

Country music in Hoyt Park

By Ken David

It'll be boot stomping time in Scripps Ranch when the Symphony in the Park summer concert series presents country music favorites performed by Young Guns, 6-7:30 p.m. on Sunday, Sept. 8 at Hoyt Park.

The band performs a high-energy musical tribute to the superstars of country music from the 1960s through today. The group's playlist includes familiar tunes from bands like Florida Georgia Line, Charlie Daniels Band, Rascal Flatts, Garth Brooks, Jason Aldean, Tim McGraw, Big & Rich, Dierks Bentley, George Strait, Blake Shelton, Johnny Cash and other country music legends.

In addition to a full band including dueling guitars, a fiddler/violinist and backing singers, Young Guns often presents a total concert production that includes video screens showing a mix of graphics and nostalgic footage. The band has been known to bring it's rocking coun-

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Theatre opens 41st season

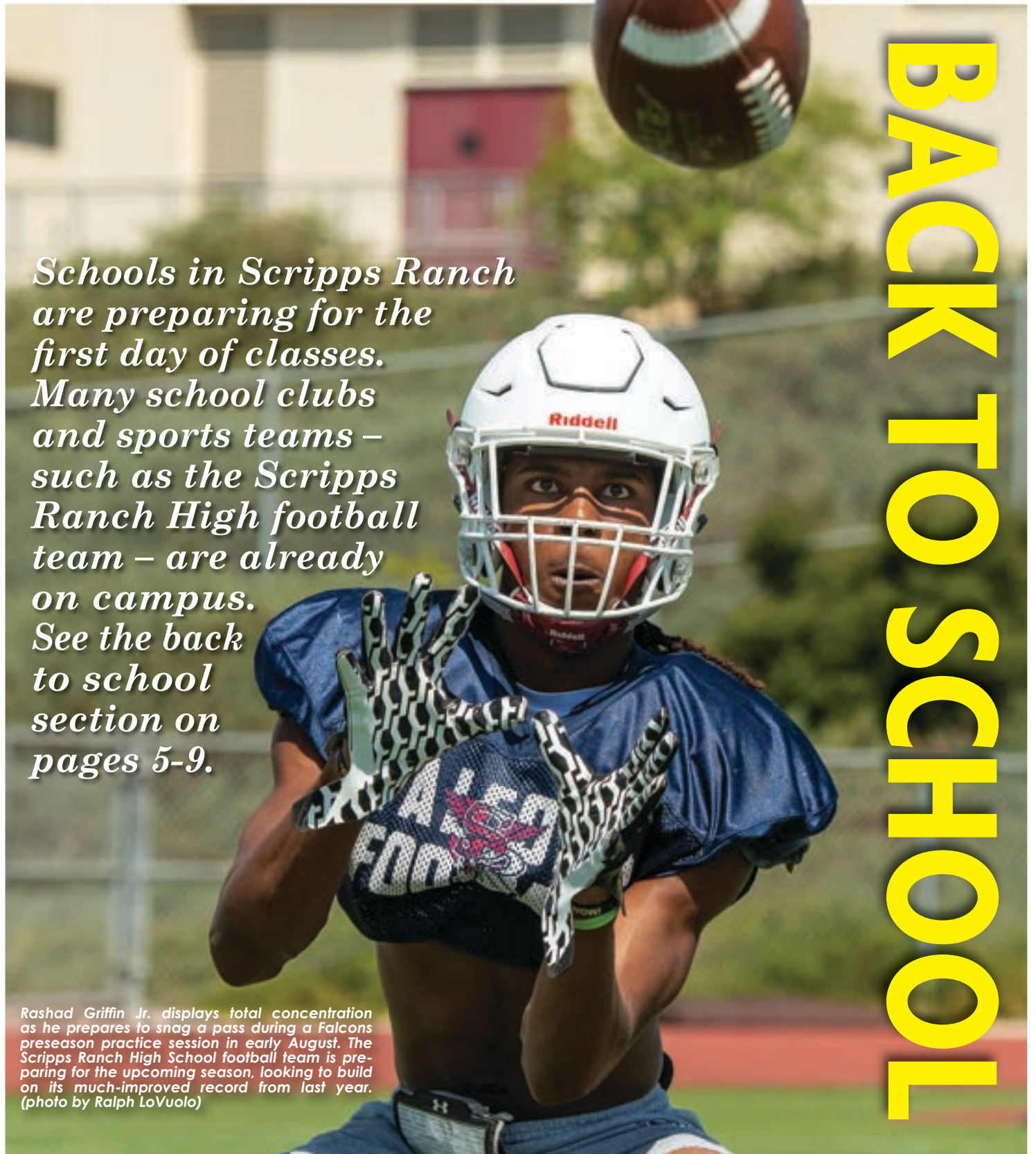
By Ken David

Scripps Ranch Theatre's (SRT) upcoming production of "Foxfire" will offer playgoers a heartwarming, sometimes serious, sometimes funny story of life, love and values that celebrates people of the eastern mountain country and even a little of its music.

The play will run Fridays, Saturdays and Sundays, Sept. 6-Oct. 6 at the Legler Benbough Theatre on the campus of Alliant International University. This is the first production of Scripps Ranch Theatre's 41st season.

Set in Southern Appalachia, "Foxfire" tells the story of Annie Nations, a 79-year-old widow, living alone on her mountain farm accompanied only by memories of her late husband, Hector. Challenging her peaceful existence are an aggressive real-estate developer who wants to build a vacation resort on her land, and a son who returns home with two children because his wife has left him.

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Schools in Scripps Ranch are preparing for the first day of classes. Many school clubs and sports teams – such as the Scripps Ranch High football team – are already on campus. See the back to school section on pages 5-9.

Rashad Griffin Jr. displays total concentration as he prepares to snag a pass during a Falcons preseason practice session in early August. The Scripps Ranch High School football team is preparing for the upcoming season, looking to build on its much-improved record from last year. (photo by Ralph LoVuolo)

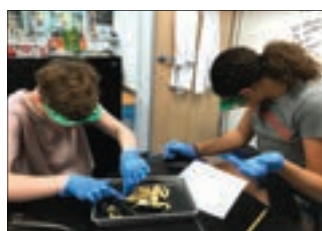
BACK TO SCHOOL



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SPORTS

The accomplished SRHS cross country team builds on past success and camaraderie

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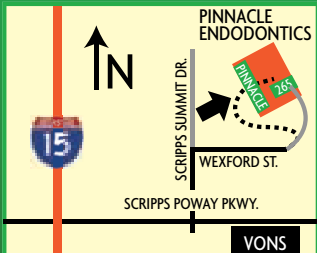
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Pianist Dmitry Kirichenko will open the fall season of the "Pleasure of Your Company" music series Sept. 8 at the Scripps Miramar Ranch Library Center. (courtesy photo)

New 'Pleasure of Your Company' music series opens on Sept. 8

The 2019 fall season of the "Pleasure of Your Company" music series will open with a performance by celebrated pianist Dmitry Kirichenko on Sunday, Sept. 8, at 2:30 p.m. at the Scripps Miramar Ranch Library Center.

His playing, described by Paris music critic Claude Taelman as "warm sensitivity heightened by his delicate touch and great technical mastery," is a perfect match for the Library's fine Schimmel piano which traditionally is showcased in the first concert of the season.

His program will include works by Chopin, Schubert and Beethoven.

A graduate of the Moscow

and Odessa Conservatories, Dr. Kirichenko performs regularly in the United States and Europe.

Meet the artist and mingle with fellow music lovers at a complimentary post-concert reception.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library, although donations are appreciated.

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive across from Miramar Lake.

Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Visit www.srfol.org or call (858) 538-8158 for information.



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Former SEALs plan bike ride fundraiser

By Dave Kensler

The phrase “like father, like son” was coming to fruition for Mike and David Charbonnet until a horrific accident redirected them in a way they never imagined.

The father, Mike, a Scripps Ranch resident, is a Navy SEAL veteran. His Class 98 recently had its 40th reunion. His son, David, born in San Diego, was in Class 278 and following in his father’s footsteps.

Then, about a year into his career at age 26, David was injured in a parachuting accident outside of San Diego which left him paralyzed from the waist down. That was in October of 2011.

Mike and his wife, Beth, were living in Texas at the time but quickly realized changes were coming.

“We got the news (about David’s injury) and found out we were going to need to move right away,” Mike said.

After a series of medical procedures, David began rehabilitating at the VIP NeuroRehabilitation Center in San Diego. A process that continues to this day.

‘The results in some cases have been phenomenal. Some patients are actually walking again.’

—Mike Charbonnet

Along the way, however, he was given the opportunity to become the president of VIP NeuroRehabilitation Center, which now includes the title of CEO as well.

