



Three participants in the Run & Ride fun run dressed in banana costumes. (photo by Ron Lewis)

Run & Ride Fourth of July event returns

By Hector Trujillo

The Scripps Ranch Old Pros, an athletic and community minded social organization that provides thousands of dollars in scholarships annually to high school seniors, is preparing for its Fourth of July Run & Ride event for 2023, and registration is open.

The nonprofit group uses the event to sponsor youth athletic teams and award scholarships to graduating high school seniors along with donating to other causes.

“What we’re intending is to get more people this year and have more fun,” said Scripps Ranch Old Pros 4th of July Run & Ride Czar Anthony Gonzalez. “It’s open for everyone to join. We plan on having two bands and the beer garden to be there as well as food concessions.”

The annual Fourth of July Run & Ride has been going on since 1980. The event will involve a 10K race, two-mile fun run, 12-mile street bike ride, 25-mile gravel bike ride and a 35-

See **RUN & RIDE**, Page 21



TRUE COLORS

The Scripps Ranch Softball Association held its annual Softballfest on April 22 featuring a team parade in which the players sported costumes that showed their spirit and creativity. Members of the 8u team known as the Rainbow Gummy Bears displayed their colorful side as they marched in the parade. Pictured are (from left) Brianna Langsam Williams, Alina Lacy, Chloe Wooten and Samaira Hande. Their team coach is Tyson Wooten.

(photo by Lisa Shadburn)



Trishaa Camp

TEACHER OF THE YEAR

Scripps Ranch High School teacher Trishaa Camp was named among three of San Diego Unified School District’s (SDUSD) 2023 Teachers of the Year.

In addition, Julie Rick from Marshall Middle School was named one of this year’s runners-up.

The educators were honored at the Day of the Teacher celebration on May 9 during a ceremony hosted by FOX 5’s Elizabeth Alvarez. The in-person ceremony featured original student-created content performed by students from the San Diego School of Creative and Performing Arts and Scripps Ranch High School

Teacher of the Year candidates go through a rigorous selection process, first being selected by the staff members at their school, then a panel including former Teachers of the Year. San Diego Unified’s teachers of the year and runners-up may advance to compete for San Diego County Teacher of the Year honors.

Trishaa Camp and Julie Rick describe their backgrounds:

See **TEACHER OF THE YEAR**, Page 17

Coworking at Venture X: changing the workplace

By Jill Alexander

As the call for leasing traditional office space declines, there’s another option for those who don’t want to work from home post-COVID.

It’s coworking and it’s the hybrid way of working in today’s market for those who want all the perks, the space and the socialization without

the big lease.

It can be found at Venture X San Diego-Scripps Ranch, 10089 Willow Creek Road, Suite 200, which opened on April 17.

“We believe this concept of coworking will become more common going forward, especially as corporations downsize their HQs and go to a more distributed hub-and-spoke model of the workplace,” said John Lee, a former

Wall Street executive and now the owner of Venture X San Diego-Scripps Ranch.

Venture X San Diego-Scripps Ranch is in a three-story building and occupies 22,671 square feet of premium office space. It offers 91 office options of coworking space to accommodate teams of all sizes.

“Whether you are a one-person team or a growing

See **VENTURE X**, Page 7



Venture X San Diego-Scripps Ranch offers coworking business space at 10089 Willow Creek Road. (courtesy of Venture X)

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SCRIPPS RANCH FIRE SAFE COUNCIL

Keep home heating safety in mind

By Karen Herreros

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions, you can prevent most heating fires from happening.

Yes, I know this winter has passed, but learn to be warm and safe for the upcoming and future winters

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.



- Have heating equipment and chimney cleaned and inspected every year by a qualified professional.
- Remember to turn portable space heaters off when leaving the room, leaving the house or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.

- Test smoke alarms at least once a month.

Heating equipment smarts

All fuel burning equipment should be vented to the outside to avoid carbon monoxide poisoning. Install and maintain CO alarms to avoid the risk of carbon monoxide poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

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Scripps Ranch roads on list for slurry seal

As the weather has improved with sunny skies in the forecast, City of San Diego street crews are beginning another slurry seal project to repair and resurface roads in several communities. Over the next several weeks, the City will be resurfacing streets in and around the communities of Tierrasanta, Scripps Miramar Ranch, La Jolla and University City.

However, most of the resurfacing during the first few weeks of this project will not be performed in the Scripps Ranch area. The slurry seal work began in the La Jolla and University City areas and continued as of press time. A City of San Diego public information officer stated that he did not have any specific dates for when work will begin on the streets of Scripps Ranch.

The public can view a map of street repairs and other projects in their neighborhood by visiting the City's interactive Project Finder map (bit.ly/3O3J0st). However, a thorough search of this interactive map did not reveal any slurry seal work until late summer or early fall in Scripps Ranch – but it's not certain that the map is up to date.

The City's ongoing slurry seal program prevents the deterioration of streets, which is key to improving the overall condition of San Diego's road network, and reduces the need for more costly asphalt overlay and reconstruction required for badly deteriorated streets.

Slurry seal is often completed in phases over a period of several days or weeks, and there are multiple slurry seal projects happening across the city at the same time. This year's winter storms delayed road repairs and maintenance, but weather conditions have recently allowed field crews to continue that work.

Slurry seal is a cost-effective, pavement preservation method consisting of asphalt emulsion, sand and rock. This mixture is applied to the street surface at an average thickness of a quarter inch and extends the life of streets that are already in good condition.

Streets are selected for resurfacing through a pavement management system that helps to determine when to schedule streets for resurfacing. Each street segment is assigned an Overall Condition Index (OCI) score based on the pavement's

roughness and cracks.

To prioritize street paving, the OCI is used in conjunction with other factors, such as traffic volume, road type,

maintenance history, other construction projects, and available funding. Repairs are often grouped within a neighborhood to include

streets that are in similar condition or repairs are performed after other projects, such as pipeline replacement.

New branch manager, summer reading

Scripps Miramar Ranch Library branch manager Matt Beatty retired recently because he had a mandatory retirement date of April 20. He was the local branch manager for more than two years.

Beatty had a full career, with years of professional experience at libraries in Philadelphia, Poway and Ocean Beach before taking the reins in Scripps Ranch.

The Scripps Ranch Friends of the Library gave him a spirited send-off.

The new branch manager will be Phil Gunderson, and he will be starting at the end of May.

Summer reading

June is an exciting month at the Scripps Miramar Branch Library as the ever popular Summer Reading Program begins on June 1 and runs through Aug. 30.

Readers of all ages from



The Scripps Ranch Friends of the Library organization gave Branch Manager Matt Beatty a heartfelt sendoff upon his retirement in appreciation for his service to the library and the Scripps Ranch community. Pictured are (from left) Beth Surrell, Matt Beatty, Marcia Gwin and Joan Reese. (courtesy of SRFOL)


babies and toddlers through adults are invited to complete a combination of 10 books, hours, or activities to earn prizes.

The 2023 Summer Reading Program is themed "Find Your Voice" and is sponsored in part by Scripps Ranch Friends of the Library (SRFOL).

Children and their parents may look forward to the array of children's programs featuring music, animals, science, magic and more at the library. These have traditionally been part of the Summer Reading Program and are also sponsored by SRFOL. Visit sandiego.gov/summerreading.

