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# SCRIPPS RANCH NEWS



Volume 5 Issue 10 • September 2022

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## LEADER OF THE BAND

Rosy Barba, SRHS lead drum major, oversees preparations for a halftime performance by the school's marching band on Aug. 26. (photo by Justin Fine)

## Meet Rosy Barba: SRHS drum major

By Ashley Shah

**R**osy Barba, a senior at Scripps Ranch High School (SRHS), is the lead drum major for the SRHS marching band this academic year. Barba has been involved in the SRHS music program for three years, and now is her opportunity to be the leader of the award-winning Falcons marching band.

As drum major, she is the right-hand to Russell Shedd, the SRHS music director.

"I relay information from Mr. Shedd to parents and students. I conduct our shows during football games and performances. I do a lot of leading in rehearsals, warm-ups and sectionals," she said.

Her goals for this season



Rosy Barba

include creating an enjoyable experience for the students.

"I really want everyone to have a great experience like I did my freshman year. I want to make sure I am

See **ROSY BARBA**, Page 15

## Artist accepts public art projects with meaning

By John Gregory

**S**cripps Ranch resident Belen Islas creates colorful, whimsical art that stirs the imagination. She strives to accept commissions for public art with a meaningful purpose and shows how art can be a helpful outlet.

"The most important part for me about art is that art saved my life in many ways, and I want to help the community and everyone through my art," Islas said.

Her recent works include a mural in a Los Angeles Starbucks in an area that was recovering from a recent tragedy. She also completed a mural for the Spectrum Collaborative, an LGBTQ+



Artist Belen Islas painted this colorful mural for a Starbucks located on Figueroa Street in Los Angeles. (image courtesy of Belen Islas)

youth organization in Ventura County. This was produced with the support of the Ventura County Arts Council.

Another mural is in a Ventura County public garden in Oxnard that helps

feed the aging population battling food insecurity.

She will soon work on another commissioned project for Starbucks.

"They usually give me the opportunity to really go into the community and talk to



Scripps Ranch resident Belen Islas said that creating art has been an important part of her life. (image courtesy of Belen Islas)

everyone and give something back through my art," Islas said.

She also accepted a project for a juvenile detention facility in Ventura County.

"I will work with the kids there. I will teach them how

to create a mural and how it can be an outlet," she said. "I think those kids sometimes need some kind of love."

Islas has a degree in marketing from a university in See **ARTIST**, Page 11

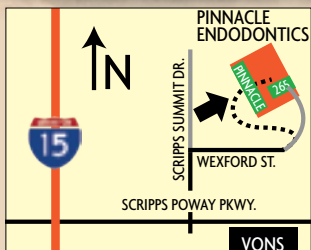


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# Center founder reaches milestone

By Jill Alexander

**T**wenty years ago, crooner Frank Sinatra died, “Titanic” won 11 Oscars at the 70th Academy Awards and Scripps Ranch resident Kathy Holt founded Poway Adult Day Health Care Center in 2002.

Her adult daycare program provides a structured, individualized set of therapeutic activities developed to enhance mental and physical functioning. It’s designed for older adults who require assistance with activities of daily living and those who have certain medical conditions that require monitoring and supervision.

“The program increases social opportunities and cognitive stimulation for those who may experience memory loss and physical decline as well as Alzheimer’s or another form of dementia,” said Holt, who was an elementary school teacher for 15 years before changing her career to elder care.

The center celebrated its 20th anniversary on Aug. 25. Holt said reaching 20 years of service was a huge accom-



Kathryn Holt, founder of Poway Adult Day Health Care Center (courtesy photo)

plishment given the numerous hurdles the program faced over the years. It was a big step for her to change careers as well. She left her teaching career of 15 years after becoming her grandmother’s primary caregiver during the last four years of her life.

“Through my caregiving journey I learned of adult day health care as a long-term model of care that allows families like mine to keep their loved one in the home environment as long as possible,” Holt said.

There have been countless

families that said without the services that the program provides, they would not have been able to continue caring for their loved ones at home and would have been forced to place them in long-term care facilities, Holt said.

The best part of what she does is seeing “how we can improve the quality of life for our clients and their caregivers. This season of life can be very difficult, and we can bring more joy-filled moments into their days and help them to feel as though

See **MILESTONE**, Page 3

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### Charity tournament arrives next month

Join the Scripps Ranch Fire Safe Council when it hosts its 15th annual "Play to Protect" Charity Golf Tournament fundraiser at Eagle Crest Golf Club, 2492 Old Ranch Road in Escondido on Saturday, Oct. 22, starting at 8 a.m.

An entry fee of \$125 includes golf, cart and lunch. Lots of raffle prizes and auction items will be available.

Form a team and get in on the fun.

The Scripps Ranch Fire Safe Council is also looking for sponsors for this event. Visit the website for additional information. Call Karen Herberos at (858) 201-3711 or sign up at [srfiresafe.org](http://srfiresafe.org).

### Election poll workers needed

The San Diego County Registrar of Voters is seeking poll workers for the Nov. 8 Statewide General Election. Poll workers play an essential role in elections and can serve their community while earning \$16 per hour.

Rather than a single day of service, poll workers are now needed to staff vote centers up to 11 days in the two weeks before Election Day.