“Before taking over that clinic, the biggest thing he ever organized was a paint ball game,” Mike joked. “He has come a long ways.”

Just as David, along with his wife, Janet, who also helps manage VIP, were making adjustments in their lives, Mike was not a spectator on the sidelines. He and some of his fellow SEAL classmates created Beyond the Teams, an organization to help those with



David and Mike Charbonnet (courtesy photo)

physical challenges, cultural disadvantages and needs that were not being met.

As Mike was quoted in a recent article, “Our battlefield is no longer the theater of Special Warfare. It’s the world of fundraising.”

One of those efforts is coming up in a few months when Mike and four of his SEAL friends are going to make a 1,000-mile bike ride to raise money for VIP NeuroRehabilitation Center, which is a stand-alone non-profit that services peo-

ple from all walks of life, whether they have been in the military or not.

Specifically, there is one piece of equipment that is always in high demand at VIP. Called the Lokomat, it basically helps people learn how to walk again.

“I would say 80 to 85 percent of the patients at the VIP need and use the Lokomat,” Mike said. “The results in some cases have been phenomenal. Some patients are actually walking again.”

The challenge right now is that VIP NeuroRehabilitation Center only has one of the units and the cost is \$350,000 for a second unit.

“To date we have raised \$25,000 but, obviously, we have a long way to go to reach our goal,” Mike said.

The bike ride will begin in late October in Virginia Beach, Virginia. It will take 11 days and finish at the Navy SEAL Museum in Ft. Pierce, Florida on Nov. 9, coinciding with the 34th annual Muster and Music Festival Honoring The 75th Anniversary of D-Day.

The last segment of the ride will be 53-miles.

See **BIKE RIDE**, Page 4

NEWS

The Glen holds job fair

The Glen at Scripps Ranch, the new lifeplan community for seniors, will hold a job fair on Friday, Aug. 23 from 2 to 6 p.m., and on Saturday, Aug. 24, from 10 a.m. to 2 p.m. The job fair will be in McDonald Hall at Alliant International University, 10455 Pomerado Road. Representatives will meet with prospective employees at the event. According to Meegan Kline, executive director, The Glen will be interviewing for cooks, dining room managers, hosts and hostesses, servers, dishwashers and other positions in the food and beverage department. The Glen will also hire personnel for the safety, facilities and maintenance, and housekeeping departments. More than 100 people are expected to be hired over the next few months as The Glen prepares to open. Job candidates are asked to complete the online application and assessment prior to attending the job fair: www.theglensr.com/careers. Call (858) 444-8551 for more information.

The search is on for Filipino Young Leaders

An informational session about the Filipino Young Leaders Program (FYLPRO) was recently hosted in Scripps Ranch during a collaborative event by the Philippine Honorary Consulate of San Diego, Audie de Castro, and 2018 FYLPRO delegate Dr. Catherine Sy Luib with Luib Health Center as the event sponsor. FYLPRO is a non-profit organization of next-generation leaders who have a passion for advancing the Philippines and the Filipino people. FLYPRO annually identifies outstanding young professionals in the Filipino communities across the U.S. and provides the delegates with valuable community, business and government insights. The program included a video of the recent 2018 FYLPRO delegates and highlighted Dr. Luib’s legacy project on the “Restoration of Filipino Traditional Medicine & Re-Membering The Connection To Ancestral

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BIKE RIDE

Continued from Page 3

"I have had 29 surgeries. My fellow SEALS on the ride are old geezers like myself," Mike said. "But if I have to crawl to Florida, I will be there."

The plan now is for David to join the group for the last segment by using a hand cycle.

Those who would like to make a donation can do so by visiting the VIP NeuroRehabilitation Center website vipneurorehab.org or Beyond the Teams at beyondtheteams.org.

NEWS UPDATES

Continued from Page 2

Healing." She was presented with a certificate of appreciation in recognition of her efforts in promoting the FYLPRO organization. The event concluded with an invitation for candidates to apply for the next 2019 FYLPRO Immersion program. For more information, visit www.FYLPRO.org.

Something fishy at Evans Pond

Visitors walking along the banks at Evans Pond in Scripps Ranch noticed an array of small, dead fish washing ashore in early August, however, the problem seems to have diminished. A spokesman for the City of San Diego stated that the City was aware of the issue and some tests were run by the Regional Water Quality Control Board. It appears the pond likely experienced a harmful algal bloom which killed the fish. The spokesman stated that signs would be posted to caution no swimming, fishing or allowing pets to drink the water. A visit to the pond two days later revealed no signs and no more dead fish. Algal blooms are an unusually rapid growth of microscopic algae in water. "Harmful algal blooms, or HABs, occur when colonies of algae — simple plants that live in the sea and freshwater — grow out of control and produce toxic or harmful effects on people, fish, shellfish, marine mammals and birds. The human illnesses caused by HABs, though rare, can be debilitating or even fatal," according to the U.S. National Oceanic and Atmospheric Administration website. Evans Pond is located near Scripps Miramar Ranch Library, 10301 Scripps Lake Drive, just east of the parking lot. Visitors can normally view turtles and a small assortment of waterfowl when walking along its path.

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Public schools prepare for first day of classes

By Laura Hogan

The new school year is fast approaching for students in Scripps Ranch as public schools prepare for opening day, Aug. 26. The first holiday of the school year will be Labor Day, Sept. 2 – all schools will be closed but classes will resume Sept. 3. Here is a very brief roundup of upcoming school events:

Scripps Ranch High School
sandiegounified.org/schools/scripps-ranch, (858) 935-6969

Open House: The fall open house will be held Sept. 12.

Football: The student section "The Cage" will have themed "Friday Night Lights" nights for the 2019 football season. The theme for Aug. 23 is "Country Club" and the theme for Sept. 6 is "USA." The football team is also running a fundraiser to support team costs and expenses including uniforms, travel costs and equipment. To help support the SRHS football team, visit the WeFund4U page: bit.ly/2KSAGcW.

Field hockey: SRHS alumna Megan Connors was chosen to be on the U-19 National Field Hockey Team.

Marshall Middle School
marshallmiddle.org, (858) 549-5400

Student Orientation: Orientation for new Marshall Middle School students will be held Aug. 23 during two different times based on last name. It will be



held for students with last names beginning with A through L from 8 to 9:30 a.m.; and M through Z from 10 to 11:30 a.m. in the multi-purpose room.

Back to School Night: Back to School Night will be held Sept. 4 and 5 from 5:30 p.m. to 7:30 p.m. Parents with sixth grade students will attend on Sept. 4; and those with students in seventh and eighth grade will attend on Sept. 5.

Dingeman Elementary School
dingeman.net/Home, (858) 549-4437

Dingeman Elementary School was deeply saddened to hear about the passing of their school's namesake, Col. Bob Dingeman (a.k.a. Mr. Scripps Ranch) in May. Dingeman frequented the school to meet with staff, students and families. A tribute to Dingeman can be found at sandiegounified.org/schools/dingeman.

Ellen Browning Scripps Elementary School
sandiegounified.org/schools/eb-scripps, (858) 693-8593

Back to School Nights: TK/Kindergarten Back to School Night (parents only) will

be held Thursday, Aug. 22 at 5:30 p.m.

New Student Orientation: Orientation for TK/Kindergarten and new students is scheduled for Friday, Aug. 23 at 10:30 a.m.

Family Movie Night: A Family Movie night will be held on Friday, Aug. 23 at 5 p.m. All students and their families welcome. Concessions available.

Early dismissal for TK/K: There will be early dismissal for students in TK/K only at 12:30 p.m. on Aug. 26-30.

Innovations Academy
innovationsacademy.org, (858) 271-1414

Open House: An open house for Innovations Academy will be held Aug. 22 at 5 p.m.

Move details: Innovations Academy will be moving away from Scripps Ranch. The school will be moving to its new location in Kearny Mesa at an undetermined date after December 2019. In order to ease the transition for local parents, the school will have a bus route from the Scripps Ranch campus to the new campus in Kearny Mesa.

Jerabek Elementary School
sandiegounified.org/schools/Jerabek, jerabekffo.org, (858) 578-5330

TK and Kindergarten: Parents and students can attend a TK and Kindergarten meet and greet on Aug. 23 from 2 p.m. to 3 p.m. TK and Kindergarten students will be on a minimum day schedule from 8:35 a.m. to 12:25 p.m. for the first

week of school – Aug. 26 through 30.

Registration: For more information on registering at Jerabek Elementary School, contact Shana Toerien, (858) 578-5330.

Miramar Ranch Elementary School

miramarranch.org, 858-271-0470, ext. 0

Registration Packets: New parents can pick up registration packets from the front office between 8 a.m. and 2 p.m.

Additional Care: For parents in need of additional care before or after school hours, Social Advocates for Youth offers early morning care starting at 6 a.m. for \$175 a month.

