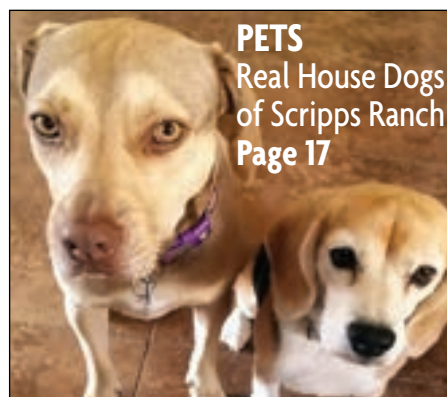




**SCHOOLS**  
SRHS Graduation Page 6



**FAMILY:** Garden of wisdom Page 9



**PETS**  
Real House Dogs of Scripps Ranch Page 17

ECRWSS  
PRESORTED STD  
US POSTAGE  
PAID  
PERMIT # 906  
SAN DIEGO, CA  
**POSTAL CUSTOMER**

# SCRIPPS RANCH NEWS

Volume 1 Issue 7 • June 2018 **SCRIPPS RANCH NEWS** www.ScrippsRanchNews.com



Participants will once again flood Red Cedar Drive at the beginning of races on the Fourth of July, part of the Scripps Ranch Old Pros' Run & Ride. (photo by John Gregory)

## Old Pros' Run & Ride is set

By Cynthia Kurose

The Scripps Ranch Old Pros have been giving back to the community for more than 35 years. Their signature annual fundraising event, the Fourth of July Run & Ride, will be celebrated once again on July 4. With more than 4,000 participants expected with paid entry fees and a host of corporate sponsors, the Run & Ride is the main event for the Old Pros, and the largest fundraiser. According to Steve Trifoglio, who is this year's Old Pros Fourth

See **RUN & RIDE**, Page 2

## Behind the fireworks

By Terry L. Wilson

Every Fourth of July, the evening stars take a backseat to a manmade specular that lights up the skyline. At the Scripps Mesa Fireworks celebration, over 20,000 spectators are expected to be on hand to experience each starburst as it explodes over Mira Mesa High School.

Thousands of people will stand shoulder-to-shoulder scanning the horizon, watching in awe as a barrage of

explosions morph into a pyrotechnic aerial ballet.

From start to finish, most shows last fewer than 20 minutes. However, to create those magical minutes requires numerous days of preparation.

"To pre-produce a large fireworks display can take weeks, even months," said Sam Bruggema of Pyro Spectaculars, Inc. "It all begins with obtaining the necessary permits and other

See **FIREWORKS**, Page 4



Sam Bruggema of Pyro Spectaculars, Inc. prepares a fireworks display. (courtesy of Pyro Spectaculars, Inc.)

## Fourth of July Parade

The Scripps Ranch Civic Association presents the annual Scripps Ranch Fourth of July Parade, an authentic American parade with plenty of patriotism and community participation:

**Date:** Wednesday, July 4, 2018

**Time:** 10 a.m. start

**Theme:** "Stars, Stripes and Dreams"

**Route:** Begins on Ironwood Road at Red Cedar Drive to Courtyard Drive to Red Rock Drive to Scripps Ranch Boulevard, ending at intersection with Aviary Drive. Visit scrippsranch.org/parademap

**Free ice cream:** 11 a.m. on Scripps Ranch Boulevard near Chase Bank.



## RUN & RIDE

Continued from Page 1

of July czar, the event provides funding for more than \$30,000 in annual scholarships and sponsorship of various sports leagues and teams.

Seasoned athletes and casual walkers and riders, alike, are welcome to participate in the Run & Ride event that best suits their skill level. According to the Old Pro's website, a Two Mile Fun Run is an easy event designed for all members of the family. Similarly, the 12 Mile Bike Ride is designed as a family fun ride; the course circles Lake Miramar twice, ending in Hoyt Park.

For those desiring a higher level of competition, the 10K Race is a USA Track & Field sanctioned course around Lake Miramar with a downhill finish. Seasoned cyclists can choose between a 28 Mile Bike Ride or a 50 Mile Bike Ride.

The running events begin on Red Cedar Drive directly in front of Miramar Ranch Elementary School. The start line for the cycling events is at the intersection of Scripps Ranch Boulevard and Hibert Street. All races conclude at Hoyt Park where a beer garden featuring craft brewed beer, food



The Old Pros Fourth of July committee dedicates countless volunteer hours each year to ensure a successful event. (photo courtesy of Scripps Ranch Old Pros)

trucks, a live band and other activities await. Both the 10K Race and 50 Mile Bike Ride begin at 7 a.m. The final event, the 12 Mile Bike Ride, begins at 8:30 a.m. Residents can expect temporary road closures the morning of July 4 on portions of Hibert Street, Scripps Ranch Boulevard, Mira Mesa Boulevard, Scripps Lake Drive, Red Cedar Drive and Canyon Lake Drive.

Planning and managing such a multifaceted event requires a dedicated effort by a large team of individuals, so Fourth of July is all-hands-on-deck for the Old Pros. While a "czar" is appointed to oversee a committee and all aspects of planning and operations, all

Old Pros members are expected to contribute to the signature event.

"I'm honored to be in this position because there are a lot of people on a complete volunteer basis that do a lot to make this event the success that it has been," Trifoglio said. "You see how much people care. To put in this amount of time on top of day jobs and personal lives – I'm humbled and absolutely find it rewarding."

Founded in 1982 by a group of men wanting to play softball on local fields in Scripps Ranch, the more than 300-member organization holds regular meetings with guest speakers, social activities for members and their families, and fund-

raisers aimed at sponsoring youth sports teams and athletes in Scripps Ranch.

According to John Grant, 14-year Old Pros member and last year's president, the group's civic engagement has grown exponentially over the years and is now a primary focus of the group.

"If any youth sports program in Scripps Ranch asks us for money, we will give them a donation – from pee wee sports leagues to high school athletic teams," Grant said. "We also give scholarships every year to Scripps Ranch students based on academic and athletic achievement, as well as community involvement."

Old Pros member Dean Ridgway explained that he

first joined the group in 2013 when he moved to Scripps Ranch and was seeking opportunities to get to know people and become involved in the community. After learning about the Old Pros from neighbors who were existing members, he attended his first meeting and was immediately sold.

"It gave me a chance to get to know people in a community that we were new to, and also give back to it at the same time," he said. "What was nice about the meeting is that nobody was working an angle or busy pretending to be somebody they're not. This was genuinely a group of guys who were buddies just having a good time."

To become a member, prospects must live in Scripps Ranch and be recommended by two existing members. Annual dues are \$120 and include 12 monthly meetings, which feature notable guest speakers. Famous sports personalities like Tony Gwinn and Drew Brees have been among those who have given talks at past Old Pros meetings.

Membership also includes access to a variety of group activities throughout the year, from ski trips to golf trips to San Diego Padres spring training and an annual "prom," which serves as the group's holiday party.

Additional details about the organization, as well as registration information for the Fourth of July Run & Ride, can be found online at [srop.org](http://srop.org).

### SDUSD board approves Joint Occupancy Project

The San Diego Unified School District (SDUSD) Board of Education decided to approve the Scripps Mesa Joint Occupancy Project by a 4 to 1 vote on June 19. District B Board member Kevin Beiser, the board president, cast the lone vote against the project.

The project involves the relocation of Innovations Academy charter school and construction of a mixed-use facility in its place, including a 264-unit apartment complex at 10380 Spring Canyon Road.

The vote by the Board of Education also certifies the Final Environmental Impact Report for the project.

Most community organizations in Scripps Ranch oppose the project.

Meanwhile, Innovations Academy has an extended lease at its current site until June 30, 2019. SDUSD has stated that the school will not be asked to leave until it has a permanent home.

## WHY DO THIS?

SDG&E Summer Rates start June 1

400%  
of baseline

55¢  
per kWh

130%  
of baseline

47.5¢  
per kWh

27¢  
per kWh

Example:  
use 700 kWh

$$406 \times 27¢ = \$110$$

$$294 \times 47.5¢ = \$140$$

$$\text{Total} = \$250$$

## WHEN YOU CAN DO THAT!

### Go Solar



Average price per kWh using Solar is 8¢ to 14¢.  
Why pay 47.5¢ with SDG&E?

[www.411LowerMyBill.com](http://www.411LowerMyBill.com)

### JULY SPECIAL!

16 Panel Solar System

2.99%  
for 12 years

only \$145

estimated monthly payment

\*on approved credit

\*restrictions apply

Cash price after 30% Federal Tax Credit  
**UNDER \$11,500**



Whisper Quiet



Mark Hamm  
Scripps Ranch Resident  
619.722.5704

**Peace of Mind:** C-10 Electrical License, Class B License, Scripps Ranch based Company, Commercial Liability Insurance, Workers Comp Insurance

[www.411LowerMyBill.com](http://www.411LowerMyBill.com)

\*Source: <https://www.sdge.com/total-electric-rates>



# Celebrating America's birthday with a bang!

By Terry L. Wilson

Thanks to a group of dedicated volunteers and a generous community, a barrage of fireworks will light up the Mira Mesa skyline for the 44th consecutive year this Fourth of July. An estimated 20,000-plus spectators will surround the Mira Mesa High School and all points in between, vying for the best view of this annual spectacular.

***'The money we raise covers everything we need to do in order to launch the fireworks'***

— Michael Spencer

President, Scripps Mesa Fireworks

"Scripps Mesa Fireworks was incorporated in 1997," explained Michael Spencer, president of Scripps Mesa Fireworks. "Originally, Mira Mesa handled the fireworks. It branched off to become a 501(c)(3) charity allowing individuals to make tax deductible donations."

The effort is intended to be a collaboration between the Scripps Ranch community and Mira Mesa. Spencer took over as president in 2017 and was challenged with the task of raising \$35,000 to keep the sky lit up on the Fourth.

"Every cent goes toward the event," Spencer said. "The money we raise covers everything we need to do in order to launch the fireworks over Mira Mesa High School on the Fourth of July."

In addition to nearly \$11,000 coming from various fundraisers, the event gets financial support from local businesses as well. The event is free, and to produce it is a labor of love from the community and the volunteers. However, it wouldn't take much to underwrite the show for years if residents would all put a buck in the tip jar.

"If we could get every person who lives in the Mira Mesa/Scripps Ranch area to donate just a dollar, the fireworks would be funded for about three years," Spencer said. "This year's show is almost 90 percent funded, so we are still looking for last-minute donations; but the show will go on as scheduled."

Spencer and his team of

volunteers will start working on the 2019 fireworks show the minute this year's last firework fades into the evening sky. Even as throngs of spectators try to remember where they parked their cars, volunteers will be passing the hat for next year's display.

"Basically, on July 4th at approximately 9:25 p.m., we begin fundraising for next year's show," Spencer said. "To raise money, we participate in the Mira Mesa Street Fair, the D6 Night Market, which is an event for the folks that live in District 6. We also have a presence at the Scripps Ranch Farmer's Market in addition to the (Scripps Ranch) Community Fair. We want to remind everyone that your neighbors, coworkers and friends put on these fireworks; it isn't some faceless city organization."