To become a poll worker, applicants must be 18 years old, a U.S citizen and registered to vote in California, or lawfully admitted for permanent residence in the United States. The Registrar is seeking people who are team players, exhibit strong leadership and customer service skills, and display flexibility, patience and the highest level of integrity at all times. Poll workers must represent the Registrar of Voters in a professional, nonpartisan manner.

*To be a poll worker, you must apply online at [sdvote.com/content/rov/en/pollworkers.html](http://sdvote.com/content/rov/en/pollworkers.html). For more information, email [pollworker@sdcounty.ca.gov](mailto:pollworker@sdcounty.ca.gov).*

—Tracy DeFore  
County of San Diego

### MILESTONE

Continued from Page 2

they are not alone," Holt said.

Holt and her husband Bill moved to Scripps Ranch in 1998 when their oldest daughter was 5 years old and entering kindergarten at Jerabek Elementary School.



A Friday evening in summer is best celebrated with friends. The Scripps Ranch Welcome Club members gathered in the backyard of a member to enjoy a potluck supper and one another. (photo courtesy of Scripps Ranch Welcome Club)



Welcome Club readers are (from left) Elaine Scott, Kate Schaap, Karen Reilly, Lynnell Hallock, Marcia Mikesell, DJ Lavoie, Denise Stewart and Sharon Hebl at the home of Susan Castellana. (photo by Susan Castellana)

### WELCOME CLUB

## Welcome Club enjoys outdoor events

By Denise Stewart

Bright days and warm evenings are perfect occasions for Scripps Ranch Welcome Club members to gather for music in the park, a coffee in a garden, an ice cream social, a museum tour and a poolside party.

September's calendar is full of the regular club daytime activities like trail walking, book talks, Bunco, crafts and card games. The evening festivities add a special celebratory touch to this transition into fall.

Along with the ongoing activities, coming up next month, Welcome Club will resume its regular attendance at Scripps Ranch Theatre performances. Prior to the play on Oct. 8, playgoers will gather for a potluck supper and then take in the first comedy of the season, "The Outsider." The club plans to attend all the plays for the 2022-2023 season.

Welcome Club is not only delighted to include new members, but also enjoys initiating new activities. The members are open to new opportunities to have enjoyable and friendly experiences. So, bring your suggestions along with your enthusiasm.

*Newcomers to Scripps Ranch, and women who would like to enrich their social life, are invited to learn more about the Welcome Club on its website: [scrippsranchwelcomeclub.com](http://scrippsranchwelcomeclub.com). Contact information is available there.*

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## The courage to change careers

By Terry L. Wilson

While some may say an entrepreneur is nuts for taking risks, one local businessman has proven he is not afraid to take a leap-of-faith.



"I've been in Scripps Ranch for 17-years," said Eric Lefkowitz, president and CEO of Motto Mortgage Mint. "I recently left a \$2-billion company to purchase an up-and-coming mortgage brokerage. Some people I talked to said, 'you're crazy because rates are high, and thousands of mortgage brokers across the country are getting laid off.' ... I believed in myself, so I took the risk."

Confidence in one's ability to create something out of nothing is part of embracing the entrepreneurial spirit. Sometimes that spirit motivates Lefkowitz to leap where others fear to tread.

"I have a background that embraces an entrepreneurial environment," Lefkowitz said. "It got me through college. That was 25-years ago, and it's been going very well for me ever since."

To be a successful entrepreneur, an individual must have enough self-confidence to leapfrog from one career to the next, often leaving financial security in the rear-view mirror to take a gamble on the future.

"When it comes to career changes in your life, both big and small, sometimes it can come down to creating more time to spend with family," Lefkowitz said. "I have three children, all in public school in Scripps Ranch. My wife is a top-producing Realtor, so she and I are partnered with the mortgage company in a way that allows us to service each other's clients."

Eric's wife Emma is a 20-year veteran when it comes to selling homes and has for years been a top 1 percent producer. Together, they are a one-stop shop for someone looking for a new place to hang their hat. When it comes to prepping your home for a sale, these pros have some tips on what to do and what not to do.

"My wife and I talk about this subject all the time," Eric said. "An inexpensive remodel will generally provide you with more value. ... There are other things people do that are a waste of money. Replanting the backyard: bad idea. Putting in a fire pit because they love it: bad idea. Upgraded kitchens: good idea. Granite countertops: good idea."

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SUSTAINABLE SCRIPPS RANCH

# eBikes: How to get started

By Lynn Owens

**Y**ou're convinced that an electric bicycle can make life better in hilly Scripps Ranch, but how do you start?

**Ride one.** Borrow from a neighbor, friend or vendor. Try both throttle mode (like rotating a motorcycle throttle) and pedal-assist mode where you get more help as you pedal harder. Lift it, push it around, get on and off. Start and stop repeatedly. The bike can "jump" forward unless you start slowly and smoothly, so try it many times.