Meetup: A summer meetup for incoming TK/K families is scheduled for Saturday, Aug. 24, 10-11 a.m. at Miramar Overlook Park, 11417 Scripps Ranch Blvd. **First assembly:** The year's first Flag Assembly/Spirit Day is scheduled for Friday, Aug. 30 in the morning before class.

Ice Cream Social: The FFA Ice Cream Social/Dance Party for students and families is scheduled for Friday, Sept. 6, 6-7 p.m.

Halloween Carnival: Planning for the annual Miramar Ranch Elementary Halloween Carnival is underway. Organizers are looking for a Games Chair and a raffle volunteer. More details are found on the school's website.

Let Scripps Ranch News know about your school's news and events, or request coverage. Email: info@scrippsranchnews.com

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Academy teaches students one-on-one

By Maria Leyva

Back to school can come in different settings for many students. Whether it be at their local high school, charter school, at home or at a private school, there are many options for families to choose from today.

One of these options is Futures Academy, a tuition-based private school that teaches its students with a one-on-one approach.

“It used to be that we thought the same education fit everybody. We’ve realized that one size does not fit all, so I think it’s really important that students have other ways to get the information without having to sit in a classroom with 30 or 40 other people in a school of 2,000 where they feel lost,” campus director Carol Rupp said.

The academy is for students in grades 6-12 and there are currently 16 campuses in the state. The San Diego campus, 9915 Mira Mesa Blvd., Ste. 210, is close to Hibert Street just down the road from Scripps Ranch High School.



Two Futures Academy middle school students concentrate on their frog dissection project while in the lab. (photo by Carol Rupp)

The school offers regular, remedial, honors and AP classes.

According to the school’s website, the method of teaching is based on research showing that “pacing instruction to each student’s individual needs improves learning outcomes.”

Rupp, who previously taught at public schools, said she feels she can serve students better with this one-to-one student to teacher ratio.

“I know what it’s like to have 150, 170 kids come through your door every day

and you can’t serve all of them,” she said.

For every student enrolled, the staff at Futures Academy tailors its lessons and homework based on the way the student learns best, Rupp said.

“If they (teachers) have five kids on their schedule that are all taking the same class, they’re going to be teaching five different ways,” Rupp said.

This is because the students enrolled come from various backgrounds and have different needs, Rupp explained. There are regular students enrolled, but there have been student athletes, students in the entertainment industry and competitive dancers.

The school also enrolls students with anxiety, attention deficit disorder and attention deficit/hyperactivity disorder, for whom the standard public school setting may not work, Rupp said.

Eduardo Ceja, who has been teaching with Futures Academy for 12 years, said he likes this way of teaching because he can see the difference it makes.

“You get to see how much one-on-one can change students’ and families’ whole lives,” he said.

According to the school’s website, students can have flexibility with the school schedule. Students can attend classes Mondays through Fridays at regular school times, or can adjust their schedules to attend classes fewer days, hours or through Facetime or Google Hangouts, as needed, Rupp said. Students can also be enrolled full-time or part-time.

Students attending public school can enroll in Futures Academy for an AP course, but must have approval from their school to do so.

According to the website, See **FUTURES ACADEMY**, Page 9

Spanish & Mandarin
ages 1-8

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What to know about vaccinations

(StatePoint) As misinformation continues to spread about vaccines, medical experts are reminding parents and the general public that vaccinations save lives.

“Overwhelming scientific evidence shows that vaccines are among the most effective, safest interventions to prevent illness and protect public health,” said Dr. Patrice A. Harris, president of the American Medical Association (AMA).

The AMA offers these answers to commonly asked questions:

1. Are vaccines safe? Yes, vaccines prevent individual illness and protect the health of the public. The U.S. has the safest vaccine supply in its history, according to the Centers for Disease Control and Prevention (CDC). The most common side effects are typically very mild, such as pain or swelling at the injection site.

2. Is it true that if everyone else is vaccinated, my family doesn't need to be? No. Vaccines not only protect the child or adult who receive them, but also the health of their communities. Some people cannot be vaccinated – including very young children, cancer patients and those who are immunosuppressed. As evident from recent measles outbreaks in several states, when individuals aren't immunized as a matter of personal preference or misinformation, they put themselves and others at risk of disease.

3. What vaccinations do my children need? Children should be vaccinated according to the recommended schedule of the Advisory Committee on Immunization Practices, which is designed to protect young children before they're likely to be exposed to serious diseases. For the recommended childhood vaccination schedule, visit cdc.gov/vaccines/schedules.



Be sure to check your immunization status and stay up to date with vaccines before the school year begins. (copyright Monkey Business/stock.Adobe.com)

4. What's the earliest age children can be vaccinated? Children can receive their first flu vaccine starting at 6 months old. The recommended age for the first dose of measles, mumps and rubella (MMR) vaccine is 12 to 15 months of age. If you live in a community experiencing an outbreak, or if you travel internationally, your baby may be vaccinated as early as 6 months of age. Talk to your pediatrician.

5. I'm an adult – do I need to get vaccinated? Yes, adults need vaccines too. Sometimes immunity from childhood vaccines can wear off over time. Talk with your doctor and visit www2a.cdc.gov/nip/adultimmsched for an online assessment tool.

6. Hasn't the U.S. eradicated the major diseases that require vaccines? One of the country's greatest public health success stories is the decrease in infectious diseases as the result of vaccines. That success has led some parents to stop vaccinating their children against diseases like measles, meningitis, polio and diphtheria. However, these diseases still exist. If people stop getting vaccinated, these diseases could reemerge.

More information can be found at cdc.gov/vaccines.

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“Wait, can you go back? I don't get it.”

Ten years ago, Miss Nancy had a dream. Having written her first paper on gifted education in high school and taught GATE and Seminar classes in Scripps Ranch for 20 years, she wanted to start her own school. She would synthesize all she'd learned about working with gifted children:

- Follow the kids' enthusiasms.
- Guide them to new interests.
- Participate in conversations rather than present lectures.
- Have kids do work at school, so family time can be family time.
- And above all: judge students by their abilities, rather than their ages.

Miss Nancy believes that questions are just as important as knowledge. As Neil Postman wrote, “Once you have learned to ask questions – relevant and



appropriate and substantial questions – you have learned how to learn and no one can keep you from learning whatever you want or need to know.”

Academics are standards-based, but students aren't limited to “grade-level” topics. Miss Nancy likes to say, “We meet the children where they are, and take them as far as we can.”

In addition, each week, children learn art, music, singing, karate, and gardening.

Parents like the results of Renaissance Village Academy's mixed-age classes. Students see themselves as part of a community and work to

help each other. Older children tend to be more polite once they see the younger ones mimicking their tones. Younger children are motivated to be better sports and to listen better because they want to be included by the older children.

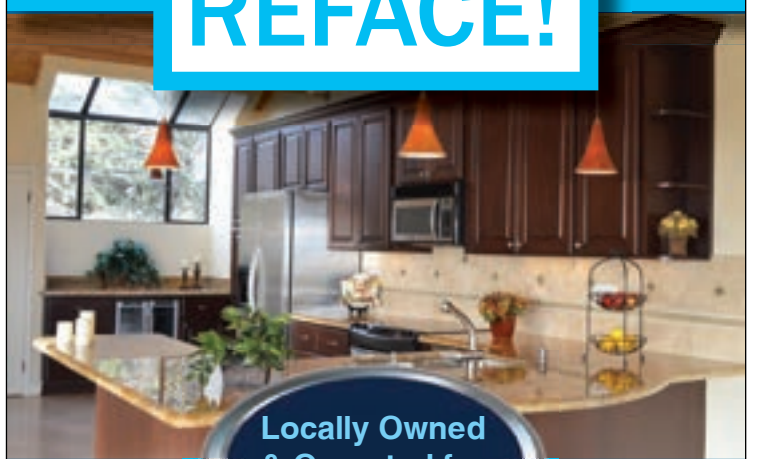
“Our experience at RVA was like having our son home-schooled, but by a credentialed teacher. Getting him up in the morning wasn't a chore anymore, he was dressed and by the door so he wouldn't miss a single minute.” N.C., Scripps Ranch.



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SRHS CHEERLEADERS 2019-2020

Members of the Scripps Ranch High School varsity, JV and freshman cheerleading squads participated in a cheer camp on the first weekend of August at the Town & Country Resort Hotel on Hotel Circle. Photos here show the varsity squad beaming with school spirit as they prepare for the upcoming school year.

(photos by Ralph LoVuolo)



FUTURES ACADEMY

Continued from Page 6

full time tuition ranges from about \$22,000 to \$34,000 per school year. One course is \$2,850. To help with tuition costs, the school offers financing options. Parents can also apply for a loan through Your Tuition Solution.

