



POWER AND FORM

Scripps Ranch bodybuilder makes his mark

Zicheng "Steve" Zhou, with rippling muscles, strikes a pose appearing much like the titan Atlas. (courtesy photo)

By John Gregory

Zicheng "Steve" Zhou is a seemingly mild mannered Scripps Ranch resident who appears to turn into a muscled Superman when it's time to train and compete in bodybuilding contests.

Zhou, 27, came back victorious after participating in the INBA International Battle Against Cancer bodybuilding competition in El Segundo on May 25. He won first place in the male sports model category, placed third in the mens classic physique amateur division and eighth place in the mens physique amateur division.

Zhou started weightlifting seriously in 2013. He entered his first official competition in 2016.

He said he had some early health problems when he was younger. But, with the help of

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Reservoir reopens for water recreation

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LIFE

Fourth of July Parade photos

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LIFE

The Mega Book Sale and summer reading

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The Heroes return to Hoyt Park

The Heroes, a seven-piece band that promises to play a little something for everyone to enjoy, will be back this year to shake Hoyt Park with a high energy performance on Aug. 11 as part of the Scripps Ranch Symphony in the Park free summer concert series.

The band features the talents of two experienced female singers backed by a guitarist, keyboardist, bassist, drummer and saxophonist, all of whom sing as well. The line-up also offers flute, sax and various percussion including congas.

The extensive song list includes everything from Big Band swing and standards from the '30s and '40s to today's current hits, with oldies, Motown, classic rock, funk, '70s disco/dance, and rock and roll mixed in.

The Heroes are an annual crowd favorite at the Scripps Ranch Symphony in the Park summer concert series, getting the audience out of their chairs and into dance mode.

Tommy Boyd is the drummer and man-

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The Heroes will play live at Hoyt Park on Aug. 11. (photo by Ralph LoVuolo)



SCHOOLS

First day of school, history award, student board member

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SPORTS

Little League All-Stars are having great year

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FIRE SAFE COUNCIL

Info from fire station open house

We had a great turnout at Fire Station 37 on May 18. Thank you to all who came by. We look forward to another one in October. Lots of good information was passed out. Here are some of the items discussed and to think about.



Disasters don't Plan Ahead – but you can

Preparedness for any disaster is a must. The preparations taken before an impending disaster will make a world of difference and lessen the impact of the event. It may not be possible or practical to prepare for all potential disasters, but you can prepare for the probable ones.

We have spent a lot of time talking about preparing your home, which is major. Is your insurance coverage up to date and enough to cover a loss? Do you have pictures or video of everything in your home? Have you thought about what happens if you are not home? What if you are at work? What if you are on the road? Some thought needs to be given to being prepared for those circum-

stances also. Emergency kits for all of these locations should be considered.

We publish and advise you on evacuation routes, but what happens if you can't evacuate for some reason? First choice is always evacuate, but you also need to be prepared to shelter in place. What do you need for that instance? Oh, and do you have working fire extinguishers and smoke alarms?

Prepare your home: Defensible space – www.fire.ca.gov; barricade gel for your home – www.firegel.com; cover your vents – www.brandguard-vents.com

Make a plan: When to leave, where to go, how to get there, what to take

Stay informed: www.fire.ca.gov/current_incidents;

register your phone for reverse 911 calls – www.readysandiego.org/alert. Put the PulsePoint app on your cell phone, it will notify you of any fire in San Diego.

Get involved: Know your neighbors, exchange cell phone numbers. Will they need help to evacuate? What about pets? Make plans for their safety, extra food to take with you, bowls for water, etc.

Check the following websites for more detailed information: www.readysandiego.org, www.211sandiego.org.

Watch for more information on our annual golf tournament fundraiser at Oaks North on Oct. 19. Put it on your calendars.

Scripps Ranch Fire Safe Council, srfiresafe.org, (858) 201-3711



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Jimbo's leases space at The Watermark

San Diego-based Sudberry Properties, the developer of The Watermark in Scripps Ranch, announced that Jimbo's has leased 25,000 square feet of space at The Watermark, an upcoming shopping, dining, hospitality, office and entertainment destination planned on 22 acres at the southeast corner of Scripps Poway Parkway and Interstate 15.

Sudberry Properties will build the grocery building located at 10190 Scripps Gateway Court. Construction is anticipated to start in 2025, with the grand opening planned for 2026.

"As we celebrate our 40th anniversary, we are excited to add a Jimbo's to Scripps Ranch and become part of the very fabric of community life," said Jim "Jimbo" Someck, founder and owner of Jimbo's. "Our long tradition of healthy organic foods and community service will complement Scripps Ranch's vibrant, nature-loving atmosphere."

Someck opened the first Jimbo's in 1984 in North Park and currently has four locations in San Diego County: Carmel Valley, 4S Ranch, Carlsbad and Escondido.

Library parking update

The first phase of the Scripps Miramar Ranch Library parking lot expansion project is complete, and the upper lot is open. As of this writing, no work has been done on the lower lot for more than a month and it remains completely closed.

