

Graduation car parade
PAGE 12



SRHS lacrosse CHAMPIONS!
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Staab plays in NWSL
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UPDATED WEBSITE

Scripps Ranch News has a new and improved website. Stay informed about the community at ScrippsRanchNews.com.

4th of July PARADE

An effort is underway to hold a Scripps Ranch Fourth of July Parade after coronavirus restrictions made the 2020 parade impossible.

- Sunday, July 4
- 10 a.m. start
- Traditionally begins near Red Cedar Drive at Ironwood Road, down Ironwood Road, right onto Courtyard Drive, left on Redrock Drive, west on Scripps Ranch Boulevard, ending at Aviary Drive. Presented by the Scripps Ranch Civic Association.



Nolan Bowyer, SRHS 2021 valedictorian



Jordan Peranginangin, SRHS 2021 salutatorian

MEET THE TOP SCHOLARS

By Ashley Shah

Nolan Bowyer and Jordan Peranginangin, the top scholars in the Scripps Ranch High School (SRHS) class of 2021, share their experiences, accomplishments and future plans.

Nolan Bowyer

Valedictorian, 4.82 grade point average

Nolan Bowyer will attend the University of California, Los Angeles (UCLA) to study chemical engineering in the fall.

At UCLA, Bowyer hopes to join engineering as well as pre-medical and pre-pharmacy clubs.

“I chose UCLA for the social environment, so I’m excited to meet new people. I am ready to have more opportunities available there as well,” Bowyer said.

In his time at SRHS, Bowyer played on the boys tennis team for all four years. He was a part of the Science Fair club for a year, and participated in the Science Fair by doing research on cancer.

Outside of SRHS, he was in the leadership team for a youth organization at his church, St. Gregory the Great. Bowyer also refereed for community soccer games for the San Diego County Soccer Association.

This year, Bowyer worked at Raising Cane’s.

He shared his experiences about trying to keep up his top grades, especially through this unique school year.

“I honestly felt it was harder to keep up my grades when we were in-person for my freshman, sophomore and majority of my junior year,” Bowyer said. “Once we switched to online, the teachers were a lot more flexible and accommodating. Everything was less structured and, as a result, I was able to have more leeway. I was even able to get a job this year, and I don’t think I would have been able to do that in-person.”

He shared his advice to younger students who are trying to maintain their grades.

“It is very important to pick classes that you are actually interested in because it is easier to get through the content. Do not just pick classes because you think they will help your GPA. I remember hearing that this one AP class was really easy, and so I took it, but I actually struggled because I wasn’t interested in it,” Bowyer said.

As he embarks on a new chapter in college, Bowyer highlighted those who supported him.

“I want to thank my parents, of course, but also my grandparents because they immigrated here and they showed me the value of hard work,” he said. “I also wanted to thank Mr. Laverty, my freshman English teacher, because his class showed me what I needed to do to do well, and helped me

See **TOP SCHOLARS**, Page 13



Run & Ride goes on again

By Bella Ross

Now in its 44th year, the Scripps Ranch Old Pros’ Freedom Run & Ride has been nothing if not consistent.

The annual events – scheduled to take place this year between July 3 and 5, with its keystone event on Independence Day – persisted through the uncertainties of the COVID-19 pandemic and is returning even stronger than before. Last year was the first time the Old Pros embraced virtual elements, but it won’t be the last.

“It’s kind of expanded our breadth because friends and family on the East Coast, for example, can participate,” said Brian Ondek, Freedom Run & Ride event czar for the Scripps Ranch Old Pros, which hosts the annual event.

Thanks to the State’s full economic reopening on June 15, the event is slated to include some in-person activities such as a post-Run/Ride gathering in Hoyt Park on July 4. Those who choose to enroll remotely have the freedom to join in running and cycling events virtually from anywhere they’d like.

“This year, the freedom
See **RUN & RIDE**, Page 16

The Scripps Mesa Fireworks are back

By Terry L. Wilson

Thanks to the unyielding efforts of community leaders and dedicated citizens, the Scripps Mesa Fireworks will again light up the sky on the Fourth of July.

“Due to the pandemic, it was an arduous process to get the necessary approvals for the show,” said Scripps Mesa Fireworks President

Michael Spencer. “I am overjoyed we can finally announce that the show will return.”

Mira Mesa High School will be the launch site for a 20-minute barrage of 500 fireworks beginning at 9 p.m. Parking is allowed at surrounding side streets, near-by parks and business parking lots.

“To see the fireworks would
See **FIREWORKS**, Page 5



The Scripps Mesa Fireworks will begin over Mira Mesa High School at 9 p.m. on July 4.

Bobcats and coyotes roam about

By Suha Chari
Sustainable Scripps Ranch

In the past few weeks, our neighborhood has enjoyed a duck pair strutting about, getting into our yards and being quite at home here.

We all think they're cute. But coyotes and bobcats in our yard? That's quite another matter!

Why are the latter entering our yards all of a sudden? With a changing climate, we've had more and worse wildfires here, which means loss of habitat for many wildlife that live around and among us. Every time a new development comes up, roads are built, trees cut, and wildlife corridors disrupted. Hence, wildlife are driven from larger roaming areas into smaller and smaller divisions. They also go where their prey abound.

You might have seen videos of bobcats drinking from backyard puddles.

We don't mind sharing our plenty with rabbits, and even rats and raccoons, but when it comes to bobcats and coyotes, unnecessary



Bobcats and coyotes have been spotted around Scripps Ranch neighborhoods.

fear takes hold. So, let's get some facts straight:

- These animals are wary of humans, so we don't have much to fear from either of them, though coyotes can attack your small pets.
- Fish & Wildlife folks say that bobcats, which are just twice the size of house cats, eat mainly small rodents and mammals, thus aiding

in maintaining plant diversity. They're native to California and play an important role in the wildlife community. Bobcats are protected from being hunted.

How do we protect our pets?