According to its website, the school is accredited through the Western Association of Schools and Colleges.

The textbooks the school uses are approved by the California Department of Education. When students graduate from Futures Academy, they do so with a high school diploma, Rupp said.

“We are teaching to the same standards that the public schools are teaching to,” Rupp said.

The San Diego campus currently has 35 students enrolled for the fall semester and can take up to about 50 students, Rupp said. Parents looking to enroll their students will first meet with

Rupp to talk about their child and the school. They will then meet with Academic Lead Eduardo Ceja, who will help decide what teachers to pair with the student. The prospective student can also come in and shadow a class or a school day.

“It’s not just come in, this is your paperwork, let me gather your tuition, get your kid enrolled. There’s a lot of conversation that goes on so that the parents can come in and they can see how it works,” Rupp said.

In order to ensure students enrolled can get the most support, Rupp said all of the teachers on staff are multifaceted, so they can teach more than one class.

“We all wear many hats,” said Rupp, who also teaches some classes.

Ceja said he enjoys the work atmosphere but also teaching students because, “to see the transformation of students, it feels like we’re doing something special.”

While the academics are important, the school also

offers activities for students to get the most out of their educational experience, Rupp said. The school offers clubs such as art club, music club, environmental club and has a student government. The campus also hosts a prom for its students in collaboration with its San Diego County and Orange County campuses.

“We try to make sure that kids aren’t losing anything by coming here,” Rupp said.

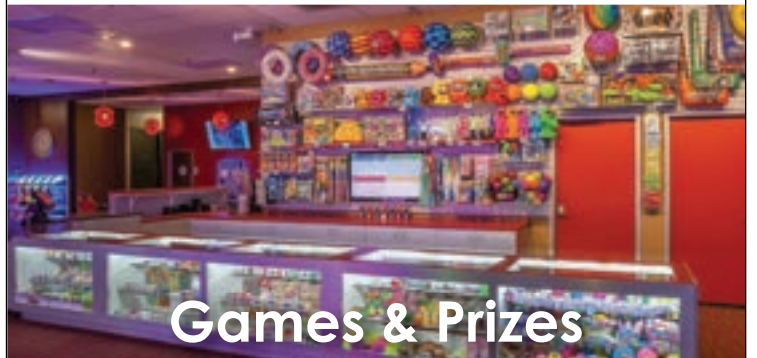
The fall semester is officially scheduled to begin on Aug. 26, but students can be enrolled at any time as the school has rolling enrollment.

While it may not be the correct setting for all students, Rupp said she wants families to know the school is there if they need it.

“I think it’s really important that there are multiple options for students to succeed. This is not the right school for everyone, but for those that it’s right for, it’s really right,” Rupp said.

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Girl Scouts earn Gold Award

Julia Bennett, Crystal Kwan, Niharkika Malhotra and Nicole Poirier of Scripps Ranch have earned the Girl Scouts Gold Award. They were among 61 young women honored by Girl Scouts San Diego during a recent ceremony at the Hilton La Jolla Torrey Pines.

Achieving the award is the pinnacle of the Girl Scouts leadership experience. To earn it, Girl Scouts change the world by creating sustainable solutions that address society's greatest challenges.

For her Gold Award project, Julia Bennett started a youth group at Serra Mesa Christian Fellowship to facilitate opportunities for peer support and friendships among middle school students. She also redesigned the church's dining area to encourage people to linger longer over meals. In addition, Bennett organized volunteer days for kids to help redecorate the facility and lead after-school games. She joined Girl Scouts as a Brownie in Troop 8070, and later earned the Bronze



Julia Bennett (left) and Crystal Kwan are among new Gold Award Girl Scouts. (courtesy photo)

Award, the highest award for Girl Scout Juniors (grades 4-5). A member of Santa Fe Christian School's Class of 2020, she is interested in the fields of engineering and biology, and plans to continue to study Spanish.

Crystal Kwan created recycling programs in elementary schools throughout San Diego County. Her efforts included leading student recycling drives and donating

the proceeds to the schools, and hosting presentations about the environmental need for waste reduction. A member of Girl Scout Troop 3233, she earned the Bronze Award as a Junior and Silver Award as a Cadette (grades 6-8). She is a six-time recipient of the Model United Nations Gavel award, and volunteered at Sharp Hospital for two years. Kwan graduated from Scripps Ranch High

School in June and will enter the University of California, San Diego this fall as a biology major.

Niharkika Malhotra led a campaign to spread awareness of the benefits of healthy eating, and how good dietary habits can prevent many ailments. Her project entailed research, collaboration with experts and weekly seminars. She also created an online book, website and a video to further educate her audience. Malhotra joined Girl Scouts as a Cadette in Troop 8140, and earned the Silver Award. She has also received a Society of Women Engineers award, science fair honors and is a martial arts brown belt pursuing her black belt. A member of Scripps Ranch High School's Class of 2020, Malhotra aspires to become an engineer.

Nicole Poirier created a workshop series to help first- and second-graders understand the need for compassion and empathy. She used her earnings from the Girl Scout Cookie Program to help fund her Gold Award project. Through her sessions, participants learned the importance of being kind and considerate toward others, including classmates. The lessons will be continued through lesson plans Poirier provided to teachers. A Girl Scout for 12 years, who previously earned the Bronze and Silver Awards, she will graduate from Scripps Ranch High School next year. Poirier plans to become a journalist and explore the world as well as learn about current events.

Hundreds of family members, friends, community leaders and Girl Scout volunteers attended Girl Scouts San Diego's Gold Award event. The keynote speaker was Coreen Petti, associate vice president of advancement marketing and strategic partnerships at the University of San Diego, and board chair emeritus of Our Lady of Peace Academy. She is a Gold Award Girl Scout, a Girl Scouts San Diego Cool Woman of 2019, a former troop leader and member of a multi-generational Girl Scout family.

For details, contact Girl Scouts San Diego Troop Support Specialist Tracy Browns at (619) 610-0774, or tbrowns@sdgirlscouts.org, or visit sdgirlscouts.org.

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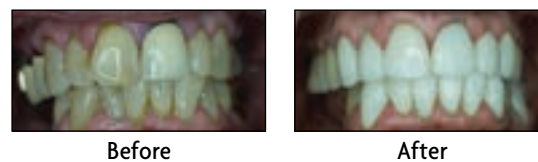
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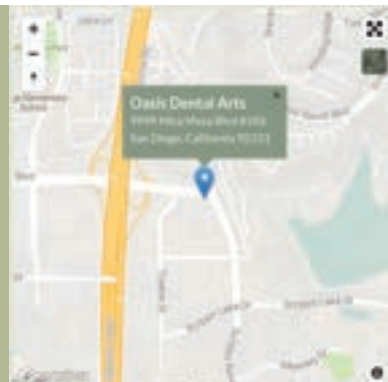
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Scripps Ranch Women's Club fetes scholarship winners

By Barbara Wesser

After a year of fundraising to support scholarships for graduating SRHS women, the Scripps Ranch Women's Club was thrilled to honor its winners and their mothers at a celebratory dinner at the Rancho Bernardo Country Club last month. The young women were introduced to the club members and each shared their colleges and career goals.

Haley Nguyen will be attending the University of Chicago to study physics. She aspires to a career in quantum entanglement-based technology. Her interest stemmed from

her high school curriculum which introduced her to science as well as humanities and the arts. Chicago's core curriculum spanning all these areas make a great fit, she said, allowing her to concentrate on physics while also enjoying writing and discussion courses.

Michelle He, SRHS valedictorian, chose MIT where she will major in computer science or bioengineering.

"I chose MIT because of its reputation for being highly focused on the sciences and engineering, especially in the areas I'm thinking about majoring in," she said.

Also, she really liked the campus and atmosphere at the school. Her long-term career goals are to become either a bioengineer or a computer software engineer.

Sara Smith will stay in California, attending UC Berkeley with a major in bioengineering. Her love for biology goes back to early school days. She has been a research intern at the Scripps Research Translational Institute in La Jolla since 2018, working on a



Scripps Ranch Women's Club scholarship winners and their mothers attending a special dinner included (from left) Lisa Nguyen, Haley Nguyen, Anna Smith, Sara Smith, Michele He and Feng Liu He. (courtesy photo)

project in cross-tissue transcriptomics. She is excited to go to Berkeley as she said "Berkeley will provide me the opportunity to learn from the top of the field... in a world-renowned program."

If you would like to become part of the efforts to support the education of local young women as well as to have fun and meet new friends, Scripps Ranch Women's Club welcomes you as a member. To learn

more about joining the club, contact membership chairs Connie Curran, (858) 271-7707; or Rose Lizcano, (626) 278-3024. You can also find more information on the club's website at srwomensclub.org.