To compound the situation, there is no access to the library from the overflow parking area on Meanley Drive. Thus, parking at the library continues to be extremely limited. Visitors may wish to plan to visit the library when it is less busy. These times may include Mondays and Tuesdays, 11:30 a.m. to 2:30 or 3 p.m.; 6 to 8 p.m.; Wednesdays-Fridays, 9:30 a.m. to 2:30 p.m. or 3 p.m. and 5 to 6 p.m.; Saturdays 3 or 4 p.m. to 6 p.m.

The full completion of the parking lot expansion will add 47 more parking spaces to the original 70 as well as a second exit to the parking lot with a traffic light.

Check www.srfol.org for updates and more information.

Reservoir re-opens for water recreation

On-water activities are available again at the City of San Diego's Miramar Reservoir following the successful installation of a new underwater pipeline as part of the Pure Water Program.

The on-water recreational activities at Miramar Reservoir were suspended beginning in September 2023 to allow for the installation of a 1-mile-long branched pipeline to be installed on the bottom of the reservoir. Following the completion of this significant project, boats, canoes, kayaks and float tubes are welcome once again.

"We thank San Diegans for their patience during this important construction project for our local water supply," said Juan Guerreiro, director of the City's Public Utilities Department. "We are happy to welcome back residents and visitors for all recreational activities at the reservoir."

Purified water produced at the North City Pure Water Facility will flow through 8 miles of underground pipeline before reaching the subaqueous branched pipeline that will distribute the



Construction of the Pure Water Program pipeline at Miramar Reservoir (courtesy of City of San Diego)

water throughout the reservoir. Pure Water San Diego is the City's phased, multi-year program that will provide nearly half of the City's water supply locally by 2035. Pure Water will use proven purification technology to clean recycled water and produce safe drinking water. The program offers a sustainable water supply.

The largest integrated infrastructure project in the City's history, construction on Pure Water Phase 1 is more than 55 percent com-

plete with 10 major construction projects underway across the City. When complete, Phase 1 will produce an annual average of 30 million gallons per day of purified water. Phase 2, now in the planning stages, will produce an additional 53 million gallons a day.

Miramar Reservoir is one of nine reservoirs owned and operated by the City that are part of the City's municipal water-supply system. It is open daily to the public from sunrise to sunset.

SCRIPPS RANCH NEWS

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SCRIPPS RANCH

SCRIPPS RANCH WOMEN'S CLUB

Anticipating another spectacular year

By Mary Rea
Publicity chair

In late June, the Scripps Ranch Women's Club (SRWC) wrapped up our 2023-2034 Club year with a celebration! We concluded the year with a lovely Summer Party at the home of Lyn and Greg Cobb. Many of our members attended along with their spouses and friends. This special occasion featured good company, good fun and an abundance of good food. The party continued into the evening with a number of members staying late to appreciate the wonderful camaraderie.

On July 17, the Women's Club held our annual General Meeting where we acknowledged the success of the 2023-24 Club year while looking ahead to a promising new year with a slate of brand-new programs. The best way to appreciate our year in-review was through a fun photo show which highlighted our many enjoyable social activities and events. Renie Martin, the SRWC president, also took this opportunity to thank outgoing board and committee mem-



Women's Club members and guests pictured at the Summer Celebration are (from left) Phil and Judy Gagnon, Mary Rea, Barbara Wesser, Rick Parke, and Margaret and AJ Hardy. (courtesy of SR Women's Club)

bers, while introducing the new board for 2024-2025.

Renie provided a preview of the Club's social calendar for the coming year, which is chock full of dynamic programs and activities.

A huge thank you to our outgoing leadership which gave us a year of fantastic activities and programs to remember. And welcome to our new 2024-2025 officers! We are looking forward to another spectacular year in the Women's Club!

Our outstanding Social Committee this past year was led by Patti Beaver, Lyn Cobb and Carol Murphy. A recap of events includes a gourmet chocolate tour and tasting at Seabreeze Craft Chocolates as well as a visit to the Monserate Winery to excite our taste buds with lunch and premium wines. We also toured Petco Park, attended the Trolley Dances, explored the WNDR Museum, and strolled through the Japanese Friendship Garden. And to

add to the sociability, there were happy hours and parties, including a Holiday Party and the Summer Celebration.

Our amazing Arts and Culture group, chaired by Barbara Measelle and Deidre Spruce, brought us further enjoyment with docent-led tours of the Museum of Photographic Arts, the Timken Museum of Art, and the San Diego Watercolor Society. In addition, there was an opportunity to attend a performance of the Malashock Contemporary Dance Company and to enjoy jazz singer Coral MacFarland Thuet at the Athenaeum Music and Art Library.

Not to be outdone, our Walking and Adventure Group kept us active exploring San Diego and finding delicious treats to refuel us along the way. We have our member Joni Low to thank for planning and organizing these delightful adventures. There were walks to explore the downtown waterfront, Coronado, Torrey Pines, Solana Beach, Del Mar, Liberty Station, the Ramona Grasslands, the San Diego Zoo Safari Park, and Swami's Beach. Several favorites included an Urban Adventure Quest in Balboa Park and a La Jolla Art Walk to appreciate the Urban Murals.

