for a Garden Tea, Welcome Club members enjoy tea and savories with their Circle of Friends. (courtesy photo)

Actors to perform at Welcome Club

By Denise Stewart

After the lively summer season of interest group events, outdoor parties, a garden tea and outings to local entertainment, Scripps Ranch Welcome Club members will gather Sept. 10 at the Scripps Ranch Community Center to enjoy their group's Fall Season Opener.

Scripps Ranch Theatre veterans Jill Drexler and Allan Salkin will perform a one-act comedy titled "I'm Herbert," taken from Robert Anderson's 1960s Broadway hit "You Know I Can't Hear You When the Water's Running." Club members are encouraged to bring guests to enjoy the fun.

Following the perform-

ance, a discussion of the local production company's history and future will be open to the audience. Jill and Allan will talk about this season's offerings on the local stage. Scripps Ranch Theatre is currently facing the challenge of a change of venue after many years at Alliant University's theater facility. Finding a new stage in the community is vital to the theater's future.

The Welcome Club's calendar for September is full of the regular trail walking expeditions, book discussions, craft group events, card and bunco parties. This month's coffee will be at the home of Sheri Smith.

Women who would like to learn more about the club



The Welcome Club celebrated summer with a Garden Tea with bonnets and aprons, and pinkies held high. Sharing the enjoyment are JoAnn Farmen (left) and Emma Rotella. (courtesy photo)

and its activities are encouraged to check out the website: scrippsranchnews.com or go to the website of this newspaper for more information.

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- Children's Center licensed before & after school program for Jerabek Elementary School
- Marshall Middle School before & after school supervision



For more information, visit www.srsrc.com.

It's time for SRHS football

By Michael Lancia

Are you ready for some football? Friday night lights are coming back shortly as the varsity football season begins.

After long practices in the blazing sun and tough summer training sessions, the Scripps Ranch High School Falcons are ready to take on anything in their path. Many of the players feel that this year's earlier start in preseason training with top notch trainers has prepared them for the season more than ever.

According to Frank Gebase, one of the offensive coaches, all the kids on both offense and defense are working very well together, which will hopefully lead to winning results.

Football is not about throwing 11 players on the field; it is about timing and learning all the formations, which are essential to the success the team. Having a younger team, with only six seniors on the roster, the Falcons lack size, but with the hard work ethic and speed, they hope to compete

at the same level.

With the enthusiasm of players like senior linebacker Taylor Green, the team plans to have a winning season, after last year's season that fell short of expectations.

"I can't wait for this season to start. All the hard work and many hours I have put in throughout the years have led up to this season," Green said. "The team is looking good over the past few months and we are all ready to play. This is going to be a great season."

This year's team is trying to bring back a winning culture to Scripps Ranch football. The conference change will be a big factor on this year's record, as they no longer have to play tougher, out of reach teams from Division 1 or the Open Division. The more suitable schedule for the Falcons should result in a much more promising season for Scripps Ranch fans.

"We are going to do better than last year, we just have to play smarter since we lack in size," said junior quarterback Dillon Gebase. "We have great team chemistry with a lot of bonding amongst our players. We

are all very close and I can't wait to make great memories with them on the field every Friday night for years to come."

Not only in the record books, but in life, the coaching staff wants to build upon the culture they are creating for the players. The coaches have stressed the importance of maintaining good grades as a student athlete and having good character both on and off the field.

See **FOOTBALL**, Page 14

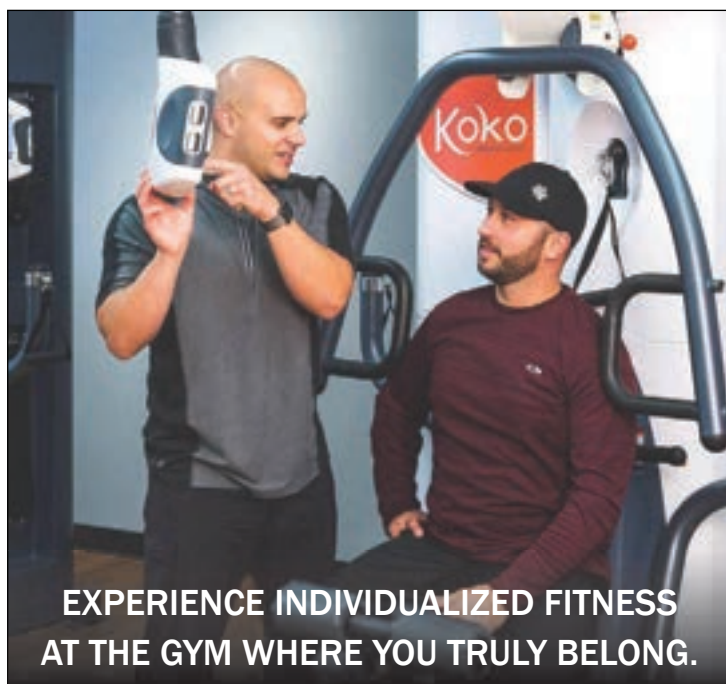


The Scripps Ranch High School Falcons football team is preparing for its Aug. 24 opening home game against Del Norte. (photo by Ralph LoVuolo)



The 2018 Scripps Ranch High School varsity football team (photo by Ralph LoVuolo)

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Girls volleyball players stress chemistry

By Michael Lancia

As most people are ending their summer, the Scripps Ranch High School varsity girls volleyball team is just getting started as their season begins soon. The introduction to a new year and a new team always presents obstacles, but this year's hard-working squad is up for the challenge.

