

NEWS

SRHS students start a Cultural Fusion District
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NEWS

Tips to protect your home from wildfires
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SEND YOUR COSTUME PHOTOS

Send photos of your Halloween costumes to Scripps Ranch News for publication in the next issue. Email photo, subject's name and name of photographer to info@scrippsranchnews.com. Send your photos as soon as possible!



SCHOOLS

Team Inspiration wins huge international competition
PAGE 7



LASAGNA MAMAS

Shelby Morgan and her children prepare to deliver a lasagna to a family in need. (courtesy of Shelby Morgan).

Volunteers cook meals for those needing help

By Ashley Shah

Shelby Morgan brought an organization to Scripps Ranch that has now aided people in the community many times. After hearing about a friend who was making lasagnas for families during the COVID-19 pandemic, Morgan decided to join the organization called Lasagna Love, alongside her friend.

Lasagna Love is a national movement that aids families in need who have any sort of food insecurities or need extra help through this time of the coronavirus pandemic.

"At first, I was nervous because I had never made lasagna. However, I found the recipe super easy to follow and it was nice because I could get my kids to help and teach them about helping others," Morgan said.

Volunteers can sign up on the website lasagnalove.org where they will be matched with a family in need that is within a couple miles of them.

After getting matched with someone, volunteers contact the recipient and schedule a drop off time. Volunteers make the lasagna in a 9-inch by 10-inch foil pan and add a note on it with the recipe, reheating instructions and the names of those who made it.

"After making some lasagnas for families, I posted about it to get more people involved. I just thought it was a good way to give back

See **LASAGNA MAMAS**, Page 6

There's a new 'chick' in town

By Bella Ross

San Diego has never topped the charts with its fried chicken when compared to its notorious southern counterparts, but a few local business owners are trying to change that.

Scripps Ranch restaurateurs Michelle Melendez and Bob Adamson planned to launch their new eatery, called My Chick, on Oct. 1 with aspirations of bringing a new face to the fried chicken culture in San Diego.

"We have three teenagers at home who constantly drive around San Diego for this type of food, so we saw the opportunity and

said, 'Why not?'" Melendez said.

My Chick will open at 9844 Hibert St. in the former location of Bruski Burgers and Brew.

The restaurant will feature a simple menu of fried chicken sandwiches with an expansive list of sauce options, something Melendez said will set them apart from similar businesses in the region. Along with traditional sauce options that ride the mild-to-spicy spectrum, My Chick will offer unique flavors such as a curry sauce.

The menu will also include a variety of side options, as well as grilled chicken and

See **MY CHICK**, Page 4



My Chick restaurant brings fried chicken culture to Scripps Ranch at 9844 Hibert St.



SCHOOLS

Photos show students on an unusual first day of school
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SCHOOLS

Jerabek Elementary continues with virtual Kindness Week
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SPORTS

Football players workout to prepare for postponed season
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HOMES

These affordable DIY projects will transform your home
PAGE 11

SEND INFO ABOUT HALLOWEEN EVENTS

While Halloween won't be the same this year, it will still go on in different ways. Tell Scripps Ranch News about your planned Halloween celebrations and events for inclusion in the upcoming special Halloween issue, arriving the last week of October. Send your information to info@scrippsranchnews.com as soon as possible! Deadline is Oct. 8.

Dangers of COVID-19 are real

By Arthur Blain, MD, FAAFP

I am a family physician and have provided care to many COVID-19 patients over the last few months. Recently, a 47 year old female patient with a history of diabetes and COVID-19 pneumonia five weeks ago called me for a renewal of her disability paperwork since she gets severe shortness of breath walking 10 feet and has to sit down after walking up only half a flight of stairs. COVID-19 causes long-term severe symptoms in many patients; no one knows if they are permanent.

Capt. Jonathan Pryor is an acute care trauma surgeon in Los Angeles County and Navy Reserve physician. He deployed to New York City as part of the national COVID-19 response and ended up getting COVID-19 pneumonia. Several months later, he still gets extreme shortness of breath and exhaustion doing minimal activity and is still not able to return to work. He says he focuses on "walking around slowly, taking sloooooow deep

breaths, remaining calm and focusing on not dying."

