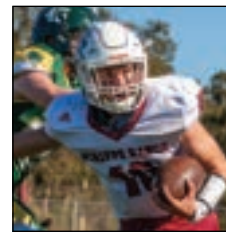




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SCRIPPS RANCH NEWS



Volume 1 Issue 11 • October 2018

www.ScrippsRanchNews.com



As part of the SRHS annual senior parking space fundraiser, students showcased their creativity and individuality through unique, colorful designs. (photo by Cynthia Kurose)

School tradition Students show off creativity

By Cynthia Kurose

More than 100 seniors at Scripps Ranch High School (SRHS) gathered in the school's front parking lot over the course of three days this month to take part in a long-standing school tradition. Each fall, designated parking spots are auctioned off to the highest bidders in a school fundraiser, offering seniors an opportunity to purchase, personalize and maintain ownership over their very own parking space for the duration of the school year.

While all SRHS students with a parking permit are allowed to park on campus, these dedicated spaces are a privilege reserved exclusively for the senior class. In addition to being a guaranteed, consistent parking spot every school day, these spaces also allow students an opportunity to showcase their creativity and demonstrate their individuality.

Designated painting days were held after school on Oct. 8 and 10, as well as the morning of Saturday, Oct. 13. During these specified times, students who pur-

See **TRADITION**, Page 9



THE SCRIPPS RANCH FARMER'S MARKET
WILL BE CLOSING SOON, BUT NOT BEFORE

ONE LAST HURRAH!

One final Trick or Treat Day is set for Oct. 27

By John Gregory

"Don't it always seem to go that you don't know that you've got 'til it's gone ..."

These lyrics from the song "Big Yellow Taxi," made famous by folk singer Joni Mitchell, could not be more descriptive or appropriate for the feeling of loss descending upon Scripps Ranch this week: The Scripps Ranch Farmer's Market is going to close permanently after Saturday, Oct. 27.

The Farmer's Market has been the only public event held in Scripps Ranch on a weekly basis for the past 17

years. But in the true spirit of Farmer's Market founder and manager Beverly Cassity, it won't close before it has one more special day for kids and families – a Trick or Treat Day on Saturday, Oct. 27.

Held every Saturday, the Farmer's Market has been a longtime fixture in Scripps Ranch, but it will cease to exist after Saturday's event. Beverly Cassity was forced to seek a new location for the weekly event because the San Diego Unified School District board voted to redevelop the property where the market was being held at 10380 Spring

Canyon Road, in the Innovations Academy parking lot. The school is also being forced to find a new location next year.

The development project, named the Scripps Mesa Joint Occupancy Project, involves construction of a mixed-use facility, including a 264-unit apartment complex.

The market will close because a new location could not be located, although Cassity spent about two years attempting to find an appropriate space. Three possible locations were being pursued: a lot at Scripps

See **FARMER'S MARKET**, Page 2

Teacher earns Music Specialist Award

The Southern Border Section (San Diego and Imperial Counties) of the California Music Educators' Association (CMEA-SBS) has honored Cameron Brown, Instrumental Music Program director at Marshall Middle School, with the Music Specialist Award. Additionally, CMEA-SBS nominated Brown for the state equivalent of the award, which will be decided and awarded in November.

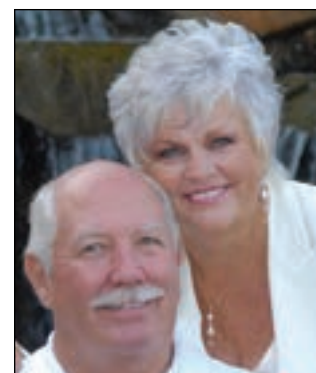


Cameron Brown

"I feel wonderfully honored to receive this award, and I attribute much of the success of the Marshall Middle School Instrumental Music program to the community of Scripps Ranch," Brown said. "This community has strongly supported music in its schools for decades, and because of that, I am able to challenge my students to achieve excellence."



The Scripps Ranch Farmer's Market is known for its fresh produce.



Mike and Beverly Cassity



The Farmer's Market features an array of delectable cuisine.

Becky's Gift drive will begin soon

The ninth annual Becky's Gift project will begin collecting items beginning Nov. 1 and this year the goal is to collect 1,000 toys.

Becky's Gift has helped make a difference for certain families each holiday season for nine years in a row. This year, those working on the project will deliver toys to The Oncology Associates of San Diego, UCSD Moores Cancer Center, and South County Hematology Oncology. Becky's Gift will give families affected by cancer the chance to choose a gift for their loved ones during the holidays while undergoing treatment.

This is an emotionally, physically and financially difficult process for families during the holiday season. Becky's Gift helps relieve this burden. The project helps by collecting toys, so cancer patients can choose one for their child or children at their treatment center. The cancer patient can focus on their treatment and getting healthy, and



Helping families affected by Cancer

not have to worry about the shopping and financial pressures of the season. Those volunteering for Becky's Gift want the patients to know that their child will have a gift during the holidays.

Anyone is welcome to donate an unwrapped, brand new toy for children between the ages of 0-16, or donate a gift card, host a toy drive event, or to have a toy collection box at their business. Contact Christie Jackson, christie@jacksonlane.com or Becky Walton, beckywalton@san.rr.com.

Those wishing to donate toys can drop them at Scripps Rock Dental, 12112 Scripps Summit Drive, Suite C, or St. Gregory the Great Catholic School, 15315 Stonebridge Parkway.

For more information, visit www.facebook.com/Beckys-Gift.

FARMER'S MARKET

Continued from Page 1

Ranch High School, a space at the local YMCA and a space at Miramar College. Unfortunately, none of those avenues panned out and all attempts have been exhausted.

The Farmer's Market, billed as a weekly family festival, allowed visitors the opportunity to eat breakfast or lunch from a tasty selection of food vendors, browse among the many booths, purchase a supply of fresh produce, listen to live music, visit with friends and discover something new and surprising each week. Indeed, the many vendors with booths at the market provided a wide array of unique items such as handmade furniture, pet treats, clothing, jewelry, cosmetics, homemade pastries, specialty soaps and cooking items.

The market was a thriving bastion of new, up-and-coming entrepreneurs who could experiment with their products. It was also a place where other vendors could simply share their goods with the public and make a few extra dollars. It wasn't long ago that the market was drawing about 60 ven-



The Scripps Ranch Farmer's Market will hold its final Trick or Treat Day on Saturday, Oct. 27.

dors or more. It was a once-a-week cradle of commerce in Scripps Ranch.

Some amazing items were offered at the market over the years, including a variety of excellent, and sometimes exotic, cuisine. More than anything else, the Scripps Ranch Farmer's Market was a friendly destination where neighbors could meet, and residents could make new friends.

Beverly Cassity has run the market all these years with the help of her husband, Mike Cassity. Marjorie La Beach is the assistant manager.

The Cassitys partnered with Ellen Browning Scripps

Elementary School (EBS) and have run the local Farmer's Market as an on-going fundraising project for the school, donating a large percentage of the weekly profits to EBS.

Mike and Beverly are retirees, but they operated the Farmer's Market because they had too much energy to sit around all day, according to Beverly.

"Mike and I are convinced that with every door that closes, a new door of opportunity will open," Beverly said. "As we go into the last part of our lives, we enter it with lots of excitement knowing there are good things on the horizon."

While Beverly Cassity is understandably unhappy about the upcoming closing of the market, she remains upbeat, stating that everything happens for a reason.

"Thank you, Scripps Ranch, for 17 years of support and love," she said. "It's been a great ride."

She is encouraging the public to attend the final day at the market to support the vendors.

"Please contact your family, friends, neighbors and bring your kids in their costumes to enjoy a family day at the market," Beverly said. "Let's give our vendors the best send-off ever."

The Scripps Ranch Farmer's Market will be open for its final day from 9:30 a.m. to 2 p.m. on Saturday, Oct. 27, featuring its annual Trick or Treat Day for children and families. This last event is sure to be one of the largest of the year in Scripps Ranch as residents will have the chance to say goodbye and shop one more time at the market.

Visitors are encouraged to dress in costume and kids should bring a bag to hold the treats they will receive from the many vendors. Several fun activities will be available to keep the children happy all day.

Learn more about Trick or Treat Day on page 11.



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CALIFORNIA STATE ASSEMBLY DISTRICT 77

Maienschein seeks re-election

By Ken David

Republican Brian Maienschein is the incumbent 77th District California Assembly member running for re-election Nov. 6.

A San Diego resident who grew up in the district, Maienschein has represented the 77th since first being elected to the seat in 2012.



Brian Maienschein

His legislative accomplishments include authoring new laws to make it easier for veterans to attain military documents, and to provide professional licenses to out-of-state military spouses stationed in California. He co-authored the Veterans Housing and Homeless Prevention Act of 2014 and authored other measures aimed at helping veterans and the homeless. Maienschein has also authored laws requiring caregivers at the Department of Social Services to undergo extensive criminal background checks, increasing

sentencing for assaults on disabled victims and doubling the sentence for the exploitation of minors.

Maienschein serves on 21 legislative committees in the Assembly, including those handling issues relating to biotechnology, health, homelessness, housing affordability for the middle and working class, local emergency preparedness, STEAM education, and workforce development and diversity in the innovation economy.

Before being elected as an assembly member, Maienschein was a member of the San Diego City Council from 2000 to 2008, during which time he served as the city's first commissioner on homelessness.

Maienschein is credited during his years on the Council with leading the response and rebuilding of two communities after the 2003 Cedar and 2007 Witch

See MAIENSCHIN, Page 4

A local runs for Assembly

By Laura Hogan

A Scripps Ranch local is hoping to leverage her breadth of experiences to bring a values-based voice to Sacramento.

Sunday Gover is a mom, a business woman, a cancer survivor and the Democratic candidate for the State Assembly's 77th District. Enticed by the welcoming community and the great schools, Gover raised her four children in Scripps Ranch and has lived here for nearly 20 years.