**Figure out what you want.** YouTube has many good introductory videos. Also search for "ebike reviews" online. Check Walmart, Costco and Amazon online. Some "best ebikes" sites are really just biased ads, so be careful. Prices range from under \$400 to over \$1,400. Bikes below about \$700 can be fun to get you started, or for hauling to the beach, but are often unsatisfying for frequent riders unless you're in very good shape. However, if you'll mostly be on paved-road trips under 15 miles, many good options cost less than \$1,500. Size and weight



matter, especially if you need to lift the ebike for storing or for travel via car or bus. Safety is critical – good brakes and good tires. You'll probably want both throttle mode and pedal assist. Comfort and ease of use are critical – think about tire width, suspension, seat, riding angle and also whether the bike needs assembly and whether it's easy to maintain. Battery life and charging speed are fundamental but are typically not a problem with brand-name lithium-ion batteries. Power determines whether you can make it up a steep hill, especially with heavy loads, and whether you'll be able to make it home. However, unless you're very heavy, any mid-priced ebike probably supplies enough power. **Try before you buy.** Our neighbor bought a \$700 bargain ebike

with no throttle mode. She wanted some exercise but even the lowest pedal-assist level made her ride too easy. One test ride would have saved her \$700. Find a way to try your target bike if at all possible. At a minimum, read multiple real-people reviews of "your" bike and learn from others' experiences, or buy a pre-assembled ebike from a vendor with free returns.

**Start slowly.** Stay on quiet streets until you're comfortable. Our next article will give more tips for enjoying Scripps Ranch by eBike.

Here are our talks at our library for this month:

**Scripps Miramar Ranch Library Community Room**

**Friday, Sept. 30, 10 a.m.** Tree San Diego: Planting for the Future

**Friday, Oct. 7, 10 a.m.** San Diego Environmental Services: How to Recycle Right

**Saturday, Oct. 15, 1:30 p.m.** Farmer Roy: Successful Fall Vegetable Planting

**Saturday, Oct. 22, 10 a.m.** San Diego Astronomy Association: Amateur Telescopes 101  
Visit [scrippsranch.org/ssr](http://scrippsranch.org/ssr).

## Consider entering the Home Lighting Contest

Some might say it's much too early to think about this year's winter holidays. But we know for a fact that, for some Scripps Ranch families, it's never too early. That's why we are providing this early announcement about the extremely popular Scripps Ranch News Home Lighting Contest for the 2022 holiday season.

This annual lighting contest has provided a joyous experience for local residents in the past years, sparking a warm holiday tradition for all of Scripps Ranch to enjoy.

The Home Lighting Contest not only allows entrants a way to showcase their outdoor light decorating skills, it provides a convenient opportunity for those who appreciate holiday light decorations to tour the outdoor home displays.

Scripps Ranch News will publish a map of entry locations in the December edition of the newspaper – and will provide updates online.

Anyone whose home is within Scripps Ranch and decorates the outside of their home with holiday lights this season is eligible to enter the contest. Prizes will be awarded to the top entrants.

Judges will drive to the properties in the contest to view the lighted displays. All entry displays must be accessible to the public for street viewing. When judging is complete, the top displays will be photographed.

The winners of the contest will be announced on [ScrippsRanchNews.com](http://ScrippsRanchNews.com) and photos of the winning displays will be published in Scripps Ranch News.

Deadline to enter is Dec. 4, 2022. Contest rules and other specifics are provided in the online entry form. Those wishing to enter may fill in the form at [scrippsranchnews.com/lighting-contest](http://scrippsranchnews.com/lighting-contest).

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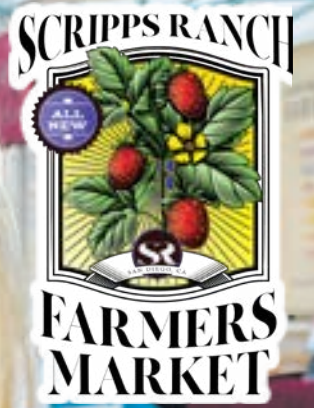
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VOSR



# 'The Outsider' injects laughter into politics

By Ashley Shah

**S**cripps Ranch Theatre opened its 43rd season this month with a production of "The Outsider," directed by Christopher Williams.

The play is a political satire.

"It's about how we, as a public, choose our elected leaders, and how the absurdities have led to the leaders we have now," Williams said. "I know this play very well. I have performed it before."

The production begins in the midst of a crisis when Lieutenant Governor Ned Newley is being sworn in as governor due to a scandal with the former governor.

**'We are having a blast; we are laughing at every rehearsal.'**

—Christopher Williams

"Throughout the play, we are always in this crisis mode," Williams said.

The production includes seven main characters.

Ned Newley, played by Robert May, portrays the new sworn-in governor.

"He does not like speaking in public and cameras. He



Robert May (left), Leigh Ellen Akin and Walter Murray (back) perform in the Scripps Ranch Theatre production of "The Outsider," running through Oct. 9. (photo by Ken Jacques)

does not like being around people. However, he is the most qualified for the job," Williams said. "The question really is, why did he get into politics? He is the outsider."

Dave Riley, played by Adam Daniel, is the chief of staff.

"He is a high strung chief of staff. He tries to put out all the fires. His goal is to keep Ned in his position because he is the best for it," Williams said.

Paige Caldwell, played by Deborah Dodaro, is a pollster. Arthur Vance, played by John Nutten, is a political guru.

"[Both characters] are hired by Dave to help keep Ned in office. They both know the business of politics well," Williams said.

Michelle Trester plays Louise Peakes, who is the "temp" Ned hires.

"She's very bright, and positive, but soon after she is hired it becomes pretty clear she is inept at her job. Most of the comedy comes from her," he said.

Rachel Parsons, played by Leigh Akin, is a reporter. AC Petersen, played by Walter Murray, is a cameraman.