COVID-19 is much different from the common cold, influenza or viral illnesses which usually resolve in 7-10 days. As many as a third of patients report several weeks to months of lingering symptoms, such as fatigue, headache, insomnia, chest pain, joint pains, dizziness, skin rashes, dry cough, low-grade fevers, rapid heart rate, shortness of breath and memory issues. SARS-CoV-2, the virus that causes COVID-19, is known to cause an inflammatory reaction that can damage the lungs, heart, gut, kidneys, blood vessels, nervous system and brain.

Children are at particular risk for multisystem inflammatory syndrome (MIS-C), a condition in which the heart, lungs, kidneys, brain, skin, eyes and gastrointestinal tract can become inflamed. Symptoms can include trouble breathing, chest pain, confusion, inability to wake or stay awake,

bluish discoloration to lips or face, or severe abdominal pain. MIS-C can be deadly if left untreated. A recent study by the American Academy of Pediatrics showed cases among children in California were up 150 percent last month.



Arthur "Tony" Blain, MD, FAAFP

COVID-19 deaths continue to increase daily. Deaths in San Diego County as of early September were 734 (42,477 cases), California 14,333 (761,000 cases), United States 194,000 (6.5 million cases), and worldwide 917,000 (28.6 million cases), but experts feel worldwide numbers are grossly underestimated due to lack of available testing and political reasons.

Prevention of COVID-19 by wearing masks and social distancing is being increasingly ignored and is causing the increase in cases and deaths. Long-term consequences of COVID-19 are unknown, but fatigue, muscle and joint pains, "brain fog" or confusion, palpitations, dramatic mood

See COVID-19, Page 4

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Rotary Club donation will help firefighters

By Bella Ross

With unprecedented wildfires and the continuation of the COVID-19 pandemic at front-of-mind for many Californians, it can be easy to imagine that the impacts of the dual tragedies on local firefighters have been extensive.

It's this reality that prompted the Poway-Scripps Rotary Club to offer a \$1,000 monetary donation to the San Diego Fire Rescue Foundation. The donation will help fuel an influx of personal protective equipment and supplies necessary to confront what will undoubtedly be a tough fire season.

The San Diego Fire Rescue Foundation is a nonprofit organization dedicated to helping provide the unmet needs of the San Diego Fire-Rescue Department.

"They indicated they need emergency kits for their firefighters, but we determined it was easier to give them money and let them buy what they need as they need it," said Karen Herberos, former Poway-Scripps Rotary Club president and



Wendy Robinson (center left), executive director for the San Diego Fire Rescue Foundation, accepts a donation from the Poway Scripps Rotary Club, represented by Karen Herberos (center right) at Fire Station 37. (photo by Bella Ross)

secretary for the Scripps Ranch Fire Safe Council.

Crews don't just need increased medical supplies in order to protect themselves from the virus. Social distancing among strike teams – crews that travel to combat major wildfires around the state – means less sharing of communal spaces and greater demand for individual-use materials.

Wendy Robinson, executive director for the San Diego Fire Rescue Foundation, said this includes sleeping

cots and pads, as well as disposable masks and gowns.

"The fires are more frequent, they're more intense, and then you throw in this enemy that you can't see, which is COVID," Robinson said. "There have been 11 firefighters who have tested positive for COVID within the city."

At Scripps Ranch Fire Station 37, Captain Rob Hackett said this reality affects the day-to-day operations of crews in neighborhood stations as well as

those who are out on strike teams.

As the Valley Fire raged in East County, Hackett said, 120 San Diego firefighters were out on deployment with strike teams as far North as the Oregon border. Hundreds more were sticking behind working mandatory overtime, which could mean as many as eight to nine consecutive days at the station.

"We'll be busy for a couple months," Hackett said.

The everyday operations of these firefighters often puts them face-to-face with COVID-19 carriers, making the Rotary Club donation and the supplies it will fund all the more essential.

"They're so often the first person to make contact with somebody who is potentially sick," Robinson said. "So, it's really important that they're protected not just for their health and wellness, but because they're going and treating so many different people. They don't want to be a carrier either."

To support and learn more about the San Diego Fire Rescue Foundation, visit SDfire-rescue.org.

SCRIPPS RANCH

NEWS



Live In-person After School Musical Theatre Day Camps

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MY CHICK

Continued from Page 1

a vegan sandwich as more healthful choices.