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Welcome Club's social calendar is blooming!

By Denise Stewart

A recent Welcome Club entertainment highlight was a trip to Coronado to view the musical "Respect" performed by the all-female cast at the Lamb's Theater.

"That afternoon we were dancing in our seats to the tunes of the sixties and seventies," according to the event organizer Pam Savelsberg. "It was fun for all of us to hear those favorite tunes done with such energy and style. They sure brought back memories."

Welcome Club's April morning Coffee was hosted by Kate Schaap and her team. The tasty brunch menu and warm interactions among friends always draw a crowd to these morning events which occur monthly now that we can gather again.

May had its Coffee event at Sue Cable's home and the spring weather allowed for outdoor enjoyment of friends.

The June event is coming up toward the end of the month at a poolside setting.

Mays' calendar also included an outing to the movie "Book Club" and lunch after.

Scripps Ranch Theatre's opening night performance of "Lost in Yonkers" attracted a group from Welcome Club. It is customary for the club to hold a pre-play potluck at a member's home. This month the potluck was at Bev Macho's. After dinner, the group enjoyed the show and the laughter.

In June, local resident and internationally known Irish singer Máirtín de Cógáin, originally from Cork, will be entertaining at the club meeting.

Welcome Club has monthly meetings on the second Monday of each month at the Community Center at 7 in the evening. May's meeting was special in that it celebrated new club members and installed the club's slate of officers for the coming months.

In June, local resident and internationally known Irish singer Máirtín de Cógáin, originally from Cork, will be entertaining at the club meeting. Máirtín comes from a long line of storytellers and singers. You may have spotted him in the Palm D'Or winning movie "The Wind That Shakes the Barley." You may have seen him in San Diego performing with his Irish band or heard him as the voice for Lucky of Lucky Charms. Máirtín has played all the major Irish festivals in America and toured the world with his music and stories.

"We are so excited to have him," Program Chair Cecilia Waters said. "He will come to play, sing and storytell for us on June 12. Make sure you come early to get your seat."

The Welcome Club has been around Scripps Ranch gathering friends for more than 40 years. Some of its festivities have become traditions and a favorite among them is the annual July Salad Supper. The theme this year will be Aloha!, according to coordinator JoAnn Farmen.

Along with all these entertaining events, Welcome Club has book clubs, trail walks, Bunco games, and crafting, all on its monthly calendar. Both daytime and evening activities are available to women who work or those with freer time. You are welcome to check the website to learn more: scrippsranchnewswelcomeclub.com.



Scripps Ranch Welcome Club President Starlene Dahl, April Coffee hostess Kate Schaap and guest Linda Scheller share a moment at the recent Welcome Club event. (courtesy photo)

Rotary Club sponsors therapy horse Pokey

The latest community service project the Rotary Club of Poway-Scripps undertook will help make dreams come true.

The Rotary Club sponsored Pokey, a therapy horse belonging to Ride Above Disability of Poway, in an effort to teach recreational riding to children and adults with special needs. Pokey, 18 years old, is a black and white Pintabian which was born on Halloween. The donation will help care for Pokey.

Rotarians Dave Parker, Dan Brenner, Jeri Winberg, Edna Culp and Karen Herreros presented a check to Allie Sarnataro, the executive director of Ride Above Disability.



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Film describes power of sports for amputees

By Terry L. Wilson

Marci Krown, a mother of a local high school senior, focuses her attention and talent to get prosthetics for athletes in need. Her sense of community spirit can be recognized through the documentary films she has produced. They all address a universal subject or problem that can affect residents in any ZIP Code in the country.

‘An adaptive leg is very expensive, so there are lots of people out there who can’t afford one.’

—Marci Krown



Marci Krown is working on a documentary about how amputees can acquire prosthetics so they can compete in sports. (courtesy photo)



Marci Krown monitors video equipment. (courtesy photo)

“Krown Family Films is my company,” she said. “I like to produce family friendly films with a positive message that everyone can watch and learn from at the same time. I want to make a difference, not only in the Scripps Ranch community but also throughout San Di-

ego and beyond.” Krown’s current project is a feature titled “The Power of Sports for Amputees.” This film features three individuals who have lost their legs and want to compete in sports.

“These three athletes want to compete, but to do that

they each have to get a prosthetic that is adapted for their particular sport,” Krown said. “They can’t use their walking legs because it won’t provide them with enough ability to compete. Unfortunately, the adaptive leg isn’t covered by insurance. An adaptive leg is very

expensive, so there are lots of people out there who can’t afford one. Subsequently, they don’t have the opportunity to compete in sports.”

The veteran filmmaker’s

goal is to raise awareness with her documentary. Krown wants athletes to know about the programs that can help them achieve

See **POWER OF SPORTS**, Page 6

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Blessed is the man who trusts in the LORD.

-JEREMIAH 17:25






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SUSTAINABLE SCRIPPS RANCH

Consider a non-harming direction

By Suha Chari

Not many people I talk to agree that the world, in fact humanity, is heading in the wrong direction. They are quick to point out the many advances we have made in healthcare, reducing poverty and so on. Yet, are we aware that the inequality gap has widened, food has become cheaper but less nutritious, obesity and associated diseases are proliferating – and not just in the western world?

Hence, these words from one of my favorite authors were reassuring:

“... the damage we can already see, from soaring temperatures to soaring inequality, should tell us that our goals need to fundamentally shift: toward repair, toward security, toward protection.” —Bill McKibben

In his latest book “Falter,” McKibben talks about two technologies we can employ to achieve these goals: Again, in his words, “... both nonviolence and solar panels nudge us, at least a little, toward a smaller-scale world less obsessed with efficiency.”

It makes sense that solar panels replace fossil fuels, thus reducing CO₂ output into the atmosphere – but nonviolence? That piqued my interest!

Mahatma Gandhi was a visionary. He knew that local communities caring for one another and working together would make for happy and resilient ones.



Everyone wants to live a happy and fulfilling life, and for others to have the same.

One major tenet of Gandhi’s teaching is nonviolence.

Nonviolence is apparent in the civil disobedience movements over the centuries. Movements energize us, but are not the stuff of day to day living. Everyone wants to live a happy and fulfilling life, and for others to have the same. In practice, this requires maturity, the willingness to set limits on oneself for the good of all. It also requires balance – to know what is enough. Bigger isn’t always better; scaling can destroy more than it creates. When we continue to expand our living spaces, we lose valuable forests and habitats; then all of us suffer.

Nonviolence is non-harming. Gandhi exemplified it by living simply, and winning over his captors with empathy and kindness. In turn, they could not but admire him for his integrity

and fearlessness.

Perhaps it is with non-violence – the intention to cause no harm – and with respect for others’ points of view, that we can repair the world and see that it’s the small actions we take or avoid, every day, that will point us all in a life-sustaining direction.

So friends, everyday do something that won’t compute. Love the Lord. Love the world. Work for nothing. Take all that you have and be poor.

—Wendell Berry

Garden Share

Share experiences in growing a variety of plants, herbs and trees. Held the third Saturday of each month. June 17, 11 a.m.-1 p.m., Scripps Miramar Ranch Library courtyard.

Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. To learn more about Sustainable Scripps Ranch, visit scrippsranchnews.org/ssr or email SustainableSR@scrippsranchnews.org.