"The littlest donation means the world to us," said volunteer Barbara Retsky. "Nothing is too small. We have a giant firecracker that people can stuff money into; even pocket change means the world to us."

Visit [miramesafireworks.org](http://miramesafireworks.org).



This will be the 44th consecutive year the Scripps Mesa Fireworks display will light up the sky.

**SCRIPPS MESA FIREWORKS**  
July 4, 9-9:30 p.m.

Mira Mesa High School

Soundtrack broadcast live on 96.5, KXYX radio.

**Best viewing:** nearby streets and some shopping center parking lots; Mira Mesa Community Park to the north and Mesa Verde Park to the south.

[miramesafireworks.org](http://miramesafireworks.org)

[www.y9construction.com](http://www.y9construction.com)

**Free 3D Design With Any Job**

**800-801-0290**  
**See Page 23**

License #968372

# Poway Gymnastics

**100% Air Conditioned Facility**

**CLASSES, TEAMS & CAMPS**

- Preschool girls & boys through adult
- Competitive team for girls
- Open gym
- Now registering for camps

**858.748.1716**  
**CALL NOW FOR A FREE TRIAL CLASS**

**SIGN UP NOW!!!**

**www.powaygymnastics.com**  
Located in the South Poway Business Park  
12850 Brookprinter Place, Poway

**WE OFFER BIRTHDAY PARTIES!**



# San Diego: a drone delivery test market

By Arjun Suri

**P**igs could be flying next time you order your bacon burger because the City of San Diego is now a test market for drone delivery, as stated in an announcement by the Federal Aviation Administration in early May. Companies like Amazon, FedEx and Uber have been working to develop a system for drone delivery. While Amazon was not chosen as one of the companies approved for testing, Air-Map and Matternet will be involved in San Diego testing, and Uber is working to develop drone landing stations, according to the Department of Transportation.

So, what does this mean for Scripps Ranch residents?

Alan and Diane LaRue, Scripps Ranch residents for 16 years, gave drone delivery a big thumbs-up.

"It would be convenient for delivery of emergency supplies and medicine in the future. I would use it," Alan said.

Diane was equally enthusiastic about the potential

benefits.

"I could see it working," she said.

They both agreed that the target customer for these services are elderly, seniors and retired people, including themselves, who are concerned about their ability to drive to access these conveniences as they do today.

"It would be convenient to receive medicine and food without leaving your home," Alan said. "Scripps Ranch is a driving community. You cannot get anything done without a car, but drone delivery can change that."

On the negative side, Diane said, "to see food and drinks being delivered by drone would be kind of annoying, and the noise would be unbearable. This is one of the main problems I have with drone delivery."

Raj Rajasekaran, an associate professor of urology at the UCSD Medical Center, had a neutral view on drone delivery.

"Drone delivery is a step forward in technology, but it is too early to decide the impact drone delivery will

have on San Diego," Rajasekaran said. "There should be definite rules on privacy. I would feel uncomfortable if a drone was recording me."

Though there are parts of this project that are unclear, the main goal is to initiate commercial drone testing. Companies like Qualcomm, AT&T, Intel and others will begin to create the technical and logistical infrastructure needed to allow the drones to fly.



San Diego was selected among 10 areas in the United States in which drone delivery will be tested.

## FIREWORKS

Continued from Page 1

miscellaneous reams of red tape needed to satisfy city officials and environmental groups."

Once all the paper work is in place, Bruggema prepares to coordinate his explosions with KYXY Radio's soundtrack.

"KYXY is the official fireworks radio network," said John D'Angelo, KYXY promotions director. "We work with Pyro Spectaculars; they organize the actual fireworks show. We provide them with the soundtrack that is a mix of songs we

play on the air and patriotic music. We want to create a fun Fourth of July experience and are proud to be part of the celebration."

"KYXY creates the soundtrack, they give it to me and I create the choreography," Bruggema said. "Depending on how complex the show is, it usually takes me between one to two hours per minute of music to produce a perfectly timed show."

Once all the music cues are set in place, Bruggema sends the information to his company's main plant in Rialto, California. The technicians in Rialto select all the fireworks, put music

cue numbers on each group of fireworks, then box everything up until show time.

A few days before the event, Bruggema puts on his producer hat and begins organizing the music tracks and the fireworks. His task is to synchronize the various pyro explosions with KYXY's music track.

"The computer software I use allows me to choose a particular point in the music when a specific pyro should be set off," Bruggema said. "We have a music cue point set in the computer that back-times the music to the pyro. This allows us to tell the onsite operator precisely when to launch a specific pyro event. This is how we match each explosion with each music cue."

The result of countless man-hours combined with decades of experience and state-of-the-art computer technology is a perfectly timed mix of music and fireworks.

Depending upon the complexity and length of the show, Bruggema estimates that it takes him about three or more days to orchestrate a 20-minute presentation. The Scripps Mesa Fireworks spectacle breaks down to about an hour per minute of performance time.

Since the Scripps Mesa Fireworks event is on the KYXY 96.5 Fireworks radio network, anyone with an ear bud or a boom box can enjoy a synchronized combination of pyro excitement, timed perfectly with a patriotic music track.

The show will start promptly at 9 p.m. on July 4. The fireworks will be set off at Mira Mesa High School. Recommended viewing spots are at Mira Mesa Mall, Mira Mesa Community Park, Mesa Verde Park, Mira Mesa Senior Center and any of the higher elevations of Scripps Ranch that overlook Mira Mesa.

**SCRIPPS PERFORMING ART ACADEMY**  
OFFICIAL SCHOOL OF THE SCRIPPS BALLET THEATRE

**Join Us This Summer Because Environment MATTERS!**

**\$50 off REGISTRATION OR CAMP** with this ad. not to be combined with any other offers.







SPAA '13 graduate, photo by Rachel Neville

**Camps Include MARVELous, MINION MANIA, The Best of Matilda, Fairytales & Princesses, You GO GIRL Pop Stars, Musical Theatre Conservatory, Raise the Barre, Music Video Camps**

**And Don't Miss Our Afternoon Summer Dance Classes for Ages 3.5 to Adult!**  
**Week to Week or Month Long Registration Available!**

Serving the Scripps Ranch Community since 1987, Scripps Performing Arts is more than a ballet school that includes a variety of genre's (jazz, tap, lyrical, modern, Baby and Me, and musical theatre); it offers a nurturing, non-competitive environment that encourages each student to become the best that they can be without compromising their technical and artistic training.

Scripps Ranch 858.586.7834 Carmel Valley 858.509.2624 ScrippsPerformingArtsAcademy.com



# Volunteers help keep school choir alive

By Bella Ross

At the start of each fall and spring at Miramar Ranch Elementary School, third to fifth graders get the opportunity to embrace music through the school's choir program, run by volunteers Heather Sadleir and Jill Herbold.

For Sadleir and Herbold, this isn't new. The duo has been running the program for 15 years.

*'It's just so nice to see how excited they are when choir starts.'*

— Jill Herbold

Herbold said it all began when she decided to use her piano skills to get more involved with her second-grade daughter's school. This year, that same daughter finished her freshman year of college.

"Every year the kids ask us, 'Are you coming back next year?'" Herbold said. "It's just so nice to see how

excited they are when choir starts on the first week they come back."

Choir programs in the San Diego Unified School District are not funded by the district. At Miramar Ranch, this means parents must pay \$80 to the school's Family Faculty Association to fund the program, Sadleir said.

The program gets by, but Sadleir and Herbold will always be unpaid volunteers.

"Every single cent that goes into the program, if we don't accrue it for next semester, it's flushed back into the system," Sadleir said. "We try to do it top notch for these students."

Herbold said the lack of pay has never been an issue for her because, without their work, the school wouldn't have a choir program at all.

"I can't imagine not having music at this age," Herbold said. "It's such a good foundation for life."

Sadleir said the students really showed off the hard work that goes into the choir program at their end-



Students in the Miramar Ranch Elementary School Choir program show their smiles following one of their recent performances. (courtesy photo)

of-the-year performance in the last week of May. This time around, the students sang tunes from Disney's "Teen Beach Movie," along with songs about summertime and promoting into the next school year.

"I usually am emotional because I can't believe how

they're able to just pull it off and make it sound really good," Sadleir said.

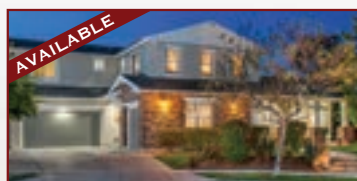
For parents who are interested in enrolling their kids in the choir program at Miramar Ranch Elementary School, Sadleir said, enrollment is on a first come, first served basis and is

generally capped at about 30 kids. Students must be in the third to fifth grade at Miramar Ranch and there is an \$80 fee to enroll. Parents should look out for an email if they want their children in the program, or contact the school when classes begin in August.

## BIG OR SMALL, WE SELL THEM ALL! WWW.SCRIPPSRANCH.COM



15638 Via Santa Pradera



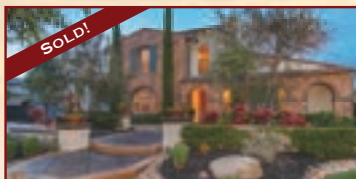
13316 Shadetree Court



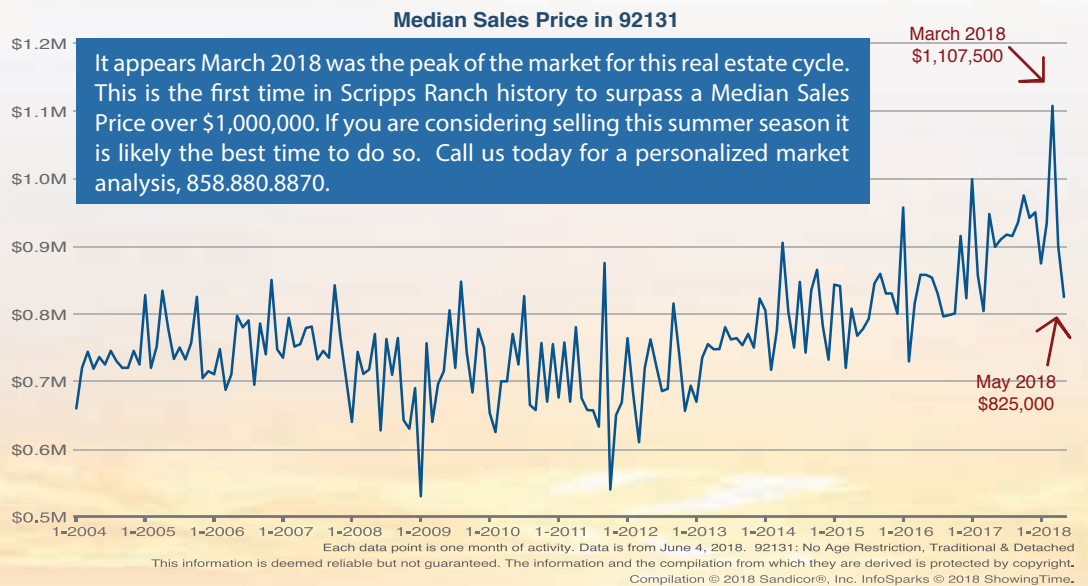
11376 Caspian Place



15475 Pinehurst Place



14896 Whispering Ridge Road



TOP 1% AGENT / TEAM  
IN ALL OF SCRIPPS RANCH  
SINCE 2014



**Bryan & Rachel Hoffman**  
Broker Associate, REALTOR®  
Global Property Specialist  
Master Certified Negotiating Expert  
Certified Luxury Home Marketing Specialist  
CalBRE#s 01364134 & 01919441  
858.880.8870  
Sold@ScrippsRanch.com  
www.ScrippsRanch.com

**kw**  
GLOBAL  
PROPERTY  
SPECIALIST  
**kw** KELLERWILLIAMS.  
REALTY  
13400 Sabre Springs Parkway, Suite 100  
San Diego, CA 92128

CHOOSING THE RIGHT  
AGENT MATTERS!

