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SCRIPPS RANCH NEWS

Volume 2 Issue 4 • March 2019



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They're a hit!

Players in the Scripps Ranch High School softball program have talent, energy, enthusiasm and lots of fun – and it shows. Their passion for the sport is evident in these photos of varsity action during the recent Cougar Classic tournament, which they won.

See **SOFTBALL**,
Page 18

Victoria Denosta makes contact.



Catcher Julia Folkl

*Photos by
Ralph LoVuolo*



Scripps Ranch actor Parker Dailey plays the 5-year-old version of Sheldon on the TV sitcom "Young Sheldon." (courtesy photo)

Young actor lands TV role

By David Santillan

It's lights, camera and action for a rising Scripps Ranch actor after landing his first gig on the CBS television series "Young Sheldon."

Though Parker Dailey is only 5 years old, the young actor already has experience working in this major television network series. The series centers around

kid genius Sheldon Cooper and his life as a 9-year-old high schooler. The show is a spinoff of another popular CBS series: "The Big Bang Theory."

Parker was cast for a two-episode arc in which he played a 5-year-old version of Sheldon.

Mom Tiffany Greenwood
See **YOUNG ACTOR**, Page 9

Incredible journey: Ansel Adams, celebrities, a princess

Final part of a two-part series

By Ken David



This Michael Campbell portrait of Britain's Princess Anne during a European equestrian competition reportedly hangs in the bedroom of the Queen of England. (photo by Michael Campbell)

In addition to geology studies and continued photographic pursuits during college, eventual Scripps Ranch resident and professional photographer Michael Campbell competed as a high jumper in Britain.

He once held the British junior and senior record in the high jump, participated in the 1965 World Student Games and was on track to join the British team for the 1968 Olympics when a car accident injured his hip. The injury forced him to miss the Olympics, but he would return to jump for Britain in international competitions in the mid-1970s.

Years later, Campbell passed on his high-flying expertise as a volunteer high jump coach for Scripps Ranch High School's (SRHS) track team when his son, Alex, attended. His son followed in his father's athletic success, set-

ting a high jump record while at SRHS.

Earlier, while teaching at Salisbury College, Campbell bought an old school nearby that he converted into a house that he lived in for eight years. He got to know the home's previous owner, Antony Eden, who was Prime Minister Winston Churchill's foreign secretary and became prime minister of England himself in 1955.

When Eden needed a cover photo for his memoirs, he asked Campbell to shoot it. Up to that time, Campbell had only done landscapes and other non-portrait photos. He built a set, then practiced for two weeks before the photo shoot.

"That was my first portrait: the ex-prime minister of Britain," Campbell recalled.

One of his side jobs at the time was printing
See **INCREDIBLE JOURNEY**, Page 8

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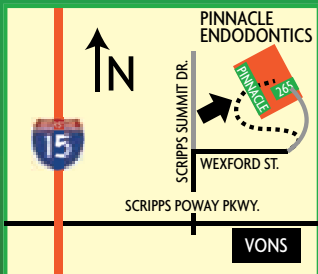
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Some worried about potential dog park

By Laura Hogan

The effort to build a dog park as part of the renovations to Hendrix Park is not without its critics.

The city has secured approximately \$130,000 to develop and design renovations to the area that could include play equipment, new picnic tables and benches, upgraded pathways – and a proposed off-leash dog park.

Local resident Marisa Fleizach is among the neighboring community that is opposed to a dog park being included in the Hendrix Park renovation project.

“I love dogs, and I think Scripps Ranch would benefit from a dog park, but this is not the best place for it,” Fleizach said.

Fleizach noted many concerns for the neighboring residents. These concerns include the upkeep, the smell, the noise, the impact to the existing wildlife, the lack of parking available, dog waste leaching into the pond and off-leash dogs getting out of the designated space. Fleizach said she did not know of any neighbors who were in favor of having a dog park built at Hendrix Park.



Hendrix Park is due for renovations and some citizens proposed an off-leash dog park, but others have raised concerns. (photo by Laura Hogan)

The Bark at the Park Committee is a local group behind the effort to bring a dog park to Scripps Ranch. Beca Tomcho, committee member, said it is not their place to comment on the neighbors’ concerns.

“We all had an opportunity to present ideas to the city architect and we shared the need for a legal dog park. It’s not ‘us’ versus ‘them,’” Tomcho said.

Tomcho said the Bark at the Park committee was advised that very little designated open space is left in Scripps Ranch. The area of Hendrix Park was the area that the City of San Diego assigned the architect to work on. Tomcho said if other areas are presented as

possibilities, the committee would be happy to participate in the planning.

“We all pay for Scripps Ranch open space areas and it should meet the needs of the community. At this time, we are just sharing the need for a legal, fenced, off-leash dog park. After that, it’s up to the Rec Council and City,” Tomcho said.

For Fleizach, this issue will remain a concern as the City and the Recreation Council hear all ideas for the renovation design project.

“I’ve been living here since 2015. The pond and the area around it is the reason we bought our home here. We wanted our kids to grow up in a place surrounded by nature,” Fleizach said.

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Fire Safe Council has concerns over redevelopment

By Laura Hogan

The redevelopment of the Alliant University property into homes has been met with opposition from the Scripps Ranch Fire Safe Council.

KB Homes and its partnered planning firm Latitude33 presented to the Scripps Ranch Planning group March 7 at the Scripps Ranch Library. They presented their plan to build 156 homes in a space presently occupied by Alliant University.

The Fire Safe Council, formed in 2003 after the Cedar wildfire, works to promote fire safety in Scripps Ranch. Members of the Fire Safe Council also presented at the meeting where they shared their insights on the danger of building such a large number of homes in the location. Karen Herreros, Fire Safe Council secretary, said building 156 homes would not be safe for an emergency fire evacuation. She said the proposed homes would need to evacuate on the already overly congested intersection of Avenue of Nations and Pomerado Road.



Predicted gridlock at the intersection of Avenue of Nations and Pomerado Road is a concern in case there is need for an evacuation for a disaster such as a wildfire. (photo by Laura Hogan)

“Our concern is that in case of need for an evacuation, the traffic would be total gridlock,” Herreros said, “In addition to the predictions that a fire along that area would be going from East to West, which means a large majority of the rest of the Scripps Ranch residents would be trying to make it to the I-15 by going West on Pomerado Road.”

Widening the road Avenue of Nations is not possible. It is also not an option to create an additional exit for

the proposed homes. Additional concerns for the Fire Safe Council include the high amount of traffic that could occur in the instance a fire happens during the school day; Marshall Middle School is also located on the Avenue of Nations road.

Proponents of building the homes said having more affordable housing would be a benefit to first time home buyers currently renting in the area. However, other residents voiced concerns over the strain on commu-

nity facilities such as parks.

Herreros said the Fire Safe Council will aim to either lower the number of homes allowed in that space to approximately 70 homes or they will promote a different type of facility to utilize the space. The Scripps Ranch Planning Group passed a motion to recommend a denial of the request to build the 156 homes, according to Herreros. This recommendation will be presented to the City Planning Commission in April.

NEWS



Ruby Melchior rides an adaptive tricycle granted to her by Road Runner Sports' Athletes Helping Athletes program. (photo by Robin Melchior)

Effort to help Ruby continues locally

The GoFundMe site for resident Ruby Melchior, who suffered a brain bleed and needs a specialized van to help her get around, remains open as the teen works to rebuild her life.

Ruby's mother, Robin, reports the Scripps Ranch High sophomore, who now uses a wheelchair, is trying to return to the school track team in hopes of competing in the seated shot put. She has connected with the Challenged Athletes Foundation, attending clinics and getting other support.

Scripps Ranch resident Felicity Hunter, whose son went to school with Ruby, is trying to contact other professionals to see what kind of help, resources or referrals they can offer. She's also trying to set up a nonprofit organization to collect funds for ongoing care.

“We want Ruby living her best life, and her needs aren't going to get less expensive,” Hunter said. “There's a way that anybody can help.”