With the loss of several key players from this past year's graduating class, the returning eight seniors hope to make their last season at Scripps Ranch High School an unforgettable senior campaign.

Some unfamiliar faces from the freshman class, forming an impressive young core, will make their way onto the court in joining the varsity squad.

"There are a lot of returning girls, but the freshmen are fitting in just fine," said senior Sabrina Hardisty when asked about the chemistry of this year's team.

The chemistry of a team is so important to the success of the squad because volleyball is a sport in which teamwork is extremely necessary to succeed. Trust and familiarity are the common themes. Although the team is younger, the connection is still strong among the players.

"The returning players have a really strong chemistry and there is a lot of trust between us and the new players, so it's pretty easy to bond with everyone," team member Yazmin Pitpit explained.

As with many sports, as a team gets closer and the bonds form, it becomes easier and more fun to play together. This is echoed by Collette Kearns when she said she is very excited for this season and that she loves the girls on

her team and they are like sisters to her.



Whether one girl is an outside hitter or a defensive specialist, this team is one cohesive group striving for the same goal: to win. As a group effort, and as the season progresses, the team will find itself in a position to be successful and learn from each other. The fundamentals be-

come habit and the game takes on a life of its own. Along with the team chemistry, the hard work and practice can pay off in terms of having high hopes for the season. At the Division I level, there will be some very competitive games. The team will play its first game at home against El Capitan High School on Aug. 23 and will continue to play other teams, including Carlsbad and Rancho Bernardo before it heads into their conference games against Cathedral Catholic and Point Loma, two favorites among the players.



The 2018 Scripps Ranch junior varsity football team (photo by Ralph LoVuolo)



The 2018 Scripps Ranch freshman football team (photo by Ralph LoVuolo)



The Scripps Ranch High School football team held a scrimmage against Bonita Vista on Aug. 10. (photo by Ralph LoVuolo)

FOOTBALL

Continued from Page 13

Some big games to look out for are the opening

night home game on Aug. 24 against Del Norte, and the intense game against archrival Mira Mesa on Sept. 7.

Scripps Ranch High School 2018 - Varsity & JV Football Schedule			
Date	Opponent	Location	Time
Aug. 24	Del Norte	SRHS	JV 3:30 p.m. Varsity 6:30 p.m.
Aug. 31	Fallbrook	Fallbrook	JV 4 p.m. Varsity 7 p.m.
Sept. 7	Mira Mesa	SRHS	JV 3:30 p.m. Varsity 6:30 p.m.
Sept. 14	La Jolla	La Jolla	JV 3:30 p.m. Varsity 6:30 p.m.
Sept. 28	Crawford	Crawford	JV 3:30 p.m. Varsity 6:30 p.m.
Oct. 5	San Diego	SRHS	JV 3:30 p.m. Varsity 6:30 p.m.
Oct. 12	Patrick Henry	Patrick Henry	JV 3:30 p.m. Varsity 6:30 p.m.
Oct. 19	Mission Bay	Mission Bay	JV 3:30 p.m. Varsity 6:30 p.m.
Oct. 26	Kearny	SRHS	JV 3:30 p.m. Varsity 6:30 p.m.

Pop Warner season gets underway

By Bella Ross

When it comes to Kari Sullivan, president of Scripps Ranch Pop Warner Football, and Cheer Association, it's impossible to avoid the fact that the sport nearly runs in her blood. Her dad was a Pop Warner coach.

"He didn't have any sons, but he did have me," Sullivan said. "He loved football, so I would go along with him and watch him coach. I grew up loving football."

All four of her children have roots in the Pop Warner program. Even her daughter, now a high school freshman, has been involved with the program's cheer-leading sector for years.

"My two-year-old son said to me one day, 'Mommy, I want to play football,' and I said, 'Well, that's great but you're two,'" Sullivan said. "He repeated that to me every single year until he was eligible to play."

With this in mind, Sullivan's position as the president of the Scripps Ranch Pop Warner league makes perfect sense. She said it's really about making the

sport something both the kids and their families can love. Sullivan said her greatest hope is that kids walk away from practice being generally well-rounded individuals.

"We talk a lot about conduct, on and off the field, because I think one of the main things football teaches kids is discipline and teamwork," Sullivan said. "Those things translate to off-the-field activities, too. It's really important that whether they're with us, not with us or at home ... that they're being their best selves."

Sullivan said one of the league's primary considerations will always be safety.

"All of our coaches, all of our staff and volunteers are concussion trained," Sullivan said. "All of our coaches are, in addition to that, Heads Up Football trained, which is a training mechanism for teaching kids how



Kari Sullivan

to tackle with their heads in the right position."

Sullivan said it's all about ensuring kids know the best techniques to approach tackling. On top of this, she said the equipment is frequently updated and inspected.

Teams are gearing up for the fall season. Families participated in an opening day celebration Aug. 19 and games begin Aug. 25. Visit ScrippsRanchPopWarner.com.