CALL US TODAY TO BE A PART OF OUR  
SUCCESSFUL MARKETING PLAN





The SRHS Class of 2018 stands in preparation for commencement ceremonies. (photo by Ralph LoVuolo)

## GRADUATION DAY SRHS Class of 2018

Happy seniors from Scripps Ranch High School gathered behind Viejas Arena on June 13 and chatted excitedly just moments before their high school graduation ceremony. Once seated inside, following music, inspirational opening remarks and speeches by leading seniors, SRHS Principal Nicole DeWitt began handing out diplomas to each graduating senior in the class of 2018. Graduates and their families celebrated for a long time following the event, posing for pictures and just basking in the moment.



A group of seniors celebrate following the Scripps Ranch High School Class of 2018 commencement ceremonies. (photo by Ralph LoVuolo)

*Photos by Ralph LoVuolo*



Senior Class President Ashley Lo



Valedictorian Jonathon Yong Luo



Noun Abdelaziz



Kendall Gray



Alyssa Stoney



Cooper Foss accepts his diploma from Principal Nicole DeWitt. (photo by Ralph LoVuolo)



[www.ScrippsRanchNews.com](http://www.ScrippsRanchNews.com)

The free community newspaper, neighborhood website and social media network for Scripps Ranch

Scripps Ranch News is published monthly and mailed directly to each home in Scripps Ranch. The entire contents of Scripps Ranch News are copyrighted. Scripps Ranch News copyright 2018 © by Seacoast Media Lab, LLC, San Diego, CA, USA. All rights reserved.

**ADVERTISING AND CONTENT**

John Gregory, Publisher | john@scrippsranchnews.com

**ADVERTISING DESIGN AND WEBSITE DESIGN**

Jacqueline Gregory, Publisher | jacqueline@scrippsranchnews.com

**CONTRIBUTORS**

Cynthia Kurose, Media Associate | Anna Ruth Ramos, Reporter  
Bella Ross, Reporter | Arjun Suri, Reporter | Terry Wilson, Reporter  
Ralph LoVuolo, Photographer | Mark Hamm, Advertising Representative

Phone: (858) 945-4465 | Mailing address: 9984 Scripps Ranch Blvd. #312, San Diego, CA 92131





# Jerabek Elementary celebrates 40 years

By John Gregory

**F**orty years ago, a handful of teachers and parent volunteers herded a group of students out from their temporary classrooms at Miramar Ranch Elementary School and paraded them several blocks to the site of Jerabek Elementary, their new school.

The year was 1978 and some of the teachers who were present that day returned this year on June 1 to attend a special reception and ceremony at Jerabek Elementary School commemorating the school's 40th anniversary. Diane Pali Belliveau and Stacy Wible are two of those teachers. Belliveau was a kindergarten teacher and Wible taught first grade in the early days of the school. Their new classrooms were close and they could easily see one another during the day. They remember connecting immediately, forming a close bond. Both recalled that first day when they moved to the new school.

"We gathered them up



Diane Pali Belliveau (left) and Stacy Wible



Chauncy Jerabek (courtesy photo)

by classroom and we got parents to help us out, and we just walked down the streets and came over here," Belliveau said.

Before the new school was finished, the students who would attend Jerabek had classes in the portable classrooms at Miramar Ranch Elementary. Essentially, there were two schools within a school.

Jerabek Elementary began with eight teachers in September of that year. By January, there were 12 and the number kept growing. There were about 35 teachers by the third year of the



Principal Kristie Joiner

school's existence.

The first day and the parade to the new school was an exciting experience for everyone involved.

"Kindergarteners are excited about everything," Belliveau said. "So, we just herded them together."

The school was named in honor of Chauncy Jerabek, the head gardener and horticulturist for the old Scripps estate. He was present for the school's ribbon cutting in 1978 and, wearing a three-piece suit, addressed the crowd.

Wible recalled Jerabek's speech. He was 84 years old at the time, and she wondered if he was a bit lost as he was making a noise for the children: "clickety-click-click." It turns out that he was telling the kids about when he was a student in a small wooden classroom.

"He was imitating the



The school choir provided the musical portion of the ceremony during Jerabek Elementary School's 40th anniversary celebration on June 1. (photo by John Gregory)

woodpeckers that would peck on (his) school building when he was a boy," Wible explained.

"He said he wished his mother was there to see it (the dedication)," she said.

As classes continued throughout the year at the new school, and for the years to follow, the teachers and staff became a close team.

"We did things as a staff to make us feel cohesive because when you bring in people who don't know each other and plunk them down as a staff, there's no norm set, there's no protocol set," Belliveau explained. "We had that rare opportunity of

building a school from the block walls up and bringing that heart that you always want to bring in for teachers and children. It stayed, I can see that."

Belliveau taught at Jerabek until 1995 and Wible was there full-time until 2007. The two have witnessed the school change and grow, and they marveled at the computer lab. They remembered a time when someone collected spare computer parts in an attempt to build computers for the classrooms. There was a debate about whether they should have PCs or Macs. Eventually,

See **JERABEK**, Page 8



God Bless  
AMERICA!

\*HAPPY\*  
FOURTH OF JULY!



Red



White



& Blue!

Mark your calendars!

We are proudly sponsoring  
the July 15th Scripps Ranch  
Symphony in the Park concert

featuring 

*It's Bill's birthday, too!  
Come celebrate with us*



FAMILY JEWELERS

*Where integrity is everything.*

858.578.6670 [www.collinsfamilyjewelers.com](http://www.collinsfamilyjewelers.com)



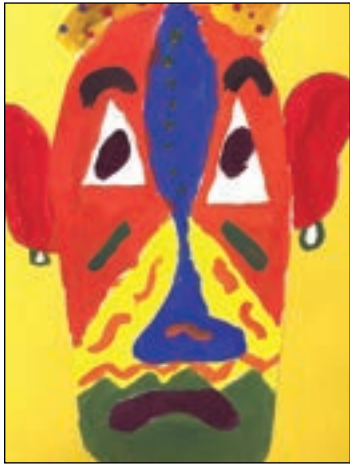
*Scripps Ranch residents,  
Bill and Cynthia Collins & Family*

Open Tuesday-Friday: 10am-6pm, Saturday: 10am-5pm, Closed Sundays and Mondays • 8220-A Mira Mesa Blvd., Mira Mesa Mall  
Friend us on Facebook • Follow us on Instagram • Show us love on YELP • Check us out on Pinterest!

*In celebration of Independence Day, CFJ will be closed 7/1 - 7/4*



# SCHOOL NEWS



Colorful artworks adorned the halls of Miramar Ranch Elementary School for the Student Art Show.

## Colorful display greets parents

A vivid display of student artwork graced the halls of Miramar Ranch Elementary School on May 31 as part of the school's 21st annual Miramar Ranch Student Art Show, Auction and Spaghetti Dinner. Parents visited classrooms to view student projects, but the colorful art exhibit was the highlight that caught the most attention.

## MRE Kindergarten Summer Meetups

Incoming Miramar Ranch Elementary School kindergarten (and TK) students and their families are invited to summer kindergarten Meet and Greets. Parents and children can get

to know each other a little bit before school starts.

The first meetup will be on Friday, June 29, 4:30 p.m. at Lakeview Park. July meetups will be held Saturday, July 14, 5 p.m. at Scripps Ranch Community Park; and Tuesday, July 31, 9:30 a.m. at Lakeview Park. August meetups will be held Sunday, Aug. 12, 4 p.m. at Scripps Ranch Community Park; and Friday, Aug. 24, 9:30 a.m. (just after the kindergarten teacher meet and greet). For more information, please contact coordinator Nikki Lankford, at nikki\_spencer@hotmail.com.



Allison Baik and Hadley Parker model traditional garb at the Ellen Browning Scripps Elementary School's International Night. (photo by John Gregory)

## EBS holds its first International Night

Ellen Browning Scripps Elementary School (EBS) held its first International Night on May 31. The event was marked by an abundance of food, colorful garb from around the globe and informative conversation. A large crowd attended, many parents and students wearing clothing representing a variety of countries and cultures.

The night involved parents and students bringing different foods representing their cultures to school so others could sample them. Children were given a paper passport to take to each table when they tried the food.

Their passports were stamped as they learned about each culture. Seventeen different nationalities and cultures were represented. The event celebrated the many cultures of the students and families involved at EBS and served to promote understanding of these cultures.



Marshall seventh-grade art student Rory Long stands before portraits of kids in Afghanistan. (photo by Carol Long)

## Marshall Middle holds Open House

Marshall Middle School hosted its Spring Open House on May 24 as the school held its annual Art Show in the Multi-Purpose Room and parents toured the school to view students' classroom projects. The Art Show was a big hit, as usual, with student artwork lining the walls and the more 3-dimensional projects, such as sculptures and masks, were placed on tables for viewing.

## Marshall Middle Choir gains recognition

Marshall Middle School Choirs participated in the annual Forum Music Festival at Fullerton College on June 1. The Beginning, Intermediate/Advanced, and Marshall Madrigals performed selections, and each group



Marshall Middle School Choirs received high marks at the Forum Music Festival. (photo by Pam Werner)

received a Gold ranking, which is the highest they can receive.

Justin Strahm received an individual award for Outstanding Musicianship, and Amalea Ribeiro received an individual award, too. The alto section and the Madrigals also received special acknowledgment and accompanying plaques.



**BIG SMILES:** Fifth grader Riley O'Day was promoted to sixth grade and will attend Marshall Middle School. Principal Liz Sloan will still have Marley O'Day (fourth grade) and Landry O'Day (second grade) at Ellen Browning Scripps Elementary School. (photo by Kelly O'Day)

## JERABEK

Continued from Page 7

volunteers donated the first computers.

"One thing hasn't changed, and that's the support the community has given from the very beginning of the school, how they just helped us get settled in," Belliveau said. "The FFO (Family Faculty Organization) was formed and the support obviously is continuing."

"The FFO has always been very supportive," Wible agreed.

Jerabek Elementary was named a California Distinguished School in 1987, only nine years after opening,

Belliveau said.

