

### SCHOOLS

Local RoboSub team has strong showing

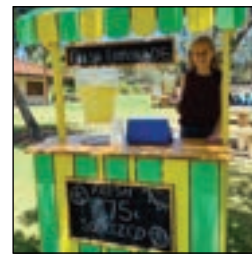
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### LIFE

Young chess player is international master

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### LIFE

Lemonade Stand Contest winners

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# SCRIPPS RANCH NEWS



Volume 2 Issue 10 • September 2019

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## Dancer will compete internationally this fall

By Rachelle Sparks

When 10-year-old Brealin Kern goes to Germany this November to compete in an event known as “the Olympics of tap dance,” she will not only be representing San Diego – she will be part of a team representing the entire West Coast.

“When the group went last year, I thought it was an amazing opportunity for those girls,” said Allison, Brealin’s mother. “I never imagined Brealin would get to go.”

“And, here we are,” said 10-year old Brealin, who is a fifth-grade student at Ellen



Brealin Kern will travel to Germany to compete in the World Tap Championship. (courtesy photo)

Browning Scripps Elementary School in Scripps Ranch.

See **TAP DANCER**, Page 14



## FALL TRADITIONS

Scripps Ranch High School resumed traditional activities as the school year got underway. Cheerleaders, the marching band and students are helping inspire the varsity football team as the school’s 2019 Homecoming game approaches on Oct. 11 at 6:30 p.m. vs. Crawford High. The Homecoming Dance will round out the week of festivities on Oct. 12 at the SRHS Quad.

Photos by Ralph LoVuolo



Scripps Ranch High School Peer Tutor Club Secretary Melinda Luo (left) helps Ellice Wang at one of the club’s free after-school tutoring sessions. (photo by Melina Dimitropoulou)

## Students help students

By Ken David

The student-run Scripps Ranch High School Peer Tutor Club gives young scholars valuable experience while helping others get over rough patches and raise their grades.

Formed in 2008, the Scripps Ranch High School Peer Tutor Club is designed to help students who need help with schoolwork and bringing up their grades in

general. The club meets and offers free tutoring at the Scripps Ranch High School Library after school every Monday through Thursday from 2:15 to 3:15 p.m.

Club Publicity Chairman Melina Dimitropoulou said the peer perspective of the club’s tutors offers a special resource for Scripps Ranch High students.

See **TUTOR CLUB**, Page 9



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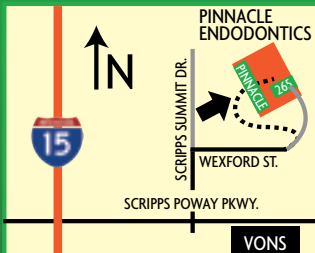
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## PATRIOTIC HONOR

Dingeman Elementary School students Naomi and Juliana Shadburn stop to admire the new flag painting to honor the memory of Colonel Bob Dingeman near the school entrance. The school was named in honor of Bob Dingeman, a decorated Army colonel and longtime community leader in Scripps Ranch who passed away in May. (photo by Lisa Shadburn)



## Destination Imagination teams forming

Destination Imagination (DI) is forming teams for the upcoming season in San Diego. DI is a non-profit, volunteer-led organization with the purpose of inspiring and equipping students to become the next generation of innovators and leaders. Students can spend this winter working with friends to create a project that solves a problem. Using STEAM, teams of students collaborate, think and create solutions to one of seven different challenges in preparation for a problem-solving competition. Sign up at [caldi.org/interest-form](http://caldi.org/interest-form).



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# Susan Howe: Women's Foundation president

By Tawny McCray

After serving as a member of the San Diego Women's Foundation (SDWF) for a decade, and being on its board for six years, Scripps Ranch resident Susan Howe recently took the helm when she was appointed president of the foundation.

Howe said her many years of experience with the organization, along with her lifelong membership in the Junior League of San Diego, her time at Scripps College and her role as founding member of the Hidden Valley House Auxiliary, have given her an appreciation for the power that women have when they work together to achieve common goals.

"My membership in SDWF builds on those experiences and allows me an opportunity to work with an amazing group of women who share my interest in learning about the issues affecting our community and pooling our philanthropic dollars for maximum benefit in the community," she said.

Howe said her first two



Scripps Ranch resident Susan Howe is the president of the San Diego Women's Foundation. (courtesy photo)

months as president – she assumed the role on July 1 – have been both busy and rewarding. She said that at the foundation's annual Grants Celebration in June, it was announced that this

year's grants will focus on programs that provide basic needs and transition services to individuals currently in San Diego County with refugee, asylum seeker or asylee status.

"SDWF members don't shy away from challenging issues," Howe said. "Other recent focus areas have included programs to combat human trafficking and to support homeless youth."

Last month the foundation held a Grants Kick-off event to educate its members and the community about the issues facing refugees, asylum seekers and asylees, all of whom face tremendous challenges to become self-sufficient in a new country, she said.

Howe said the SDWF was formed in 2000 by a small group of San Diego volunteers who envisioned an organization that would promote the participation and leadership of women in philanthropy. The group, inspired by collective giving circles formed in other states, founded the SDWF to strengthen and improve women's capacities to engage in significant philanthropy in San Diego, she said.

"Women make the majority of philanthropic decisions in our country, so it's especially important for women to have an opportunity to

See **SUSAN HOWE**, Page 4

# NEWS



## MCAS Miramar Air Show

The entire San Diego community is invited to the 2019 Marine Corps Air Station (MCAS) Miramar Air Show, Sept. 27-29. The theme of this year's air show is "A Salute to Responders."

Once again, the U.S. Navy's Blue Angels flight demonstration team (pictured) will be the highlight of the show. But a big surprise this year will be two precision parachute teams, one from the Navy and one from the Army. The Army's Golden Knights parachute team will perform such stunts as cutting away a parachute on purpose, passing a baton at 120 mph and flying the U.S. flag at 12,000 feet. The Navy Leap Frogs, the official U.S. Navy parachute team, is a 15-man team comprised entirely of U.S. Navy SEAL and SWCC commandos.

The public will see the U.S. Marine Corps' relatively new F-35B fighter with short take-off/vertical landing capability. Visitors will also see demonstrations by the Royal Air Force Red Arrows Team, the USMC's MV-22 Osprey and the Marine Air-Ground Task Force demonstration team. In addition, numerous other aircraft will be displayed for close-up viewing.

Gates open at 8 a.m. each day. To enter, drivers must have a valid drivers license, current registration and proof of insurance to bring a vehicle onto the base. The public may use the North, East/Main or West Gates to enter MCAS. Drivers will be directed to general parking areas.

The air show is free to the public, however, upgraded seating options are on sale now. For ticket information, visit [miramarairshow.com](http://miramarairshow.com) or call 1 (858) 577-4126 for assistance or questions regarding air show preferred seating tickets.

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## SUSAN HOWE

Continued from Page 3

team up with like-minded women to learn and become better philanthropists," she said. "The organization is comprised of smart, well-informed women who are committed to improving our community while having fun doing it."

Howe said the SDWF is currently comprised of 220 members from all over the county. The fastest growing segments of their membership are the under-40 young philanthropists and women who are in the prime of their careers, she said.

Howe said it is a member driven organization that utilizes the democratic process of one member, one vote. The members work together to decide where to invest more than \$200,000 in grant funding each year. Howe said the SDWF has invested more than \$3.5 million in 96 nonprofit programs since it was founded almost 20 years ago.

Some things the foundation is working to do include looking for ways to diversify the membership and involve a broader cross section of women throughout San Diego; boosting the social media profile to reach women who might not have heard about the foundation; and developing partnerships with other women's professional and industry associations to grow leadership opportunities and work together to improve their community, Howe said.

Howe, a married mother of three and grandmother of five, retired five years ago from the San Diego Public Library Foundation as the major and planned gifts director. When she's not volunteering for the SDWF she enjoys gardening, quilting, fly-fishing, golfing with friends and visiting her grandchildren on the East Coast, she said.

Howe said it's a tremendous honor to serve as president of the SDWF, especially as the foundation is celebrating its 20th anniversary and launching a strategic plan to guide the organization for the next five years and beyond.

She said her goal as president is to recognize and thank the founders and all current and past members for their role in the foundation's success.