She decided to run for State Assembly after delving into the nuts and bolts of who represents her voice in politics after the 2016 election. She is running against Republican incumbent Brian Maienschein.

"I was reviewing Brian Maienschein's voting record, and I did not feel that his votes were in alignment with my values. ... I felt that our district could be



Sunday Gover

better represented by someone who didn't have such extreme views on some topics," Gover said.

Topping the list of decisions that concerned Gover was Maienschein's vote to allow insurance companies to deny individuals with preexisting conditions coverage, Gover said. She also strongly disagreed with his stance on environmental issues and gun laws.

"His votes on guns were really alarming to me. He has an 'A' rating with the NRA, which means a few things: he opposed the assault weapons ban, he opposed outlawing bump stocks and he wanted to have concealed weapons on school campuses," Gover said.

These votes, coupled with his support of fracking and opposition to legislation intended to reduce greenhouse gas emissions, constituted a pattern Gover found

See GOVER, Page 4

NEWS



Vote on Nov. 6

Election Day for mid-terms, propositions and the California gubernatorial General Election will be on Tuesday, Nov. 6. Polls will be open that day from 7 a.m. to 8 p.m. Visit sdvote.com to find your polling location.

The last day to register to vote in this election was Oct. 22. Oct. 30 is the last day county elections officials will accept any registered voter's application for a vote-by-mail ballot. Those voting by mail should be aware that there is a Card A and Card B this time. Fill in both and return both. Those voting by mail must mail their ballot in time for it to arrive at the San Diego County Registrar of Voters by Nov. 6. Voters wishing to drop off mail ballots in person may do so at the Scripps Miramar Ranch Library at 10301 Scripps Lake Drive from Oct. 29 through Nov. 6. Drop off hours on Nov. 6 are 7 a.m.-8 p.m.

Turn clocks back

Residents should turn their clocks back one hour when they retire for bed on Saturday, Nov. 3. Daylight Savings Time ends this year at 2 a.m. on Sunday, Nov. 4 when time will be turned backward one hour to become 1 a.m. local time. Daylight Savings Time will go back into effect March 10, 2019.

Veteran's Day haircut

All veterans of the U.S. military are eligible to receive a free haircut on Veteran's Day, Nov. 11, at Great Clips, 9980 Scripps Ranch Blvd.

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Martin selected as top leadership coach

Kathryn R. Martin, an organizational and leadership coach, was selected as Top Leadership Coach of the Year by the International Association of Top Professionals (IAOTP) for her outstanding leadership and commitment to the industry.

Martin coaches non-profit boards, founders and executives to create empowered momentum and leverage moments of change into opportunities for growth, revenue-generation, engagement and meaningful success.

She has consulted with more than 150 arts and

culture organizations, and has supervised, trained and coached professional Interim leaders placed in organizations across the United States. Additionally, she has led nine arts and culture organizations through transition as a professional interim executive director – most recently serving as interim executive director of the Santa Barbara Symphony, interim president and CEO of the Sharon Lynne Wilson Center for the Arts in Milwaukee, and executive director of the Linda Pace Foundation in San Antonio.

MAIENSCHIEIN

Continued from Page 3

Creek fires, heading the effort to complete State Route 56, and preserving more than 10,000 acres from development in the San Pasqual Valley.

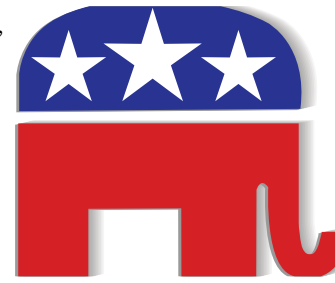
Prior to his career in elected office, Maienschein was the executive director of Youth Court, described on his re-election website as “an innovative program that has forged a partnership between law enforcement, schools and community groups to get first-time juvenile offenders back on track.” Maienschein received the District Attorney’s Crime Victims’ Rights Award for his work on the program. From 2009 to 2012, he served as a commissioner on the United Way of San Diego’s Plan to End Chronic Homelessness.

Other awards Maienschein has earned include being named a Tech Champion by TechAmerica, Legislator of the Year by the California Small Business Association, and receiving the Humane Hero Compassion Award from the San Diego Humane Society and the Assembly Advocate Award from Easter Seals.

In addition to his work

in the assembly, Maienschein also teaches a course on Election Law at the University of San Diego Law School.

Maienschein earned a bachelor of arts in communications degree from the University of California, Santa Barbara, and a juris doctorate from California Western School of Law.



Numerous attempts to reach Brian Maienschein to arrange an interview for this article were unsuccessful.

Information for this article was gathered from Maienschein’s re-election website, his Assembly webpage, votesmart.org, LinkedIn and media reports.

GOVER

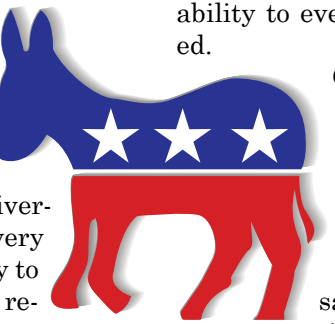
Continued from Page 3

disturbing, she said.

Gover intends to focus on health care and education as her priorities.

“I believe in investing in early childhood education,” she said. “I believe that having universal pre-K gives every student the ability to be ready to learn regardless of the communities they come from. I think education is the great equalizer, and we owe that to all students throughout San Diego and throughout the State of California.”

For changes to health care, Gover wants to pro-



tect and expand coverage. She feels strongly that insurance companies not be allowed to deny coverage and plans to work toward providing access and affordability to everyone, if elected.

Gover characterized the current political environment as painful and extremely polarized. She said she worries with the infighting and party politics, that the current representatives are not working together to get things done for their constituents.

“I think that the way to push past this is to get new people in office,” Gover said. “One of the things I think is really powerful in bringing fresh blood and fresh ideas into the political system is that I don’t owe anyone anything. I don’t have any relationships with lobbyists, I don’t take money from big corporations. I think that’s very freeing and allows me to go in and vote my values.”

Gover believes the more candidates elected that are not part of the current political fray, the better voters will feel about the direction the country is headed. She also wants voters to know she has experienced many of the challenges facing local residents.

“I have four kids and spend a lot of time in the public schools. I’m a soccer coach and a volunteer art teacher. I run a small business in real estate here in Scripps Ranch. I have the struggles of the small business owner,” she said. “I know what it’s like to maintain a payroll and balance the budget, and bring that money home and make it work for a family of six. I deal with the high costs of health care. I worry about my children’s safety. I’m taking those struggles and those values and the ideas about how to better our everyday lives to Sacramento.”

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– Yanni

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Robotics program teaches life skills

By Cynthia Kurose

Students from multiple schools across Scripps Ranch and surrounding communities are learning valuable life skills outside of the classroom through a robotics program that fosters self-confidence, communication and leadership.

For Inspiration and Recognition of Science and Technology (FIRST) is a non-profit organization that was founded in 1989 and has since gained worldwide recognition. While it is rooted in science, technology, engineering and mathematics (STEM) principles, Dean Kamen, the organization's founder, explained that the organization's programs are more comprehensive in terms of the lessons students learn.

"FIRST is more than robots. The robots are a vehicle for students to learn important life skills. Kids often come in not knowing what to expect – of the program nor of themselves. They leave ... with a vision, with confidence and with a sense that they can create their own future," according



Team "Inspiration" is an award-winning FIRST Tech Challenge robotics team comprised of students from eight local-area middle schools and high schools. (photo by Cynthia Kurose)

to the FIRST website.

The organization has four levels of robotics programs, separated by both age and skill level. FIRST LEGO League Junior is designed to capture the curiosity of children in grades kindergarten through fourth grade, with motorized LEGO elements used as the primary robot construction material.

FIRST LEGO League (FLL) also utilizes LEGOs for robot building and caters to students in grades four through eight.

At the FLL level, teams have three primary focus areas: robot, which involves construction of a LEGO robot for competition; project, in which team members re-

search a real-world problem then develop a solution to be presented before judges; and core values, which include discovery, innovation, impact, inclusion, teamwork and fun.

Evan Edmonds is a fifth grader from Scripps Ranch who is part of an FLL team at The Cambridge School.

"I thought it might be fun
See **ROBOTICS**, Page 6

QUALITY SCHOOLS

EBS earns Quality Schools Award

Ellen Browning Scripps Elementary (EBS) School won a Quality Schools in Every Neighborhood (QSiEN) award from the San Diego County Board of Education.

The QSiEN awards recognize schools for going above and beyond accomplishing specific goals from the district's Local Control and Accountability Plan (LCAP). The award for EBS recognized the school's achievement under LCAP Goal 5: Family and Community Engagement. EBS was one of 13 schools recognized this year.

Principal Liz Sloan noted that the award is a result of the great local support the school enjoys.

"We have a really high percentage of parent participation," Sloan said. "Our parents run our fine artist program, the character education program, they fund our computer lab and our makerspace, and community volunteers participate in our Every-one a Reader program. There's a lot going on at the school that is made possible by the great participation we get from our parents and the community."

Fall Concert at Marshall

The Marshall Middle School Fall Concert will be held at 7 p.m. on Oct. 25. Call time will be at 6:30 p.m. Advanced Band and Orchestra will be performing together for part of the concert. Intermediate levels will not be performing.

Join Us For Some Free Halloween Fun!

**Saturday, October 27
1-4 p.m.**

Free Treats!

Free treats for all children, ages 12 and under, dressed in costume and accompanied by an adult. Sign in at the registration table, located in the Gazebo area by Starbucks and receive a free treat bag. Then head for the stores with the bright orange pumpkins in their windows for free treats.

Free Train Ride!

Children and adults are invited to enjoy a free ride on the Halloween Express Train.



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ROBOTICS

Continued from Page 5

because of the research you get to do in project,” he said when describing why he first decided to join. “The core values could help me in anything [in life], and the robot could help me learn engineering for when I get older for a job.”