We have Krissy Palmer to thank for organizing the Club's Scripps Ranch Theatre Group and the popular pre-theatre parties.

At the center of the Women's Club are our regular interest groups. We want to thank our coordinators for their efforts in always ensuring that these groups run smoothly. Thank you to Becky Carlquist for coordinating the Bridge Groups; Pam Madigan provides lessons and oversees Mahjong; Lin Schoenberg facilitates our Book Group "Ranch Readers;" and Lin has also started a new Scrabble group for Club members. We have Carol Murphy to thank for organizing Fun and Games and we have three wonderful Bunco coordinators: Rita Hubbard, Wendy Higgins and Carol Merten. We want all of our interest group coordinators to know how much they are appreciated for the work they do to make our Club so fun and fabulous.

All of our interest groups will be in full swing through the summer, so if you are interested in joining us, please contact our Membership Chair Lynn Parke at lparke@san.rr.com.

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SCRIPPS RANCH WELCOME CLUB

Welcome Club TGI brings friends together

By Denise Stewart

Evening potlucks on the patio and morning coffees by the pool are bringing neighbors together for pleasant summer events sponsored by the Scripps Ranch Welcome Club.

In June, Sue Cauble invited club members to her garden for a Mexican themed potluck. Along with the delicious dinner contributed by

members, Sue made a special traditional Mexican cocktail available to add spice to the menu. There were lots of friendly conversations and new friendships made while dining among the greenery that evening.

The traditional Summer Salad Supper started off this month's club events. For more than 40 years, the club has feasted together each July to celebrate the delight of living in Scripps Ranch.

JoAnn Farmen has coordinated this annual gala a few times and knows just what best entertains the ladies.

Fabulous gift baskets were donated by the various interest groups in the club. This year's theme of Flowery Explosion inspired members to create elaborate baskets that were given away as prizes. Lynnel Hallock adorned the dining tables with lavish floral arrangements. Both were highlights of the evening.

July's poolside Coffee, hosted by Denise Forgeron and Sylvia Parsons, had a patriotic theme in commemoration of our nation's birthday. The tasty breakfast dishes added to the members' appreciation of being part of our great country, our pleasant community and our friendly club.

July's TGI evening party around the pool at MaryAnn and Hilliard Harper's home will again feature a potluck and casual mingling in the company of friends. TGIs are a comfortable occasion for newer members and their companions to get to acquainted with other club members.

August will feature more



Welcome Club members, family and friends enjoyed an outdoor Mexican themed TGI in June. About 40 gathered for drinks, dinner and friendly conversation. (photo contributed by Diane Rider)

Lemonade Stand Contest

The annual Scripps Ranch News Lemonade Stand Photo Contest is underway. Send in a fun photo of your child's lemonade stand from this summer.

All entry photos will appear in the September print edition of *Scripps Ranch News* and on *ScrippsRanchNews.com*.

One winner will receive an order of delicious treats as a prize!

To enter, email a high resolution photo (300 dpi) of your lemonade stand to info@scrippsranchnews.com. Include the location of your stand and the date the photo was taken. Include name of the photographer and name of those in the photo. No charge to enter.

Rules: Photo must have been taken in Scripps Ranch (92131 area). Photo must have been taken some time in May through August 2024. By emailing your photo in, you are agreeing to let Scripps Ranch News publish the photo of the children in the photo.

Deadline to enter is Tuesday, Sept. 9, 2024.

special summer events as well as the usual meetings of the Welcome Club's interest groups that go on all year. The crafters will be creating, the walkers will hit the local trails, the readers will discuss their books and the game players will deal their cards or roll their dice.

Monthly meetings of the Welcome Club membership feature entertainment, learning experiences and social times. Cecilia Waters, the program chair, has a variety of events planned in the coming months. August's meeting will feature Jill Drexler, artistic director; Cristyn Chandler, box office and patron services contact

person; and Carla Neil, group sales liaison at the Scripps Ranch Theatre. They will share the upcoming play agenda. Coming in the fall when the theater season resumes, pre-play potlucks will replace the outdoor TGIs. Evenings at the Scripps Ranch Theatre performances entertain the group regularly.

Welcome Club members meet on the second Monday of the month at the Scripps Ranch Community Center at 7 in the evening.

The Welcome Club is an active group, and all the activity happens locally in the company of friends. To learn more visit scrippsranchwelcomeclub.com.

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A FESTIVE PARADE

A large, spirited crowd turned out to watch the annual Scripps Ranch Fourth of July Parade. It seemed the numerous community groups and individuals who marched or rode in the parade had as much fun as those watching the event. The Scripps Ranch Civic Association produced the parade.

All photos by Lisa Shadburn



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SCRIPPS MIRAMAR RANCH LIBRARY

Summer library events are plentiful

By SR Friends of the Library

Semiannual Mega Book Sale

It happens only twice a year! Don't miss the long awaited semiannual book sale on Saturday, Aug. 24, from 9:30 a.m. to 3 p.m., at the Scripps Miramar Ranch Library.