"Thanks to our members, SDWF is well-positioned to establish itself as a philanthropic leader in the region," Howe said.

For more information, visit [sdwomensfoundation.org](http://sdwomensfoundation.org).

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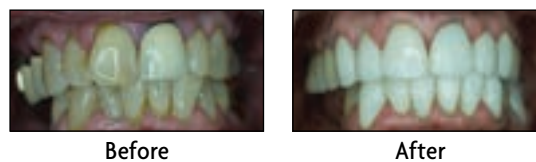
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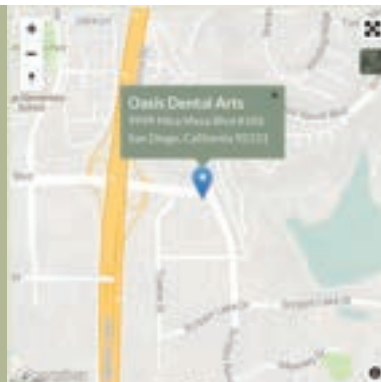
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# Robotics team impresses at RoboSub event

By Ken David

A Scripps Ranch-based robotics team of high school and middle school students surprised many, including maybe themselves, with a strong showing in a recent robotic submarine competition that pitted them against teams from some of the country's top colleges.

Team Inspiration, which included members from Scripps Ranch High School and other area schools, finished 13th in the 22nd annual International RoboSub Competition, held July 29-Aug. 4 at Naval Information Warfare Center Pacific Transducer Evaluation Center in Point Loma. The team also captured the event's Most Inspirational award and an Innovation Award from the Institute of Electrical and Electronics Engineers.

RoboSub is an international underwater robotics competition in which college and high school students design and build self-driving vehicles to navigate through a series of tasks. Team In-

spiration was the only high school/middle school team from the San Diego region that participated in the 2019 RoboSub competition. A total of 59 teams participated, with all but four teams being from top universities around the world. The local students bested teams such as the California Institute of Technology, the Georgia Institute of Technology, UC Berkeley, UC Riverside, UC San Diego, San Diego State University and the University of Southern California.

"I assume a lot of college students weren't very happy," said Team Inspiration coach Alex Szeto. "They must be wondering 'How did we lose to such a young team?'"

Robots had to perform a number of tasks of increasing complexity. This included passing through an underwater gate (with style points offered for doing spins or rolls), touching specific pictures on buoys, picking up an object in the water and dropping it in a box, and opening and closing a sliding door. All of the tasks had to be done in under 15 minutes.

"Even the best teams in



The autonomous robotic submarine, Orange, designed and built by Team Inspiration. (photo by Teresa To)

the world can't complete all the missions," Szeto said. "When you build the robot, you have to decide what you have the best chance of completing, which ones bring the most points. So, there is a lot of strategy."

Students do all the work from design, building and operation of the robot submarines, according to Szeto. Only 25 percent of the work can be done by a coach or mentor, and those points don't count. Szeto, an aerospace engineer, has coached the team and hosted weekly lab sessions in his Scripps Ranch garage since his own kids got interested in robotics about nine years ago. In addition to robot building and competition activities



Team Inspiration RoboSub competitors include (back row, from left) Eric Silberman, Ashiria Goel, Pahel Srivastava, Ashika Palacharla, Raina Shapur, (middle row, from left) Eesh Vij, Rishi Veerepalli, Noah Tang, Aditya Mavalankar, Ilan Cosman, Colin Szeto, (front row, from left) Shreyas Rangan, Shruiti Natala and Mabel Szeto. (photo by Teresa To)

throughout the year, Team Inspiration also attends outreach events to spread their love of robotics, and uses modern video and computer technology to teach other school-based robotics teams around the world.

Team Inspiration's co-cap-

tains are twin siblings Colin and Mabel Szeto, Del Norte High School students who have both been involved with robotics for nine years. Both found the RoboSub experience to be a rewarding and memorable one.

See **ROBOTICS TEAM**, Page 7

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# Chabad Hebrew Academy provides strong sense of self

By Laura Hogan

**E**ducators at a local community-focused school are helping to instill a strength of character alongside academic lessons.

Founded 40 years ago, Chabad Hebrew Academy (CHA) welcomed 44 new students from many new families to its halls at the start of the 2019 school year. Rabbi Josef Fradkin, head of school, attributes much of this increase to their talented alumni. They serve as a testament to both the school's rigorous academics and its focus on cultivating the next generation of leaders. Fradkin explained that the school developed what is termed "the portrait of a graduate," which outlines the strengths of character and skills they strive to see in CHA graduates.

"It's something that the teachers look at and engineer how our curriculum and how our character development works all the way from 6 weeks old to eighth grade. We have a specific goal that we want," he said. "We want our chil-

dren to be the leaders of the future. We want them to be knowledgeable, confident, engaged, passionate – and in order to do so we need to do certain things along the way. And, we take that responsibility very seriously."

With more than 345 students, Fradkin said, the make-up of the school includes children from all across the county and even some students who make the daily journey from across the border in Tijuana, Mexico.

"I came to CHA because I truly believe an academically challenging and solid Jewish education is the greatest gift I can give my children to be successful in all aspects of life," said Samantha Shalon, a new parent at CHA.

Chabad Hebrew Academy boasts an impressive, challenging academic curriculum. Students have a leg up entering high school with the ability to test out of certain courses such as integrated math. Fradkin said students leave CHA with the confidence, strength of character and work ethic to succeed wherever they go.



Mora Keren Bradshaw and Merav Green are pictured at the Chabad Hebrew Academy. (Courtesy of Chabad Hebrew Academy)

He said that the smaller class size at CHA is a contributing factor in this preparation specifically for the middle school students. Each student has a "dean" who provides them one on one attention throughout their time at CHA. This enables students to accelerate at their own pace, aided by

CHA's extremely devoted teaching staff, Fradkin said.

"Every single one of our teachers is a rock star. I'm lucky I have my kids going to this school as well. We have passionate, kind, innovating and caring teachers. To them, education isn't just a job, it's a passion, and they care about each child,"

Fradkin said.

While small class sizes and private education often come with high tuition, Fradkin said, for anyone interested in sending their children to CHA, there are options.

"We have a number of programs, great donors, sponsors and scholarships to ensure every student can have that experience," he said. "It is, of course, a sacrifice to be able to afford a private school, but we don't make it hard. We make it much easier and will work with any parent or family."

The biggest benefit of receiving an education based on Jewish ethics and values is being part of a community, Fradkin said.

"It's about having this great sense of who one's self is in this really diverse world, which can be confusing. So, we need to give our kids a sense of self and a sense of pride in who they are. Once children have that, they are able to really give and receive and be a part of a multicultural environment in which they are proud participants," he said.

Those interested in learning more may set up an appointment to visit the campus and explore the website for more details on the school's mission and approach to education, Fradkin said. Visit [chasd.org](http://chasd.org).

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## SCHOOL NEWS

### EBS holds Fall Fest

Ellen Browning Scripps Elementary School, 11778 Cypress Canyon Road, will hold its annual Fall Family Festival and Auction on Friday, Oct. 25, from 5:30 to 9 p.m.

The event will include games, a cake walk, face painting, a costume parade, a bake sale, pumpkin decorating contest and a silent auction.

### Jerabek collects Halloween costumes

Jerabek Elementary School is holding its annual Halloween Costume Collection and sale. The school is collecting used Halloween costumes throughout September.

The Family Faculty Organization will accept any clean and gently used costumes, any size. Drop off costumes at the collection boxes on the school campus. The costumes will go on sale before and after school starting the first week of October.



# After school program offers enrichments

By Laura Hogan

**W**ith half days, spring break, parent teacher conferences and other holidays, many parents find themselves stuck between a rock and a hard place for childcare.

Enrichments365 helps fill this need while providing exciting opportunities for students. Gail Faber, founder and manager of Enrichments365, started the programming as her own son wanted to play sports and she didn't have the time to take him to different lessons every day of the week.

"I only had the weekends to take him to these classes and he wanted to learn how to play sports. Part of my inspiration was to build after school enrichments and give him something to do with his classmates as well as be able to benefit the parents and the school at the same time," Faber said.