“Everything is going to be fairly inexpensive. Since we are close to the high school, we want to make sure it’s somewhere they can go,” Melendez said. “But, we’ll also have a full bar for the adults.”

As one of few new businesses that has opted to open their doors amid the COVID-19 pandemic, Melendez assures guests the eatery has a sizable patio and will offer limited indoor dining. It will also have numerous to-go options, and there are plans for food to be available on app-based delivery services.

“It’s kind of weird to be opening something right now but we have a love for food and community, and we want to bring a cool new spot where people can hang out,” she said.

Melendez and Adamson, who also has an interest in Public House in Scripps Ranch and Luigi’s at the Beach near Belmont Park, said they hope to bring a unique vibe to the establishment that isn’t seen at a lot of Scripps Ranch businesses.

Melendez said graffiti-style designs and an “Instagram wall” will help make this happen.

“I want to bring something very hip, like a North Park vibe, to Scripps Ranch because we don’t have anything like that around here,” she said.

My Chick owners hoped to open its doors on Oct. 1.

COVID-19

Continued from Page 2

swings and other symptoms are common for months.

Hospitalized for a case of “air hunger” months after his COVID-19 diagnosis, Capt. Pryor said, “I hope this ends soon ...”

Dr. Blain is a board-certified Poway family physician and board member of the California Prostate Cancer Coalition with 24 years of medical experience, both in the community and with the military. He provides office and telemedicine care for COVID patients and all medical issues. He lives in Poway with his wife, four sons, two dogs, two cats and a Lion Head rabbit. When not coaching youth basketball, soccer and running, he runs ultra-marathons and enjoys open water swimming.

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Students start virtual Cultural Fusion District

By Ashley Shah

When the coronavirus pandemic hit home in March, Scripps Ranch High School (SRHS) freshman Justin Angert (now a sophomore) – like most students around the nation – began virtual learning from home.

Left with spare time, Angert used the opportunity in a productive way that would soon lead to a movement and a cultural reset.

“COVID-19, for me, was a blessing in disguise. Throughout my time at home when school shut down, I got really close to my grandma. I would Face-time her every week and she taught me Russian. Soon it became more than that, and she started to share her experiences about growing up in Ukraine,” Angert said. “When my grandma had told me her stories about growing up, it just made me view things from a different lens. It made me empathize and have a better understanding of her.”

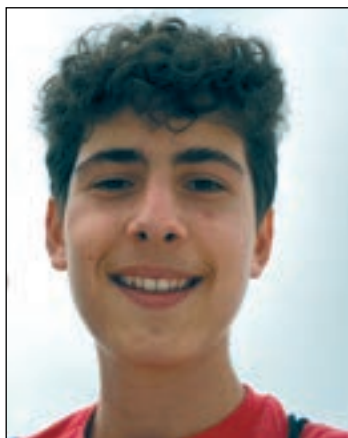
Motivated by his grandmother’s stories, Angert

reached out to his friend, Grace Li, a sophomore at SRHS, and together they started an organization called the Cultural Fusion District (CFD) to share the experiences of others who have different cultural backgrounds.

“The Cultural Fusion District’s main purpose is to educate others and weed out common stereotypes from cultures,” Angert said.

Angert and Li began a website to further the mission of the CFD that includes blogs that talk about recent events and interviews of people from different cultural backgrounds.

“When we first started the CFD, we had no idea about what was to come. When the Black Lives Matter movement spurred up, we knew that, as an organization that promotes the acceptance of different cultures, that we had to speak up about it. We started our first blog on our website that addressed the issue. From there, we began to take small clips from the website and post them on our Instagram page to get the word out,” Angert said.



Justin Angert



Grace Li

Recently, the team has been working on a podcast that will be aired weekly and can be accessed through their website or Instagram page. The first podcast aired on Sept. 14 and was an introduction to the series.

“The podcasts will include live interviews with people from different cultures and their perspectives on issues that their cultures face,” Li said.

The team is hoping to get more people in these interviews and expand their audience.

“Our main goal right now is just to get more people who want to spread awareness about their culture. We want to get more interviews

up on the website and have more people on the podcasts sharing their stories,” Angert said.

Angert continues to focus on his goal.

“My main goal is that I want everyone to have that sense of empathy and respect for those with different backgrounds that I now have. Listening to members from different cultures makes you more open to change and growth, and that’s why this is so important,” he said.