Master gardener to share experience

By Denise Stewart

As part of the regular meeting on Tuesday, Sept. 24, the Scripps-Mesa Garden Club will feature a learning experience with a master gardener among her very own plantings. Dawn Standke, who has many years of knowhow in meeting the challenges of soil, water and weather in her Penasquitos garden, will host the club in her garden and share what she has learned.

Dawn has been involved with the Master Gardener Program for more than the 15 years. She has been long involved with the hobby, according to local club President Bob Gale.

During the August monthly gathering, Garden Clubbers enjoyed the fruits of their labors at their annual chicken and potluck dinner. Held in a member's backyard, the array of veggies and fruits shared by the gardeners was dazzling. It was a festive occasion celebrating the products of their efforts during this growing season.

The Scripps-Mesa Garden Club meets 11 months of the year on the fourth Tuesday at 6 p.m. When the meeting doesn't involve a garden tour, members gather at the Scripps Ranch Library. The meeting includes a short social time with refreshments, a brief business meeting, an informative presentation, a door prize raffle and a plant exchange.

More information about the club can be obtained from Bob Gale by contacting him at rgale1943@gmail.com.

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West Coast Oral Surgery celebrates 30-years

By Dave Kensler

Mention the words “oral surgery” to most anyone and more than likely you will not see a happy face. Yet, through a combination of patient care, use of advancing technology and a stellar reputation, West Coast Oral Surgery in Scripps Ranch is celebrating 30 years of being in business.

“We work with over 200 dentists in the Scripps Ranch and Poway areas,” said Nicole Rawson, West Coast Oral Surgery external relations and events coordinator. “We have been in the same location the entire time.”

For many, the need for oral surgery conjures up the thought of either a tooth extraction or removing wisdom teeth. While those are the “bread and butter” procedures, according to Rawson, the circumstances requiring oral surgery are much broader and sometimes very complicated.

“The fact is some people basically need their face



Standing next to the X-Nav 3D guided implant system at West Coast Oral Surgery are (from left) Dr. Joel Berger, Dr. Stone Thayer, Dr. Dentico-Olin, Dr. Andrew Chang and Dr. Mehdi Matin. (courtesy of West Coast Oral Surgery)

put back together,” she explained. “Whether it is due to an accident, domestic violence trauma or cancer.”

Often referred to as oral

and maxillofacial surgery, the need for this type of specialist can come in many different ways.

“We had a woman who was

about to give birth but first, due to a very bad tooth infection, had to have the tooth extracted before delivering her baby,” Rawson said.

One increasingly common example of the need for an oral surgeon are scooter accidents.

“When seatbelts came into law, the number of oral surgeries needed due to auto accidents declined,” she explained. “Now, with the rise in popularity of scooters, more and more people are suffering facial injuries from accidents while using them.”

It is not only accidents and trauma that require an oral surgeon. Cosmetic procedures are also part of the services offered. Dental implants continue to be a popular choice for creating a nice smile.

“There are many people where dentures simply do not work well for them,” Rawson said. “Now, with advanced technology, we have 3D imaging guided implants that allow for a more precise fitting.”

Technology has also helped in reducing complications, nerve damage and infections.

For those who fear or are hesitant about any procedure due to pain, there have been advances in that as well.

“Exparel is a non-opioid treatment for post-surgery pain issues,” Rawson stated. “The pre-surgery options are still used today that most people are familiar with like laughing gas, local and general anesthesia.”

West Coast Oral Surgery was founded and is still owned by Dr. Andrew K Chang. While he does not see patients on a regular basis, three oral surgeons have been added to the team to increase availability and capacity.

A referral is not necessary. “People can walk in off the street. We have had patients who do not even have a regular dentist,” Rawson explained. “If someone would like to get a second opinion about their situation, which is almost always a good idea anyway, we would be happy to see them.”

To help encourage those who are hesitant about seeking oral health care or who have not been to an oral health care specialist in a while, West Coast Oral Surgery is offering free consultations and X-rays through the end of October.

The office is located in the North County Medical Dental Building, 9855 Erma Road. Visit oralsurgery-sandiego.com or call (858) 536-2900.



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Meeting features Japanese-American WWII experience

By Denise Stewart

September ninth's Welcome Club monthly meeting at the Community Center will feature a talk by an officer of the San Diego Historical Society, Linda Canada. Ms. Canada has been active on the society's board for more than 15 years.

According to Welcome Club Program Co-Chair Cindy Marshall, Ms. Canada will talk about the history of Japanese Americans in San Diego County and their transition from farming, fishing or running small businesses to living in internment camps during World War II. She

will also discuss how they later reintegrated into post-war life, although not all returned to San Diego. This talk will be illustrated with photographs from the collection of the Japanese American Historical Society of San Diego.

During August, Welcome Club members enjoyed a Coffee Klatch at the home of Jackie Bhagat. This monthly friendship festival featured delicious brunch dishes prepared by Jackie and her co-hostesses Ghean Maksimow and Starlene Dahl. In addition to the morning feast and time spent chatting with friends, the ladies played a fun trivia game.

Summer evenings in Scripps Ranch are perfect for outdoor parties and Sue Cauble opened her backyard for the Welcome Club and friends. There, under the August moon, they feasted on a potluck and partied on her lawn. TGIs have been a Welcome Club summer tradition for more than 30 years and the fun goes on.

Walks along the trails of Scripps Ranch are a regu-



Scripps Ranch Welcome Club members participating in a recent beach walk are (from left) Susan Parme, Ann Schiebelhut, Lori Gold, (in back) Kate Schapp, Helen Plutner, Dorothy Mildice, Vicky Bergman and Marcia Mikesell. (courtesy photo)

lar, thrice weekly adventure lead by Janelle Boustany. The opportunity to enjoy the out-of-doors and the company of other energetic gals makes this group attractive to a growing number of participants. Two beach walks along Mission Bay and the North County shore led by Dorothy Mildice were part of the special activities Wel-

come Club coordinated this month.

The Birthday Babes of the summer months met to celebrate at the home of Ann Schiebelhut. A potluck lunch and a festive cake always make this quarterly gathering a great way to share this special occasion.

In addition to their regu-

lar monthly discussion, the Morning Book Club once again took its enthusiasm for literature to the third annual Festival of Books at Liberty Station. There, they heard presentations by acclaimed authors and got to meet some of publishing's local and national stars.

Meanwhile, a third book group is forming. The Morning Book Club is assisting a group of newer members as they get organized to share their reading experiences on a regular basis. As the Welcome Club grows in membership, so do the opportunities for new members to find outlets for their favorite hobbies and pastimes.

A quick look at a Welcome Club's monthly calendar shows no less than 20 events slated for the membership to choose from during the coming weeks. Welcome Club has a website, scrippsranchwelcomeclub.com, where information can be found that will connect you with members who will be happy to answer your questions concerning the club.



Final weeks to enter the Lemonade Stand Contest

The deadline is approaching for the Scripps Ranch News second annual summertime Lemonade Stand Photo Contest. Everyone who enters will receive a frozen treat from Rita's, 10585 Scripps Poway Parkway.

All entries will be featured on ScrippsRanchNews.com and will appear in the September issue of the newspaper. The winner will receive a \$20 gift certificate to Rita's.

If you had a lemonade stand near your home this summer, you can enter the contest:

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 entry prize.

Deadline: Entries must be received by Sept. 1, 2019.

Rules: The contest is open to children only. Lemonade stands must be located within Scripps Ranch. Photos must be taken between May 25, 2019 and Sept. 1, 2019. Email any questions to info@scrippsranchnews.com.



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LEISURE

Wolff describes his professional musical evolution

By Bella Ross

When Scripps Ranch musician Steve Wolff reflects on his musical career, he credits his start to a man named George Soros. If one were to ask Soros if he knows who Wolff is, chances are he would be very confused. Soros is a big-name investor and philanthropist.

Wolff had just crossed the pond to attend Stanford University from his home country of Britain when Soros devalued the pound by a factor of two. This meant Wolff's government grant was chopped in half. With no permit to work in the U.S., Wolff decided his background as a musician would have to start turning a profit.

"I've got my guitar, I've got an amplifier. Why don't I try and get a band going?" Wolff said.

Gigs in college dorms and fraternity houses turned around between \$400 and \$450 a month.

Years later, when Wolff moved to San Diego, somebody told him the city had



Steve Wolff performs during a Scripps Ranch Symphony in the Park local music showcase in Hoyt Park in 2018. (photo by Ralph LoVuolo)

too many guitarists.

"If you ever want to get a gig, the best thing you can do is be bass player," they told him.

So, Wolff learned the bass. It was through this experi-

ence that he joined a band that was big on using professional music editing software. The concept inspired him, and in 2006 he created a one-man band: Wolff. The software allowed him to

harmonize with himself if he wanted while maintaining an acoustic sound.