After finding success at her son's school, Ellen Browning Scripps, Faber expanded Enrichments365 to Miramar Ranch Elementary School and Thurgood Marshall Middle School. Twenty-five percent of the proceeds are given directly back to each school.

Enrichments365 has more than 20 classes for students to attend both before and after school and on days that school is not in session. Enrichments include art, Bollywood dance, chess, computer classes, drama, guitar and yoga, to name a few.



Instructors for Enrichments365 pose at Miramar Ranch Elementary School, one of the schools now offering before and after school programming through Enrichments365. (courtesy photo)

"Our programming is offered in eight-, nine- and 10-week sessions. So, for a child to be able to try out an activity that they might not always try, then it really is a great opportunity for them. And, parents don't have to break the bank. But, if their child doesn't want to keep doing it, they can change to something else in the next session," Faber said.

In its first session this school year, more than 400 students have already signed up for Enrichments365. Faber attributes this success to both the need for enrichments and her talented instructors who come from local businesses and Faber's personal networking.

Hope Chu, a local parent, said her experience with the enrichments program has been wonderful.

"My first and third graders have been able to round out their education and growth with classes not offered during the traditional school

day. They come home with new interests and knowledge about areas like multimedia, YouTube, photography, guitar, ukulele, robotics, 3D printing and coding," Chu said in a testimony.

A unique aspect of Enrichments365 is the opportunity to send children to camps during the week of parent teacher conferences when the schools have half-days every day.

Faber said she does not see Enrichments365 as competing with day cares and manages schedules with after school care programs so students can attend. The cost of enrichments varies from class to class, but Enrichments365 does offer discounts for siblings attending the same class and paying with a credit card. For a full list of opportunities and more information on pricing, scheduling or to sign up a child for a session, visit [enrichments365.com](http://enrichments365.com).

## ROBOTICS TEAM

Continued from Page 5

"As we're a rookie team in the RoboSub aspect, it's been really impactful to see the team bond and work together in order to complete such a complex task," Colin said.

Mabel focused on keeping the project organized and moving forward. She noted that the sub included multiple cameras as well as sensors so the robot could figure out its position and how to complete tasks.

"It's not only more me-

chanically challenging, it's very difficult to program a robot that moves underwater because it is so different from what we've done in the past, which are land robots," she said.

To learn more, visit [team-11128.wixsite.com/main](http://team-11128.wixsite.com/main).



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Maia Bloom Wilson on her first day of kindergarten at Jerabek Elementary. (by Emily Bloom)



Jordan Zeller, 11, Olivia Zeller, 9, and Kennedy, 5, are ready for school at Miramar Ranch Elementary. (by Erin Zeller)



Lorelei and Siena Fleizach appear fashionable and happy on their first day of school. (by Marisa Fleizach)



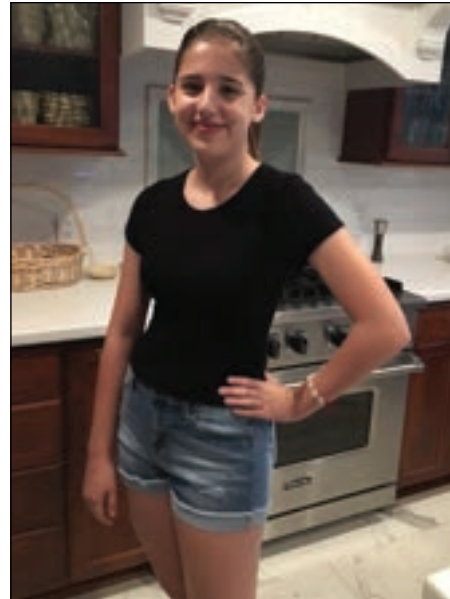
Nathan Herich starting ninth grade at Futures Academy (by Denise Herich)



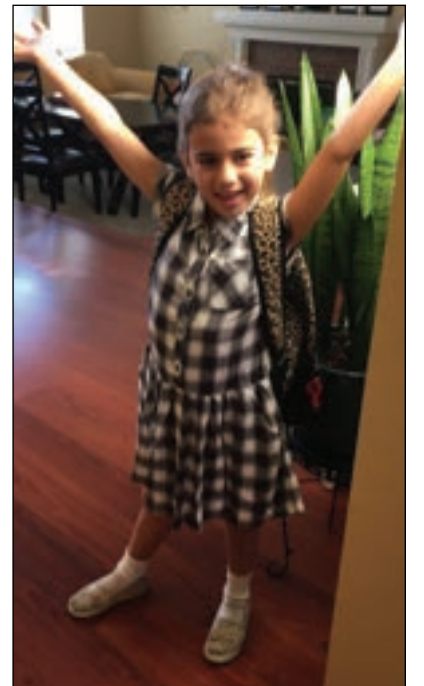
Sammy, the pet of Lorelei and Siena Fleizach, models a purple and blue backpack before classes. (by Marisa Fleizach)



Connor Battaglia is set for his senior year at Scripps Ranch High School. (by Trisha Battaglia)



Vivian King looks confident as she enters the 10th grade at Scripps Ranch High School. (by Christine King)



Stella King is ready for her first day of classes at Jerabek Elementary School. (photo by Christine King)



Colin Bickel is heading into Scripps Ranch High School as a freshman. (photo by Ken Bickel).



Delaney is graduating from San Diego State University this year as part of the class of 2020, finishing college in just three years. (by Cynthia Collins)



Emma Collins' first day of school at Scripps Ranch High School is also her mother Cynthia Collins' 30th consecutive first day of school. (by Cynthia Collins)



Kamryn Sablad is prepared for fourth grade at Dingeman Elementary School. (by Catherine Sablad)

### FIRST DAY OF SCHOOL 2019

Readers of Scripps Ranch News sent in these photos of their students (and one canine) on Aug. 26, the first day of classes for the 2019-2020 school year for public schools in Scripps Ranch.



## TUTOR CLUB

Continued from Page 1

“Usually, the people who tutor the kids have also taken the classes the kids are taking, and it’s completely free,” Dimitropoulou said.

Club Vice President Josh Hwang agreed that the peer aspect gives these tutors special insight.

“We’ve been through the classes so, I guess, for an outside tutor, they wouldn’t know the teacher as well so they wouldn’t have that first-hand knowledge of how to deal with the class and maneuver through the class,” Hwang said. “We have that experience and it helps (students) be able to tackle certain problems or figure out how to plan their time.”

Hwang said there is a core group of regularly active tutors, with a total of around 30 available so the club has reinforcements to call on when needed. He said the first six weeks of the semester can be quiet in terms of tutoring, but picks up as the term goes on.

“Once people start getting their grades or their parents are seeing the progress reports coming in, we start getting more,” he said. “I think the most is right before finals, during the week of finals and the week before finals.”

One memorable busy period saw a club member bravely facing a tutoring crush.

“Maybe two years ago, one of the physics tutors was tutoring five people at once,” Hwang said. “Usually, we do one on one. I think it was the day before a huge physics final. Lots and lots of people were coming in.”

Walk-in tutoring is available, but Hwang said those needing help with specific topics or challenges should first contact club faculty advisor and English teacher Marilyn Ortega.

“If they want any special type of tutoring, like if they need a certain subject that might be a little more obscure or not as popular, they would have to contact Miss Ortega first and then she would probably let one of the tutor’s know,” Hwang said.

In addition to the students seeking help, club tutors also gain from the experience, according to Dimitropoulou. This involves earning volunteer hours that many students seek.

“It’s really nice to make new friends; this is how I met Josh,” she said. “So, you get to meet people and get to put it on your college application.”

For more information, including how to receive tutoring or be a tutor, email [mortega@sandi.net](mailto:mortega@sandi.net).

# MRE hosts 46th annual Halloween Carnival

By Laura Hogan

A spooktacular event is around the corner at Miramar Ranch Elementary School.

The 46th annual Halloween Carnival will be hosted at the school on Saturday, Oct. 19 from 11 a.m. to 4p.m. This year’s carnival, open with free admission to the public, will boast carnival games, a bake sale, food trucks, laser tag and dodge ball arenas, a pumpkin patch and a used book sale.