Those interested in helping can contact Felicity Hunter at felicity@homesbyfelicity.com or (858) 444-5973. Ruby's GoFundMe site is at bit.ly/2FvvsCL.

-Ken David

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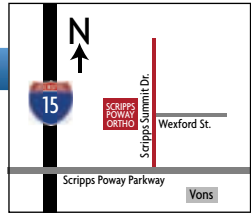
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NEWS UPDATES

Bridging ceremony held for Scouts

The members of the Webelos II Den, led by Eugene Long, bridged to Boy Scouts during the Pack 1216 annual Blue and Gold Banquet on March 2 in Atherton Hall at Camp Balboa. These young men received their Arrow of Light and are now officially Boy Scouts. They were honored with a special ceremony involving face paint and candle lighting. The evening was filled with good food and plenty of entertainment, as real-life Star Wars characters came to celebrate. A slide show following the graduates from their days as Tigers to the present time was designed and presented by Fritz Leader.



Members of the Webelos II Den of Pack 1216 bridged to Boy Scouts. Pictured are (from left) den leader Eugene Long, Scouts Ezekial Macrae Gildersleeve, Zander Vance, Druv Veerepalli, James Garrison, Connor Thiele, Alex Cox, Ben Leader, Evan Long and Grant Dougherty. (photo by Carol Long)

Taste of the Ranch set for April 13

The Scripps Ranch High School Foundation will host the 12th annual Taste of the Ranch fundraiser on Saturday, April 13 from 6 to 11 p.m. at Newtopia Cyder, 10045 Carroll Canyon Road. The event includes dinner, a DJ and dancing, a silent auction and drinks. Must be at least

21 years of age to attend.

Tickets are \$55 per person if purchased through March 31, and \$60 per person beginning April 1. Ticket price includes two drink coupons and dinner. Tickets are available at srhsfoundation.org/totr.

Community Garage Sale scheduled for April 6

The annual Scripps Ranch Community Garage Sale will be held from 7:30 a.m. to noon on Saturday, April 6. This event is sponsored by Windermere Homes & Estates.

Anyone wishing to hold a garage sale that day may register online, and their location will be included on a

map distributed to shoppers on the morning of the event. Those hoping to sell items must register online by noon on April 2 at scrippsranch-communitygaragesale.com.

Garage sale signs for sellers who have registered may be picked up between 9 a.m. and 4:30 p.m. Monday through Friday at Windermere Homes & Estates, 9988 Hibert St., #150.

Shoppers may pick up maps with garage sale locations between 7 and 8 a.m. on the day of the event, April 6, in the parking lot of Windermere Homes & Estates.

SR Cleanup Day will be April 13

Scripps Ranch Cleanup Day, co-sponsored by Rotary Club of Poway-Scripps and Torrey Pines Kiwanis Club, will be held Saturday, April 13. Residents may clean up their yards and homes, and bring their trash to large trash bins in two Scripps Ranch locations: Meanley Drive; and the Scripps Ranch Community Center, 11885 Cypress Canyon Road. Dumpsters will be available from 8 a.m. to noon. Residents must unload their own trash. Visit scrippsranch.org/committees/clean-up-day.

Zimmerman joins NU

Former San Diego Police Chief Shelley Zimmerman, a Scripps Ranch resident, has been named a chancellor appointee serving in the capacity of a public safety and leadership consultant for National University. In her new role, Zimmerman will guest lecture on leadership topics, and collaborate with faculty and law enforcement officials nationwide to explain public safety related curriculum, and contribute to teaching at National University, which has been recognized by U.S. News & World Report for being among the Top 20 Best Online Graduate Criminal Justice programs in the nation.

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Musical Theatre Conservatory (Ages 12 & Up) This intensive focuses on honing the technique of musical theatre performance through choreography, scene/script analysis, and monologue work.

SUMMER INTENSIVE

Michael Fothergill, Artistic Director of Ballet Arkansas, will be back again this year!

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'The Cage' earns Battle of the Fans honor

School sports fans traditionally have nicknames for their rowdy student sections. Scripps Ranch High School (SRHS) has "The Cage" and this enthusiastic gang was entered in the recent CIF San Diego Battle of the Fans, a competition to determine the best, loudest high school student section in San Diego.

Fans voted online through KUSI TV Sports on Instagram, Twitter and Facebook. Battle of the Fans champions were announced Feb. 21 and "The Cage" was named Newcomer of the Year.

The Falcons held a celebratory rally in the SRHS gym to unveil the Newcomer of the Year banner on March 5. Guest dignitaries attending included Mark Powell, vice president of the San Diego County Board of Education; John Labeta, CIF assistant Commissioner; and Ron Marquez, CIF event and operations coordinator.

Student Ryan Connors, SRHS ASB athletic commissioner, helped get "The Cage" entered in the Battle of the Fans.

"The Cage is our official



Harrison Rodgers (left) and Ryan Connors unveil the CIF Battle of the Fans banner during a rally. (photo by John Gregory)



Student Harrison Rodgers leads the fans during the celebratory rally at SRHS. (photo by John Gregory)

student section at SRHS. It has been around for 25 years, since the school opened in 1993. The Cage is open to all Falcons and even our future Falcons at Marshall Middle ... we offer free admission to MMS eighth-graders," Connors said.

"We strive to make the games into bigger events by getting multiple school groups involved and creating fun themes. ... The Cage has made Scripps sporting events so much more fun to attend in sports like football and basket-

ball, and we use this enthusiasm to draw students to every other SRHS team," he added. "We have had record student attendance across the board in all sports."

This year "The Cage" is led by Connors, as ASB athletic commissioner, and Harrison Rodgers as a co-leader of "The Cage." Max Thompson (from the ASB) is also another co-leader of "The Cage." These three are aided by everyone in ASB but especially the ASB Spirit Committee including Kaylie Shadburn, Annalee Luke and Benji

Snyder. However, on game days it's all-hands-on-deck with everyone helping.

The most popular sports, football and basketball, draw the most students to "The Cage," but fans can go to just about any Scripps Ranch High School sports event and see students representing the school with an abundance of spirit. Athletes from other sports also participate, supporting other fellow student-athletes.

"There is an understanding between all of the sports teams that if you attend our

games with your teams, we will attend your games with our teams," Connors said.

"At the end of the day, The Cage has completely transformed the school spirit and atmosphere around campus and has made supporting our fellow Falcons something special," Connors said. "This Battle of the Fans Championship reflects that and is something every student at Scripps can be proud of. ... [it] solidifies Scripps Ranch as one of the most spirited schools in San Diego."

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SCHOOL NEWS

Spring Break camps

Ellen Browning Scripps Elementary School is offering Spring Break Camp this year from March 25 to 29 from 8:30 a.m. to 3:30 p.m. each day. Activities include Chess/Brain Teaser Games with After School Chess; morning snack; Sports with Coach George; Art with iCreate; and Hip Hop with Josh. Lunch meals are not included. Cost per day: half-day, \$30; full day, \$60. All Camps take place in the EBS Multi-purpose Room, 11778 Cypress Canyon Road. Register and pay online at www.ebsenrichments.com.

Marshall Mustang Theatre has busy season remaining

Marshall Mustang Theatre presents "Sally Cotter and the Censored Stone" through March 22 at 6 p.m. each night. But Marshall Middle School's theater program is far from done this year. Marshall Mustang Theatre will present "Rock of Ages: Middle School Edition" April 16-19 at 6 p.m. each night. Tickets are \$5 for students and \$7 for adults.

Tickets are available by clicking on "Theater Tickets" in the middle blue bar at marshallmiddle.org.

MRE's Spring Social scheduled for April 27

The Miramar Ranch Elementary Family Faculty Association invites parents to join in an evening of Greek decadence at the annual Spring Social and Fundraiser. Enjoy dinner and dancing with parents, faculty and friends of the school at Mission Trails Regional Park, 1 Father Junipero Serra Trail. All proceeds will benefit Miramar Ranch Elementary students. Adults only. The Spring Social is scheduled for Saturday, April 27, 7-10 p.m. Visit mrespringsocial.com for tickets.

