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SCRIPPS RANCH NEWS

Volume 4 Issue 6 • May 2021

SCRIPPS RANCH
NEWS

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Scripps Ranch High School is on the move during a 9-3 victory over Torrey Pines High on April 29. As of press time, the 10-0 team was ranked no. 1 in the state and no. 13 in the country by MaxPreps. (photo by Justin Fine)

POWERFUL TEAM

SRHS female lacrosse team enjoys incredible season

By Kaila Mellos

The Scripps Ranch High School 2021 female lacrosse team leaves each game with high rankings. With the last match taking place on May 21 against Cathedral, the team has achieved victory after victory this season.

“One of the biggest strengths of this team is everyone’s outstanding work ethic and hustle in practice and games,” said attacker Kayden Williamson. “We are also all such great friends that it makes game communication and the overall team so cohesive.”

According to some of its players, the team has built a great connection over the two to four years they have been together on and off the field.

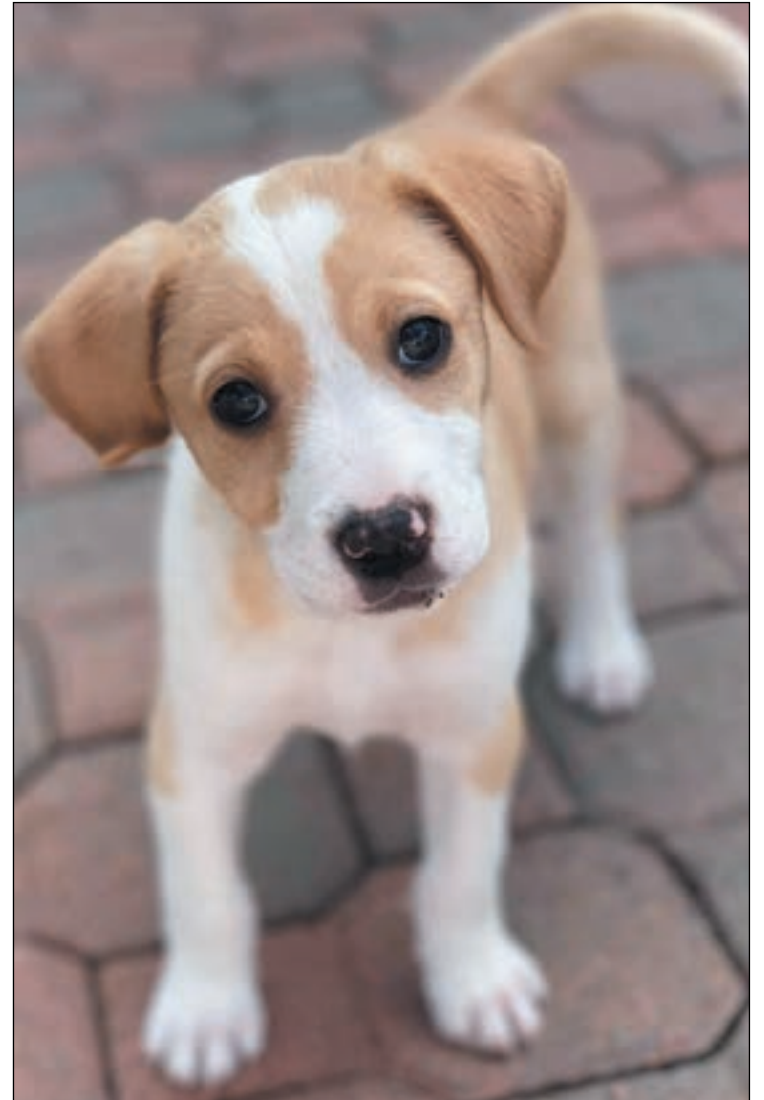
“Everyone on the field is a threat,” said Natalie Markman, midfielder. “I would also say we have really good chemistry from playing with each other for two to four years, and it allows us to play as a team.”

Since last year’s season was cut short due to COVID-19, the team did not get to play for CIFs, and no rankings were official last year. But this season has been much better.

“As of now, we are ranked number 1 in California, and to my knowledge, we’ve never been ranked higher at SRHS girls lacrosse,” Williamson said.

With the pandemic cutting last season short and forcing this one to start late, the girls try to make up as

See **FEMALE LACROSSE**, Page 18



Cabo is bringing lots of love, fun and happiness to the York family. (courtesy of Loryn York)

PUPPY THERAPY

Pets make lockdown bearable

By Terry L. Wilson

Some Scripps Ranch residents discovered the best way to beat the stress of the coronavirus lockdown was by adopting a new four-legged member into their family.

Loryn York and her family were among them.

“I have two sons that have been begging us for a puppy,” York said. “Since we were in quarantine and home all the time – and bored – we decided this would be the perfect time to add some excitement to the family by adopting a rescue.”

See **PUPPY THERAPY**, Page 6

Custom piñatas: Take a swing at COVID-19

By John Gregory

Now that COVID-19 vaccines are widely available, the infection rate is slowing and the anticipation of gatherings becomes more common – some might want to consider ordering a COVID-19 piñata to smash and bash as a way to help celebrate.

A bright, enthusiastic ray of sunshine in Scripps Ranch named Hazel Sharifi, 12, just happens to be taking orders for such creations.

This sixth-grader has also de-

signed piñatas in the shapes of cats, Legos, soccer balls, tacos, surf boards, pizza slices, hearts, dinosaurs and cupcakes. She once made a dump truck piñata for her nephew and a New England Patriots piñata for her friend’s father.

“Once I did this huge pumpkin one for Halloween and we smashed it,” Hazel said. “It was so fun!”

She started creating piñatas in March 2020 when the coronavirus lockdown began.

“Last year it was quarantine”
See **PIÑATAS**, Page 6



Hazel Sharifi creates custom-made piñatas such as this COVID-19 design. (courtesy of Sarah Sharifi)

Water IS life; ensure its purity

By Suha Chari
Sustainable Scripps Ranch

When I first installed greywater and rainwater systems years ago, I was concerned about neighbors' reactions, but have since faced nothing but curiosity, wonder and admiration.

"If there is magic on this planet, it is contained in water," wrote Loren Eiseley, the science essayist.

That is a quote San Diegans can fully identify with.

Faced with increasing drought conditions, we have learned to adapt. Over two decades, rain barrels have become a common sight. Sustainable succulent gardens have replaced thirsty lawns. Mulching and composting are gaining ground. Berms and swales are common parlance, as residents try to capture decreasing rainfall. These, along with greywater usage, go a long way toward ensuring water security in San Diego.

The City encourages these efforts, so do avail of:

- 1. free mulch from the Mira-



Humans are composed mostly of water, so it's wise to ensure its purity for the earth and all living creatures.

mar greenery, and compost for a fee.

2. free usage audit by the water department.

3. rebates for transforming lawns, and putting in water-saving structures.

For comprehensive information on rebates and conservation ideas, see sandiego.gov/public-utilities/sustainability/water-conservation.

Some ways to keep saving:

1. Water plants early or late in the day.

2. Don't use pesticides in your yard – they destroy soil microbes and leach into the runoff, causing more con-

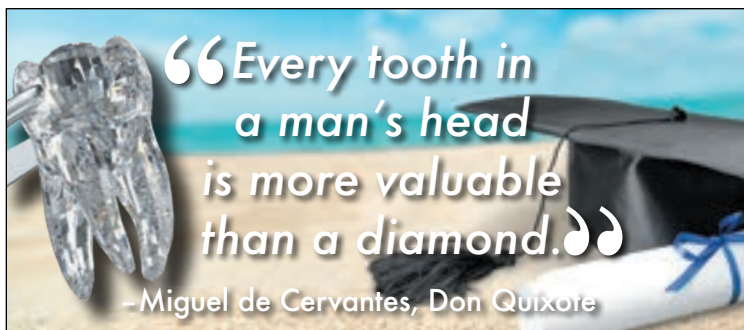
tamination.

3. Only rainwater should go down the storm drain. Pick up any trash that might wash off. Don't hose down your car.

As I walk around Scripps Ranch, I'm heartened to see young folk washing cars with awareness, a bucket and rags. How does that matter? Besides the fact that hosing uses more water, soap goes into storm drains, affecting ducks and creatures living downstream.