"It's kind of a little bit different from your average kind of bar guitarist," he said.

With deep roots in British culture, Wolff's musical style hits home for those from across the pond. He cites classic acts such as The Police, The Clash and Pink Floyd as being among his largest influences.

"I've got my guitar, I've got an amplifier. Why don't I try and get a band going?"

—Steve Wolff

But Wolff couldn't stay a one-man act for long. While the name stays consistent among all acts, a visit to Wolff's webpage shows the band often expands to a duo or trio, depending on the show.

Wolff said he'd like to see the group evolve, but that he's hesitant to follow the model of the eight- to 10-piece bands he sees around town.

"I'd want the diversity of another instrument, maybe a keyboard player," he said.

But, just as he was told when he first moved to San Diego, Wolff said the band won't be needing another guitarist.

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Actors (from left) Jim Chovick, Adam Daniel and Dagmar Krause Fields will star in Scripps Ranch Theatre's upcoming production of "Foxfire." (photo by Ken Jacques)

'Foxfire' offers Appalachian story and music

FOXFIRE

Continued from Page 1

The story revolves around Annie's struggle to decide her future and is enhanced with flashbacks to her life with Hector. The jilted son is a professional musician and the play includes a live, full-band performance of what director Ted Leib described as mountain/bluegrass-influenced country music.

"It's not a musical, but it's a play with music," Leib said.

Written by Hume Cronyn (yes, the actor) and Susan Cooper, the play was first produced at Canada's Stratford Festival in 1980. The 1982 Broadway production starred Jessica Tandy, the late Cronyn's wife and fellow actor.

SRT's production will feature Dagmar Krause Fields as Annie Nations; Jim Chovick as Hector; Adam Dan-

'It's a story about getting older; the old ways being replaced by the new.'

-Director Ted Leib

iel as Dillard; Maria Hotovy as Holly Burrell; Bob Himlin as real estate developer Prince Carpenter; and Pete Zanko as Doctor.

Leib and SRT artistic director Jill Drexler met years ago while acting in a production of "Foxfire" at a theater in Vista. Familiar with the story, when Leib joined a group choosing the theater's season lineup, he suggested the play as a good fit for local audiences.

"Music makes 'Foxfire' good for Scripps Ranch Theatre. You don't see a lot of plays that have full music

performances in them that aren't true musicals," Leib said. "Another factor is the story. It's a story about getting older; the old ways being replaced by the new. Gentrification if you will. That's something that a lot of people can relate to, especially here in San Diego."

Leib noted that the play is a co-production with Oceanside Theatre Company. Following its run at SRT, the same actors, crew and sets will move to Oceanside's Brooks theater for a five-week run there.

Scripps Ranch Theatre is on the campus of Alliant International University, 9783 Avenue of Nations. "Foxfire" begins its run Sept. 6 and will play Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Oct. 6 (no show on Sept. 8). To reserve seats, call (858) 578-7728. For ticket price information, visit scrippsranchtheatre.org.



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SRCA 50 Plus holds talent showcase

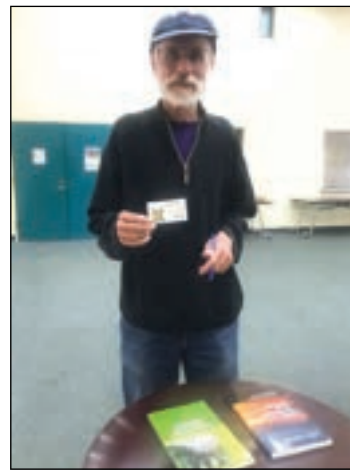
By Rachele Sparks

The Scripps Ranch Civic Association (SRCA) 50+ group has been trying to help this tight-knit community get even tighter with a monthly event called Scripps Ranch's Got Talent that inspires residents of all ages to come together.

"The goal is to be even more intergenerational with activities that bring generations together," said Lenore Evenson, a committee member of the Scripps Ranch Civic Association 50+ group. "We invite people to come to see the unexpected. To be surprised."

The Scripps Ranch's Got Talent event, which is in the "try it and see" phase, has been scheduled the second Saturday of each month at the Scripps Miramar Ranch Library Community Room from 3 to 5 p.m. While future events were still up in the air at press time, the first event was held in July and the second was scheduled for August. The idea was for Scripps Ranch residents of any age to display, perform or showcase their talent, regardless of what it is.

"Through volunteering in



Scripps Ranch poet Michael J. Dick was featured at the first Scripps Ranch's Got Talent event in July. (courtesy photo)

assisted living facilities in the past, I noticed the seniors enjoyed the presence and performances of the youths," said Rose Chou, a volunteer for the SRCA 50+ group. "Likewise, the youths appreciated the skills of the seniors, such as singing, reading, gardening, baking, etc."

The first event, which took place in July, brought in a Scripps Ranch poet with talent so vast, Evenson went out and purchased his book immediately.

"Who knew?" she said. "It was fascinating to listen to him."

There are no limits on the

talents that Scripps Ranch residents can show off at this event.

"It's very free form, with no requirements," Evenson said, adding that she imagines musicians, athletes, authors, photographers, gardeners and singers for the event. "I just want everyone to come in and have a good time. Everyone likes to get on stage and show off, right?"

Evenson and Chou agree that young or old, everyone has some sort of talent, and Scripps Ranch, for many reasons, is a great place to let them shine.

"Scripps Ranch is a very tight community. Lots of volunteers, lots of things going on, everybody trying to help everybody else," Evenson said, so this is just another way for locals to connect, she explained.

"My personal hope is for Scripps Ranch's Got Talent to become a regular meet-up where people can encourage and edify each other through common interests and passion," Chou said.

To learn more and to check the status of the event, call Lenore Evenson at (858) 831-9232 or email Rose Chou: 92131rose@gmail.com.

Theater company offers classes for kids

San Diego-based Trinity Theatre Company (TTC) has set its sights on Scripps Ranch to offer specialized theater classes for tots (ages 4-7); kids (ages 8-12), and Teens (ages 13-17). Classes, held at the Scripps Ranch Recreation Center, will be starting in September for ages 4-17. They will be offered one day a week for a six-week session and are aimed at inspiring students of all skill levels to build their theatrical talents and to cooperate in the collaborative world of theater. Registration is now open, and seats are available on a first-come, first-serve basis up to 15 students per class. There are a limited number of scholarships available for families in need.

The session schedule is as follows:

Tots, ages 4-7. Younger actors will work with their teacher to learn the basics of theater while building a 10-minute performance to be presented on the last class session. Session 1: Sept. 14-Oct. 19, "Why Pigs Like the Mud." Session 2:

See **THEATER CLASSES**, Page 17

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Greyhounds visit Newtopia Cyder

By John Gregory

Approximately 50 people and 25 to 30 canines descended upon Newtopia Cyder, 10045 Carroll Canyon Road, on the afternoon of Aug. 4 to attend a special “Yappy Hour” to learn about and support Greyhound Adoption Center.

Dog lovers mingled as they admired the sleek, gentle greyhounds at the pet-friendly Newtopia. The event served as an introduction to Greyhound Adoption Center, which is based in El Cajon. An assortment of items, such as limited-edition glasses, were on sale as a fundraiser for the private greyhound rescue organization. Attendees came from as far as Temecula for the event, according to Marilyn Golisch, one of the directors for Greyhound Adoption Center.

“It’s more of a meet-and-greet to have people meet the greyhounds, and we dispel some of the myths surrounding the greyhound breed and talk a little bit



Greyhound owners show off their sleek pets at the recent “Yappy Hour” for Greyhound Adoption Center, hosted by Newtopia Cyder, 10045 Carroll Canyon Road. (photo by John Gregory)

about our adoption program,” Golisch said.

She explained how the organization, which has been in existence for 30 years, rescues greyhounds from dog racing tracks and helps them get adopted.

“They are rescued from the racetracks throughout the country and as far away as Macau, China,” she said. “Over the years, we’ve rescued and saved 6,000 greyhounds. They’re the best kept secret in the dog world.”

Golisch further explained the characteristics of grey-

hounds as pets.

“They are absolutely sweet. And people think because they are a race dog, that they were a commodity for the industry – the second fastest land animal – that they are hyperactive, they need a big yard, they need all this exercise. And just the opposite is true,” she said. “They are a sprinter and they’re good for that short burst of energy, and then they’re done for the day, and then they kind of lay around with their legs up in the air.”

Visit houndsavers.org.

Young Guns brings country music to concert series

COUNTRY MUSIC

Continued from Page 1

try show out into the crowd, not to mention teaching and leading line dances.

The group of experienced musicians and singers comprising Young Guns are led by singer Eric Sage, known as a dynamic performer with a three-octave vocal range. According to the band’s website, Sage has recorded and performed with major stars of the music industry, including Shania Twain, Slash of Guns ‘n’ Roses, Vince Neil of Motley Crue, and the Beach Boys.