Today, Principal Kristie Joiner oversees the school's daily operations. She has completed her fourth year as principal, noting that she was glad to provide stability and implement a students-first policy, especially in light of the fact that she became the fourth principal at the school in five years when she arrived.

"When I came in, I just had to pull everybody together and kind of get on a path," she said. "We had about three goals. One was to improve achievement. The second one was to change our culture from an adult-centered culture to a child-centered culture. ... The third was to relentlessly pursue kindness and positivity on our campus. ... Just getting back to the business of kids and achievement."

Joiner said a couple of highlights internally at Jerabek Elementary include the focus on professional development for the faculty and the impressive number of volunteers helping at the school.

"We probably have the highest number of adult volunteers daily. ... We probably have at least 40 people on campus every day; very high involvement," she said.

All those involved with the school had a lot to celebrate. A special anniversary ceremony was held the afternoon of June 1. Jerabek students performed the entire ceremony, with children making speeches and the school choir providing the musical highlights. The event ended as former faculty, staff and administrators led the crowd in a spirited rendition of Jerabek's school song.

This was an even bigger day at Jerabek Elementary because the anniversary ceremony was soon followed by the opening of the school's annual Ranch Roundup carnival, a major fundraiser held each year at the campus.



Our students are:

engaged,  
challenged,  
curious,  
tantalized,  
stimulated,  
engrossed,  
fascinated,  
nurtured,  
& inspired,

but they are never,  
ever **BORED.**

**WARNING**

Prolonged exposure can lead to an increase in **CURIOSITY** and **CRITICAL THINKING!**



Renaissance Village Academy is a private, non-religious full-time school serving gifted, profoundly gifted, doubly-gifted, and highly motivated children in grades K-8. Our schedule is designed for the working parent, so homework is done with credentialed teachers.

WWW.RVAschool.org • 10625 Scripps Ranch Blvd., Suite A, San Diego, CA 92131 • 858.564.9622



# Scripps Ranch has a garden of wisdom

By John Gregory

There is greed. There is selfishness. There is evil. There are a lot of rotten things in this world, but in one secluded corner on the western edge of Scripps Ranch, there is wisdom.

Though drivers often recklessly swerve around this curve in the street, there is peace and tranquility just feet away in the form of a simple rock garden. Residents have painted philosophical messages on oblong stones and carefully placed them in a patch of dirt along this northernmost corner of Erma Road as the street turns just before meeting Scripps Vista Way. It's as if a garden of sagacious memorandums sprouted along this bend as an outpost of decency and acuity.

One day this spring, a figure was kneeling, tending to the rock garden. She was a red-headed woman who leapt to her feet. It was none other than Bobbie Best McArdle, the creator and caretaker of this special place. She is an energetic and artistic being who is instantly likeable. Bobbi painted most of the stones in the garden.

She has lived in Scripps Ranch for 20 years, and started the painted rock garden in 2013.

"I would randomly paint a little rock of inspiration that I thought would inspire someone and I would ... drop it in a random place," she said. "I did this about a dozen times. I had these random inspirations that I would leave. Once I was driving by and somebody had taken all my rocks, collected them all and lined them up. ... They just put them all together there."

The management company for Scripps Westview Condominiums put the subject of the rock garden on its homeowners meeting agenda once about three years ago, Bobbi recalled. When the group took a vote to see if the rock garden should be allowed, everyone voted unanimously that the rocks should stay because they had become too meaningful to the community to take away. They allowed the rock garden as long as Bobbie maintains the area. Now, this community painted rock garden is a popular Scripps Ranch landmark filled with encouraging and inspirational messages.



Bobbie Best McArdle is the creator and caretaker of a rock garden with inspirational messages on Erma Road. (courtesy photo)



A small, kinetic garden sculpture holds seasonal banners above the rock garden. (photo by John Gregory)

"It makes me happy that this has come to mean something to people," she said. "People stop here and take pictures of it ... and that always touches my heart."

Bobbi tends the garden about twice each week, pulling weeds and rearranging the stones. She added a few plants and found a small



Rows of encouraging messages appear on oblong stones in a special rock garden on the northernmost corner of Erma Road. (photo by John Gregory)

kinetic metal garden sculpture which now stands in the center. The art piece holds banners which she rotates to match the seasons.

"Some neighbors who have become friends were nice enough to make their contribution to the rock art garden with a gift of different seasonal garden flags they bought at the Scripps Ranch Farmer's Market, and another

friend and resident sewed a lovely Christmas-season flag she made herself that

was hung over the holidays," Bobbi explained.

See GARDEN, Page 10

www.y9construction.com

Free 3D Design With Any Job



800-801-0290 See Page 23

License #968372

## COLOR YOUR SUMMER with LDI!

### SUMMER DANCE CAMPS

- June 18-22 **Tomorrow's Choreographers Camp** (Ages 8-12)
- June 25-29 **Camp Runway** (Ages 5-7)
- July 9-13 **"This Girl CAN" Camp** (Ages 5-7)
- July 30-Aug 3 **Super Fit Hip Hop Camp** (Ages 8-12)

### TWO WEEK - MAKE YOUR OWN MUSICAL CAMP

July 16-20, July 23-27 (Ages 5-7 & 8-12)

### BALLET SUMMER INTENSIVE

July 9-13, July 16-20, July 23-27 (Ages 7-12 & 13 and up)

### CONTEMPORARY DANCE INTENSIVE

July 30-August 3 (12 and up)



Enriching lives through the JOY of dance  
lynchdance.com

(858) 282-9911

Conveniently located in Poway:  
12227 Poway Road, Poway, CA 92064



# Kids' sleepovers become more glamorous

By Anna Ruth Ramos

It's summertime! This means more time for the kids to hang out with their friends all day long, but who says the fun has to end once nighttime hits?

Two local moms, Nathalie Gras and Kylie James, have an answer to this problem: indoor "glamping."

It is essentially camping but with more comfort and amenities like a mattress, and with Gras' and James' Dreamcatcher Sleepovers, a breakfast tray and a fun lantern, to name a few things.

Dreamcatcher Sleepovers is a sleepover party planning business catered to girls and boys ages 6 to 12. They plan the party, set up the site and provide a themed rental package of five tents and five mattresses, all handcrafted and put together by Gras and James.

"Having children of our own, we know that a lot of parents are a bit overwhelmed by having to plan a sleepover for their child," Gras said.

Their business venture started when they both re-



A package from Dreamcatcher Sleepovers provides a fun night of indoor camping for youngsters, complete with themed tents, mattresses and exciting accessories. (courtesy photo)

alized that kids' birthday parties got "a little bit old" with going to trampoline places or even a themed arcade.

"I was aware of the concept [glamping] because it's a really popular thing in Australia. I noticed that there was a hole in the market that we could fill ... It's a great outlet for our creativity and to do something together," James said.

Scripps Ranch brought the two mom friends together. The duo met via their children who are students at Jerabek Elementary School.

Gras, who is French-Amer-

ican, moved from Belgium to San Diego three and half years ago. She has a background in PR and marketing and she also owned a kid's clothing line for a decade. She has two daughters, ages 8 and 12.

Born in Australia, James has a background in finance and moved to San Diego from Malaysia two and a half years ago. She also has two daughters, ages 8 and 9.

Gras and James gather the materials – the wood and the fabrics – and craft everything together by hand. They sew the tents and the mattresses themselves



Kylie James (left) and Nathalie Gras are the creators and owners of Dreamcatcher Sleepovers. (courtesy photo)

and then build the wooden frames which, according to James, takes most of the day. The full package of five tents and five mattresses takes about a week.

## GARDEN

Continued from Page 9

She added more painted rocks and welcomes others to do the same. She noticed many children paint rocks

"We were building, sewing, sourcing products for about six months before we launched in March," James said.

Visit [dreamcatchersleepovers.com](http://dreamcatchersleepovers.com).

and leave them. A flat, smooth stone is best, one without pores or holes, she advised. Bobbi also suggested putting a clear gloss coat over the finished message, otherwise the sun will make the paint fade quickly.

Bobbi said there are 400 rocks in the garden, and about 395 are ones she has painted.

"I noticed many of my rocks go missing and that never bothers me at all," she explained. "I always feel that if that rock meant something to somebody, that I'm happy that they took it. I'm happy that they could take it and look at it every day."

Recently, Bobbi met a woman near the corner who said she was going through a divorce and had battled cancer. The woman said she read the messages on the rocks several times and they put her in a better place.

"That's something meaningful to me, when somebody can share something like that with me. (To) have a stranger come up and give me a hug. That's nice," Bobbi said.

"One evening a young woman in her twenties approached me and asked me if she could give me a hug, going on to tell me that she had just moved to San Diego and away from her friends and family, and told me she would walk every night and read my rocks and they would help her feel less lonely," Bobbi said. "I was so touched and gratified."

SD Commission for  
Arts and Culture

JULY 13-15, 20-22  
FRI & SAT AT 8PM, SUN AT 2PM

SRT SCRIPPS  
RANCH  
THEATRE

SRT Presents the 7th Annual

Three New and Unique One-act Plays



New Plays from  
America's Finest City

**MONSTERS OF THE AMERICAN CINEMA**

by Christian St. Croix • Directed by James P. Darvas

A tale of fathers & sons, ghosts & monsters.

**DESERT OASIS GARDEN CLUB**

by Gabino Cabanilla • Directed by Don Loper

Four senior ladies explore the importance  
of family and friends.

**ANOMALY.EXE**

by Salomon Maya • Directed by Hannah Logan

A loving couple in pursuit of perfection.

FOR TICKETS CALL 858.578.7728

Tickets \$20 • Season Ticket Holders \$16

SCRIPPSRANCHTHEATRE.ORG SRT IS A 501(c)(3)  
NONPROFIT ORGANIZATION

Find us on



# Scripps Ranch man cultivates fresh produce

By Anna Ruth Ramos

**A** labor of love in the form of an organic farm with an Italian-American touch has been founded by Scripps Ranch's own Joseph Balistreri.

D'Acquisto Farms debuted during the last weekend of February, selling produce at the Scripps Ranch Farmers Market.

D'Acquisto Farms' unique name originated from Balistreri's great-grandmother's last name, which was derived from the medieval Italian term *buon acquisto*, meaning "good buy (acquisition)" or "good purchase."

Balistreri has lived in Scripps Ranch all his life. He grew up in Wine Country and went to Jerabek Elementary School. His parents have lived in town since the 1970s. Now, it's just him and his dad.

Balistreri is an experienced farmer who is transitioning to pursuing his own path full-time. He's been in agriculture for the past eight years, from organic farms to commercial greenhouses, with a background in admin-



Joseph Balistreri

istration, customer service, quality control to harvesting and planting crops.

The organic crops are farmed in a 5,000-square-foot space of rented land in eastern San Diego in what Balistreri dubs a "market garden."

"I wouldn't even call it a farm," he said. "When I say that [market garden], I mean that it's like a really large garden."

He does most of the manual labor without a lot of big equipment. It's an endeavor he's pursued together with his only partner at the moment, his father Frank Balistreri.