Eventually, everything we discard ends up in the ocean, affecting all life. If

See **WATER IS LIFE**, Page 4



“Every tooth in a man’s head is more valuable than a diamond.”

– Miguel de Cervantes, Don Quixote

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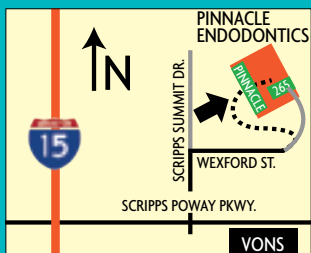
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Elliott balances work, home life

By Bella Ross

Maintaining a healthy work-life balance is no easy feat during the pandemic, especially when you're the head lawyer for one of the largest cities in the nation.

San Diego City Attorney Mara Elliott is no stranger to Scripps Ranch, where she lives with her husband Greg and their two sons. But when her home became her office in March 2020, she grew closer than ever to the community.

"The job is extremely stressful, so when I can just get out for a walk and reconnect with nature and see people I live close to, it just reminds me there is much more than that narrow world we live in that's work," Elliott said.

Her role with the city is a dynamic one, between serving as a civil advisor for city officials and handling more than 20,000 misdemeanor cases and 200 new civil cases each year, according to the city attorney's website.

Those misdemeanor cases touch the lives of many, tackling quality of life issues such as unsafe housing conditions, vandalism, fire hazards and other topics relating to code compliance.

Elliott, who came into her role in 2016, has maintained a busy agenda amid the shift to remote work. During the past year, she was in the midst of an intense re-election campaign against local attorney Cory Briggs, which she took with 66.7 percent of the vote. Her office has also been entangled with litigation surrounding the property at 101 Ash St., a real estate deal gone wrong that cost taxpayers for a building that couldn't be used due to unsafe conditions.

Despite the chaos, Elliott said working from home presented a unique opportunity for her to be more involved in her children's lives.

"It's nice to see them grow up and have lunch with them every day," she said. "You get a little bit more engaged with what's happening. I know their friends by their names now and the things that interest them."

Seeing the ways government has adapted during the pandemic has been a source of inspiration both personally and professionally for Elliott, who said some aspects of the work-from-home life could continue to



Mara Elliott

save taxpayers money for years to come.

Being able to step away from the computer for her twice-daily walks with her dog or a cappuccino from her favorite local bakery, The French Oven, isn't too bad either.

She said it's hard to tell what's on the horizon once her second term in office is up (perhaps a return to private practice, Elliott said), though she'll surely walk away with a few things to be proud of.

On the top of her list of accomplishments so far is

her work on the issue of gun violence, most notably her spearheading of the Gun Violence Restraining Order program that's removed more than 500 firearms, including 40 assault weapons, from the hands of San Diegans who pose a threat to the community.

"Like most parents, I tried to figure out what I could do to keep (my kids) safe, and gun violence restraining orders were a tool we had in California to prevent gun violence from happening when you see the indicators before a crime occurs," Elliott said.

Protecting vulnerable populations, including children and the elderly, is a significant part of her office's duties. This often includes tackling issues surrounding domestic violence, human trafficking and elder abuse.

"In Scripps Ranch, we have a thriving elderly population and one of my passions is preventing elder abuse so people can age with dignity," Elliott said. "We've done a great deal of work to prevent elder abuse, especially with independent living facilities."

SCRIPPS RANCH

NEWS

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Community reps help citizens through bureaucracy

By Bella Ross

So, your block has a flickering streetlight. Or maybe this time it's distasteful graffiti on your street, or a pothole that's become the bane of your very existence.

"Somebody who works for the city should really do something about this," you think to yourself.

Well, that "somebody" would likely be Quinton Grounds or Jack Hoeprich, two of City Council District 5's community representatives working under Councilmember Marni von Wilpert. Their job is to serve as a liaison between community members and the city, helping San Diegans navigate the maze of bureaucracy that comprises one of America's largest cities.

"When people have questions or issues that are not straight-forward or easily handled on the Get it Done system, or they're having difficulty getting in contact with the right city staffer, they come to us and we find a way to connect them and solve that issue," said

'I love to see the work that I do actually be reflected in the community itself.'

—Quinton Grounds

Grounds, who represents the neighborhoods of Scripps Ranch and San Pasqual.

Most common issues can be solved through the city's Get it Done app. The representatives said including a picture of the problem, its location, a thorough description of the what's wrong and your personal contact information is the best way to ensure the job gets done.

"Sometimes your report is not always going to have a physical address that makes it easy," said Hoeprich, who represents the Rancho Peñasquitos region. "So, it's important when there's not an easy physical address, to put some time into giving them a description of the area, including landmarks and some contextual clues."

If residents find a submis-



Quinton Grounds



Jack Hoeprich

sion through the app is taking longer than expected, they are welcome to send the Get it Done report number to von Wilpert's office for a status update, Hoeprich said.

While some issues are best suited for the app, others may be more unique or complicated. That's where the community representatives come in.

"Recently, a community member reached out to us saying she wanted to see recycling bins at Twin Trails Park, and I was able to work with the Environmental Services Department on that," Hoeprich said.

Sometimes, that may even require the representatives to roll their sleeves up and do the job themselves.

keeps you humble."

The representatives said the most common issues in Scripps Ranch appear to be road repaving, streetlight problems and potholes, all of which are usually best addressed through the Get it Done app.

To get in touch with your community representative, contact Marni von Wilpert's office by calling (619) 236-6655 or sending an email to MarnivonWilpert@sandiego.gov. Residents can also reach Quinton Grounds (Scripps Ranch, San Pasqual) directly at QGGrounds@sandiego.gov, or Jack Hoeprich (Rancho Peñasquitos) at JHoeprich@sandiego.gov.

"I love to see the work that I do actually be reflected in the community itself. I love getting to know our city leaders and the issues that our folks face," Grounds said. "I think there is something special about that kind of public service that keeps you grounded and

WATER IS LIFE

Continued from Page 2

you must use soap, opt for earth-friendly ones like Ecos and Oasis.

Plastics need special mention. We've seen pictures of dead birds' innards filled with plastic. The huge Pacific Garbage Patch prevents light from reaching algae and plankton in the ocean, affecting all creatures up

the food chain.

Out of sight, out of mind? Wrong! These plastics have now made their way into our bodies as microplastics in our water and seafood. We can no longer ignore our use of them, especially single use ones. None of it ever degrades, but just breaks into smaller pieces.

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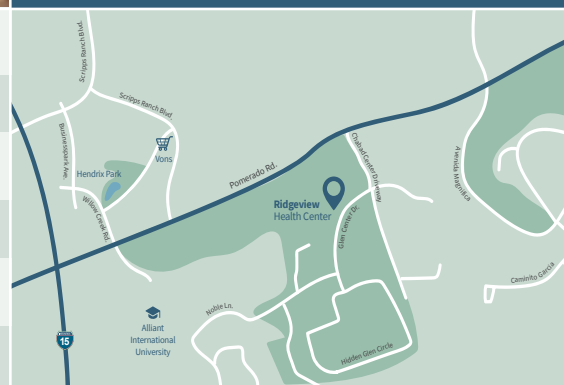
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Grace's Book Nook will be open outside the Scripps Miramar Ranch Library each Wednesday, 9:30 a.m. to 2 p.m. (courtesy of Scripps Ranch Friends of the Library)

Grace's Book Nook goes al fresco!

Grace's Book Nook, the used bookstore at the Scripps Miramar Ranch Library, has been closed for more than 13 months due to the pandemic much to the chagrin of its loyal customers and dedicated volunteers. The Scripps Ranch Friends of the Library, which operates the completely volunteer-run Book Nook, recently announced that weekly outdoor sales have begun in a safe, socially distanced manner with mandatory masking, symptom screening and readily available hand sanitizer.

The "soft" opening of the al fresco Wednesday book sales occurred on April 21, and a steady trickle of enthusiastic customers enjoyed browsing the carts and bins of books for children, teens and adults. Sales of books and duck food were brisk.

If you missed the initial sale day, never fear, the Book Nook will be back with an expanded selection outside the library from 9:30 a.m. to 2 p.m. next Wednesday and every Wednesday thereafter. Typical prices range from 25 cents to \$1.50.