The sale will feature a huge inventory of books for readers of all ages and tastes – from board books and picture books for tots, “chapter books” and easy readers for kids, and great books for teens to a wide range of fiction and nonfiction for adults, media and more – all at amazing low prices.

Save even more by choosing to fill the popular Big Yellow Bag for a single low price! And be sure to take the opportunity to browse the collection of antiquarian, rare, out-of-print books, and collectors' editions, which can make a wonderful gift for the discerning book lover (or treat yourself) – at a fraction of the online price!

The Scripps Miramar Ranch Library is located at 10301 Scripps Lake Drive.

Still time for summer reading!

It's not too late to participate in the popular Summer Reading Program, which continues through Aug. 31. This program is for readers of all ages: kids, teens and adults who can earn prizes just for reading! Simply sign up at sandiego.beanstack.org/reader365 and get started. Participants can complete a combination of 10 books, hours or activities to start claiming prizes. As a bonus, those who log their books, reading hours and/or activities will be entered into a grand prize raffle drawing. A citywide offering, the Summer Reading Program is sponsored in part at our library



Avid readers Gavin and Aria know that every book or hour read gets them closer to earning cool Summer Reading prizes. (courtesy of SRFOL)

by the Scripps Ranch Friends of the Library.

Special programs and events

In addition to providing encouragement for everyone to read, Summer Reading time also features a wonderful array of exciting programs and events for kids, teens and families – sponsored by Scripps Ranch Friends of the Library! Most programs require online registration (sandiego.librarymarket.com). For complete details and updates, including recommended ages, for these and regular ongoing programs, visit www.srfol.org.

GARDEN CLUB

A tour and a feast are on the agenda

By Denise Stewart

Scripps-Mesa Garden Club has been touring members' gardens during this growing season, but July's meeting will feature a guided walk-through at The Glen.

The rocky hillside on which this senior residence is perched presented many challenges to the landscape designers when the facility was being created. How they overcame the difficulties and what they did to provide an attractive landscape sur-

rounding the living units was enlightening for those of us with experiences limited to our backyard challenges.

Providing space for the seniors to enjoy growing their own vegetables and flowers was a priority in the designers' plans since gardening is a healthy activity and part of an enjoyable day in the fresh air.

August's meeting of the Garden Club will be more of a traditional occasion as they celebrate the fruits of their labors with a potluck supper at a member's home.

Scripps-Mesa Garden Club has been part of this community's benefits since the 1990s. The group meets monthly on the fourth Tuesday. During the longer evenings, tours of gardens enhance the learning experiences. During the shorter days, the members gather at 6 p.m. at the local library to benefit from Master Gardeners and other knowledgeable speakers.

More gardening information and club contacts are available on the website: scrippsmesagardenclub.com.

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SCRIPPS RANCH FARMER'S MARKET

Irresistible crepes are mouthwatering meal

By John Gregory

Crepes are known in the United States mostly as a breakfast dish or possibly a dessert with fruit, powdered sugar and whipped cream. But Koffi Tsoto is showing hungry customers at the Scripps Ranch Farmer's Market that crepes are so much more – they can be an entire meal for breakfast lunch or dinner. His business is called Crepelicious San Diego.

Tsoto opens his booth at the Farmer's Market each week and offers both sweet and savory crepes. There are a variety of options, and each crepe is made fresh on the spot.

The savory crepe can be ordered with chicken, bacon, ham, turkey, cheese, avocado, tomato, spinach mushrooms or onions.

The sweet version can be ordered with Nutella chocolate, peanut butter, honey, strawberries, banana, blueberries or whipped cream. Some customers just want strawberries and banana; and some like only the crepe itself with some sugar and lemon. But customers can order a crepe with all the options if they want.

Crepes are made with eggs, flour, milk and butter. These ingredients keep them thin and light, Tsoto explained. He puts in the added food options and rolls them up, leaving a small opening at each end so "they can breathe," he said.



An assortment of meats, cheese and vegetables are options for the savory crepe from Crepelicious at the Scripps Ranch Farmer's Market. (courtesy photo)

Not only are crepes more than a novelty food item, there is a science to making them correctly. Tsoto's background makes this all the more fascinating, especially for all the foodies out there.

"When I was young, I lived with my mom and my sisters. Everybody knew how to cook. So, I'm the big brother ... I always act like the head of the house," Tsoto said. "But one day my mom said no ... You have to cook first before you can ask someone to cook

for you."

So, Tsoto entered the world of cuisine. He loved crepes back home, so he learned how to make them. Then he took his skills to a higher level.

"My mom, she was a chef, too, back in Africa, in Togo. It's a French colony, so we eat French food," he said. "I went to a French gastronomic school where I learned everything."

He eventually arrived in the United States about nine



Options for the sweet crepe from Crepelicious are Nutella chocolate, peanut butter, honey, strawberries, banana, blueberries or whipped cream. (courtesy photo)

years ago after studying in France. Tsoto met a French chef in the U.S. and worked for him for about seven years and gained more experience before deciding to work for himself. He has dreams of one day operating a food truck and expanding his menu. Then he hopes to open a restaurant.