"It's literally just me and my dad. ... He has been instrumental in helping me fund this project and right now our goal for the future is to extend into more farmer's markets and start a community supported ag-



Produce from D'Acquisto Farms can be found each Saturday at the Scripps Ranch Farmer's Market. (photo by Anna Ruth Ramos)

riculture program and also start to work with more and more chefs," he said.

When asked about their own Instagram name (@dacquistofarms) #LoyaltoTheSoil, Balistreri said it's exactly what gives them their competitive edge: from the garden direct to the farmer's market booth within hours, as opposed to supermarket crops that have been driven in for miles.

"Basically [#LoyaltoTheSoil] is us reiterating that without healthy soil, we can-

not have healthy plants and without healthy plants we can't have healthy people," he said. "We do a lot in terms of keeping the soil alive and healthy with only organic methods of fertilization."

So far, just in their first season, the local father and son duo have showcased traditional crops at their market stands. As the seasons change, they plan on selling more basil, tomatoes, eggplant and bell peppers.

"I think it's great for the community to actually be

able to call their own neighbor an actual farmer ... because we're essentially feeding the immediate community here and to have that trust to the person who's growing your food is, I think, really important," Balistreri said.

Find Balistreri's crops at the D'Acquisto Farms booth every Saturday from 9:30 a.m. to 2 p.m. at the Scripps Ranch Farmers Market, located at 10380 Spring Canyon Road, in the Innovations Academy parking lot.



## Local gardeners meet monthly

By Denise Stewart

On the fourth Tuesday evening of each month, members of the Scripps-Mesa Garden Club meet at the Scripps Miramar Ranch Library to share information about their gardens and listen to experts presenting programs on the latest techniques for gardening successfully in our low-water environment.

During the current growing season, meetings have been extended to nearby gardens while club members learn what techniques and practices have produced good results in this locality.

Residents of Scripps Ranch and Mira Mesa who enjoy time in their gardens and are eager to share their experiences and learn more about their interest are invited to contact the Scripps-Mesa Garden Club by contacting the chairwoman, Louise Badham at her email address: lab@san.rr.com.



# D A S H E E N

## J E W E L R Y S T U D I O

A UNIQUE BOUTIQUE STYLE JEWELRY STUDIO



Custom  
DESIGNS

## Your Neighborhood Jeweler

9823 Carroll Canyon Road, Suite F, San Diego, CA 92131 • (858) 527-0065

dn@dasheenjewelry.com | www.facebook.com/DasheenJewelryStudio | www.dasheenjewelry.com



# The Heroes return July 15

By Bella Ross

Expect the quiet scene at Hoyt Park to transform as The Heroes take the stage for a show that's got a little something for everybody on July 15.

"We do a huge variety of songs," said band leader Tom Boyd. "Everything from Big Band to Bruno Mars and Justin Timberlake with a lot of classic rock."

The show will take place as part of the Scripps Ranch Symphony in the Park series, a series that Boyd said the band has been a part of since the late 1980s.

"It's such a treat to see families dancing together and kids playing," Boyd said. "It's just a great family venue."

The Heroes are a seven-piece band whose time together exceeds 30 years. For this special performance, Boyd said attendees can expect the return of previous band member Mattie Mills.

"She took a break for a while but she's coming back for this show," he said.

While Boyd said many live music events have turned



The Heroes perform at a previous year's Scripps Ranch Symphony in the Park concert. (photo courtesy of Tom Boyd)

away from being kid-friendly, The Heroes' performances have always emphasized letting everybody get involved in the action.

"It allows a chance for kids to see live music because so much stuff nowadays is just DJs," he said.

As for what attendees can expect to see at the Sunday evening performance, Boyd said they won't be seeing much of their seats.

"We want to engage the audience," Boyd said. "There's a lot of movement and dancing on stage because we want to get this energy going for the people in the audience, because we

want to get them dancing and having a good time."

According to the Scripps Ranch Symphony in the Park website, there are a few rules for those attending. Only low-to-the-ground beach chairs are allowed to prevent anybody's view from being blocked, and no dogs or plastic tarps are allowed.

The Heroes will perform on Sunday, July 15 at 6 p.m. in Hoyt Park, which is located at the intersection of Scripps Ranch Boulevard and Aviary Drive. This concert is sponsored by Collins Family Jewelers. Visit [symphonyinthepark.org](http://symphonyinthepark.org).



Winners of the extravagant gift baskets celebrate their good fortune and the goodies inside at a Welcome Club Salad supper a few years ago. (courtesy photo)

## Summer & Salad: A perfect mix for a welcoming party

By Denise Stewart

Welcome Club members and their guests will gather again on Monday evening, July 9, at the Scripps Ranch Community Center for the 37th celebration of their annual Salad Supper. The event is a Welcome Club summer tradition that was started by Becky McDonald and founding sisters of the club back in 1981 when the group of women was small enough to meet on a member's patio. The attendance has grown, along with the community, to a larger crowd meeting at the Community

Center garden again this summer.

Members will bring salads and appetizers to share outdoors with their Circle of Friends. They will enjoy both dinner together and the winning of elaborate gift baskets. The gift baskets are Welcome Club's way of raising funds to support the club's other social activities that take place throughout the year.

The annual Salad Supper is an excellent introduction for women who would like to know more about the local club. It is always pleasant. See **SUMMER & SALAD**, Page 13

## West Coast Oral Surgery

Andrew K. Chang, M.D., D.D.S.  
*Board Certified Oral Surgeon*

Dental Implants



Wisdom Teeth



General Anesthesia



*Proudly serving the wonderful community of Scripps Ranch for over 20 years.*

Call today to schedule your consultation  
**(858) 536-2900**

9855 Erma Rd. Ste 100 San Diego, CA 92131

[www.westcoastoralsurgery.com](http://www.westcoastoralsurgery.com)

*\*We accept most dental plans.*



# Scripps Ranch Theatre presents 'Out on a Limb'

**S**cripps Ranch Theatre presents its seventh annual "Out on a Limb – New Plays from America's Finest City."

"Out on a Limb" is designed to create and stage new one-act plays, and strives to develop and produce new work that will engage playwrights and theater artists. This year's festival runs July 13-22.

Founder and artistic director of the festival Robert May and producers Charles and Jenn Peters issued this joint statement: "We continue to look for ways to encourage development of new works from our diverse community that draw from various themes. ... We're so proud to once again support area playwrights with their new work and have them produced on our stage."

These are the new plays:

**"Monsters of the American Cinema"** by Christian St. Croix; directed by James P. Darvas; featuring Thonie Lee and Aaron Lugo: When his husband dies, Remy Washington finds himself



A scene from a past "Out on a Limb" play. (photo by Daren Scott)

both the owner of a drive-in movie theater and a caregiver to his late husband's 16-year-old son, Pup. Both enamored with classic monster movies, their relationship is warm and witty, but

not without strain.

**"Desert Oasis Garden Club"** by Gabino Cabanilla; directed by Don Loper; featuring Dori Salois, Pamela Brittain, Connie Terwiliger and M. Eliane Weidenaur:

Marge lives in a retirement community. She is alone and her deceased husband left her with enormous debt. Her two BFFs have a solution to supplement Marge's income. They invite her to join the Desert Garden Club.

**"Anomaly.exe"** by Salomon Maya; directed by Hannah Logan; featuring Amara Young and John Carroll: Valerie and Brad have the perfect house, perfect marriage, perfect life. In the not-too-distant future, technology allows the couple to

build the perfect son, yet they realize perfection, or at least the pursuit of it, might very well disrupt the very symbiotic relationship they tried to maintain.

Scripps Ranch Theatre is on the campus of Alliant International University. "Out on a Limb: New Plays from America's Finest City" runs July 13-22 on Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. To reserve seats call (858) 578-7728. Visit scrippsranchtheatre.org.

## SUMMER & SALAD

Continued from Page 12

ant to meet new friends in a relaxed social setting.

Along with the festive Salad Supper, the usual trail walking, bunco and card games, book discussions, birthday parties, craft-making activities and Gadabout to the movie "Mama Mia II" will go on during July.

Among the regular monthly events, the August club meeting will feature an ice cream social. Plus, August will also bring a special Garden Tea hosted by Dorothy Mildice in her lavishly planted canyon-view yard. Members will don their fanciest bonnets and will raise their pinkies for Welcome Club's Garden Tea, one of its most enjoyed events.

August will also bring an evening outdoor event known as a TGI at the home of Dale and Sharon Hebl. It should be a delightful wine and appetizer summer fest overlooking Lake Miramar while catching the vibrant sunset to the west.

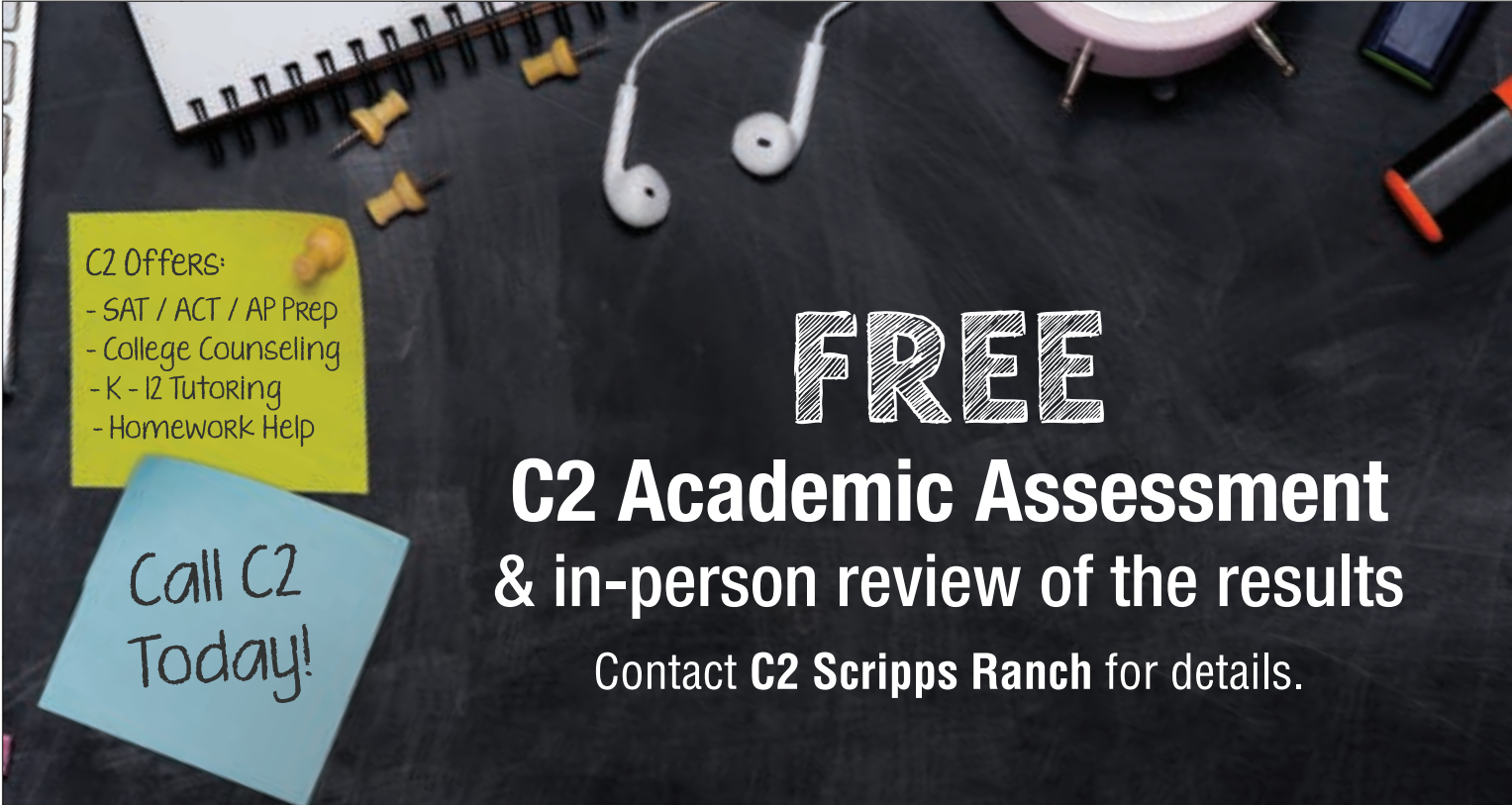
Anyone interested in learning more about the Welcome Club can visit the website at scrippsranchwelcomeclub.com and contact Membership Chair Thelest Stewart. You may also read more about the club's activities on this newspaper's website, scrippsranchnews.com.