Not only is Angert involved in CFD, but at SRHS he is the publicity and recruitment officer for the peer tutoring club, a part of the Red Cross club, and

plays water polo and basketball. Outside of school, Angert is the membership vice president for his religious school, Beth Israel.

Li’s goal is to expand and create a community that fosters diversity.

“As a first generation American, I believe that the other cultures that people have should be brought and continued in their communities to create a more accepting place. We need to bring new ideas and make America more culturally sound, and this organization is a step in that direction,” Li said.

Outside of the CFD, Li is an intern for the Be the Change Foundation. At SRHS, Li participates in soccer, badminton, tennis, the Red Cross club, debate team and Science Olympiad.

The team hopes that in the future they will be able to partner with other organizations and raise money to aid communities that are facing cultural discrimination.

Visit their website justinangert.wixsite.com/website-1 or their Instagram page @culturalfusiondistrict.



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Protect your home from wildfires

By Scripps Ranch Fire Safe Council



Despite the challenges of quarantines and social distancing, safety advocates are finding innovative ways to prepare their communities for wildfire. This year's wildfire preparation season coincided with the nation's all-consuming COVID-19 response. Most states west of the Rockies recognize May as Wildfire Awareness Month, when wildfire safety advocates typically preach neighborly activities to reduce wildfire risks in communities. Remember the awesome open houses at our Fire Station 37!

Our message here is to emphasize that there are in fact simple steps you can take to protect your homes from wildfires. It's the perfect time for home maintenance activities that target roofs, gutters, decks, fences and cleaning up anything combustible around the house, the kind of things that have been proven to be

most effective in reducing home wildfire losses. And don't forget your palm trees. Those dead fronds make your palm tree a torch. Det rid of them.

Recent brush fires in our district over recent weeks serve as a strong reminder that we must always remain vigilant against the threat of wildfire. For tips on how to prepare and protect your home and family, download the Wildland Fire Action Guide from the San Diego Fire-Rescue Department.

As the Scripps Ranch Fire Safe Council, we are also working on ways to assist you in these areas. In the meantime, don't forget our golf tournament fundraiser is scheduled for Oct. 24. For more information email srfiresafecouncil@gmail.com, visit www.srfiresafe.org or call (858) 201-3711.

LASAGNA MAMAS

Continued from Page 1

to the community and I wanted to make more people aware of this opportunity," Morgan said.

Local resident Melissa Culver also stepped up to join the organization.

"I saw a post about it by Shelby and I just thought it was a great idea and learning experience for my kids. I wanted to show them that not everyone has the luxuries we have and when you have more you should give more," Culver said.

Megan Smith, a recipient of Lasagna Love, stumbled into a Facebook group talking about it and decided to check it out.

"I signed up and by the next day someone had already been matched with me. They even deliver the lasagna right to your door and that just makes it that much more amazing. The note they leave on it makes it so unique and truly brought a smile on my face," Smith said. "When I signed up, I was feeling so overwhelmed and to know that out of all the things I had to worry about, food wasn't one of them. The lasagna fed my family of six for two nights. It just meant the



Shelby Morgan and her children participate in the Lasagna Love effort by baking lasagna for families in need. (courtesy of Shelby Morgan)

world to me."

There are more than 400 volunteers throughout the United States and there are about 75 volunteers just in the San Diego area.

"When I first started this in April, I felt so helpless because nothing was open and there was no way to volunteer or help others. I knew that I loved cooking, so I just started making extra meals and posting about it. From there, the movement grew and we just got more people involved," national founder Rhiannon Menn said. "My main goal is to make every mom out there feel comfortable enough to raise their hand and say they need help. I feel like many moms feel like they have to do everything alone and that

they can't reach out for help. However, this is the time to ask for help and I just want this to be that outlet for moms in need."

Anyone can sign up as a volunteer at any time. Volunteers can help in other ways other than lasagna, such as purchasing groceries for a family or just donating money to the organization to help families in need.

For the recipe, to sign up and for other information, visit lasagnalove.org.