- Prevention: Never feed wildlife; remove all food sources; secure pets and

See **BOBCATS**, Page 3

“Every tooth in a man’s head is more valuable than a diamond.”
—Miguel de Cervantes, Don Quixote

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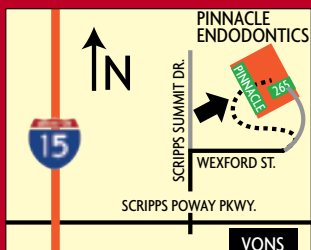
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Scripps Ranch suffers mail thefts

By Bella Ross

Residents of Scripps Ranch have experienced numerous incidents of mail theft for at least six months, with the perpetrators often striking entire streets at once in the late hours of the night.

JL Nuss, who lives in the Wine Country portion of Scripps Ranch, said her street has been struck twice in the last month.

“People started checking their Ring cameras, and it turned out this vehicle that had two occupants in it ... was bouncing from street to street in a matter of minutes,” Nuss said.

Anecdotal reports on the Scripps Ranch Information Exchange social media page indicate numerous local streets have been struck by postal thieves, and many incidents have resulted in reports to the U.S. Postal Service (USPS). Some of these streets are Creekside Court, Semillon Boulevard, Woodstream Point, Rue Du Nuage, Pointed Oak Lane, Elderwood Lane, Deerfoot Road, Creekside Court, Glencreek



The U.S. Postal Service placed this notice on a bank of Scripps Ranch mailboxes that were burglarized. It tells residents their mail is being held for pickup at the U.S. Postal annex on Willow Creek Road until the mailboxes can be replaced.

Circle, Scripps Trail, Rue des Amis, La Vita Court, Clearwood Court, Poyntell Circle and Scripps Vista Way.

Mail theft, as local as it may seem, is a federal crime that is beyond the San Diego Police Department’s jurisdiction. Victims should report these incidents to the USPS, and each incident should be investigated by an inspector general.

The USPS is actively investigating the influx of reports coming out of Scripps Ranch, but is unable to

release additional details regarding the scope of the problem due to it being an “ongoing investigation,” said Patricia Mendoza, USPS postal inspector for the Los Angeles Division.

The U.S. legal code defines mail theft as a felony, which can result in up to five years in prison and/or a fine of up to \$250,000.

“It feels like a violation of privacy,” Nuss said.

There are many things Scripps Ranch residents can do to protect their mail, such

as picking it up promptly after it is delivered – and not leaving it overnight – having it delivered to a local post office for pickup or tracking deliveries on the USPS website.

In Nuss’s case, none of the mailboxes on her street had locks, but the recent thefts have inspired her to begin searching for a lockable one instead.

“We make sure that as soon as we hear the mailman we go out there and retrieve the mail, right then and there,” Nuss said. “We try not to leave any mail in the mailbox, and we try not to leave anything important that’s outgoing in there.”

Criminals who target mailboxes are often looking for cash, checks or information that can be used for identity theft. Therefore, avoid sending cash or coins through the mail and, if you are expecting to receive sensitive information, contact the issuing agency to learn when it should be arriving.

Reports of mail theft can be filed online at postalinspectors.uspis.gov or via phone at (877) 876-2455.

SCRIPPS RANCH

NEWS

BOBCATS

Continued from Page 2

livestock, especially at dawn and dusk.

- On a walk with dogs, keep a short leash.
- If confronted, make loud noises.

Wildlife are driven from larger roaming areas into smaller and smaller divisions.

In general, larger cats and mammals inhabit and roam larger areas and depend on smaller prey for survival. Hence, they are fewer, and they are easily driven to extinction. People either fear them or hunt them down for their skin, bones, tusks or fur. We also unwittingly shrink their habitats with our penchant for building and paving. All it takes is a little more awareness of their needs, as we go about our business, to share this beautiful land with all its creatures, large and small. Let us cherish their beauty and variety.

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This will be a dry year

Wildfire app being planned

By Kristin Rayder and Karen Herreros
Scripps Ranch Fire Safe Council

We are experiencing a very dry year this year.

Therefore, it is crucial that we pay attention to our bad habits regarding fuel mitigation around our homes, over which we have control.



Please pay attention to your surroundings in order to protect your homes and your neighbors' homes.

We, at Scripps Ranch Fire Safe Council, are working on several projects for the benefit of the community. One in particular, which will be so exciting once completed, is an app for our phones which will identify fires in our community and potentially direct you to the optimal evacuation routes.

This is an expensive endeavor which is specific to our Scripps Ranch community. We hope that once we develop the app, we can share it with other fire safe councils and communities.

We have received a couple of minor grants but need additional funding in order to complete the project. If this is of interest to you, please feel free to make a donation of any amount. To donate, please go to our website: srfiresafe.org. Thank you – and we are excited to keep you up to date!

We are also planning our annual fundraising event, which is our 15th annual golf tournament. This year, we plan to golf at Maderas Golf Course in Poway on Oct. 23. It will be a shotgun start for distancing purposes.

We will keep you posted about this event! Please place this date on your calendar. We would love for you to participate!

If you are not a golfer, feel free to be a sponsor. We hope to have up to seven sponsor holes during the tournament. If you are interested in sponsoring, please email us.

Lots of exciting events for Scripps Ranch Fire Safe Council! Call (858) 201-3711 or email srfiresafe-council@gmail.com.

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FIREWORKS

Continued from Page 1

be amazing, especially after having to go through a year dealing with COVID; the Fourth would be even more symbolic," resident Melissa Culver said.

As thousands gather to watch this year's pyro spectacular, they may never know just how close the display came to being grounded. For weeks, the fate of the project was touch and go for a seemingly long shot to keep the annual celebration alive in a year when so many events fell victim to COVID-19 restrictions.

"It's been a significant challenge. First, we had to provide a site to set off the fireworks. For the past 45-years that has been Mira Mesa High School. However, because of COVID the schools were closed, so we couldn't even put in a request to rent the location. Getting approval to get onto the high school itself was one of the most difficult tasks we had to accomplish," Spencer said.

It seemed like each time one obstacle was overcome another one would pop up. Once the high school was a done deal, Spencer discovered that the school had undergone recent construction, which required more permits.

"We had to get the San Diego Fire Department to okay the new location, which they did," Spencer said. "Next was the process of getting the insurance for the event; and that has been our sticking point."

Somehow, Spencer made the final payment for insurance in the nick of time saving this year's Fourth of July party.