**BUDGET BLINDS**  
Style and service for every budget. •

Call now for your free in-home consultation!  
**(858) 271-6252**  
BudgetBlinds.com  
mkgeiahchy@budgetblinds.com

ACCREDITED BUSINESS License #913327  
Blinds • Shutters • Shades • Drapes • Home Automation



**FREE**

**C2 Academic Assessment & in-person review of the results**

Contact C2 Scripps Ranch for details.

**C2 Offers:**  
- SAT / ACT / AP Prep  
- College Counseling  
- K - 12 Tutoring  
- Homework Help

Call C2 Today!

SAT / ACT / AP Prep – College Admissions – Study Skills – K-12 Tutoring – Summer Programs

**C2 Scripps Ranch**  
9872 Hibert Street  
San Diego, CA 92131  
(619) 800-3430  
**C2education.com**





## McGrady enters role at Rady Children's Hospital

By Heather Karpel

**S**cripps Ranch resident Dr. Jodi McGrady was named section chief of Dental/Oral Maxillofacial Surgery at Rady Children's Hospital earlier this year. McGrady is a dentist at Rady Children's Hospital and she has a private practice in Poway: McGrady Dental Group.

McGrady's separate practice is known for being family-friendly. She says that the family-oriented nature of dentistry is what attracted her to it.

"I always wanted to be somewhere in healthcare, I never imagined myself doing anything else," she said. "My family dentist was actually a big influence on me, talking to me about how you become a part of a family, you see children grow, they go off to college and you know you're a part of their lives."

Outreach and pediatric dentistry have been focuses of McGrady's career. She volunteers with 1,000 Smiles, a group that goes to Ensenada, Mexico, to provide dental care for orphans. McGrady also has an advanced

research degree in an outreach-related field. Her Master's degree in Dental Public Health focused on limitations in access to care for children. McGrady said that she draws on her public health degree in her every day care of patients.

"I'm always very aware of access. We have kids who come from El Centro and have a two-hour drive and I'm very cognizant of that," McGrady said.

She thinks about "what the barriers are to them coming back a second time," and makes efforts to accommodate them.

McGrady completed her residency at the University of Iowa, where she focused on special needs patients. After 15 years of seeing patients she felt like she was "still missing that piece, the younger kids," so she completed a certification in pediatric dentistry at Rady Children's Hospital. At Rady, she conducted research on special needs children transitioning out of pediatric care and into general dentistry.



Dr. Jodi McGrady

In her new role as section chief, McGrady hopes to be a communication facilitator and a representative for the other dentists at Rady. She sees the position as an expansion of her current one as a caregiver. McGrady explained that dentistry is "one on one," which she enjoys. However, she is looking forward to having more opportunities to work in a collaborative capacity, something she also enjoys.

McGrady said she looks forward to working with the hospital's department heads and working "across medicine" with people in different medical specialties.



Dr. Jodi McGrady, seen here caring for a patient, is the new section chief of Dental/Oral Maxillofacial Surgery at Rady Children's Hospital. (courtesy photo)

**HEALTH**

### SUMMER CAMP

**CHILDREN'S CENTER** 5 years old to 5th graders

- Camps run 6:45am to 6:15pm
- Week long camps with extended care included in price
- Different and optional field trip offered every Friday
- Campers enjoy everything the Trails facility has to offer including mini-golf, pools, tennis courts, playgrounds and Children's Center facility

NEW!

### SWIM LESSONS

Children 2 yrs to adults

Weekdays or Saturday only sessions

Parent-tot classes for 6 months - 3 yrs

American Red Cross

Group • Semi-private • Private • Lifeguard training

**AVIARY CLUB** 5 years old to 8th graders

- Camps run 8:30 am to 4 pm
- Extended care available 6:30am to 6:30 pm for additional fee
- Drop-in day camps or partial week options
- Full week options with over 60 different camps to choose from

- Tennis camps
- Teen only camps

Popular  
**"FUN FRIDAY CARNIVAL" DANCE PARTY**  
for all campers

Get details and register at [www.srsrc.com](http://www.srsrc.com). Members & Non-members welcome!



# CKO Kickboxing offers complete workout program

By John Gregory

Local resident Nancy Lavell is petite, but she appears to be chiseled from granite. Her incredible physique came from years of athletics and her passion for exercise. Today, she and her daughter, Cheryl Franklin, own and teach classes at CKO Kickboxing San Diego-Miramar. Their fitness is a testament to the high-cardio exercise routine provided by kickboxing classes.

"I have always worked out my entire life. I've always done something," Lavell said. "Even when my kids were small I was actually preparing to go into body building competitions."

While she liked the female body building look, she didn't necessarily want to bulk up her thighs and she hesitated at posing in competitions wearing what she termed "three Band-Aids."

Six years ago, Lavell took a free trial class at CKO Kickboxing and she was



CKO Miramar Kickboxing owner/instructor Nancy Lavell is an avid kickboxing enthusiast and looks the part. (courtesy photo)

hooked. She got her daughter involved, and said her son takes classes when he's in town.

She began teaching classes and the previous owners eventually approached her about purchasing the franchise. Now, Lavell and her daughter have owned CKO Miramar for about six months, and those taking classes can rest assured that the owners are not only

firm believers in kickboxing as an exercise, but prime examples of what happens when one sticks with the program.

CKO offers classes every day and each class lasts one hour. Beginners are given loaner gloves, but gloves are also available for purchase. Each newcomer is given a session of orientation. Then, the punching and kicking begin.



A class of CKO Miramar Kickboxing participants pose with owner/instructor Nancy Lavell on her 60th birthday. (courtesy photo)

"It's heavy bags. The bags are about 125-pounds each," Lavell explained. "None of this is for self-defense; you are not hitting any person. You are just hitting a bag. There is a different combination of kicks and punches that we do throughout the routine ... You can burn up to 1,200 calories in an hour doing this."

In addition, CKO incorporates strength training and offers personal training sessions. Classes for children are available and a low impact class is in the works.

Each participant can go at their own pace, Lavell said.

CKO Miramar is at 7094 Miramar Road. Customers come from surrounding businesses and the Del Mar-Encinitas area, but many are Scripps Ranch residents and a growing number are students from Scripps Ranch High School, Lavell explained.

"You get a full-body workout, you can burn calories and you can also build muscle," Lavell said. "For me, it's high energy. It's fun."

Visit [ckomiramar.com](http://ckomiramar.com) or call (858) 695-8427.

# SRHS track team completes season

Scripps Ranch High School junior Julia Morales advanced from the preliminaries and made it to the State Finals to finish in eighth place in the 800m at the 2018 California State Track & Field Championships. Morales finished with a time of 2:12.9. She was the only athlete from Scripps Ranch High to compete at the California State Championships.

## CIF Championships

On May 26, the athletes from the Scripps Ranch High School track and field teams competed in the 2018 CIF San Diego Track & Field Championships at Mt. Carmel High School. Here are the results:

The Falcons girls gained 47 points to earn fourth place. Clarke Taylor placed sixth in the 100; Jaymie Ruskovich placed sixth in the 200; Emily Brown placed eighth in the 400; Julia Morales placed first and Julia Kiersnowski placed third in the 800; Analicia Uribe placed third in the 1,600; Alyssa Salazar placed eighth in the 300 hurdles; and Jacqueline Manivone placed third in the long jump. The Lady Falcons relay teams captured fourth place in the 4x100, and fourth in the 4x400.

The Falcons boys relay team placed 15th in the 4x400.



Julia Morales placed in the 800m in the State Finals of the 2018 California State Track & Field Championships. She was the only athlete from Scripps Ranch High to compete in the State Championships. (photo by Pedro Morales)



Julia Morales placed first and Julia Kiersnowski placed third in the San Diego CIF 800m run. (photo by Pedro Morales)

www.y9construction.com

Free 3D Design With Any Job

800-801-0290 See Page 23

License #968372

**Independent Service & Repair**

MERCEDES BMW VW AUDI VOLVO

GIFT VOUCHER \$25 OFF

First time customers only

Serving Scripps Ranch since 1979

**AUGUST**  
european  
(858) 566-5000

9705 Candida Street, San Diego, CA 92126  
From Miramar Rd., turn North on Kearny Villa Rd,  
then first right on Candida  
FREE SHUTTLE SERVICE AVAILABLE

Mon - Fri 7:30am to 5:30pm • [www.augusteurop.com](http://www.augusteurop.com)



## PLACE YOUR CLASSIFIED AD in SCRIPPS RANCH NEWS!

### ALL CATEGORIES AVAILABLE



**Only \$25 for 40 words or less**  
(15 cents for every word over 40 words)

Deadline for the July issue is July 14.

Submit your classified ad to:  
scrippsranchnews.com/classified

### BUSINESS PROFILES Only \$55

Includes:

- 50 words about your business
- Color photo or logo
- Headline with your business name
- Contact information in bold



### NOT BIG ENOUGH?

Ask about our advertorials



Includes:

- 350-word promotional article
- Headline
- Color photo
- Contact information

info@scrippsranchnews.com  
**(858) 945-4465**

### HEALTH & BEAUTY

#### Shannon Behan Massage

MASSAGE THERAPY – \$45 for a 50-minute session. Medical massage, Swedish, Sports Massage, Trigger Point, Hot Stones, Lomi Lomi, Aromatherapy and Deep Tissue. Located in Scripps Ranch Marketplace at Anderson Chiropractic. Shannon Behan CMT., MMP. Monday and Wednesday 9am-7pm Thursday 3-7pm. shannonbehanmassage@vis-taprintdigital.com. Call 858-549-1088 to schedule an appointment with Shannon.

