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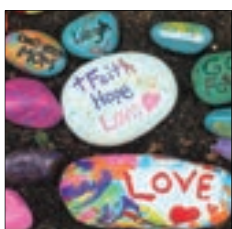
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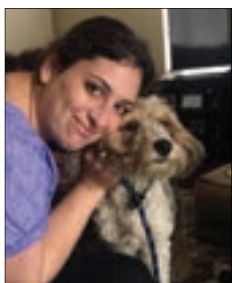
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The Fourth of July Run & Ride, presented by the Scripps Ranch Old Pros, is a highly-anticipated and beloved annual community event. (photo by John Gregory)

Run & Ride

Old Pros present huge annual event

By Cynthia Kurose

School is out, warmer temperatures have returned and the Scripps Ranch Old Pros are gearing up for their signature annual fundraising event: the Fourth of July Run & Ride. With five separate events and approximately 4,000 partic-

ipants expected, there are still plenty of details to be finalized by the dedicated team of volunteers.

Steve Trifoglio has returned this year as the Fourth of July Czar, responsible for overseeing all aspects of the event.

See **RUN & RIDE**, Page 20

Staying classy

Fox 5's Raoul Martinez values stability, family and community

By Hoyt Smith

It's 4 a.m. Raoul Martinez is up before the sun as usual on any given weekday, activating his eight-year-old espresso maker. The aroma fills his Scripps Highlands kitchen.

Preparing for a daily audience that ranks among the largest in San Di-

ego, Martinez must look his best. He grooms himself meticulously, adjusts his tie, feeds his new rescue puppy, then bids farewell to his sleeping children as the sun rises over nearby Lake Miramar.

Martinez drives down Scripps Ranch Boulevard and travels a near-empty freeway to Kearny Mesa. By 6 a.m. he is sitting in a television studio, or out on assignment reporting live, as the community awakens to the latest news. Welcome to the world of a morning anchorman.

"I have the routine down," said the Fox 5 newscaster who has been working for the same station for more than a decade. "I can almost do it blindfolded."

Though the current events Martinez reports upon are never the same from day-to-day, his life as a broadcast journalist and local family man is remarkably stable, and he likes it that way. The anchorman, who is a big baseball fan, cites the late Tony Gwynn as an inspiration.

"He stayed with one team," Martinez explained. "He could have left for more money, but some of us choose to stay in one place. My wife grew up here. This is our community. We love where we live, and it means a lot to us."

Martinez said that 10 years is "a magic number" in television news. Once an anchorman has been in the same market for a decade, "people get used to you. They accept you."

Apparently, that's true for the Scripps Ranch resident. Fox 5 has been a consistent winner in the morning news over the past few years, recently ranking number one through five consecutive Nielsen ratings periods.

From his espresso machine to his career, things have been



Raoul Martinez jokes with the San Diego Chicken on the Fox 5 Morning News set. (courtesy photo)

Facebook page: Mamas, you are not alone

By Tawny McCray

"You can be a mess and still be a great mom. We are allowed to be both."

This is the important message of Scripps Ranch mom Tabatha Kraft's inspired Facebook page called (Real) Motivational Mama. The stay-at-home mom of three daughters created the page on Easter Sunday.

"I was sitting in Easter Sunday service and thought, 'There needs to be a place where moms all over the world, not just my local area, can come for support because being a mom real-

ly is the hardest job in the world,'" she said.

Kraft said that, with having three girls ages 5, 2-and-a-half, and 10 months, she had gotten to a point where she was "really, really" struggling. She started posting on her personal Facebook and Instagram pages, being honest about her struggles, and said the response was incredible.

"I had so many moms comment or message me and say, 'Oh my gosh, thank you for posting that! I thought I was alone!'" she said. "And you hear that so often. We all, at some point, feel alone as mothers. We feel like we

are the only ones struggling because on the outside, most seem to have it all together. But the truth is, we are all in the same exact bus – the struggle bus, that is."

Kraft said she created the Motivational Mama page to be a very positive place where moms can come for support and solidarity. The group currently has about 760 members (you must request to join) and is growing.

On the page, moms seek advice and share honestly about everything from postpartum depression, being a single mom, getting a degree as a mom, dealing with their

See **MAMAS**, Page 2



Tabatha Kraft, a mother of three daughters, founded a Facebook page called "(Real) Motivational Mama." (photo by Scripps Ranch resident Brianna Zarins/Cuddlebug Photography)

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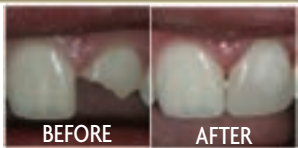
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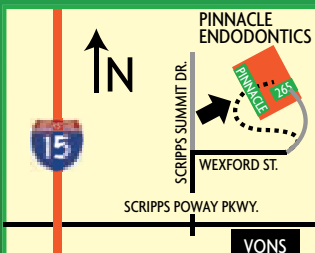
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NEWS UPDATES

Work begins on The Hubb

Sudberry Properties has commenced construction on The Hubb at Scripps Ranch, a mixed-use redevelopment project on 9.52 acres, located at 9850 Carroll Canyon Road, just east of I-15. The Hubb will feature 260 luxury apartments with approximately 11,000 square feet of retail/restaurant space. The Hubb at Scripps Ranch is anticipated to open in phases, with the first apartments and commercial spaces available for occupancy in the fourth quarter of 2020. Colton Sudberry, presi-



dent of Sudberry Properties, said The Hubb will include five four-story garden-style residential buildings, a leasing center, a 2,053-square-foot gym, a lounge, a terrace overlooking a beautifully landscaped pool area and high visibility locations for restaurants and retailers.

County Bar Foundation honors Eugene Gordon

Longtime Scripps Ranch resident Eugene Gordon

was one of six honored as a Distinguished Lawyer Memorial 2019 inductee. Gordon, now deceased, was an attorney who demonstrated superior legal skills and high ethical standards throughout his career. After passing the state bar, Gordon was hired by then San Diego City Attorney John Witt in 1969. During his time working with Witt, Gordon handled more than 1,000 cases.

In addition to trying cases, Gordon also argued before the Fourth District Court of Appeals and the Ninth Circuit Court of Appeals and was admitted to the United States Supreme Court. Gordon retired from the City Attorney's Office in 2008 but continued to work as a volunteer almost daily, up until two weeks prior to his passing.

He, along with the other five inductees, will be recognized with a permanent plaque in the Hall of Justice at the San Diego County Courthouse.



BRIDGING CEREMONY: More than 160 Scripps Ranch Girl Scouts, 24 being high school seniors, gathered for a bridge ceremony at Jerabek Park on June 9. Scripps Ranch Girl Scout leader Cynthia Collins, owner of Collins Family Jewelers, emceed the event. Each Girl Scout walked across the bridge to commemorate their advancement to the next level. (photo by John Gregory)

MAMAS

Continued from Page 1

kids' fears, feeling frustrated, dealing with their kids over summer break, and celebrating kid-free time. It's a safe place where they can express themselves and not be judged.

One member shared this, in part, earlier this month: "The last few months have been really hard on me in what seems like every aspect of my life. I feel like I'm drowning and I just don't know how to get above water."

Her post was greeted with nothing but supportive messages and understanding.

Another member posted this, in part: "HOW do you other working mamas do it? Two kids and a very demanding full-time job and I think I might lose it this week." That post was greeted with an "I hear you, sister" GIF, among other responses.

Creating supportive Facebook pages is nothing new to Kraft. A couple years ago she started one called Scripps Ranch/Poway Mamas, in which moms connect for playdates and other events. The group has more than 1,000 members.

The Georgia native, who moved to Scripps Ranch three years ago from Cambridge, Massachusetts, said being a mom has shown her that she's a great multitasker and that she also makes a lot of mistakes.

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Celebrating the Fourth with a bang!

By Terry L. Wilson

It's that time again when the San Diego skyline will explode into a pyrotechnic ballet of colorful displays: flying pinwheels, shooting stars and squiggles of light trickling down to earth.

Michael Spencer, president of Scripps Mesa Fireworks, promises another exciting Fourth of July display for everyone in the Scripps Ranch, Mira Mesa and Miramar area.

Ground zero for the fireworks is Mira Mesa High School. The aerial display will begin July 4 at 9 p.m. and will light up the sky for nearly 20 minutes. Adding to the excitement of bombs bursting in the air is the soundtrack provided by KyXy radio.

"KyXy is the official fireworks radio network," said John D'Angelo, KyXy promotions director. "We work with Pyro Spectaculars. They organize the actual fireworks show. We provide them with the soundtrack that is a mix of songs we play on the air, and patriotic music. We want to create

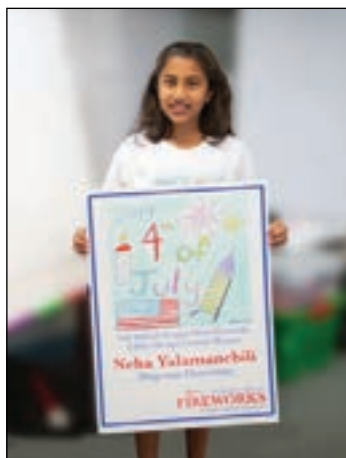
'This is the first time we've had a winner from Scripps Ranch... We were especially excited that the winner is from the school named after Colonel Dingeman, a man who was very important to the local community.'