Danzer graduates from Coast Guard Academy

Ensign Jake Danzer, son of Jerry and Lisa Danzer of Scripps Ranch, graduated May 19 with high honors from the U.S. Coast Guard Academy with a Bachelor of Science degree in management and was commissioned as an officer in the Coast Guard.

Having completed four years of intensive academic, physical and leadership training, Danzer and his 239 classmates received their commissions from President Joe Biden on May 19 in New London, Connecticut.

Ensign Danzer earned NCAA/NEWMAC Academic All-Conference honors during his two years on the Coast Guard men's varsity swim



Ensign Jake Danzer (courtesy photo)

team and, during an exchange semester at the U.S. Air Force Acad-

emy, earned his basic parachutist "jump wings" qualification.

Danzer was also inducted into the Beta Gamma Sigma international business honor society and the Alpha Delta Lambda national honor society for his academic achievements.

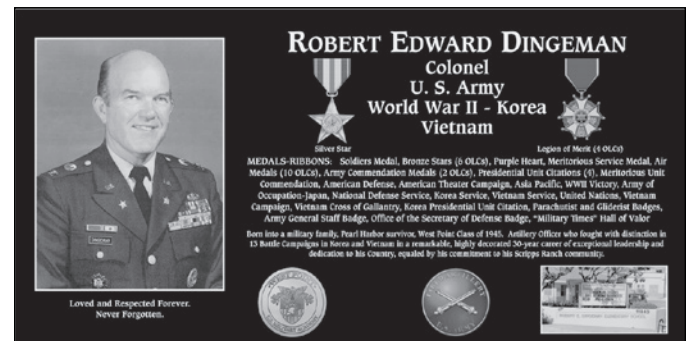
Following graduation, Ensign Danzer was assigned as a deck watch officer to USCGC Midgett, a 418-foot National Security Cutter home-ported in Honolulu, Hawaii. Its missions include maritime law enforcement, port and coastal security, search and rescue, environmental protection, counter-terrorism and other military/naval operations.

Plaque honors Dingeman at Mt. Soledad Memorial

Within the Mt. Soledad National Veterans Memorial are more than 6,500 plaques commemorating individuals for their military service, including a plaque for Bob Dingeman, an honored resident of Scripps Ranch who devoted himself to his community with the same zeal as he did in his service to the United States.

Dingeman was a true hero, and his valor was remarkable in a 30-year U.S. Army career which included WWII, Korea and Vietnam.

For anyone wishing to visit the site, the plaque is in a very convenient and easily accessible location. When you drive up the access road to the memorial, the road splits to a circle around the cross. As you travel around to the right, you will see a wall on the left emblazoned with "Mt. Soledad National Veterans Memorial" along with the insignias of the five services. This is wall "J,"



The plaque honoring Bob Dingeman at the Mt. Soledad National Veterans Memorial. (courtesy of Harry Mathis, Captain, USN, Ret.)

and his plaque is located on the other side of the wall roughly opposite the "L" in "Memorial."

—Harry Mathis, Captain, USN (Ret.)

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SCRIPPS RANCH

Pengi Wynn customizes almost anything

By Nick Ng

Scripps Ranch resident Eric Morgan can craft customized messages and designs with a laser onto almost anything.

Co-founded with his wife, Jacqueline, in early 2019, Pengi Wynn started after Eric helped local Girl Scouts with different crafts, such as making SWAPS. After he engraved, cut out and distributed them during the Scouts' bridging ceremony, he realized there was much potential to do more.

"It started basically as a hobby doing fun stuff for the Scouts," Eric said. "And then we went all the way. We can do this, and we can engrave bottles. It just kind of moved on from there."

When Eric first got the CO2 laser machine, he tinkered with different types of materials and designs. He enjoyed doing it so much that he started the business and tried to make a living out of it.

People began to notice his handiwork on social media and asked him if he could create customized engrav-

ings onto various household objects, like water bottles, coffee mugs, wine glasses and even magnets for wedding invitations.

The CO2 laser machine can engrave designs and text onto a variety of surfaces, including stainless steel, glass, wood, stone and plastic.

Eric said that there is no formula or "special technique" to do the engraving because he receives random assignments.

He learned to use the laser and engraving techniques from YouTube and he refined his skills by trial and error. Jacqueline helps with the designs, especially with the woodworking.

"For every material, you basically have to find the 'magic settings,'" Eric said. "There's no easy way like this [method] works for everything. It's very hard."

The cost of the engraving

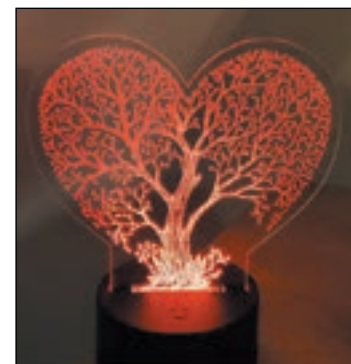


Jacqueline (from left) and Eric Morgan with daughter Liberty. (courtesy of Pengi Wynn)

depends on how detailed the design and artwork are, and the size of the final product.

Magnets with customized engravings cost a little more than \$1 per unit while one engraved water bottle is about \$30 – bottle included. Eric also has made customized Nespresso holders, stencils for concrete work, wooden signs, graduation picture frames and desktop LED lights.

"I've done weird projects like making an escape room," Eric said. "They wanted thick pieces of wood that were cut



A desktop LED light by Pengi Wynn Inc. (courtesy of Pengi Wynn)



Engraved mug from Pengi Wynn Inc. (courtesy of Pengi Wynn)

into shapes of different objects, like a lemon or peppermint candy. That ended up being a couple of hundred dollars because of all the details they wanted and the time it took [to make]."

'For every material, you basically have to find the magic settings.'

—Eric Morgan

The name Pengi Wynn is a combination of Eric and Jacqueline's gamer tags. After they got married, they had a joint username on their Xbox account. Jacqueline put "pengi" and Morgan followed with "wynn," which is his middle name.

They thought it was cute because their username sounds like "penguin," and later they decided to use it for their business.

Eric wants to help local schools and communities with their fundraising and similar events by using his engraving skills. One project he would like to do is to engrave trophies for sports teams in different local colleges and schools.