Students earn honors

A team of 10 students from St. Gregory the Great Catholic School earned second place overall out of 21 other Catholic schools in the Roman Catholic Diocese of San Diego's Academic Decathlon competition March 2. Individual success was earned by Patrick O'Leary (first in Math and Writing), Emily Engler (first in Literature) and Ethan Scanlon (fourth in Fine Arts). The

See **SCHOOL NEWS**, Page 7

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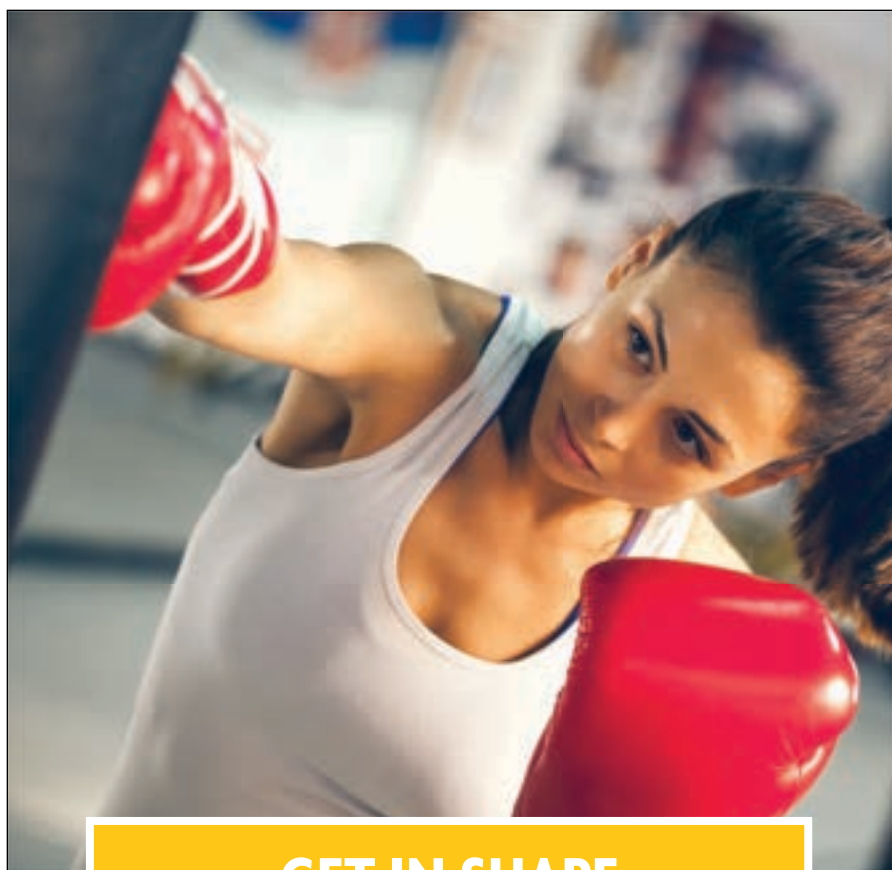
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First time's the charm: Marshall students place 1, 2, 3

By Laura Hogan

Hard work, preparation and brain power lead Marshall Middle School participants to win first, second and third place in the regional Science Championship.

The competition was held Feb. 19 in Los Angeles. Students qualified by taking a quiz locally on the same day and time as all hopeful participants across the country. Of the 25 Marshall Middle School students who took the quiz, nine students qualified for the regional competition.

The regional competition contained questions from the categories of physics, chemistry, biology, computers and math. Students competed individually in the buzzer-style competition with others of their own grade or grade group.

Cheryl Converse-Rath, advisor to both the Science Championship and the Academic Quiz Bowl for Marshall Middle School, said she discovered the competition for the first time this year. Converse-Rath said



Eighth-grader Alec Malcangio won the regional Science Championship in Los Angeles. (photo by Michael Malcangio)

she established a weekly practice schedule and used the provided practice packets to prepare the students for the competition. The results speak for themselves.

In the eighth-grade group, Alec Malcangio, Shreya Goel and Shabdika Gubba placed first, second and third. Notably, sixth grader Anya Krolik won first place in her group as well.

Eighth grade first place winner Alec Malcangio said he felt most prepared by the practice sessions held by Converse-Rath that gave him a good sense of both the types of questions that would be asked and how in-depth to expect the questions to go.

"I felt fairly confident going through the competition. I was asked a number

of more traditional science questions, namely in physics and geology, that were heavily covered in the prep-packets," Malcangio said.

Despite feeling prepared, Malcangio said he had no expectation of winning the competition.

"I really didn't expect to win. When I finished first, I was completely surprised and I was in shock for a while," he said.

Converse-Rath was thrilled with the students' remarkable finish and plans to spread the word and promote the event even more for next year's competition.

"I think the students' finish is fantastic. How exciting is it that in the first year we competed we have five students who qualified for the national championship?" she said.

The National Science Championship takes place in Atlanta Georgia in June. While Malcangio qualified for the national championship, he said he won't be attending because it takes place during his eighth-grade graduation.

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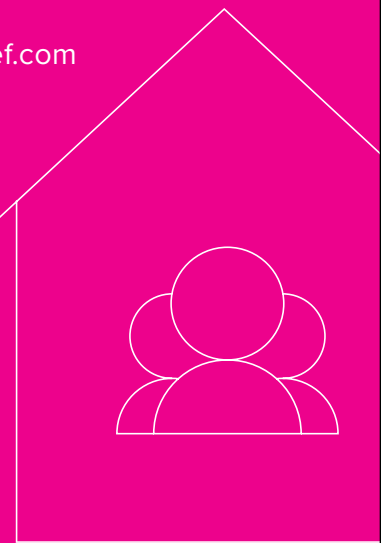
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SCHOOL NEWS

Continued from Page 6

team then focused on the Super Quiz to capture another second place.

Innovations plans to hold Maven & Mason Exchange

The Maven & Mason Exchange, an urban-style artisan market, will be at Innovations Academy on Saturday, April 13 from 10 a.m. to 2 p.m. Browse among goods offered by local artisans specializing in handmade, boutique items. The Maven & Mason Exchange is accepting vendors: bit.ly/2HjdzdX.

SRHS sets record

Scripps Ranch High School students set a record for the Martin Luther King Jr. 11th Annual High School ASB Challenge food drive by collecting more than 22,000 pounds of food. The school received recognition at the Laurel for Leaders luncheon on Feb. 20 which honors the achievements of ASB presidents of San Diego County high schools.

Spring Break

Public Schools in Scripps Ranch will not hold classes during Spring Break, March 25-29. Classes will resume Monday, April 1.

General & Cosmetic Dentistry

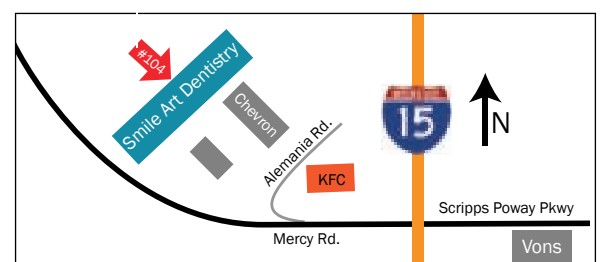
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Michael Campbell's high-speed photography captures birds in flight. (photo by Michael Campbell)



This infrared photo taken in Death Valley won the California Photographers Gallery Competition. (photo by Michael Campbell)



Michael Campbell's work includes books filled with photos of ancient castles, like this one of Innis Chonnel Castle on Scotland's Loch Awe. (photo by Michael Campbell)

INCREDIBLE JOURNEY

Continued from Page 1

black and white negatives for Cecil Beaton, the Oscar-winning clothing designer for the movie "My Fair Lady." This included shots of Marilyn Monroe, Marlena Dietrich and Katherine Hepburn.