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ADVERTORIAL

What to note for home insurance reviews

By Kevin Kane
State Farm Agent

The next time you need to renew your insurance policies, consider taking these steps to help you get the most out of them:

- **Meet with your agent.** Your insurance needs change over time. Conducting a home insurance review with your agent at least once each year can help you determine if your policies still make sense for your current situation.
- **Ask about discounts.** During your annual home insurance review, ask about policy discounts. Before you renew your policy, speak with your agent about discounts that may be available. You may qualify for discounts for alarm systems or higher deductibles. Commonly overlooked discounts include infrequent or safe driver discounts.
- **Insure your home for the estimated cost to rebuild rather than the real estate value.**

State Farm® suggests you select a policy amount equal to at least 100% of the estimated replacement cost of

your home, but the choice is yours. You also should make sure any replacement cost estimate reflects the actual characteristics of your home. Insuring your home for at least 100% of its estimated replacement cost — not the current market value — could give you the means to replace your home entirely in the event of a loss.

Carefully review the limitations on coverage and exclusions in your policy. Some items in your home might qualify for extra protection. For example, you may need more protection for jewelry and firearms. Business in the home coverage can protect furniture and equipment used for business purposes. Talk to your agent to make sure you're not overlooking important add-ons to your policy.

Disclosure

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Best of the West: team goes to World Series

By Michael Lancia

The dream of many little leaguers between the ages of 10 and 13 is to make it to the Little League World Series and play in the summer classic we all know and love as baseball fans. This year's Scripps Ranch Little League Intermediate Division All-Star team made history this summer by becoming the only local team to advance to the Little League World Series on a streak that was undeniable and unforgettable.

On a journey that started in the beginning of June and lasted almost two months, this team had a 17-game winning streak, traveled to several different cities across the country and made new friends along the way.

Every year teams all over the country strive to make it to the Little League World Series with the opportunity to play in and win the big game. The 2018 Scripps Ranch Intermediate team stole the show in the Western Regional playoffs and created life changing experiences along the way.

From riding on the bus to



Players on the Scripps Ranch Little League Intermediate Division All-Star team made history this summer by advancing all the way to the Little League Intermediate Division World Series. (photo by Ralph LoVuola)

playing on the field, Liam Hunter, catcher, made memories that will last forever.

"Before every game we huddled outside of the dugout and we would beat-box to a trap remix of 'Hot Cross Bun,' a song we all know from elementary school," Hunter explained.

The golden ticket to Livermore, Calif., the final destination and site of the Intermediate World Series, was

the result of the team's hot tear through the previous rounds.

Beginning with Districts, playing locally and winning, the team advanced to Sectionals, where it would run-rule opponents and win three more games. Moving on to Ventura at the State level, the team picked up where it left off run-ruling every team it faced from Southern California. No-

gales, Ariz., was the next stop of the journey as the team continued to display its talent in Regionals, beating each team by at least five runs each game.

The boys continued to thrive on their momentum and knocked it out of the park to advance to the World Series in Livermore. Scripps Ranch won its first game, but would drop the next two games,

knocking them out of the tournament. However, the team did finish on a high note, run-ruling Czech Republic in a 13-2 consolation game.

The experience this Scripps Ranch Little League team has had is something the players will never forget. Bus rides with the team were just a part of the experience and traveling to and from the fields.

"Riding on the bus with the other team and chanting together the whole way was awesome," Hunter said.

The traveling, the hotels, the buses, the players and the games are all factors that contributed to this tremendous journey.

"Coming on to the field for the first time, I never thought that we'd go this far," said teammate Reece Keahey. "We started winning a lot and we made it all the way and it was great. I love my teammates and it's just been an amazing experience."

The entire community is proud of these boys and their huge accomplishment of making it as far as they did, a feat that no other team has ever accomplished in Scripps Ranch.

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SPORTS UPDATES



Daelen Davis Amber Spencer

Two earn medals at BJJ tournament

Daelen Davis from Scripps Ranch and Amber Spencer from Mira Mesa both earned medals from the North American Brazilian Jiu Jitsu (NABJJF) tournament on Aug. 11 at Cerritos College in Norwalk, Calif.

Amber took home a gold medal by finishing both opponents using triangle chokes. Daelen took home two medals, a gold medal in his first ever no gi tournament and a silver medal in gi.

Both students train at Primal Kids BJJ & Self Defense at 9811 Mira Mesa Blvd. in Scripps Ranch.



Season of basketball awaits youngsters

For more than 20 years, boys and girls have honed their basketball skills in the Scripps Ranch chapter of National Junior Basketball (NJB). NJB's parent-run program is designed to introduce, teach and develop the fundamentals of basketball, as well as to promote good sportsmanship, teamwork and healthy competition.

Last year Scripps Ranch NJB had more than 40 teams and 400 neighborhood children in its program. Practices are typically once a week (between Monday and Friday at either 4:30 to 6 p.m. or 6 to 7:30 p.m.) and games are played on Sundays, usually at the Scripps Ranch High School gym.

The fourth grade girls and seventh grade boys teams won the NJB National Championship in their respective divisions.

Unfortunately, due to the program's inability to secure sufficient court space, Scripps Ranch NJB will not offer Division 1 (seventh and eighth grade) basketball this season. However, the program will continue to feature basketball for boys and girls in grades 3-6.

The season runs November through February.

Visit ScrippsRanchNJB.org to learn more and to register children for a fun season of basketball. Registration closes on Sept. 29.