"I helped a ton with my daughter's elementary school. I was there every day. I ran the school garden for five to six years," he said. "I always enjoy helping people in the community."

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Garden Club takes garden tour

By Denise Stewart

For Scripps-Mesa Garden Club members, being out in their yards among their flowers and veggies has been a comforting substitute for a social life during the COVID retreat. But most have had enough of talking to their plants and are eager to meet and share their horticultural successes with other club members.

This month, members gathered at the garden of a member to view what is thriving under her care. Following the tour and talk about her gardening experiences during this very dry spring, the members enjoyed a snack and the pleasure of the company of fellow hobbyists.

To celebrate the growing season and to enjoy sharing some of their crops, the gardeners will hold their annual potluck supper in August in a comfortable outdoor venue.

Scrippsmesagardenclub.com is the website you can check to get contact information on where and when the club will be meeting for



Scripps-Mesa Garden Club member and Master Gardener Bob Gale has a backyard covered with color and intoxicating scents. (courtesy photo)

the next few months. The Scripps Miramar Ranch Library meeting room is the usual location, but it is unavailable just now. The fourth Tuesday evening is the usual date each month, but because of the necessary flexibility in meeting places, dates may vary for a while.

Welcome Club begins gathering again

By Denise Stewart

If you want to leave behind the isolation of the COVID lockdown and are ready to get back to enjoying a social life, the Scripps Ranch Welcome Club might be your perfect path to an enjoyable new era.

Members have already held two open air meetings that brought friends together and launched both a new board of directors and a calendar of social and healthy activities for the early summer season. June is featuring 18 opportunities to join outdoor events. Local trail walks, book club meets and a La Jolla beach walk and lunch are on the agenda for this month as club inoculated members feel safe in meeting in groups again.

The regular second Tuesday indoor monthly meetings and programs at the Community Center will resume as soon as it is wise.

Coming up in July will be the first TGI event in almost two years. Members will be sharing dishes and toasts at an outdoor evening social at Ghean Maksimow's backyard.

"TGIs are a relaxed way of enjoying dinner, drinks and one another," said Lynnell Hallock, chairperson.

A few more TGIs will take place before the fall brings cooler weather.

A morning Coffee Klatch will very soon kick off a favorite part of the Welcome Club's

monthly schedule. These regular year-round gatherings are a popular occasion to catch up with friends outdoors or in.

Kathy Binks has assured the club that once Scripps Ranch Theatre resumes performances, outings to the plays and the delightful pre-theatre potlucks will be back on the calendar.

Looking forward to September, the club's annual Salad Supper will be a very special festivity since it will celebrate the Welcome Club's 40th anniversary. Plans are underway to make it an evening among friends that will be one to remember.

The Welcome Club has a vibrant leadership team. With 25 women heading up a variety of offices and activities, the club is alive with new ideas and approaches to all sorts of enjoyable experiences. If you favor the theater, hiking, Bunko, books or cards, you can match yourself to a convenient group meeting and make your pleasure a regular part of your recreation schedule.

With 130 women as members, the Welcome Club is certain to provide newcomers to Scripps Ranch with a group of friends within the community.

Contact information for the Welcome Club is available online at scrippsranchnewelcomeclub.com. As is the tradition, you will get a friendly and prompt response to your questions.

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Please join us in thanking those who made the New Farmers Market possible.

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Photos by John Gregory



A friendly face greets shoppers at the Abi's Flavors booth. (photo by John Gregory)



A four-legged visitor appears to be thrilled as a youngster is allowed to pet the furry shopper on May 20, the first day of the New Scripps Ranch Farmer's Market. (photo by John Gregory)

Farmer's Market a howling success!

It's fair to say the first day of the New Scripps Ranch Farmer's Market was a big hit on May 20.

Customers flocked to the market located in and around Newtopia Cyder, 10045 Carroll Canyon Road. A fun and light atmosphere was shared by all as attendees shopped, dined and enjoyed live music. It was a pleasant culmination to months of preparation for this free, weekly, live event – the only one of its kind in Scripps Ranch.

Scores of customers continued to descend upon the venue from blocks away as the opening day continued.

The New Scripps Ranch Farmer's Market will be held each Thursday from 3 to 7 p.m. at 10045 Carroll Canyon Road.



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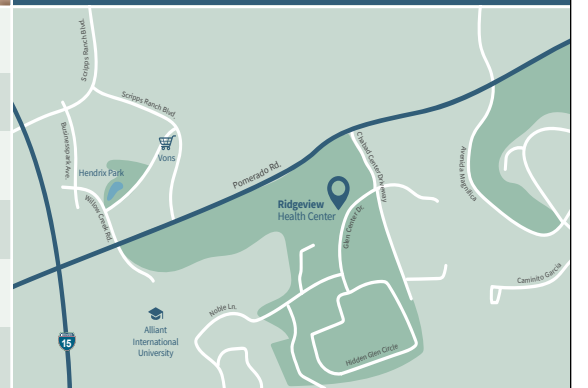
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SCHOOLS

Foundation makes an IMPACT with scholarships

By Ashley Shah

Todd Durkin has been making an impact for years locally and nationally.

He founded the Durkin IMPACT Foundation in 2012 and recently announced the foundation's 2021 scholarship winners.

"I remember sitting in my living room and watching on TV my hometown – Brick, New Jersey – get absolutely destroyed by Hurricane Sandy. I couldn't get into contact with any of my family. I felt so helpless," Durkin said.

At the time, Durkin had a relatively large following on social media as he had just published his first book in 2010 called "The IMPACT! Body Plan." He had also been a professional trainer to many National Football League players and worked with the San Diego Chargers as a sports massage therapist for a year.

"I called up an attorney I knew and I told him we needed to start the foundation – now. There had to be a way to help people who were struggling as a result of the hurricane in Brick," Durkin said.



Todd Durkin presents an IMPACT Scholarship to Giancarlo da Silva. (courtesy photo)



Todd Durkin presents an IMPACT Scholarship to Rocco Granucci. (courtesy photo)

He was able to organize an online summit over a week with 25 presenters, and five presentations each day with the topics ranging from fitness to nutrition. He was able to raise \$75,000 for those affected by Hurricane Sandy.