POWER OF SPORTS

Continued from Page 5

their dreams of shooting competitive hoops, swimming or even being a gymnast.

“We have the CAF, which is the Challenged Athletes Foundation,” Krown said. “They provide so much to the community in terms of grants so that a person can apply and perhaps get that sports leg they need. It’s also for the able bodied community – we call it, ‘non-isabled.’ This is to get able-bodied people to

change their perception when they see a person in a wheelchair or are missing an arm or a leg. It’s about getting them not to look at a disabled person and see their abilities, not their disabilities.”

Krown plans to be in post-production by June, and is currently seeking funds to complete her film. She is hoping to find a sponsor for one or more of the athletes featured in the movie.

Meanwhile, Krown continues to be an active local school volunteer and mother

of a Scripps Ranch student.

“My son Ryan attended Ellen Browning Scripps to Marshall, and he is now a senior at Scripps Ranch High School,” she said. “I’ve been on the PTA board at both schools, and I am currently a Band Booster Mom. My son is in the Scripps High School marching band and the Booster Moms help raise funds for helping to finance tournaments the band has every year.”

For more information, visit krownfamilyfilms.com.

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Beverly Reese and Bruce Dorcy

Concert set at library

The Pleasure of Your Company” concert series will present the San Diego Chamber Music Society, featuring Bruce Dorcy, horn; and Beverly Reese Dorcy, piano and percussion, performing a varied program from “Beethoven to Broadway” on Sunday, June 18, 2:30 pm.

This will be a light-hearted look at some of the duo’s most requested pieces from more than 25 years of horn-piano concerts. There will be something here for everyone to enjoy.

There is no charge for the concert, which is sponsored by Scripps Ranch Friends of the Library, although donations are appreciated.

Masks may be required for all audience members.

The Scripps Ranch Library is located at 10301 Scripps Lake Drive. Visit www.srfol.org for information.

Gardeners take walks among the flowers

By Denise Stewart

All those raindrops this winter have provided a bounty of blooms this spring. The Scripps Mesa Garden Club is set to enjoy them as long as they last.

May’s regular meeting took place in a backyard that was bursting with colors and scents from roses, plumeria and a variety of other spring bloomers. Sal and Ivette Castillito’s gardens made for a perfect venue for members to enjoy their monthly gathering. Sal grows flora not only for his own family’s enjoyment, but he also donates generously from his large inventory to the Plumeria Society’s charity for children. Money to support scholarships is raised at plant sales they open to the public.

Another garden tour is scheduled for the June monthly meeting on the 27th.

For more information about the club and to enjoy a collection of photos of wildflowers blooming around our local landscape, check out scrippsmesagardenclub.com.

COWORKING

Continued from Page 1

business with an established employee base, we have the perfect solution for you,” Lee said.

Don’t expect plain cubicles, white walls or popcorn ceilings at Venture X-Scripps Ranch. Instead, there are premium coffee machines, printing areas, conference rooms, private phone booths, access to a newly renovated gym and a 1,500-square-foot event space.

Venture X-Scripps Ranch is located on the main artery of an industrial business parkway, where there are well-known life sciences and biotechnology companies.

“There is a growing tech scene in San Diego, with many high-profile tech companies taking residence in

the area,” Lee said.

Other amenities include janitorial service, a café and lounge area providing snacks and drinks, 24/7 key-card access, and even wellness classes for mind, body and spirit regularly.

Venture X San Diego-Scripps Ranch also has a “Mother’s Room” exclusively for mothers and expectant mothers.

While other places offer coworking, Venture X San Diego-Scripps Ranch offers a coworking solution unlike most, Lee said. For instance, Venture X San Diego-Scripps Ranch is offering an exclusive pricing package for its Founding Partners Program for a limited time.

There are private office spaces members can choose from and there are internship desks that can be leased for three months for those who don’t want to commit to

longer terms.

“We also have month-to-month options for all of our offerings,” Lee said.

“We are excited to bring a vibrant community and hospitality-driven workspace to San Diego. We aim to provide a five-diamond workplace for businesses, small and large,” Lee said.

He said the goal is for all business members to leave every day thinking, “I can’t wait to go back.”

“More than that, we want to provide a sanctuary for people to get work done, have their creative juices flowing, ideate, collaborate, socialize, network and exercise both mind and body,” Lee said. “We hope you love coming to Venture X-SD Scripps Ranch as much as we do.”

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Jimmy's Buffet will sail into Hoyt Park

By Terry L. Wilson

The rhythms of steel drums and steel guitars will provide a Caribbean atmosphere at Hoyt Park when Jimmy Buffet's party band makes its Scripps Ranch Symphony in the Park debut on June 11.

"I've been a huge Jimmy Buffett fan for years," said Chris Maddox, leader of the tribute band which is named to honor of popular singer/songwriter Jimmy Buffett. "We spell Buffet with one 'T' for legal reasons, but the audience knows from the name of our band what they can expect from us."

Maddox is no stranger when it comes to creating a tribute band. He has been in the biz of putting tribute groups together for more than a decade.

"My last band was a 12-piece Elvis Vegas show band called Graceband," Maddox said. "It was all the songs Elvis did in his live shows. But even back then I was a Buffett fan, going to Buffett concerts every chance I had. I once went to four concerts in seven days."

A die-hard Parrot-head, the 50-year-old Maddox still attends Buffett's live concerts when he isn't on stage singing Buffett's hits with his tribute band.

"This will be our first show at Scripps Ranch. I've heard great things about their concerts from other bands. They say that the audiences are great and that it's a great location. I'm excited about do-



Chris Maddox (thejimmysbuffet.com)

ing a show for them," Maddox said. "We have a secret weapon that sets our band apart – we have a live steel drum player. That was one of the first things I wanted to have in order to make this a real Buffett tribute band. No keyboard, no backing tracks, it has to be real. Steel drums have a unique sound. Unless you're in Hawaii, you're not going to hear a steel drum in any concert, plus we added a conga player and drums, giving our audience a real Caribbean experience."

Maddox has assembled an all-star cast to create an evening to be remembered. So, put on your best-flowered Aloha shirt, a pair of flip-flops and be prepared to party with an island-beat. Peter Hix is



on lead guitar; playing the steel pans is Jackie Powers; Vasili Panos is the drummer; GD "The Dog" Walker is on bass and adds to the vocals; Ivan "Nando" Rios plays congas; George Logemann plays keyboard and adds to the vocals; and Maddox leads the party band with lead vocals and rhythm guitar.

To ensure that everyone enjoys the concert, visitors are asked not to bring high-backed chairs and to keep your kids safe – don't let them climb that steep hill that runs along the side of the park; and leave pets at home.

Jimmy's Buffet party band takes center stage to start the 2023 Scripps Ranch Symphony in the Park summer concert season off with a Caribbean flair on Sunday, June 11. These free summer concerts begin at 6 p.m. and end at 7:30 p.m. at Hoyt Park.



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VOSR

SCRIPPS RANCH FARMER'S MARKET

Yakitori Sawa creates fresh sushi to order

By Jill Alexander

Working alongside your spouse and/or significant other running a business isn't for everyone, but it suits Erika and Makoto Ezawa just fine.

The duo, who own and run Yakitori Sawa, can be found at the Scripps Ranch Farmer's Market on Thursdays prepping and selling their special sushi creations for

hungry visitors.