-Michael Spencer

a fun Fourth of July experience and are proud to be part of the celebration."

There is an art to creating the potpourri of shapes, sounds and images that go into producing a show of this magnitude. These images also have names. For example, a "peony" is a spherical break of colored stars bursting as if shot from a cannon — a fan favorite.

A "crossette" resembles a handful of exploding stars that burst into the evening sky. Another oldie but good-



Dingeman Elementary School student Naha Yalamanchili won the Scripps Mesa Fireworks T-Shirt Design Contest (courtesy photo)

ie includes the "orange chrysanthemums." They burst into a pattern that forms the shape of a ball as it drifts to earth. And the "spider" includes fast-burning bursts that shoot exploding stars emitting a sound like a giant bowl of cereal: snap, crackle and pop.

"In addition to the fireworks, the kids also look forward to our annual T-Shirt Design Contest," Spencer said. "This is the first time we've had a winner from Scripps Ranch. She is Naha Yalamanchili, a student at Dingeman Elementary School. We were

especially excited that the winner is from the school named after Colonel Dingeman, a man who was very important to the local community."

The competition was stiff, with more than 400 entries from 12 participating schools in the Scripps Ranch and Mira Mesa communities, ranging from kindergarten through fifth grade. Anyone may get the T-shirt for a \$10 donation to support the fireworks display by visiting scrippsmesa-fireworks.org.

"The money raised from T-shirt donations all go to the cost of fireworks as does all of the financial support we receive from the community," Spencer said.

Every cent goes toward the event, he added.

"We expect a crowd of at least 20,000 spectators," Spencer said. "So, arrive early to avoid parking problems. Some of the best viewing spots are Mira Mesa Mall, Mira Mesa Community Park, Mesa Verde Park, Mira Mesa Senior Center — any of the higher elevations of Scripps Ranch that peer into Mira Mesa."

NEWS



(photo by Ralph LoVuolo)

Fourth of July Parade

The Scripps Ranch Civic Association presents the annual Scripps Ranch Fourth of July Parade. This is the 49th edition and it features plenty of patriotism and community participation.

Date

Thursday, July 4, 2019

Time

10 a.m. start

Theme

"Sounds of Freedom"

Route

Begins on Red Cedar Drive and immediately left onto Ironwood Road, turns right onto Courtyard Drive which turns left into Red Rock Drive and then a right turn onto Scripps Ranch Boulevard, ending at the intersection with Aviary Drive. Visitscrippsranch.org/parade-map

Rules

No placing of lawn chairs on sidewalks before 6 a.m. the day of parade.

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(photo by Ralph LoVuolo)

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Speaker delivers powerful message

By John Gregory

While world leaders were gathering in Europe to commemorate the 75th anniversary of the WWII D-Day landings – the operation that began an allied offensive to topple the hold Nazi Germany had on the continent – a small woman spoke about her time in one of the Nazi concentration camps.

Rose Schindler addressed the June 5 meeting of the Rotary Club of Scripps-Poway. Schindler demonstrated through her words why she is a beacon of strength as she shared her experiences.

Schindler was taken by the Nazis to the infamous Auschwitz concentration camp in Poland with her family in 1944 when she was only 14. She explained that she survived her ordeal during WWII essentially by being a feisty girl and because she clung to hope.

“You lose everything if you lose hope,” she said. “Have hope and never give up.”

Schindler was born in Czechoslovakia, one of eight children. She described a simple but happy existence with her family in a vil-

lage. Her father, Solomon Schwartz, was a tailor.

“Life was beautiful before the war,” she said.

Things were good until 1939, she explained. Attitudes changed once Nazi influence sprang up. In 1944, the Jewish population of her village were put on wagons and taken away to a train station where they waited in the cold. They were eventually packed into freight cars full of about 80 people each and shipped to Auschwitz on a train.

Once off the train, she and two of her sisters were separated from the rest of her family. Her father and one brother were chosen to work as slave laborers. She later learned that, aside from one brother and two sisters, her mother and the rest of her siblings were sent to the gas chambers and killed on the first day.

“I never saw them again. They killed thousands and thousands of people every day at Auschwitz,” she said.

The rest of the women were told to take off their

dresses and their heads were shaved. Then they were issued concentration camp clothing. She noticed a big fire behind them where bodies were being burned.

Conditions were appalling.

The portions of the camp were separated by electrified wire that would kill a person. A crew with a wheelbarrow would pick up dead bodies each day. Food was so bad that Schindler has no memory of it. People were committing suicide. After two months, they were skin and bones, Schindler said. She actually snuck out of the gas chamber lines several times.

She happened to speak to her father at the camp two days in a row.

“Stay alive so you can tell the world what they are doing to us,” he told her.

Though emotional, Schindler summoned her strength to continue speaking as she described the deaths of her parents and siblings. She displayed a gold necklace that was once part of her father’s pocket watch. She retrieved it from her family home once she was liberated, and she has worn it every day since.

Finally, she and her sisters were chosen to work in a factory in Germany, where they worked for about eight months. One day in 1945, Schindler discovered that the SS guards had disappeared. She snuck out and heard the voices of Russian soldiers. She tied a rag to a stick, waved it aloft and summoned the soldiers to liberate the factory.

The Russian soldiers were kind to the women, she said. One day a soldier took her and her friend to the nearby abandoned German town, where they could take whatever they wanted, including food. Suddenly, with the realization that she was free, she felt reborn, Schindler said.

“All of a sudden, the world was very nice to us,” she said. “Where was the world before?”

Schindler moved to America in 1951 and she praises the U.S.

“I’m so thankful to this country. ... This is the best country,” she said.

As a survivor of Auschwitz, Schindler proudly displays her concentration camp tattoo and continues to share her experiences with anyone, anywhere.

“We have to tell our story so it shouldn’t happen again,” she said.



Rose Schindler (photo by John Gregory)



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Residents rally to replenish rock garden

By John Gregory

A popular rock garden containing carefully placed painted stones with positive messages on a corner in Scripps Ranch disappeared overnight between June 1 and June 2. But residents rallied within a few weeks to replenish the rock garden with new, colorful stones bearing encouraging words.

For years, residents had painted philosophical messages on oblong stones and carefully placed them in the patch of dirt along the northernmost corner of Erma Road as the street turns just before meeting Scripps Vista Way.

Bobbie Best McArdle, the creator and caretaker of this special garden of positive thoughts, said she was devastated and heartbroken that someone would take them all. She started the painted rock garden in 2013 and painted most of the stones herself. She didn't mind if someone would occasionally take a stone if it meant something to them, but was saddened that some-



Some members of the Scripps Ranch community replaced missing stones with new ones bearing positive messages. (photo by John Gregory)

one would take them all.

"It was my community passion project for six years that meant so much and brought me much pride and purpose because the whole community liked them," she explained.

Pedestrians passing the corner often stopped to read the messages, and several found strength from them.

"This has always been such a positive thing," said Terri Banks as she stopped at the corner. "It's just sad that someone would just

take this away."

Banks said she walks her dog past the corner every day and was surprised to see the stones had been removed.

"We've all gone through different things in our lives and I see these rocks and I read them, and I connect with so much of it," she said. "I read them from one end to the next because they're always changing."

Once word got out, it didn't take long for people to rally. Social media response included such messages as



Oblong stones with newly painted messages now adorn the popular Scripps Ranch rock garden on Erma Road. (photo by John Gregory)

"We will help rebuild your rock garden," and "We are on this!"

Among those who helped replenish the stones was teacher Jean Chalupsky who advises the student Just People Club at Marshall Middle School. She brought about 15 stones painted by her students.

Dana Snyder, a neighbor, hosted a painting party and placed numerous stones in the rock garden recently. The corner looks bright and positive once again.

Bobbi said she is uplifted by those who wish to replenish the rock garden and thinks it's a worthwhile effort if the community unites to fill the rock garden on its own behalf.

A flat, smooth stone is best. Bobbi suggests putting a clear gloss coat over the finished message, otherwise the sun will make the paint fade quickly. The painted stones can be placed at the end of Erma Road across from the tennis courts as it turns toward Scripps Vista Way.



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S**Kindness Week spreads message of compassion**

This is the third year of the Kindness Week program at Jerabek Elementary School. Jerabek Elementary focuses on creating a sustained culture of kindness throughout the school, the students and the community. This happens three times a year when there is a focused week with classroom activities, at-home participation with parents, community projects and a celebration rally on the Friday of each Kindness Week to celebrate the success of all the efforts.