FIRST Tech Challenge (FTC) is geared toward students in grades seven through 12, utilizes industrial building materials, and involves programming and more advanced processes. The most advanced group, FIRST Robotics Competition (FRC), is open only to high school students in grades nine through twelve.

Alex Szeto is a Scripps Ranch resident and is the FTC coach for the multiple award-winning team “Inspiration,” which is comprised of students from Marshall Middle School, Black Mountain Middle School, Scripps Ranch High School, Rancho Bernardo High School, Torrey Pines High School, Del Norte High School, The Cambridge School, and Design 39 Campus. Among the team members are his twin tenth graders, Colin and Mabel.

Colin Szeto first expressed interest in the program af-

ter attending an FLL open house in second grade.

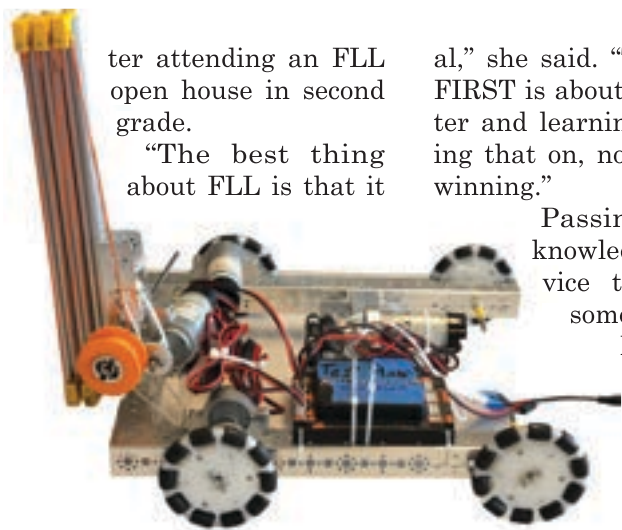
“The best thing about FLL is that it

al,” she said. “The focus of FIRST is about getting better and learning and passing that on, not just about winning.”

Passing on their knowledge in service to others is something that Mabel, Colin and many of their peers have dedicated countless hours to through volunteer mentoring.

“My team teaches every week, 52 weeks a year,” Alex Szeto said. Whether hosting an open house, teaching a robotics summer camp, delivering a presentation at a local college or science museum, or virtually mentoring a FIRST robotics team in West Africa through 6 a.m. video conference calls, these students are committed to upholding the values imparted by the FIRST organization. Colin Szeto finds mutual benefit in having the opportunity to give back.

“It changes lives,” he said. For more information about FIRST and its programs, visit firstinspires.org.



A robot on display during an open house hosted by team “Inspiration” in Scripps Ranch on Aug. 26. (photo by Cynthia Kurose)

uses LEGOs as a basis for teaching,” he said.

Colin’s sister, Mabel, joined the program the following year. Although she acknowledged having had a preference for art over science at the time, she also found the LEGO aspect appealing.

Mabel and Colin agreed that the values that FIRST teaches are what have kept them interested in and passionate about the program for the last eight years, even after advancing to the FTC level, which does not use LEGOs for robot construction.

“The core values are about being a good person, being a good teammate, being respectful toward others and being a gracious profession-

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GRAND OPENING

October 29, 2018



Visit the Boo-Bash

Families are encouraged to attend a fun-filled evening full of good food, music, dancing, contests and more at this year's Dingeman Elementary School Boo-Bash fundraiser from 5:30 to 8 p.m. on Friday, Oct. 26 at the school campus, 11840 Scripps Creek Drive.

There will be a bake sale, food trucks, a live DJ, a fire truck and many more fun things to enjoy. Those attending are encouraged to wear their favorite costume.

Dingeman students who have entered the contest will be competing to win a prize for the best pumpkin carving, as well as for the most creative trunk decorations for the Trunk or Treat

area of the event.

Halloween Parade

The season would not be complete without one more event: Dingeman Elementary will continue the Halloween Parade tradition again this year. The parade will take place on Halloween, Oct. 31. Classes will meet on the white top just after school begins at 8:45 a.m. Students are welcome to wear their costumes for the parade and will be asked to remove costumes after the parade.

Students are permitted to parade with or without a costume. Masks can be worn during the parade only. Masks cannot be worn as students arrive to or depart from school.



Enjoy the EBS Fall Festival

Ellen Browning Scripps Elementary (EBS) School's Fall Festival will take place on the school grounds from 5:30 to 8:30 p.m. on Friday, Oct. 26.

Organized by the EBS Academic Fundraising Partnership, this annual family-friendly event is free to attend but raises money for the school through a silent auction, food sales and games. Funds generated by the event are used to pay for vital resources and services affected by budget cuts over the last few years.

Activities at the Festival include a pumpkin decorating contest, a bake sale, costume parade, face painting, and a cakewalk. Food vendors will feature Mexican, barbecue, burgers, Jamaican and Filipino flavors.

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SRHS HOMECOMING 2018



HOMECOMING FESTIVITIES

Scripps Ranch High School's Homecoming football game brought a packed house to the campus Oct. 5. A tailgate party for students was held in the quad. The marching band, varsity cheer squad and football team marched through the event to roaring applause from hundreds of students shortly before the game. Varsity cheerleaders were honored at the game as they ran out of the tunnel usually reserved for the football players. The band performed and Homecoming royalty were presented at half-time in front of an enthusiastic crowd dressed in white.



Photos by Ralph LoVuolo



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TRADITION

Continued from Page 1

chased a space were invited to bring their own materials and any desired helpers to paint and personalize their spots, while enjoying a festive atmosphere.

Grady Dok is vice president of the Associated Student Body (ASB) senior class, the student group responsible for the fundraising activity.

“We supply music and a good time, and everyone has fun with their friends,” he said.

Indeed, on those designated painting days, the school parking lot was abuzz with energetic teenagers, happily hard at work painting their spaces – some solo and singularly-focused on the task-at-hand; others laughing with friends as they discussed their designs; and still others making it a family affair, with parents joining the project.

Alexis LoVuolo worked with her mother on painting a geometric design that featured the letter “A” in the center.

“My mom and I are like best friends so we always do everything together,” she said.

Meanwhile, Nancie Helder, a senior at SRHS who has long had a passion and talent for art, took the project on as a solo artist. Helder explained that she had never before painted on such a large surface so it did present some challenges, but she was excited to be participating in the activity.

“When I found out about [this activity] ... I got excited that I could personalize a spot, make it mine and leave my mark for the year,” she said.

While perhaps helpful, artistic ability is not a requirement for participation, according to Amber Almond, senior class secretary.

“It’s still fun to come out and paint and make your spot look as good as possible,” she said.

Parking spaces were made available for purchase through an auction that was held on campus during lunch on Sept. 20-21, with a re-auction for unclaimed spaces held on Sept. 24. Interested students were required to sign up in advance to participate in the optional activity, and only those registered were admitted to the function. Bidding for each space started at \$40, with a minimum increment of \$5 required to outbid the previous bidder. LoVuolo reported that the most expensive spot this year sold for



Parent Gina Lane (left) helps daughter Juliana paint her senior parking space at the high school. (photo by Cynthia Kurose)

around \$400.

According to ASB advisor Lauren Ruiz, the median price of the 111 spots auctioned this year ranged between \$150 and \$300.

Alexandra Kotsos, senior class president, explained that the spaces that generally command a higher selling price are those that are in the shade and located nearest the exit.

“The funds we raise ... go toward multiple senior activities throughout the year,” Kotsos said. “We want to have fun things for the seniors to do throughout the year such as senior sunrise, prom, graduation gifts and more.”

For many whose bids ap-

proached the higher end of the range, knowing that the funds would benefit the senior class helped make it feel more worthwhile. Gina Lane is a parent whose daughter, Juliana, purchased a space.

“It’s hard to justify spending a lot of money on a parking spot unless you know it’s going back to the students and they will get the value in return,” she said.

For some, that value goes well beyond the funds raised for the senior class.

“It gives students a sense of school spirit and camaraderie,” Lane said.

Likewise, for Helder: “I’m doing what I enjoy,” she said.

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Makerspace helps students explore

By Ken David

Ellen Browning Scripps (EBS) Elementary has opened a new "makerspace" on its campus, and the new room will play a key role in helping young students build science, technology, engineering and math (STEM) skills for the 21st century.

A makerspace is commonly described as a collaborative workspace for making, learning and exploring. The maker space at EBS includes 3-D printers, Sprout computers (a specialized computer useful in design that allows for drawing and scanning), and Lil'Bot robots. Equipping the makerspace was made possible by support from the community and the EBS Academic Fundraising Partnership, according to EBS Elementary Principal Liz Sloan.

"Everything that's in there was either donated or privately funded, and most of the private funding was through our school foundation," she said.

Third grade teachers who regularly teach science have added work in the space as one of the science components being taught this year, Sloan explained. Students have already started on their first project: building a computer.

Specifically, third grade students working in teams of two will build a Piper computer, which is a fully functional computer, yet

much simpler than a Mac or a PC. The Piper computers use the Raspberry Pi version of Minecraft as its programming language, so the screen and language has the look of the popular Minecraft game to it, which appeals to kids, Sloan noted.

"They have to construct the computers based on a blueprint which has no words," she said. "So first, students construct the computer, and then they have to program it. When they're done, they take it all apart again, and it can be used by another group of students."

The principal noted that rapid changes in technology mean that in 10 years, there will probably be jobs most have never heard of today. But what is known is that the way things are going, those jobs will require a wide range of skills, including the technical.

"What we're trying to teach students are the skills we think will be necessary for those jobs and that includes complex problem-solving skills, being able to think outside the box, working together as a team," Sloan said. "And, of course, we want them to develop perseverance so if the first plan doesn't work, they can come up with another plan. Those are the kinds of things we're trying to teach in the makerspace in general, and the Piper computers build on those skills and also on their coding skills as well."