No stranger to fish fare, Makoto is a master sushi chef who has been making sushi at the Scripps Ranch Farmer's Market since May 2022.

"My husband's family used to run a sushi restaurant in Japan," said Erika, who is expecting the couple's first child. "The sushi roll was developed in the U.S. so, although my husband has 25

plus years' experience as a chef, he still has much to learn."

They once sold chicken skewers at the market but have since stopped.

"We used to sell Yakitori skewers, but we switched it to sushi because of the demand of course, but also, we needed to devote a lot of time for the prep. There are few Yakitori spots in San Diego; however, they have so many prep staffs and it was hard for us to operate on our own, especially when we had a part-time job as well," she said.

California and salmon rolls are the most popular. They first prep at their friend's sushi restaurant but, "we make sushi to order at the market and instead of picking up pre-made packed sushi at grocery stores, we make our sushi on site," Erika said.

"We've seen some vendors selling handrolls or poke at some other markets, and those are an easy-to-grab type of food where you can walk around the market with it. Fortunately, the markets



Fresh-made sushi can be found at the Yakitori Sawa booth in the Scripps Ranch Farmer's Market. (courtesy photo)

we go to, including Scripps Ranch, have plenty of seats to eat on site, so we get to serve rolls like eating in a restaurant," she said.

Because of the quality of Makoto's sushi, word of mouth is spreading and Yakitori Sushi is attracting all sorts of shoppers from young to old at the Scripps Ranch Farmer's Market.

"Scripps Ranch Farmer's Market is a nice, family-ori-

ented market. We get to see moms feeding toddlers sushi. It's nice to know sushi and different types of ethnic foods are commonly accepted by locals," Erika said.

Prices range from \$6 to \$14.

Visit Erika and Makoto Ezawa at the Yakitori Sushi booth at the Scripps Ranch Farmer's Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

Library Story Stroll

Story Stroll is an innovative new program that will debut at the Scripps Miramar Ranch Library on June 1.

The Youth Services librarian, Melissa Barbour, a Scripps Ranch resident, was instrumental in developing this new program for the San Diego Public Library. People of all ages are invited to take a stroll and enjoy a nature-themed picture book at the Scripps Miramar

Ranch Library and seven other locations.

"We Planted a Tree" by Diane Muldrow will be the first featured book at the Scripps Miramar Ranch Library and will be available June 1-30. All Story Strolls will include a QR-code accessible Read-Aloud in English and Spanish, and select titles – including this month's Scripps Ranch selection – and will include Braille transcription.



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#BlissfulLife

Volunteers plan Jerabek Ranch Round Up

By Ashley Shah

Jerabek Elementary School's (JES) annual spring fundraiser, the Ranch Round Up, will take place on June 2 right after school from 3:05 to 7 p.m.

This year, Mehri Sadri, a 2021 graduate of Scripps Ranch High School (SRHS), has been organizing this event alongside her co-chairs Caroline Han and Leslie Roach.



Mehri Sadri

of Jerabek students and groups showing their treasures or skills throughout the afternoon on stage."

In addition to the games and activities, there will be snacks, a barbeque and drinks that can be purchased using tickets or money.

The funds from the games, activities and food will go back toward the Jerabek FFO to cover the expenses of the event.

"We usually break even. However, to note, the Ranch Round Up is not as much of a fundraising event as it is a fun annual tradition for Jerabek families," Sadri said.

This fundraiser will be open to Jerabek families and friends. There is no entrance fee.

"Because this is a school-hosted event, we ask that only Jerabek families and friends come," Sadri said.

As the event comes closer, Sadri shared her experiences and goals for the Round Up.

"It has been such a privilege to volunteer for and give back to a community that has done so much for me, and I am excited that I have the chance to get other younger Scripps Ranch residents involved in such valuable volunteering opportunities which help uplift the neighborhood and make our community a more cohesive one," Sadri said. "I hope to see an upbeat, fun event which gives Jerabek students the opportunity to celebrate all their hard work throughout the school year."

'There will be an exciting talent show, with a line-up of Jerabek students and groups showing their treasures or skills throughout the afternoon on stage'

—Mehri Sadri

"We have a large group of wonderful committee chair volunteers, most of which are Jerabek moms and Family Faculty Organization (FFO) members who have put in weeks of hard work coordinating everything," Sadri said. "For myself, Caroline and Leslie, it is all of our first years chairing Ranch Round Up. So, it has definitely been a

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Marshall student places in contest

Write Out Loud, an organization founded in 2007 with a commitment to inspire, challenge and entertain by reading literature aloud for a live audience, announced its 2023 Read Imagine Create event winners.

Selene Wu, a student at Marshall Middle School, was awarded second prize in the Media Art category.

Middle and high school students throughout San Diego were invited to participate.

First, participating students read the novel "The Bear" by Andrew Krivak. Then, they re-imagined the themes from the story and created a project in an artistic medium that is important to them. Inspired by the literature, they produced works in literary art, visual art, media art, performance art and experience.



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Dingeman Elementary holds its own World's Fair

By Ashley Shah

The Dingeman Elementary School will be having its annual spring fundraiser on June 2 from 3 to 6:30 p.m. on its campus.

"The theme of this year's annual spring fundraiser will be 'The World's Fair,'" principal Dusty Pedrotti said. "We chose to do this fair because we have a diverse population at our school. We want to celebrate the diverse population."

'The student performances vary from singing to dancing and much more.'

—Dusty Pedrotti

The fundraiser will include different activities, stations and games for those who attend.

In keeping with the theme, there will be cultural stations.

"The cultural stations will teach the attendees about different cultures, such as



The 2022 Dingeman Elementary School spring fundraiser featured a selection of inflatable jumpies and games. (courtesy of Dingeman Elementary School)



A crowd enjoys a Brazilian jiu-jitsu performance at the Dingeman Elementary School spring fundraiser. (courtesy of Dingeman Elementary School)

the customs or food in these cultures. There will be local organizations and parent volunteers that will be running the cultural stations," Pedrotti said.

In addition to the cultural stations, there will be student performances.

"The student performances vary from singing to dancing and much more. It is always so great to see the different talents that our students have," he said.

Alongside the cultural stations will be games and activities.

See **WORLD'S FAIR**, Page 15



Principal Dusty Pedrotti



Polynesian dancers demonstrate their craft during last year's Dingeman Elementary School spring fundraiser. (courtesy of Dingeman Elementary School)





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Student earns Harry S. Truman Foundation scholarship

By Kaila Mellos

Sandrien “Sandy” Mekany, a former Scripps Ranch resident and student, has been chosen as the first San Diego State University (SDSU) student to earn the Harry S. Truman Foundation’s graduate scholarship for public-service leadership. Nearly a graduate with one requirement left for her minor, Mekany plans big things for her future.

Mekany is the daughter of Arabic-speaking Chaldean refugees who fled Iraq during Saddam Hussein’s regime. Growing up, she struggled to pick up the English language and faced discrimination due to her background in the years following 9/11 and the War on Terror.