The Kindness Week rally held May 31 included a celebration with the entire student population, staff, faculty and guest speakers. The kids enjoyed music from the school's community partner DJ Mr. Tim, as well as a speaker from Fitness Quest 10 who spoke about the importance of kindness to yourself, your body, the environment, your community and more
—Laura Stephens

New principal named

Carolyn Kalicki was appointed to the position of principal at Miramar Ranch Elementary School. A native of North San Diego County, she has been an educator for 23 years and earned both her bachelor's and master's degrees from Cal State San Marcos. Her teaching career began in San Marcos Unified School District where she gained experience as a teacher, peer mentor, master teacher and intervention specialist. She served as the principal of San Elijo Elementary with San Marcos Unified School District for the past eight years.

St. Gregory the Great closes year in style

The seventh and eighth grade robotics teams competed in a school challenge to determine who would represent St. Gregory the Great Catholic

See **SCHOOL NEWS**, Page 7

Academic Bowl team has impressive finish

By Tawny McCray

The Marshall Middle School Academic Bowl team took home a trophy in a recent national competition, placing higher than the school ever has before.

The competing team was comprised of four boys: eighth graders Kevin Zhao, Michael He and Lawrence Lo, and seventh grader Grant Thiele.

The team competed in the 2019 Middle School National Championship Tournament – put on by the National Academic Quiz Tournament – in Rosemont, Illinois.

Quiz Bowl is described as a fast-paced buzzer competition in which two teams, made up of four players each, compete to answer an array of questions that cover academic subjects like literature, science, history and fine arts, as well as the broader world of popular culture and current events. Those “toss-up” questions are answered individually but can earn their team a chance at a three-part “bonus” question. Bonus ques-

tions are worth more points and allow collaboration, but are generally more difficult.

Grant's mom, Christie Thiele, said the game is similar to “Jeopardy” or “Trivial Pursuit,” but played quickly. She said over two days the boys completed 12 rounds over a weekend. The first day they had to win five out of eight matches to progress to Sunday. On Sunday they played four matches, until they lost twice, knocking them out of competition.

“I'm exhausted just watching, so I can't imagine trying to get your head in the game for all day,” Christie said. “But they did a really good job.”

The boys tied for 21st place out of 176 teams. The top 24 teams are awarded trophies.

Grant said it was his first year competing in Academic Bowl and he found it to be a really nice, fun environment.

“It's a lot of friendly competition. We're trying to beat the other team but there's no hard feelings after someone wins or loses – we always shake hands and ‘say good game.’”



Marshall Middle School Academic Bowl team members include Kevin Zhao, Michael He, Lawrence Lo and Grant Thiele. (courtesy photo)

On an individual level, Kevin Zhao, who just finished his second year in Academic Bowl, finished an impressive 43rd out of 920 competitors.

“While I think it was great to do well individually, Academic Bowl is much more team oriented, so it's best to have a balanced team rather than one person trying to do everything,” he said.

Zhao added that he qualified for the individual competition held in April, but he chose to go to this one “because I'd rather compete with my friends.”

To prepare for Academic Bowl, the students practice as a team an hour a week and compete in three to five regional competitions a year. Helping them out is their sponsor, Ms. Converse-Rath, a social studies teacher at Marshall, and coaches Jeremy Ngo and Patrick Ngo.

Zhao said he also watches YouTube videos about history, Lo reads “You-Gotta-Know” packets, and both Lo and Thiele say they like answering questions on a website called protobowl.com.

“There's a good few hundred questions from past tournaments (on the website) so just do as many of those as you can and you should be able to make the Academic Bowl team if you practice over the summer, 15 to 20 minutes a day,” Thiele said.

They all say they hope to continue with Academic Bowl through high school and possibly college.

The boys' parents say they're more than impressed by their kids.

“Frankly, I have no idea about most of the ques-

See **ACADEMIC BOWL**, Page 8

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SRHS grad credits community links to success

By Bella Ross

When Scripps Ranch High School 2019 graduate Alexandra Kotsos leaves for the University of California, Santa Barbara this fall, she'll be leaving behind more than just a few friends and family members.

That's because she's the product of three generations living in Scripps Ranch. In a young community that didn't start to blossom until the seventies, this sets Alexandra apart from the others.

Her mother, Tamara Kotsos, said she believes her daughter's success combined along with her history with Scripps Ranch is no coincidence. Alexandra graduated in June as the captain of Scripps Ranch High's varsity cheer team and the senior class president, something her mother attributes to living in a strong community with good values.

"I think what Scripps Ranch has taught her is that involvement leads to leadership and that leadership is going to stay with her all through college and hopefully help her launch her career eventually," Tamara said.

Alexandra said she hopes those who are just starting high school will follow her



Alexandra Kotsos served as SRHS cheer captain during the 2018-19 year. (courtesy photo)



Alexandra Kotsos poses with her family after SRHS commencement ceremonies. (courtesy photo)

lead and get involved on campus.

"At the end of the day, it is so much more fun to participate in activities than to just sit on the side making fun of them," Alexandra said.

Long before her time at Scripps Ranch High, Alexandra did her time at Dingeman Elementary School, then at Marshall Middle School, where Tamara said her daughter's activities led to an added 260,000 miles on her minivan. Her mother noted that even her daughter's first job at Everbowl was in the neighborhood.

While many teenagers are quick to get out of their hometowns, Alexandra said it is easy to see the ways in which her community helped

her to get to where she is today. She said her family history in the town has made this connection all the more special, as her mother described growing up during the days when their neighborhood didn't even have major grocery stores.

"It's been really awesome growing up in the same place where my mom has grown up because there are just so many interesting people and you get to know their stories over the years," Alexandra said. "I know that wherever I go in life, I'll always find someone from Scripps Ranch."

Starting in the fall, Alexandra said she has chosen a pre-law track as she takes her talents to Santa Barbara.

SCHOOL NEWS

Continued from Page 6

School in the Diocesan STEM showcase. Four teams were chosen to represent the school.

The month of May began with the celebration of St. Gregory the Great Catholic School's grandparents, and many who came to visit. The day included refreshments, visits to classrooms, robotics demonstrations and a visit to the school's Artist & Author's Fair. A photo booth ensured that every grandparent brought a treasured memento home. The school's school cheer program, led by school parents Mrs. Solomon, Mrs. Rowe, Mrs. Spooner and Mrs. Brickner, put on a spirit-filled performance for the guests.

The school's First Communicants celebrated their First Holy Communion on May 5. They prepared for this sacrament all year and showed joy and excitement.

Sixth graders also participated in a rite of passage by attending a week of camp, which allowed them to learn more about science and nature in an outdoor setting.

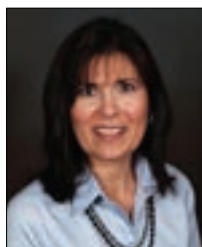
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ACADEMIC BOWL

Continued from Page 6

tions,” said Ming Zhao, Kevin’s dad. “Watching these boys answer those questions so quickly is amazing. I can’t help but ask myself, ‘since when has this little toddler who kept asking me all kinds of questions become so knowledgeable?’”

Ming added that, along with all that knowledge, the boys are also learning other useful skills such as cooperation, encouraging and comforting each other, and how to deal with things under pressure.

Floyd Lo, Lawrence’s dad, said he thinks the key to Marshall Middle School’s team doing so well this year was how well the boys worked together.

“It was great to see how every team member contributed and they encouraged each other,” Floyd said.



Enter the second annual Lemonade Stand Contest

Scripps Ranch News is holding its 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.

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

1. Send a high-resolution photo of your lemonade stand to info@scripps-ranchnews.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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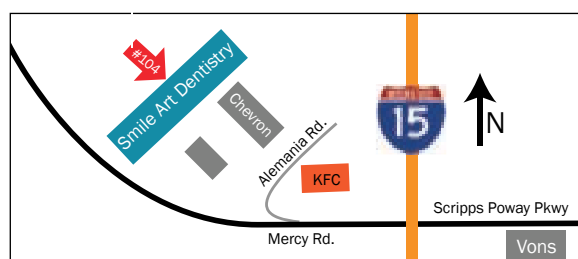
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Innovations looks toward the future

By Laura Hogan

Innovations Academy will eventually say goodbye to its location in Scripps Ranch as it prepares for a move to Kearny Mesa – but not immediately.

The charter school's current property, 10380 Spring Canyon Road, was designated for another purpose by the San Diego Unified School District last year, and the school was informed it would need to move. Christine Kuglen, director and founder of Innovations Academy, said the school will make the move sometime between December 2019 and June 2020. The first portion of the school year will still be conducted at the Scripps Ranch location.

The school does not have a firm move date as the funding from Proposition Z, providing money to improve San Diego Unified Schools, will dictate some of the planned renovations in its new space. The new location for Innovations Academy will be 5454 Ruffin Road in Kearny Mesa. Kuglen said she has been preparing for a move for the school for some time.

"From the very first year we moved in, the District told me that we wouldn't be able to stay long-term, that they were going to use the site. I kind of always knew in the back of my head that we would need to leave this space at some point," Kuglen said.