"I just don't want go and make crepes to make money," he said. "I'm most happy when I make people happy, too. This makes me go (to the Farmer's Market) each week. ... I love what I'm doing."

Visit the Crepelicious San Diego booth in the Scripps Ranch Farmer's Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.



THE HEROES

Continued from Page 1

ager for the popular group, and is also on the board of the Symphony in the Park organization. Boyd is instrumental in selecting and booking each of the bands for the summer series.

This concert will be sponsored by Collin's Family Jewelers.

There will be face-painting for children, sponsored by The Barron Real Estate Group.

The free summer concerts begin at 6 p.m. and end at 7:30 p.m. at Hoyt Park. Those attending may bring picnic baskets, cloth blankets and low-back chairs so everyone can see the band. No pets are allowed, and no plastic tarps are allowed since they kill the park's grass.

For additional information, visit symphonyinthepark.org.



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SEASON
45



2024-25

2024-25 SEASON LINE-UP



FULLY COMMITTED

by Becky Mode
Directed by Ted Leib
September 6-29, 2024
Preview Performance: September 6
Opening Night: September 7

If you're an out of work actor manning the reservation desk at Manhattan's number one restaurant, you have to deal with coercion, threats, bribes and histrionics as a cast of desperate would-be diners will stop at nothing to get the right table. One incredibly talented actor plays forty wildly diverse characters. Hilarity abounds as good food inspires bad behavior.



TINY BEAUTIFUL THINGS

based on the book by Cheryl Strayed
adapted for the stage by Nia Vardalos
Directed by Kym Pappas
November 15-December 8, 2024
Preview Performance: November 15
Opening Night: November 16

With empathy and intuition, advice columnist Sugar exemplifies the lost art of listening and healing. New York Times critic's pick, *Tiny Beautiful Things* opens our eyes to the tiny moments when the world surprises us with care. "A theatrical hug in turbulent times" (Variety)

CONTENT ADVISORY: CONTAINS STRONG LANGUAGE, ADULT THEMES, DISCUSSIONS OF SUICIDE AND LOSS



WHITE

by James Ijames
Directed by Yolanda Marie Franklin
co-production with COMMON Ground Theatre
February 14-March 9, 2025
Preview Performance: February 14
Opening Night: February 15

Gus is a painter who desperately wants to show his art at the prominent and renowned Parnell Museum. Vanessa is an actress with the qualities he needs to make it happen. With the help of his boyfriend Tanner, and his inner diva St Diana of Detroit, Gus and Vanessa weave through a comedic story that explores privilege in the art world. *White* is filled with twists and surprises, subverting expectations as it illuminates contemporary culture.

CONTENT ADVISORY: CONTAINS ADULT THEMES, STRONG LANGUAGE AND PHYSICAL INTIMACY



MARY'S WEDDING

by Stephen Massicotte
Directed by Kate Rose Reynolds
April 4-27, 2025
Preview Performance: April 4
Opening Night: April 5

It's the night before Mary's wedding when she unexpectedly meets Charlie in the barn. The year is 1914 and the world is collapsing into a brutal war as they attempt to hide their love where the uncertainties of battle can't find them. *Mary's Wedding* is a love story that avoids mushiness - a war story of hope, regret and memory.



UNNECESSARY FARCE

by Paul Slade Smith
Directed by Christopher Williams and Robert May
May 23-June 15, 2025
Preview Performance: May 23
Opening Night: May 24

From the playwright who gave us *The Outsider* comes a rollicking farce. Two cops, three crooks, eight doors - GO! Questions abound: Who is in which room? Who is being videotaped? Who has taken the money? Who has hired a hitman? And why does the accountant keep taking off her clothes? Enjoy!



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First day of school photos

ATTENTION PARENTS: The first day of school is coming even earlier than last year. You can share your memories of this day in Scripps Ranch News. Send a special photo of your students on their first day of the 2024-25 school year to *Scripps Ranch News*.

Your photo will be published in the September edition of *Scripps Ranch News* and posted on *Scripps-RanchNews.com*. Free!

Email a high resolution photo to info@scrippsranchnews.com. Be sure to include the names of the students in the photo, the school they are attending and grade, and the name of the photographer. By emailing your photo in, you are agreeing to let Scripps Ranch News publish the photo of your students.

Deadline is Aug. 30.



Public school begins Aug. 12

All public schools in Scripps Ranch within the San Diego Unified School District will welcome students for the first day of school on Monday, Aug. 12. This is one week earlier than last year.

Parents should check their respective school websites, as well as school pages on Facebook for specific information. Most of the important back to school information is sent from each school to parents directly through emails as long as the students are registered at the school.

Scripps Ranch High

Scripps Ranch High School will hold its annual Kick Off for students from July 30 to Aug. 2. Kick Off is an annual event in which students are assigned a day and time, based on their grade level, to come to campus to pick up books from the library, take their class photo for the yearbook, get their school ID and purchase school swag.