Out in a blaze of glory

Marshall Middle School students in advanced art classes were shocked to hear in late September that two of their classes were being dropped. A few days later, the administration released a letter stating that Advanced Art and Art 7/8 were being cut due to low overall school enrollment. Projected enrollment was 1,510 but actual enrollment was 1,491 students. A mere difference of 19 students cost art students their classes.

Students in the classes affected were notified they would have until Oct. 5 to select new electives from a list of 10 classes, most unrelated to art.

"It is disappointing and sad that we are still in a situation where we know the importance of art and electives, yet they continue to be the first things to be cut," said art teacher Laura McDonald. "One of my students stated, 'I thought this only happened in the movies!' ... I feel that as tax payers, parents and advocates, we need to voice our support for art programs within our district. For many of our students, it is their only



An eighth grade advanced art student created this poster in support of Ms. McDonald after hearing art class was cut.

outlet."

Enraged parents who found their children lost their art classes lit up local social media pages earlier this month. McDonald said her students wanted to start a petition and they wrote letters to the principal. One student told McDonald that she sent \$200 and a letter to the school district, attempting to save the classes.

"Most of us in the Advanced Art class are sad and mad because we really look forward to this class, and Mrs. McDonald is our

favorite teacher," said Tyson Dougherty, one of the students affected. "Art has been our focus ... and we are mad because now we don't really have a choice of which elective we go into nine weeks late in the semester. It seems like they could have just combined the two art classes together."

McDonald's art students have a history of working on projects to bring some good to society. One such effort last year involved the students participating in the Memory Project, an international program in which children create portraits for kids in Afghanistan. Due to warfare in the region, the portraits were not delivered until August. But when they were delivered, the smiles on the faces of the Afghan children were priceless. See the video here: bit.ly/2S079AE.



St. Gregory School offers robotics

St. Gregory the Great Catholic School incorporated the VEX-IQ Robotics STEM program into its junior high curriculum. The VEX Robotics curriculum is a project-based curriculum allowing students to solve problems using technology and robotics to improve society.

Mrs. Ryan and Mr. Hight, co-advisers of the Robotics program, both noticed immediate progress.

"The curriculum is very hands-on and allows the students to work together," Hight said. "One of the things that we appreciate in our observations is how the students instinctively collaborate and problem-solve."

Students were introduced to the different engineering fields. They are building, testing and running their base model robots by interpreting the manuals and technical specifications.

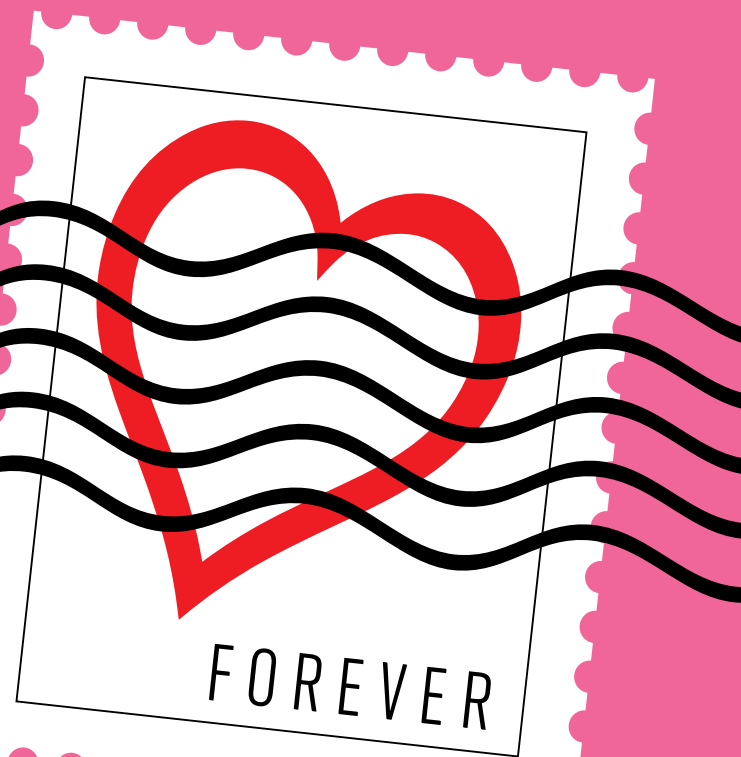
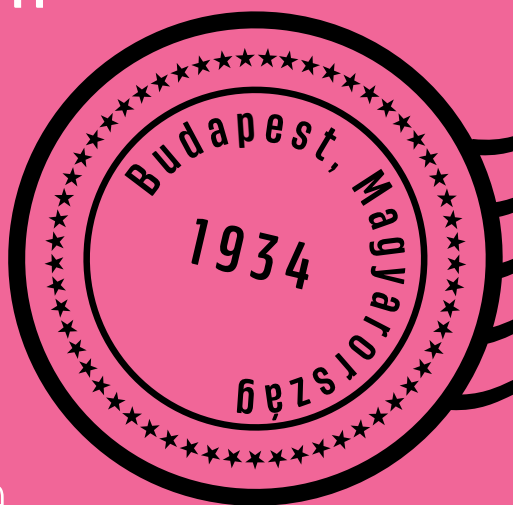
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Scripps Ranch Marketplace will hold a Halloween event for kids on Oct. 27 and offer free train rides on the Halloween Express. (courtesy photo)

Shopping center offers free Halloween fun

Scripps Ranch Marketplace will welcome little ghosts, goblins and parents to its annual Halloween event on Saturday, Oct. 27 from 1 to 4 p.m.

Participating businesses in Scripps Ranch Marketplace will be providing free treats for all children dressed in costume and accompanied by an adult.

The free registration table will be set up in the Gaze-

bo between Starbucks and Luna Grill, and children will receive a free treat bag for collecting their goodies on this day.

This fun-filled event will also include free train rides on the Halloween Express.

Scripps Ranch Marketplace, 1055 Scripps Poway Parkway, features 30 shops, services and eateries including Vons, CVS and Sammy's Woodfired Pizza.

Farmer's Market hosts a big Trick or Treat Day

Families, especially children, are encouraged to dress up for a very special Trick or Treat Day at the Scripps Ranch Farmer's Market on Saturday, Oct. 27 from 9:30 a.m. to 2 p.m.

Bring the kids for free face painting, craft booths, a treasure hunt for the kids, free inflatable Jumpies and pony rides. Children should bring goodie bags because vendors will be giving away Halloween treats to the kids. One vendor will be selling cookies that children can decorate on the spot. A caricature artist will be available, and one booth will be selling homemade slime. Expect live music all day, and the Ellen Browning Scripps (EBS) Elementary School choir will provide a performance for the crowd. A large portion of the profits from the Farmer's Market goes toward EBS.

This will be the very last day the Farmer's Market will be open after 17 years, and it might be one of the biggest events of the year in Scripps Ranch.

The Scripps Ranch Farm-



The Scripps Ranch Farmer's Market will hold Trick or Treat Day on Oct. 27. (photos by John Gregory)



er's Market is held at 10380 Spring Canyon Road, in the Innovations Academy parking lot.

FAMILY



HALLOWEEN EVENTS

Fall Festival

Ellen Browning Scripps Elementary School's Fall Festival will take place from 5:30-8:30 p.m., Friday, Oct. 26. Bake sale, costume parade, face painting, cakewalk, food.

Boo-Bash

Attend an evening of good food, music, dancing, contests and more at Dingenman Elementary School's Boo-Bash fundraiser, 5:30-8 p.m., Friday, Oct. 26 at the school. Bake sale, live DJ and a fire truck.

Trick or Treat Day

Dress in costume for Trick or Treat Day at the Scripps Ranch Farmer's Market, 10380 Spring Canyon Road, Saturday, Oct. 27, 9:30 a.m.-2 p.m. Treats and fun for the kids all day.

Costumes at the Marketplace

Wear your costume and ride the Halloween Express at Scripps Ranch Marketplace, 1055 Scripps Poway Parkway, Saturday, Oct. 27, 1-4 p.m.

Send your Halloween photos

Send photos of your ghosts and goblins in their Halloween costumes to Scripps Ranch News and we will post them on ScrippsRanchNews.com and publish them in the November issue of the newspaper. Include names of those in the photos and name of the photographer. Email to info@scrippsranchnews.com.



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Kinderdance helps develop movement

By Daniela Alvarez

Trisha Brewer's love of dance came at the early age of two and she has kept pursuing it ever since.

Brewer first saw an advertisement for Kinderdance in a magazine and decided it could be a great opportunity for her. Now, Brewer is celebrating 14 years as franchise owner of Kinderdance San Diego.

"I've gained so much experience and I really appreciate being a franchise owner because I have the support of the Kinderdance corporation, but also get to own my small business," she said.

Kinderdance is an international company started by Carol Harsell in 1979. With franchises all over the world, Kinderdance is devoted to developing curriculums for children, teaching them dance, gymnastics, yoga and other types of movement.

"Kids really love Kinderdance because they can never sit still," Brewer said. "They're constantly learning, especially in sensory



Trisha Brewer with a young protégé. (photo courtesy of Trisha Brewer)

ways. They want to be able to express themselves freely while also having structure, which the class provides."

A Scripps Ranch native, now living in Coronado, Brewer travels throughout San Diego to various community centers and preschools to teach the many concepts of Kinderdance. From San Marcos and Mira Mesa to Ocean Beach and Coronado, Brewer visits different communities to instill the importance of dance, movement and education in children.

"Ages zero to five are the most developmental, so it's important to integrate education with movement, which ultimately helps with their motor skills, expressing emotions and just staying active," she said.

While Brewer believes one of the most rewarding parts



Kinderdance focuses on helping young children solidify concepts in their early stages of brain development. (photo courtesy of Trisha Brewer)

for parents is seeing their child in a recital or demonstration at the end of the program, she finds it rewarding as a teacher to see when a child masters a skill they had trouble with.

"I just love seeing that look on their face, they just light up," Brewer said. "When parents send me pictures and updates, it gives me a boost of energy."