Innovations Academy has a constructivist education philosophy and believes in project-based learning. The philosophy places a high value on learning within the classroom as opposed to bringing home copious amounts of homework – and also using a unique, positive discipline program. Kuglen said the new location will help foster this learning style.

"Eventually, we found where we were going to move in Kearny Mesa. It's going to be built by us for us, and we are very excited about the new space," Kuglen said.

Unfortunately, some students will not make the move to Kearny Mesa with Innovations Academy, according to Kuglen. However, in order to ease the transition for local parents, the school plans to have a bus route from the Scripps Ranch location, or nearby, to the new campus. While the administrators are hoping to increase outreach to their new community in

See **INNOVATIONS**, Page 11



Members of the Wall of Dads display their special shades along with shirts printed by Joji Queja of Wetside Inkwork during the last day of Running Club. (photo by Jeannie Corrales)

Wall of Dads makes running fun

By Bella Ross

Maybe 7:30 a.m. Running Club before school isn't enough to get the kids out of bed in the morning, but members of the Wall of Dads at Miramar Ranch Elementary School have figured out a pretty good system.

"For every lap they run, they get a donut hole," Wall of Dads member Marek Prochazka said. "Sometimes I show up with around 700 donut holes and kids just go crazy."

The donut holes are not a daily luxury, but the Wall of Dads is always figuring

out ways to shake up kids' mornings. They're a supportive group of fathers who stand at the end of the finish line handing out tickets to the kids after every lap finished. Some days, they'll host Indiana Jones-themed runs where the kids have to chase after somebody running with a fake torch.

"We have some super young kids and we tell the older kids, 'Let them win the lap,'" Prochazka said. "So, we let them go ahead and they run. And then I release the rest of the kids and they try to chase 'Indiana Jones' around the track."

See **WALL OF DADS**, Page 11

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SCRIPPS RANCH HIGH SCHOOL CLASS OF 2019

Scripps Ranch High School held its commencement ceremonies for the class of 2019 on June 12 at the Jenny Craig Pavilion on the campus of the University of San Diego. Senior class addresses were presented by Natalie Delos Santos and Kianna Abedi. Principal Nicole DeWitt presented the Class of 2019. Graduating seniors were led by Valedictorian Michelle Jingwen He, Salutatorian Ashwin Kumar and Senior Class President Alexandra Kotsos.

Photos by Ralph LoVuolo



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Sydni Silverstone's winning billboard design.



Sydni Silverstone is a winner of the national "Project Yellow Light" scholarship competition. (courtesy photo)

SRHS student wins competition

Scripps Ranch High School student Sydni Silverstone is a winner of the national "Project Yellow Light" scholarship competition.

Her winning billboard public service advertisement educates the public about the dangers of distracted driving. Silverstone's design was chosen as the winner of the "Billboard Design - High School" category. Her design will be featured on the San Diego digital transit/bus shelters.

Scholarships for this year's winning students are provided with support from Aspire, AT&T's \$500 million commitment to education and skilling. This initiative was also supported by AT&T's It Can Wait program aimed at curbing distracted driving.

Winning public service advertisements premiered June in New York's Times Square: The Ad Council and Project Yellow Light announced the winners of the eighth annual Project Yellow Light scholarship competition. The contest called for students to create a TV, radio or billboard PSA to educate their peers about the dangers of distracted driving, including the dangers of smartphone distracted

driving. The winning public service announcements were revealed on a digital billboard in New York City's Times Square, in space donated by Clear Channel Outdoor.

Project Yellow Light has partnered with the Ad Council to turn the winning submissions into PSAs that receive national exposure through 1,600 TV stations nationwide, iHeartMedia radio stations, and Clear Channel Outdoor's hundreds of printed billboards and more than 1,200 digital billboards.

The contest received a record-breaking 2,709 submissions this year from students representing all 50 states and Washington, D.C.

INNOVATIONS

Continued from Page 9

Kearny Mesa, school enrollment has increased from last year.

Kuglen said she is sad to leave the current campus, and that the Innovations Academy community has loved calling Scripps Ranch home. For more information about Innovations Academy, visit innovationsacademy.org.

WALL OF DADS

Continued from Page 9

The kids, sometimes totaling as many as 200, meet and run for about 15 minutes every morning. Prochazka said some kids will only go around the track once while others may run as many as six laps. However, fellow Wall of Dads member Mike Giffen said even just bringing his kids to walk their laps has been a good thing.

"Even to me, the kids that aren't running, at least they're out there getting fresh air and not fooling around in line," Giffen said. "It's a pretty fun, constructive thing."

Prochazka said the name "Wall of Dads" came about one morning when a mother was running with her child and the dads were passing out their tickets as usual. When she shouted, "Hey, it's the Wall of Dads," the name stuck.

"To me, it's just a great 15 to 20 minutes before school," Giffen said. "It's all 100 percent positive for the kids."



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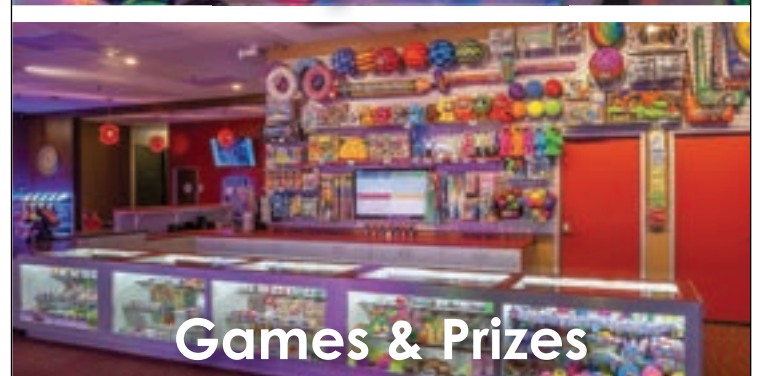
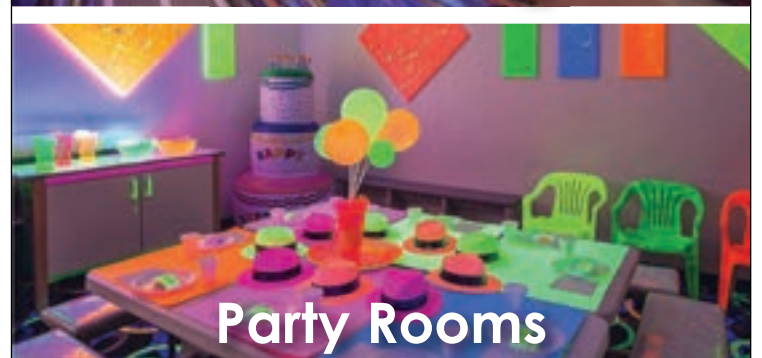
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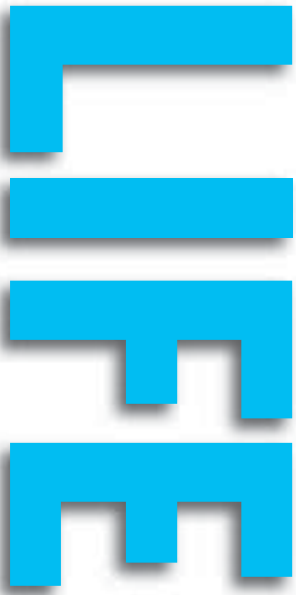
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‘Dog Whisperer’ is doggone good

By Terry L. Wilson

Babs Fry, founder and president of “A Way Home for Animals Inc.,” is a canine super sleuth. When man’s best friend goes missing, she can sniff out the escaped pooch’s whereabouts faster than you can say, “Lassie come home.”

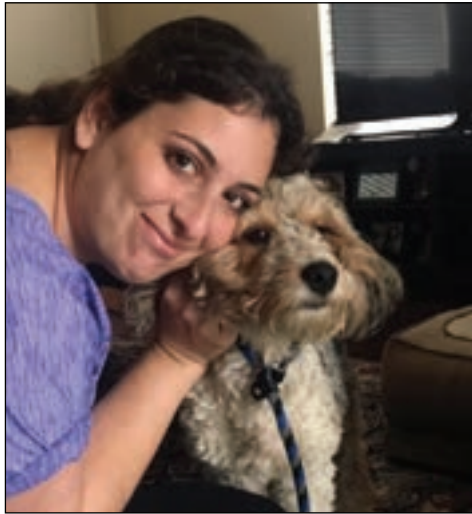
“Basically, what I do is to serve as a go-to point for people who have lost their pets,” Fry said. “When that happens, most people don’t know where to begin. They panic, and then go racing around looking for their dog, and when that doesn’t work, they put out flyers, all of which is counterproductive. So, I teach people the steps they should take and what they should avoid, and I’ll personally get in involved if needed.”

Fry’s reputation as a tracker of lost dogs is well known, especially in Scripps Ranch where she has helped numerous locals find and bring home their runaway dogs.

When Scripps Ranch resident Leslie Chadwick’s foster dog Penny went A.W.O.L. via an open gate, she turned to Fry for help.