“I think a lot of the time people see being a minority student as really surface level. If you already speak the language, you’re fine. If you were born in the U.S., you’re fine. But it really spans way further than that because people’s cultures, customs, beliefs and backgrounds are so entirely different regardless of where they’re from,” Mekany said. “Coming from immigrant parents, I had an entirely different upbringing than every student I went to school with before high school. I was learning Arabic, even before English when I was growing up and faced a lot of bullying and other things ... having those experiences made it hard for me to believe in myself.”

‘Coming from immigrant parents, I had an entirely different upbringing than every student I went to school with before high school.’

—Sandrien Mekany

Having an upbringing with so much adversity inspired Mekany to make the changes she wished someone would have stepped in to make for her as a child.

“At the end of the day, when I wanted to apply for the scholarship, I applied because I remembered the little girl I was and the opportunities I wish I had when I was younger,” Mekany said.



Sandrien “Sandy” Mekany

“I know that I can create opportunities for others through this scholarship because it connects you and allows you to network with others that work together to advocate for the same things.”

Not only will Mekany receive \$30,000 in scholarship money to help her toward graduate school and more access to apply for federal internships and jobs in the future, but it will also connect her with an endless, worldwide network of people in public services.

Mekany was told she was the scholarship winner in an unannounced visit to her political science class from SDSU President Adela de la Torre, Provost Salvador Hector Ochoa and other school officials. She is the fourth California State University student to receive the scholarship and the first since 2006.

“It felt like I was dreaming. I was just in my class, and I saw our university president walk in with our provost, and I was like, ‘Oh my God, is this about the Truman?’ I had to mentally pinch myself multiple times to believe it was happening

‘I called my mom, and she was crying absolute tears of joy.’

—Sandrien Mekany

since it is such a competitive competition starting at over 800 other applicants,” Mekany said.

When she told her parents, it was an even more joyous, tearful event for all of them.

“I called my mom and she was crying absolute tears of joy. She said something that really made me tear up along with her. She said, ‘this is why I migrated here for things like this to happen for you and for my siblings.’” Mekany recalled. “It was, for her, such a great affirmation that they did the right thing and that she knew she made the right decision because it meant that I was now going to be able to create more opportunities for other young students like me.”

Through multiple internships and experiences in college, like doing a congressional internship in Washing-

ton, D.C., and going to Milan, Italy, this fall to fulfill her final minor credit studying a foreign political system, Mekany has focused on what she aims to do with the \$30,000 scholarship once she gets the chance.

“I haven’t completely decided yet, but what’s really amazing about this scholarship is the way that it guides you. It connects you with people that are in your field or have similar policy interests as you,” Mekany said.

“So, I really want to go into something that can help me advance into an educational policy program for other students of color. What that would look like for me is hopefully securing a job or some type of internship at the U.S. Department of Education in D.C. That would be my ultimate dream.”

She hopes that every experience she has had, and will have in the future, will guide her and help her even-

See **SCHOLARSHIP**, Page 15

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Congratulations on graduating from elementary school! We are so proud of the smart, sweet, and talented young lady you have become. Keep on shining! We love you more than you know! Love, Mom, Dad, Kayley & Landon



Brett Levine, as you graduate from SRHS we want you to know how incredibly proud we are of the person you have become. Enjoy your next adventure at University of Oregon. Love Mom & Dad



Jaiden, We're your biggest fans & beyond proud of your accomplishments. Your passion to excel and be a leader will take you far. Best wishes on your next chapter of learning, growing & achieving at UCSB! Much love, Mom & Dad



Sam Gaccione. Looking forward to NOT hearing from the SRHS attendance office every week! You're off to accomplish great things at University of the Pacific. Don't forget to laugh, smile and have fun on your new adventure.



Avery Gaccione, 8th grader at St Gregory the Great will be attending SRHS in the fall. Onwards & upwards! You make our hearts sing with joy. We are so proud of your accomplishments in and out of the classroom.



We are so proud of you Nathan! Happy Graduation! Love, Mom & Dad



Nice job kiddo.



Emily Erlenbach, SRHS class of 2013, is graduating from the University of Illinois Champaign/Urbana, with a PHD in kinesiology and an emphasis on biobehavioral health sciences.



Congratulations to our daughter **Maytal Lefkowitz**!! Your passion, tenacity, kindness and beauty amaze us each and every day. We are so proud of you and know you'll do great things at University of Indiana! We love you. Mom & Dad

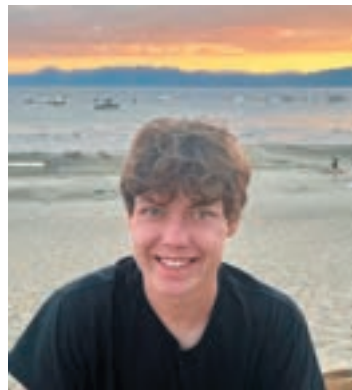
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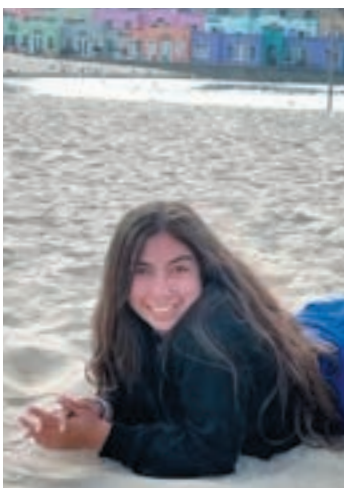
Jarod Cuarto, SRHS Class of 2023: We are so proud of the person you have become and all you have accomplished. Your next journey awaits at Cal Poly Pomona! Make it as awesome as you! Love, Mom & Dad



Congratulations on your 8th grade promotion, Ella! I can't wait to see adventures you'll find in high school! I love you sooo much! XO Mom



Owen Edward Herschelman, we've loved watching your music, programming, & spiritual journey. We're proud of your Eagle Scout achievement and dedication to fitness goals. May God guide you through the next phase...we're excited for your future! Love, Mom & Dad



Jessica, we are so proud of you and everything you have accomplished with your life and business. We can't wait to see what the future holds. Enjoy your new adventures at Fullerton. You are lovely in every way! Love, Mom and Dad



Behind you, all your memories. Ahead of you, all your dreams. Within you, all you need. We love you so much and are so incredibly proud of you. We can not wait to see what your future holds! Love, Mom, Dad & Jessica



Preston, We are so proud of you. You are kind, caring, responsible, a hard worker, and a great leader. Can't wait to see what lies ahead. Congratulations on your 5th Grade Promotion! Love, Mom & Dad



Dingeman Elementary students put on a performance for the crowd during last year's spring fundraiser. (courtesy of Dingeman Elementary School)

Annual event will celebrate diverse cultures

WORLD'S FAIR

Continued from Page 12

"The games and activities will include bounce houses, small rides and more. The games and activities will have tickets that can be purchased," Pedrotti said.

The proceeds of the money raised will go back toward helping programs at the school, such as the arts clinics, music, field trips and basic classroom necessities.

Food will also be provided via food trucks.

"Last year, because of the restrictions given by the COVID-19 pandemic, we were not able to do things like serve food, but this year we can. We will have food trucks from different cultures to add to our theme," Pedrotti said.

Last year, there were about 300 to 400 people in atten-

'The cultural stations will teach the attendees about different cultures, such as the customs or food in these cultures.'

—Dusty Pedrotti

dance.