NEWS UPDATES

• Diego Days a success: Organizers and restaurants participating in Diego Days, a Labor Day weekend fundraiser, helped greatly in fundraising efforts to assist Diego Ruiz, who shares ownership of Chile Peppers Mexican Eatery with his three brothers. Ruiz was in a scooter accident that resulted in a brain injury. Diego Days, combined with a GoFundMe campaign, raised more than \$54,000 by mid-September. Participating restaurants were Flippin' Pizza, The French Oven Bakery, Pazzo's and Chile Peppers.

• GoFundMe for salon: Han and Nimol of Scripps Salon & Spa, 10006 Scripps Ranch Blvd., Suite 201, had to shut down for months due to the COVID-19 crisis and need community support. They have owned the business for 10 years. A GoFundMe campaign was created to assist them. Visit GoFundMe.com and search for: Save Scripps Salon and Spa.

• Rotary Club blood drive: The Rotary Club of Poway-Scripps is sponsoring a blood drive for the San Diego Blood Bank on Sept. 30, 9 a.m.-2 p.m. at the "new" Vons parking lot, 10675 Scripps Poway Parkway. Those wishing to donate blood may make an appointment at MYSDBB.org/schedule or by calling 1-800-4MYSDBB. An appointment and photo ID are required.

• Retired colonel leads STEP board: Support The Enlisted Project (STEP), a nonprofit providing financial counseling and financial assistance grants for service members and veterans in crisis, located in Scripps Ranch, announced the appointment of John Farnam, Col., USMC (Ret.) as board chairman. Farnam served 26 years in the United States Marine Corps as a weapons and sensors officer flying the FA-18D and has been on the board since 2015.



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RoboSub is an international underwater autonomous robotics competition in which college, high school and middle school students design and build their self-driving vehicles to navigate through a series of tasks. (courtesy photo)



Members of Team Inspiration include from top left, inset: Ashika Palacharla, Ashiria Goel; back row: Shreyas Rangan, Eesh Vij; front row: Rishi Veerapalli, Noah Tang, Mabel Szeto, Pahel Srivastava, Aditya Mavalankar, Shruti Natala, Raina Shapur and Colin Szeto. (courtesy photo)

SCI FOOT S

Team Inspiration scores international victory!

By Ashley Shah

On Aug. 30, Team Inspiration, a local robotics team composed of middle and high schoolers, took the first place overall title out of 33 teams in the international 2020 RoboSub competition. Many team members are students from Scripps Ranch.

“We are the first team composed of middle and high schoolers in RoboSub history ever to take home first place,” mentor Alex Szeto said.

RoboSub is a robotics competition in which autonomous underwater vehicles in a large sized pool complete tasks such as moving golf balls and hitting buoys. The competition has other components as well such as a video presentation, a website and a technical paper.

Due to COVID-19, this year the final competition was held virtually. The team started prepping for the finals in March.

“We met for about 10 weeks straight to prepare for the competition. During the last three weeks, we met every day and practiced all day, on some weekends making it to past midnight some nights,” team captain Colin Szeto said.

This year, all teams were only required to present a website, video and technical paper.

“We did a 15-minute video showing an introduction to our team and the development of the sub and the lessons we learned. The website outlines the process of completing the sub, and the technical paper shows all of the research we conducted,” Szeto said.

Team Inspiration placed first out of 33 teams in both the technical paper report and the website presentation, and second place out of 33 teams in the video presentation.

Those teams represent-

ed Brazil, Canada, Egypt, India, Mexico, Norway, Poland, Singapore and the United States and. All but three teams were from universities including Caltech, Carnegie Mellon, Duke, Georgia Tech, Arizona State University, SDSU, UCSD, Indian Institute of Technology Bombay and National University of Singapore.

“The virtual competition was actually something we could capitalize on. We knew that this was the year to take it all home because our team was willing to put in even more time. I couldn’t be more proud of our team.

This is such an amazing accomplishment and I can’t wait to see what we accomplish next year,” Colin Szeto said.

As this year was Team Inspiration’s second year competing in RoboSub, team members were able to build off what they learned last year.

“We definitely relied heavily on research and other teams during our first year. However, this year our team was really self-motivated. I was happy to see that all of the team members kind of ventured out to go learn new things to help our team

advance. We’ve made a lot of great progress and I know we will continue down that path,” 2019 team captain Mabel Szeto said.

Team Inspiration also heavily focuses on outreach year around.