“Babs reached out to us the next day and told us what to do and what not to do,” Chadwick said. “We had one false sighting, then the following day Penny was seen in a nearby field. Babs told me to take our other dog and a rotisserie chicken and stay in one place.”

“The biggest mistake people make



Canyon and owner Alexa Katz were reunited with the help of Babs Fry, Leslie Chadwick and Marsha Linehan. (courtesy photo)

is to chase after their dog,” Fry said. “Stay in one spot, don’t spread your scent around because your dog will follow that scent instead of going back home. Don’t use fried chicken or boiled chicken or chicken nuggets. The rotisserie chicken has a unique smell that attracts dogs; it really is very effective.”

Standing in the mud and pouring rain, in one hand Chadwick had her dog on a leash, in the other hand she gripped a rotisserie chicken. It wasn’t long until Chadwick and Penny were reunited and on their way home.

“Babs is amazing,” Chadwick said.

In fact, she has been instrumental in getting three dogs back to owners here in Scripps Ranch within the time this

article was written.

“It takes a village to rescue lost dogs, from putting up posters, calling in sightings and Social Media detectives doing follow-ups,” Fry said.

She is quick to credit the individuals in the Scripps Ranch community who volunteer to be part of her support group – like Leslie Chadwick and Marsha Linehan.

“I originally got involved when Babs helped find my friend’s dog,” Linehan said. “My friend had cancer and she was very distressed when her dog went missing. But thanks to Babs and her friend Trapper Laura, they quickly brought the dog home.”

A recent rescue involved a pooch named Canyon who’d been on the run for more than a week. Working endlessly, all hours of the day and night Babs, Chadwick and Linehan completed another successful rescue.

Fry has helped find hundreds of dogs in San Diego and even more nationwide.

“I live in East County, but my services have actually gone worldwide. I take calls from anywhere in the world,” she said.

Fry’s services are free. The expenses come out of her own pocket. To find out how to help and to learn more about the do’s and don’ts of catching a runaway dog, contact Fry at (619) 249-2221 or email awayhomeforanimals@gmail.com.



Amalea Ribeiro (courtesy photo)

Local singer places at RB competition

Scripps Ranch singer Amalea Ribeiro placed second in the RB Star competition at the recent RB Alive! street fair in Rancho Bernardo, earning a \$200 prize. She sang “That Would be Enough” from the musical “Hamilton.” Ribeiro was recently promoted from eighth grade at Marshall Middle School.

New stores opening

- **Pressed Juicery**, featuring cold-pressed natural and nutritious juice beverages, is replacing the former Starbucks located at Scripps Ranch Marketplace near the “new” Vons. Meanwhile, Starbucks, complete with drive-through service, opened in the former location of Taco Bell in the same shopping center.
- **Nutmeg Café** continues interior construction at the corner location where Pick Up Stix was once located in Scripps Ranch Marketplace. Targeted opening is sometime in August, but is not guaranteed pending city permits.
- A few blocks away to the west, groundbreaking has begun on the property that will eventually house **The Watermark at Scripps Ranch**, a mixed-use development on the I-15 corridor that will offer shopping, dining and entertainment.
- To the south, **JuneShine Hard Kombucha** has opened its new location at the former site of Ballast Point: **JuneShine Ranch**, 10051 Old Grove Road.
- **40N Pho & Grille**, located in the “old Vons” shopping center at 9978 Scripps Ranch Blvd., will hold its grand opening in early July.



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Local tradition still as fresh as ever

By Denise Stewart

The Scripps Ranch Welcome Club has been active in this community since the 1980s. Lots of good times, interesting programs and memorable events have filled the years and the members keep coming back for more.

On July 8, the annual Salad Supper is on the calendar. This special occasion will gather together many of the club members for a favorite traditional culinary celebration of friendship and summer. In addition to the feast, elaborate gift baskets for raffle will make the evening one to remember. RSVPs are due June 28. The Salad Supper will take place in the front garden of the Community Center on Cypress Canyon Road at 5:30 p.m. that second Monday in July.

Members had lots to enjoy in June. The month began with a Sunday Gadabouts excursion to the Lawrence Welk Theater to see "Menopause the Musical." More than 20 enjoyed the trip, the outrageously funny play and the restaurant lunch arranged by Pam Savelsberg.



The recently installed Welcome Club Executive Board includes (from left) Angela Piccillo, programs; Becky McDonald, founder; Cindy Marshall, programs; Anne Steele, treasurer; Adriana Dixon, secretary; JoAnn Farnen and Dorothy Mildice, co-presidents. Not pictured: Trudy Jenzer, membership. (courtesy photo)

The Trail Walkers got their exercise while enjoying the glories of spring that are especially lush in the canyons and greenspaces of our community. Trail Walkers enjoy their jaunts three times a week under the leadership of Janelle Boustany.

Monthly, Welcome Club Co-President Dorothy Mildice leads an off-the-ranch hike. In late May the group somehow found the sunshine along Mission Bay and celebrated their luck with lunch by the beach.

The general monthly meeting of the Welcome Club is held on the second Monday. June's program brought the benefits of Tai Chi to the group. Local resident and 10th degree black belt Parker

Linekin demonstrated moves that contribute to maintaining balance as we age.

The Theatergoers of the club met at the Binks' home for a small-plate potluck before the performance of Scripps Ranch Theatre's last play of the season. Supper with friends and a British comedy with laughs made for a delightful Saturday evening.

The first edition of Welcome Club's outdoor party season, known as TGIs, was also held at the Binks' the following Saturday night. A come one, come all potluck filled the table with tasty dishes.

There is lots going on in the Welcome Club. Visit scrippsranchwelcomeclub.com.

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RAOUL MARTINEZ

Continued from Page 1

steady for Martinez. But his path to success has been anything but routine. A native of Fidel Castro's Cuba, he and his family left the Caribbean island very suddenly in 1980 when he was just seven years old.

"They called it the Mariel boatlift," Martinez said. "Castro briefly allowed many professionals to leave. We got out right when the door was closing."

The Martinez family moved first to Venezuela, then to Miami before settling in Santa Ana, California. Young Raoul graduated from Saddleback High School, then went to the University of Southern California where he majored in political science and American Literature. He even spent a brief period in law school before entering journalism.

He has always loved reading magazines, watching the news and following current events.

"I credit some of that to the fact that my mom loved watching the news," he said.

But he never imagined he would go into broadcast news.

"Not at all," he said.

It was Martinez' love of baseball that drew him into journalism as a sports reporter.



Raoul Martinez with his family on the Fox 5 Morning News set. Aug. 1 is the 11th anniversary of the launch of the Fox 5 Morning News. (courtesy photo)

"My first on-air job was in Palm Springs as a reporter, then they put me on the weekend anchor desk three months later," Martinez said. "I've been doing this for 20 years now and I've only worked in three markets, which is a rarity in this business."

The Martinez family has lived in Scripps Ranch for close to nine years.

"There's a great sense of community here," he said.

His wife volunteers at their neighborhood elementary school, the couple has a lot of friends and engage in many family activities together.

"We enjoy the Scripps Ranch Swim & Racquet Club," Martinez said. "There's a lot of swimming there in the summertime and we always run into somebody we know. I love

playing pickle ball, my wife plays tennis and my kids are learning to play."

As a widely recognized on-air personality, Martinez is often approached in public. A viewer once saw him in a grocery store and was surprised he did his own shopping. Newscasters may have once been "a big deal" as the fictional character Ron Burgundy said in the film "Anchorman," but Martinez insisted it's not like that anymore.

"The way that our show is, people want to know that we are accessible, normal people," he said. "People who greet me in public sometimes say, 'I didn't want to bother you,' and I will say 'No, please, bother me.' I encourage them to come up and talk when I'm in Scripps Ranch. I appreciate the feedback."

ADVERTORIAL

Securing water independence for Southern California

By Mike Markus

General manager of Orange County Water District and past president of the WaterReuse California Board of Trustees

Water plays a vital role in our daily lives. However, the volume of water available for use in California is far from certain – the most severe drought period we experienced happened very recently. Water supplies were still uncertain through 2018, and although rain returned in 2019, we know the next drought is not "if" but "when." Governor Newsom's recent Executive Order N-10-9 calls to develop water resilience portfolios to ensure Californians will continue to have sustainable water supplies.

In Orange County, we have been recycling wastewater to produce a safe water source since 2008 and expanded production to 100 million gallons per day (mgd) in 2015. Our final project expansion will mean our Groundwater Replenishment System (GWRS) will produce 130 mgd using similar treatment to the



one Pure Water San Diego proposes. Continuous testing and monitoring has confirmed the GWRS provides safe, high-quality water. The Pure Water Program will ensure San Diego, too, has a local, reliable source of water. More than 50,000 lab tests of the water produced at the Pure Water Demonstration Facility have proved San Diego's robust water purification process.

The City of San Diego established an Independent Advisory Panel (IAP) in 2010. The IAP has met more than 20 times to review and

discuss the Pure Water Program's technical studies and water quality. Members have expressed unanimous support for the project.