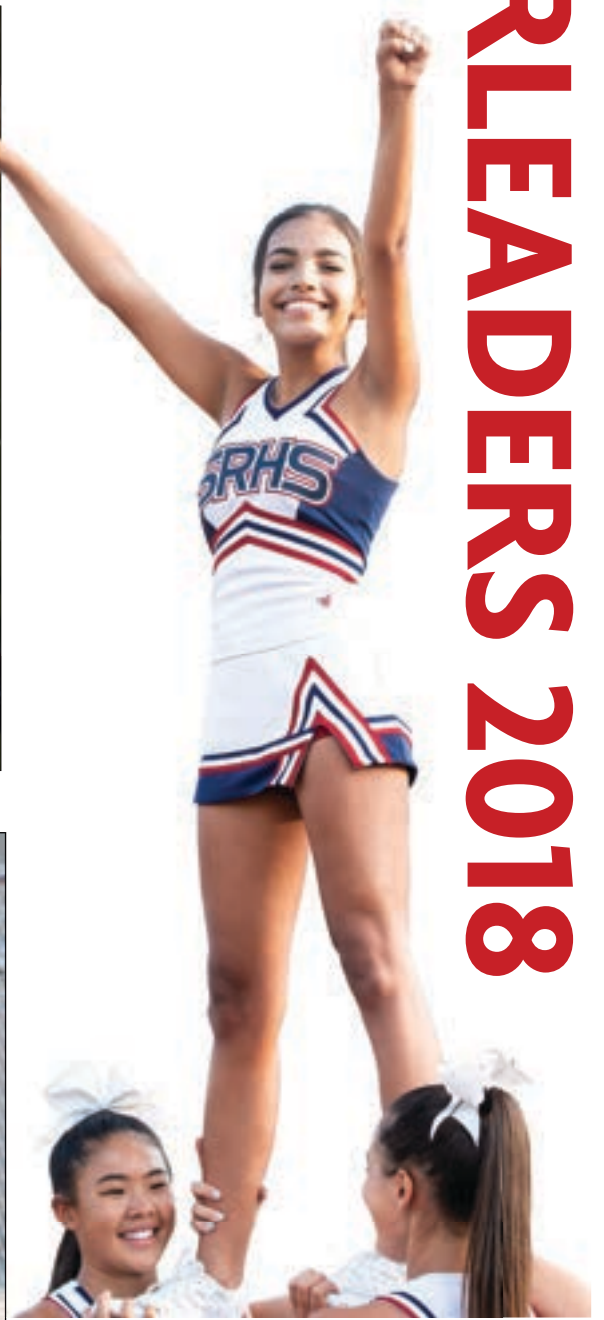
2018 SRHS varsity cheerleading squad



2018 SRHS junior varsity cheerleading squad



2018 SRHS freshman cheerleading squad



SRHS CHEERLEADERS 2018

Photos by Ralph LoVuolo

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SCRIPPS RANCH
NEWS

Teen fights cancer with pink lemonade

By John Gregory

Those viewing the annual Scripps Ranch Fourth of July Parade who have passed near where Ironwood Road and Corridor Street meet have seen a youngster selling pink lemonade for the past seven years. That youngster is Nancie Helders and her lemonade stand is special because she sells the cool drink to raise funds for cancer research.

"It all started back in 2011 when my mom was doing the Susan G. Komen Walk for her mother," Nancie said, referring to the popular fundraising event to end breast cancer. "I wanted to support my mother, so I did a pink lemonade stand on the Fourth of July to raise money for the walk. And I did it the year after ... and I kept doing it again and again to raise more money for cancer research in all shapes and forms."

Both of her parents have battled cancer, and Nancie has raised funds for all kinds of cancer research including leukemia and



Nancie Helders

testicular cancer. She has donated the funds to the American Cancer Society the past two years.

Now a senior at Scripps Ranch High School, Nancie is a Girl Scout, enjoys creating art and looks forward to studying biology in college. She started her annual fundraising project way back when she was only a 10-year-old.

"I wanted to somehow support my mother on the 3-Day Walk because she was doing it for her mother, and



Lesleigh and Nancie Helders

so I wanted to support them both by raising money and donating it," she explained.

"Nancie saw me doing that and she wanted to help, but she was too young to walk," said Lesleigh Helders, Nancie's mother. "So, this was a way she could help as well. She has chosen to do this each year ... She's been right there at the same location for the past seven years selling lemonade. ... It warmed my heart and it still does."

This year Nancie raised \$360 through her efforts. Most of her customers donate more than the cost of the drink. One year a customer donated \$100.

"Everyone's been so nice," she said.

Nancie plans to operate her stand on July 4 next summer and enjoy the experience for a good cause one more time before she heads to college in 2019.

Life 2.0 is a page for single women

By Bella Ross

"You know what? I'm thinking about going to Torrey Pines and going for a hike. Does anybody want to come with me?"

Scripps Ranch resident Avalon Hartman was providing an example of the kinds of posts one might see on her Facebook page titled Life 2.0.

It was this past Memorial Day weekend when the idea of creating this page came to fruition for Hartman. While previous years might have been spent poolside barbecuing with the family, she said this past year felt particularly lonely. Hartman said she has no family living in the area and has recently experienced divorce.

"It was obviously a hard transition to have the family break apart and I really found that, even though I had a really great set of friends, Scripps Ranch is just not a mecca for single women," Hartman said.