For students who are new to Scripps Ranch High School,

See **PUBLIC SCHOOL**, Page 12

Student receives history award

The National History Day (NHD) California Championship Award for Junior Individual Podcast was awarded to Scripps Ranch resident Prajna Valipireddy in Sacramento on April 21. She was a seventh grade student at Francis Parker School this year. The theme of the competition was Turning Points in History. She also won the Econ-Ed award.



National History Day California Championship Award winner Prajna Valipireddy (left) with advisor Mary Ong-Dean (right). (courtesy photo)

'I was looking for a topic that was a huge turning point and I wanted it to relate to medicine ...'

—Prajna Valipireddy

Valipireddy worked on her project titled "Conquering Polio: The Disease that Immobilized America" under the guidance of her advisor Mary Ong-Dean, a member of the Social Studies Department faculty and grade 7 dean.

Her winning podcast explores the impact of polio

on humans, development of vaccines and the combination of science, government, citizens and volunteers who worked to eradicate the disease from most countries.

"I was looking for a topic that was a huge turning point and I wanted it to relate to medicine because I want to explore a medical field when I grow older," Valipireddy said.

After months of intensive research and success at county-level competitions, champions were selected and recognized at the 2024 National History Day California Contest. More than 600,000 students nationwide participate in the year-

long National History Day program. This year, 1,523 students from 248 schools representing 25 counties participated in the California state contest. More than 230 historians, educators and other professionals interviewed students and evaluated their work at the competition. National History Day is an inquiry-based research project, requiring students to research a topic based on the 2024 NHD. At competitions, students present their historical argument and analysis in one of the following categories: documentary, exhibit, historical paper, performance, podcast, poster or website.

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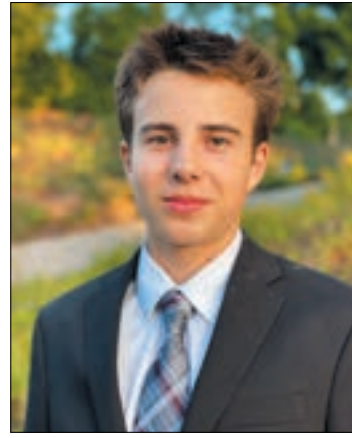
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Student board trustee takes office

Quinton Baldis, a student at Scripps Ranch High School, was officially sworn in as a student board member on the San Diego Unified School District (SDUSD) Board of Education on June 25. Only two students in the entire district are elected each year to serve on the board. His duties began July 1, and he will serve a one-year term.



Quinton Baldis

Baldis was elected by a vote among his high school peers throughout the district. He will represent high school students district-wide at board meetings, weighing in on agenda items and helping to shape San Diego Unified policy.

As it stands now, however, the student board members may voice their opinions, but their vote on policies is not officially counted.

“We are actually referred as a board member and we are paid the same as other board members,” Baldis said. “One thing I am going to push for this year is to have the student board member vote count (the same as other board members).”

The position requires a big commitment, but Baldis said he is motivated and up for the challenge.

“I feel I can advocate for a large majority of students in our district, and there are a lot of policies that ... I want to get reformed and changed,” he said.

Addressing mental health issues for students is one of his priorities.

“I think the district is very

reactive to mental health when student mental health issues are already in crisis mode. But what I want to focus on is implementing programs that get students involved with their school ... so they will feel safe on campus as part of a community,” Baldis said. “This is important to me because I have seen so many of my peers and so many of my friends struggling with this.”

Board meetings are Tuesday nights and workshops are held every other week. There are additional workshops and visits to different school campuses to learn about the students’ experiences.

“I know previous student board members have put in from 20 hours a week to 30 hours a week. Honestly, this is something I’m very passionate about, so I think I’m going to be somewhere within that time frame,” Baldis said. “I’ll be relying upon support from my teachers and administration. The biggest thing that helped student board members in the past is having assignments and work

getting sent to them so that when they have down time when they are not in school, they can be working on their assignments.”

At SRHS, Baldis is president of the school mock trial team and is on the varsity soccer team. He founded a charitable club at SRHS called Equal Kicks that collects soccer gear which is donated to under-funded communities. He is working on getting a 501(3)(c) nonprofit designation for the club. Baldis is also participating in two internships with elected officials this summer.

‘After I get my political science degree, I want to go to law school and then get involved with government, civics and politics.’
—Quinton Baldis

He hopes to study political science in college and eventually work in government at some level afterward. He said he does not have a targeted university at this point, but would prefer a UC school such as UC Berkely or UCLA.

“After I get my political science degree, I want to go to law school and then get involved with government, civics and politics,” he said. “So, that could be anywhere from statewide to federal government.”

PUBLIC SCHOOL

Continued from Page 11

Kick-Off provides an opportunity to get familiar with the school with a tour given by the ASB students, and to meet new friends and staff members.

Here is the Kick Off schedule: Ninth grade, July 30; 12th grade, July 31; 11th grade, Aug. 1; 10th grade, Aug. 2. Kick Off times for each of these dates is 8 a.m. to 11 a.m.