Leanne Steichen, chair of the Halloween Carnival, said the carnival will host a new competition this year in addition to the costume contest.

“This year, we are having a chili cook off. We are accepting 10 entries, and carnival attendees can pay one ticket for a Dixie cup of chili,” Steichen said.

Returning this year is the popular haunted house with the option for children to go through a scary or non-scary version. For the younger crowd or easily frightened, attendees can walk through with the lights on. The fifth grade class works with their parents to design and construct the haunted house, and the proceeds will go toward the fifth grade class graduation ceremony.

Steichen explained that the Halloween Carnival is one of the biggest fundraisers at Miramar Ranch Elementary School.

“Our fundraisers support various activities as well as family fun. Some of the enrichments it supports are our art



The annual Miramar Ranch Elementary School Halloween Carnival will be held at the school on Saturday, Oct. 19, 11 a.m. to 4 p.m.

core program, super science program and assemblies. A large portion of the funds are also given to the principal to use at her discretion,” Steichen said.

In addition to the ticket sales, the Halloween Carnival also raises funds through business sponsorships. Local businesses are able to sponsor a booth for \$300 that includes a canopy, table and game as well as the opportunity to reach hundreds of members of the community. Steichen said businesses can also sponsor an activity or give monetary donations to be included in the sponsor banner as well as receive a shout-out on the school’s Facebook page.

Sponsors can also donate items to the

Halloween Carnival raffle. Thus far, the carnival raffle has confirmed two family four-packs of tickets to Disneyland, Padres baseball tickets, Hornblower cruise tickets and children’s museum tickets. Tickets for the raffle can be purchased by the public on the day of the carnival.

Steichen said she would love to have the Scripps Ranch community at the Carnival.

“Come and bring your kids, dress them up and have fun while supporting our school at the same time,” she said.

For more information on sponsorship, contact Leanne Steichen: [mira-marhalloweencair@gmail.com](mailto:mira-marhalloweencair@gmail.com).



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## Student is an international master of chess

By Rachele Sparks



Alex Costello earned the title of international master of chess. (courtesy photo)

With a prestigious win this past August that earned Scripps Ranch High School sophomore Alex Costello an international master (IM) of chess title from FIDE (the International Chess Federation), chess coach Melik Khachiyani said Alex seems well on his way to becoming a grandmaster (GM).

Khachiyani, Alex's Los Angeles-based coach of five years, said there is only one other GM in the country in Alex's age group, and believes his student will be next.

"His winning in Canada wasn't a fluke," Khachiyani said, referring to Alex's big victory. "It was a well-deserved achievement. He will be a grandmaster soon. Big talent."

The title of grandmaster is the highest achievement in chess, said Alex's father, James Costello, acknowledging that there is only one other teenaged GM in the U.S.

"I think it's super cool to be one of the top players in my age group," Alex said.

Alex's parents, James and Molly Costello, said they

have supported their son in his passion for chess since he was six years old.

"He's been so good and focused on it that we've been supporting him for 10 years," James said. "The goal was to become international master before graduating high school, but it came sooner than we thought."

***'He will be a grandmaster soon. Big talent.'***

**—Melik Khachiyani**

When Alex was a student at Jerabek Elementary School, his nanny taught him to play because "other games, like Candy Land, bored me," Alex said.

He fell in love with chess and became involved with afterschool chess programs, clubs and eventually the San Diego Chess Club in Balboa Park.

"We didn't want him to play because we thought he'd get crushed," said James, referring to the fact that his 10-year old son would be playing against adults. "That fear didn't last long. He can beat most people blindfolded."

It's true. Alex can play multiple games of chess at one time, while blindfolded. A common practice for advanced chess players, Alex said that blindfolded chess involves opponents verbally divulging their plays while he memorizes them and moves pieces accordingly.

"My memory has always been good," Alex said.

While Alex is excelling at chess and preparing to become a grandmaster, he is also a regular 16-year-old high school student who plays soccer and is on the high school volleyball team. He loves science and astronomy, and said chess has helped him make new friends.

Alex believes it's important to stay well rounded, but he also looks forward to the adventures chess will continue to bring. He has already played tournaments in Abu Dhabi, South America and Canada, and the Costello family is considering a trip to Greece for the next tournament.

"It just grew and keeps going and going," said James of his son's passion for chess.

"Alex is a very talented kid with a bright future," said Khachiyani, who has been a GM since 2005 and is a FIDE senior trainer.

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## Zero Waste Panel addresses environmental concerns

By Suha Chari

**H**ave you heard the phrases “cradle to cradle” and “circular economy?” If not, surely you’ve been plagued by the problem of recycling those pesky plastic films and wrappers that seem to come with everything you buy. And how do you get rid of those palm fronds that the city will not take in the green bin? Of course, you try to make just enough food for the family, but when you do have left-overs gone bad, what do you do with them?

We, in the U.S. produce more than 30 percent of the planet’s waste, with only 4 percent of its population.

U.S. households throw away more than 40 percent of good, edible food. Only about a third of all this is recycled or composted. The rest goes to the landfills, polluting the soil, the air and water that we rely on to keep us healthy.

*When you do have left-overs gone bad, what do you do with them?*

What do these day to day problems, along with the raging fires and floods all over the country, have to do with the larger question of climate change, and its very obvious effects that continue to devastate greater and greater portions of this Earth that is our precious home?

A panel of experts will address these and other immediate concerns that we, as conscious consumers, are trying to come to grips with. These experts are working toward Zero Waste in and through their specific fields of expertise, and will constitute a panel to inform, discuss, and answer questions from the audience on Oct. 19. at 4 p.m. in the Scripps Ranch Library.

What is Zero Waste? In the last 20 years, “no waste,” a simple term expressing the aspirations of recycling activists, became “zero waste,” and a social movement bearing that name quickly took root in the USA, Europe, Asia and the entire globe. It signified a change in perspective, looking at things we discarded as resources for new products. This would not just reduce the waste stream going to the landfills, but re-use and re-purpose



### Sustainable Scripps Ranch

valuable material that had economic value. There are many other benefits to this way of thinking and living, as you will see and hear from the panel of experts.

Among them is Richard Anthony, who has been working for many years with policy to introduce laws to help reduce waste and divert it properly – as recycling, green waste or trash – all the while attempting to minimize the trash component as it goes to the landfills.

His daughter, Laura Anthony, has been running the

#### Zero Waste Panel

Oct. 19, 4 p.m.

Garden Share  
3:30 p.m.

Scripps Miramar  
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Fixit clinics in and around San Diego. She will talk about the repair option, to save old appliances.

Lindsey Smith will assist us in being conscious, zero waste consumers.

A representative from San Diego County will give an overview of regional zero waste goals and mandates.

Attendees will learn about the community composting efforts of Food2Soil from Jennifer Jamilosa.

All are invited to join us at our Garden Share, irrespective of whether you grow things or not, at 3:30 p.m., prior to the event. It is our small attempt at not just building community, but also reducing waste and healing the earth.



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Sophie Maller (8), Aaron Maller (5) and Maddie Maller (1) opened for business on Stonebridge Parkway. (by Joey Maller)



Maddie (9) and Matthew (6) are shown with their freshly squeezed orange juice stand. Both are proud EBS Penguins. (by Sean Powell)



FIRST PLACE WINNER: From left, Dylan Burer (6), Sam Ward (5), Austin Burer (5) and June Ward (3) staff their lemonade stand and promise to "deliver to your car." (by Stephanie Ward)



### LEMONADE STAND CONTEST

Scripps Ranch News congratulates all the entrants who participated in the second annual Lemonade Stand Photo Contest. First prize winners are Dylan Burer, Sam Ward, Austin Burer and June Ward. All these youngsters deserve praise for their efforts as they tended their stands and posed for pictures this summer.