Tips to prepare for emergencies

By the Scripps Ranch Fire Safe Council

If you look up the definition of fear, there are thousands of definitions. The best way to dispel fear is to be prepared – do everything you can to be prepared for whatever it is you fear.

Here are 10 home preparedness tips to help you be prepared for a disaster of any type:

- Know how and where to shut off utilities (gas, water, electricity).
- Prevent potential hazards (secure heavy items, latches on cabinet doors).
- Surround your home with defensible space and fire resistant plants/landscaping.
- Make your house fire resistant (roofs, walls, chimneys, deck, fences) and remove excess flammable junk around the house.
- Inspect your home for evacuation routes and potential hazards.
- Make a video/list of all possessions in your home with their make, model numbers, etc.
- Review your insurance coverage for adequate replacement costs.
- Check smoke/carbon monoxide detectors monthly, replace batteries regularly.
- Keep a battery operated radio with extra batteries to stay informed.
- Store your home's disaster supply kit in an accessible location and take it with you.

Plan ahead and stay safe. Visit the Scripps Ranch Fire Safe Council website srfiresafe.org, contact srfiresafecouncil@gmail.com, or call (858) 201-3711.



(photo by Cynthia Kurose)

WILD LAND FIRE TRAINING

Multiple rigs from a wide variety of fire departments and districts throughout San Diego County lined the parking lot at Stonebridge Park, where crews gathered for annual wild land fire preparedness training exercises which were planned for May 3-5.



(photo by Cynthia Kurose)

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PUPPY THERAPY

Continued from Page 1

The York family discovered its newest addition on social media.

“I was on Facebook and saw a picture of the cutest little puppy. She was found under a house in Mexicali with a cluster of other dogs, but she was the only one the rescuers could coax out from under the house,” York said. “We adopted her and two weeks later, she was home with us. We named her Cabo, because we love to vacation there. She is part Labrador and golden retriever, and the vet thinks she may even have some greyhound in her because she’s long, agile and can jump really high.”

Cabo loves puppuccinos, so the family likes to say she went from living under a house to drinking puppuccinos for breakfast.

“Cabo is going to bring lots of love, fun and happiness to our family,” York said.

COVID-19 restrictions closed playgrounds, forcing kids to play indoors, which wasn’t sitting well with seven-year-old Noah Culver.

“He was used to playing with the neighborhood kids at the park, but when COVID started we couldn’t do that anymore; and my son Noah was having a very difficult time,” said his mother, Melissa Culver. “He was acting out and waking up in the middle of the night, so my husband and I decided to get a dog to keep him company.”

Fortunately, the family found just the right solution, complete with fur, paws and a wagging tail.

“Our niece found a German shepherd puppy mix ... the two breeds of dogs my son wanted. He wanted a husky because of the animated movie ‘Balto,’ and he wants to be a policeman when he grows up, so he wanted a German shepherd police dog. So, Noah got



Thor is a German shepherd-husky mix that joined the Culver family, and an especially good companion for Noah Culver. (courtesy of Melissa Culver)

the best of both worlds with a German shepherd-husky mix,” Melissa said.

“The puppy was rescued by my sister in Arizona for us, and we gifted him to my son on his seventh birthday,” she explained. “The dog’s name is Thor, for the superhero. Thor has been such a huge help for my son, especially during COVID. Once Noah had someone to play with, he started getting better, his attitude improved and began sleeping through the night. Getting Thor was the best decision we could have made.”

Christine King’s rescue came to her door with a fancy name and a unique pedigree, plus a backstory that could have been from a Hollywood movie.

“Our rescue is a Coton de Tulear,” King said. “It’s a breed named for a city in Madagascar. They originated from a group of small white dogs that swam across the Malagasy Channel through alligator infested waters to safety following a shipwreck.”

The King parents received some sound reasoning to

convince them that a dog was in order.

“My husband was hesitant to get a dog, so my youngest daughter wrote a three-page proposal making him an offer he couldn’t refuse,” King said.

PIÑATAS

Continued from Page 1

and I was kind of bored and my sister’s birthday was coming up and all our plans were canceled,” Hazel explained.

Her little sister likes cats, so Hazel looked online to find a cat piñata for her, but wasn’t satisfied with the quality of what she discovered.

“So, I decided I would try making my own, and it turned out really cool,” Hazel said.

Now, she builds a wide variety of colorful, high-quality, custom-made piñatas and sells them to customers. Her piñatas are generally constructed with cardboard, tissue paper and glue. Each custom piñata takes about a week to complete. She can make any size and can adjust



Rusty is a Coton de Tulear, and is described as a “people person” and a wonderful addition to the King family. (courtesy of Christine King)

“I wanted a hypoallergenic dog and it turned out that it was very difficult to find a non-shedding dog. Then I remembered meeting a Coton a few years back. Luckily, I found one in Temecula,” King said. “We adopted him

and named him Rusty. He is very smart and wants people to notice him. Rusty is a people person and he likes other dogs, too. Rusty makes friends everywhere he goes. He is a wonderful addition to the family.”



Some of Hazel’s other custom piñata designs include a taco and a soccer ball. (courtesy of Sarah Sharifi)

the durability based on the customer’s needs. She once made an extra strong piñata for a party for 10-year-old boys. Average cost is \$35. Hazel donates 10 percent of her profits to animal shelters.

Hazel’s mother, Sarah Sharifi, said Hazel has always had an entrepreneurial side to her – and she has always been very artistic as well.

“These two things came together and now she’s developing her business skills,” Sarah said.

Hazel agrees that she has always been artistic.

“It’s kind of been my thing since I was really little,” she said.

Those wishing to order a custom piñata may email Hazel Sharifi: hgsparty-pinatas@gmail.com.



Featured smile: **Jordan**

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SCRIPPS RANCH

Pandemic inspired change for catering company

By Ashley Shah

Melissa Kasarda, founder of Emjaye Inspired, has been offering new and different services due to the COVID-19 pandemic.

Emjaye Inspired is a catering company located at 10455 Pomerado Road on the campus of Alliant International University.

“We had been working with Alliant for around three years just catering for events that they held. One day, they called me up and notified me that they were no longer providing on-campus housing and so they needed a new provider for food that had a smaller footprint. They asked us to open a cafe and our catering services,” Kasarda said.

Prior to moving to Scripps Ranch, Emjaye Inspired was located in downtown San Diego.

“The Alliant property was a great opportunity for us as we had just left the property in downtown a couple months prior. I was able to work with them while still doing my own operations like catering,” Kasarda said.



Emjaye Inspired offers private event catering, comfort food, takeout and delivery, an outdoor seating area for dining, online cooking courses and a stocked travel trailer rental. (courtesy of Emjaye Inspired)

Prior to the pandemic, Emjaye Inspired focused on gourmet catering to communities in North County such as La Jolla, Rancho Santa Fe and Encinitas. The business provided private and corporate catering.

“We have used Emjaye Inspired for around five years for many of our events. I love how responsive and creative the team is. The food is delicious and we just keep going back to them,” said Nicole Giangregorio, manager of women’s support programs at Sharp Mary Birch Hospital.

Alongside catering, Emjaye Inspired operated the cafe and catering for Alliant University and also had wholesale operations for many breweries and coffee shops.

However, due to the pandemic, Emjaye Inspired made a shift in its services.

“It was March of 2020 when the university closed (in-person), so our cafe and catering on campus shut down. Our catering took a back seat because most people were working from home. So, we decided to switch our business model,” Kasarda said.

Emjaye Inspired opened Emjaye’s Comfy Kitchen, a takeout and delivery service, still located on the property at Alliant University.

“I started the Comfy Kitchen in a time of uncertainty. I wanted to make sure there was a service that provided comfort food, so we have things like chicken dumplings, shepherd’s pie, white

cheddar mac and cheese, cake cups and more,” Kasarda said.

Emjaye’s Comfy Kitchen not only offers takeout and delivery, but also has outdoor seating.

“We were able to reutilize this 4,000 square foot area on Alliant’s property that just wasn’t being used. The space had been there forever, and no one was paying attention to it. So, we converted it into this beautiful outdoor seating area that attaches right to our restaurant,” Kasarda said.