When Beaton saw Campbell's portrait of Eden, Beaton, who was chairman of the Salisbury Art Festival, told him he wanted to do a one-person show of his work.

When Campbell confessed that he only had the one portrait, Beaton told him to do another 35 for the show.

"That's what started me doing portraits," Campbell

said. "So, I started shooting other big wigs in the neighborhood like William Golding, author of 'Lord of the Flies,' and some other quite interesting people."

In 1968, Campbell got to meet and work with one of his heroes, noted landscape photographer Paul Caponigro. Initially turned down to attend a sold-out Caponigro workshop, Campbell sent to Caponigro's office copies of his own versions of shots of Stonehenge, which Caponigro was in the midst of shooting. Campbell was eventually allowed to attend the conference. Since Campbell lived close to the airport, the staff asked him to pick

up Caponigro and take care of him before the workshop.

"Later, when I dropped him back off at the airport, he said, 'If you're ever in America, feel free to come and see me,'" Campbell said. "In fact, if you want to come sooner, you can help me with my book, 'Megaliths.'"

Campbell came to America to work with Caponigro for what he thought would be one month. He worked (with Caponigro) on the book and one day overheard the noted photographer talking with another of Campbell's photography idols, Ansel Adams. When Caponigro told Adams that Campbell wanted to speak to him,

Adams said he didn't have time, but that Campbell could come over to his place if he'd like.

"I didn't realize he lived 2,000 miles away," Campbell laughed.

So, Campbell made his way west. Along the way, he followed a friend's advice and stopped in Pasadena to meet noted portrait photographer Philip Charis. Campbell eventually went to work for Charis, sending word back to his father in Britain to sell his car — he wasn't coming back.

"My life has been a series of weird, complete changes in direction," Campbell said. "Because of Ansel Ad-

ams making that phone call, a chap that took me to lunch telling me that Charis was a guru, all these things, completely unpredictable. Absolutely no plan at all, just random nonsense, but somehow I'm still alive."

Campbell did eventually go to see Adams and ended up staying with Adams for four days, assisting him and writing an article about him for the British Journal of Photography.

"He (Adams) said you can ask me anything you want; I have no secrets," Campbell said. "He was completely open about everything."

While working for Charis, Campbell's work got so good that the Charis lab technicians told him they had a hard time distinguishing Campbell's shots from those of Charis.

Campbell soon struck out on his own, establishing his own portrait studio in San Diego.

Campbell's varied portfolio of work includes an image he produced of England's Princess Anne in an equestrian competition — a portrait the Queen of England reportedly keeps in her bedroom.

Today, Campbell embraces the world of digital photography, including using tools like drone-mounted cameras, Adobe Photoshop and Corel Paint to help him create and enhance his images.

"I got tired of reality years ago, so, I live in a world of fantasy," he said.

In 2017, he returned to the British Isle of Ilona to photograph castles there both from the ground and from above using drone-mounted cameras.

The veteran photographer has no plans to slow down. His work today includes professional headshots and real estate photography, as well as other projects like photographing hummingbirds in flight.

"I'm not retiring until I'm six feet under," Campbell stated.

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YOUNG ACTOR

Continued from Page 1

said she and husband Shannon Dailey originally hired an agent to get modeling gigs for their son after several people suggested the idea.

“We got an agent and she suggested that he actually get into acting,” Greenwood said. “We weren’t really necessarily looking for (acting jobs), but he’s really personable and not shy at all.”

Greenwood said Parker started acting in small commercials before getting the role in “Young Sheldon.”

Greenwood and her husband, who have lived in Scripps Ranch for 10 years, said they didn’t go to the audition in Los Angeles.

“We actually didn’t go to the audition because it was the first day of school,” Greenwood said.

Instead, they sent the show’s casting directors a homemade audition of Parker.

“I figured it was a long shot,” Greenwood said. “We didn’t watch the show (prior to the audition). He got it anyway.”

Neither Greenwood nor her husband have worked in the entertainment industry and Greenwood described being on set as surreal.

“It was interesting to see the sets and how they film it,” Greenwood said, adding how proud she was of her son after seeing his performance with the other actors.

“Seeing (Parker) perform and take direction and be-



“Young Sheldon” star Iain Armitage (left) poses with Parker Dailey. (courtesy photo)

ing very mature and professional was great,” Greenwood said.

As for Parker, Greenwood said he’s really enjoying performing and he has been enrolled in acting classes.

“He loves being on set. He also really likes the auditions,” Greenwood said. “He prefers for us to drive to the auditions; he doesn’t like it when we self-tape.”

The commute from San Diego to Los Angeles, however, has proven a bit of a challenge for the fami-

ly. Greenwood works part time as a geneticist at UC San Diego and Dailey is a federal law enforcement agent, but they make it work.

“I have a really flexible schedule, so that’s been really helpful,” Greenwood said. “It’s definitely tough.”

Greenwood said her family doesn’t have immediate plans to move to Los Angeles for now, but added that might change if Parker lands a more permanent role in a television series.

FAMILY FUN

SRSRC hosts egg hunt

The Scripps Ranch Swim & Racquet Club will hold its annual Easter Egg Hunt on Saturday, April 6 for the children of club members. The egg hunt will begin at 9 a.m. sharp. Events will last until 11 a.m.

The Swim & Racquet Club Easter Egg Hunt will be held at the Aviary location, 9875 Aviary Drive. For more information, call (858) 271-6222

Scripps Theatre Arts offers summer camps

Scripps Theatre Arts, the non-profit theater group for children, will offer camps for summer 2019.

The camps will run on the following dates: June 24-28, July 22-26 and Aug. 19-23.

All camps will run from 9 a.m. to 3 p.m. Mondays through Fridays in Scripps Ranch.

In the meantime, Scripps Theatre Arts is holding rehearsals with its cast in preparation for the upcoming production of “The Lion King Jr.” Performances will be May 17-19.

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SCRIPPS

Sumi-e ink painting offers beauty and peace

By Laura Hogan

Four simple ingredients: Grinding stone, Sumi ink stick, Japanese brush and Washi paper are used to create masterpieces through the ancient art form of Sumi-e Japanese ink painting.

Once a week at the Scripps Miramar Ranch Library, locals learn the art of Sumi-e Japanese ink painting from instructor Michiyo Kirkpatrick, MFA. This free course provides students the opportunity to delve into the complexities of Sumi-e.

Kirkpatrick grew up in the Nara, Kyoto, Osaka area of Japan where she was inspired by the works of her late grandfather as she began painting at a very early age.

“My grandfather was a known Japanese ink painter in Japan. Though he passed away before I was born, hundreds of his works of scrolls and screen paintings donated to temples remained. That inspired me,” Kirkpatrick said.

Kirkpatrick continued her passion for art and has taught college level art and design courses including



Locals participate in the free Sumi-e Japanese Ink Painting course offered at Scripps Miramar Ranch Library.

Sumi-e. The Scripps Miramar Ranch Library class is offered through San Diego Community College Continuing Education. Students can register anytime for the class that started in the summer of 2018. Kirkpatrick described the class and learning environment as friendly and uplifting.

“Japanese ink painting is unique because you paint with only one brush if you know how. Class is taught slow-paced, step by step, and really relaxed,” she said. “In my Sumi-e class, I teach how to draw from

the thinnest hairline to the widest bamboo clam, how to make lightest gray to darkest black and create various textures to depict the essence of nature. Students grind Sumi stick on the stone to make their own color.”

Matt Belden, local Scripps Ranch resident, said he tries to fill his free time post-retirement with learning experiences, and the Sumi-e painting course fit the bill.

“I’ve always loved the way these paintings looked, so I took the opportunity to give it a try. The fact that it was

being offered at the nearby Scripps library was the icing on the cake,” Belden said.

Belden has been pleased with the class and had high praise for his instructor, Kirkpatrick, his fellow students and the overall experience.

“You don’t have to be any good at this to extract great benefits from this learning experience. I believe humans need to be creative and this class is a great way to express that creativity,” Belden said.