While many people may think single women would be in pursuit of a better dating life, Hartman said this wasn't her primary concern. As somebody who had always been very tight with



Avalon Hartman

the Scripps Ranch community, Hartman said experiencing divorce made it difficult to connect with people the way she previously had.

"(Scripps Ranch is) a very family-oriented place," Hartman said. "So, I found that I was not meeting other single women who were going through this hard time in their lives. I just needed girlfriends. All of my girlfriends were kind of married."

This is how Hartman came up with the idea of creating a Facebook page for recently divorced women. The Life 2.0 page has 32 members. However, Hartman said, the goal of creating the group was never for it to be massively popular.

"Whatever it ends up being is perfect," Hartman said. "Even though it's a small group, it's amazing

how similar we all are when we just sit down and start talking and getting to know each other."

She said the group may see the occasional motivational post, however, most women seem to be looking for company more than anything.

"It's a little bit of everything," Hartman said. "It's a way for someone who may not have plans over the weekend but wants to go to a concert for them to post on (the page)."

For Hartman, one of the most important things for her to remember is that divorce is not the end of life, but the start of a new one, she said. With this in mind, the name Life 2.0 made a lot of sense.

"In my generation, it feels like there's a stigma (of divorced women)," Hartman said. "And, we've got to shift that mindset. We matter and our lives can be just as happy and just as meaningful."

To find the page, search Life 2.0 Scripps Ranch on Facebook. This is a closed Facebook group only for single women who have experienced divorce, therefore requests to join will be filtered by Hartman.

Four facts about seafood and your health

(StatePoint) We hear a lot about the important nutrients in vegetables and fruits, but the health benefits of eating seafood regularly aren't always in the spotlight. It should be a no-brainer when it comes to seafood, which is packed with omega-3s. Yet, most Americans only eat one serving of seafood a week.

Here are some evidence-based facts to help set the record straight.

1. How much seafood should I be eating?

Studies show that seafood benefits your heart, eyes and brain, and may also help you fight chronic diseases and memory loss. The 2015 Dietary Guidelines en-

courage all Americans to eat at least two servings of seafood each week. That's double the amount most people currently eat. To reap the range of nutrients found in seafood, try to get a variety of fish in your diet, including shrimp, salmon, canned/pouched tuna, tilapia and pollock.

2. What if you're pregnant?

Seafood is especially important for pregnant and breastfeeding women, as well as young children, since it is one of the only natural food sources rich in healthy omega-3 fatty acids, EPA and DHA. EPA and DHA are critical for brain and eye development, supporting the old adage that fish real-

ly is "brainfood." One recent study shows that moms-to-be who ate fish two to three times each week had babies that reached milestones, such as imitating sounds, recognizing family members and drinking from a cup, more quickly than children born to mothers who didn't eat fish regularly during pregnancy. Another recent study found that pregnant women who ate at least two seafood meals each week helped boost their child's IQ up three points by age 9. Learn more about the best fish to eat during pregnancy at AboutSeafood.com/seafood-pregnancy.

3. How to get more seafood.

Incorporating more sea-



For better wellness, give your health a boost by eating a variety of seafood, such as fish tacos, at least twice a week. (copyright Teri/stock.Adobe.com)

food into your diet doesn't need to be a challenge. It's easy to get the recommended two to three servings each week by simply swapping out the protein from your regular dishes with seafood. For example, chicken tacos become fish tacos, and grilled steak salad becomes grilled shrimp salad. What's more, seafood is just as healthy whether it's fresh, frozen or canned, making it a convenient item to stock up on when shopping, and ultimately helping you eliminate wasted food in

your household.

4. Start the day right.

Nutrition experts recommend incorporating protein into your breakfast as a way to boost metabolism and balance your blood sugar levels for the entire day. Kicking off the morning with tuna avocado toast or salmon on a bagel will help keep you feeling fuller for longer, prevent cravings before lunchtime and help you reach your weekly seafood goals.

More nutrition facts, recipes and other resources can be found at AboutSeafood.com.

ADVERTORIAL

Alcohol Poisoning: The Forgotten Drinking Danger

"When people think about alcohol, they tend to think about two problems: addiction and drinking and driving. This [report] shows there is another big problem – you can die from alcohol itself."

- Dr. David Jernigan, PhD, Director, Center on Alcohol Marketing and Youth, Bloomberg School of Public Health, Johns Hopkins University



While the US drug crisis dominates the headlines, the dangers of excessive alcohol consumption are largely forgotten. And among those that DO remember, the conversation usually focuses on two subjects:

- Alcoholism: According to the most-recent National Survey on Drug Use and Health, there are **over 15 million** Americans age 12 and older who have an Alcohol Use Disorder (AUD).
- Alcohol-Related Car Crashes: In 2016, **10,497** people died in car crashes involving alcohol.

And while these are huge issues indicative on the larger problem of problematic substance abuse, many people forget that it is also possible to die due to alcohol overdose—**binge-drinking** until the body shuts down.

An average of **six Americans a day** die because of alcohol poisoning.

Alcohol Poisoning Defined

Drinking a large quantity of alcohol in a short period of time can overwhelm the body's ability to safely metabolize that alcohol. Such

a rapid increase in Blood Alcohol Content (BAC) can **impair brain function** to the point that it cannot regulate basic life-support functions.