Not only did Kasarda start Emjaye’s Comfy Kitchen due to the pandemic, but she also opened a unique travel trailer.

“The travel trailer is like an RV. It has multiple beds and we fully stock it with our catering. People can rent it out or we can deliver it,” Kasarda said.

Kasarda has been supporting first responders through this time as well.

“We are working each month with many hospitals and the Amino Therapy Foundation to try and supply bulk meals to first responders and cancer heroes,” Kasarda said.

She also began offering online cooking courses.

“We partner with local chefs and do these classes monthly over Zoom. We deliver meal kits prior to the class so that people are able to follow along. It’s something to help people stay connected and engaged, yet still be in the comfort of their own home,” Kasarda said.

The next cooking class will be focused on sushi and will be held on June 8.

Throughout the pandemic, Emjaye Inspired has continued some of its previous services such as catering.

“We really understand what our clients need. We want to give people as many options as possible,” Kasarda said.

Kasarda has extensive experience in the hospitality industry.

“I was always in the kitchen. I worked as a chef in some high powered positions for years, but I found that this industry can be tough, especially on women,” she said.

As a result, Kasarda left the kitchen, but not the industry itself. For several years, she worked in event planning, consulting and more. Kasarda founded Emjaye Inspired in late 2013.

For more about Emjaye Inspired, visit emjayeinspired.com.



Emjaye Inspired sous chef Ana Brondy (left) and executive chef/owner Melissa J. Kasarda. (courtesy of Emjaye Inspired)

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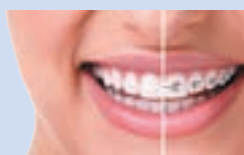
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Symphony in the Park Concerts on hold

By Terry L. Wilson

The sound of music may not be echoing throughout Hoyt Park anytime soon due to the coronavirus pandemic, according to Lisa Susca, a volunteer and a driving force behind the popular Scripps Ranch Symphony in the Park concert series.



The Heroes entertain the crowd at a performance in Hoyt Park during a previous year's Scripps Ranch Symphony in the Park concert series. (photo by Ralph LoVuolo)

The Scripps Ranch Symphony in the Park organization normally holds four live concerts each summer in Hoyt Park from June through September. A fifth concert is a holiday-themed event usually held in early December at Jerabek Park. The entire series was cancelled in 2020 due to coronavirus restrictions.

"I am sorry to say that we do not have anything planned for the near future," Susca said. "In fact, we can't even get permits yet from the city. If anything, we may

have something in September – that's providing we can be given a permit. But for now, we can't accommodate a large crowd. So, we are going to have to wait a little bit longer."

The concerts are free to the public and draw sizeable crowds.

"We are all volunteers for

Symphony In The Park," Susca said. "It's hard enough for us to police people when they bring their dogs to the park. So, trying to police them to wear masks and maintain social distancing is something we're just not up for right now. So, we're hoping that in September everything will lighten up a little bit."

Welcome Club members gathered again

By Denise Stewart

Welcome Club members gathered on April 20 for the first time in over a year at the Scripps Ranch Community Park. The women enjoyed conversation, coffee and donuts, all at a safe distance.

The event marked the end of the long hiatus demanded by health concerns. This past year is the first time in its 40 year history Welcome Club has not been socially active.

Welcome Club members gathered for the second time in over a year on May 18 to enjoy the company of friends and to install new officers. At the Annual Meeting and Installation of Officers at Scripps Ranch Community Park, Paulette Millander, a long-time member, assumed the role of vice president and

head of programs for the club. Newer members, Sue Crumley and Vicky Bergman, will serve as members-at-large.

The Installation of Officers was followed by an open-air celebration with coffee and pastries provided by the current board.

Welcome Club's popular Trailwalkers Group led by Janelle Boustany is back to its adventures about Scripps Ranch's nature walkways. The group meets three times most weeks to enjoy the benefits of the exercise and friendship in the fresh air.

The newest book readers' group, known as Fit Lit and chaired by Nancy Hurwitz, is open to new members. Having met on May 14 after the long COVID hiatus, the leaders chose Overlook Park for holding their discussion.

Morning Book Club changed from its monthly Zoom discussions and also resumed meeting in person. This time the readers were safely spaced on Karen Reilly's airy patio. The evening book group is still Zooming for its book talks.

Now that social restrictions are easing and new officers are in place, Welcome Club will gradually re-activate its social schedule which includes monthly Bunco, card games, craft making, coffee klatches, lunch and movie events, and the annual salad supper.

If you would like to learn more about Welcome Club and find contact information, check scrippsranch-welcomeclub.com. Welcome Club is always open to new members.

Garden Club is all ready to bloom again

By Denise Stewart

Now that it is safe to gather outdoors, the Scripps-Mesa Garden Club will stage its first garden tour and meeting in more than a year. Members will gather on May 25 at the home of Brydon and Christina Bennett to tour this year's version of the couple's annual spring garden project.

In their yard, Brydon has once again sown a vast variety of wildflower seeds which have produced a riot of colorful blooms. There, club mem-

bers will learn about how, each year, Brydon creates his traditional meadow to honor his gardening heritage from his childhood home. He grew up in a climate where gentle spring rains made meadows a more common garden pleasure. Here in Scripps Ranch, meadows are unique and of special interest to flower folk.

Following the meadow tour, the club members will enjoy getting reacquainted over picnic suppers at the nearby scenic Lake View Park. A meeting will follow the meal. This session will

provide the gardeners an opportunity to bring forth their ideas on how to re-energize the club and to make plans for future activities.

During Daylight Saving Time, the club members usually meet out of doors in garden environments where they share their botanical experiences on the fourth Tuesday of each month. If you would like more information about the club, check the website: scrippsmesagardenclub.com. There you will find contact numbers and inquiries are welcomed.

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Amy Goodrich

Mission Federal appoints Goodrich

Mission Fed Credit Union appointed Scripps Ranch resident Amy Goodrich as VP, director of contact center operations and strategy.

In this new role, Goodrich is responsible for the needs of Mission Fed's San Diego-based call center and the remote engagement services the credit union provides its members. Members rely on the contact center for new accounts and loans, a wide range of financial transactions and inquiries, and assistance with online and mobile banking services.

"Mission Fed's culture is to prioritize member service and I'm incredibly proud to be part of it," Goodrich said. "While we have a variety of digital channels, including virtual assistance, contact centers continue to be an important way for members to have their needs met in a thoughtful, personal, friendly way."

Goodrich is a career credit union professional with more than 30 years' experience in operations and software services. She began her career serving USA Federal Credit Union as a teller in Germany. After returning to the U.S., Goodrich continued to pursue her passion at USE and Cal Coast Credit unions, where she managed call centers, a branch, member experience and other operations.

For the last 11 years, Goodrich was with Symitar, the largest credit union core processing provider, as director of professional services.

Goodrich earned her Bachelor of Arts degree in Organizational Management, is a certified Lean Six Sigma Green Belt, and holds Associate Human Resource and California HR Law credentials.

Personal experience helps doctor treat pain issues

By Bella Ross

Dr. Matthew Perry from Auto-Ness Physical Therapy knows all about the deflated feeling that comes with getting bad news from the doctor. But for his patients, he won't let that be the end of the story.

After more than a decade of ice hockey, rugby and weight lifting, Perry started experiencing leg pain in his early twenties. The X-ray wasn't looking good.

"Matthew, I don't know how to tell you this, but you have two herniated disks in your back," his doctor said.

The guidance that followed was almost worse: No more strenuous activity.

The resulting devastation and persevering pain inspired Perry to pursue a career in physical therapy, eventually opening Auto-Ness Physical Therapy in June of 2019.

Today, he said his back feels better than ever, and he's still able to lift weights. He works so his patients can have a similar success story.

"That's my goal right now with my business," Perry



Dr. Matthew Perry, pictured here pre-COVID, provides one-on-one concierge physical therapy at Auto-Ness Physical Therapy in Scripps Ranch, 10035 Carroll Canyon Road. (courtesy of Auto-Ness)

said. "It's to teach people and empower people to resolve their pain, because empowerment is something that I didn't have."