"That time was difficult for me. I knew then that this would be something we would do annually to give back to the community and those in need," Durkin said.

Nine years later, and the foundation has grown. Not only does the foundation give to those in need, but it awards scholarships to high school seniors from Scripps Ranch High School

(SRHS), Brick Township High School (BTHS) and a few other schools chosen at random each year.

"We look for students who have shown athletic excellence, academic excellence, high character and community service work," Durkin said.

This year, 12 scholarships were awarded. More than \$14,000 was distributed in total this year for the scholarships. The individual scholarships range from \$500 to \$1,500.

Seven students from SRHS were awarded scholarships: Giancarlo da Silva who will attend Santa Clara Univ-

ersity; Sydney Griffin who will attend the University of California, Davis; Delphine Mauer who will attend Western Washington University; Leiden Huber who will attend the University of Idaho; Nicholas Burns who will attend the University of Arizona; Rocco Granucci who will attend Willamette University; and Allison Franks who will attend San Diego State University.

One student from BTHS was awarded a scholarship: Jenna Kleisser who will be attending Lebanon Valley College.

Four students from other
See **IMPACT**, Page 11



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Marshall takes home Jr. Model UN honors

Marshall Middle School (MMS) students attended the 44th annual San Diego Regional Junior Model United Nations Conference (SDRJMUN) on May 12-13 and took home top honors as Best Middle School Delegation.

The conference had a focus on international relations and peace-building, and included students from middle and high schools from around San Diego County. Marshall students spent two days discussing and solving issues related to foreign policy, economics, history and diplomacy. The topics included humanitarian crises, peacekeeping, global equity, human rights and the environment.

The SDRJMUN conference is described as “a conference for students by stu-



dents.’ Local high school students work as a secretariat to set the agendas, read the position papers and resolutions, and chair the committees. Their expertise comes from their own experiences through the JMUN and MUN circuits within San Diego County.”

JMUN at Marshall is led by high school students from Scripps Ranch High School. These high school students spend their free time planning meetings, teaching Marshall students position paper/resolution writing,

public speaking and what to expect on the day of the conference.

“We want to thank our high school students for their hard work, dedication, and for fostering an environment that allowed Marshall students to grow and achieve in all areas,” MMS advisor Suzanne Fox said.

These Scripps Ranch High School students were Priya Kamath, Noah Hampshire, Fredric Ohara and Aliza Alibhai.

The Marshall Middle Delegation included Olivia Teates, Nita Kamath, Vivian Wang, Nidhi Mehta, Sophia Fodera, Mariyah Kirton, Diya Nair, Ivanka Desphande, Laiba Farooqi, Tara Kamath, Arjun Dasgupt, Anjishnu Debnath and Keira Doshi.

IMPACT

Continued from Page 10

high schools were awarded scholarships: Ross Nalbada who will be attending the University of California, Los Angeles; Alexis Osborn who will be attending Rowan University; Giana Spilotro who will attend the University of Iowa; and Brynn Bock who will attend Alvernia University.

Over the past nine years, more than \$250,000 has been awarded in scholarships; and \$40,000 has been awarded to SRHS students.

Durkin has written three books: “The IMPACT! Body Plan,” “The WOW Book” and “Get Your Mind Right: 10 Keys to Unlock Your Potential and Ignite Your Success.”

“My dad taught me how to write and I share that part of my story in my books. When I was in college, my dad would write me a handwritten letter every single day without fail,” Durkin said.

Durkin is the owner and founder of Fitness Quest 10 gym in Scripps Ranch, which he opened in January of 2000. Fitness Quest 10 has been called one of “America’s 10 Best Gyms” several times by Men’s Health.

Durkin also does motivational speaking and has his own podcast called “The Todd Durkin Impact Show,” which airs twice a week and can be streamed on platforms such as Spotify and Apple Music. He was featured in 2016 on NBC’s prime time show “Strong.”

He also holds retreats called Live Max Impact to teach other business own-

ers how to expand and grow their companies. The next retreat will be from July 15 to 17. Registration can be done through todddurkin.com.

Durkin has been named Professional Trainer of the Year by IDEA Health and Fitness, and American Coun-

cil on Exercise (ACE). He is a four-time Top 100 Most Influential Person in Health and Fitness. He was awarded the Jack LaLanne Award in 2017. In 2018, he was named International Presenter of the Year from Canfitpro, representing legacy and impact in the fitness industry.

Marshall is a Distinguished School

Thurgood Marshall Middle School (MMS) in Scripps Ranch received the California Distinguished School designation from the California Department of Education this spring.

The school received this prestigious designation under the solid leadership of Principal Dr. Josh Way, who has taken the school to new heights.

“Being in such a small group of county middle schools to receive this designation during this tumultuous time in education is quite the honor,” Way said. “It proves that, despite the challenges of remote learning, a modified schedule and all of the risks and fears inherent in learning during a global pandemic, our Marshall students stand out above the rest. This is testament to exceptional commitment to learning by our entire school community.”

He described the standards required to achieve

this designation, and explained how MMS reached this level in order to be awarded this high honor.



“The California Department of Education identifies and awards eligible schools based on performance and progress on state indicators specified on the California School Dashboard, the state’s accountability and continuous improvement system. Indicators include test scores, suspension rates, and conditions and climate,” Way explained. “At MMS, we met the criteria by having met the highest standard of achievement in ELA and Math for all students (Blue level on the California Dashboard) and second highest level (Green) for Suspensions and Chronic Absenteeism. 2018-19 saw significant reductions in student behavior as a result of our school’s efforts on becoming a ‘No Place for Hate.’”

He described the standards required to achieve



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Graduation car parade

Happy graduates from the Scripps Ranch High School class of 2021 celebrated as they participated in a car parade June 14 down Ironwood Road to Scripps Ranch Boulevard. Families and friends lined the route to cheer for the grads. Parent volunteers planned the festive event.

Photos by Justin Fine



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HAPPY 4TH OF JULY
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Popular Dingeman Elementary teacher retires

By Kaila Mellos

After 25 years, teacher Leigh Morioka has retired from Dingeman Elementary School. She has managed to teach many students in different subjects throughout the years and seen the lightbulb turn on for them.