"AC is the typical American. He just does his job and does it well. However, there is a surprise with him," Williams said.

Casting for this production began in July. Rehearsals started in August.

"We are having a blast; we are laughing at every rehearsal," Williams said.

Opening night was Sept. 16 and performances are held every Friday, Saturday and Sunday.

"My hope for this play is that people will be able to



Christopher Williams, director

sit and laugh at themselves and at each other for these two hours. People should be able to realize that we are all responsible for what the government does for us, and that we all take an active part in it," Williams said.

"This play appeals to everyone because we all need a laugh with all of what we have gone through with COVID and isolation. Everything is treated with great humor, but this also has a huge heart to it. It shows why our democracy, even with its faults, is a beautiful thing. I really appreciate that about this play, it has meaning," he added.

The production will run through Oct. 9.

To purchase tickets for the play, visit [scrippsranchntheatre.org](http://scrippsranchntheatre.org), or call the box office at (858) 395-0573.

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Madeline Raitt, Harper Slater, Hadley Slater, Emma Slater and Christopher Raitt. (photo by Ryan Raitt)



Free Lemonade for Dads on Father's Day! Nora & Mariam Alhakim and Jazlyn & June Stewart (photo by Adrienne Stewart)



Left to right; Julia Ho, Easton Shimek, Jonathan Ho, Gunnar Zarins, Maddox Shimek. (photo by Mike Shimek)



Lorelei Fleizach (9) and Ava Barber (11) offered two flavors of lemonade, regular and strawberry, all made from scratch! (photo by Siena Fleizach)



Milo and Finn de Cógáin hold a lemonade stand every year. (photo by Mitra and Máirtín de Cógáin)



Haylee and JP Charbonnet offered their homemade lemonade for free, but their enthusiasm and cheerful attitudes despite the hot sun earned them donations anyway. Their grandparents, whom they affectionately call "Franks and Beans," also participated. (photo by Beth Charbonnet - grandmother)

## LEMONADE STAND CONTEST

Never before have there been such great stands staffed by such adorable children as in this year's edition of the Scripps Ranch News Lemonade Stand Photo Contest. While the decision was very difficult because all the kids and their stands looked fantastic, Haylee and JP Charbonnet are the winners and will receive two dozen decorated sugar cookies from Sweet Treats by Jess Bakery. Congratulations and a big thank you go out to all participants!



Busy Bee Cafe. Left to right: Xander Romero, Luke Bidermann, Mila Romero and Drew Bidermann. (photo by Kristi Bidermann, mom)



Dylan Burer, Sam Ward, Austin Burer and Nicholas Coppola (cameo by Sam's little sister's friend in the background) modified a radio flyer wagon themselves to make a mobile lemonade stand. (photo by Stephanie Ward, Sam's mom)



Left to right: Allison Green, Eliana Collins, Jack Collins, Elizabeth Green and Joshua Collins, customer (photo by Andrea Green)



Taylor, Lila, Avery and Piper Massey (photo by Heather Massey)



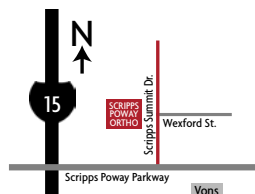
Natalie and William Hoffman (photo by Katherine Williams, grandma)



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# Sugar Pie's offers the sweet taste of success

By Jill Alexander

With a nickname like Sugar Pie, it's easy to see why Tami Vega became a baker and a pastry chef.

"My dad used to call me Sugar Pie and that's how I got my name. I also love making pie," Vega said in between baking pies for the upcoming Scripps Ranch Farmer's Market.

Vega is the owner of Sugar Pie's Bakery in Vista and spends about 60 hours a week baking and making assorted pies, cookies, bars, pastries and gourmet jams that are a mix of gluten-free vegan and traditional (full gluten-full dairy).

You can find her delicious delights at the Scripps Ranch Farmer's Market on Thursdays.



Tami Vega

"I got started when I was 15. My dream was to open my little bakery and cafe. I have worked in the restaurant business for 38 years and I have been a pastry chef for 30 years. I was able to accomplish that dream in 2003 when I started my business in the farmer's markets in Orange County," Vega said.

She opened a brick-and-mortar shop from 2005 to 2015 in Orange County. But she closed it and moved to San Diego County, and came back to the farmer's markets where she originally started selling her pies.

"I do everything from scratch and it's just me," she said. "I start at 5 p.m. the night before and work straight through since I want everything to be the freshest possible. I do it all from scratch and taste everything. I'm doing what I love from beginning to end."

Her pies are fresh and tasty. Vega is known for having some of the best pies and pastries around, including Dutch apple, maple pecan, chocolate creme, berries and crème, key lime, mixed berries, and of course, her signature pie the Sugar

Pie, which is puff pastry and custard cream sprinkled with cinnamon sugar on top.

"I just love to be able to do what I love and that's baking. I've got it down to a science. I guess you could say I'm like a mini production line. Sometimes, I even surprise myself," she said.

Vega also loves selling her sweets at the Scripps Ranch Farmer's Market because it attracts people of all ages,

lots of young people as well as families.

"The best part of being a vendor at Scripps Ranch is the customers, of course. The location is awesome, the other vendors are fun to work with and the best market managers," Vega said.

Visit the Sugar Pie's Bakery booth at the Scripps Ranch Farmer's Market, held from 4 to 8 p.m. each Thursday at 10045 Carroll Canyon Road.