Brewer hopes to expand her teaching methods by getting more involved with adults. She just became a certified fitness instructor and wants to keep pursuing her love of fitness and



Kinderdance teaches young children dance, gymnastics, yoga and other types of movement. (photo courtesy of Trisha Brewer)

health. She is also currently teaching a strength training class for women at The Rock Church in Point Loma.

To learn more about Trisha Brewer and Kinderdance of San Diego, visit kdanceofsd.com.



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Friday, October 27th, will be the last day for our Farmers Market.

On behalf of the EBS AFP, and all of our vendors, Mike and I want to thank you for all of your support and the friendships that we have made over the past 17 years. Please help us to make our last day a great one. We hope to see all of you one last time on Oct. 27th.

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'She Loves Me' is possibly most charming musical

By Ken David

Scripps Ranch Theatre (SRT) will ease playgoers into a holiday mood with its second play of the season, "She Loves Me," running Nov. 9-16.

Described on the SRT website as "perhaps the most charming musical ever written," "She Loves Me" is a romantic comedy featuring music by Jerry Bock and lyrics by Sheldon Harnick, the same songwriting team behind "Fiddler on the Roof."

"['She Loves Me'] is a love story but it also has a holiday theme to it, so it fits in perfectly with a November-December time slot," director Tim Leib said. "The play takes place in a perfume shop around the holiday season. There's even a big number called '12 Days to Christmas' that counts down the days left to finish holiday shopping."

The main story in the play is about Georg [yes, that's how it's spelled] and Amalia, two people who work in the same shop, but do not get along with each other. Both have a pen pal who they're devoted to writing to



The cast of "She Loves Me" is hard at work rehearsing for Opening Night on Nov. 9. "She Loves Me" runs at Scripps Ranch Theatre through Dec. 16. (photo by Ted Leib)

each week and look forward to reading the letters sent to them. As the letters go on, both Georg and Amalia fall in love with their pen pals, even though they've never met.

If that story sounds familiar, it's because this play, based on the 1937 Hungarian play by Miklos Laslo, is the story upon which the Tom Hanks/Meg Ryan movie "You've Got Mail" is based. The story was also the basis for a 1939 Jimmy Stewart film titled "The Shop Around the Corner."

Subplots of the play in-

clude another couple working in the shop who have a different view on love, and the shop's owner who is starting to think his wife of 30 years has been unfaithful.

"This show is a unique piece. A lot of people think this is the best score from the '60s," Leib said. "It is such a beautiful piece. I don't know anyone who has seen a decent production of it who doesn't love it."

While written by the same team behind "Fiddler," the songs of "She Loves Me"

have a very different sound and feel from that play, featuring more of a classical musical theater style, according to Leib.

"The music is absolutely gorgeous. Some of the songs people likely would have heard before, like 'Vanilla Ice Cream,' the title song 'She Loves Me,' a beautiful tune called 'Will He Like Me?' and a song called 'Iona,' which has a nice bossa nova feel to it," he said.

Leib reported that the show is a favorite among

See **MUSICAL**, Page 14

FLIPPIN' PIZZA



Flippin' Pizza opens

Flippin' Pizza will celebrate the grand opening of its Scripps Ranch location, 10006 Scripps Ranch Blvd., suite 102, on Nov. 3 from 11 a.m. to 2 p.m. Grand opening festivities will include free slices of pizza plus complimentary beverages and Coca-Cola Freestyle® drinks, and will feature live music. This event is open to the entire community and the first customers will receive select Coca-Cola® giveaways. Flippin' Pizza will partner with The Seany Foundation in San Diego, whose mission is to bring relief and happiness to kids struggling with cancer and to their families, particularly siblings. Guests may purchase raffle tickets for giveaways throughout the day and proceeds will go to the foundation.



Pazzo's celebrates anniversary

Pazzo's Italian restaurant, 10299 Scripps Trail, will celebrate its 25th anniversary in Scripps Ranch on Nov. 10 from 11 a.m. to 8 p.m. with live music, food and drink specials, and fun for the kids. The entire community is invited to attend.

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- Carol L., Scripps Ranch resident

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Try Welcome Club for day and evening fun

By Denise Stewart

The Scripps Ranch Welcome Club is inviting longtime residents and newcomers to Scripps Ranch to join its Circle of Friends and to take part in its November social activities.

Starting the month's calendar with a Trail Walk around Scripps Ranch's more verdant areas, Janell Boustany will be at the lead. Trail Walkers tour through the trees twice weekly starting at nine in the morning. The walks last for an hour or two and often wind up at a local coffee shop for refreshment and a chat that has no time limit.

The Morning Book Group is continuing its partici-



Some of September's monthly Coffee Klatch attendees toast the hostess, Lori Gold (second from left). (courtesy photo)

pation in the PBS Great American Read. This month members will extend the conversation about the books the individual Welcome Club readers have chosen from the list of 100 titles deemed to be the favorites of American bibliophiles. Marcia Mikesell will

host the book lovers this month on the first.

The Nov. 6 General Meeting of the Welcome Club will take place at 7 in the evening at the Scripps Ranch Community Center on Cypress Canyon Road. Local a capella chorus Bella Voci is returning to entertain the club and guests with a selection of holiday music. The performance will be followed by a social time during which members mix and mingle while enjoying the evening's treats.

Birthdays are always something worthy of celebration and Ann Schiebelhut will host the autumn Birthday Babes luncheon event at her home on Nov. 9.

Jackie Bhagat, as always, will be adding an international flair to the November Coffee Klatch she is hosting. Members will gather at her home on the morning of the tenth to enjoy the company of others and to savor the treats she and her co-hosts will be offering the club. Loose fitting clothing is advisable at this delicious event.

A local treasure, our Scripps Ranch Library, will be the center of attention for November's Gadabouts adventure. The library tour will take place Friday, Nov. 16 at 10:30 in the morning. Long-time Gadabouts organizer Pam Savelsberg has put this special occasion together.

Even if you visit the Scripps Miramar Ranch Library often, there are little known facts and details of

the facility which you are probably not aware. To learn more, join the club as Mary Ann Harper leads a tour of the library. The building is next to the site of the former Meanley home on former Meanley property, which is now known as Scripps Ranch, according to Pam.

Mary Ann, who volunteered as a docent for the library's fundraiser, will share some of the fascinating history of the Scripps and Meanley families. She will point out original artifacts from the Meanley home that are located throughout the library. She will also talk about the stained-glass art work that was created specifically for the library and the meaning behind each one of the pieces.

Lunch will follow at Takhrai Thai, offering a wide variety of menu items. For information and to RSVP, call Pam Savelsberg at (619) 980-8263 or email pamsav@aol.com.

On the evening of Nov. 17, The Theater Group will be hosted at a pre-play event at the home of Janet and Gordon Hanley. After wine and small plates, the group will travel to the Scripps Ranch Theatre venue at Alliant University to enjoy the production of "She Loves Me." The play is a warm romantic comedy and a great way to spend a Saturday evening, according to recent bride and group chair Kathy Binks.

The Craft Group will be meeting at Marianne Paul's home to finish up some projects they have been working on this fall. Crafters want to clear their benches of recent endeavors and be ready for the Christmas Craft Gathering slated for December.

Filling out the month of November, Bridge, Pitch and Bunco groups along with the evening Book Discussion Group will bring members of the Circle of Friends together nights to enjoy one-another and their common interests. Light or

dark, it's all fun.

Should you be interested in learning more about the Welcome Club, please check out our website at scripps-ranchwelcomeclub.com. Please remember you are invited to contact any of the officers listed there. They will welcome your inquiry.

Gardeners celebrate with Everything Pumpkin

By Denise Stewart

The Scripps-Mesa Garden Club will meet Nov. 27 to enjoy the annual harvest celebration with an Everything Pumpkin Potluck. The gardeners will gather at the Scripps Ranch Library Community Room bringing pumpkin specialties and other autumn dishes to share.

Club members have lots of hard work to celebrate as this last growing season was particularly challenging. The 2018 growing season followed a dry winter. Then gardeners and their plantings endured a long, hot summer. However, most hobbyists have a bounteous harvest of delicious vegetables and lovely flowers to enjoy.

After the potluck, the backyard gardeners will make some simple crafts to enjoy at home over the fall season.

Scripps-Mesa Garden Club meets monthly, except in December, on the fourth Tuesday at 5:45 p.m. at the local library. Residents of Mira Mesa and Scripps Ranch who enjoy gardening and want to learn more about their hobby are encouraged to join the group.

Plans are being made for presentations by gardening experts who enjoy sharing their knowledge and experience with hobbyists. Sometimes outings to nearby gardens and nurseries are part of the club's calendar.

Should you want to learn more, contact the president of the club at her email: lab.san.rr.com.

Yanni's plans special wine pairing dinner

Yannis' Bar & Grill, 12015 Scripps Highland Drive, will hold a special wine pairing dinner on Monday, Nov. 5. Vintners Greg and Tealy Barr from Barr Estates Winery of Paso Robles will showcase their wine, which will be paired with a special menu to match.

The menu will include roasted bell pepper and goat cheese bruschetta paired with Barr Estate Winery Malbec Rose, Paso Robles 2017. Second course will be pan seared white Mexican shrimp, sautéed, paired with Barr Estate Winery Albarino, Paso Robles 2015. Third course will include organic spring mix salad with apple pecan vinaigrette, caramelized walnuts, fresh strawberries, crumbled gorgonzola cheese and prosciutto di



Parma. Wine will be Barr Estate Winery Jubilado, Paso Robles 2011. Fourth course will be beef tenderloin medallion Porcini, shiitake and white mushroom risotto, red wine demi-glace paired with Barr Estate Winery Cabernet Sauvignon, Paso Robles 2012.

For dessert, guests will enjoy amaretto cookie crust pumpkin cheesecake paired with Barr Estate Winery, Grande Finale 2008.

The price to attend is \$85 per guest plus sales tax, plus suggested 21 percent gratuity. Call (858) 527-0011 for reservations.