When she decided she wanted to teach, Morioka had just had her son and loved the idea of teaching him, so she expanded that to teaching elementary school.

“I decided I wanted to become a teacher when I was raising my son, and then I realized how much fun kids are and how much opportunity there is to provide them with inspiration and curiosity,” she said.

Morioka has been all over for her

education. She went to Cornell University, UC Davis, California State University, San Marcos, and Concordia. She focused a lot on biology and engineering but got her teaching credential when she attended California State University, San Marcos.

While at Dingeman Elementary, she taught a variety of subjects and grades. But her favorites to teach were math, science and literacy to fifth graders.

When reflecting on her teaching, she remembers her proudest moments being when children began to understand the subjects.

“I’m most proud to be a teacher



Leigh Morioka (courtesy photo)

when I see that light bulb go off above someone’s head and all of a sudden they get it,” Morioka said. “Whether it be understanding a higher-order concept in literacy or science, or whether it be a math problem, it’s pretty challenging. And all of a sudden, their whole face lights up and they go, ‘Oh, I get it.’”

Twenty-five years later, Morioka hopes that she has made some difference in the many lives she has been part of.

“I hope one of my legacies in life is that I touched the lives of my students,” she said. “I want to have made a difference in some children’s

lives so that they are more hopeful or more curious, or more confident about what they can do and the power of their talents and their self-esteem because I think that’s the best part about teaching.”

Morioka plans to do various things while in retirement, including traveling, taking care of her mother and spending time with her two granddaughters.

“I have two granddaughters, and one was just born a week ago,” she explained. “Then, my mom’s starting to get a little bit older, so I’m hoping to help her go out walking and help her with buying food. I would love to cook a little more for her. I already cook a couple of nights a week, but I like to cook more often for her and just spend time with her.”

TOP SCHOLARS

Continued from Page 1

adjust to the high school environment.”

A message Bowyer would like to share with his graduating class: “I think this year has shown us how important it is to push through.”

Jordan Peranginangin

Salutatorian, 4.79 grade point average

Jordan Peranginangin will attend the University of California, San Diego (UCSD) to study computer science in the fall.

At UCSD, Peranginangin hopes to find opportunities within the Supercomputer Center on campus.

“I am excited to meet upperclassmen that are in my field. I am really excited to see what my future career will look like as well,” Peranginangin said.

Throughout his time at SRHS, Peranginangin was a part of the boys volleyball team for all four years. He also played on the boys soccer team for three years.

He participated in the Letters of Light Club, Gar-

dening Club, National Honor Society, and the California Scholarship Federation.

Outside of school, he played soccer for a Scripps Ranch Soccer Club team. He also participated in the organization TOPSoccer.

Peranginangin held two internships regarding computer programming, one at Robolink and one at POP- STAND.

He described his experiences in his years at SRHS, and his experience through the online school years.

“To be honest, I think the pandemic was a blessing in disguise. I was really able to step back and focus on other things such as college applications while we were online. When we were in-person, we were at school for the majority of the day, then we still had homework and other extracurriculars – and being on that type of schedule is challenging,” Peranginangin said.

He shared his advice about how to manage top grades.

“You can’t just sit down and study for hours on end. There has to be a balance. I joined extracurriculars that

aligned with what I liked and that really helped me to have fun alongside working hard,” he said. “I also think that high school is a struggle, but at the end of the day it really comes down to how much effort you put in. Say you have a B, it really comes down to how much you want that higher grade and what you’ll put in for it.”

As his time in high school came to a close, Peranginangin called attention to those who have positively impacted him.

“I had many amazing teachers that really gave me the resources so that I could always do my best. I really want to thank Ms. Skalman and Mr. Laverty because they were both amazing teachers,” Peranginangin said. “I also want to thank my parents and my friends who have really helped me over the past few years.”

His parting words to his peers at SRHS: “Congratulations guys!”

Top scholars at SRHS are those who have the highest weighted cumulative grade point average calculated from sophomore to senior years.

Congratulations, Class of 2021!



We’re so proud of our three graduates, Connor (BA & BS, Gonzaga University), Fiona (SRHS) & Chloe (MBA, Grantham University) French!



Emily Kaup, 8th Grade Marshall Middle School




Christian (SDSU), Jaden (SRHS), Nathan (Marshall Middle) and Kamryn (Dingeman)



Featured smile: **Jordan**

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CHAMPIONS!

The Scripps Ranch High School girls varsity lacrosse team defeated highly ranked La Jolla High 10-3 to capture the 2021 CIF San Diego Open Division Championship on June 5.

The 2021 team is clearly at the top of the California girls high school lacrosse class, as the Lady Falcons were undefeated this year, with no team coming closer than six points in any game. This high-powered unit is ranked number 1 in the state and number 3 in the entire country, according to MaxPreps.

Scripps Ranch beat Cathedral Catholic High 14-2 in the quarter finals, then beat Poway High 14-2 in the semi-finals before defeating La Jolla in the championship game.



Photos by Justin Fine



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Recreational soccer registration is open

Registration for Scripps Ranch Soccer Club recreational soccer is now open. Parents may register their sons or daughters as soon as possible.



Fall recreational soccer runs from August to November and is for players ages 5 to 19 (birth years 2016-2003).

Early Bird Registration is \$240 and closes July 1 for the season. Otherwise, the final deadline to register is July 11 and the cost will be \$270.

Most teams practice one or two days per week with games on Saturdays. Recreational teams are coached by parent volunteers and are meant to be fun as well as educational. No experience is necessary to coach or to play. The goals are for children to learn the game of soccer, make new friends, develop their skills and have a great time.

Teams will form in July. Practices will start in August. Games will start Sept. 11. The regular season ends in November.

Visit www.scrippsranchnews.com to register.

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SRHS grapplers have a season to remember

By Hector Trujillo

Despite the shortened season this year due to the COVID-19 pandemic that saw the Scripps Ranch High School (SRHS) wrestling team lose 10 wrestlers from last year's roster, the team rose to the occasion with several standout performances, making it a season to remember.