## ARTIST

Continued from Page 1

Mexico and studied graphic design at UCLA after she moved to the U.S. several years ago. She moved to Scripps Ranch one and a half years ago with her husband Lonnie Eldridge, son Nano and daughter Italia.

Islas worked in graphic design for about 10 years before a life-changing event made her switch to a career in fine art.

"When I was pregnant with my daughter, it was a really difficult pregnancy. ... I couldn't walk, I couldn't do anything. I was in bed the whole time, so I was losing my mind," Islas explained. "The only thing I was able to do was to sit and paint. So ... I was just painting, painting and painting. I think that really saved me from losing my mind."

The most impactful circumstances occurred while she was giving birth.

"The day my daughter was born I was really physically weak, and I almost lost my life in the hospital. So, when I was in that moment that I knew maybe I will never meet my daughter, I promised myself that if I lived, if I survived this, I will change my life – I will do something that really will help others," she said. "I just thought ... I want to do art that is significant and that could help others. So, I think for me, that was the most important moment of transition. And I think that's why my pieces and all that I do is al-

ways about the community, about helping others to understand that you can find your outlet to save your life, like art did for me."

Islas believes her path sends a message to others,

including her family.

"I want my kids to know that I am doing something that I love, and that we can grow as a person and as a family through things that we love," she said.

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# Pomerado Community Band: Good friends, good music

By Terry L. Wilson

The Pomerado Community Band (PCB) has been making music since 1990,” said Dean Hickman, conductor of the band. “Our motto is ‘good friends, good music.’”

Hickman began his musical journey at the age of six, squeezing notes from an accordion. Then he graduated to a trombone. A natural progression led to high school and college bands. The only time he didn’t have a musical instrument in his hands was when he joined the Navy and was put into a submarine. They made him leave his accordion on the base.

“After the Navy, I went to San Diego State, played in the band and got my teaching credentials,” Hickman said. “I then taught music for 33 years, retired in 2009, and for the past 32, the Community Band has weaved in out of all that. And I’m now conducting the band.”

The Pomerado Community Band is comprised of approximately 70 members, primarily from the Scripps Ranch, Mira Mesa and Poway areas of San Diego County. While some of the band’s members are professional musicians, most members have full-time jobs and just enjoy playing a wide variety of concert music.

“We had our first rehearsal in 1990,” Hickman said. “We started with 30 members, and we got up to 90 just



The Pomerado Community Band consists of volunteer musicians and performs all over San Diego County. (photo courtesy of Pomerado Community Band)

before the pandemic set in and we had to stop rehearsals in March of 2020. It’s difficult to play a trombone while wearing a mask. The band had to go back and forth as the COVID pendulum swung back and forth.”

Eventually, the band was able to get back together.

“One day we were good to go, come on in, have a good time. ... versus masks back on everybody,” Hickman said. “Now, with the relaxing of the mask mandates in the schools – be-

cause we rehearse in a middle school – that’s what enabled us to get back into a regular rehearsal schedule. In post-pandemic, we’ve been rehearsing since last October. And we now have about 50 members.”

The musicians range in ages from 12 to 80. Working without pay, they put in the long hours needed to perfect their presentation for their audiences and for the love of music.

“We are a volunteer organization, so people come and people go,” Hick-

man said. “But we have a nice solid group, well instrumented, and we perform all over San Diego County. We play a variety of standard concert band literature. Over the course of the year, we’ve covered just about everything a concert band can do from serious band literature to marches to pop tunes and soundtracks from well-known movies. During the course of the calendar year, we have something for everyone.”

Hickman and his troupe of musicians maintain a busy schedule, and that’s the way the band likes it.

“We average five or so performances a year,” Hickman said. “We did a holiday concert in December. We performed in the USS Midway Museum twice a year for their Memorial Day and Pearl Harbor Day remembrances. We host a festival of other volunteer bands in May in Old Poway Park. A couple of weeks ago we performed at the Old Organ Pavilion, and we finished our summer concert series in Old Poway Park on Aug. 14. We keep pretty busy, and that’s the way it really should be. If you just sit there and do rehearsals and maybe two performances a year, it just doesn’t get the blood moving quite as much as when you have a busy schedule to look forward to.”

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

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# Students prep for national cyber security competition

By Ashley Shah

The Scripps Ranch High School (SRHS) Air Force Junior Reserve Officer Training Corps (AFJROTC) has a branch dedicated to cyber security. This group participates in a national cyber security program with competitions called CyberPatriot.

Senior Nathan Min, commander, and his partner, sophomore Veer Chopra, sergeant of SRHS CyberPatriot, are leading the branch at SRHS AFJROTC.

“The way the competitions work is that students are expected to secure an operating system within a scenario that they are given. We work on three different systems: Linux, Cisco and Windows,” Min said.

To prepare for the competitions, the team has weekly meetings in which they practice scenarios and go over logistics.

“We do practice scenarios and techniques in our meetings. However, most of the work, and practice is done



Nathan Min



Veer Chopra

asynchronously. Students are expected to practice on the systems in their own time and become familiar with them,” Chopra said.

The SRHS AFJROTC unit competes in the All Service division, which is for JROTC programs.

“There is also an open division for schools that do not have JROTC programs, as well as a middle school division,” Min said.

There are multiple competitions for CyberPatriot that start in October and end in March each season.