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MUSICAL

Continued from Page 13

theater actors and that fact prompted an enthusiastic response to the casting call.

"It's not a show that's done that often, but it's something that a lot of musical actors know by reputation or experience," he said. "It's a lot of fun for the actors to perform and hopefully for the audience as well."

The cast includes Taylor Magee, making her debut

at SRT, in the role of Amalia; and Luke Monday as Georg. Tara Brown-Sampson makes her SRT debut as Ilona and Tanner Vidos plays Steven.

"This cast is energetic. They love one another. Everybody's so excited to be putting this show on, and I think that's going to translate to the audience," Leib said.

The show on Friday, Nov. 9 is considered a soft opening, with Saturday, Nov.

10 being the official opening night. As is tradition at SRT, opening night will include a post-show reception that provides anyone who attended the show with the opportunity to meet the cast, directors and others who help put on the show.

Scripps Ranch Theatre is on the campus of Alliant International University, 9783 Avenue of Nations. For more information and to purchase tickets, visit scrippsrancheatre.org.



Personal trainer Debbie Serban focuses on getting clients back to their "healthy place." (courtesy photo)

Trainer helps clients get back to fitness

By Daniela Alvarez

While the season to achieve a "summer body" has ended, there is never an off-season for maintaining health and wellness. Personal trainer Debbie Serban, a local resident, has an extensive background in health education and nutritional management. Most of her clients range between ages 40 and 80, but her oldest is 96.

"Many of my clients previously led healthy lifestyles and were active prior to big life change such as kids, an injury, a surgery or disability," Serban said. "I focus on getting them back to that healthy place, for them and their families."

Serban is originally from Bakersfield but moved to San Diego to attend college. After receiving her Bachelor of Science degree in therapeutic recreation and a Master of Science degree in rehabilitation, she spent several years working in the area of rehabilitation and community integration. Serban has trained a variety of clients for marathons. She has also helped clients with rehabilitating from cancer, injuries, illnesses and surgeries.

The challenges of maintaining a healthy lifestyle after a certain age become more prominent, but according to Serban, there's never a good enough excuse to push away goals.

"We are all accountable to someone in our lives, a personal trainer is just one example," Serban said. "After 40, we lose muscle mass, so maintaining progress is key."

Serban's sessions offer something different for every client, but she maintains her element of education in everything she does.

"I pride myself in creating options for every single client and cater to their needs and lifestyle, such as traveling," Serban said. "I can give you a prix fixe menu of workouts or you can take them a la carte."

As a personal trainer, Serban frequently encounters misconceptions and myths about health and fitness. She considers herself to be data-driven, and thus strives to clarify trends, diets and the requirements for sufficient exercise.

"Both older men and women tend to believe that walking is enough, but with age, our bodies change and so our workouts must change as well," Serban said. "I also get a lot of people who believe the scale is the ultimate guide to what their body is."

For Serban, the scale is a misnomer. She prefers to use a portable scanning device called the InBody Analyzer which separates muscle, fat, water and bone. She uses the results, which are 98 percent accurate in comparison to the medical procedure DEXA Scan, to design workouts around what the client's goal is.

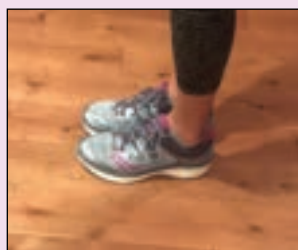
"Seeing the results for a client from the InBody Analyzer is one of the most rewarding parts of my job," Serban said.

For now, Serban wants to focus on expanding her Serra Mesa gym to be a fully-functional personal training gym, and eventually integrate the use of video chat to reach those who may not be able to physically attend her sessions. Serban is also expecting an influx of older clients with the expansion of The Glen in Scripps Ranch.

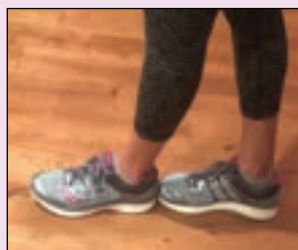
To learn more about Debbie Serban, her services and workshops, visit serbanwellnessandfitness.com.

DEBBIE'S TIPS: Checking your balance

Balance is key in keeping yourself safe from falling, especially as you age. Do each position while looking straight ahead, and hold for at least 20 seconds.



1. Stand with feet parallel, side by side touching.



2. Stand with one foot in front of the other, toes of back foot touching heels of front foot.



3. Stand holding one foot off the ground.

Repeat above positions with eyes closed. Hold for at least 20 seconds. Don't worry if you didn't quite make it. To fix, simply practice!

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Correction

When Scripps Ranch Theatre moved into the Legler Benbough Theatre building on the campus of Alliant International University, it did not take over theater space previously used by Alliant's theater program as stated in a story on page 1 of the September issue of Scripps Ranch News. The campus theater program was actually that of United States International University (USIU), and that program closed in 1993. The first Scripps Ranch Theatre production at the campus location was in 1994. A merger occurred in 2001 between USIU and the California School of Professional Psychology, resulting in a name change to Alliant International University.

Rotary Club of Poway-Scripps Not the club it was in your grandfather's days

Known as "The City in the Country," the neighboring community of Poway is home to one of the hardest working service clubs. Founded more than half a century ago, in 1961, the Rotary Club of Poway, which added Scripps to its name in 2014, has been a partner with the community as well as a global provider of resources to the world.

About eight years ago, more members were joining who lived in Scripps Ranch and the club changed the name to Rotary Club of Poway-Scripps. Over the years, the membership demographics also changed, and Rotary is not the club it was in your grandfather's days. It is a club of all ages from members who are single, or with young families, to retirees to members who have more than 30 years of membership.

"It's been a wonderful organization to be affiliated with as my children have grown up working alongside members on community service projects as well as enjoyed club socials with our other families," said Kristin Rayder. "We've seen our kids grow up together and we do business together. Many members have become my extended family."

When the club had mostly Poway residents as its members, it raised and disbursed more than \$133,000 in fire relief to Poway families who lost their homes in the Cedar fire of 2003. Again, in 2007, in response to the Witch Creek fire, the club raised and disbursed more than



The Rotary Club of Poway-Scripps has coordinated the Poway Days Parade since 2014.

\$80,000 of fire relief to Poway families.

Other significant projects of the Rotary Club of Poway-Scripps are:

- Since 2014, the club has coordinated the Poway Days Parade. Retired San Diego Police Chief Shelley Zimmerman was the 2018 parade grand marshal and parade singers included Amalea Ribeiro, an eighth grader at Marshall Middle School, and Savannah Ashley, a senior at San Diego School of Performing Arts.
- Assisted with Clean Up Scripps Ranch Day
- Helped plan and construct the Poway Senior Center and supported the programs of the Senior Center since its inception.
- Donated more than \$100,000 in scholarships to graduating seniors.
- Provided financial support to the Valley Elementary School Running Club.
- Annually preparing and serving dinner to the families staying at the Ronald McDonald House.

- Sponsors of Boy Scout Troop 612 and supporters of Eagle Scouts and the Girl Scouts.
- The Rotary Club of Poway-Scripps contributed \$15,000 toward the building of the Boys and Girls Club (Sulpizio branch) in Poway and donates additional funds each year.

The Rotary Club of Poway-Scripps is part of a worldwide organization of more than 1.3 million Rotarians in 33,000 Rotary Clubs in more than 200 countries.

Internationally, The Rotary Club of Poway-Scripps has provided a well in Mombasa, Kenya; provided text books to a high school in Jinja, Uganda; provided incubators for premature infants in seven rural hospitals or clinics in Uganda, as well as providing food, toys and clothing to impoverished people in Ensenada, Mexico. In 2012, the club partnered with a dozen other Rotary Clubs in the U.S. and Honduras to fund \$47,250 in microloans and business training for an estimated 600 impoverished women in Honduras.

The club meets every Wednesday at Mainstream Bar & Grill in Poway. Prospective members are hosted, guests pay \$20 for the meeting and buffet lunch. For more information, follow the club on Facebook: <https://www.facebook.com/powayrotary/?ref=bookmarks>.

—Melanie Potter
Public Relations Committee
Rotary Club of Poway-Scripps

Sustainable Scripps Ranch talks (plastic) trash

By Lynn Owens

Sustainable Scripps Ranch (SSR) is a standing committee of the Scripps Ranch Civic Association, formed nearly 10 years ago "to create more sustainable lifestyles and community through education, advocacy and application of sustainable practices such as energy, water and environmental conservation."

Our website scrippsranchnews.org/ssr has useful local links to events and sustainability programs and information such as we're sharing in these columns. You can also email us your questions at SustainableSR@scrippsranchnews.org. We'll share tips about how we can best live a rich, full and yet sustainable life in Scripps Ranch.

This month's questions are my own. I was sitting at my kitchen table last month, chatting with Suha Chari, a volunteer SSR steering committee member and our passionate leader of Zero Waste efforts and more. I watched a horrified look spread over her face as she tried not to stare at my kitchen trash cans. The recycling can was overflowing, and the plain-old trash can was pretty full of plastic packaging that I knew was too thin to go into the city's blue recycling bins.

"What's wrong?" I asked.

"You're putting all that plastic into

the landfill!?" she asked as gently as she could. I knew those items couldn't go into the blue recycling bins, so what other choice did I have?

Sustainable Scripps Ranch
How can I recycle plastic bags and other thin filmy plastic that can't go into the City of San Diego's blue recycling bins?

Several nearby businesses will collect and recycle "plastic film" — thin, non-rigid plastic that can't make it through the city's recycling process.

- Both Scripps Ranch Vons markets still accept and recycle bags full of plastic bags. They don't have collection bins because people were using them as trash cans, but you can hand your bag or bags to any Vons employee.
- The CVS store on Scripps Poway Parkway near the "new" Vons has a collection bin outside in front. It's the only bin we know that's right in Scripps Ranch.
- Other nearby bins include Target Mira Mesa (inside, near the Customer

Service desk), Stater Brothers groceries in both Carmel Mountain Ranch and Poway, and Walmart in Poway and on Murphy Canyon Drive.