Carlee Duncan and Kate Foley await customers at Ironwood Court and Ironwood Road. (by Suzanne Foley)



Anna (7) and Roc Casten (4) enjoyed their stand. No buyers came by, but the kids had fun sipping their lemonade. (Sarah Casten)



Ashlynn McVay (10) stands ready to serve customers at Jerabek Park. (by Carlie McVay)



Pranaya Somraj (5½) prepares lemonade at her stand. (by Phaniendra Somraj)



Colin and Riley Ryan and Xavier and Ariana (not pictured) Torres ran this stand on North Brookeville. They raised money to donate to the San Diego Humane Society. (by Jennifer Ryan)



Simran Umatt, Ishita Prasad and Amber Luke run their stand at the intersection of Deerfoot Road and Cloverfield. (by Shailli Nanda)



The large crew operating this stand include (from left) Marsaili, Camille, Levi, Orin and Ayrilanna. (by Michael T. Stewart)



Emi Baird (from left), Naomi Shadburn, Amelia Gibbs, Emma Gibbs, Aria Moreno, Juliana Shadburn and Jordan Moreno were excited to open a stand before summer was over. They decided to offer lemonade for free, while accepting donations to support Rady Children's hospital. They raised more \$50 for their cause. (by Lisa Shadburn)



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The crowd was convivial and well-fed at a recent Welcome Club TGI. Bea Iwig (from left), Anne Steele, Marianne Paul, Ghean Maksimow, (standing) Vicky Bergman, and the hostess for the evening's festivities, Sue Cauble. (courtesy of SR Welcome Club)

## Welcome Club knows how to celebrate

By Denise Stewart

The Scripps Ranch Welcome Club held its interest group meetings, celebrated members' birthdays and the summer season during a busy August. With more than 20 other events planned for the month, having fun was the top priority.

September is continuing the pace with a full calendar. The book clubs, craft event, bunco and card games are scheduled as usual. The trail walkers are taking in the benefits of local open space. And the off the ranch hikers are still heading to the beaches for their enjoyment.

The members at the monthly general meeting, held on the 9th, were enlightened by Linda Canada with a talk about the World War II internment of many local Japanese families. The impact of this wartime program changed families and the local culture to a significant degree.

The Welcome Club theater goers were set to have a small plate supper at the home of Alan and Kathy Binks before they headed to the Alliant University campus to enjoy the Scripps Ranch Theatre's production of "Foxfire" on Sept. 21.

"Downton Abbey," the tremendously popular PBS television show, is now a movie and the avid Abbey fans in the club are on their way to have a very proper English breakfast followed



Ghean Maksimow (from left), Cecilia Thomas, Jackie Bhagat, Lourine Ota and Dorothy Mildice of the Welcome Club recently celebrated their special days at a Birthday Babes Party. (courtesy of SR Welcome Club)

**Later in October, a very spooky version of a Welcome Club Coffee Klatch will be held.**

by the film. The event is set on a date toward the end of the month. Pam Savelsberg, Gadabouts coordinator, reports the tickets are flying out of her hands.

Thank goodness it's a TGI party at Pat and Karen Reilly's home to say so-long to summer. Members, spouses, dates and friends will gather in the Reilly's back yard to enjoy one of the last long evenings of the season. Lots of deli-

cious potluck dishes will fill the tables. There might be something to drink, too. It will be a wonderful way to end the season.

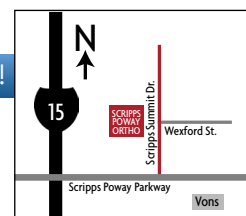
October's Welcome Club calendar has a couple of highlights already planned. The regular meeting on the 14th at the Community Center will feature a speaker for the San Diego Police Department RSVP program. Later in the month, a very spooky version of a Welcome Club Coffee Klatch will be held at Mary Rea's home. Local witches, skeletons and goblins have already signed up to attend.

If the events and activities of the Welcome Club sound like they would be enjoyable, check out the website scrippsranchwelcomeclub.com. There, you will find the contact information for members who will be delighted to answer your questions and invite you to join the fun.



Featured smile: McKenzie

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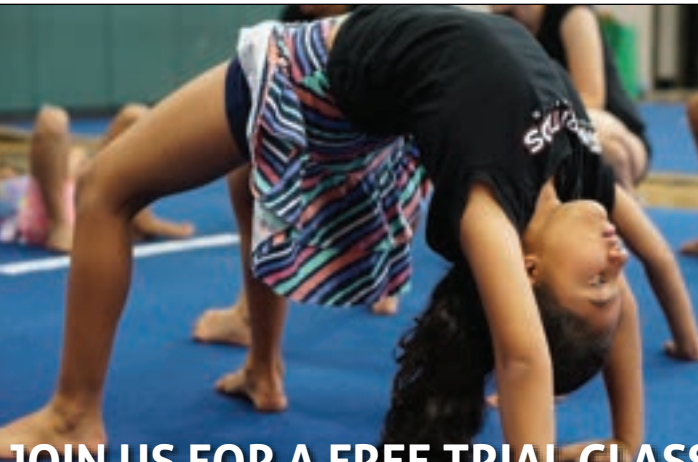


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# Dancer travels to Germany with U.S. team

## TAP DANCER

Continued from Page 1

Brealin has been dancing since the age of two and can't wait to travel overseas for the first time. The International Dance Organization (IDO) is sponsoring a World Tap Championship in Riesa, Germany, and Brealin will be one of 79 dancers from 18 states to represent the U.S.

"Most competitions include all dance styles," Allison said. "Tap, jazz, contemporary. This is just tap."

Brealin excels in all dance styles, but has an affinity for tap dancing.

"It's in my soul," she said. "Tap is rhythm. It's sound. It's music."

"When Brealin first started taking tap, you could just see that she was one of the girls who could pick it up quickly," Allison said. "She could just hear it or feel the sounds in the taps."

While technique can take a dancer far, Allison said it takes something special to be a performer, and Brealin has what it takes.

"You have to have that personality that goes along

with the choreography," she said. "Brealin winks and smiles and interacts with the judges. A light bulb just kind of comes on when she's dancing. She has the personality and confidence that judges are looking for."

During the eight years Brealin has been dancing, she has been competing for seven years, and has taken home many first-place trophies. A student of SoCal Dance in Poway for the past six years, Brealin has competed in tap and contemporary dance, and has per-

*'When Brealin first started taking tap, you could just see that she was one of the girls who could pick it up quickly.'*

—Allison Rohner

formed in group numbers, duos and solos. She said she feels comfortable on stage and just lets herself get lost in the music and the routine.

"I dance everywhere I go," Brealin said of dancing beyond the stage. "I dance every day at home. I'm also a swimmer, and at swim meets I'll be in my swimsuit, goggles and cap, and I'll be tap dancing before I get into the water."

Allison confirmed that her daughter's feet never stop moving.

"She taps everywhere ... grocery store, walking down the street, everywhere," Allison said.

The passion her daughter has for tap dancing and her commitment to the sport is what Allison said has earned Brealin a place in this upcoming competition.