This year, the City of San Diego is initiating construction on Phase 1 of Pure Water, which will provide 30 mgd of local water to Miramar Reservoir by 2023. Subsequent phases will provide an additional 53 mgd of purified water. By 2035, one-third of San Diego's water will be provided by Pure Water, improving reliability and resilience. As we celebrate Independence Day, we can also celebrate what we have done in Southern California to increase water independence.

I congratulate San Diego for taking this important step to be more water independent!

More information about Pure Water San Diego can be found at www.purewatersd.org, where you can also sign up for a Pure Water Demonstration Facility tour. A Phase 1 map can be found at phase1.purewatersd.org.

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Irish entertainer offers wit and humor

By Hoyt Smith

An Irishman falls in love with a woman and follows her to the United States, where he earns his fortune in the ring.

At first glance, Máirtín de Cógáin's story sounds similar to the plot for the 1992 film "Far and Away," starring Tom Cruise. But while Cruise's character, Joseph Donnelly, ends up in Oklahoma in the 1890s, de Cógáin ended up in Scripps Ranch in 2014. And the modern immigrant isn't actually a fighter. He's a singer, actor and storyteller who currently plays a heavyweight boxer (and 23 other characters) in a one-man show.

His sharp wit and humor help to soften the grueling hardships of the Irish Diaspora, yet serve to remind audiences of the pioneer spirit that newcomers have historically brought to America.

"For an Irish musician, the United States is a marvelous place," de Cógáin said. "You could keep touring here for years. But it's

very tough to get in. It can be very harrowing. The hoops you have to go through to come here can be soul-destroying for an artist."

Between 1820 and 1930, driven in large part by a potato famine, an estimated 4.5 million Irish migrated across the Atlantic to make a new life here. According to the U.S. Census Bureau, more than 33 million U.S. citizens claim Irish ancestry and today account for 10 percent of the nation's total population.

De Cógáin's one-man play, "Debog Man," is based loosely on the life story of a very colorful figure from that era: boxing legend Jim Corbett, who left a small Irish village for America to become the heavyweight boxing champion of the world.

"It's a show I've been doing for nearly 20 years now," said the seventh son of music teachers from Carrigaline in County Cork, "in the very south of Ireland."

In addition to singing and playing music, de Cógáin's father was also a politician, so there was plenty of discourse and dialog around the kitchen table.



Máirtín de Cógáin (courtesy photo)

"Story telling has always been big in my house," de Cógáin said. "To get your story in, you had to be fairly good. You had to really speak up and learn quickly how to bring people along with your idea."

A talented entertainer by the time he finished college in Ireland, de Cógáin was performing in a pub in Cork when he met a foreign exchange student from Los Angeles. He invited her up on stage and performed a solo dance with a broom.

"She was putty in my hands after that," he de-

clared. "I said I wanted tea, and she said she had a kettle. There was no turning back after that."

The exchange student, Mitra, became his wife. They eventually moved to Kansas, and then Minnesota for "six long winters" before settling in Scripps Ranch with their two children.

The de Cógáins have been here for four years now, and much of U.S. culture has rubbed off on Máirtín. He is involved as a parent in Scripps Ranch Little League and said he and his family have made a lot of friends.

But the entertainer also added that "the Irish spirit is prevalent in Scripps Ranch" in places like St. Gregory the Great Catholic Church, where the parish priest, Father Nicholas Clavin, is a national champion Gaelic football player from Ireland; and at Jerabek Elementary School, where other Irish families in Scripps Ranch send their kids.

"Debog Man" will be performed by de Cógáin in San Diego on June 26 and 27 at Lestat's Coffeehouse in Nor- See **IRISH ENTERTAINER**, Page 16



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Betamaxx brings '80s fun July 14

By Ken David

A nonstop, nostalgia-filled and danceable show is in store when Beta-maxx brings its high-energy performance of 1979-1989 music to the Scripps Ranch Symphony in the Park concert series, 6-7:30 p.m., July 14 at Hoyt Park.

While the band plays at many clubs and events throughout Southern California, it also performs a number of private and corporate engagements and has traveled to the eastern United States and Canada.

Betamaxx co-founder and bandleader Eric Valenzuela explained that the band started when he and some old friends and former bandmates got together to celebrate their 40th birthdays. When they picked up their instruments for old times' sake, most of the songs they all knew were from the '80s.

"We sort of had a jam, and it was awesome," Valenzuela remembered. "It was one of those 'Want to get the band back together?' things."



Betamaxx will perform at the Scripps Ranch Symphony in the Park concert series July 14 at Hoyt Park. (courtesy photo)

The original goal was just to play dive bars for fun and use the band as an excuse to get together. But they soon realized there was a big demand for '80s music. Once they settled into that niche, the band started getting bigger and better gigs.

"It just took off really quickly," Valenzuela said. "Some folks wanted to come along, some folks didn't want that sort of thing, so it evolved, and there's only two of us (Valenzuela and lead vocalist Kirk Howe) remaining from the original six."

Now, with a seven-member lineup of experienced performers, Beta-maxx em-

phasizes not just playing the music, but also presenting what its website calls an "authentic '80s live music experience."

From early on, the co-founders focused on honing their musical performance as well as presenting a good-looking show in terms of costumes, stage set-up and choreography.

"We've designed and created this show to be as if an '80s band were performing today," Valenzuela said. "We didn't want to do the wigs, didn't want to be too 'shticky.' Imagine how artists like Def Leppard, Duran Duran, the Go Go's and

Michael Jackson might look if they were performing today. So, it feels '80s, but it feels modern as well."

He noted that the music of the period now enjoys broad appeal.

"It transcends generations now. If you walk through Target now or any hotel, they're just playing '80s, pretty much our playlist," he said. "It's become ubiquitous with pop nowadays. Now our kids know these tunes!"

At interview time, Valenzuela said the set list for the Scripps Ranch Symphony in the Park show was still coming together, but he expects it to include plenty of familiar tunes.

"We'll probably go with all the hits everybody loves," he said. "From rock to pop to new wave – we'll just do a nonstop dance party for them."

Remember, at Scripps Ranch Symphony in the Park concerts, picnics are welcome, only low-to-the-ground chairs are allowed, no dogs are allowed, and attendees cannot bring plastic tarps. Visit symphonyinthepark.org.



Learn to grow your own mushrooms

By Denise Stewart

Along with a brief business meeting, social time and plant share opportunity, the Scripps-Mesa Garden Club will learn about a specific gardening culture at the upcoming July meeting. According to Bob Gale, Garden Club president, San Diego County plant entomologist Pat Nolan will be making a presentation on mycology and mushrooms.

"Pat is an outstanding speaker and very knowledgeable in one of her favorite fields, the study of mushrooms," Gale said. "She has been the president of the San Diego Mycology Society and has spoken to a number of groups on her beloved subject of mycology and mushrooms. We, as a garden club, are very honored to have Pat Nolan as our speaker at our Tuesday, July 23rd, meeting. We'd like to invite you to join us at the Scripps Library Community Room beginning at 6 p.m."

June 25th's Garden Club meeting was focused on using readily available tools and products to evaluate a garden soil's fertility and ability to produce abundant crops without much expense.

Local gardeners interested in learning more about the club in advance of the meeting may contact the president at his email: rgale1943@gmail.com.

IRISH ENTERTAINER

Continued from Page 15

mal Heights. He then takes his one-man show to San Francisco on June 28, and then to Los Angeles on July 9 and 10 at the Wren Theater.

He will also tour on the East Coast this summer, teaching story telling at the Swannanoa Gathering, an educational program consisting of week-long workshops in various folk arts, sponsored by Warren Wilson College in North Carolina. For more information regarding de Cógáin, visit mairtinmusic.com.



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Out on a Limb spotlights playwrights

By Ken David

The eighth annual Out on a Limb: New Plays from America's Finest City festival (OOAL) returns to Scripps Ranch Theatre (SRT) July 12-21, shining a spotlight on new playwrights while adding a couple of new twists to the festival's traditional format.

This year, veteran SRT and OOAL director and actor Charles Peters has taken over full production of the event from festival founder Robert May.

Among the changes this year is that the featured plays will be about 10 minutes long instead of 30, as had been the case before. Also new this year, a panel of judges and festival audiences will vote on their favorite plays, with the play voted/judged best receiving a \$2,500 prize to be split among the winning playwright, the actors and the specific director who put on the play. The winning play will be announced at the end of the festival's final Sunday.

Peters noted that shorter plays are easier for new playwrights to write than a 30-minute play, and he feels that the new format, combined with the impact of social media sharing, significantly increased the number of submissions received.

"We got about 500 submissions from all over the world," Peters said. "I got submissions from the UK, New Zealand, Australia, a lot from New York and all over the United States, Los Angeles, and, of course, San Diego. We mainly posted the notice on Facebook, and it seems to have been shared and reposted a lot."