Here's the thing—BAC can continue to rise even after the person has passed out, because even in unconsciousness, alcohol that was in their stomach or small intestine will enter the bloodstream.

Symptoms of Alcohol Poisoning

Alcohol poisoning is ALWAYS a medical emergency, and all of the conventional wisdoms on how to sober someone out – *cold showers, coffee, walking them around* – won't help.

Symptoms include:

- Extreme confusion
- Difficulty remaining conscious
- Breathing troubles
- Slowed heartbeat

- Cold, clammy skin
- Low body temperature
- Vomiting
- Impaired response – no gag reflex, unresponsive to pain, etc.

If you suspect someone is overdosing on alcohol, seek medical treatment immediately.

Approximately **88,000 Americans** die because of alcohol-related causes every year. **Lasting Recovery** outpatient alcohol rehab in San Diego can help you and the people you care about safely regain their sobriety and return to a healthier, more productive life.

Sources:

- <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>
- https://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_fact-sheet.html
- <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

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Doctor receives Emerging Leader Award

By Anna Ruth Ramos

Scripps Ranch's very own Dr. Catherine Sy Luib, 34, was selected as one of the 100 Most Influential Filipina Women in the World by the Filipina Women's Network (FWN) and is this year's recipient of the Emerging Leader Award. Luib is the owner of Luib Health Center on Erma Road.

According to The Global FWN, the 100 Most Influential Filipina Women in the World award recognizes Filipina women below age 35 who are making their mark in a leadership role.

"The recognition I'll be given by the Global Filipino Women's Network is a tremendous honor because this will allow my message of holistic health and healing to reach more of our Filipino communities worldwide," Luib said.

A Riverside native, Luib relocated to Scripps Ranch three years ago when she opened the Luib Health Center. Before that, she had her own clinic integrated with a spa on the Royal Caribbean Cruise Line.

Known as "Dr. Cat" to her patients, she exudes serenity and calm. She talks about science and spirituality as an intertwined topic and this plays a huge role in her treatments. Luib is all about the importance of food we eat, the environments we're exposed to and even our own thoughts as major factors and driving forces for the kind of lives we live.

Professional and precise in her approach, she treats her patients with a personal



Dr. Catherine Sy Luib

attentiveness and customized careful treatment that is rare these days.

One of her patients is Kristine Custodio, secretary of the Filipino American Chamber of Commerce of San Diego (FACCS), who spoke highly of Dr. Cat. If Custodio had never mentioned Luib's involvement with FACCS as its vice president, it would have gone unnoticed.

"She's humble," Custodio said of Luib. "Dr. Cat is very, very humble. She is quite accomplished."

The FWN is based out of San Francisco and is an international networking group for Filipina professionals, according to Custodio. The Global FWN's leadership summit happens yearly in different locations around the globe and this year's summit will be in London in September.

"When I got to really know her and understand the very important work that she does, especially in the holistic wellness field, I really felt that she needed to be recognized for the type of

work she's doing," Custodio said of Luib. "She does medical missions in the Philippines, you know?"

Only a recent member of the network for the past year, Luib has quickly become a valued partner, according to the FWN. She is spoken of highly not just by her colleagues, but also her patients.

On top of her duties at the clinic, Luib is also heavily involved in leadership positions in Filipino networking circles and organizations that allow the wider expansion of Asian culture. She is an active member of Silayan Filipina, which she described as more of a localized form of FWN. She also serves as a director on the board of the Asian Culture Media Alliance (ACMA).

Her nomination for the Emerging Leader Award comes not only with great honor, but an added responsibility, just like with every recipient. With this award, more will be expected of her, including a "femtorship"—something that she's already partaken in with her internship program at the Luib Health Center mentoring Filipina interns at her clinic.

The Luib Health Center offers treatments such as acupuncture (medical, laser and cosmetic), cupping and biomat treatments. On top of that, healing resources include traditional Chinese medicine, teas, herbs, vitamins, organic healing food and cannabis-based medicine.

The Luib Health Center is located at 9845 Erma Rd., Suite 301. Visit luibhealthcenter.com.

Four tips to battle summer colds

(StatePoint) Colds can happen at any time of year and can ruin much anticipated summer plans. To stay healthy and help beat the common cold this summer season, consider these tips from Dr. Neso-chi Okeke-Igbokwe, a New York City-based physician and health and wellness expert:

- **Maintain good sleep hygiene.** Maintaining good sleep habits can ultimately help keep your immune system in check. Adults should sleep at least seven to nine hours every night to achieve improved health outcomes. Sleep deprivation weakens your immune system and



Don't take summer colds lightly. (copyright WavebreakMediaMicro/stock.Adobe.com)

increases the likelihood of picking up infections.

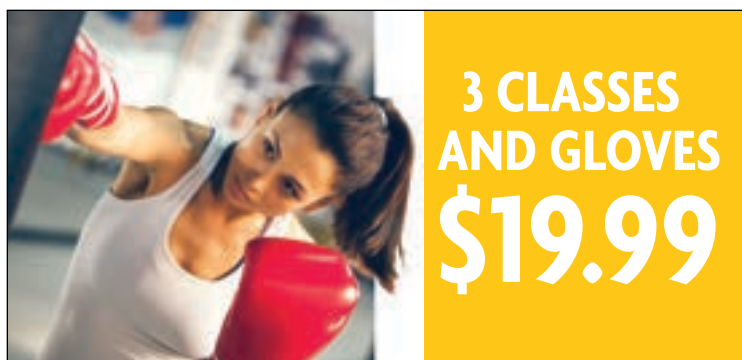
- **Keep moving.** Those adhering to regular exercise regimens tend to be healthier overall and may potentially experience fewer colds yearly.