#### Color Street Nails

Color Street Nails is perfect for the busy gal on-the-go! From classic colors to dazzling designs, these nail polish strips guarantee a perfect manicure every time. Contact Lynn Bautista Barroso to try a sample or earn free products. www.nailbarrista.com.

### HELP WANTED

#### Advertising Sales Representative

Sell advertising for Scripps Ranch News, the popular community newspaper, website and social media network. Sell on a commission basis. Must be motivated, honest, outgoing, dependable and organized. A great way to make some extra cash: This is a perfect situation for a parent, or advanced college student. Outgoing waiters or waitresses with great personality are encouraged to apply. This is an opportunity to

prove yourself in the real world by closing deals with business leaders and owners on a face-to-face basis.

- Part-time or full-time
- Unlimited potential
- Mileage paid
- Never run out of products to sell

Must have own transportation and proof of auto insurance. Send cover letter and resume to john@scrippsranchnews.com.

#### Freelance Reporters

Scripps Ranch News is seeking quality journalists to pitch and accept assignments for our community newspaper and website. We are carefully building a trusted and talented team of freelance reporters.

Reporters for:

- News Meeting coverage
- Local Sports
- Education.

Journalism degree and experience preferred but not required. Must know fundamentals of journalism structure. Photography skills are a plus. Serious journalists only. We are not looking for bloggers. This is a perfect way to practice real journalism and perfect your craft while being read by a discerning and educated audience. San Diego residents only. Must have transportation and proof of auto insurance. Please follow instructions to apply. Respond with cover letter, resume and published writing samples or links to published writing samples. Send to john@scrippsranchnews.com.

### PLUMBING

#### Best Deal Plumbing, Heating & Air, Inc.

(License #770827) For all of your plumbing needs, water heaters - same day service, toilets, faucets, water pressure regulators and drain stoppages. Scripps Ranch residents Tom & Paula Conlon: (858) 578-7808.

### TUTORING & LESSONS

#### Need A Tutor?

Our professional, insured, pre-screened tutors come to you at your convenience! We tutor various subjects from Pre-K to College: Reading/Writing, Math, Science, SAT/ACT Prep and more. Call 858-764-4335 or visit clubz.com/findatutor for more info.

### WEB DESIGN

#### Seacoast Media Lab

If you need web design or graphic design services, our Scripps Ranch based business is here to help. We have more than twenty years of experience in various industries. We make the process easy for you. Contact us for an estimate on your next project. (858) 578-1326.

### WEDDINGS

#### Holly Kalkin Weddings

Scripps Ranch based business, provides wedding coordination services to couples throughout the county. Please visit our website at hollykalkinweddings.com for more information. We would love to assist you or your family member with their most special day!



**3 CLASSES AND GLOVES  
\$19.99**

- Cardio kickboxing classes for men and women of all fitness levels
- No experience necessary
- Childcare available for all children
- Stop by today and try something new!
- Guaranteed hard core workout to leave your sweaty and wanting more
- Gloves are required for all classes.
- Owned by a Scripps Ranch resident

Call

**858-695-8427**

for more details or stop by the gym today to sign up.

**We look forward to seeing you soon!**



**www.CKOmiramar.com**  
7094 Miramar Rd., San Diego, CA 92121 | Follow us on social media @ckomiramar



# The Real House Pets of SR

By Terry L. Wilson

**S**cripps Ranch resident Jessica Pearson has morphed a popular TV reality series into a unique forum for local cat and dog owners to share their pets' tall "tails." Her two membership groups on Facebook, Real House Dogs of Scripps Ranch and Real House Cats of Scripps Ranch, are a howling success with dog owners, and cat owners say it's absolutely purrrrfect.



Daisy is a 2 1/2-year-old golden retriever seen with Neve Walker and Samantha Pearson. (courtesy of Jessica Pearson)

"I created the two groups as a way for dog owners to share information with other dog owners; and for cat owners to do the same," Pearson said. "I was always sharing pictures of my cats and dogs on my personal Facebook page and I wanted to create a way for pet owners in Scripps Ranch to share stories and information about their pets, too."

Pearson's idea took off faster than a greyhound racing toward the finish line. The dog and cat owners of Scripps Ranch embraced the pages, which currently have a roster of more than 500 members combined.

"There's about 400 members of the Real House Dogs and about 130 members of the Real House Cats," Pearson said. "It's a lot of fun. Everyone loves posting pictures of their cats and dogs with corny captions."

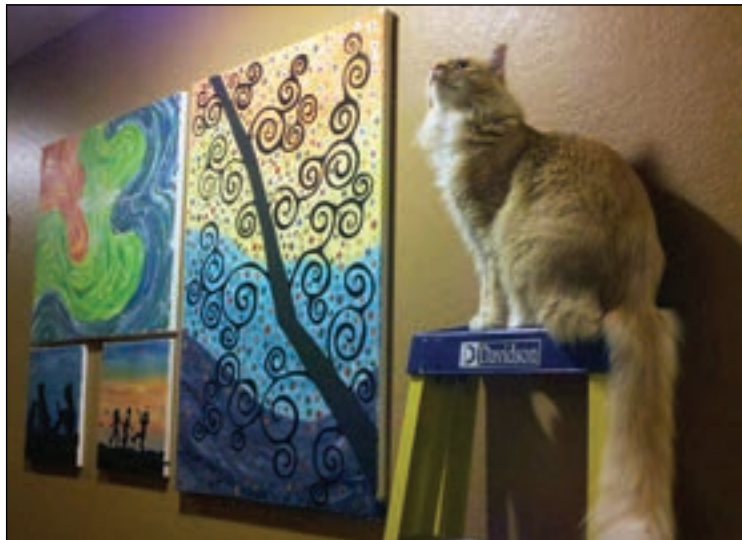
Pearson has also planted the seeds for a new forum with Ken Andersen, of the Walter Andersen Family Nursery, called Real House Plants of Scripps Ranch. This site will be for novice landscapers and gardeners. It's a perfect club if you have any questions about dogwood trees or cattail plants.

While Pearson's Real House Dogs (and Cats) pages are private, those who want to join the party won't have much trouble joining.

"You don't have to live in Scripps Ranch to be a member of our group," Pearson



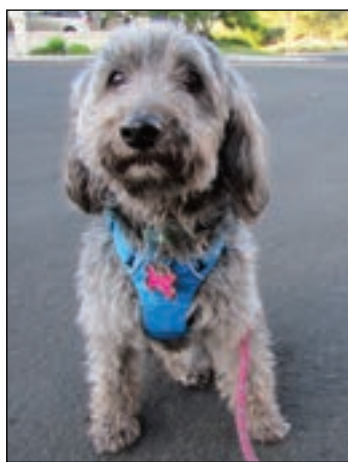
Pepper, a beagle-pit mix, and Lucy, a beagle, not looking one bit guilty at all. (courtesy of Jessica Pearson)



EJ is a buff tabby named after Elton John. (courtesy of Jessica Pearson)



Dharma is a deaf pit bull with mom Laura. (courtesy of Jessica Pearson)



Rosie is a former therapy dog that has three legs. (courtesy of Jessica Pearson)

said. "It's not that we're an exclusive club, but you must have some sort of a connection to San Diego or maybe you have a friend that's in the group. Some people wanted to keep it just for our community and I said, 'No, because my cat has cousin cats in Washington and Oregon.' So, pretty much anyone is welcome to join, I just want to keep out anyone that seems a bit shady."

Like most pet people, Pearson has special names for her four-legged friends.

All of her extended family member's names have a famous reference. Lucy, a Beagle, is named after Lucille Ball. Pepper, a pit mix, is named after Peppermint Patty. Annie, a tabby, is named after the musical. Charlotte, a Siamese mix, is named for "Charlotte's Web," and EJ, a buff tabby, is named after Elton John.

To join either of the Real House pet Facebook groups, go to Facebook and search for "Real House Dogs of Scripps Ranch" or "Real House Cats of Scripps Ranch".

Expires 6/15/2018

**50¢ OFF**  
Any Treat

**Rita's**  
The Original Smoothies

Rita's of Scripps Ranch  
10585 Scripps Poway Pkwy  
next to CVS  
San Diego, CA 92131  
858-693-4903  
www.ritasofscrippsranh.com  
facebook.com/ritasofscrippsranh

Not valid with any other offer. Limit one offer per guest per visit. Not valid at cart or theme park venues. Not for resale. Valid at participating Rita's locations. ©2017 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

Ralph Lo Vuolo  
Photography

**HIGH SCHOOL SENIOR PORTRAITS  
HEADSHOTS ♦ WEDDINGS**

San Diego, CA | 609-668-8665  
ralph@ralphlovuolophotography.com  
[www.ralphlovuolophotography.com](http://www.ralphlovuolophotography.com)

- Pick up all your produce, specialty foods and sweet treats for your 4th of July celebrations.
- BE SAFE!!!!
- Join us for Breakfast or Lunch with Live Entertainers in the food court.
- New Hours: 9:30am to 2:00pm every Sat. year round

**OPEN EVERY SATURDAY**  
9:30am - 2:00pm  
10380 Spring Canyon Road  
(across from the Vons Shopping Center)  
[SRFarmersMarket@aol.com](mailto:SRFarmersMarket@aol.com)  
[www.srfm.org](http://www.srfm.org)  
Gift Certificates Available

**OPEN EVERY SATURDAY**  
9:30am - 2:00pm  
10380 Spring Canyon Road  
(across from the Vons Shopping Center)  
[SRFarmersMarket@aol.com](mailto:SRFarmersMarket@aol.com)  
[www.srfm.org](http://www.srfm.org)  
Gift Certificates Available





Pay attention to your pet's mouth by taking steps to prevent dry mouth, which can lead to health issues if left untreated. (copyright Paul/stock. Adobe.com)

## Poor breath in pets might be bad health

(StatePoint) If you've ever experienced dry mouth, you know how uncomfortable it can be. Unfortunately, your pet can get dry mouth too, and it can lead to more serious issues down the line. It can also be a sign of more serious current health issues.

Dry mouth is a condition in which saliva loses its protective benefits and leads to an overgrowth of odor-causing bacteria and plaque accumulation, as well as increasing the risk of periodontal disease.

While such diseases as diabetes can contribute to dry mouth in pets, the most common cause is medication. What's more, it is believed that medications increase the risk of developing complications due to dry mouth by 40 percent. This side effect is far-reaching. Medications for allergies, anxiety, urinary incontinence, osteo-arthritis pain, heart conditions, high blood pressure and more can all contribute to dry mouth.

While most pet parents are not aware their furry friends have dry mouth because they may still drool even with the condition, watching out for bad breath can help, as it is often a red flag that something is wrong.

Experts say that you don't need to wait until this becomes an issue to protect your pet's health.

"Prevention is always the best medicine," said Pamela K. Bosco, president of Pet King Brands.