For Kirkpatrick, this art form and course offers more than just an opportunity to learn how to paint.

“I am always fascinated by the accidental beauty created by ground Sumi mixed with water on Washi paper,” she said. “It seems like a moment of special experience that one would feel being part of the universe.”

The class takes place every Wednesday from 4:30 to 7:30 p.m. in the Scripps Miramar Ranch Library Community Room. Brush, ink and paper are all provided free of charge. Visit sandiegolibrary.org.



SR Theatre presents ‘Return Engagements’


“Return Engagements” by Bernard Slade runs at Scripps Ranch Theatre from March 29 through April 28.

The first act is comprised of three vignettes showing separate couples: a tipsy actress and the bellboy who has bedded her the night before; a gutsy Polish woman who has survived World War II and a carpenter whom she chooses to father her baby; and an acid-tongued columnist and his cool psychotherapist wife.


In Act II, we meet the couples 20, 25 and 30 years later, as we learn how they ended up. Their stories are all linked together.

Return Engagements is directed by Charles Peters and the cast includes Robin Thompson, Morgan Carberry, Ruth Carlson Russell, Adam Daniel, Julia Giolzetti, Natalia Maggio, Samuel Young and Nick Young.

For tickets, visit scrippsranchtheatre.org or call (858) 578-7728.



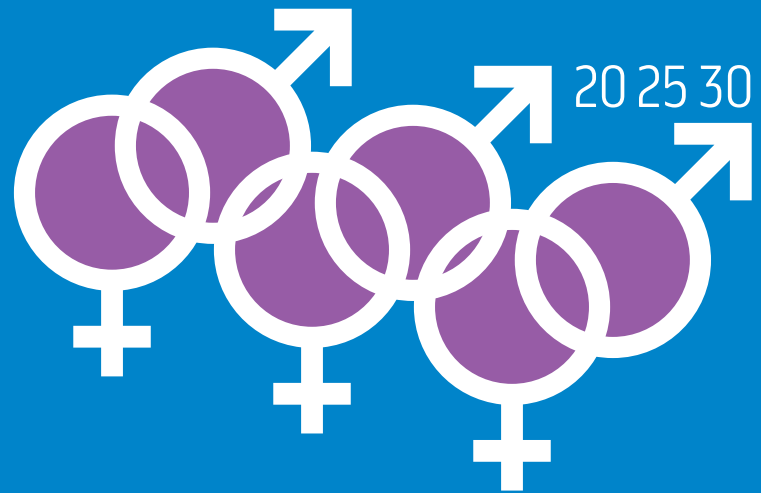
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SR Women's Club: Women helping women

By Mary Ann Harper

March is International Women's Month. It's a month that has generated conversations among Women's Club members of times when they were mentored or supported by other women. Below are true stories from two of our members.

One member shared her story from years ago when, as a recent college graduate, she was mentored by an older woman. The younger woman had applied for a job as a switchboard operator, thinking this was the only available job in her location. The job interviewer saw a greater potential in the young woman and offered her an unadvertised job that involved managing 20 people. The older woman also guided this younger woman through the internal politics of the organization to help her be successful.

Another Women's Club member shared a story about her concerns of her ability to return to graduate school while working in order to earn an advanced degree. This woman's mentor was her boss, who said



Attending a Scripps Ranch Women's Club Membership Brunch are (from left): Denise Hampton, Connie Curran and Erica Berick. (courtesy photo)

things to her such as, "Of course you can do this. I know you can." These two women and other club members who have experienced support and mentoring are now giving back by volunteering in their community.

Scholarship Time!

The Women's Club college scholarship program comes within this framework of women helping women. There is still time for Scripps Ranch High School senior girls to apply for one of our scholarships. Each year the Women's Club awards several scholarships to senior female students based on strong academics and community service. This appli-

cation form is on our website at www.srwomensclub.org. The deadline for submission is March 30. If you are a Scripps Ranch High School senior girl, this is an opportunity not to be missed!

Socializing!

Another important component of the Women's Club is sharing activities and having fun together. March and April highlights include a happy hour with discounted drinks at Bruski Burgers & Brew on March 29. On April 5, there will be a pre-theater gathering at the Crown Pointe Clubhouse for the Scripps Ranch Theater production of "Return En-

See **WOMEN'S CLUB**, Page 12

Bee expert set to speak this month

By Denise Stewart

Hear the "buzz" about native bees in San Diego gardens as presented at the Scripps-Mesa Garden Club by Julie Serences of the Xerces Society for Invertebrate conservation. Bees are a keystone species in the environment, Serences said. Plants depend on these pollinator specialists to reproduce and we depend on bees for every third bite of food we eat.

"With European honey bee populations in trouble, it is important for gardeners and naturalists to learn about the incredible variety of native bees that live all around us and how to help them in our urban areas," Serences said.

Now that the planting season is underway, the club reminds neighbors that Miramar Landfill is an excellent source of compost. The price is right, especially if you need large amounts.

The Scripps-Mesa Garden Club meets on the Fourth Tuesday of the month at the Scripps Ranch Library Community Room. The March meeting starts at 5:45 p.m.

See **GARDEN CLUB**, Page 13



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Dental Health: What not to put in your mouth

It's true that enamel is one of the hardest substances in the human body, but that doesn't mean you should put just anything in your mouth. Your teeth were built to withstand years of wear. Still, you should be careful with what you've got. Dentists all over the country see patients every day for chipped teeth, cut gums, and other complications just because they decided to bite down on the wrong thing. To avoid a painful (and maybe costly) visit to the dentist, pay attention to these five things to not put in your mouth.

Lemons, Limes, or Grapefruit

The first one of this list might not seem obvious. Lemons, limes, and grapefruit are just fruits, right? How could they be bad for our teeth? While eating these fruits are not necessarily bad for our teeth, eating them in a certain way is. What's dangerous about any citrus is its acidity, which can wear away enamel and leave our teeth vulnerable. Eating these fruits quickly is mostly okay—unless you decide to brush directly af-



terward, which can damage your enamel even further—but leaving these fruits in our mouths for an extended period of time can be dangerous. Not only does acid wear away enamel, it can also promote gum disease.

Ice

So many of us love to chew ice. It's cool, easy to break, and makes a satisfying crunch sound. Just because it's enjoyable, however, doesn't mean it's a good idea. Ice is hard and teeth, especially teeth that have been weakened by tooth decay or cavities, are sometimes not. Plus, the cold can make your enamel more brittle. Every year, several patients schedule a dentist appointment because they've fractured

a tooth, or multiple teeth, when chewing ice.

Hard Objects

Much like with ice, hard objects such as pens, corn nuts, and seeds could lead to tooth fractures for teeth that have already sustained structural damage, but they could also worsen the symptoms of patients suffering from bite problems. Not to mention that these can also be a choking hazard, even for adults.

Other People's Toothbrushes

Sometimes, especially when you travel, you forget to bring your toothbrush. At this point, late at night, you may be tempted to just use your partner's toothbrush. However, you should resist this temptation. Toothbrushes

are full of bacteria, including those that can promote gum disease. Instead, you should put toothpaste onto your finger, and softly brush your finger around your teeth and gums. While not as effective as a toothbrush, the fluoride will do its job and help to prevent tooth decay.

Have You Damaged Your Teeth?

If you didn't follow the above advice and damaged your teeth, we can help. We offer emergency dentistry if you need it. We also offer solutions for all types of tooth damage, including veneers for chipped teeth, crowns for cracked teeth, and even dental implants to replace lost teeth.

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Welcome Club: exploring trails

By Denise Stewart

Welcome Club Trail Walkers follow a variety of paths throughout our community in pursuit of fresh air, exercise and friendship. Most weeks, when weather allows, the walkers gather on Tuesday, Thursday and Saturday mornings for jaunts along scenic trails that wind about Scripps Ranch.