This concert will be sponsored by Newtopia Cyder, 10045 Carroll Canyon Road, Suite A.

Scripps Ranch Symphony



Scripps Ranch Symphony in the Park presents Young Guns, on Sunday, Sept. 8 at Hoyt Park. (younggunsband.com)

in the Park summer concerts are organized by the all-volunteer Scripps Ranch Symphony in the Park organization. In addition to producing community concerts, the organization helps keep music alive through its donations to local schools. The donations began in 2011 when Scripps Ranch Symphony in the Park became a public, charitable 501(c)(3) organization. Since then, Scripps Ranch Symphony in

the Park has given \$24,600 to local school’s music programs thanks to donations from friends and families in the community as well as concert sponsorship from local businesses. The organization hopes to make check presentations to the schools at its September concert.

The next Scripps Ranch Symphony in the Park concert, the final one of the 2019 season, will be the annual holiday concert with Santa and friends, Dec. 8 at Jerabek Park.

Picnics are welcome At Scripps Ranch Symphony in the Park concerts, but only low-to-the-ground chairs are allowed, no dogs are allowed, and attendees cannot bring plastic tarps. For more information, visit symphonyinthepark.org.

gether in small groups to understand the structure of a solid scene. They will also work on performance technique to enhance the tension and release of scenes, identify objectives, and engage the three tools of an actor.

Teens, age 13-17. Session 1: Sept. 13-Oct. 18. Students will get an in depth look into Stanislavski’s System, learning the ideas of “given circumstances,” “objectives and super-objectives,” and “tactics.” Session 2: Nov.

1-Dec.6. Scene Study; teen actors will work together in small groups to understand the structure of a solid scene. They will also work on performance technique to enhance the tension and release of scenes, identify objectives and engage the three tools of an actor.

For more information, contact Kandace Crystal, (678) 304-8870, or email kandace@trinityttc.org. Additional class offerings can be found at trinityttc.org/arts-education.

THEATER CLASSES

Continued from Page 16

Nov. 2-December 7; “If You Give a Mouse a Cookie.”

Kids, ages 8-12. Session 1: Sept. 11-Oct. 16. “An Actor Prepares” is the “A” in Stanislavski’s ABC’s of Acting. Students will get an introduction to Stanislavski’s System, learning the ideas of “given circumstances,” “objectives and super-objectives,” and tactics. Session 2: Oct. 30-Dec. 4. Scene Study; young actors will work to-

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SRHS FOOTBALL 2019

The Scripps Ranch High School football program has been holding practices in the hot August sun in preparation for the 2019 season. Following a very improved 2018 season, the varsity will host a home game against Serra High on Friday, Aug. 23 at 6:30 p.m. Then, the team will travel for a game against Del Norte High on Aug. 30 at 7:15 p.m.



The Scripps Ranch High School 2019 varsity football team (photo by Ralph LoVuolo)



The Scripps Ranch High School 2019 junior varsity football team (photo by Ralph LoVuolo)



Photos by Ralph LoVuolo



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Cross country team builds on past success

By Tawny McCray

With his teams having made it to the state championships the past two years in a row, Scripps Ranch High School cross country coach Chuck Warren said he's looking forward to another competitive – yet fun – season.

It kicks off on Sept. 6 with the first invitational meet at Rohr Park. Practice officially started the first week of August, but Warren said most of the students are so dedicated they train all summer long. They work out Mondays through Fridays, with many of them running on the weekends as well.

"This time of the year our top varsity kids are running 50 miles a week," Warren said.

He said his cross-country teams average 120 kids a year, and are comprised of girls JV and varsity teams, and boys JV and varsity teams. Any and all students are welcome to join.

"We don't cut kids, that's not my philosophy," Warren

said. "If somebody is willing to run, why would you want to cut somebody? My philosophy is if they show up to practice on time, every day, they have a good attitude, and give 100 percent in the races and the meets, they're on the team."

Along with both the boys and girls teams making it to the state championships in Fresno the last two years, the boys have been league champions the last five years and the girls have been league champions four out of the last five years, Warren said. That's no small feat, especially considering that in 2016 the team moved from the Eastern League to the more competitive Western League, where they face powerhouse rivals including Cathedral Catholic, UC and Coronado High schools.

"Every year we want to put ourselves in a position to be contenders to win the league championship and the ultimate goal is to send our teams to the state meet," he said.

Warren said they had a lot of seniors on the team



Members of coach Chuck Warren's SRHS cross country teams train hard, run hard and enjoy camaraderie. (courtesy of Chuck Warren)

who graduated last school year, so this year's team is relatively young. He said some of the top runners who are favorites to win league this year include, on the boy's side, juniors Giancarlo Da Silva and Caden Farrow; and on the girl's side, senior Julia Kiersnowski and juniors Emily Brown and Delphine Maurer.

Maurer said this will be her third year running cross country and her goals are to beat her times from previous years and for the team to

have a positive environment.

"I enjoy being on the cross-country team because of the fellowship between the runners," Maurer said. "Everyone on the team is supportive of each other and I have made many friends by joining."

She said coach Warren is a good, easy-going coach who is always available to listen to his runners.

"He is very knowledgeable about running and that shows in the workouts that he plans for us and the advice

that he gives," Maurer said.

Warren said the majority of the team's key interval workouts are done away from the school, at nearby Jerabek Park or other community parks, where it's more of a cross country environment instead of just going on the track. For their Saturday workouts, which he said are mandatory for varsity runners, they go to different locations like Mission Bay Park and Los Peñasquitos Canyon Preserve, to help make it more interesting.

"Running can get boring and tedious and we want to keep them motivated, so we go to different locations," he said.

Warren said he also likes to let the runners cut loose by doing fun things like a planned beach bonfire and small dinner parties the night before most meets.

"We want to be competitive, but we also want to make it fun for the kids," he said. "I want to show these kids that I care. If you show them that, a lot of these kids will run through walls for you."

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IT O W N E S

July sales tick up, but down from 2018

Sales of previously owned homes in San Diego County ticked up for midsummer, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of Realtors® (SDAR). Resale single-family home purchases were up 2 1/2 percent countywide in July compared to June. Attached properties (condominiums and townhomes) increased countywide by a healthy 5 percent from the previous month. Compared to July of 2018, however, home sales were down slightly last month. Prices of resale homes dipped slightly countywide in July, but are up for the year. "The inventory of homes for sale across the county just can't seem to jump start, although some neighborhoods have been consistently strong," said SDAR President Kevin M. Burke, JD.

Scripps Ranch home sales for July 2019

Single family homes sold:
24

Median price of single family homes sold:
\$1,003,500

Attached homes sold (condominiums or townhomes):
19

Median price of attached homes sold:
\$560,000

Comfort and style for outdoor spaces

(StatePoint) Whether it's uncomfortable furniture or utilitarian light fixtures, you're probably used to making some concessions when it comes to comfort, style and convenience in your home's outdoor spaces.

What many homeowners are learning is that nearly anything that can be achieved in interior spaces can likewise be achieved in exterior ones. However, there are a few things to keep in mind in order to update these spaces safely and for maximum effect. Here are a few ideas to consider:

Create a 'room'

One aspect of creating the feel of a "room" in your home's outdoor spaces is defining its boundaries. Get creative with the notion of floor, ceiling and walls. Sometimes, these elements work better when they're more of a suggestion than an impermeable structure. Whether it's a latticed trellis that allows you to view the stars, a manicured hedge to create privacy or a sunken "living room" set off by a retaining wall, there are plenty of charming means



To extend your living space and entertain with ease, upgrade your outdoor spaces with safety and comfort in mind. Add style and comfort with outdoor-rated fixtures. (Hubbell Incorporated – Photographee.eu/stock.Adobe.com)

for setting an outdoor area apart from the space around it. If your project requires digging, it's important to call 811, a free nationwide number, in order to determine where underground utility lines are, and avoid them.

Air and light

Think the form and function of ceiling fans, chandeliers and pendant lights are for interior spaces only? Think again. Such stylish fixtures can be added over

patios, verandas or pergolas to add the level of elegance and comfort one could traditionally only enjoy indoors.

However, if you do plan to add any such electrical device to an exterior space, you must do so safely by opting for weatherproof installation, as well as fixtures designed specifically for the outdoors. Whether performing this upgrade on your own or hiring a contractor, consider products such as the "Outdoor Comforts" line from the Bell Outdoor brand

of Hubbell Incorporated. The line's new Bell Outdoor Ceiling Fan Box, which provides a safe and secure mounting and weatherproof wiring junction specifically for outdoor fans, chandeliers or pendant lights, is designed to enhance outdoor living spaces with the same convenience and comfort you enjoy indoors. To learn more about cost-effective solutions for upgrading outdoor areas with weatherproof fans or luminaires, visit hubbell.com/bell/en.