Bosco recommended Ora-tene Brushless Oral Care for pets, an easy-to-use oral care product line that doesn't require brushing. Whether it's the water additive, breath freshening spray or brushless tooth-

paste gel, the enzymes in its formula work to replenish what is missing in order to help restore healthy oral flora, as well as destroy odor-causing bacteria and remove plaque biofilm. The products can help prevent complications due to dry mouth, and will benefit any age dog or cat, especially those on medications, aging pets or those with pet parents who are averse to brushing.

## SDHS offers free microchipping in June

The San Diego Humane Society is offering free microchipping on select days in June for dogs and cats in anticipation of the July Fourth holiday, when shelters typically see a substantial increase in lost pets.

July Fourth is a festive day of celebration for people, but it can be a terrifying time for pets due to the loud noises associated with fireworks. Also, pets spooked by the noise have been known to jump fences out of fear, resulting in a higher number of stray animals entering the shelter after July Fourth.

"The day after a big holiday like July Fourth, we often see an increase in the number of stray animals we receive," said Beau Archer, VP of animal welfare for San Diego Humane Society. "We want to help pet owners protect their pets on these busy holidays. This is why we want to offer free microchips. We want to be able to reunite pets with their families faster."

The best way to ensure your pet will find its way home should it ever become lost

is microchipping. In anticipation of the upcoming holiday, San Diego Humane Society will offer free microchipping at its San Diego Campus, 5500 Gaines St., on June 30 from 8 to 10 a.m.

If your pet does go missing, ensuring your pet is microchipped and licensed will assist in a quick reunion. The San Diego Humane Society also utilizes a facial recognition app, Finding Rover, to quickly reunite lost dogs with their owners. It's one more tool to

get pets home faster. Be sure to register your dog's photo on Finding Rover. It's free. Learn more and register at [findingrover.com/](http://findingrover.com/).

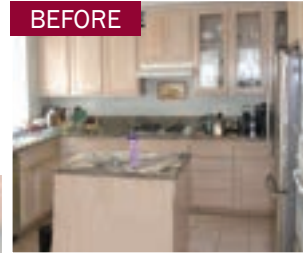
Serving San Diego County since 1880, the San Diego Humane Society has campuses located in Escondido, Oceanside and San Diego as well as adoption centers inside select Petco stores throughout San Diego County. The San Diego Humane Society is supported solely through contributions, grants, bequests, municipal contracts, investments and small fees for services.

For more information or to view animals available for adoption, visit [sdhumane.org](http://sdhumane.org).



## DON'T REPLACE REFACE!™

BEFORE



AFTER



**TRANSFORM  
YOUR KITCHEN  
IN AS LITTLE AS  
3-5 DAYS**

FREE IN-HOME ESTIMATE

**858-549-2000**

License # 838590

**FREE SINK**  
with any countertop purchase

Some restrictions apply. Not valid with other offers or discounts. Coupon must be present at time of estimate. Expires 07/31/18.

**\$500 OFF**  
kitchen cabinet refacing

Some restrictions apply. Not valid with other offers or discounts. Coupon must be present at time of estimate. Expires 07/31/18.

### What is refacing?

- New doors and drawer fronts
- New materials on exteriors
- New mouldings
- New door hinges
- New soft close drawers and pullouts optional

VIEW OUR PROJECT GALLERY

**BOYARS.COM**



# Five kitchen storage ideas

By **Fiona Klerekoper**  
Certified Associate Kitchen  
and Bath Designer

**C**an't find the matching lid to your pot or pan? Just found an open box of cereal from 2014 at the back of the deep, narrow pantry? And where the heck is your favorite spatula?

One of the top requests from homeowners who are remodeling is for more storage. Sometimes that really means better storage, particularly in the kitchen. Many of the homes in Scripps Ranch have the original builders' quality cabinetry that is inefficient: unusable corners, shallow drawers.

Sound like a familiar story? Kitchen and cabinet designers are constantly coming up with solutions to make working in your kitchen easier and more functional.

Your home may be reaching an age where it's time to remodel the kitchen. Below are a few suggestions to consider that could maximize storage, improve functionality and generally make your life run a little smoother. Who doesn't want that?

**Pot/pan and lid double drawer:** Tired of rummaging around for the right pan in a cabinet? Don't even mention finding the matching lid! Deep double drawers help keep your stacks neat and accessible and the lids in check.



A deep double drawer for pots, pans and lids. (courtesy of Fiona Klerekoper)



Tall pantry pullouts for food storage. (courtesy of Fiona Klerekoper)

Sturdy slides under the drawer can support up to 150 pounds, so heavy plates are no problem. This can be located close to the dishwasher for ease of loading and unloading.

**Pantry pull outs:** No space for a walk-in pantry? Losing food at the back of deep shelves? No problem. Tall pullouts and drawers/shelves of varying sizes allow for a variety of food storage needs.

**That weird space over the microwave or oven:** What a great spot to store narrow items that you don't want to stack such as platters, cookie sheets and other bakeware/serving dishes.

A new kitchen can be a fun and exciting project. There are many great new products available and inspirational images are ev-

See **STORAGE TIPS**, Page 20



Utensil drawer. (courtesy of Fiona Klerekoper)

**Utensil drawer:** This clever utensil pull-out keeps cooking tools conveniently at hand.



A drawer with peg system for dishes. (courtesy of Fiona Klerekoper)

**Dishware drawer:** A peg system allows dishes to be placed in a base cabinet for easier lifting and organiza-

**From Vision...To Reality**

**Full Custom**

**Semi-Custom**

**Why Reface When You Can Replace and Save?**  
Call for More Information...

Full Service Remodeling Company	Full Service Cabinet Shop
<ul style="list-style-type: none"> <li>• Complete Remodel</li> <li>• Second Story</li> <li>• Room Addition</li> <li>• Kitchen &amp; Bath Remodel</li> <li>• Backyards &amp; Pools</li> </ul>	<ul style="list-style-type: none"> <li>• Full Custom/Semi-Custom Cabinets</li> <li>• Factory Direct Prices — Cut Out the Middle Man</li> <li>• Residential &amp; Commercial</li> </ul>

**Free 3D Design With Any Job**

**800-801-0290**  
[www.y9construction.com](http://www.y9construction.com)

License #968372

houzz yelp f

Lic. No. 782799 Col. 3:17

**BLACK MOUNTAIN PLUMBING**

Established 1993

Many take their plumbing for granted...  
**we never do!**  
-Black Mountain Plumbing

**GET \$20 OFF**  
Your next plumbing repair with Black Mountain Plumbing  
*\*Not valid with any other offer.*

**Plumbing Services**

- Water heaters
- Diagnosis & Repair
- Remodel & Repipe
- Water Filtration Systems
- Plumbing Camera Service
- Drain Cleaning
- Leak & Pipe Location
- Litigation Support

Follow Us! f g+ t p YouTube yelp

PHCC PLUMBING-HEATING-COOLING CONTRACTORS ASSOCIATION

2017 Angie's list SUPER SERVICE AWARD

BBB ACCREDITED BUSINESS

**Instant Online Booking!**

**(858) 536-4161 • [www.blackmountainplumbing.com](http://www.blackmountainplumbing.com)**

9909 Hibert St., Suite E, San Diego, CA 92131





**BEST DEAL**  
Plumbing, Heating & Air, Inc.  
Contractors Lic. 770827

In the plumbing business  
**for 45 years**

Owned and operated  
here in the community

- Water Heaters/Same Day
- Disposals and Drains
- Toilet Repairs/Installs
- Water Pressure Problems
- Faucet Repairs and Installations

**Good Quality Work  
at Reasonable Prices**  
Licensed and Insured  
**(858) 578-7808**

10796 Charbono Terrace • San Diego, CA 92131



Make your home the ultimate summer hangout with these simple projects to transform outdoor spaces. (StatePoint)

## Create an entertaining haven

(StatePoint) In warm weather, everything is better done outdoors, from eating meals to entertaining guests. Consider the following.

**Add “living room” touches:** Create a flawless outdoor retreat with comfortable lounge chairs and all-weather sectionals that look like they belong inside. Go all out with color and bold furnishings. Up the design factor with bright planters and accent pieces or hang vibrant tiled artwork.

**Include a beverage station:** Have refreshments nearby with fun serving ware and a bar cart stocked with cocktail fixings. Add patterned glassware and umbrella stir sticks to get the party started.

**Refresh common areas:** Guests will access your home’s entryway and powder room. Spruce up these spaces with a fresh coat of paint or by simply repainting the trim a crisp white.

One of the most important tools you’ll need is a premium painter’s tape, like FrogTape brand painter’s tape, to protect walls and floors. FrogTape can be used on a variety of surfaces to deliver the sharpest paint lines for professional-looking results.

**Go green:** Create a peaceful sanctuary outdoors with fresh flowers and greenery. If you don’t have a green thumb, display low-maintenance verbena, lavender and decorative grasses in attractive pots. If you have minimal space, opt for a wall-mounted garden to add life and texture.

For more painting projects and décor tips, visit [FrogTape.com](http://FrogTape.com).

## Scripps Ranch home sales

Prices of attached homes sold in Scripps Ranch continued to skyrocket in May, according to statistics compiled through the Multiple Listing Service by the Greater San Diego Association of Realtors®.

There were 12 attached homes (condominiums or townhomes) sold in Scripps Ranch last month, with 66 sold in 2018 year to date. Attached homes were on the market in Scripps Ranch an average of 7 days in May and an average of 15 days on the market for 2018 so far. The median price of attached homes sold in Scripps Ranch in May was \$619,000 and the median price for 2018 so far year to date is \$530,000. That’s a whopping \$141,500 more than May 2017, and the median price for 2018 year to date is \$82,500 more than the median price for 2017 at this time last year.

Twenty-four single family homes in Scripps Ranch were sold in May, with 94 total sold so far in 2018. The homes averaged 24 days on the market in May and an average of 20 days on the market for the year 2018. The median price of single family homes sold in Scripps Ranch in May was \$874,000 and the average median price is \$934,500 for 2018 so far. That’s \$23,000 less than May 2017, but the median price year to date for 2018 is \$39,500 more than the median price for 2017 overall at this time last year.

### STORAGE TIPS

Continued from Page 19



Baking tray storage. (courtesy of Fiona Klerekoper)

everywhere. Maybe it’s time to evaluate your kitchen and develop a plan to turn it into a space that makes preparing meals a pleasure and frees you up to do more of what you love, like relaxing in your “California Room,” but that’s a story for another article!

Fiona Klerekoper is a long-time resident of Scripps Ranch and is the principal and designer at FDK Design. For more information, call (858) 945-2867 or [fiona@fdkdesign.com](mailto:fiona@fdkdesign.com).

## Residential Property Management ... At It's Best!



## Our numbers say it all.

- Caring for clients since 1981
- Less than 1% vacancy rate
- Less than 1/2 % eviction rate
- 97% on time rental payments
- 24 hour emergency service
- Average tenure of our staff is over a decade

**We’re not simply rent collectors. We are advisors, risk managers and caretakers of your most valuable investment.**



**american  
heritage  
properties**

Free rental analysis call 858-695-9427 • [www.renthomes.com](http://www.renthomes.com)