This experience taught Perry the importance of seeing beyond the X-ray, and not treating it as the bottom line. This means using

X-rays and MRIs as tools in his practice that are seen as just as important as the patients' experiences with their pain.

"What we are essentially doing is showing people that they are not their X-ray, they are not their MRI," he said.

Auto-Ness (born out of the terms autonomy, happiness and wellness) is a one-on-one concierge physical therapy provider in Scripps Ranch.

Whereas many providers split their patients' time between student techs and the physical therapist on site, Perry said he hangs by his patients' side from start to finish.

The Scripps Ranch clinic also emphasizes carrying patients not only to, but past the finish line in their healing journeys.

"We don't want to get people to 85 percent better. We want to get people to 125 percent," Perry said.

For those who are experiencing pain, especially as the result of a recent incident, Perry emphasized the importance of seeking care fast. This means reaching out to emergency care if needed, or setting up a free consultation at his office within the first weeks after pain strikes.

Auto-Ness Physical Therapy is located at 10035 Carroll Canyon Road. Perry can be reached at (858) 324-5537. Visit antherapies.com.



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SENIORS CORNER

Seniors Corner: Thoughts on graduation events

By Ashley Shah

These seniors from Scripps Ranch High School share their perspective about graduation after a most unusual year.



Ben Gass
Member of the
Innovative Designers club

"I think it's really cool that we get to have graduation at Petco Park. I like that we're also still getting the graduation parade," Ben Gass said.

Gass chose to opt into in-person learning for the remainder of this year.

"It's been a lot better in-person. We don't really

get to do hands-on activities, but it is really nice to finally see people even if there aren't that many people in my classes," he said.

He shared his thoughts on missing a traditional school year.

"It's been hard online because we had to cope and adapt pretty fast. No one really asks questions in your classes and it was harder to learn. I was supposed to be the mascot this year and I wasn't able to do that," Gass said.

At SRHS, Gass is part of the graphic design program and is part of the Innovative Designers club.

Outside of school, he runs his own clothing brand Lightning DB, www.lightningDB.us. He also has an internship with Reebok.

In the fall, Gass will be attending the University of Oregon. At the moment, he plans to major in business with an art minor.

Samantha Duggan
Four-year soccer player

"I'm so grateful that we are getting a graduation. I think it's so nice that the



community really wants to recognize us so we can have these events," Samantha Duggan said.

She decided to take classes online for the rest of the year.

"I wanted to keep my memory of high school without the masks and plexiglass screens. I've also been able to develop a nice routine at home, so I wanted to keep that," Duggan said.

She explained her feelings on having a non-traditional senior year.

"No other senior class can say that they've gone through what we have been through. However, even though this year wasn't what I expected, I didn't let that deter me from hanging

out with friends and trying to have a more normal year," Duggan said.

Alongside soccer, at school she is involved in the theatre program. She is also the co-president of National Honor Society.

Outside of SRHS, Duggan volunteers at St. Gregory the Great church. In addition, she plays for DMCV sharks club soccer team.

Duggan will attend Emerson College in the fall, playing Division III soccer. She will be studying business of creative enterprises.



Sydney Griffin
Four-year field
hockey player

"I'm excited that we still get prom and an actual graduation because no one thought we would have that. I'm so excited to do the traditional activities before prom like going to dinner and taking photos. It's just really nice to know that we get to have all those end of the year experiences," Sydney Griffin said.

She decided to take in-person classes for the remainder of the year.

"It's been fun to be in-person. Everyone in my classes has been able to become really close because there aren't that many people in each class," Griffin said.

She conveyed her thoughts on missing out on a traditional senior year.

"I definitely do feel a bit cheated because I didn't really get a full sports season. It sucked that for pretty much the whole year we weren't able to go back in-person. However, it was definitely nice to have a lower class load this year," Griffin said.

Besides field hockey, at SRHS she is president of the robotics team.

Outside of school, she plays for the Coastal Clash club field hockey team.

Griffin will be attending the University of California, See SENIORS CORNER, Page 13

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SRHS is a Distinguished School

Scripps Ranch High School (SRHS) received the California Distinguished School designation from the California Department of Education (CDE).

One other local school to gain the honor was Marshall Middle School, as reported last month.

“Being named as a California Distinguished School means we have been recognized for exceptional gains in implementing the academic content and performance standards adopted by the State Board of Education. This designation is truly an honor and is shared by all staff, students and families,” said SRHS Principal Dr. Matthew Lawson. “Being recognized is meaningful in that it shows what we are doing to promote student learning is working. Our ultimate goal is achieving successful student outcomes for all students, and we will continue to strive to achieve this. I believe this accomplishment is more significant this year, considering that we were able to attain this designation during one of the most difficult times

‘Our students themselves have big goals, are hardworking and come to school wanting to prepare themselves for a bright future.’
—Dr. Matthew Lawson

in recent memory.”

The CDE 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.

“We were able to accomplish this achievement by working hard, being passionate about our students and having high expectations,” Lawson explained. “Our teachers and staff are some of the hardest working educators you will see. Often times teachers will dedicate

much of their personal time to tutoring, lesson planning, mentoring and more. In addition, the families of our students are extremely supportive and instill confidence and high expectations among their children.”

Lawson also shared credit for the achievement with his students.

“Our students themselves have big goals, are hardworking and come to school wanting to prepare themselves for a bright future,” he said. “It’s not uncommon for a student at Scripps Ranch High to take multiple community college and AP classes, as well as perform extracurricular activities such as athletics, band, theatre, AFJROTC, etc. It is these collective items that drive our annual graduation rate to over 98 percent and designate our college and career indicator score as blue, the highest level according to the state. We look forward to continuing to work hard, constantly reassessing and improving, and continuing to prepare students for a successful future.”

SENIORS CORNER

Continued from Page 12

Davis to study environmental science in the fall.

Maddie Carniglia

Four-year softball player

“I’m really excited for prom. I think it’s super cool that our senior night is at the Zoo. It’s great that we’re getting a graduation as well, especially at Petco Park,” Maddie Carniglia said.

She remained online for classes this school year.

“I didn’t think it was worth it to go back because I only had one class. I don’t find it to be too difficult having



classes online, so it’s not that bad. As more time has gone on, I’ve actually kind of liked having school online,” Carniglia said.

She commented on her experiences over the online school year.

“It definitely sucked that we weren’t able to go back on campus for most of our senior year. I missed my friends. It was hard knowing that we would not get the usual senior experience. It has definitely gotten better though as I’ve grown more accustomed to it,” Carniglia said.

Outside of school, Carniglia plays for the Factory Fastpitch softball club travel team.

In the fall, Carniglia will play Division III softball at George Fox University studying mechanical engineering.

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Congratulations Mihika! You deserve it for all the effort and dedication you have invested. May all your dreams be fulfilled. Love Mom, Dad & Maehul



Congrats, Maddy and Mason! Love you! Mom and Dad



Dear Ethan, Congratulations on your graduation from Scripps Ranch High School! We have enjoyed watching you grow into the thoughtful young man you've become. Good luck in college at UC Merced studying mechanical engineering!



Surabhi Raghavendra

Great job, dear. We are so proud of you and love you! We hope that you continue to work hard in middle school and to get good grades. Lots of love, Mom, Dad, & Sister



Congratulations SRHS Grad—we are so proud of you Jonah! Mom, Dad, Sadie, Grandpa, and especially Gidget love you, and can't wait to see what you do next!



School: Marshall Middle School
(promoting from 8th grade to 9th grade)
Congratulations Emily! We are so proud of you!



Congratulations, Krista! You have everything within you to accomplish whatever you set your mind & heart to do! Best of luck to you at Purdue and beyond! We're so proud of you! Love, Mom & Dad



Congratulations Alexis, we're very proud of you! We know you'll do great things in college! You can achieve whatever you want in life, all you have to do is believe in yourself. Love, Mom, Dad, and Kyle



Congratulations Tory! We are so proud of you and all that you have accomplished. SRHS graduation is the first step toward your amazing life journey! We love you! Mom, Dad & Annika



From Honey Bunny to grown man, you constantly amaze us with what you can do. It's time now to follow your dreams. We are so very proud of you Collin. Love Mom and Dad and the entire Reber/Leeman clan.