Marshall Middle School
Orientation for new stu-

dents and sixth graders at Marshall Middle School will be held at the school on Friday, Aug. 9.

Back to School Night for Marshall Middle School will be held Aug. 27 for sixth grade, and Aug. 29 for seventh and eighth grades.



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SRLL All-Stars teams enjoying success

Most of the Scripps Ranch Little League (SRLL) All-Star teams kept winning in the summertime tournament competition, as of deadline.

SRLL fielded five All-Star teams for the first time in quite a while, according to SRLL President Avi Barat.

The SRLL Intermediate 13-year old All-Star team won the district tournament earlier this summer, and captured the section tournament. Then, the team won the championship in the Southern California State tournament to become the Little League Southern California Intermediate State Champion. The team advanced to the Intermediate 50/70 West Region Tournament in Nogales, Ariz., which began July 17. Scripps Ranch

was set to play teams from throughout the Western states in this tournament. If the team won the West Region tournament, it would play in the Intermediate World Series.

Several players on this team have State All-Star tournament experience from when they were younger.

"Those kids are great kids. It's always about the kids; and they're having fun," Barat said.

Lance Taschner is the team manager.

"When they started out playing districts, the coaches were Lance Taschner; Blake Taschner, his oldest son; and Al Taschner, his dad," Barat said. "So, they had three generations of Taschners coaching the team."

The SRLL 12-year old Maj-

ors All-Star team won the district championship and was in the midst of the section tournament last week at deadline.

Barat is the manager of the SRLL 12 year-old team. This team won all four of its district tournament games, three of them by shutout.

"They're playing really, really good baseball. The kids are really into it," Barat said. "Many of them have been playing together since they were 10 years old in All-Stars. They're enjoying it. Every kid's dream is to play in the Little League World Series. ... We're taking each game one at a time, trying to keep everything in perspective for them."

The SRLL 11-year old All-Star team won its district tournament and was in sec-



Scripps Ranch Little League's Dane Reuter looks to score against Coronado Little League from third base during All-Star competition in the 11-year old bracket. (courtesy of Michele Friszell Photography)

tional competition last week. Scripps Ranch started that tournament with a 10-6 victory over San Carlos. Rocco Serra had a big 3-run homer to centerfield. The 11-year old All-Star team was in more sectional tournament action at press time.

The SRLL 10-year old All-Star team also won its district tournament and was in sectional competition last

week. The team had a long sectional tournament, playing five games. This is the first year of Little League All-Star competition for players on this team.

The 14-year-old SRLL Juniors All-Star team from Scripps Ranch was eliminated from the district tournament in two games, but it turns out that the team lost to the two top teams in the tournament.

Flag football team goes undefeated

A local girls flag football team – consisting of mostly players from Scripps Ranch – completed an undefeated season to capture the championship in the girls third and fourth grade division in the spring season of the Friday Night Lights Flag Football North San Diego league.

The players finished the regular season at 8-0, then won two playoff games as the number 1 seed in postseason play to end up with a perfect 10-0 record.

"On average, our girls scored 26.5 points a game and they allowed 8 points on defense. So, they played a great comprehensive game each game on both sides of the ball," said head coach Mike Highlander.

He attributes the team's success to both the intelligence and athleticism of the players. Despite their young age, the team members grasped an assortment of defensive pass coverages and mastered about 20 plays on offense.

"The girls were able to learn something on a Wednesday and apply that on Fridays," said Highlander, whose triplets were playing on the championship the team.

In addition, the players were very team oriented.

"Their attitude was great. ... It was their first year," Highlander said. "It was just a magical season. They were just fantastic."

Andrew McCabe was co-coach this season.


Seven out of the team's nine players attend Jerabek Ele-

mentary School in Scripps Ranch. Other teams in the division were from Carmel Mtn., Rancho Penasquitos, Escondido, Poway and Rancho Bernardo. All games

were played at Rancho Bernardo Community Center.


The team members were awarded championship rings and neck chains for coming out on top this season.

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Cyclists and runners enjoy annual Run & Ride

The annual Scripps Ranch Old Pros Fourth of July Run & Ride was another huge success as thousands of participants and hundreds of spectators were on hand the morning of Independence Day for two running events and three cycling events. Everything culminated with a fun festival in Hoyt Park.

All photos are by Jim Wick



SR BODYBUILDER

Continued from Page 1

his father, who opened his eyes to some larger than life characters, he was inspired to begin his bodybuilding journey. He speaks humbly, mindfully and intelligently as he describes his path.

"I grew up pretty skinny and I had asthma as well. My father wanted to inspire me to get fit, so he would show me movies starring Arnold Schwarzenegger and Sylvester Stallone ... and that got me interested in working out," Zhou said. "At the same time, he enrolled me in a swimming program, and I was pretty good at it. So, I was competitively swimming before I started doing bodybuilding shows."

Zhou now competes in the sports model competition and mens physique, which are both along the lines of a classic beach body appeal as opposed

to a bulky body style.