"This year, we are hoping to match the number of people that came out at least. I think we will have more people come out this year though because we added new kindergarten programs, so we have more families than we did last year," Pedrotti said.

This event is open and free

for everyone to attend, including families of Dingeman Elementary students as well as the community in Scripps Ranch.

"We really want to celebrate the rich diversity in our community through this. An important part of this is that our community can be unified through this," Pedrotti said.

Planning for this event has been underway for the past couple of months. Pedrotti shared what he is most excited about.

"It is always nice to see our families outside of the school day. I am excited for the energy that will be brought from members of our school and community," he said.

For more information about the event, or to volunteer, contact claudinericanor@dingeman.net.

She hopes that through the many amazing experiences she has fulfilled, she will inspire others to chase after their dreams of change.

"Being able to believe in yourself and have confidence, that is what I really hope shows other students that they can do it. Struggle is struggle and the experiences that I had growing up were not hard, they all were," Mekany said.

"But at the end of the day, I think that makes

this so much more meaningful to me, and I hope it makes it more meaningful to the other students who are probably experiencing similar things, or worse things, that we don't know about because it's not often talked about. I really hope if anything that students do see this and see that there's a Chaldean girl who faced many of these struggles growing up: If she did it, then I can do it too," Mekany said.

SCHOLARSHIP

Continued from Page 13

tually apply to law school in a couple of years.

Mekany is set to graduate with a major in political science and as an Associated Students officer whose many extracurricular activities include mentoring and tutoring younger students for the International Rescue Committee, a nonprofit focused on refugees, migrants and asylum-seekers.



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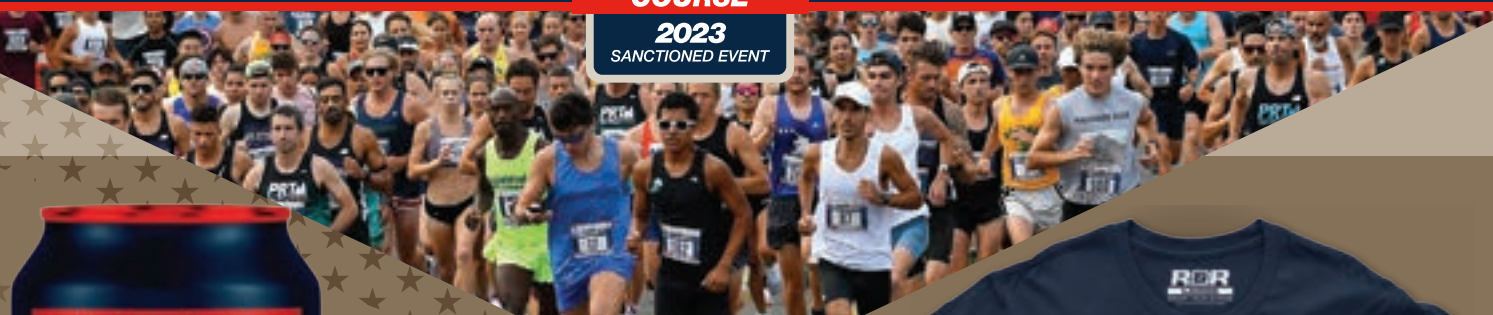


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Two Scripps Ranch teachers honored

TEACHER OF THE YEAR

Continued from Page 1

Trishaa Camp

My name is Trishaa Lynette Camp, and I am a proud mother of five children; Jacquelyne, Joshua, Della, Tevin and Tessandra.

'I strongly believe that everyone should have the opportunity to pursue their passions.'

—Trishaa Camp

As a classically trained ballet dancer, my skill set enables me to express my passion for creativity through choreography. I am a dance teacher at Scripps Ranch High School, the Associated Student Body advisor, and the cheer coach of three teams: varsity, junior varsity and freshman squads. I am the director of the SRHS Dance Company. In addition to dance, I teach math every summer at different schools to broaden my reach and impact to as many students as possible. Outside of my teaching duties, I advise two clubs, and I am an active participant on many committees for Scripps Ranch High School. I've been at Scripps Ranch for nine out of my 22 years in teaching. I am known to my students as "Momma Camp," which couldn't make me any prouder.

I have been in education since 1996. Early in my career, I began my path toward education as a visiting artist and dance consultant for my alma mater Mar Vista High School in the Sweetwater Union High School District. I received my first opportunity to teach and

develop my own program at Eastlake High School in 2001. From there, I continued my pursuit of higher education. I received a bachelor's degree in mathematics and subsequently earned two master's degrees: one in education best practices for the classroom and the other in administration of education.

I strongly believe that everyone should have the opportunity to pursue their passions. In an effort to increase those opportunities, I serve as an executive of a non-profit organization, the Miss San Diego Scholarship Association, which provides scholarships to young women pursuing higher education.

In my free time, I love to travel, garden and sing karaoke.

Here are a few fun facts about me: I was a San Diego Chargers girl from 1996 to 1998 and was the NFL's first cheerleader with children! I'm in the Guinness Book of World Records for the largest kick line and featured in a 2022 Netflix series with my former student Tyler Henry.

Julie Rick

I may not be a native of San Diego, but my 51 years in the area make me feel like one. Growing up in Poway, I loved being outdoors, riding through the hills, finding tadpoles in the creeks and making sure I was home before the streetlights illuminated. I graduated from San Diego State with a bachelor of science degree in business-marketing, and it is also where I met my husband of 37 years, who happens to work across the hallway at Marshall Middle School.

As my children entered elementary school, I found myself rejoining the work-



Julie Rick

force and looking toward teaching. I have always enjoyed the school atmosphere and volunteering in my children's classes. I enrolled in the Alliant University Teaching Credential program and was able to student teach at Dingeman Elementary, where my young daughters attended. Upon completing my student teaching, I completed a long-term substitute assignment and later was fortunate to earn a teaching position at Dingeman Elementary in kindergarten. Then, later I moved on to teach fourth and sixth grade. I found my calling in sixth grade and love the combination of child-like innocence, curiosity, and emerging adolescence that my students display. In 2004, Marshall Middle School became my home, where I teach sixth-grade mathematics.

My mom suffered a stroke at a young age, and caring for her taught me the lessons of compassion, empathy and respect for everyone's individual abilities. This experience left me with my personal philosophy that everyone is capable and can grow with guidance and support. Greeting my students at the door each day ensures each child knows they are seen and cared for in my classroom. I strongly feel that if a child does not enjoy coming to class, then I have lost them before they step through the doorway. But if

'Greeting my students at the door each day ensures each child knows they are seen and cared for in my classroom'

—Julie Rick

they feel respected, heard and seen, then I can build upon that and help a child engage in the lessons and become someone who enjoys math and feels successful. Teaching mathematics is a challenge in and of itself. Drawing in the reluctant learner is what drives me.

One of my proudest moments was watching my students win the CCTE Middle School Showcase Award for their project "To Zoo or Not to Zoo." Using a computer program, they created zoo habitats and then presented them to a panel of professionals. I also began the Philanthropist's Club at Marshall Middle School. The members of the club have raised thousands of dollars for charities, including sponsoring a Canine Companion and sending a WWII Veteran to Washington, D.C., with Honor Flights. Besides my teaching responsibilities, I have served as sixth grade co-chair, as a member of the SGT/SSC, Marshall's Instructional Study Team, and selection committees. I have chaperoned numerous Eighth Grade East Coast trips.

