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SCRIPPS RANCH NEWS

Volume 1 Issue 4 • March 2018

SCRIPPS RANCH
NEWS

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Art by Emma Henning

Art by Daniela Liang

Art teacher Dan Ericson



A banner created by Scripps Ranch High School Key Club is signed by students during the safety rally held on the campus March 14. (courtesy of Scripps Ranch High School)

Student safety *This is what they think*

By Cynthia Kurose and John Gregory

Local students took part in a national movement in which youth across the country organized to voice their concerns and advocate for responsible change. On March 14, the one-month anniversary of the mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida, students united both to pay tribute to victims of the shooting and to push lawmakers to pass responsible gun legislation for student safety.

Two schools in Scripps Ranch organized staged "walk-ins," holding on-campus rallies to give students a place to have their voices heard.

An email sent from Scripps Ranch High School (SRHS) on Monday, March 12, advised parents that the school would be conducting a safety week, which would include

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Tickets available for Taste of the Ranch

By Cynthia Kurose

The Scripps Ranch High School (SRHS) Foundation will hold its eleventh annual Taste of the Ranch fundraising event from 6 to 11 p.m. on Wednesday, April 7, at the Hotel Karlan San Diego – a Doubletree by Hilton, located at 14455 Penasquitos Drive in Carmel Mountain. Funds raised through this event will directly benefit SRHS athletic teams and academic clubs.

Community members are invited to partake in "delicious signature tastes, local beer, wine and a vodka bar, as well as a sensational silent auction, a casino, dancing and music provided by a professional local DJ," according to the event website. Auction items this year include tickets to Elton John's Farewell Tour, a one-week vacation rental in Kauai, and eight front row seats to an SRHS graduation ceremony.

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SRHS Art Program urges artistic freedom

By John Gregory

The art program at Scripps Ranch High School emphasizes creativity and turns out some very talented artists who create impressive works. In addition, the program is extremely popular among students. It's as if there is a subterranean art colony thriving on the campus.

At lunchtime, for example, art teacher Daniel Ericson opens the door to his classroom and wel-

comes any student to use the microwave for their lunch, listen to music, hang out and, yes, work on an art project, even if they are not enrolled in art classes. Ericson estimates that between 30 and 50 students congregate during lunch hour in his classroom on any given day.

"It's an eclectic group of people," he said. "It's from all different groups. It's amazing."

Make no mistake, the art teachers take their art very seriously, and they have placed an empha-

sis on encouraging creativity and creative freedom in a relaxed setting.

"Anybody can learn how to draw. ... Creativity is something that needs to be fostered and kind of pushed. That's how Miss Sheldon, the other art teacher, and I basically teach," Ericson explained.

Shawny Sheldon teaches the introductory classes for students new to art.

"I promise to get their skills

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SAFETY*Continued from Page 1*

emergency drills and a school safety rally.

SRHS Principal Nicole DeWitt explained that on a monthly-basis, she meets with a student group called “My Student Summit” to discuss campus issues or other matters relevant to student life. At their last meeting, the students “brought up this idea [of a rally]. They had questions about the nationwide walkout in general and what they could do to try to organize something on campus,” she said.

Given the student interest in participating in the nationwide effort, while wishing to not be penalized, the SRHS administration determined that it would provide “a venue and a dedicated time on campus for students to participate,” DeWitt explained.

The school’s bell schedule was adjusted to accommodate the event, which took place after period three.

Student organizers arranged to have speakers at the event, created a banner signed by SRHS students to show support for the victims of the Parkland shooting, and also prepared feedback cards for classmates to write down their school safety concerns and suggestions.

Caroline Lawler, a senior at SRHS, explained that she was glad administrators were supportive of students’ desire to participate in the nationwide event.

“Unlike many other schools in America, [SRHS] created an outlet for students’ voices to be heard instead of punishing those who chose to walk out,” she said.

Students felt that the rally was worthwhile.

“All of the speeches were

very good, and the speakers ... [successfully] delivered the messages that they were trying to get across,” Lawler explained.

One student speaker “mentioned that we should not remove guns, just make them harder to obtain for people who should not own them. The audience was very into it and there was a bigger turnout than I expected, which I thought was really cool,” Lawler added.

Hana Helders, a freshman at SRHS, shared her enthusiasm.

“I think it’s awesome that teenagers are voicing their opinions and making themselves heard. It’s a very important change that we need right now,” she said.

At Marshall Middle School, students were allowed to attend a gathering that began at 10 a.m. in the C lunch court. A message from the administration emailed to parents in the afternoon estimated that about 300 students participated.

The schedule called for 17 minutes of silence once the students assembled — one symbolic minute for each life lost in the Marjory Stoneman Douglas High massacre. Most middle school students are unable to stand in silence for 17 minutes. Some were talking and others stood on tables to address the crowd, according to some students in attendance. Others made signs and held them during the event.

At first, the gathering was rather loud during the planned time of silence. That’s when seventh-grader Rosy Barba stood up and told the crowd to be silent.

“I don’t think they were really taking it that seriously, so I stood up on a table and I told everybody that



Scripps Ranch High School students participated in a safety rally within the campus on March 14. (Photo Credit: Cynthia Kurose)

we needed to be silent for the students who lost their lives,” Barba said, adding that another student then also called for silence. “I just thought that, okay, if we’re going to be out here, we seriously need to be silent. This isn’t some joke. It’s a serious matter.”