"We were so excited to even get a season this year, and once CIF approved a wrestling season, it came with a lot of protocols," SRHS wrestling coach John Kreitzer said. "All wrestlers and coaches had to get tested every week. In addition, we had to wear masks in the practice room and during competitions at all times when we weren't actually wrestling."

The team had a total of five league duals and two out-of-league duals, finishing with a 4-3 team record overall (3-2 in the league and 1-1 out-of-league). This was despite the fact that the team could only fill nine of the 14 weight classes, and was forced to give up 24 to 30 points per dual from the start, as each forfeit is worth six points.

The SRHS varsity boys wrestled in the San Diego City Conference Championships (Willie Jones Jr. Memorial Classic) and the CIF Division II Championship tournaments, finishing fourth out of 17 schools in the City Conference Championships thanks to the following performances:

1st Place: Ryan Bethel (senior) 128 lb. weight class finishing 1st at Cities and 3rd at CIF.

1st Place: Jun Melchior (junior) 154 lb. weight class finishing 1st at Cities and 5th at CIF.

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The entire 2012 Scripps Ranch High School wrestling team. (courtesy photo)

ishing 1st at Cities and 5th at CIF

2nd Place: Ryu Pitts (junior) 134 lb. weight class

3rd place: Danny Abdin (sophomore) 115 lb. weight class

4th place: Alex Villalobos (freshman) 147 lb. weight class

CIF Division II San Diego Section Championship results:

3rd place: Jun Melchior

Tied for 5th place: Ryan Bethel (128 lbs.) and Colin Young (140 lbs.)

Tied for 7th place: Alex Villalobos (147 lbs.), Kyan Lin-

coln (287 lbs.)

The team's lone female wrestler, freshman Tatum Viramontes, who competed in the 105 lb. weight class, participated in the Goddess of Olympia tournament at Olympian High School.

The competitions were initially mandated to be without spectators, but as the season progressed, two spectators were allowed per wrestler.

"It was better than any of the previous three seasons I've coached here at Scripps Ranch. Rarely did a wrestler miss practice, and we had many of them that didn't



The Falcons boys varsity wrestling team consisted of nine members. (courtesy photo)

miss any," Kreitzer said. "I would be remiss not to mention the parental support we received. I was really concerned that we wouldn't get the same level of parental support in the pandemic, and I'm happy to say I was pleasantly surprised."

Kreitzer, who worked as an assistant for one year before taking over the team, started coaching his freshman year of college after suffering a broken back career-ending injury in high school. He continued coaching throughout a 20-year career in the Marine Corps when not deployed,

including in North Carolina where he was stationed for many years.

"I believe everyone did an amazing job conducting matches and practices, making sure we got weekly testing, and the coaches were super on top of things," Melchior said. "The best part about being a wrestler is how much it teaches you about yourself. It teaches discipline and mental toughness."

Melchior was inspired to become a wrestler thanks to his gymnastics background and also because his father wrestled in high school.



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Girls golf team wins title again

The Scripps Ranch High School (SRHS) girls varsity golf team captured the City Conference Team Championship on May 18 at Balboa Park Golf Course. This was the fifth straight City Conference Championship for the team, according to the Falcons sports web page.

Senior Ruhee Pandit was the individual champion from Scripps Ranch with a score of 74.

On May 20, Pandit won the 2021 City Conference Match Play Champion-

ship, and sophomore Kiana Glossner took second place.

The Lady Falcons varsity golf team is consistently strong, turning out great players year in and year out. The team is coached by Todd Wilson, who also coaches the boys team and is the SRHS athletic director. Wilson coached both teams simultaneously this year since the schedules both fell into the CIF Schedule 2, due to a delayed schedule prompted by statewide coronavirus concerns for high school sports.

RUN & RIDE

Continued from Page 1

refers to the freedom to get out of the house and run away from COVID," Ondek said.

For a cost of \$30 for adults or \$15 for children, participants are able to join a running or cycling event of their choice and receive a free T-shirt, commemorative bib and access to more than \$120 worth of free food and drink items at local businesses.

The process is easy: Participants can show their bib at any participating business

and receive their free items – no purchase necessary – anytime between July 1 and 21. Freebies include everything from a pint of June-shine alcoholic kombucha to a one-topping 10-inch pizza at Players Sports Grill.

"We hope it's a win-win for both the participants getting something for free – they don't have to purchase anything – and we also hope they go in and try something else that particular vendor has," Ondek said.

The run/ride portion of the event allows participants to choose between a 2-mile

Fun Run or 10k for runners, or a 12-mile, 28-mile or 50-mile ride for cyclists.

The Scripps Ranch Old Pros are a 100 percent volunteer-run organization, and all the proceeds from the event will go toward funding scholarships for Scripps Ranch High School seniors and equipment and field maintenance for local youth sports.

Additional details about the Independence Day event in Hoyt Park can be found on the event website. To participate in the annual event, register online at runride.org.



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La Jolla Scavenger Hunt: Sunday, July 25 (11 am-1:45 pm)
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Happy Birthday!




Happy 7th birthday Eva!

Darling, we are so proud of the person that you have become – kind, smart and confident! You go girl!
 We love you so much - Dad, Mom and Ethan

Happy 7th Birthday Zoel!

We love you so much, mamas! Have a great day and hope all your wishes come true!
 Love,
 Mami and Papi

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

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Former Scripps Ranch High soccer player Samantha Staab now plays for the Washington Spirit of the National Women's Soccer League. (courtesy of the Washington Spirit)

SRHS alumna thrives in NWSL

By Hector Trujillo

San Diego is known as a sports town, and among the most popular sports is soccer. Many local players, both male and female, have made a name for themselves in the professional ranks while still having a connection to where they came from. Among these athletes is Scripps Ranch High School (SRHS) graduate and current Washington Spirit defender Samantha Staab.

"I wouldn't say I'm too far removed from San Diego and high school to forget my time there," Staab said. "I love Scripps Ranch and still enjoy visiting in my off time. I know girls now have to choose between playing club soccer or high school soccer, but when I went there, I was able to do both, and it was great."