In Late February, the Trail Walkers ambled under the trees and enjoyed a special spot along the way. The buzz around the community is that some local loving granddad created the rock sculptures in the photo to entertain his grand kids. The ladies of the Welcome Club, many of them grandparents themselves, took time to appreciate the creative effort of the rock art. At the very end of the month, Dorothy Mildice, Welcome Club co-president, led the walkers on the monthly off the ranch hike. While it was a little too early for the wild flower display among the hills, she said, the lush greenery afforded by the recent rain delighted the hikers. Some of the paths were a little muddy in spots, but no matter. Their boots were made for trail walking.

Dorothy is planning another walk for the last Thursday in March that likely will take in the beauty of the wildflowers in full bloom.

Welcome Club members gathered as usual for the See **WELCOME CLUB**, Page 13

WOMEN'S CLUB

Continued from Page 11

gagements."

In April, the Women's Club Book Club will be discussing "An American Marriage," by Tayari Jones. On April 7, the Women's Club is sponsoring a free afternoon concert at the Scripps Miramar Ranch Library with the Peter Sprague Jazz Duo. In addition to these events, the Women's Club offers a range of activities from bridge to bunco groups to enrichment outings.

If you are looking for ways to have a good time, to meet new friends and possibly to give back to your community, Scripps Ranch Women's Club can help you make those connections! To learn more about joining the Women's Club, contact Connie Curran at (858) 775-7703 or Denise Hampton at (858) 361-7118. More information on the Women's Club can be found at srwomensclub.org.

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WELCOME CLUB

Continued from Page 12



Welcome Club Trail Walkers recently viewed balancing stones and branches along a local trail. (courtesy photo)

monthly craft club, book talks, bunco, bridge and pitch games. The couples' bunco group also met for its bi-monthly game at the home of Karen and Pat Reilly. There was a tinge of green to the festivities since it was so close to the annual Fun To Be Irish Day.

At the end of March, the theater crowd of the Welcome Club will enjoy a small plate supper at Alan and Kathy Binks' home before attending the performance of "Return Engagements" at the Scripps Ranch Theatre.

The club's monthly general meeting is held at the Scripps Ranch Community Center at 7 in the evening of the second Monday. In March, Carole Banka, PhD., spoke to the group on the subject of women's psychological and physical health.

Coming on April 8 at the monthly meeting, the publishers of Scripps Ranch News, John and Jacqueline Gregory, will share some of their experiences in the local news business and how their community publication relates to the betterment of Scripps Ranch.

Women who are interested in being a part of a local and social club are invited to check out Welcome Club's website at scrippsranchnewelcomeclub.com. Contact numbers are there for those who would like to learn more about this group of friends, some of whom have been gathering together for 38 years.

GARDEN CLUB

Continued from Page 11

with a plant share and will move into a short business meeting before the bees presentation.

In April, due to Daylight Savings Time, the club's meeting will move back to a 6 p.m. start and venture outdoors on a tour of a member's garden. Residents who enjoy plants and time in their yard are invited to contact the club's president, Master Gardener Robert Gale: rgale1943@gmail.com.

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Sam Lee launches himself forward at the start of a race on March 8.



Emily Ekareb shows a wide wing span and good form during swim competition against Coronado High at Miramar College.



Fred Liu propels himself forward against Coronado High.



Gabriel Bernal skims along during March 8 competition.

SPRING SPORTS UNDERWAY

The spring season has begun for Scripps Ranch High School athletes. While the season is still young, there has already been plenty of action on land as well as in the water.

Photos by Ralph LoVuolo



Spensor Roos (left) and Harrison Rodgers prep for action during a 6-3 baseball victory against La Jolla Country Day on March 8.



The Scripps Ranch High women's lacrosse team has reason to celebrate as this season includes wins by wide margins such as this 21-2 victory against Granite Hills High on March 1. Other examples: 24-1 vs. Rancho Bernardo; 26-2 vs. Our Lady of Peace; 22-0 vs. El Camino.



Mackenzie Trinh makes a splash as she turns during a race against Coronado on March 8.



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UNDEFEATED CHAMPIONS!

The Scripps Ranch High School roller hockey team completed an incredible undefeated season by beating Rancho Bernardo High 9-6 to win the 2019 CIF Metro Conference Championship on March 4.

The game against Rancho Bernardo provided plenty of excitement. It was just what anyone would expect in a championship game. Both teams obviously wanted to win, but the Scripps Ranch players not only had the talent to win, but also the unbeatable will to bring about a hard-fought victory.

Rancho Bernardo was the first to score. But that didn't faze the Falcons. They kept focused and stuck to their game plan. At the end of the second period the game was tied 6-6.

Scripps Ranch owned the third period, not allowing Rancho Bernardo to score at all, with the game ending 9-6.

While an MVP was not named, Captain Cody Sherman was a standout with a hat trick and two assists. However, the credit can be given to the entire team that played well together and supported each other the entire season.

With an 18-0 season, the Falcons showed great chemistry between the players and coaches. Cody Sherman is the only senior

on the team, which means this chemistry is going to carry over into the next season.

*Photos by
Ralph LoVuolo*



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Local acro trio competes in Portugal

By Tawny McCray

Three local girls who perform as an acrobatic gymnastic trio just added another impressive feat to their resume – representing the USA Gymnastics National Team in an international competition in Portugal this month.

Thirteen-year-old Scripps Ranch resident Sydney Dorais and her teammates, 12-year-olds Audrey Alvarez and Maya Bajdarvanov, are the youngest members of the national team. They're also the first trio in the county to make it onto the national team.

The girls competed against 36 other trios from around the world in the 11 to 16 age group at the Maia International Acro Cup & World Cup in Maia, Portugal on March 6-11.

Unfortunately, they made an error on their balance routine which brought a big deduction, keeping them out of the finals. However, they did amazing, according to Sydney's mom Jennifer Dorais, who went with them on the trip. They just wanted



Audrey Alvarez, Maya Bajdarvanov and Sydney Dorais strike a pose in a plaza before the Maia International Acro Cup & World Cup in Maia, Portugal. (courtesy photo)

to do their best to make everyone proud and represent their country well, she added.

"The girls are having the time of their lives," Dorais wrote in an email from Portugal. "It is intense training preparing for competition,

but they are making friends with other gymnasts from all over the world. It is incredible to see them have this experience."

Dorais said this is only the second year the girls have

See **ACRO TRIO**, Page 17



Members of the USA Gymnastics National Team's acrobatic gymnastic trio are Maya Bajdarvanov, Sydney Dorais and Audrey Alvarez. (courtesy photo)



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PICTURE DAY

Young players posed for individual shots and team photos during Scripps Ranch Little League's Picture Day held March 10 at Jerabek Park. While the 2019 Scripps Ranch Little League regular season is underway, the league's Picture Day was a scaled-down version of Opening Day, which was not held this year due to soggy fields – a product of recent rain storms. (photo by Ralph LoVuolo)

ACRO TRIO

Continued from Page 16

been competing as a trio and last season they were state and regional champions. She said they took people by surprise when they made it onto the national team after tryouts in Missouri last December.

"The coach and all the parents agreed that it would be a good experience to go there and see what it would be like to compete among the best in the country," Dorais said. "None of us thought they would have any chance of making it because they are so young and have only been together for such a short time."

Acrobatic gymnastics pairs two or more athletes together to perform acrobatic moves, dance and tumbling set to music. It merged with USA Gymnastics in 2002. The sport consists of two routines – dynamic and balance – each of which is two-minutes long.

The trio trains five days a week for 3 to 4 hours per day at Flip Force San Diego gym in Miramar. They are coached by Patricia Nobre, who Dorais calls the hardest working coach she's ever seen.

"She writes up assignments specific for each group or pair every month, listens to music for routines, designs competition leotards, has 2 a.m. meetings with the people that hand make our competition leotards in Portugal, glues on extra gems for the leotards, and organizes all the competition schedules for our team," Dorais said. "She really loves what she does and she is very good at it."

The girls won first place in a recent competition in Riverside. Next up for them is a tournament in Las Vegas.

A close family friend of Dorais, Bill Ausen, who's known Sydney since she was born,

said seeing the girls perform live is quite impressive.