Marshall Middle School is an amazing place to learn from and collaborate with colleagues. The success I have experienced with my students is largely due to the collaboration with my math peers and the Marshall staff. I am very proud to represent such a fine group of people.

SRHS senior events

Here are some of the remaining events as the 2023 senior class of Scripps Ranch High School closes out the year:

Senior Prom

June 3, 6-10 p.m.

Location: Parq Nightclub
615 Broadway
Tickets: \$118 with ASB Card and \$125.00 without ASB card through May 25

Final Exams

June 7, 8 and 9

All Seniors should report to school per their regular schedule.

Grad Night

June 9

Location: Disney California Adventure
Tickets: Sold out

Cap & gown distribution

June 12, 8:45 a.m.-noon

Location: Outside the Counseling Office. There will be one station to pick up caps and gowns, gold cords and four complimentary graduation tickets per graduating senior.

Commencement Rehearsal

June 12, 9 a.m.-noon

Location: Grosvenor Stadium Rehearsal is mandatory for those who plan to participate in the commencement ceremony.

Commencement:

June 14 5-7 p.m.

Graduates must arrive promptly at 4 p.m. and go to the Check In Station located between the basketball courts and gym
Location: Grosvenor Stadium at Scripps Ranch High School
Tickets: All graduating seniors receive four free tickets to graduation. Graduating seniors can purchase additional tickets to commencement. Commencement tickets are on sale via SchoolCash online only. For more information, visit the Guest Admission Tickets page (bit.ly/3W0uSCc). A Student ID card or number will be required to make the purchase. Tickets can also be purchased in person at the finance office during student finance office hours. Cash will be the only form of payment accepted at the finance window.
Diploma distribution: After the ceremony, graduates will pick up their diplomas in the AFJROTC Patio from 7 to 7:30 p.m. Graduates return borrowed caps, gown and tassels, and borrowed cords at the same time and location.
Diplomas issued by the San Diego Unified School District are original documents and cannot be replaced if damaged, lost or destroyed.

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Darren Gunatilake concentrates on a return May 10 during CIF-SDS singles competition. (photo by Jim Wick)



Falcons tennis players Tyler Luke (left) and Darren Gunatilake flank coach Karyn McCartney as they display their Western League tournament plaques. (courtesy photo)

SRHS tennis team closes upbeat year

By Hector Trujillo

The Scripps Ranch High School (SRHS) mens tennis team had an impressive 2023 performance as compared to last year by making the CIF-SDS Open Division playoffs and finishing with an 8-5 overall season record.

SRHS, which plays in Division 1, also saw its top-two players in freshman Darren Gunatilake and junior Tyler Luke face each other in the

league singles competition, with Gunatilake coming out on top in a hard-fought match.

“Everybody seemed to have good sportsmanship this season and they all worked hard,” said head coach Karyn McCartney. “I felt that they were cohesive together. Sometimes they had different partners, but for the most part, they just worked hard and did their best.”

The team had 12 players this season – which was the same as 2022 – and started practices on Feb. 4. The first competition came on March 7 as visitors versus Cathedral Catholic High School, followed by a home-meeting against La Jolla High School on March 9.

The Falcons would then play again on March 14 versus Patrick Henry High School, returning home on March 16 to take on Coronado High School, and closed off the first round of season competition against the Saint Augustine Saints on March 21.

“The goal was not only to make the playoffs, but also to inspire and encourage team play,” McCartney said. “I want them to learn about the importance of working hard enough so they can get to where they need to be.”

SRHS opened the second round of season play at home on March 23 versus Cathedral Catholic High before moving on and facing La Jolla High on April 4. The Falcons then took on Patrick Henry High two days later and squared off against Coronado on April 11 before closing out the regular season on the road on April 13 versus Saint Augustine High.

“I’m not there to change the kids’ tennis, but I’m there to help them achieve better goals,” McCartney said. “My

See **TENNIS TEAM**, Page 21



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Falcons swimmer Nicholas Bai competes during the CIF-SDS Division 1 Preliminaries. (photo by Jim Wick)



SRHS swimmer Isabella Putter performs the backstroke at the CIF-SDS Division 1 Preliminaries. (photo by Jim Wick)

Swim & dive team finishes impressive season

By Hector Trujillo

The Scripps Ranch High School swim and dive team finished off an impressive 2023 season which concluded the beginning of May with several standout athletes getting better as the season progressed.

The team saw 21 athletes qualifying for City League Conference and 19 swimmers making it to the finals held at Coggan Family Aquatic Complex in La Jolla High School. The dive portion was held at Cathedral Catholic High School during the last week of April.

“Our swim and dive team had an amazing season,” said Scripps Ranch High School swim and dive coach Liddy Liao. “Everyone did amazing during the City Conference meet, showed awesome personal times and performed especially well in our relays. All our relay performances were top-notch and incredibly fast.”

Some of the most notable performances were that of sophomore Nicholas Bai and freshman diver Ashley Lawlor – who placed third at the City League Conference meet. Bai earned his medals for the 100 butterfly and 100 backstroke while Lawlor qualified for the CIF finals and got her medal for one-meter diving.

A total of 16 swimmers qualified for CIF, with most of them making automatic cut times and 10 of them making it to the finals as well.

“Nicholas Bai, Ethan Adams, Kai Sarti Guerro, Donovan Ellis epically won the consolation final with their

best time,” Liao said. “Cameron Lee, Isabella Putter, Nita Kamath, Sonali Caffery received their medals for the 200 medley relay.”

Liao also coaches at Patrick Henry High School and began swimming competitively as a child, eventually becoming a member of the Russian national swim

team for several years. After her professional swim career, she became an assistant and later a head coach of many swim teams in Russia and the United States along with successfully developing swimming schools in Sacramento and San Diego.

The Scripps Ranch ath-

letes who made it to finals were Cameron Lee, Isabella Putter, Nita Kamath, Sonali Caffery, Tara Kamath, Emily Konold, Addison Vickers, Jillian Green, Nicholas Bai, Ethan Adams, Kai Sarti Guerro, Connor Ducharme, Donovan Ellis, Hayden Cox, Kevin Chu, Kenneth Kim and Ashley Lawlor.

The CIF San Diego Section Championship went from May 3 to May 6 at Granite Hills High School, with the CIF State Swimming & Diving Championships taking place from May 11 to 13 at the Clovis Olympic Swim Complex in Fresno, but no Scripps Ranch athletes made it that far.

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Beach volleyball impressive season ends

By Hector Trujillo

After going winless in 2022, the Scripps Ranch High School (SRHS) womens beach volleyball team ended this season with a 6-5 overall record and won its first postseason match.

The Lady Falcons entered as the ninth-seed in the CIF-SDS tournament and beat

eighth-seeded Oceanside High School 5-0 in its April 26 playoff game before falling to Cathedral Catholic in the quarterfinals by the same score on May 2.

“As our second year as a CIF sport, we were so proud of the improvement of all of our players,” said head coach Roni Hooper. “I attribute a lot of our success this year to having our own courts on

‘As our second year as a CIF sport, we were so proud of the improvement of all of our players.’

—Roni Hooper

campus. The players got to be more engaged in drills and do more match play during practice.”