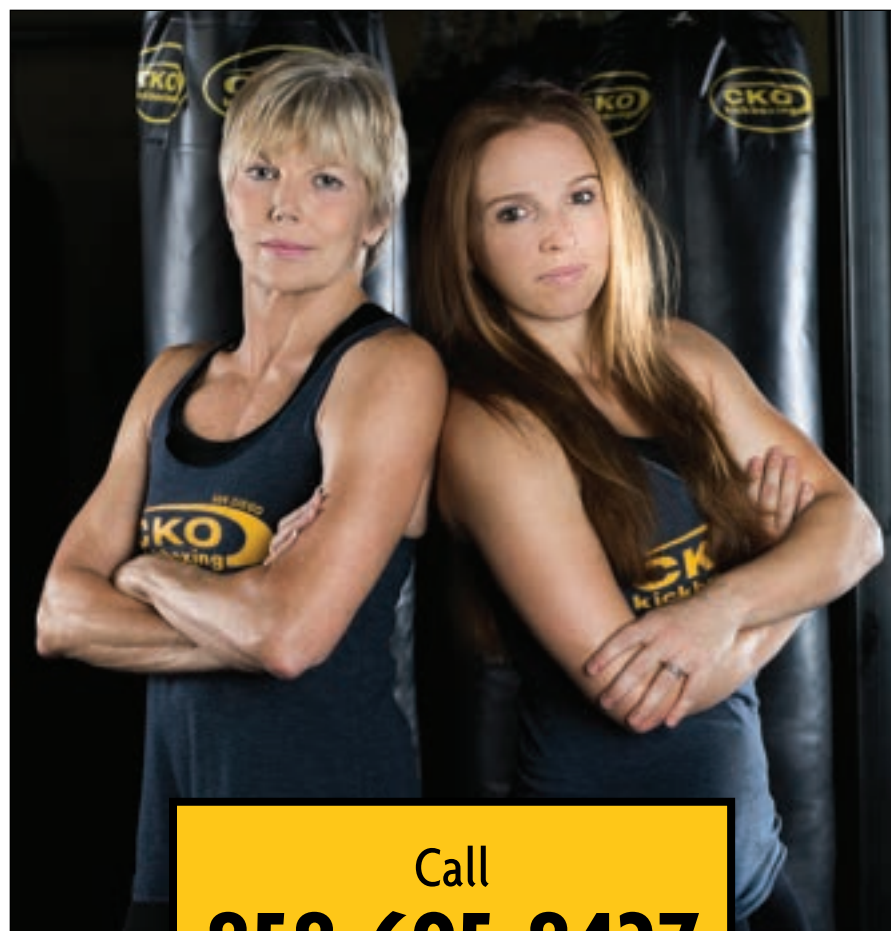
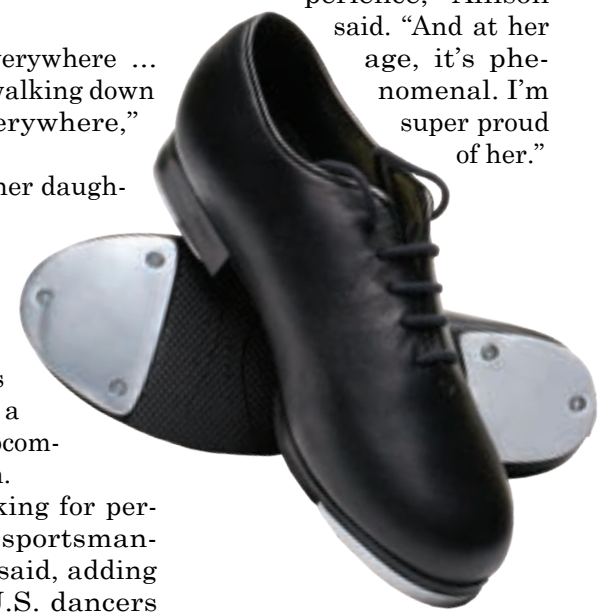
"They're looking for personality and sportsmanship," Allison said, adding that all the U.S. dancers

will meet in Boston for a one-night showcase before traveling together as the USA Tap Dance Team to Germany the next day.

"That's really important when bringing a large group of dancers together who don't know each other," she added.

Allison said this competition will give Brealin the opportunity to experience tap dance styles from all over the world and make friends with other "tap artists" from other countries.

"This will be a worldly experience," Allison said. "And at her age, it's phenomenal. I'm super proud of her."



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## Gardeners tour master's garden

By Denise Stewart

The Scripps-Mesa Garden Club's September meeting is featuring a tour of a master gardener's planting area at her Penasquitos home.

Dawn Standke will share with the group her many years of experience growing plants on the 24th of this month.

On the fourth Tuesday in October at 6 p.m. at the Scripps Ranch Library, the club's usual venue, a virtual tour of Balboa Park's gardens will be presented by Lucy Warren of the Friends of Balboa Park. Warren will discuss the renovations being done to our city's treasured gardens in response to changing climate and irrigation costs.

In November, a special garden craft project and Thanksgiving Pumpkin Potluck will round up the monthly meetings for 2019.

Local gardeners interested in sharing the knowledge and experiences of other plant enthusiasts may contact club president Robert Gale at his email [rgale1943@gmail.com](mailto:rgale1943@gmail.com) for more information.



# Nutmeg Bakery and Café is now open

By Hoyt Smith

Owners of Nutmeg Bakery and Café have chosen this family-friendly community to open its second family restaurant, even as they prepare to expand their family as well.

Following a year of planning and preparation, Drew Hoffos; his wife, Michka; and her mother, Shirin Soroushian; are finally serving customers at their new Nutmeg Bakery and Café location in the Scripps Ranch Marketplace where Pick Up Stix was once located.

The ideal corner space in the heavily trafficked retail center is their second location. It is east of the Vons grocery store and west of Public House 131. The entrepreneurial trio has owned and operated another café by the same name – just three miles away in Sabre Springs – for close to seven years now.

“We love the Scripps Ranch neighborhood,” Drew said. “It’s a super family-oriented, tight knit community.”

Drew, Michka and Shirin had been looking to expand their business for a while and had scouted dozens of locations before they were approached by their new landlord.

“It took some negotiations, and there were a few delays, but then everything just fell into place,” Drew said. “It’s a bold step forward. Since we do wholesale baking, this gives us more space to expand.”

According to Michka, she, her husband and mother had outgrown their 2,000-square-foot Sabre Springs location. They doubled the size of that café four years ago to accommodate increased business, but soon decided that they would require even more space.

Michka and Drew will soon be doubling their number of children as well. Michka is about seven months pregnant and is due with their second child in November.

“I’m ready for the challenge,” she said. “I work well under pressure and since Drew and I got married, we’ve always been busy.”

Having a business partner who is also a grandmother helps a lot. Soroushian said she, Drew and Michka have “always operated as a team.” Originally an accountant who wasn’t happy with her job, she has been the visionary for Nutmeg Café and Bakery.

A former resident of Italy,



The Nutmeg Bakery & Cafe is a new addition to the Scripps Ranch Marketplace. Owners Shirin Soroushian (far right) and Michka and Drew Hoffos (second from left and third from right) also own a cafe in Sabre Springs. (photo by Hoyt Smith)

Soroushian possesses a passion for baking and a taste for fine food developed over 20 years amid the panettorias, cucinas and bistros of Bologna. That has resulted in an emphasis on quality, she said, and an effort to seek locally grown, environmentally friendly ingredients wherever possible.

“We believe in our product,” she said.

The Nutmeg Bakery and

Café serves cuisine that appeals to a broad variety of diners, including vegans, vegetarians, pescatarians and those who require gluten-free or dairy-free items on the menu. Soroushian said that because of the restaurant’s family atmosphere, the staff often feel like family too.

“I think that’s why many of our employees have been around for four or five years,” she explained.

Michka, a former interior designer, runs the front of the restaurant and is responsible for the ambience and décor. Drew, a former high-end chef, runs the kitchen. Their new restaurant will serve breakfast, brunch and lunch. It is open from 7:30 a.m. to 3 p.m. weekdays, and from 8 a.m. to 2:30 p.m. on weekends.

For more information, visit [nutmegsd.com](http://nutmegsd.com).

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## Oktoberfest set for Oct. 5

The 20th annual Family Oktoberfest will be held at the Scripps Ranch Swim & Racquet Club, 9875 Aviary Drive, on Saturday, Oct. 5 from 4 to 9 p.m. Club members may attend. Guest members may attend when accompanied by a member. Guest tickets are \$10, or they may use a guest pass.

Highlights include a climbing wall, quad pod, wrecking ball game, carnival games, AstroJump, toddler obstacle course, pony rides, henna tattoos, giant 12-person LED foosball table and hi-striker. There will be a photobooth. The playground will be a pumpkin patch. Food Trucks will sell a variety of offerings. They include American Flavors (burgers and grilled cheese); Taco Picasso (tacos); LouZiana (authentic Cajun); and Hunter Steakhouse (tri tip and pulled pork).

Craft beers and wines will be available for purchase. Mocktails will also be available. Drink tickets are available at the Aviary front desk the week prior. No personal alcohol is allowed. For more information, call (858) 271-6222.



"Desert in Color" by Erin Hanson

## Erin Hanson earns Best in Show award

Scripps Ranch resident Erin Hanson joined more than 50 prominent female artists to share her vision of the American West at the Cowgirl Up! Art from the Other Half of the West exhibition – held at the Desert Caballeros Western Museum in Wickenburg, Arizona. Hanson's landscape painting "Desert in Color" was awarded "Best in Show" by the exhibition judges.

Cowgirl Up! is a special exhibition that highlights the works of 50 female artists creating Western art today. Erin Hanson has participated in this annual exhibition, put on by the Desert Caballeros Western Museum, for several years. In 2018 her work was awarded "First Place, Two Dimensional on Canvas" and she was honored to receive another recognition by the judges this year.