Round 1 happens in October; Round 2 happens in November and State occurs in December.

“For Rounds 1, 2 and State, any team is allowed to compete in those competitions,” Min said.

At the State competition, the top 30 percent of teams are bracketed into the Platinum Tier. The next 40 percent of teams are sectioned off as the Gold Tier and the final 30 percent of teams are categorized as the Silver Tier.

“After the teams are sec-

tioned off into their tiers, they compete within their tiers to advance to semifinals,” Chopra said.

The top 25 percent of each tier advances to semifinals.

“The competitors in the Platinum Tier are the only ones that can make it to nationals,” Chopra said.

Only 12 teams make it to nationals from semifinals.

“Last year, we won first in our division for nationals. We have been a high achieving team for years, and it was a big accomplishment for us,” Min said.

This year, the team consists of about 15 members.

“We have five people for novice, five for junior varsity and five for varsity. Each team has one person that specializes in Linux, one for Windows and one for Cisco. There are also two back-up members on each team,” Chopra said.

Chopra and Min hope that this year’s team is as successful as SRHS teams have been in past years.

“We are hoping to win at nationals again this year,” Min said.

Alongside doing well at competitions, Min and Chopra are hoping to spread more information about cyber security to the public.

“I think in this day-and-age, with technology being so widespread, it is really important to know how to keep your information secure. This competition helps us learn, but also we want to help more people,” Min said.

## CYBER SECURITY TIPS

The SRHS AFJROTC security program listed the following cyber security tips as a way to inform others about how to keep their information safe.

**1** When receiving emails, check to see if you know the sender, otherwise you could be opening a virus.

**2** Choose strong passwords. Hackers can easily get into your account if you do not

choose a strong password.

**3** Whenever you are sent an URL or link and asked to click on it, always double check that it is indeed the URL it claims to be, and that there are no spelling errors. If you don’t know the sender, don’t click it at all.

**4** Make sure to log out if using a shared computer before you leave to make sure others

can’t access your account.

**5** When downloading software, refrain from using third party sites, as these downloads may often contain malware or viruses. Instead, download from the official site.

*To stay updated on cyber security information, visit the News page on ScrippsRanchNews.com to see a list of tips every month.*

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MD Today Urgent Care is thanking their community and staff with a celebration outside the Scripps Ranch clinic on Monday, Sept. 19, 2022, from 9 a.m. to 6 p.m. at 10605 Scripps Poway Parkway, Suite C. There will be a raffle held for restaurant gift cards and refreshments. Please come and enjoy some refreshments and sign up for the raffle.

MD Today Urgent Care would like to acknowledge and thank their clinicians and staff who have continued to selflessly work through the entire pandemic to provide care to their patients. MD Today has been overwhelmed by the support from family and friends, neighbors

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Sophialuz Lopez, Jerabek Elementary, 2nd grade (photo by Mom Lucy NDP)



Kamryn Sablad, 7th grader at Marshall Middle School (photo by Catherine Sablad)



Carson and Jaiden Wick, 9th & 12th grades, Scripps Ranch High School (Photo by Pamela Wick)



Gretchen Do (Kindergarten) and Charlotte Do (TK) are both attending EBS (photo by Howie Do)



Vincent Taylor, UTK, Dingeman Elementary School (photo by mom, Jennifer Taylor)



Stella & Audrey on the first day of fifth grade at Jerabek (photo by Christine King)

## FIRST DAY OF SCHOOL

There was plenty of anticipation, excitement and smiles for students in Scripps Ranch who prepared to attend classes on the first day of the 2022-23 school year as seen in these photos submitted by their parents.



Garrett Drury on his first day of 1st grade at Jerabek Elementary (photo by mom: Alexa Tremblay)



Drew Bidermann, 4th grade and Luke Bidermann, 2nd grade at EBS Elementary School (photo by Kristi Bidermann)



Kevin Leung, Scripps Ranch High School, Grade 12 (photo by mom, Michelle Leung)



Colin Bickel is preparing to drive himself to Scripps Ranch High School for his first day as a Senior. (photo by Ken Bickel)



Maia Wilson, 3rd, and Phoebe Wilson, Kindergarten, Jerabek Elementary (photo by Emily Bloom)



Easton and Kendall Hancock (twins), 5th grade, Jerabek Elementary. (photo by Mom, Branaca Elsberry)



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SRHS drum major Rosy Barba leads the Falcons marching band during a halftime performance at a football game on Aug. 26. (photo by Justin Fine)

## Rosy Barba leads the SRHS marching band

### ROSY BARBA

Continued from Page 1

bringing a lot of enthusiasm. Students are really looking forward to being back, so I want to keep that energy going," Barba said.

She is excited about leading the marching band this year.

"I am really looking forward to leading this amazing group of students and taking them to the championships. I can't wait to conduct this show. That's what initially drew me to this position," Barba said.

She has been involved in the SRHS music program since her first year at the school.

"I joined the marching band and concert band my freshman year. I then was asked later to join the full ensemble, which is a set of students from concert band who play with orchestra," Barba said.

During her sophomore year, Barba joined the student council for the band as a music librarian.

"Mr. Shedd has a student council that assists him. As a librarian, I handled the music for the shows," Barba

said.

In her junior year, she was assistant drum major, which led her to the position of drum major this year.