- **Eat right.** Avoid the temp-

ting junk food and highly processed food that can negatively impact your health. Your diet should include vitamin-rich cruciferous vegetables, fresh fruit, fish containing omega 3 fatty acids and other superfoods that can boost your immune system and help you recover faster in times of illness.

- **Fight the cold.** Seek out an over-the-counter solution that helps you fight through your symptoms, such as Mucinex DM, which offers the convenience of not having to retake medication every four hours.

Find out more health tips on how to combat the common cold at Mucinex.com.



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CoyoteVest: apparel that protects

By Terry L. Wilson

On a calm September afternoon Paul Mott had just finished walking his three dogs at Meanley Open Dog Park (Scripps Ranch Dog Park). Suddenly, a coyote appeared from nowhere and grabbed his poodle mix by its neck.

"My husband, Paul, had just put two of our three dogs in the car when he heard a yelp from Buffy," said Pamela Mott, Paul's wife. "He turned to see a coyote viciously shaking Buffy by the neck. Before Paul could react, the coyote ran off with her."

"We were devastated and wanted to do something positive out of this terrible ordeal," Pamela said. "We started a Facebook group: Coyotes in San Diego. We shared sightings and information about what to do if someone encounters a coyote."

That was a good start, but Paul, who is an engineer by trade and excels in problem solving, wanted to do more. His solution was to design a coyote-proof collar to protect a dog's neck. That idea quickly morphed into a spike-covered vest that protected the neck and torso.



"I found a brand of light-weight Kevlar originally designed for prison guards to protect them against homemade knives and shanks," Paul said. "So, I covered the vest with spikes. We ended up with double rows of spikes around the neck and down the back, along with plastic whiskers. If a coyote were to attack, those stiff plastic bristles would poke him in the eye and throat causing the coyote to back off."

Another upside to the CoyoteVest is the menacing appearance it gives the pooch. Sporting a vest covered with one-inch spikes and porcupine-like quills can make even a timid wiener dog look like a devil hound straight out of a Stephen King movie.

"The vest makes your dog look so strange and dangerous, and so unusual, that it

introduces doubt to a coyote, causing him to think twice about attacking," Paul said. "A dog wearing a CoyoteVest looks like he can fight back."

"One of our customers from Del Mar was taking out the garbage when four coyotes surrounded her," Pamela said. "They looked at her dog who was wearing our vest, but didn't attack."

Once the idea for the CoyoteVest was born, Paul and Pamela broke out the sewing machine and began stitching their one-of-a-kind vests together.

"We made sure that the vests were comfortable and light-weight," Paul said. "It doesn't restrict a dog's movements, they won't get overheated and it's waterproof."

The vests have caught the attention of dog owners everywhere and orders were soon streaming in from



The CoyoteVest is made of Kevlar with rows of spikes along with stiff plastic bristles. (courtesy of CoyoteVest)

around the world. The CoyoteVests fit pooches of all shapes and sizes.

"We have sizes from a mini-vest for a 3-pound dog up to a large for a 45-pound dog," Pamela said. "And they come in a wide array of colors, and we're about to add a bright orange for the hunting season."

"You can even mix and match the colors with the whiskers that also come in

various colors," Paul added. "We never intended for this to become a successful business. Our mission was to do what we could to save a single dog's life."

A fully equipped vest, Veltro or snap buckle style for dogs and cats costs \$99.95, along with an array of separate protective items that include a throat guard and hawk shields. Visit coyotevest.com.

READING

Continued from Page 1

Sue Subkow, the leader for the San Diego Central Chapter of Love on a Leash, said attendance for the bi-monthly program varies depending on the time of year, but many families find ways to make Paws to Read a part of their normal schedules.

She said one dog that sticks out in her mind is Charlie, a rescue dog from Tijuana.

"Charlie loves laps," Subkow said. "If you're sitting on the floor, he will come up and cuddle on your lap even if he just met you."

Another popular pup is Thompson's Cavalier King Charles Spaniel named Mable Grace. She weighs a little more than 14 pounds, and the girls love her, Thompson said.

"Almost every visit I dress her up," Thompson said. "She's got her own walk-in closet at my house full of her clothes and costumes."

Subkow said the program can really be made into whatever the kids are look-



Dogs don't correct children or judge them for their reading ability. (courtesy of Paws to Read)

ing to get out of it, whether that's an environment to better their reading skills or just a place to cuddle with a dog and escape the heat.

While some kids opt to stick to what the librarians have left out for them to read, Thompson said some kids really take advantage of the freedoms of the program.

"I had a little girl last Saturday who was super into the color pink, so she got every book about the color pink and read that to the dogs," Thompson said. "She read

the same book I think three or four times to the dog."

The Scripps Miramar Ranch Library Paws to Read program takes place on the first and third Saturdays of each month from 10:30 to 11:30 a.m. Exceptions include any holidays when the library would be closed.