To decide which of the 500 submissions to present, Peters had a select group of local directors read all the plays and vote on which ones they wanted to direct.

Plays selected for the festival include:

"A Semicolon Is A Double," written by Larry Rinkel and directed by Kristin Fogle, which tells the story of two seemingly different high school boys who bond over grammar and the secret they've both been hiding.

"Severance," a play written by Phil Darg and directed by James P. Darvas that examines what happens when job security is more important than self-respect.

"Stain," written by Oded Gross and directed by Hannah Logan, which takes a funny look at the state of affairs in the United States today.



Actors portray characters in a play during the 2018 version of Out on a Limb: New Plays from America's Finest City. This year, Scripps Ranch Theatre presents Out on a Limb July 12-21. (photo by Daren Scott)

"Rockpaperworld," written by Jaisey Bates and directed by Colette Hamilton, a two-act play that examines pressing human and environmental issues.

"Squirrels in a Knothole," an examination of the "vapid minutiae of corporate America," written by Peter J. Stavros and directed by Adam Parker.

"The Hunt(s)," written by Tori Rice King and directed by Leigh Akin, about a successful lawyer returning to her rural home out of concern for her mother's mental health.

Peters said that the festival offers a valuable opportunity to encourage and show

off new talent in theater.

"It's a way for some actors and directors to break in and get them some confidence," he said. "You learn a lot when you jump in with both feet – myself included. I would not be where I am had I not worked on Out on a Limb originally."

Scripps Ranch Theatre is on the campus of Alliant International University, 9783 Avenue of Nations. The Out on a Limb festival begins July 12, with plays being staged Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through July 21. For ticket information, call (858) 578-7728 or visit scrippsranchtheatre.org.



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SPORTS



Cody Sherman
(photo by Ralph LoVuola)

Cody Sherman gets drafted

Former Scripps Ranch High School (SRHS) roller hockey player and team captain Cody Sherman was drafted in the fifth round of the North American Hockey League (NAHL) draft by the Minot Minotauros.

Sherman led the SRHS roller hockey team to an incredible undefeated season by beating Rancho Bernardo High 9-6 to win the 2019 CIF Metro Conference Championship on March 4. Sherman was a standout in the championship game with a hat trick and two assists. Cody Sherman was the only senior on the team which posted an 18-0 season.

Sherman, a forward, also played for the Anaheim Jr. Duck's AAA team.

"He's probably one of the top players in the country," SRHS head coach Greg Friedman said. "He'll probably go on to play juniors (with the U.S. National Team) next year."

Pole vault team is over the top

By Nick Cassol

Track and field is a sport that hosts a diverse range of events, including distance, sprints, hurdles and throws. Among the most physically demanding of these events – and most dangerous – is pole vaulting.

Led by coach Alan Mann, the team at Scripps Ranch High School (SRHS) has achieved unprecedented success and continues to improve each year as Mann pushes the vaulters to new heights.

Mann – who has lived and worked in Scripps Ranch since 1977 – began as a pole vaulter himself, becoming a junior college All American and then going on to become the top vaulter at the University of Arizona. From there, he began vaulting for the Southern California Striders, where he trained for the Olympic Trials – and even coached for the University of Arizona before moving to San Diego.

Mann's son, Drew, became interested in pole vaulting when he got to Scripps Ranch



SRHS pole vaulters include (from left) Olivia Mann, Jun Melchior, Ruby Melchior, Faith Heffron and coach Alan Mann. (photo by Robin Melchior)

High, and, out of support, Mann "built [his] own pole vault facility in [his] backyard for Drew to practice."

These efforts were not in vain, as Drew, taking after his father, became one of the best vaulters to ever come through SRHS. Breaking the school record 23 times in his final two seasons, Drew raised the record from 12 feet to 15 feet, 4 inches, a record that still stands today. Alan Mann became the pole vault coach at the school in 2003, for the four years that Drew was there, only to come back in 2018 to coach when his daughter, Olivia, decided

she, too, wanted to pole vault.

"Coaching at SRHS has been no noble sacrifice on my part, since I have always loved vaulting," Mann said, adding that he gets "great satisfaction and inspiration from working with the outstanding young people who show up to pole vault."

Furthermore, this year's vaulters were among SRHS's best, as they "did a great job of showing up and improving, continually pushing themselves to get better."

Mann explained, "Practice usually involved quite a bit of laughter and joking around ... the casual nature

of practice is appropriate, in my mind, because when jumping actually starts, it becomes much more serious."

This practice structure has paid off for Scripps Ranch vaulters, particularly Jun Melchior, a newcomer to the team. He quickly became one of the best vaulters in the school's history.

Melchior joined the team because, according to Mann, he "thought it looked fun," and, "having exceptional athletic ability, very good speed, strong gymnastics skills and a fearless attitude, improved at a crazy pace."

Jun ended up clearing 12 feet, 3 inches, and became the frosh county champion and only freshman qualifier for CIF. Jun's story doesn't end there, though – Jun's sister, Ruby, vaulted as a freshman, but after a serious medical issue, was confined to a wheelchair and stayed on the team doing shotput.

"Getting to know Ruby, her parents and Jun and seeing their courage and commitment to transcend obstacles

See **POLE VAULT**, Page 19



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Thurgood Marshall Middle School Mustangs Olivia Teates, Gracie Haas and Chloe Adams finished first, second and third at the Chelsea King Invitational Mile. (courtesy photo)

Mustang runners sweep mile run

Three sixth graders who attend Thurgood Marshall Middle School swept first, second and third places at the 10th annual Chelsea King Invitational Mile held May 30 at Point Loma Nazarene University.

Olivia Teates, Gracie Haas and Chloe Adams finished with respective times of 6:02, 6:17 and 6:20. Andrew Beceiro, also a sixth grader at Marshall, placed third for the boys with a time of 5:54.

The students were invited to participate based on qualifying mile times. They were coached at the event by Marshall PE teachers David Gray and Carrie Carambas. —courtesy of Dawn Gencarelli

POLE VAULT

Continued from Page 18

has been a real inspiration to the entire team, and to me especially," Mann said.

From training for the Olympic trials to leading his son to the school record to continuing to coach vaulters at SRHS, Alan Mann has impacted and inspired many athletes over the years. For Mann, though, it is the athletes who inspire him.

"Athletes often appreciate the work coaches do to help them, but I don't think they really appreciate the impact that they have on us as coaches," he said. "Our student-athletes are truly inspiring and their efforts at participating in track will serve them well as they move forward in life."

As for Mann's favorite memories as a coach, he recalls the Mt. Carmel Invitational.

"After watching our vaulters jump and Ruby shotput, her family passed in front of me to leave, and Ruby, in her wheelchair, looked over, waved, and said, 'thanks coach.' From a coach's perspective, it just doesn't get any better," Mann explained.



CIF TRACK CHAMPIONS!

The Scripps Ranch High School girls track and field team won the CIF San Diego Section Division 1 Track and Field Finals on May 18. The Lady Falcons earned 68 total team points edging out second place Rancho Bernardo.

Later, on May 28, the Scripps Ranch High girls team won the 4x100 Relay State Title.

(photo by Ralph LoVuolo)



CHAMPIONSHIP LACROSSE TEAM

The Scripps Ranch High School girls varsity lacrosse team defeated La Jolla 17-9 to capture the CIF San Diego Section Girls Lacrosse Championships Open Division title on May 18. The impressive victory closed an outstanding 2019 championship season. (photo by Ralph LoVuolo)



The Scripps Ranch High School softball team captured the CIF San Diego Section 2019 Division I Softball Championship. (photo by Ralph LoVuolo)

SOFTBALL CHAMPIONS!

The Scripps Ranch High School (SRHS) softball team completed a winning season by defeating San Marcos High School 6-5 to capture the CIF San Diego Section 2019 Division I Softball Championship on Friday, May 24 at UCSD.

Scripps Ranch was at bat first and started the scoring right away with a two-run homer by Alyssa Vilke.

San Marcos took the lead in the third inning with a grand slam home run making it a 3-5 game. But that

would be the last scoring of the game for San Marcos as Scripps Ranch battled back with Taylor Gray hitting an RBI tying run in the seventh. The Lady Falcons then scored the winning run after a poor throw to first base.

San Marcos, being the home team, had a chance to win in the bottom of the seventh, but the SRHS defense was strong, led by pitcher Juliana Lane who came into the game during the third inning as a relief pitcher.

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RUN & RIDE

Continued from Page 1

“About 150-175 Old Pros are directly involved with putting on this event, all on a volunteer basis,” he said. “It couldn’t be done without the passion that everyone has for this event; we’re proud to do it.”

The Run & Ride will again offer five different events intended to suit a vast range of participants on the morning of July 4, from families with children in strollers to well-conditioned athletes. Participants can choose from a two-mile “fun run,” a 12-mile bike ride, a USA Track & Field-sanctioned 10K run, a 28-mile bike ride, or a 50-mile bike ride. The running events begin on Red Cedar Drive in front of Miramar Ranch Elementary School. Cycling events begin at the intersection of Hibert Street and Scripps Ranch Boulevard. All races conclude with a finish at Hoyt Park where a small festival with beer garden featuring craft brewed beer, food trucks, a live band and other activities await.