We are so proud of you Ella! Congratulations on your promotion. We love you baby girl! Love, Mom, Dad, Dylan & Nana



Hana Helder, SRHS Class of 2021

Dear Hana, We hope your future is like a box of chocolates! Love you so much, Mom, Dad, and Nancie



Congratulations Jessica! You are moving on to a new and exciting chapter in your life. Always remember ~ you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know.



CONGRATULATIONS!

SR Little League 2021 plans all worked out

By Hector Trujillo

In a year that has taken a grueling toll on everyone involved with outdoor sports, Scripps Ranch Little League (SRLL) was among those waiting anxiously to see if baseball would finally be allowed back after the shutdown was announced in March 2020 due to the COVID-19 pandemic.

The league, which was ready to submit safety plans and apply for permits in January 2021, got a much needed breath of fresh air when the state and county announced that games could be held under the Red Tier. At that time, the league was still under the dreaded Purple Tier guidelines, which had more severe restrictions.

“We decided to take the chance that by the time we registered players, ran assessments, formed teams and had practices, that games would be available for play,” Scripps Ranch Little League President Steve Hornyak said. “It worked out great as we only lost one week of playing time compared to a normal season.”

The father of four, Hornyak has coached at SRLL for 11 years along with being on the SRLL board for four years, and is now in his second year as president.

As for the league, it continues to follow all required guidelines with about 450 players taking part this year, which amounts to a 30 percent decline since pre-COVID. Despite the noticeable decline, there are currently the same number of teams in each division with a set limit on the number of players per team, which allows each participant more opportunities to play.

“It’s no secret baseball teaches many life lessons, including how to handle failure,” Hornyak said. “I view Little League as a recreational option for all levels of playing ability.”

Scripps Ranch Little League runs drafts for all divisions to balance teams and keep gameplay relatively competitive. The league also has several local Fair Play Rules that ensure each player gets playing opportunities other leagues do not offer, along with promoting a culture of teaching baseball and giving players a chance to play

multiple positions throughout the season. During play-off time, managers are free to put the best team on the field to try to win a championship, while still adhering to the local Fair Play Rules.

As for spring 2021, the regular season ended on May 15, and is immediately followed by playoff division champions being crowned before Memorial Day weekend along with the announcement of All Star teams.

Depending on how well those teams perform, the kids could play into August.

Registration for Fall Ball 2021 will open in July, with the season running from September into November.

“This is an opportunity to play a game every Sunday at the next level, giving players a chance to see how the division they will be moving up into next Spring is played,” Hornyak said. “It’s a developmental season and a great option to keep baseball skills going.”

To learn more, visit scrippsranchll.org.



SPORTS

BRINGING THE HEAT

Scripps Ranch High School pitcher Carter Foss fires a missile toward the plate during a 4-3 victory over Point Loma High School on May 8 in a tight game made all the more special because it was played in Petco Park, home of the San Diego Padres. Foss will take his skills to Brigham Young University next season. (photo by Justin Fine)



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The very first female SRHS football player

By Terry L. Wilson

Scripps Ranch News ran a story in the April 2021 edition giving credit to Rebecca Cook as the first female varsity football player at Scripps Ranch High School (SRHS). But shortly after the article was published, some readers “flagged” the story for a penalty. As it turns out, senior Kristy Everhart was the first female to hit the gridiron for the SRHS varsity as she kicked her way into the Falcons football record book back in 2002.

“What Rebecca Cook did was really awesome,” former SRHS football coach Sergio Diaz said. “She got physical, got dirty and played out in the trenches – and that’s a great accomplishment for anyone.”

But to set the record straight, and to give credit where credit is due, coach Diaz described what it was like coaching Everhart, the very first female varsity football player at SRHS.

“Kristy was such a great

girl. She started as a soccer player for years with the Scripps Ranch Soccer Club,” Diaz said. “Then, one day she came to me and said, ‘I want to play football. I want to kick.’”

While the 17-year old senior was ready to strap on the pads and don a helmet, her mother wasn’t ready to join the pep rally just yet.

“Kristy’s mom required a lot of convincing,” Diaz said. “Her mom and I had quite a few conversations over the phone. I told her that I understood where she was coming from; it’s your little girl and football is a contact sport. I assured her that I’d make sure Kristy was safe and I wouldn’t let her do anything that she wasn’t ready to do.”

With mom on board, Everhart took the field. She earned her spot as the team’s place-kicker – kicking the kickoffs, field goals and extra-points. Everhart played in three games,

See **FIRST FEMALE**, Page 17

Boys lacrosse finishes rollercoaster year

By Hector Trujillo

With the most challenging of seasons having come to an end for the Scripps Ranch High School boys varsity lacrosse team, the expectations for the future remain high as the light at the end of the tunnel gets brighter and brighter.

The team started play with a gut-wrenching 8-7 loss on the road against the Carlsbad High School Lancers, but managed to find its footing midway through the season winning four out of five matches, including three in a row with victories against Del Norte, Patrick Henry and Point Loma High.

“We have a strong senior class that are the core contributors who bring confidence and a level of lacrosse IQ,” head coach Anderson Caldwell said. “The boys have been able to adjust well, and we have found ways to work through these challenges.”

Caldwell, who is in his third year as the head coach, pointed out several standout players this season as some of the main reasons the team was able to persevere.



Among them are attacker Luke Durkin, who has been a key contributor this season by setting the tempo and managing the offense as a whole, along with being one of the most coachable players and a leader on the team.

Goalie Dan Yang has turned out to be one of the most talented positional players on the squad, as well as being a vocal leader. Yang, who made several incredible saves and has become a

focal point by working with the young players to elevate their game, will be playing at the collegiate level at Concordia University next year.

Joe Fredricks was arguably the team’s best on ball defender, playing long stick middle. Fredricks is one who always looks for a challenge by taking on the opponent’s best player.

Grady Pond, who plays alongside Fredricks, brought See **BOYS LACROSSE**, Page 17



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Pop Warner set to return for fall season in 2021

By Bella Ross

Following a year of absence, Scripps Ranch Pop Warner and Cheer Association is prepped and ready for a full return in time for its regular fall season.

While the state's reopening approach, likely to be announced by June 15, could come with its own requirements for COVID-19 protocols when it comes to youth sports, Scripps Ranch Pop Warner President Krista Clauseen said she is hopeful the program will be able to resume as usual.

"The relationship with the community is two-way," Clauseen said. "Our community supports our organization and our players and cheerleaders. In return, we support the community by working toward the safety and welfare of the kids."

During the program's first-ever spring and summer clinics – featuring opportunities for conditioning, agility training and stretching – Clauseen said many of the program's new safety precautions are already in ac-

tion. Those include mask requirements for all coaches, staff and observers; limited contact; frequent cleaning; and limiting players to small groups of 10.

The new clinics have generated a lot of interest, Clauseen said, making her hopeful that the fall season will be the same.

"I think people are just so excited to have something to do after a year of not having a lot of activities," Clauseen said.

The offerings for the fall season will be the same as previous years, with cheer for ages 5 to 13, flag football for ages 5 to 7 and tackle football for ages 7 to 14. Both programs are co-ed and come with the opportunity to play in local, regional and sometimes national competitions.

"It's a great organization," Clauseen said. "All of the kids from Scripps Ranch normally play on the same team, so you're playing with your classmates. We play our home games at the high school, and the kids really enjoy that they get that connection to the high school

See **POP WARNER**, Page 19



The 2021 Scripps Ranch Pop Warner and Cheer season is scheduled to kick off in August, following a one-year absence. (photo by Ralph LoVuolo)

BOYS LACROSSE

Continued from Page 16

the added hustle and physicality, and was one of those players who just wants to compete regardless of what position he is playing on the field. Despite having to deal with an injury at the beginning of the season, Pond battled through physical therapy to get back on the field and play.

"Injuries and maintaining good health – these boys have been off their normal routine of getting up at a decent hour, attending school and then attending practice," Caldwell said.

FIRST FEMALE

Continued from Page 16

scoring five points for the season.

"The best story I can tell about Kristy was Homecoming, and she missed a field-goal," Diaz said. "Kristy was brokenhearted, but minutes later she got back on the field and scored the last point in the game. You would have thought we won the Super Bowl instead of losing a Homecoming game. The team lifted Kristy up on their shoulders and carried her off the field."