"Desert in Color" is now on display at The Erin Hanson Gallery, 9705 Carroll Centre Road. Gallery hours are Wednesdays-Saturdays, 10 a.m.-6 p.m.

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# Golf team strives to contend for State

By Dave Kensler

Ask any high school coach and they will tell you their ideal team is one with senior leadership and experience, depth and new talent.

That describes this year's Scripps Ranch High School girls varsity golf team, according to head coach Todd Wilson.

"We have three seniors, a junior, sophomore and talented freshman who make up our top six players on varsity," he said. "The seniors have played together all four years on varsity. Everyone is really clicking, practicing and playing together. They are having a great time."

Last year's team finished in second place in the CIF Division 1 competition, but Wilson is hoping for the ultimate prize this season, a state championship. Individual players can make it to the state championship but, in order for a team to qualify, it must win the CIF Championship.

"This team has the opportunity to be the best one we have ever had at the school," Wilson said. "To win CIF and then have a chance to play at Poppy Hills (the site of this year's state championship, located in Pebble Beach) would be awesome."

Wilson believes in keeping coaching strategies clear and simple in order to coach the team to that level of success.

"Golf is a head game. To play well you must have a very short memory. The more you stress over a shot, it will affect your final score," he explained. "So many matches are decided by just a shot or two."

Also important to Wilson are the number of players who, after leaving Scripps Ranch High School, continue to play golf as well as those who are able to compete at the next level. This year's seniors – Napua Glossner, Zoe Lynch and Kathleen Keomahazonz – are no exception.

"Each of those girls are pursuing college scholarship offers and will have options to choose from," Wilson said.

Following behind them are junior Ruhee Pandit, sophomore Isabella Ranches and freshman Kiana Glossner, Napua's younger sister.

"We also have a junior varsity team. So, combined



Senior Zoe Lynch (courtesy SRHS)



Junior Ruhee Pandit (courtesy SRHS)

with varsity, there are 14 girls playing golf for the high school – which is fantastic," Wilson said. "This is a lifetime sport and I would encourage, whether it is the parents or the kids or both, to contact me if they are interested in playing on the golf team. You do not

have to be a Tiger Woods to play on a high school golf team."

Unlike almost any other high school sport, league rules prevent golf fans, family or friends, from watching team matches in person.

"You can watch the players tee off on the first hole, but

that is it," Wilson explained. "It is not like the PGA Tour where you can follow players around on the course."

Wilson suggests the designated high school sports website as the place to find results, photos and information about the team at [srfalcons.org](http://srfalcons.org).

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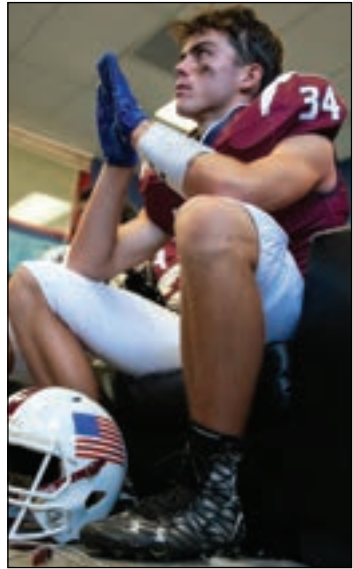




(photo by Justin Fine)

## FOOTBALL TEAM SOARS

The 2019 version of the Scripps Ranch High School varsity football team has gained attention as it started the season with four straight victories (at press time). One big victory came against archrival Mira Mesa with a 17-7 road win in the “Battle of the 15” (above) on Sept. 13. The Falcons opened the season with an 18-0 shutout against Serra High. Then the team beat Del Norte High 30-10 and Fallbrook High 55-0 before the victory over Mira Mesa.



(photo by Ralph LoVuolo)



(photo by Ralph LoVuolo)



(photo by Justin Fine)



(photo by Ralph LoVuolo)



(photo by Ralph LoVuolo)



(photo by Ralph LoVuolo)



(photo by Ralph LoVuolo)



# Fitness Quest 10 hosts fitness competition

By Dave Kensler

Recently, San Diego was host to many senior citizens involved in a wide range of athletic events. It was all part of the two annual competitions happening simultaneously: the San Diego Senior Games and the California Senior State Championships. The former happens every year in San Diego while the latter rotates around the state.

With venues all over the city hosting everything from basketball to track and field to swimming and many more, Fitness Quest 10, located in Scripps Ranch at 9972 Scripps Ranch Blvd., hosted the fitness portion of the event.

“We love hosting community events which promote a healthy lifestyle,” said Jeff Bristol, general manager of Fitness Quest 10. “Our gym is recognized around the nation as one of the very best in the fitness industry, so we were honored to be involved.”

professionals, single parents, retired, weekend warriors, both men and women.”

While the phrase “working out at the gym” can feel intimidating to many peo-

ple, that is not the environment at Fitness Quest 10, according to Bristol.

“Everyone has choices. There are fitness locations fueled by memberships. They may not be concerned

whether you use the facility or not, they just want memberships,” he said. “There are other places set up primarily to offer classes. Or you can opt for personal training studios.”

Fitness Quest 10 offers a combination of all those, delivered with a high level of customer service, Bristol said.

“When you walk into our facility, the energy is super inviting and friendly. We

have a staff of 42 people,” he explained. “We begin with a complimentary consultation where we ask you about your fitness history, where you are now and where you would like to go. Everything is customized to your needs with excellent service.”

For more about the San Diego Senior Games, visit [sd seniorgames.org](http://sd seniorgames.org). For more information about Fitness Quest 10, visit [fitnessquest10.com](http://fitnessquest10.com).



Fitness Quest 10 hosted the 2019 California Age 50+ Fitness Competition in conjunction with the California Senior Games on Sept. 22. (courtesy of Fitness Quest 10)



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*“When you walk into our facility, the energy is super inviting and friendly.”*

—Jeff Bristol

More than 30 participants ages 50 and over competed in 10 events at the gym on Sept. 22. Those events included a 300-yard shuttle run, jump rope, chin ups, Kettlebell box squat and barbell bench press.

“The purpose of the competition was to be able to measure strength, conditioning and power,” Bristol explained. “There were participants who did one event, others a few and some did all ten. It showed how you can still be competitive in fitness activities as you get older.”

According to Bristol, Fitness Quest 10, which has been in business for almost 20-years in Scripps Ranch, is a great place for any person who wants to improve on their fitness levels regardless of age or athletic ability.

“You do not need to be a young, great athlete to use our services,” he stated. “The average age of our clients is 45 to 60 ... working

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With a few tricks, you can take better pet snapshots and capture amazing memories of your furry friend. (StatePoint)

## Tips to take great pet pics

(StatePoint) Whether you're hoping to make your dog an Instagram sensation or you just want a nice portrait, you've likely discovered pets can be elusive around cameras. Check out these tips from e-tailer Zulily creative photographer Taylor Graham:

- After choosing your location, give your pet a few minutes to get comfortable with the setting.
- If you're shooting outside, situate your pet in a shaded area.
- Get low to your pet's level and frame the face tightly, focusing on eyes.
- Treats and squeaky toys are a given for getting pets to focus.
- Most cameras and camera

phones have a "burst mode" that takes many pictures in a row. Later you can select the perfect frame.

- Don't just pose your dog against a white wall. Add flair with accessories that fit your pet's personality. For unique pet products at great prices, shop apps like Zulily that offer quirky must-have items, stylish accessories, treats and pampering products. Their 72-hour sales represent some of the best deals in retail.
- With easy-to-use smartphone apps like VSCO and Photoshop: Express, you can adjust brightness, color and sharpness to bring a professional quality to images in seconds.



Colin surfs with Snoopy.



Riley with Snoopy.



Snoopy on a surfboard.