Finishing touches

If it's been awhile since you furnished your backyard, you may be surprised by the scope of weatherproof furnishings, cushions, pillows and even rugs available on the market today. If you're overdue for an upgrade, consider padding out your patio to make the time spent in your outdoor space as comfortable as an afternoon curled up on the couch in the family room. To extend the life of certain items, you may want to bring them under cover during extreme weather events, as well as the off-season.

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Books to inspire green thumbs

(StatePoint) Whether you're a seasoned gardener or just getting started, it always helps to have a little guidance and inspiration.

These new books from DK can help you perfect your gardening game:

Cacti and succulents

How can you encourage your bunny ear cactus to flower and flourish?

What's the best method for propagating an Echeveria or Kalanchoe? What exactly are living stones, and where do they grow in the wild? "Practical Cactus and Succulent Book: The Definitive Guide to Choosing, Displaying and Caring for More than 200 Cacti and Succulents" is a great, exhaustive reference for cactus and succu-

lent enthusiasts. An extensive illustrated plant directory profiles more than 200 succulent and cactus varieties, with instructions on how to grow each one, alongside facts and quirky stats about different plant families.

Back to basics

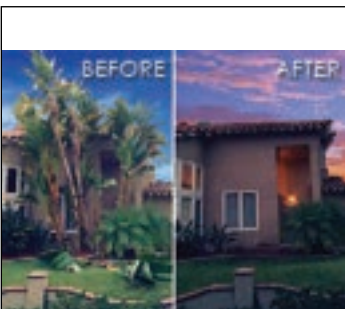
For those in need of some basics, "Beginner Garden-

See **GREEN THUMBS**, Page 22



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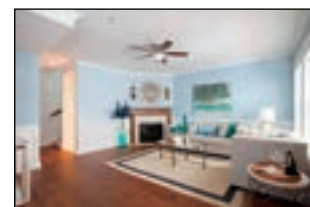
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Get a great lawn in less time

(StatePoint) It's no secret that your home's exterior gets the spotlight during the summer. Expertly manicured grass and enviable curb appeal require maintenance and the right equipment.

If "old reliable" isn't cutting the lawn as well as it used to and you're searching for a new mower, there are many makes and models to consider. One type you may be less familiar with is the zero-turn mower, which offers superior maneuverability and can get yard work done faster than a standard walk-behind mower.

"A high-quality zero-turn mower means getting back to relaxing in your free time faster," said Adam Mullet, vice president of sales and new products at Hustler Turf Equipment, a leading brand of outdoor power equipment, and the originator of the zero-turn mower.

When shopping around, consider the following tips and insights:

Don't shop with your wallet

As with any home appliance purchase, this is a big decision. You'll want something that can withstand the test of time and is backed by warranty. Keep in mind engine size and horsepower. Powerful engines cut grass faster and last longer, but also cost more. Financing options offered by manufacturers can help you avoid compromising.

Size matters

The size of the area you'll be cutting matters most.

- A larger deck speeds up mowing and is ideal for big properties with wide open

GREEN THUMBS

Continued from Page 21

ing Step by Step: A Visual Guide to Yard Garden Basics" details how to get your yard or green space under control and keep it that way. Do-it-yourself garden ideas and step-by-step photographs for everything from planting decorative climbers to growing fruits and vegetables, take the anxiety out of planting, potting and pruning.

Year-round gardening

Take the uncertainty out of your harvest with a DK best-seller, "The Kitchen Garden: A Month-by-Month Guide to Growing Your Own Fruits and Vegetables." In-depth crop planners show you when to plant and how to cultivate more than 60 herbs, fruits and



When buying a mower, prioritize makes and models offering efficiency and comfort that meet your lawn care needs. Zero-turn mowers can help you get yard work done faster. (StatePoint)

areas of grass.

- The wider the cutting deck, the more grass cut with each pass. If you need to maneuver through tight spaces or have a small yard, consider a machine with a condensed, more easily-controlled mowing deck.

- Zero-turn mowers made for residential use are typically much smaller than the average ride-on mower. For a compact option at a great value, consider the DASH by Hustler Turf. Built to the brand's high standards, it has a patented automatic park brake, foot-operated deck lift and the ability to fit through most gates, making it a good choice for front and backyard mowing. Available in two welded, fabricated steel deck sizes – 34-inch or 42-inch – with a heavy-duty 1x2 fully tubular frame, it's small enough for easy garage storage.

- For bigger yards and tougher terrains, consider options like Hustler Turf's residential FasTrak. Boasting speeds up to 8 mph, it features a removable floor

plan for easy maintenance, a fully welded, tubular frame available in sizes up to 60 inches, and 22-inch large drive tires. A 20-inch high-back seat with full mechanical suspension shields riders from bumps, and cushioning takes pressure off the tailbone and lower back.

Mow in comfort

You'll use this machine regularly for years to come, so prioritize comfort. Remember, the open-concept of a zero-turn allows you to get on and off easily. Be sure to sit on each mower and look at the seats and support offered.

Shop local

Consider visiting locally-owned and operated lawn care centers, where dealers are deeply familiar with product lines, region-specific lawn care needs and ready to answer questions about mower performance and maintenance.

More information on zero-turn mowers can be found at hustlerturf.com.

vegetables, including kale, rhubarb, spinach, strawberries and apples. Month-by-month alerts help you guard against the season's garden pests and diseases. Prioritize key garden tasks, learn crop rotation techniques and try step-by-step garden projects, such as preparing a seedbed and making your own compost bin.

Orchid care

Orchid care can be complex. Sort myth from fact with "Happy Orchid: Help it Flower, Watch it Flourish," which offers a simple, step-by-step introduction to essential growing techniques, including how to plant orchids, what feed to give them and how to water and maintain humidity. Each profiled orchid lets you know exactly what's needed

for optimum growth, including where best to place them, how often they need repotting, how to prolong flowering and how to encourage reflowering.

Plant propagation

With hundreds of step-by-step tutorials, the new edition of "Propagating Plants: How to Create New Plants for Free" can be your go-to guide for clear and instructive propagation advice. How long do your seedlings need to germinate? What makes a healthy stem cutting? How do you know what type of rootstock to use when grafting plants? With more than 1,800 detailed illustrations and photos to refer to, you can find the answer to these questions and discover the experts' secrets to perfect plant propagation.



NEW LISTING

14022 Abby Wood Court | Warmington Collection, Stonebridge Estates



NEW LISTING

11327 Stonemont Point | Bellasario, Stonebridge Estates



NEW LISTING

9750 Caminito Pudregal | Crown Pointe, Scripps Ranch



AVAILABLE

11754 Angelique Street | San Lucena, Scripps Ranch



AVAILABLE

11419 Cypress Woods Drive | Legacy, Scripps Ranch



AVAILABLE

11315 Lake Rim Road | Conservatory, Scripps Ranch



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The Exceptional. The Unique.*

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Featured Homes



SOUTH OF POMERADO

10807 Figtree Street
 5 Bed | 4.5 Bath | 3,529 Sq Ft
 Offered at \$1,325,000

The Arbors — Located on large corner lot of double cul-de-sac street. Open spacious floor plan with desirable downstairs en suite and large open loft/bonus area upstairs. Newly landscaped front and back, freshly painted interior. Beautiful backyard with patio area, firepit and water pond to enjoy. Wood flooring, two fireplaces, central air and security system. Gourmet kitchen features double island, granite counters and walk-in pantry. Great room includes built-in media center. Large master suite. No Mello Roos.



SANSONNET — CARMEL VALLEY

11416 Fairwind Court
 4 Bed + Bonus Room + Open Loft | 4.5 Bath | 3,721 Sq Ft
 Asking \$1,599,900

Beautiful ocean and sunset views of Torrey Pines State Preserve from this Carmel Valley oasis! Premium and private cul-de-sac location — backs to open space with no one behind you. Resort style yard features pool/spa with spill way, fireplace and BBQ island to enjoy. Open spacious floor plan with upstairs bonus and loft area. Gourmet kitchen with center island and stainless steel appliances. All en suite bedrooms and large master suite with private balcony to enjoy views. Owned solar system. No HOA fees.

Additional Listings in San Diego



Sold



Sold



Sold

12280 Semillon Boulevard
 Sold for \$1,300,000
 4 Bed + Granny Flat | 4.5 Bath | 4,116 Sq Ft

15883 Lesar Place
 Sold for \$879,000
 3 Bed | 2.5 Bath | 1,940 Sq Ft

10350 Rue Mont Grenbole
 Sold for \$1,370,000
 4 Bed | 1 Office | 4.5 Bath | 4,073 Sq Ft



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