“Currently, we are working with a local company, Purpose Robotics, to develop an affordable submarine so that schools can use them for their STEM programs. Usually, submarines are about \$3,000, but we are trying to bring it down to \$1,000,” outreach coordinator Eesh Vij said.

See **TEAM INSPIRATION**, Page 9




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FIRST DAY OF LEARNING 2020

The first day of the 2020-21 public school year began with online learning from homes across Scripps Ranch due to the COVID-19 pandemic. Families adapted, preparing learning areas within their households. Here are photos of students on their first day of classes.



Kamryn Sablad started 5th grade at Dingeman Elementary.



Drew and Luke Bidermann started their online learning at EBS Elementary School.



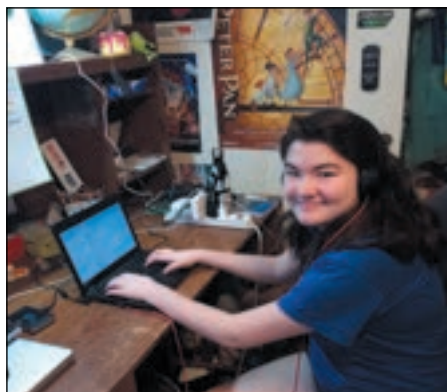
Ariel Sheppard started kindergarten with Mrs. Drake at Dingeman Elementary School.



Enzo Maseda was excited to start online learning preschool at Morning Creek Elementary.



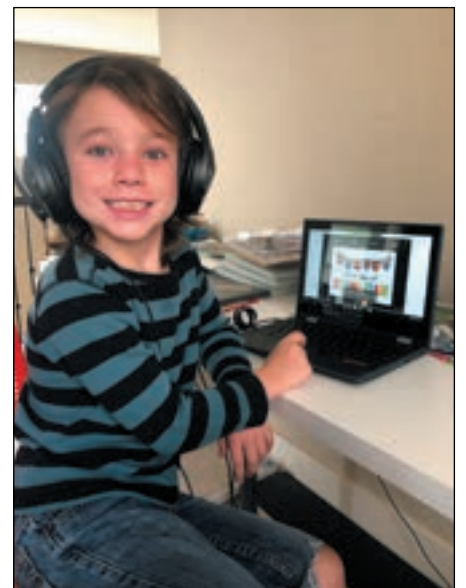
The Collins Family's grandchildren went back to school in person. Two are kindergarteners and one is a 2-year-old pre-schooler.



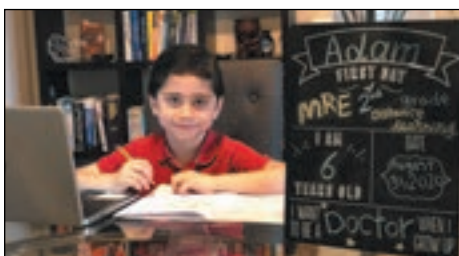
Emily Kaup is starting 8th Grade at Marshall Middle School.



Valentina Maseda shows her school spirit as she starts distance learning kindergarten at EBS Elementary!



Colton John is all set for 2nd grade at Miramar Ranch Elementary.



Abe Natsheh (5th grade) & Adam Natsheh (2nd grade) are ready for online school at Miramar Ranch Elementary.



The Schlossman and Ueno families, aka the "MRE Homestead," combined efforts for a great first day of school at Miramar Ranch Elementary School. Pictured from left to right: Jake Ueno and Avery Schlossman (4th grade, Ms. Darragh), Dominic Ueno (TK, Ms. Best). Jake and Avery are in a learning pod together.



The Greenspan Family is excited for the first day of online school at Jerabek Elementary. Gavin is in 5th grade; Amelia is in 2nd grade and Stella is in kindergarten.



The Fernandez Family is ready for a great school year! Halle is in 11th grade and Charlyze is in 9th grade at Scripps Ranch High School. Hudson is in 3rd grade at EBS Elementary.



The Tamayo family had a busy first day of school! Jett, started 7th grade at Marshall Middle School, while his siblings Kai, 5th grader, Dax, 3rd grader and Reid, TK, started at EBS Elementary.



Dylan Dimagiba, 7th grader at Marshall Middle School on the left and Ella Dimagiba, 5th grader at Dingeman Elementary School are ready for the first day of online learning.