In his early days of bodybuilding competition, Zhou was competing in the unlimited class, which included bodybuilders who could use performance enhancing substances, which left Zhou at a disadvantage. He is now competing in the natural bodybuilding classification.

It takes discipline and a solid plan year-round to stay competitive as a serious bodybuilder. This involves workouts, proper nutrition and practicing poses that will outshine the competitors.

"The work is done before you step on stage. I need a balanced approach. So, I have the in-season and the off-season. In the off-season, I get a little bit more body fat and try to lift as heavy as possible to build as much muscle as possible ... try not to be too ridiculous about my diet," he said. "About 15 weeks before the competition, I would start to control

my diet and add cardio that I do. And the closer I get to a competition, the more exercises I would do and the fewer calories I would consume."

Then, Zhou begins focusing heavily on a crucial part of the bodybuilding preparations: he spends a large amount of time practicing competitive poses.

"What people don't realize is that posing is an art in itself. It's no different from when a competitive dancer practices their moves because when you're on stage, it's actually hard to flex all your muscles at once in a way that's aesthetically pleasing," he said. "So, you need to make sure to practice that in advance."

Zhou spends 1 to 1 1/2 hours in the gym each day in the off-season. As competition nears, he starts adding one hour of cardio each day to that. He did 2 hours of cardio exercises each day the week before his most recent competition.

"Two weeks before my competition, I would work out every single day. I would do a 4-day cycle to train every single body part," he said.

Day 1 included calves, thighs, glutes as well as abs. Day 2 included chest and triceps. Day 3 included back and triceps. Day 4 included shoulders and arms again. He restarted the 4-day cycle on the fifth day. In addition, he included 1 hour of cardio exercises immediately after his weight training sessions. Then added another hour of cardio on his stationary bike each day once he returned to his home.

His diet before a competition nears becomes very measured.

"A few weeks before I must maintain calorie deficit, which means eating less calories. That way you lose fat. In that diet, I would prioritize protein," Zhou said. "So, how I would eat is usu-

ally six meals a day; six very, very small meals. That's going to allow me to not feel really hungry at any certain point in the day and it also shapes the stomach a little bit."

This is how he described his typical diet: Morning – egg whites and oatmeal. Other meals – veggies, rice and forms of clean protein, which can be a combination of fish, steak, some other beef, shrimp and chicken. He prepares and eats a very precise amount of each.

Preparation takes months of intense workouts, strict dieting and self-discipline. Finally, as competitors arrive for a competition, they receive tanning treatments, eat some carbs, get more tanning, pump up and go on stage to pose. But, during the recent competition, he wanted to "pig out more than anything," Zhou said.

"I won a medal and a sword. That's cool, but none of that is as cool as the meal after the competition," he said.

Senior athletes compete for gold at The Glen



Olympic torch bearers flash big smiles during ceremonies at a past Olympics for seniors held at The Glen at Scripps Ranch in 2021. (photo courtesy of The Glen at Scripps Ranch)

The phrase “the golden years” has a whole new meaning around The Glen at Scripps Ranch because a group of San Diego seniors there put their athleticism to the test for the sweet taste of Olympic “gold” victory.

More than 100 seniors who call the San Diego senior living community home proved that age is just a number while participating in a weeklong Olympic-style competition from July 15 to 19.

The Glen at Scripps Ranch hosted these events for the second year. The primary aim is to foster a strong sense of community and encourage an active lifestyle among seniors.

The Olympic events kicked off with the opening torch ceremony and parade on July 15, 10 a.m. at the community



Pickle ball competitors pose for a photo during the past Olympics for seniors held at The Glen at Scripps Ranch in 2021. (photo courtesy of The Glen at Scripps Ranch)

located at 9800 Glen Center Drive in Scripps Ranch. Hundreds of residents and team members were expected to attend, and six countries were represented.

Friendly competitions (involving some smack talk, of

course) included pickleball, ping pong, golf, billiards, and the most visually telling event: pool noodle racing.

The games concluded with a closing ceremony and medal presentation on Friday, July 19.



DISTRICT CHAMPIONS:

The Scripps Ranch Softball Association 10U All-Star team captured the USA Softball North San Diego District Championships June 14-16. Coaches are (standing, from left) Mike Lamb, Barb Eaton, Kim Blevins, Edgar Carasco and Nate Baird. Players are (standing, from left) Kate Lamb, Vanessa Ponce, Nova Petite, Brooklyn Blevins, Amelia Greenspan, Emi Baird, (kneeling, from left) Ruby Lipsky, Cami Campbell, Emily Super, Embrey Slates, Madison Delos Reyes and (front) Izzy Carrasco. (photo by Lisa Shadburn)

COPA DEL MAR CHAMPIONS!

Members of the Girls 2015 Red Competitive Team from the Scripps Ranch Soccer Club were champions at the Copa Del Mar Tournament in Oceanside on June 30. Team head coach is Chris Matthew. Team manager is Sophia Lesberg. (photo courtesy of Alex Lesberg)



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