New for this year, patriotic event merchandise – including socks, headbands and bike jerseys – will be available for purchase during bib pick-ups or at Hoyt Park following the Run & Ride. Additionally, as part of the post-event activities, the Old Pros will add a dunk tank, offering event-goers an opportunity to “dunk the Czar,” according to Trifoglio. Per usual, family-friendly activities like a photo booth, inflatable slides and face painting will also be available.

Megan Garvey, a 15-year-old Scripps Ranch native, began participating in the Run & Ride with her family when she was just two years old, sitting in a toddler seat attached to the rear of her father’s bicycle.

“It’s always been some-



Drew Londerholm and his “Speedo Crew” pose for a fun group photo on race day. (courtesy Drew Londerholm)

thing we’ve done as a family,” said Garvey, whose family has only missed the event once in the last 13 years.

Drew Londerholm is also a long-time participant in the Run & Ride, having begun his participation with his family 20 years ago while in middle school. Once he reached early adulthood, he and a friend decided to begin a tradition of participating in the run events wearing red, white and blue Speedos, socks, headbands and other costume accessories. Over the next several years, more and more friends – both male and female – would join their “Speedo crew,” making them a well-known fixture at the annual event.

“We recruited more and more people to run with us in Speedos. Ladies would wear tutus,” Londerholm said. “We had upwards of 30 people in 2016 and 2017, and have had friends from as far as Los Angeles join us.”

While the shorter races are certainly family-friendly and conducive to casual participation, more competitive athletes find the longer distance races just as fulfilling. Scott Houts is the club leader for the Challenged Athletes Foundation (CAF) cycling club. His group consists of physically challenged athletes

who may have prosthetic or missing limbs and may utilize cycling equipment that has been modified to suit their special needs. The club also includes able-bodied athletes who participate as mentors and supporters alongside their physically challenged colleagues.

Houts’ group has participated in the 50-mile bike ride for the last four years. He said that the inclusive nature of the event, the fact that funds raised are for a charitable cause, and the reasonably challenging design of the course, make it a good fit for his club.

“We get great hospitality when we’re out there,” Houts said. “It’s a fun opportunity to come out and ride with a bunch of other people on a great American holiday and enjoy ourselves. It’s a little bit of a challenge, but not so hard that our riders can’t handle it.”

Garvey, Londerholm and Houts all agree that the community aspect of the Run & Ride is one of the most appealing elements.

“The sense of community is what has kept me coming back year after year,” Londerholm said. “The Old Pros do a great job of organizing the event and of honoring those who served.”

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"Mixing metals makes a statement in a room," says Jennifer Kis, director of marketing communications for Progress Lighting. "It's not considered unusual anymore, and our customers are comfortable with it and confident about trying it in their homes."

There's a simple recipe for success: pick a dominant metal finish for the room and coordinate it with accent metals. Try for a 70/30 ratio.

To easily nail the look, consider starting with a significant fixture that's already finished in a mixed metal combination. For example, the lighting fixtures from Progress Lighting come finished in mixed metal combinations, such as matte black accented with gold, polished chrome with brushed brass, and even white accented



Today, metals are meant to be mixed. Keep in mind the 70/30 rule for the perfect mixed, but not mismatched, look. (StatePoint)

with brushed nickel plus a touch of blue. Then, match cabinet hardware, appliances, plumbing fixtures and accessories to one of the finish colors from the lighting fixture.

When selecting finishes, use contrasting tones. Warm metals such as brushed brass, antique bronze, and gold give a vibrant pop of color when mixed with cool metals like chrome, nickel and silver. Don't forget black – it is one of the trend-

iest finishes on the market today and mixes beautifully with most metal colors.

Take the room's color palette into consideration. Combine warm metal finishes (like brass, bronze and copper) with warm hues (like beiges and browns). Use cool metal finishes (such as chrome, nickel and silver) with cool tones (such as blues, greens and grays). For a neutral color palette, add metallic accents to achieve warmth, texture

and color. With a white or gray color scheme, for example, add a stunning gold chandelier to make your room come to life.

Kitchens typically contain the most metal in the house, and there are many ways to harmonize elements. Try placing mixed metal pendant lighting over the kitchen island, then match an accent metal finish from the fixture to coordinate with the cabinet and plumbing

See **DESIGN TREND**, Page 22

HOME NEWS

Home prices up to record levels

Following a lull going back to last fall, San Diego County home prices were back up to record levels in May, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of Realtors®. Overall, all home prices so far in 2019 are up 2.7 percent for resale properties countywide. Single-family home sales in May were only slightly higher than April countywide, while sales of condos and townhomes saw a major jump of more than 7 percent from the previous month. "Sellers still have the upper hand in this market," said SDAR President Kevin M. Burke, JD. "However, buyers who take the time to research neighborhoods should find more homes for sale than they would have a year ago."

Scripps Ranch home sales for May 2019

Single family homes sold: **25**

Median price of single family homes sold: **\$986,000**

Attached homes sold (condominiums or townhomes): **25**

Median price of attached homes sold: **\$530,000**

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DESIGN TREND

Continued from Page 21

hardware. For a consistent look, pair finishes on metals that appear within the same line of sight: for example, the sink faucet and cabinet hardware should match.

In bathrooms, blend lighting choices with metallic accessories like a metal-edged mirror, soap dispensers and wall hangings, for seamless style. Lighting finishes don't have to match hardware, but remember to choose complementary, contrasting metal tones.

Larger spaces, like living and family rooms, are ideal for mixing metal accents. As one of the most significant accessories in the room, start with your lighting fixture. Then add decorative elements – mirrors, wall art, tables – in contrasting metallic tones to make a dramatic statement.

In the bedroom, overhead lighting is often a prominent feature. Choose either a mixed metal fixture or one with a dominant finish color, then select subtle metallic touches for table lamps, sconces, furniture and wall décor to provide a cohesive flow.

For design resources, visit bit.ly/ShopMixedMetals.

**Ricki Fein celebrates
30 years of service**

For 30 years, Ricki Fein, a resident of Scripps Ranch, has helped lead individuals and families through one of the most important decisions of their lives – the home buying process. As a new home advisor, she has been a stable force, assisting prospective buyers as they look to find their dream home with Pardee Homes.

Fein has seen the company go through many changes during the course of her 30 years at Pardee.

“We are thrilled to have Ricki. She has proven to be one of the best new home advisors in the industry,” said Jimmy Ayala, division president of Pardee Homes San Diego. “Her inviting personality and dedication to her clients is one of the many reasons we’ve seen homebuyers flock to her again and again, which has helped Pardee Homes grow into one of the Southwest’s most successful new home builders.”

Today, Fein remains one of the company’s top perform-



Ricki Fein

ers, seeing clients purchasing starter homes and returning to purchase new homes at one of Pardee San Diego’s nine residential neighborhoods currently for sale.

“I am thrilled when a buyer reaches out to me after closing escrow to tell me they are happy with their home and working with me made a positive difference in their experience,” Fein said. “I’m inspired when I run into past clients who remember me and still say they appreciate how I helped them through the buying process. Many years ago, a family with a small child purchased a home from me, and 25 years later their son purchased his first home from me.”



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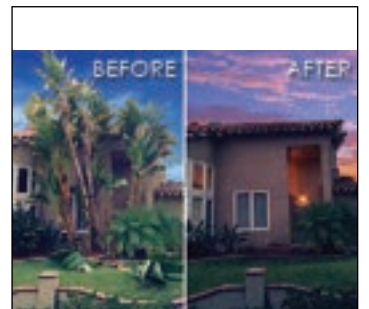
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Featured Home

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10807 Figtree Street
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 Offered at \$1,325,000

Beautiful Arbors home located on large corner lot of double cul-de-sac street. Freshly painted, large kitchen, great room, desirable bedroom with full bath downstairs. Re-landscaped with nice yard for entertaining. Award winning Scripps Ranch schools.

- •
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SANTALUZ

7670 Iluminado
 4 Bed | 4.5 Bath | 4,594 Sq Ft
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Modern Tuscan farmhouse tucked away in the idyllic gated community of Santaluz. Stunning single story situated on a sprawling 1.43 acre lot of cul-de-sac street. Serene location surrounded by mountains and hills. Enjoy outdoor living with salt water pool and spa with vanishing edge, outdoor kitchen/covered patio with swim up bar, firepit and spacious loggia with fireplace. Open spacious floor plan features great room, gourmet kitchen with top of the line appliances, galley kitchen, wine closet and office. Fully owned solar system.

Additional Listings in San Diego



In Escrow

12280 Semillon Boulevard
 Offered at \$1,399,000
 4 Bed + Granny Flat | 4.5 Bath | 4,116 Sq Ft



In Escrow

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



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10350 Rue Mont Grenbole
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