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A Scripps Ranch High player fights through a gauntlet of Torrey Pines High defenders as she closes in on the goal. (photo by Justin Fine)



A true spirit of comradery exists between the players on the Scripps Ranch High School female lacrosse team this season. (photo by Justin Fine)

FEMALE LACROSSE

Continued from Page 1

much time as they can with what they have left.

“Practices have definitely been a lot different than previous years with having to be spaced out and wearing masks, but I think it has allowed us to grow even more individually and as a team,” said Leiden Huber, center/midfield. “The pandemic allowed us to spend more time and develop our individual skills, which we were able to bring back to the team and raise the level as a whole. I think we also have more purpose when we are playing, and know for a lot of us this is our last opportunity to win league, CIF and keep the standard of Scripps Ranch lacrosse high for many years to come.”

Shea Richardson-Pepper, defense, also said that she is trying to make up all the time she lost last year.

“Lacrosse is such a huge aspect in my and my teammates’ lives, so it was hard for us when the pandemic stopped our season. We are

so grateful to have a chance to play this year, and we have been working super hard and making every minute count to make this the best year possible,” she said.

Many on the team are graduating and moving on to various colleges around the country. Some are even continuing to play lacrosse.

Richardson-Pepper is going to play DIII lacrosse at Willamette University in Salem, Oregon. Markman is going to UC Davis to play. Williamson has committed to play DI club lacrosse.

With the year ending and seniors leaving, a couple of players offered advice to those keeping up with lacrosse or even thinking of joining in the future.

“It’s super important to always train with a hardworking and relentless drive, and make sure to savor all the fun moments with your teammates,” Williamson said.

“I would tell them not to be afraid to take risks and try your best to do everything with a positive, learning attitude,” Huber said.



Scripps Ranch High players celebrate after a goal – something they have done numerous times this season due to their high scoring offensive skills. (photo by Justin Fine)



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HAPPY FATHER'S DAY
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POP WARNER

Continued from Page 17

and their football and cheer programs.”

The fall season begins Aug. 1 and will proceed through mid-November, depending on how the teams advance in competitions. Registration for the fall generally ends in mid-July, though Clauseen said players will often join through early August.

‘I think people are just so excited to have something to do after a year of not having a lot of activities.’

—Krista Clauseen

Program costs span from \$325 to \$395, and will increase as the mid-July deadline inches closer. Full refunds will be provided in the event that pandemic restrictions keep the season from proceeding as planned.

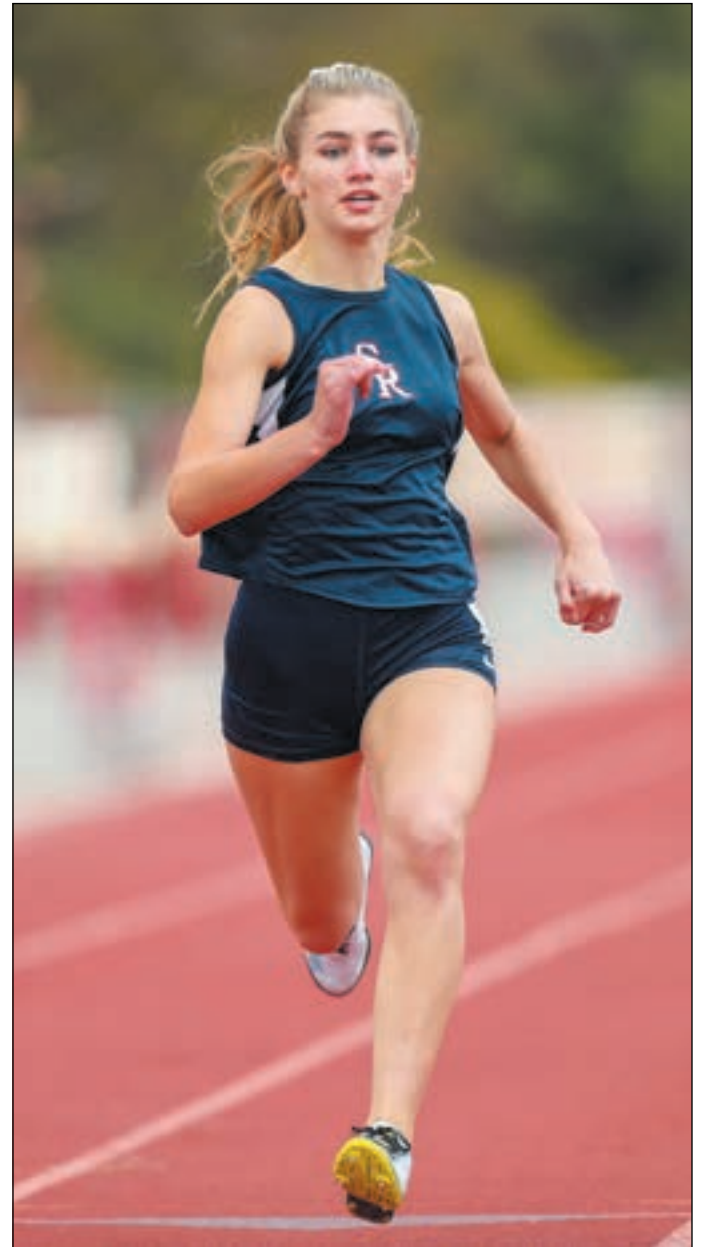
To learn more about Scripps Ranch Pop Warner and Cheer, visit www.scrippsranchpopwarner.com.



FALCONS TRACK

The Scripps Ranch High School Falcons 2021 track team was off and running after missing the 2020 season due to the coronavirus pandemic. Photos on this page are from the April 22 meet against Cathedral Catholic High School. Next on the schedule is the Western League Championships scheduled for May 28 at University City High School with events beginning at 3:30 p.m.

Photos by Josh DaFoe



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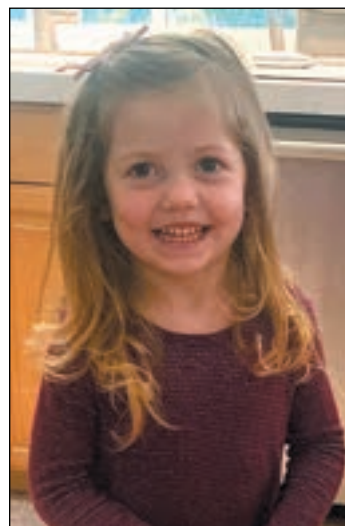
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Happy 4th birthday, Maggie!

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If you know someone having a birthday in June, 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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Get your patio ready for summer

(StatePoint) It's time to extend your home's living spaces to the outdoors. To get your patio prepped for a summer of relaxation and fun, consider the following décor ideas and inspiration:

The entryway

Your patio will be more enticing if you have beautiful sliding glass patio doors leading to it. If you do go in for this upgrade, it's important to know that patio doors can be customized in a number of ways that affect their look and function. To help you make sense of your options, shop with manufacturers that offer visualizer tools, such as the one available at ProVia, provia.com/app. This can help you see what colors and hardware look best in your home and find the combination you prefer.

Their Aeris wood and vinyl sliding doors, for example, offer many customization opportunities, including wood stain finishes, interior and exterior colors; options for internal grids and internal blinds; and a wide array of decorative glass, privacy glass and tinted glass options.

Beyond beauty, be sure to prioritize high performance, particularly when it comes to energy efficiency, storm protection and, of course, smooth, easy and quiet operation. After all, it's hard to feel relaxed if simply getting outdoors is a struggle.

Exterior decorating

Boost comfort and ambiance by applying the same attention to detail when decorating your patio as you would indoors. Beyond furniture that's comfortable enough to lounge on all day or evening, incorporate throws, pillows and even rugs. Add splashes of color and vibrancy by hanging outdoor wall art, or, if you're feeling extra creative, painting a mural.

Paper lanterns hung above your patio dining area can bring a touch of romance to meals enjoyed outdoors. Also get inspired by the nature around you by ensuring your patio features greenery. Potted and hanging plants or even ivy, jasmine or roses grown against a wall are all good choices.