The SRHS marching band had its initial performance of the season at the first home football game of the year on Aug. 26. Prior to the first performance, members of the marching band had two weeks of band camp.

"During band camp, we worked on marching basics, and had them start on the show. We met Monday to Friday from 3 p.m. to 9 p.m.," Barba said.

During the school year, the band practices in class as well as after school on Tuesdays through Thursdays.

Competition season begins in late October and continues until late November when the finals and championships occur.

"Last year, we placed fourth in our division, and ninth overall in the state," she said. "Hopefully this year we are able to do well at grand championships."

This season, the SRHS marching band will be competing in the 4A division, rather than the 5A division

as in years past.

"A lot of kids didn't join music because of COVID, so we have less students than we usually do. I don't think that will affect us negatively because we all are really excited to be there, and have a lot of energy," Barba said.

Because this is her last year in the SRHS music program, she reflected on her experiences.

"It's just been so amazing to be a part of this program. I have gained so much, and learned so much," she said. "I have been able to meet some of my closest friends through band. I just love every aspect of music, and this program."

Barba has not only spent four years in the music program at SRHS, but has also been in music since she was about seven years old. Even though she has been in music for years, her passion has not subsided, and she wants to continue music in the future.

"I'm hoping to get my bachelor's of music in music performance, and a master's in conducting," she said.

For more information about the SRHS music program, visit [srhsmusic.com](http://srhsmusic.com).

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SPORTS



Scripps Ranch volleyball player Bryce Leatherwood makes a dig during a Sept. 1 match against Granite Hills High School. (photo by Jim Wick)



Lauren Peranginangin spikes the ball against Granite Hills High. (photo by Jim Wick)

# VB team looks to finish strong

By Hector Trujillo

Despite a slow start to the season, the Scripps Ranch High School

(SRHS) varsity womens volleyball team strives to have a strong showing in league play with six of its final 10 matches at home.

The team started off strong with a dramatic five-set win over Ramona High School on Aug. 17 and proceeded to split the first six games, which also included victories over West Hills High School and Mt. Carmel High School.

“Our goals this season are to improve each player’s individual skill set while learning how to play as a team and improve each week,” said head coach Roni Hooper. “Being an inexperienced varsity team, we are learning more about high level play, what to expect on defense and offense, and how to maintain a high level of energy consistently throughout a match.”

Prior to becoming head coach in 2015, Hooper was the assistant under Ronni Olsen for five years. She also played for Olsen and was a Lady Falcon herself, winning back to back CIF championships in 2003 and 2004.

The current team has three returning starters out of 18 players. The returning starters are fourth-year varsity senior and captain Lia Go-Soco, third-year varsity senior Emily Anderson, and third-year varsity junior Audrey Hilliard.

“Even though we have three returning starters, we



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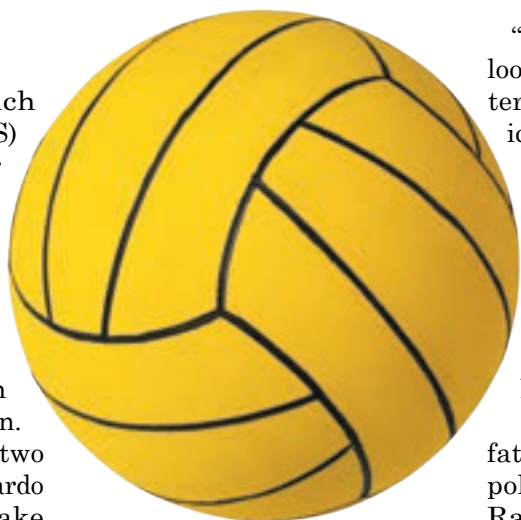
# Players strive for a resurgence

By Hector Trujillo

The Scripps Ranch High School (SRHS) varsity mens water polo team enters the second half of its season with a road game versus High Tech San Diego on Sept. 21 in hopes of getting off to a resurgent start like it did in the first half of the season.

After losing the first two contests to Rancho Bernardo High School and Eastlake High School, SRHS was able to bounce back by winning two of its next three matches beginning with a victory over University City High School on Aug. 27 and a win versus West Hills High on Sept. 1.

“We’re much further ahead this year,” said head coach Brad Oestreich. “We had over an extra month to practice that we didn’t have last year. We played in the Rancho Bernardo Varsity In-



vite against four teams that are higher ranked than us. We were able to beat (University City High School) which we weren’t able to do last year.”

In the team’s eight remaining matches only three are at home: against Mission Bay High School on Sept. 28, University City High School on Oct. 4, and High Tech San Diego on Oct. 12. The team will close out the season with back to back road games on Oct. 19 versus Mission Bay High School and Oct. 26 against University City High School.

“The future continues to look bright for the team in terms of numbers,” Oestreich said. “I think the goal for this year is to be in that top two position and continue to produce water polo players. Also, to give the kids an opportunity to use water polo as a tool to get through high school.”

The second-year coach, a father of two, played water polo and swam for Scripps Ranch High School from 1996 to 1999.

This year’s team is made up of 27 players including senior captain Jayce Walzer, senior Connor Ducharme, junior captain Kai Sarti-Guerrero, and senior goalie Anush Salaniwal – all of whom were standouts last season.

In 2021, the water polo team started off losing four of its first five matches, playing with a 17-man roster. SRHS went on to win three out of its last five matches last season with victories over El Capitan High School, Canyon Hills High School and La Jolla Country Day.