• All these stores accept single-use plastic shopping bags, newspaper bags, tear-off produce bags, plastic wrappings around store-bought items and more. When I buy grapes or packs of mini-peppers, they often come in a thick, clear plastic bag with a zip-top opening, and even these can be returned. Thicker plastic shopping bags from clothing stores and other retail locations are also accepted. (Clean paper bags, of course, can go in your blue bin).

Can I also recycle bags and packaging that mix plastic with paper or aluminum foil?

Local stores can't take these items because their recyclers aren't set up to process them. However, Terracycle.com is designed to recycle "almost everything," including snack, chip and frozen food bags; drink, baby food and shipping pouches and more. Suha Chari has free prepaid-postage boxes which she stuffs full of these hard-to-recycle items and mails to Terracycle. If you'd like to help get closer to Zero Waste in San Diego, coordinate with her by emailing suhachari@gmail.com.

Tennis team poised for final challenges

By Laura A. Hogan

Tennis is a sport of emotional intelligence and physical strength, and the lessons learned by the Scripps Ranch High School (SRHS) women's tennis team will carry them further than just knowing how to hit a perfect backhand.

Raj Ganti has coached both the men's and women's tennis teams at Scripps Ranch High School for the past 5½ years. Tennis is one of Ganti's great passions. He volunteered to coach the teams when his son, now graduated, started Scripps Ranch High School as a freshman. As a former UCLA tennis player, Ganti's experience and coaching prowess helped to break player's bad habits.

"The program never had a good coach where there was ever consistent practice. The teams were left without the ability to improve their game. If you don't have a coach, you learn to do the wrong thing. At some point you have to begin to undo a lot of the learned techniques," Ganti said.



The Scripps Ranch High School women's tennis team is ranked second going into the final tournament of the season. (photo by Igor Privorotskiy)

Under Ganti's wing, the women's tennis team at SRHS has done well this season. It was ranked number two going into the final tournament in Division 1. Ganti had a plan for defeating their biggest rivals, Cathedral Catholic.

"We changed our line up a little bit by mixing up the singles and doubles, and we're going to stack up on doubles. I know we can win a couple singles matches and the doubles will be

where we can win consistently," Ganti said.

The players to watch this season were senior Polina Privorotskiy, junior Richa Singh and sophomore Sanjana Ganti.

Coach Ganti said they are extremely consistent and work hard to hone their skills.

He has seen significant improvement in a number of the players and in the team as a whole since the beginning of the season.

"The team's greatest strength is perhaps the life-long friendships, bonding, camaraderie and a love for the game and a passion that perhaps will continue for the rest of their lives," Ganti said.

The women's tennis season will come to a close in October. Heading into next season, Ganti is hopeful the talent pool increases as he has seen a notable drop in the number of girls trying out for the team. He is also hoping to work on the team's winning mentality in which winning as a team is the focus over an individual win.

For parents interested in getting their children involved in tennis, Ganti does not think they will regret the decision.

"Tennis is a wonderful sport that builds a lot of character. It is both physically and mentally demanding. Even when they are losing, their moral compass and mental strength can bring them through it. There are many clubs in Scripps Ranch and many good coaches. I encourage all parents to give tennis a shot," he said.

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Golf team having another great season

By David Santillan

The Scripps Ranch High School girl's golf team is looking forward to the 2018 San Diego CIF championship following a successful season last year.

Last year, the golf team went undefeated through its regular season, 22-0, making Lady Falcons history. While this year the team was 18-1 in the season, the girls have their sights set on CIF.

Coach Todd Wilson said since last year, the team has improved and gotten stronger.

"We have a close-knit team. They're all friends, they all hang out, they all push each other," Wilson said. "They all want to be number one on the team, so they all push each other to be better than they realize they are."

Wilson said the difference is noticeable in the team during tournaments between this year and last year.

"We couldn't all score well on the same day (last year)," Wilson said. "We'd have a couple girls score re-



ally well and then we'd have a couple girls score ok, then a couple girls would have kind of a bad rep."

But the overall improvement has Wilson looking forward to competing at CIF, which is slated for the end of October at Admiral Baker Golf Course. From there, two teams in the San Diego CIF section will move on to regionals.

"It's exciting now because it seems like they're all coming around and playing well when it's playoff time," Wilson said.

The Lady Falcons are seeded number three in the county, trailing Mater Dei Catholic High School, which is the number one seed in the county, and Rancho Ber-

nardo High School, seeded number two.

According to Wilson, the team is right behind Rancho Bernardo with a 14.42 differential.

"As a team, we're averaging just three shots behind Rancho Bernardo, so that's going to be the battle right there," Wilson said. "I'm setting my girls up. I'm trying to get them pumped up and saying, 'we need to beat Rancho Bernardo.'"

While Wilson remains hopeful that the whole team will move from CIF to regionals, he is expecting a couple of the players to move on, at least individually, to regionals.

The players who will compete together at CIF are Kathleen Keomahavong, currently number two in scoring average; Napua Glossner, number three in scoring average; Franchesca Garcia; Zoe Lynch; and Isabella Ranches.

Unfortunately, senior Jolina Bui will not be making it to the playoffs, but Wilson said that Bui was instrumental in helping the team out and motivating the players throughout the season.

ADVERTORIAL

Backyard Structures and Home Insurance

By Kevin Kane
State Farm Agent

Detached Structures

Remember to notify your agent or carrier of the existence of these items and keep the rebuilding cost of these structures in mind when purchasing your home insurance policy.

The items inside a shed or garage may also be covered by your homeowners policy, but you might consider a Personal Articles Policy or Inland Marine Policy for some types of machinery or sports equipment (limitations apply). This type of policy protects items beyond the limitations and deductibles of a homeowner's insurance policy. You should review your personal property coverage with your agent or carrier to verify you have the correct coverage for your personal property.

Swimming Pools

Whether you already have a swimming pool or are thinking about getting one, review liability coverage options with your insurance agent or carrier. Most home insurance policies include some liability protection, but you may want more if you have a swimming pool. The Insurance Information Institute recommends increasing your amount of liability pro-

tection or purchasing an umbrella liability policy.

You can also take additional safety measures to help prevent accidents and reduce the potential liability exposure:

- Add a high fence with a self-closing, locked gate to keep guests from entering without your knowledge, to help prevent accidents, and reduce potential liability exposure. Enforce safe pool rules, such as not diving into shallow water and walking, not running, around the edge of the pool.
- Provide non-slip surfaces around your pool to prevent falls.
- Maintain adult supervision of children in the pool at all times.
- Keep necessary first-aid equipment near the pool.
- Contact your local municipality to determine if your pool and surrounding fence meets requirements for size, depth and other safety features.

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The Scripps Ranch Boys 5/6 team made it all the way to the championship game, which resulted in a tie, ending its 2018 season on a high note. (photo courtesy of Scripps Ranch Lacrosse Association)



Youth lacrosse is very active

Scripps Ranch Lacrosse Association has some exciting news as it gears up for its upcoming spring season:

Boys grades 1-8

The boys program has a new director, Russ Olsen, a member of the San Diego State University (SDSU) and U.S. Lacrosse Hall of Fame. Coach Russ lead the Scripps Boys Grade 5/6 to the championship game in May 2018, which ended in a tie. Russ has more than 35 years of experience playing and coaching lacrosse, including two state championships with two different teams and multiple playoff

appearances. Russ set the all-time scorer record as a SDSU player, which still stands today. The Scripps Ranch Lacrosse Association is very excited to have Coach Russ lead its program.

Boys lacrosse is a cross between basketball, soccer and hockey. The league is a recreational program for all abilities in grades 1 through 8. The season runs February through May. Practices are during the week at Marshall Middle School and games are on the weekend throughout San Diego County. The association held free clinics in October so boys could try the fastest growing sport

in America. For more news about the program, visit the Facebook page at Scripps Ranch Boys Lacrosse, visit srlax.org or email Carl at cstepnowsky@ucsd.edu for more information.

Girls grades 3-8

The girls fall off-season has been a great success. Girls spring season runs February through June. Practices are at Marshall Middle School and games are throughout San Diego County. Registration opens in December. Check out srlax.org or email Greg Alioto at galioto@laxware.net for more information.

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FOOTBALL FEVER

SRHS FOOTBALL

The Scripps Ranch High School (SRHS) football program is on its way up, drawing enthusiastic crowds. The Oct. 12 varsity game at Patrick Henry High was suspended due to lighting, but resumed at SRHS on Oct. 15. The Falcons came away with a 17-7 victory as shown in these photos. The final game of the regular season will start at 6:30 p.m. on Oct. 26 at home against Kearny High. (photos by Ralph LoVuolo)



Falcons Pop Warner

Youngsters in the Scripps Ranch Pop Warner Football & Cheer Association experienced an action-packed season. The players provided plenty of excitement and the cheer squads displayed enthusiasm and athleticism as they performed precise routines. Upcoming post season competition is anticipated for both football and cheer squads later this fall. (photos by Ralph LoVuolo)



Homecoming Dance Photo Contest winners



Christina Hornedo
First Place Winner



Barbara Schroer
Second Place Winner

The Scripps Ranch News Homecoming Dance Photo Contest for Grownups has been a fun way for entrants from Scripps Ranch to travel back to their youth, recall a few memories and have a few laughs.

Christina Hornedo is the lucky winner of the contest. As first place winner, she will receive a \$100 gift certificate to Gianni's Bar & Grill and one free month of membership at F45 Training Scripps Highlands.

Barbara Schroer earned second place for a photo of her high school homecoming dance in Santa Barbara. She will receive a \$50 gift certificate to Gianni's Bar & Grill and one free month of membership at F45 Training Scripps Highlands.

These winning photos will also be featured in the Leisure section on ScrippsRanchNews.com.