Beauty inspired by nature

These days, manufactured stone is not just for the side of your home. The possibilities for using it in and around the patio are endless.



With a few stylish upgrades, you can get your patio in tip top shape for summer. (StatePoint)

Add drama to a boundary wall between the patio and yard; beautify your outdoor kitchen's grill unit, pizza oven, table or island; and enhance seating around the fire pit or fireplace and the bases of pergolas or columns.

Just be sure to select prod-

ucts that look like authentic stone even upon careful inspection, and are designed to withstand the elements. For example, the choices available from ProVia are artfully crafted to produce a realistic, dramatic effect, mimicking stones from

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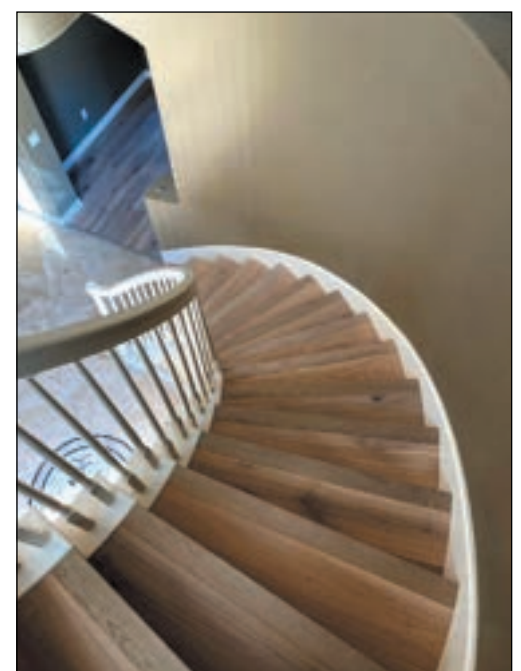
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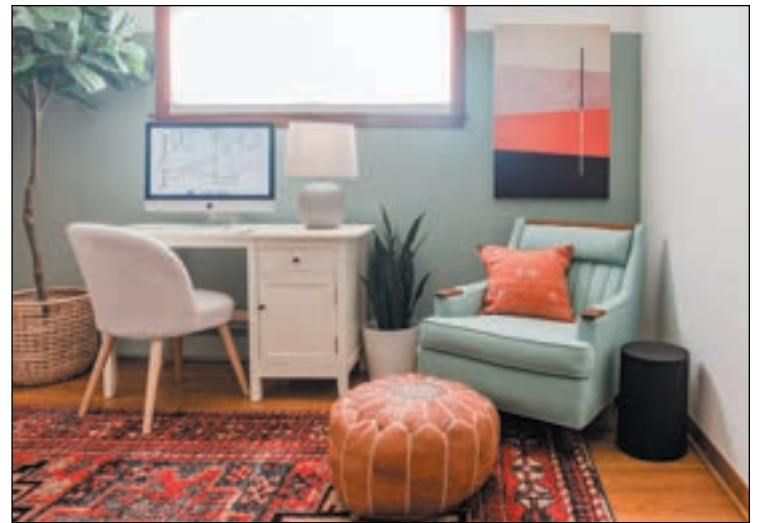
(StatePoint) The COVID-19 pandemic permanently evolved our definition of “home,” inspiring us to reconsider how we use and live in our spaces. For many, it’s no longer just the place where we relax and regroup at the end of the day – it’s also an office, daycare, eatery, gym or classroom.

Whether you’re looking to create balance and boundaries between work and play or simply want to turn over a new leaf, there’s never been a more perfect time to commit to switching things up with major home design updates and DIY projects.

The thought of overhauling your home’s décor can be overwhelming, but finding inspiration in the year’s top trends – like the annual 2021 Design Trends developed by FrogTape in collaboration with celebrity interior designer Taniya Nayak – can help take the pressure off.

Follow these do’s and don’ts to achieve professional results while embracing 2021’s top interior design trends.

1. Do: Create a personal sanctuary. We could all use an in-home sanctuary where we can retreat, rest and ease



With the right tools and inspiration, you can achieve professional results in your home redesign. (StatePoint)

our minds from uncertainty and anxiety. From a dedicated meditation room to a simple, quiet corner, using cozy layers and soothing colors can establish a tranquil environment to ground you on even the most hectic days.

2. Don’t: Shy away from colors. Don’t be afraid to incorporate colors in your home décor – especially in spaces designated for happy activities like after-work cocktails or fun with kids and pets. Vivid greens, pinks and blues, inspired by the outdoors, fruity drinks and blue skies, evoke joyful emo-

tions. Create a sense of fun in your playroom, backyard or patio by incorporating cheerful hues, playful accessories and bright textiles. Use a high-quality painter’s tape like FrogTape to bring this trend to life with custom hand-painted planters or bold geometric accent walls.

3. Do: Use contrast to establish focal points. From adding a pop of bright color against a neutral tone to pairing light, airy textures against deep leathers, there are countless ways to create focal points using contrast throughout the home. This trend works especially well in kitchens, dining rooms and breakfast nooks. Embrace stunning, nature-inspired hues in eating areas by painting cabinets or an accent wall in a rich tone and displaying other colorful touches to catch your eye while you enjoy your meals.

4. Don’t: Settle for a dull work-from-home space. For those working from home into 2021 and beyond, establishing boundaries between work and play is critical. Whether you have a sprawling office or a small nook under a staircase, create a space that makes you excited to “go into work.” Combine neutral tones with punches of color to ignite your creativity while keeping you alert and focused throughout the day.

5. Do: Add your own personal twist. While design trends can serve as a great starting point to spark your inspiration, they’re meant to serve as more of a mood board than a rule book. Whether it’s a unique painting or an over-the-top accent wall, be sure to incorporate elements of your own style, interests and flair as you plan out your projects and designs.

To learn more about this year’s top interior design trends and how you can incorporate them in your upcoming home design updates, visit [FrogTape.com/Trends](https://www.frogtape.com/trends).



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If you ever find yourself wondering if you need another plant, just remember: plants are self-care. (StatePoint)

Plant parenting advice

(StatePoint) Plant parenthood among Millennials and Gen Z has been on the rise in recent years, and time spent at home throughout the pandemic has inspired even more people to start houseplant collections. In fact, over the past year, searches including “indoor plants,” “buy plants” and “plant delivery” spiked, as many set out to create beautiful, calming sanctuaries at home and spruce up their Zoom backgrounds.

Why the sudden interest? Houseplants are grounding, keep you connected to the earth and even help reduce stress. Their care also provides an excuse to take a much-needed break in the day. Plants make your world a happier place and add immeasurable value to everyday life. Whether you’re preparing to purchase your first-ever houseplant or you’re expanding an ever-growing collection, learn how you can return the favor by being the best possible plant parent.

Understand your plant’s needs

While plant purchases tend to be spur-of-the-moment, there are plenty of steps you can take once you get home to ensure a great life for your plants. Explore the wealth of care instructions and guides online outlining recommended watering schedules and other necessary considerations. For busy plant parents or those looking to build collections in their office spaces, low-maintenance plants are the way to go. If your space is short on windows, seek out

adaptable low-light plants that thrive outside of direct sunlight, such as ivy or spider plants.

Don’t forget furry friends

If you’re already a pet parent too, don’t worry. Many houseplants won’t pose any threats to the fur babies in your home. Top pet-friendly houseplants include curly spiders, baby rubber plants, Echeveria, Gasteria, Haworthia, Peperomia, nerve plants, fluffy ruffles ferns, rabbit’s foot ferns and Staghorn ferns. When in doubt, foliage and succulents brand Wild Interiors helps potential plant and current pet parents by offering a handy online guide and paw print icons indicating pet-friendly options.

Not-so-green thumb

Finally, as you embark on your plant parenthood journey, avoid common houseplant mistakes. When it comes to indoor plant care, many problems stem from loving and caring for your plants too much. Overwatering, over fertilizing and over adjusting the plant’s location or pot situation can all do more harm than good, despite your best intentions. Also keep in mind that many plants require less care and attention during fall and winter months.

Ready to test your green thumb and take the leap into plant parenthood? Visit wild-interiors.com to explore more plant care tips and keep an eye out for its collection of succulent and foliage plants at a retailer near you.



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