"It's really amazing when you see the things that they do – the strength, the balance, the agility, the flexibility," Ausen said. "And it's not just that, this is teaching the girls not only commitment but also teamwork. If one of them slacks off, they can't win. They're learning these life skills that are so important. They're trusting and relying on their team members to be where they are supposed to be."

Dorais said the trio's goal

is to keep their spot on the national team each year and eventually make it to the senior elite level to compete in the World Cup. Dorais said she hopes they inspire young athletes and are role models in the sport.

"You could not ask for a better group of girls," she said. "All three of them work so hard and give it their all at every practice. They are humble and gracious and appreciate everything they have earned. I am proud of them as incredible athletes and amazing young women."



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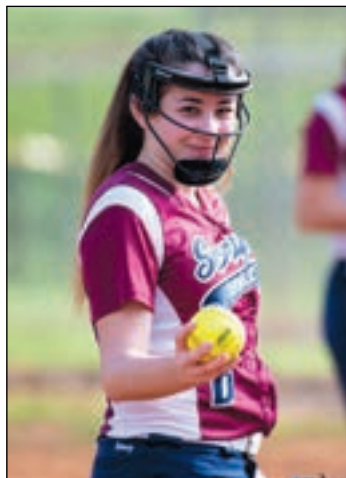


SOFTBALL

Continued from Page 1



Taylor Gray keeps her eye on the ball. (photo by Ralph LoVuolo)



Ashley Tong shows her enjoyment for the game. (photo by Ralph LoVuolo)



Catcher Julia Folkl chases a runner. (photo by Ralph LoVuolo)



Taylor Gray tracks the ball after a swing. (photo by Ralph LoVuolo)

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Softball: More than just a game

By Daniela Alvarez

Spring has arrived, and with that comes softball season. The Scripps Ranch Softball Association (SRSA) is ready to play and take on the tournaments and events to come.

SRSA is a non-profit youth softball organization and Junior Olympic program under the national governing body, USA Softball. While most players hail from Scripps Ranch, some reside in the surrounding areas of Tierrasanta, Mira Mesa and Rancho Peñasquitos.

In his seventh year as SRSA president, James Anderson is hopeful for what this year will bring to both returning and new players. The league is made up of six divisions consisting of approximately 300 girls, as well as adult volunteers that include parents – and coaches who were former college softball players.

“We’re a solid league and we always put the girls first,” Anderson said.

With its snack bar program – which allows girls to work – and its scholarship and umpire programs, all players have the opportunity to excel not only in the game, but in developing life skills and life lessons.

Anderson, whose youngest daughter is part of SRSA and two oldest daughters are former players, re-



alizes how important the role of a parent or coach is when it comes to uplifting their child.

“All parents and coaches have to sign a code of conduct to make sure they are supportive of the girls, respect them and make sure they make the environment welcoming and fun,” Anderson said.

This May marks the start of the SRSA annual All-Star Tournament. While Anderson said the team’s players consider themselves to be more of a recreational team, all teams under the All Star program qualified last year for State for the

first time. This year, Anderson hopes that players maintain the same level of passion and involvement.

“The girls definitely learn to support each other, and learn civic and community pride,” Anderson said.

SRSA boasts three areas of well-maintained facilities, and some of the nicest fields in the area, according to Anderson. The organization also offers an all-skills clinic, movie nights and scrimmages with the JV and varsity teams from Scripps Ranch High School, and support from the San Diego Padres.

“The Padres are one of our biggest supporters,” Anderson said. “They provide jerseys and socks, host the USA Softball night at Petco Park, and for our opening day, the Friar and Pad Squad come to support.”

As for the rest of the community, Anderson acknowledges the encouragement of those who make it possible for girls to enjoy the game.

“We have excellent community support and community sponsors,” he said. “We’re able to keep our fees relatively low and affordable because of the help and support from our sponsors.”

For this new season, Anderson and the rest of the SRSA team continue to remind themselves and the players: “It’s not about winning, it’s about learning the game,” Anderson said. To learn more, visit srsoftball.org.

SRHS wrestlers gain success

By Ken David

Scripps Ranch High School’s wrestling squad just wrapped up a season that saw the team improve in league matches and reach new individual heights both on the mat and in the classroom.

The Falcons finished third in league standings with a 3-2 record, climbing up a position over last year’s finish.

Chaz Hallmark (132-pound weight class) became the first SRHS wrestler since 2004 to win the CIF Masters Tournament, the top CIF wrestling tournament in the state.

A total of five Falcons wrestlers, plus one alternate, qualified for the CIF Masters by placing in the top seven of their weight class in the CIF Divisional match.

Both Chaz Mitchell and his brother and fellow SRHS wrestler, Mitchell (106), went undefeated in Western League dual meets, won the San Diego City Tournament and were unanimous All League selections.

Head coach John Kreitzer and assistant coaches Nick Fisher, Teddy Bristol and Justin Viramontes voted for the following individual honors among team members. Rookie of the Year, Ryu Pitts (113); Most Outstanding Wrestler, Chaz Hallmark; and Most Inspirational, Luke Bosworth (120). Additionally, Hallmark and Phanxico Hoang (152) were recognized for completing four years of SRHS wrestling.

The coach was also proud to point out that nine junior and senior grapplers were recognized by The San Diego Union-Tribune as scholar athletes for maintaining grade point averages above 3.0.

“We had a tremendous season and look forward to a bright future,” Kreitzer said.

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HOME SALES

Home sales in February edged up

Sales of previously owned homes improved county-wide in February from a slow January, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of REALTORS®. Single-family (detached) home sales rose in San Diego County more than 4 percent last month, while attached properties (condominiums and townhomes) experienced a healthy 14 percent increase in sales in February. Sales are down, however, compared to the same month last year. The median price of homes also edged up, if only slightly. Single-family home prices increased more than 2 percent month-over-month, landing at \$630,000. Condos and townhomes were up less than a percent from last month, and saw a 2 percent drop in the median price over February of last year, standing at \$415,000. A bright spot is the fact that the supply of homes on the market compared to a year ago has increased 20 percent.

Scripps Ranch home sales for February 2019

Single family homes sold: 16

Median price of single family homes sold: \$950,000

Attached homes sold (condominiums or townhomes): 10

Median price of attached homes sold: \$505,625

Insurance: Protect your castle

(StatePoint) Owning a home is the American dream, and the single biggest financial investment most will ever make. With the stakes so high, it's critical to have the right insurance.

While homeowners may start out with the right amount when they first purchase their home, over time their policy can become outdated. Why? One big reason is inflation.

"Labor and building material costs go up over time, which means that if your home were destroyed by a fire or natural disaster, for example, and you had to rebuild it in today's dollars, it would very likely cost much more," said Bob Buckel, vice president and product manager, Erie Insurance. "That's why we recommend that all homeowners get 'guaranteed replacement cost' coverage."

In addition to making sure your insurance keeps up with inflation, experts also recommend homeowners reach out to their insurance agent when:



Homeowners should contact their insurance agents for a review to make sure all possible risks are covered. (copyright GutesaMilos/stock. Adobe.com)

You remodel

Whether it's putting on an addition or finishing the basement, be sure the extra square footage and finishes are listed on your policy. Why? If something were to happen (think: fire, water damage, etc.), you'll want your insurance policy to provide enough funds for everything to be repaired or replaced.

You make changes to outdoor space

The addition of an in-ground pool or fence can add value to your home. There are also

liability concerns associated with certain equipment, such as a swimming pool or trampoline. Unfortunately, at least 148 children drowned in swimming pools last summer and many more were injured, according to the Consumer Product Safety Commission. You'll want to make sure you're properly covered in the event of an accident.

You install a security system

You may qualify for a discount on your insurance if you've recently installed a security system. One study by the Electronic Security Asso-

ciation (ESA) looked at the 10 largest insurance companies and found many offer worthwhile premium discounts.