Staab considered her time playing for SRHS as something of a break from the

hectic club season where she was able to still play with some of her closest friends on the team. Before being drafted in the 2019 National Women's Soccer League (NWSL) college draft out of Clemson University, she spent time in the Women's Premier Soccer League (WPSL) with the San Diego SeaLions in 2017 and San Diego Parceiro Ladies in 2018, along with having the opportunity of participating on the U-23 U.S. Women's National Team. In 2018, she was called up to play in the Nordic Tournament, where she was the only non-professional player selected for the U.S. roster. Now, playing at the highest tier in women's soccer, she remains positive for the future.

"Obviously, COVID impacted everyone, and I'm just grateful we were able to play at all last year and into this season," she said. "My first two years have definitely been memora-

ble and I'm excited to see what this next season holds as well. I think the level of competition in this league is what makes it the best in the world. Every week, you have to bring your A game because anyone can beat anyone."

As for the recent news that that San Diego will have a NWSL team competing at Torero Stadium starting in 2022, Staab is very optimistic.

"I think an NWSL team would be perfect in San Diego. For one, San Diego is the best city in the U.S. – might be a biased opinion but I definitely think it is true," she said. "Being such a soccer city, with few other professional sports, I think an NWSL team would be very well supported."

Staab's Washington Spirit team is scheduled to play 24 regular season games in 2021 and will compete against San Diego's NWSL team next season.



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HOME



Interior designers offer in-home consultations

Is your home looking tired, dated, cluttered or unappealing? The American Society of Interior Designers (ASID) San Diego Chapter has a solution. During the month of July and August, members of the organization will conduct in-home design consultations during the ASID "Summer Spruce Up" fundraiser. The fee of \$89 per hour (minimum one hour/maximum two hours) is a donation to the ASID chapter; the designer volunteers his/her time.

ASID has experts in all areas of design, including space planning, staging, color selection, kitchen design, aging in place, art and furniture placement, outdoor rooms, historic preservation, media rooms, multigenerational living, universal design, window treatments and commercial design.

For information, call (858) 566-3345 or email administrator@casd.asid.org. All appointments are prepaid.

The American Society of Interior Designers is a community of people driven by a common love for design and committed to the belief that interior design, as a service to people, is a powerful, multi-faceted profession that can positively change people's lives.

Modern kitchen and bathroom upgrades

(Family Features) Upgrades happen for all kinds of reasons, but one of the most common purposes of a home renovation is to make essential spaces like kitchens and bathrooms more modern.

Modernizing your spaces isn't just about the aesthetic, although that is a major advantage, especially when it comes to resale value. Updating your kitchen and bath is also an opportunity to introduce new technology and enhancements that improve the function of these high-traffic rooms.

Modern styles simplify everyday living and can make contemporary entertaining more enjoyable. The sleek lines of modern design lend themselves to a clean look, which is supported by hidden features that make organization easier.

Smart technology

Although the idea of a connected home isn't new, technology is steadily improving. This means smart features are now often more affordable, easily integrated into the rest of your home and available to help man-



Smart technology in a bathroom can include health and fitness monitors, touchless toilets, mirrors that double as information centers, towel warmers and showers that automatically adjust to a preferred temperature. (wellborn.com)

age a wider range of household items.

In the kitchen, you can add smart technology in numerous ways, from appliances and climate control to lighting and window treatments. For example, touch-to-open and push-to-open doors and drawers create a

sleek, modern design while opening and closing with either a push or touch of a button for convenience.

Similar diversity is available in the bathroom, where you can incorporate connected health and fitness monitors, touchless toilets, mirrors that double as in-

formation centers, towel warmers and even showers that automatically adjust to your preferred temperature.

Paint

Changing the colors in a space is one of the most effective ways to transform See **KITCHEN AND BATH**, Page 19



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To create visual interest in the kitchen, incorporate accent cabinets in a coordinating finish. Pair wall cabinets finished in Matte Ebony with upper center cabinets finished in Putty Oak. (wellborn.com)

KITCHEN AND BATH
Continued from Page 18

the decor, but the walls aren't the only place where paint can make a big impact, especially in rooms like the kitchen or bathroom, where the cabinetry can make a bold statement.

Black is a hallmark of modern design and installing cabinetry with a black finish can instantly upgrade a room.

To create visual interest, consider incorporating accent cabinets in a coordinating finish. For example, you could pair Wellborn Cabinet's Midtown wall cabinets finished in Matte Ebony with upper center cabinets finished in Putty Oak. An island in Bel-Air can incorporate both dark and light tones for a cohesive look.

Decorative range hoods

An exposed range hood is a trendy look that can add sophistication to your kitchen. Treating this functional element as a statement piece gives you another place to showcase your style and create a sleek and modern look.

If your hood is covered, consider making the cabinet door a focal point with a material such as back-painted glass.

Multi-purpose sinks

While your sink has some obvious functions, you can upgrade the space for even more practical use. Some of the latest sink design innovations include built-in features such as cutting boards, colanders, bowls, drying racks and compost areas. In addition, motion activated wastebaskets with separate compost or recycling containers provide hands-free access to reduce unwanted messes.

Touchless faucets

Public restrooms aren't the only places you can benefit from a touchless faucet. At home, the feature may come in handy when your hands are full or filthy. An automatic water flow is convenient and can help keep germs and grime under control. For the most on-trend, modern look, coordinate your faucets with other bathroom elements finished in gold hues, such as a laminate veneer vanity in a high-gloss gold finish.

Cabinetry

Collectively, cabinets are the biggest component of most kitchens. Since kitchens tend to be the hub of

the home, it's important to maintain a homey feel while adding the luxury of modern features. Using warm colors, gold-toned hardware and sleek door styles can deliver a glamorous yet welcoming design.

For example, Wellborn Cabinet's Aspire Full Access Frameless line features flat moulding and flush lines to create a thoughtfully integrated flow throughout the kitchen. A Morristown door in the Smokey Walnut finish and Serenity metal doors in Sand Gloss Glass marry heirloom quality and contemporary finishes for a beautiful and functional space.

Free-standing tubs

A luxurious soaking tub is a top demand for many homeowners, and trends are moving toward free-standing options that create a focal point in an oasis-like bathroom. You may be envisioning an old-fashioned claw-foot style, but there are numerous modern takes on the traditional version that can fit seamlessly into your modern design scheme.

Find more ideas to modernize your living space at wellborn.com.



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