Yanni's Bar & Grill and F45 Training Scripps Highlands are the official sponsors of the 2018 Homecoming Dance Photo Contest for Grownups. Yanni's Bar & Grill is at 12015 Scripps Highlands Drive. F45 Training Scripps Highlands is at 9872 Hibert St., Suite 4D.

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It's a dirty job, but someone has to do it!

By **Fiona Klerekoper**
Certified Associate Kitchen
and Bath Designer

The least glamorous of all the rooms – the laundry room. We spend more time in there than we'd like, but hey, the laundry doesn't do itself.

Laundry rooms have come a long way from the sad, tucked away rooms that many of us grew up with. They can be more than places to clean clothes. They can be fun, inviting places for activities such as caring for pets, sewing, doing DIY projects, wrapping packages, gardening and more.

If you plan to revamp your laundry room, it's worth taking the time to make it as functional and efficient as possible. Consider some of these tips:

Sink and counter top space

Having a sink in the laundry room makes a lot of sense. They are great for hand-washing items, soaking, mopping, post-project clean-up and more. Plan to have plenty of counter top space close to the sink for



Having a sink in the laundry room and a counter top puts wasted space to work. (photo by FDK Design)

set down, sorting, folding, crafting, gardening and other work tasks. Adding a

counter top over a side-by-side washer and dryer puts wasted space to work.

Drying racks

Trying to prolong the life See **LAUNDRY ROOM**, Page 22

IT O M E S



Home Sales in September drop

Sales of previously owned homes in San Diego County saw a significant drop in numbers for September, according to housing statistics compiled through the Multiple Listing Service by the Greater San Diego Association of Realtors® (SDAR), but prices remained steady.

"I'm hopeful that residential sales will continue along a mostly positive line for the rest of the year, but it's possible that rising prices and interest rates may factor into many home purchase decisions," said SDAR President Steve Fraioli.

Scripps Ranch home sales for September 2018

Single family homes sold: 12

Median price of single family homes sold: \$915,250

Attached homes sold (condominiums or town-homes): 14

Median price of attached homes sold: \$566,000

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Weatherization myths – debunked!

(StatePoint) Weatherizing your home for each season can make it more comfortable – but how to do it can be confusing. Here are four common weatherizing myths to help get your home ready for cooler weather to come.



Myth 1: It doesn't matter where your thermostat is placed.

Truth: You may be spending more on heating and cooling than you need to if your thermostat is in the wrong place. Placed in direct sunlight, you run the risk of getting false readings, as it can "think" the room is warmer than it feels, causing your air conditioner to turn on when it isn't needed. Similarly, a thermostat placed near the kitchen often reads that the home is far warmer than it truly is due to the stove and oven. The best location is on an interior wall, centrally located and near areas where you spend the most time.

Myth 2: Closed curtains and blinds in cold weather prevent heat escape.

Truth: According to the Department of Energy, shades and drapes can reduce heat loss from a warm room by

up to 10 percent. However, opening curtains and blinds during the day when direct sunlight hits can also allow for a warming effect. In winter, draperies should be closed at dusk but opened at dawn.

In addition, heat escaping through windows can be prevented with window insulation products such as Duck brand Roll-On Window Kits, which create a barrier between outdoor air and a home's interior, helping block drafts and air leaks. A pre-taped edge makes for easy roll-on application, requiring no measuring, while fitting snugly to indoor window frames to provide an airtight seal.

Myth 3: It's expensive to draft-proof your home.

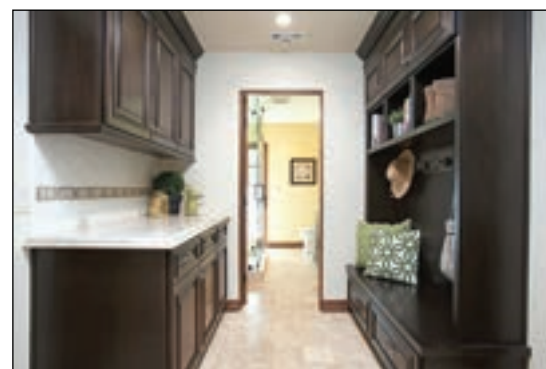
Truth: Homeowners can save hundreds of dollars annually on heating and cooling costs with proper weath-

erization early in the season. There are many inexpensive, do-it-yourself weatherization products that are easy to install. Windows and doors are the two largest draft sources in any home and should be top priorities for homeowners. Duck brand MAX Strength Silicone Weatherstrip Seals are quick to install and seal various size gaps around windows and doors that allow air to escape.

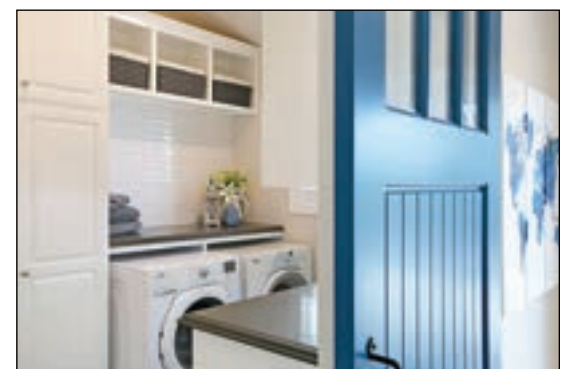
Myth 4: It's cheaper to keep your home at a constant temperature.

Truth: A common misconception is that it's better to keep your home at a constant temperature, even when you're not home. However, if the system runs less during the day, it uses less energy. According to Energy.gov, you can save as much as 10 percent a year on heating and cooling by turning your thermostat back 7-10 degrees from its normal setting for eight hours a day.

For additional tips, text "Weather" to 8444 to access Duck brand's Project Selector, an online resource for project guides, instructional videos and more, or visit DuckBrand.com.



Hide everything away in cabinets or use shelving or cubbies if you like items close at hand. (photo by FDK Design)



A light, bright, color scheme goes a long way to achieve that fresh and clean vibe. (photo by FDK Design)

LAUNDRY ROOM

Continued from Page 21

of that favorite T-shirt, protect the investment in that overpriced work out wear (you know the one we mean) or care for your unmentionables? Don't put them in the dryer! There are plenty of wall mounted drying racks on the market to help add valuable space.

Storage

You can never have too much storage space in the laundry room. Ever. If you are the kind of person who needs some visual peace, hide everything away in cabinets. If you like items close at hand and in plain sight, consider open shelving or

cubbies. Maybe it makes sense to have a combination of both? So, plan to add storage above sinks, counter tops, washers/dryers, benches, etc. Drawers below and cubbies and cabinets above maximize the organization of this laundry/mudroom.

Mood

Fresh and clean are two vibes everyone wants in a laundry room. A light, bright, color scheme and easy-to-care-for surfaces will go a long way to achieve this. There's nothing better than sparkling white with pops of fresh color to help you get that "just laundered" feeling.

If you are thinking of making changes in your laundry

room, have a great plan in place before getting to work. Space planning, drawings, correct finish and product selections save time, money and headaches, not to mention giving you a space that makes you almost happy to do laundry.

Fiona Klerekoper is a long-time resident of Scripps Ranch and is the principal and designer at FDK Design. FDK Design is an award-winning interior design studio, serving clients locally (many Scripps Ranch residents) and beyond. It offers a full range of interior design services, with a specialty in kitchen and bath design. For more information, call (858) 945-2867 or email fiona@fdkdesign.com.

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Black and white: a reemerging design trend

(StatePoint) Black and white has always been a classic color pairing and this neutral palette has resurged as one of today's hottest design trends.

Whether your look is modern or traditional, knowing how to properly use black and white can provide balance and boldness to a home. Here are some tips to help integrate this trend into your space.

Create a luxurious living room. They say the darker the wall color, the smaller the space feels – but that's not entirely true when black walls are paired with the right light accents. In the right instances, black and white go together like yin and yang, transforming living rooms into picture-perfect spaces.

"You can either go heavy on the black, with black painted walls or wallpaper, or make it the accent color and opt for white walls," said Danielle DeBoe Harper, interior designer and senior creative content manager at Moen, a leading manufacturer of kitchen and bath fixtures. "In a white-heavy room, include touches like artwork in black frames, a black fireplace or a black painted floor and ceiling moldings. In a black-heavy area, use white trim and rugs to offset dark walls for a contemporary look, or organic wood accents to create a unique boho feel."

In modern homes, DeBoe Harper recommends incorporating a pair of bold buffalo check chairs or large scale black and white photos. For a more traditional approach, she suggests using silk black and white striped curtains, or painting the ceiling in a black and white herringbone design.

Turn up the heat in your kitchen. Also known as entertaining central, your kitchen is the perfect location for some wow factor. The boldness of black and white will seriously impress your guests.

"A lot of homeowners want the clean kitchen look, so they're afraid to bring in a dark, dramatic color," DeBoe Harper said. "In reality, incorporating black cabinets or fixtures into an all-white kitchen can give it an upscale, current feel that's still streamlined – and doesn't require cluttering your countertops with accent pieces."

Consider combining a matte black faucet, such as



A black and white design can give your bathroom a clean, crisp look. (StatePoint)

Moen's Sleek kitchen faucet, with a white backsplash and counters, or mixing black bentwood café chairs around a modern white tulip table for a more eclectic approach.

Shower your bathroom with style. Black and white can give your bathroom a clean, crisp look. Infuse black accents through a matte black faucet and coordinating accessories, like those from Moen's Genta bathroom suite, or through black and white floor tiles in a geometric print. Towels also provide an opportunity to add texture and visu-

al interest, whether it's a modern floral or traditional houndstooth.

For a seriously eye-catching shower, install black and white striped tile. Keep the bathroom's walls white, so the tiles really pop, expanding the stripes to the ceiling to emphasize the height of your bathroom walls and make it feel bigger. The thinner the stripes, the bigger the statement.

"Integrating black and white makes your space feel sophisticated, yet playful and on trend," DeBoe Harper said. "Use these tips to achieve the ideal balance in your home."

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