### SURF-A-THON FUN

The Ryan family of Scripps Ranch had a great time at the Helen Woodward Animal Center Surf Dog Surf-a-thon Sept. 8 in Del Mar. Colin, age 8, has been surfing for a couple of years and was inspired to try to surf with Snoopy, their Jack Russell mix. The family adopted Snoopy from Helen Woodward about three years ago when he was a puppy. Daughter Riley, age 6, also had fun at the event. (by Jennifer and Steve Ryan)

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# What to know about replacing windows

(StatePoint) As with any home upgrade, a little research can help ensure a top-quality installation with the best materials on the market. Here are the most important factors to consider before purchasing replacement windows:

• **Energy Efficiency:** Energy-efficient windows can keep utility bills in-check while helping manage climate control. Seek out the ENERGY STAR label, which indicates a product is energy efficient according to standards from the U.S. Environmental Protection Agency and the Department of Energy.

Numbers don't lie so be sure to also check the National Fenestration Rating Council Label to compare performance between energy-efficient windows in the following categories: U-Factor (how well the window retains heat), Solar Heat Gain Coefficient (how well it resists unwanted heat gain), Visible Transmittance (how well it lets in natural light), Air Infiltration (how drafty the window is), and Condensation Resistance (how well it resists inside surface condensation).



Before upgrading, get savvy. Doing so can help you make a decision that will improve your home's beauty, keep your family comfortable and safe, and save you money. (StatePoint)

• **Test Specifications:** All windows on the market are tested for their structural integrity, as well as their resistance to air and water. Investigating these ratings is important.

• **Insulation:** For maximum energy efficiency and comfort, look for new technologies such as Neopor insula-

tion and INNERGY thermal reinforcements that deliver high-performance and meet ENERGY STAR certification standards. Windows offered by ProVia, for example, include these features and are tested against the most stringent requirements for air and water infiltration, wind load resistance, ease of operation,

forced entry and more.

• **Material:** Windows are available in such materials as vinyl, wood, aluminum and fiberglass. Understanding the benefits of each can help you arrive at the right decision for your home, priorities and budget, and new options even mix materials,

See **WINDOWS**, Page 22

# HOME

## ASID San Diego offers design consultations

The American Society of Interior Designers' (ASID) San Diego Chapter is sponsoring Fall Fix-Up now through Oct. 31.

During this fundraiser, ASID will send an interior designer to your home or office to provide advice on color, furniture placement, window coverings, aging in place, universal design, outdoor living, or whatever your design dilemma might be.

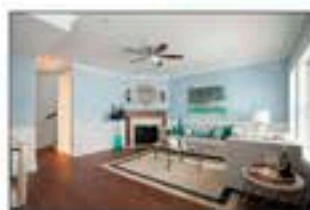
Fall Fix-Up appointments are available for \$89 per hour (maximum two hours). Interior designers are matched with your needs, geographic location and project type. To discuss your needs and schedule an appointment, call (858) 566-3345. All appointments are pre-paid.

"This is an extraordinary opportunity for homeowners to get a taste of working with an interior designer, with no commitment and a small investment," said Lindsay Hester, ASID, chapter president.

The San Diego Chapter of ASID has more than 700 professional and allied members and is part of the oldest and largest organization of professional interior designers in the world. Professional membership is earned through accredited education, years of qualifying experience and postgraduate examinations. ASID helps protect the health, safety and welfare of consumers by encouraging and requiring members to keep abreast of evolving technologies, regulations and safety issues.

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# Create the perfect home office

(StatePoint) With more people nationwide opting to create their own businesses or work for their employer remotely, the home office has become one of the most used spaces of the house, with many people spending more than eight hours a day in this room. If you're one of these people, the kitchen table just won't cut it if you're looking to get serious and organized.

To create a dedicated workspace that is beautiful, smart and functional, consider the following tips:

**Tip 1:** Design a space where you'll enjoy spending time. Simple touches like lighting, a bright touch of paint or a wide-open window can help create an inviting ambiance, and so can the addition of certain accessories. Instead of opting for a simple ceiling light fixture, dare to add a pop of style and color with a new ceiling fan. Not only can this addition make your space more comfortable, it can elevate your décor, with the ceiling as the centerpiece. Options from Hunter Fan Company like the Norden or Hepburn can bring the Satin Copper trend from the kitchen



Gone are the days of dark wood-paneling, moody lighting and rolodexes. Today's most effective home offices are brighter, more welcoming, and unite function with your personal style. (Cranbrook in Dove Grey by Hunter Fan Company)

to the office, while new finishes in some of the brand's fan favorites, such as the Cranbrook in Dove Grey or Blush Pink, will fit seamlessly into a bright and inviting space.

**Tip 2:** Add life. Add color and vitality to your home office with some plant life. Not only will you be improving indoor air quality, you'll be adding beauty to the space. To save precious desk-space, consider a few hanging planters, opting for plants that thrive indoors, such as spider plants or jade.

**Tip 3:** Don't forget function! As the wheels turn and your creative juices start flowing, nothing can be more distracting than a creaking ceiling fan or a light that just doesn't do the trick. A simple switch can make all the difference. While a desk lamp might solve your lighting problem, why not opt for a fixture that can solve both of those issues at the same

time? Tech-savvy ceiling fan options from Hunter Fan Company like the Tunable White LED Dempsey, allow you to adjust the temperature of the light, ensuring your fan will operate quietly, keep you cool, and work as hard – and as late – as you do. With its dimmable remote, you can adjust the light temperature for your eyes, using warm white lighting for nighttime work and cool white lighting to perk you up in the morning. Such details will help any entrepreneur avoid distraction and create a more productive work environment.

**Tip 4:** Get personal. You may be doing business, but when it comes to decorating, it's time to mix in the personal. Items such as photographs of friends and family or reminders of previous accomplishments will bring you joy and help you stay motivated. Whatever you do, don't settle for completely bare walls.



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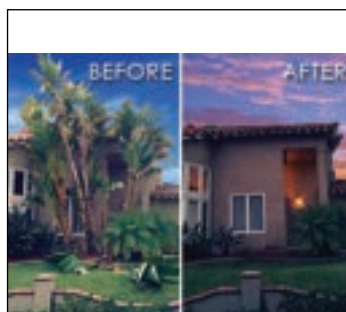
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## WINDOWS

Continued from Page 21

combining different advantages into one product.

**• Warranty Availability:** Replacement Windows can cost thousands of dollars and should last a long time, so consider protecting your investment by opting for windows that come with a comprehensive lifetime warranty that's transferrable to the next homeowner. This can potentially increase your home's value should you put it on the market.

**• Style:** The style of your new windows can complement the architectural features of your home, provide visual interest and boost curb appeal. Using online design resources and visualizer tools can help you see how particular hardware

finishes, colors, add-ons, finishing options and accessories will look on your home.

**• Recognition:** Third-party recognition for a particular brand or product is a strong indicator that you're investing in a quality product. A recent "Remodeling" magazine survey of remodeling contractors ranked ProVia vinyl windows as number one in window quality, citing its unique ability to customize as needed, its personalized customer service, strong warranties and mix of state-of-the-art manufacturing equipment and human craftsmanship. Lastly, the brand was recognized for strong attention to detail, as it follows an 80-plus item checklist for quality control. More information can be found at provia.com/windows.





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



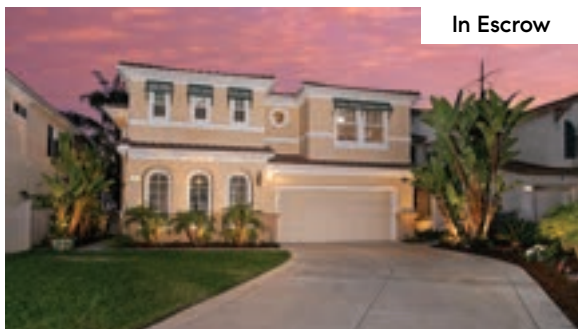
DEL MAR

2123 De Mayo Road  
 4 Bed | 4 Bath | 3,176 Sq Ft  
 Asking \$3,495,000

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Enjoy panoramic ocean and sunset views from this gorgeous home! Walking distance to Del Mar beaches and close proximity to Torrey Pines Reserve and village. Beautifully upgraded with distressed European white oak hardwood flooring, new carpet, freshly painted interior and exterior. Large open kitchen designed for gourmet chef's features two dishwashers, Wolf range, Miele food steamer and sub-zero refrigerator.

Additional Listings in San Diego



In Escrow

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



Sold

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



Sold

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



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