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Kindness Week continues at Jerabek

By Bella Ross

After four years of bringing students together to preach the importance of kindness at Jerabek Elementary School, the Kindness Committee is getting creative as they move their efforts into the virtual sphere.

The committee – co-chaired by Jerabek parent volunteers Laura Stephens, Kim Nocella and Alexis Spagopolis as part of the Family Faculty Organization – focuses on infusing the values of kindness, inclusion and empowerment on campus. Their keynote effort, called Kindness Week, occurs three times a year and will be returning to campus from Oct. 5 to 9.

This year’s version will include daily activities, all of which will occur online, focused on issues such as cyberbullying, allyship and how to stay inspired during tough times. This includes workshops for staff and students as well as inspirational speakers.



Kindness Week started about four years ago amid what Stephens described as heavy times to be a student on campus.

“It was around the time when tough stuff was happening in the world like school shootings and stuff like that, and we really wanted to give the kids a voice of their own and feel empowered and know that they can make a positive impact in the world,” she said.

The effort has since grown into a massive success, even establishing a partnership with the Anti-Defamation League last year. Since then, all public schools in Scripps Ranch have been designated as official No Place for Hate campuses.

“That just gave a little bit more depth and partnership to our activities,” Stephens said. “We had more resources because the (Anti-Defamation League) has a great book, resources and YouTube videos.”

Even amid the shift to a virtual movement, the committee’s goals have expanded with the development of a new Diversity, Equity and Inclusion Committee. The group will work to make recommendations to the Jerabek school administration on how to weave inclusivity more deeply into the campus culture.

With all these efforts combined, Stephens said, Jerabek parents and students have noticed a real difference in attitudes on campus. This includes Kindness Week topics making it back to students’ homes.

“I’ve heard from people where their kid came home and shared a conversation they had in the classroom that they shared around the dining room table, and that gave them the opportunity to have a talk as a family,” Stephens said.

‘We really wanted to give the kids a voice of their own ...’

—Laura Stephens

Stephens said the movement’s core mantra has three elements: “Be respectful, be responsible, be kind.”

The efforts are also driven by the work of about 20 fourth and fifth grade student leaders who lead conversations among their fellow students about how to embrace the core mantra in all aspects of their lives.

TEAM INSPIRATION

Continued from Page 7

Alongside developing affordable submarines, they are also working on other local projects.

“We’ve been working with the Ruben H. Fleet Science Center to create YouTube videos that inform people on what’s going on in San Diego in STEM,” Mabel Szeto said.

Next year, they are hoping to accomplish even more.

“We’ve been working alongside UCSD and USD to learn more technical skills and create more diversity in our approach,” Mabel Szeto said.

Future team captain Ashiria Goel is excited to see what is to come next season.

“This year we took up more advanced topics and it really

helped out. I know that next year we’ll be able to accomplish even more and we’re going to be able to push the limits. Hopefully, the competition will be back to in-person and we’ll be able to apply even more knowledge into our work and presentation,” Goel said.

To follow Team Inspiration’s journey, visit team-11128.wixsite.com/main.

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OFF-SEASON CONDITIONING

Some members of the Scripps Ranch High School football team were sweating away at Fitness Quest 10, 10006 Scripps Ranch Blvd., in early September as they anticipated the upcoming season which was postponed due to the COVID-19 pandemic. Players hope to begin practice in December.

photos by Justin Fine



Rudick named Player of the Year

The San Diego League named San Diego State University's (SDSU) Matt Rudick as 2020 Player of the Year. Rudick is a 2017 graduate of Scripps Ranch High School (SRHS).



He is a rising SDSU senior who won the San Diego League batting title with a .419 average (26-for-62). He collect-

Matt Rudick (courtesy photo)

ed four doubles, three triples, three home runs, 18 RBIs and 22 runs scored in 16 regular-season games with the Warriors. He ranked third in the league with a 1.197 OPS and fourth in RBI.

"Matt is a future big leaguer," said Warriors Head Coach Brett Seeburger, who also serves as a graduate assistant at San Diego State. "He has all the physical tools to swing the momentum of a game into his team's favor. He can make any play in the outfield with his speed or his arm. His swing is one that scouts and coaches dream of. We have a nickname for him back at school: 'Lil Tony.' He's earned that name as he goes about the game with the same commitment and respect that the great Tony Gwynn did, both on and off the field. It was a privilege to coach Matt this summer and look forward to watching his baseball career grow."