Student athletes on the Scripps Ranch High School cross country team will serve a full breakfast as a fundraiser at Applebee’s Restaurant in Mira Mesa on Sunday, Oct. 2 from 8 to 10 a.m.

## Cross country team serves breakfast fundraiser Oct. 2

The Scripps Ranch High School co-ed cross country team is hosting its annual pancake breakfast fundraiser at Applebee’s Restaurant in Mira Mesa on Sunday, Oct. 2 from 8 to 10 a.m.

The Mira Mesa Applebee’s Restaurant is located at 9480 Mira Mesa Blvd.

Pancakes, sausage, scrambled eggs and a beverage choice including coffee, juice or tea will be served by members of the SRHS co-ed cross Country team.

Tickets are \$12 and will

be sold at the door the day of the event.

All monies raised will be used to fund invitational fees, team T-shirts and the team’s end of season banquet.

Members of the co-ed cross country team and the coaches are happy to revive this popular event post-COVID and would love the community’s support for their program.

For a list of the Scripps Ranch High School co-ed cross country team race dates and times, visit [athletic.net/team/1468/cross-country/2022](http://athletic.net/team/1468/cross-country/2022).

## VOLLEYBALL

Continued from Page 16

lost five very impactful seniors, two who are playing in the Pac-12,” Hooper said. “These five seniors were a huge part of our program and success over the past four years, so this year we are learning and growing every day with a new, inexperienced, large team.”

Among the players who SRHS no longer has in its arsenal are Gala Trubint who is now the starting libero at the University of Southern California; and Olivia Johnson who is playing at Arizona State University. Both helped lead Scripps Ranch High to an impressive 25-13 record in 2021.

This year’s captains Belle Hansen, Logan Mendez and Go-Soco are impressing the coaches every day with their ability in terms of finding ways to motivate their teammates and lead by example in practice with their effort.

The team’s march to close out the 2022 season on the right-foot starts this Sept. 20 at home when it begins league play versus Point Loma High School. SRHS then travels to take on Patrick Henry High School on Sept. 22, with its final six games having the team face off twice with Cathedral Catholic High School, twice with La Jolla High School and rematches against Point Loma High and Patrick Henry High.



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SRHS senior Cassidy Lacey battles through a group of La Jolla defenders. (photo by Jim Wick)

## Field hockey goes for fourth title

By Hector Trujillo

The three-time defending CIF San Diego Section Open Division field hockey champion Scripps Ranch High School Falcons entered the 2022 regular season in hopes of defending its title, this time under new head coach Elizabeth Jacobs.

Jacobs previously served as an assistant coach to Jane Morrill, who was among the coaches named CIF State Model Coach of the Year in March of this year.

“We don’t plan on missing a beat,” Jacobs said. “We are continuing our championship tradition and we’re trying to go for the first ‘fourpeat.’”

Scripps Ranch finished 19-2-1 overall in 2021 and won its title thanks to a goal by senior Kelsey McGrattan with 41 seconds left on the clock for the dramatic 1-0 victory over Torrey Pines High School.

Although McGrattan has since graduated, the roster is still full of talented players including senior team captains Sofia Carniglia, Cassidy Lacey, Kaelynn Del Monte and her twin sister Kylee Del Monte. Kylee is committed to play field hockey at Brown University.



Izzie Lehman takes a furious slap shot. (photo by Jim Wick)

The team’s toughest competition this season are, not surprisingly, Torrey Pines High School and league rival Canyon Hills High School.

The tradition of winning is something that is at the forefront of not just the players but also coach Jacobs who knows what it feels like.

“I actually went to Scripps Ranch High School also, and I played for Jane (Morrill) who retired last year,” Jacobs said. “I’m Scripps

See **FIELD HOCKEY**, Page 19



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Senior Kaelynn Del Monte follows through. (photo by Jim Wick)



(photo by Jim Wick)



Brooke Griffin (right) prepares for a face-off. (photo by Jim Wick)

## AND THE KICK IS ...

*Scripps Ranch High School kicker Tyler Meltzer attempts an extra point while Reece Keahey holds the football in position during the Falcons 21-14 home victory against Patrick Henry High School on Sept. 2. Next, the Falcons will play Canyon Hills High School on Sept. 23 with a 7 p.m. kickoff at Scripps Ranch.*

### FIELD HOCKEY

Continued from Page 18

Ranch born and raised.”

After graduating in 2005, Jacobs moved on to play for the University of Miami (Ohio) before returning home and joining the coaching staff at SRHS.

SRHS defeated Vista High School 8-0 on Sept. 1. The team also defeated La Costa Canyon High School 1-0 on Sept. 7. SRHS continues with road games against The Bishop’s School on Sept. 20, Canyon Crest Academy on Sept. 22, Rancho Bueno Vista High School on Sept. 26, Canyon Hills High School on Sept. 28 and finishing against Cathedral Catholic High School on Sept. 30.

That road schedule will be followed by a home game on Oct. 3 against Patrick Henry High School.

The second half of the season will include a four-game homestand in mid-October versus La Jolla High School, Canyon Hills High School, Cathedral Catholic High School and The Bishop’s School. SRHS will close out the regular season with two league road matches: one against Patrick Henry High School on Oct. 26 and one against La Jolla High School on Oct. 28.

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