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How to select the best ceiling fans



HOMES

(StatePoint) If you have a “less is more” outlook on home decorating purchasing decisions, you probably want your lighting fixtures to not only be functional, but also fashionable elements that complement other accessories and contribute to your overall interior design. When it comes to ceiling fans, experts say that by shopping around, you can find a highly functional fixture that can even serve as the focal point of a room.

“Today’s ceiling fans incorporate beautiful features, such as hand carved blades, sleek finishes and natural elements, to appeal to a variety of different design trends,” said Steve Register, ceiling fan product manager for Progress Lighting.

So, how do you select the best one for your space?

Choose your features

• **Versatile functionality.** Do you want to use your ceiling fan year-round? Simply select a fan with reversible blades for the option to circulate cool air in summer or warm air in winter.

• **Efficiency.** To save energy and green your home, consider an Energy Star rated fixture.

• **Lighting.** To get in on today’s lighting trends, go for a layered



For a simple home upgrade that goes a long way, consider a ceiling fan with all the features you’ll want and need for year-round comfort and beauty. (StatePoint)

lighting design in your space by installing a light kit or selecting a fan with a pre-installed fixture.

• **Control.** Some fans feature full-range dimming and full-function remote control capabilities to offer added convenience in controlling a room’s environment.

Size it to your space:

Size is really important when selecting a ceiling fan. If a fan is too large, it can overwhelm the space. On the flip side, if the

fan is too small, the airflow may be inadequate. The American Lighting Association suggests the following fan sizes compared to square footage.

- Up to 75 square-feet: 36 inches or less
- 75-144 square-feet: 36 to 42 inches
- 144-225 square-feet: 44 to 40 inches
- 225-400 square-feet: 50 to 54 inches

Find your style

Once you’ve identified the size and application of your fan, it’s time for the fun part; choosing a style that complements your style. Consider fan shape, blade features and finish to help you meet the room’s design needs. You can view Progress Lighting’s ceiling fan offerings, which include Coastal, Transitional, Traditional and Farmhouse styles, at progresslighting.com.

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Local home prices continue to rise

Prices of previously owned homes in Scripps Ranch continue to rise according to statistics compiled through the Multiple Listing Service by the Greater San Diego Association of Realtors®.

Twenty-seven single family homes in Scripps Ranch were sold in July, with 149 total sold so far in 2018. The homes averaged 24 days on the market in July and an average of 21 days on the market for the year 2018. The median price of single family homes sold in Scripps Ranch in July was \$990,000 and the average median price is \$975,000 for 2018 so far. That's \$73,000 more than July 2017, and the median price year to date for 2018 is \$75,000 more than the median price for 2017 overall at this time last year.

There were 20 attached homes (condominiums or townhomes) sold in Scripps

See **HOME PRICES**, Page 23

Movie night in your backyard

(StatePoint) Looking for a way to get the most out of these warm evenings? Make it a night at the drive-in at home! With the right equipment and planning, you can easily enjoy your favorite movies under the stars, right in your own backyard. Here are a few simple steps for bringing your new favorite tradition to life.

The setup

Designing your outdoor screening space is a simple process. To begin, determine where your screen should be placed. You will want your screen positioned where there is minimal light once the house lights are off and the sun has set. There should be ample space for guest seating and room for the projector's image throw distance. For optimal image quality, your projector should be elevated.

For seating, an assortment of lawn chairs, floor chairs, outdoor ottomans and outdoor rugs will accommodate preferences for guests of all ages.

Since you will be limiting ambient light as much as possible, keeping pathways lit for safety purposes is a sensible exception. Solar LED pathway lights are a tasteful accent that will keep guests safe around tripping hazards.

The basics

Select the right projector. Since outdoor settings include a number of light sources that are not always within your control, such as street lights and moonlight, choosing a projector with the right lumen level for your space is critical for clear image projection. As a rule, the more ambient light in your backyard, the higher you will want your projector's lumen level to be.

The second component to consider is sound. No home



Creating a drive-in theater in your backyard is easier than you think. With the right equipment, and some planning, the most difficult step will be picking out the movie. (StatePoint)

theater system is complete without quality sound, and your outdoor screening experience is no exception. Your guests will appreciate an audio source with enough output to cut through ambient noise.

For simplicity and convenience, consider an all-in-one outdoor movie theater kit, such as the one offered by Improvements, which is Wi-Fi enabled and features everything your backyard home theater needs, including a 1,200-lumen projector with 800 x 480 DPI, Bluetooth speaker and a 90-inch

screen.

The extra details

Since you'll most likely be waiting for the sun to set before starting the movie, get creative with activities for both kids and adults to pass the time. It's a smart step to spray the area for bugs before guests arrive, and keep additional pest control solutions on hand.

Hosting an outdoor movie party is a fun opportunity to put a twist on movie theater snacks, especially ideas that can be prepared in advance. However, fresh popcorn is an absolute must.

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HOME PRICES

Continued from Page 22

Ranch last month, with 105 sold in 2018 year to date. Attached homes were on the market in Scripps Ranch an average of 15 days in July and an average of 13 days on the market for 2018 so far. The median price of attached homes sold in Scripps Ranch in July was \$575,750 and the median price for 2018 so far year to date is \$537,500. That's \$100,750 more than July 2017, and the median price for 2018 year to date is \$72,500 more than the median price for 2017 at this time last year.

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