After losing the regular season opener to Cathedral Catholic High, Scripps Ranch won back to back games against Mt. Carmel High and Academy of Our Lady of Peace two days later. The Lady Falcons then dropped a nail-biter to University City High before losing to Point Loma High, but finished the regular season winning three of the final four games with victories over Coronado High, Clairemont High and Mission Bay High School.

The five playoff pairs for SRHS were sophomore Ella Fournier playing with junior Megan Chow; senior Lia Go-Soco playing with junior Lauren Peranignian; freshman Bryce Leatherwood playing with freshman Bailie Bishop; sophomore Riley O’Day playing with freshman Kristen White; and senior Rachel Rowin playing with freshman Elyse Taschner.

“We added new coaches this season who are all Scripps Ranch Volleyball Booster (SRVB) alumni with substantial beach experience,” Hooper said. “I believe the favorite thing for the coaches about this season is watching each player grow as an individual and play high level beach volleyball. Last year we were focused so much on the basic skills and this year we were able to do more strategizing and learn more advanced beach skills.”

Beach volleyball is now recognized as an official college sport for women and is among the fastest growing sports, and many colleges are starting to offer it as a mens club sport, too.

“I am so thrilled that they had a great season and the amount of girls who turned out to play beach volleyball,” said Scripps Ranch High School boys volleyball coach Lance Taschner. “It’s so exciting to see all the kids having a fun time on the beach courts.”

Taschner and his wife Judy helped bring beach volleyball courts to SRHS in 2022.



Lia Go-Soco serves against Cathedral Catholic High on May 2. (photo by Jim Wick)



Riley O’Day makes a save during a loss to Cathedral Catholic High on May 2 in the 2023 CIF-SDS Girls Beach Volleyball Team Championships. (photo by Jim Wick)



Megan Chow digs the ball in action against Cathedral Catholic High on May 2 in the 2023 CIF-SDS Girls Beach Volleyball Team Championships. (photo by Jim Wick)



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Molly Fox (left) and Sydney Dorais (courtesy photo)

Duo brings home a medal

By Bill Ausen

Scripps Ranch resident Sydney Dorais and her teammate Molly Fox recently earned the bronze medal while representing the United States at the Flanders International Acro Cup 2023 in Puurs, Belgium.

Dorais – a three time U.S. National Team member – and Fox, a two time National Team member, are the reigning 2022 U.S. National Champions in the Junior Elite Women’s Pair category for acrobatic gymnastics.

The pair was in a fierce competition with teams from all over the world, coming in behind Austria, which took first, and Ukraine, coming in second, with only 3/10ths of a point separating the medalists.

Achieving bronze was a great victory, especially considering that Fox suffered a broken foot while training in October 2022. The long recovery time set the pair back several months in training and the two had limited time to prepare for their international assignment.

Last year, Dorais and Fox took home a silver medal for Team USA in another international competition in Portugal, and earned a gold medal in all three events at the U.S. National Championships in Des Moines, Iowa.

In order to achieve such a high level of success, they train year-round, five days per week. Success in this sport comes from commitment, dedication, love of the sport and teamwork. Dorais and Fox have proven to have all of those skills and see many athletes in their gym on the path to the same success. They train at SoCal TTC in Poway under the

close supervision of coach Patricia Nobre, a successful past competitor herself from Portugal.

Dorais’ and Fox’s parents couldn’t be more proud of their accomplishments and overcoming the challenges they faced.

Acrobatic gymnastics is a competitive discipline in which pairs of gymnasts work together and perform routines. There are three types of routines: a “balance” routine in which the focus is on strength and flexibility; a “dynamic” routine which includes throws and catches; and a “combined” routine which includes elements from both the balance and dynamic routines. Routines are scored by a panel of judges based on the level of difficulty, skill execution

and artistry.

The National Championships are coming up June 20-24 in Tulsa, Oklahoma. Dorais and Fox will compete at Nationals to qualify for the U.S. National Team for another year.

Dorais and Fox hope that their achievements and love of the sport will inspire boys and girls to join acrobatic gymnastics and grow the sport even more in the U.S. Through their career together, they have been able to travel the world with USA Gymnastics and make friendships with many athletes from not only all over the United States, but also around the world.

To learn more about this sport, visit USAG.org or inquire at [SoCal TTC in Poway \(socalttc.net\)](http://SoCal TTC in Poway (socalttc.net)).

RUN & RIDE

Continued from Page 1

mile street bike ride. About 4,000 participate in the various runs and bike rides on the morning of the Fourth.

Afterward, around 8,000 people make their way to Hoyt Park for a fun festival at the conclusion of the physical events. In 2022, the festival included face-painters, inflatable jumpies and other activities for the kids.

During the height of the COVID pandemic in 2020 and 2021, the event became a virtual one, which meant participants would run on their own time wherever the person wanted to run. But the mission of the overall

event remains the same no matter what.

“The purpose is to raise money for youth sports in Scripps Ranch via scholarships,” Gonzalez said.

In 2022, the event raised approximately \$30,000. The same goal is set for this time around.

“I’ve been taking part each year since my family and I moved to Scripps Ranch in 2015 and have seen what a positive impact it has on the entire community,” said Scripps Ranch resident Daniel Ortega. “There is so much to do, and you don’t have to be a super athlete to take part. There are fun activities for everyone in all age groups.”

Visit runride.org.

TENNIS TEAM

Continued from Page 18

goal is not just their individual achievement, but also making them a better person all the way around.”

McCartney helped lead the SRHS womens tennis team

to the 2021 CIF-SDS Division 1 championship, which was the first title for them in 28 years. She played four years at Tustin High School before moving on to Orange Coast College where she earned the number one ranking in the state.



Sydney Dorais balances Molly Fox in the air. (courtesy photo)



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EYING THE STRIKE ZONE: Scripps Ranch High School pitcher Eric Banks fires the ball during a loss to Cathedral Catholic High on May 2. The Falcons defeated Classical Academy 3-2 on May 16 in the Division 2 CIF-SDS 2023 Baseball Championships elimination round and faced Cathedral Catholic High in Round 1 on May 17 at press time. (photo by Jim Wick)



SPIKE ON THE WAY: Blake Taschner prepares to spike against Carlsbad High during a 3-1 victory on May 4 in the Open Division of the CIF-SDS 2023 Boys Volleyball Championships. The Falcons went all the way to the championship game before falling to Cathedral Catholic on May 13. Scripps Ranch lost 0-3 to Loyola High on May 16 in the Division 1 State CIF SoCal Championships. (photo by Jim Wick)

SPRING SPORTS WRAPPING UP

Only a few weeks of spring remain, which means most regular seasons of springtime sports have ended, while a handful of Scripps Ranch High teams remain in CIF-SDS post-season play. See ScrippsRanchNews.com for updates.



TWO-ON-ONE: Calvin Anderson battles against Westview High defenders during an 18-1 victory on May 12 in the 2023 CIFSDS Boys Lacrosse Championships Division 1 action. Scripps Ranch lost 5-7 to La Jolla Country Day in the semifinals on May 16. (photo by Jim Wick)



ON THE RUN: Scripps Ranch High School player Dahlen Vilbrandt races downfield against Torrey Pines High in a May 11 loss in the first round of the 2023 CIF-SDS Girls Lacrosse Championships Open Division. (photo by Jim Wick)



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