You start a home business

Whether you have a side hustle or draw a full-time income from a home-based business, you may not have the right coverage in place. For example, if you're selling LuLaRoe clothing and there's a fire, your merchandise might not be covered since typical policies don't always cover home-based businesses. You'll most likely need an incidental business endorsement. Coverage from Erie Insurance could cost about \$30 to \$70 per year, for example.

You acquire valuables

Homeowners insurance covers your belongings, but generally only up to a certain dollar amount per item. So, if you acquire an expensive item, such as an engagement ring or a valuable artwork, you should talk to your insurance agent about adding special coverage. You may also need to provide a receipt or appraisal.

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Home updates that pay off

(StatePoint) Whether you are remodeling for a fresh take on an old style or contemplating a new build, there are choices you can make that will pay off. To add value to your project, consider these recommended tips from Stephen Quick of Stephen Alexander Homes, builder of the 2018 Coastal Virginia Magazine Idea House.

Lighting takes center stage in a home's design. "Consider your lighting needs at the start of the project. Wait too long and it can become expensive to move or add lights," Quick said.

When planning lighting basics, think of the design as a whole: choose your decorative lighting fixtures at the same time you choose recessed. A large fixture throws a lot of light, so keep adjacent recessed lights to a minimum.

Dimming capabilities are a must, and Quick recommends using "smart" dimmers like Hubbell's iDevice to customize the dimming range. The control offered by these dimmers means you can use larger statement lighting pieces with many bulbs to create amazing, but not overwhelming, spaces.

Quick tends to use lighting with a classic foundation, but loves to play with the eclectic. Adding a bold piece that is "whimsical" in an un-



When making home updates, think of those projects that will pay off the most. Let lighting take center stage in your home's design. (StatePoint)

expected area offers a surprising focal point, he says.

"We've relied on Progress Lighting for 20 years," Quick said. "Especially in the past few years, as they've taken giant leaps in design."

Stephen Alexander Homes incorporate "lifestyle focus" open floor plans as their signature look. Now, they are pioneering a new trend in home culinary spaces. Pantries are re-imagined to not only be practical, but a spot to display the homeowner's hobbies and interests. Think useful collectibles like olive oils, wine or beer. Lighting this room properly is a must, as the light needs to be functional, yet have an

added element of drama to showcase the hobby.

Consider engaging an interior designer. Even with a smaller remodel budget, hiring an expert who knows which brands give you the most bang for your buck is worth their fee.

Paint is one of the biggest design tools at your disposal. "A new coat of paint sets the tone for everything. Choosing the perfect colors can be hard, but paint companies are on target with the latest trends within the color spectrum, adding colors that hit the mark to give your spaces a fresh look," Quick said.

For design ideas, visit progresslighting.com/styles.



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A style statement in every room

(StatePoint) Want to elevate your home décor this year? Make a statement in every room, even the most neglected spaces. These ideas from the design experts at Hunter Fan Company will add comfort and beauty to your home.

The game room: Game rooms are often the most aesthetically neglected rooms of the home. New pillow covers for the couch and an added cowhide rug can provide a refreshing update to this room. Consider adding an accent wall in a bold color and replacing those outdated band posters for a grown-up look.

The garage: The garage is usually the first interior space encountered after a long day. It's also often the dumping ground for old tools, children's toys and other items. Built-in storage can help with organization, and adding a layer of colored floor protectant will make your garage seem more polished and presentable.

If you use the garage as a workshop, the introduction of a cool breeze can revitalize strenuous home projects and ensure proper ventilation. Check out ceiling fan de-



For greater comfort, health and use of your home, consider incorporating beautiful and easy interior design elements into every room. (Loki indoor ceiling fan)

sign options that can stand up to the elements, such as the Brunswick or Cedar Key from Hunter Fan Company.

The home gym: Having a beautiful, enjoyable space while working toward your goals can make all the difference. Get a better workout by updating your home gym with new mats, colorful dumbbells and a brand-new sound system. Avoid over-

heating with the latest smart tech, such as the SIMPLE-connect Symphony, a fan that can be controlled from your mobile device or an automated virtual assistant, such as Siri, Google or Alexa.

The laundry room: While this space is one of the most used on a weekly basis, it's often forgotten in terms of décor. Simple touches, like matching laundry bins, wall art and coordinated shelving can change the ambiance. Many laundry rooms tend to be cramped and get steamy easily. Adding a circulating element, like a ceiling fan, can remedy this woe and make chores more pleasant. Smaller options like the Loki from Hunter Fan Company come in options as small as 36 inches and can seamlessly coordinate with your updated space.

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Upgrade your home with new tech

(StatePoint) New technology has the power to make your home safer, more comfortable and better suited to your family's needs. So, if you're planning to make some home updates, consider these ideas for incorporating the latest technologies.

1. Smart lock. Give your neighborhood watch group a deserved break and consider investing in smart lock technology. You'll be able to control your home's entry points from anywhere through a compatible app, which will also notify you of possible break-ins and tampering. Whether you have guests staying at your place and need to let them in before you get home, or you forgot to lock your front door before leaving the house, a smart lock can offer convenience and peace of mind.

2. Greater climate control. Heading to the airport but forgot to adjust your thermostat? Want your home to be a comfortable temperature when you arrive home from work? Next-generation, smart thermostats offer you the ability to get a better handle on climate control while potentially lowering your utility bills.

3. Full sound. No matter the size of your home, you can create the ambiance of a concert hall with the latest technology. Even the slimmest electronic pianos today have the potential to retain a sophisticated keyboard touch and authentic



Technology can make your home safer and improve the mood with upgraded entertainment capabilities. (StatePoint)

timbre of a grand piano. For example, the new design of the Casio Privia PX-S1000 keyboard reproduces the individual response characteristics of each of the 88 keys on a grand piano and its Bluetooth audio playback feature allows you to connect to your device and play along with your favorite songs.

4. The right light. You can set the right mood for the right occasion in every room of your house by creating programmed scenarios through a smart lighting system. A smart lighting app can also improve home

security, making your home looked lived in while you are away.

5. Beefed up entertainment. You can go beyond a standard home theater and gaming area with the installation of a projector that offers a great quality picture, long lasting-brightness and a fully connectable interface. The SLIM Series of LampFree Projectors from Casio, for example, require little to no setup time and provide projection at maximum brightness in as few as five seconds, for a truly immersive home theater experience.



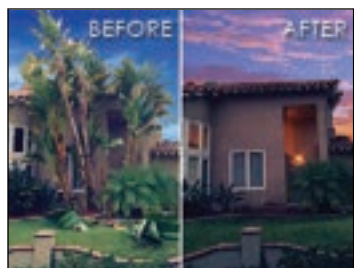
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Featured Home



Santaluz

7670 Illuminado
 4 Bed | 4.5 Bath | 4,594 Sq Ft
 Offered at \$3,450,000

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 mountain & hills, enjoy outdoor living with salt water pool/spa with vanishing edge, outdoor kitchen/covered patio w/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.

"Johnny & Steve were fantastic. They made the process as simple as possible in a very competitive market. Where they really came through was during the negotiation process, which is the most important part. They took the time to walk through all the details and had our best interests in mind. I felt comfortable and really trust their knowledge and expertise. They also sold our condo, and it was the fastest and smoothest transaction, couldn't have asked for better. We are so happy in our home but if we ever move we won't hesitate to pick up the phone and call Johnny and Steve."

— J. Gant

Additional Listings



In Escrow

San Diego

4991 Rancho Del Mar Trail
 Asking \$6,995,000 – \$7,695,000
 7 Bed | 7 Full Bath | 2 Half Bath | 12,100 Sq Ft



In Escrow

San Diego

10350 Rue Mont Grenoble
 Asking \$1,499,000
 4 Bed | 1 Office | 4.5 Bath | 4,073 Sq Ft



In Escrow

Solana Beach

1112 Santa Madera Court
 Asking \$1,575,000
 4 Bed | 2.5 Bath | 2,150 Sq Ft

With over 42 years of experience, call today for your free home analysis.



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