The left-handed hitter also went 5-for-10 with a home run in two post-season games, thus hitting safely in all 18 games he played this summer. His four home runs in total were tied for the most hit in the league this summer. In 80 plate appearances overall, he struck out just five times.

Other SRHS alums involved with the league include Dylan Tye (Brewers assistant coach and SRHS JV head baseball coach) and Ty Hill, a player on the Waveriders.

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Affordable DIY projects to transform your home

(StatePoint) Transformative home renovations don't need to be complicated, nor do they need to cost an arm and a leg. There are plenty of affordable DIY projects you can do in a weekend to add beauty to your home's indoor and outdoor spaces. Here are a few to consider:

Instant Ambiance

Most often associated with party decor, string lighting hung above back patios and decks can be used to create everyday ambiance.

As for how to string the lights, the possibilities are endless. You may prefer taut, clean lines, slack zig-zags or concentric circles. Just be sure to use weatherproof lighting designed to withstand the elements.

Stone Patio

A drab concrete patio, pool deck, garage floor or walkway can be an eyesore. Whether your concrete is older and looking stressed, shedding its latest coat of paint, slippery, stained – or new, but just gray and lifeless, there's a very easy way to spruce things up that doesn't require replacing the materials or involving a contractor.



There are many homeowners who avoid desired renovations, assuming that in order to make a true impact, they'll need a huge budget and a lot of time. The truth is that there are transformative DIY updates you can execute affordably in just one weekend. (StatePoint)

With a pre-mixed, factory-tinted stone coating system, such as the patent-pending SpreadStone Decorative Concrete Resurfacing Kit, just about anyone can add authentic stone character to any concrete floor or wall. It

not only boosts aesthetics, but also adds traction for safer walking surfaces. The real stone coating performs well in all climates, standing up to water, snow, salt, UV exposure and extreme cold and heat.

“The best part? Application is fast and simple, and you don't need to be an artist to achieve great results,” says renovation expert James Carey, co-host of “On the House,” a national home See **DIY PROJECTS**, Page 12

HOMES



Support Independent Journalism in Scripps Ranch

Scripps Ranch News has launched its first GoFundMe fundraising campaign. As an essential business, Scripps Ranch News battles through the COVID-19 crisis to bring you vital information.

Your contribution is an investment in this community!

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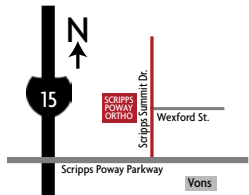
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DIY PROJECTS

Continued from Page 11

improvement show.

Mount Shelving

Installing floating shelves onto otherwise bare walls adds coziness to living spaces while creating smart storage. The lightweight, easy-to-install Ambrosia Maple Rustic Mantel Shelf from Ornamental Mouldings & Millwork is a good choice, as it can be used as either a stand-alone floating shelf or fireplace mantel, and can be left as-

is or stained to complement other elements in the room.

• **Stone Countertops:** Have you always wanted real stone countertops but didn't want to spend thousands on a complete remodel? You can now roll a new stone surface over any existing countertop made of laminate, cultured marble, concrete, wood, tile and other solid surface with the high-performance SpreadStone Mineral Select Countertop Refinishing Kit from Daich Coatings.

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all of which feature mineral accents and highlights found in natural mined rock, the proprietary stone technology gives an elegant, environmentally-friendly facelift to surfaces in kitchens, bathrooms and other home interiors.

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Happy Birthday!



Happy 13th Birthday to our son Carson! We have another teenager in the house!! We love you so very much, are so proud of you & wish you all the best in everything you do.



Sawyer Young - Happy 8th birthday!! You are everything we could have wished for and so much more!! Love you our little soybean!!



Happy 13th birthday to our son Conrad Blair! Officially a teenager!! You are so loved and we are so excited to watch you grow throughout your teenage years. Love you.

If you know someone having a birthday in October, you can send a message and photo to Scripps Ranch News and we'll share it on the special day on our Facebook and Instagram pages – and publish it in the next issue of Scripps Ranch News. Send your birthday message (25 words maximum) along with a photo and the birthday date to info@scrippsranchnews.com.

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