When asked how she had the initiative to attempt to silence the crowd, Barba credited her mother, Lucy Lidot.

“I guess my mom just wants me to be the best version of myself that I can be,” Barba said. “And I just really want to make a change in the world.”

Once the time of silence ended, some individuals, hesitant at first, began to rise and address the students. However, only a short amount of time remained.

“There were just so many people that gave such kind and respectful speeches,” said Isabella Davies, a seventh grader at Marshall. “I could tell by the way they were talking and their word choice that they sounded very passionate about this and they really wanted gun laws to be restricted.”

While Davies had hoped to say a few words to the crowd, she said it was sim-

ply too difficult since so many wanted to express themselves.

“I was planning on saying how it’s pretty scary to think students our age, younger and older, are discussing this, along with the fact that there are students our age that are scared to go to school because they are afraid a person with a gun will come and kill them,” Davies explained. “I feel it’s not right for people to be scared. These people who are with a gun and they shoot people, they have something up with their mind and that also leads me to believe that America needs to make mental health care more affordable and more available to those who want it or need it.”

Barba said that she was one of the students who was able to address the crowd.

“I think I said we really need to make a change in the world right now because the world is really divided at this time in our lives and we are the children that need to stand up if nobody else is doing it,” she said. “We need to understand that we aren’t just kids anymore. We need to really show people that we can do more than just sit around.”

Barba said she made a few signs in one of her classes and handed them out during the rally. She recalled that one sign said, “Protect your kids, not your guns.” The other said, “Guns aren’t living, but I am. Which one would you choose?”

Both Davies and Barba stated that are not afraid of going to school because they are confident the staff and administration at Marshall Middle School keeps the campus safe.

Both said they would feel very uncomfortable if teach-

ers at their school were armed with guns to protect them, stating that they didn’t trust that sort of situation.

“We shouldn’t fight fire with fire,” Barba said.

“I think the best thing we can do is changing our gun laws,” she added, carefully stressing each point as if in deep thought. “Teachers shouldn’t even have guns in the first place. We shouldn’t be concerned with that. Our schools are supposed to be safe places where children can go to get an education, to grow up and, who knows, cure cancer or solve global warming. Yeah, teachers shouldn’t be armed like that. It’s not going to solve anything.”

Both students summed up their thoughts resulting from the issue at hand and the day’s events. Davies had a message for parents.

“Some people may think children appear to be oblivious to what’s happening. However, children — we’re very bright — and even if we don’t know exactly what’s going on, we have this instinct that something’s not right,” Davies said. “So, if you feel that you need to tell your child something bad is going on, and not to be afraid, go ahead and tell them because if they don’t know, they’re going to be even more afraid.”

Barba had some advice for people who might want to make a difference in the world.

“No matter who you think you are, no matter how young you are, no matter how old you are, you can really just get out there and make a change,” she stated. “I don’t want people to doubt themselves because it’s really not that hard. Just stand up and make your voice heard.”

TASTE*Continued from Page 1*

Last year’s event welcomed more than 300 attendees and raised more than \$23,000 for SRHS students. Local tastes this year will be provided by Ashoka the Great, Asado Grill, Islands Fine Burgers and Drinks, Louziana Food, Pazzos, On the Border, Ballast Point, Starbucks Coffee, Rita’s, Little Italy Bar and Grill, Yanni’s Bar and Grill, and vodka will be provided by Homes by Felicity.

“Taste of the Ranch is one of our community’s most popular and highly-anticipated events of the year, and it’s all for a very worthy cause,” said Jillian Frisbie, Taste of the Ranch chair. “It

was so much fun last year. I hope to see even more of our community come together again to support our high school and make new memories while enjoying a fun night out.”

Tickets may be purchased online for \$70 per person until April 6, or \$75 per person if purchased at the event.

Additional information can be found at tasteoftheranch.com.

Correction

The last name of the Scripps Ranch Swim & Racquet Club manager was misspelled in the story titled “Swim & Racquet Club: A big part of local life” on page 11 in the Feb. 23 issue of Scripps Ranch News. The correct spelling is Tal O’Farrell.



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ADVERTISING AND CONTENT

John Gregory, Publisher | john@scrippsranchnews.com

ADVERTISING DESIGN AND WEBSITE DESIGN

Jacqueline Gregory, Publisher | jacqueline@scrippsranchnews.com

CONTRIBUTORS

Cynthia Kurose, Reporter | Max Troja, Reporter | Ralph LoVuolo, Photographer

Ad Representative: Michael Mogge

Phone: (858) 945-4465

Mailing address: 9984 Scripps Ranch Blvd. #312, San Diego, CA 92131

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Community voices concerns over Joint Occupancy Project

By Cynthia Kurose

The San Diego Unified School District (SDUSD) school board plans to vote this spring on whether to approve the Scripps Mesa Joint Occupancy Project. The project involves the proposed relocation of Innovations Academy charter school and subsequent construction of a mixed-use facility, including a four-story apartment complex, at 10380 Spring Canyon Road.

The Miramar Ranch North Planning Committee (MRNPC) invited members of the community to a special ad hoc subcommittee meeting on Feb. 28 to discuss the draft environmental impact report (EIR) for the project. The proposed use of the project site includes a 300,000 square foot, 264-unit apartment complex; a 4,000 square foot STEAM facility; 2,000 square feet of commercial use; and a 1,500 square foot community garden, according to a summary of the project on the meeting agenda.

Discussion opened with a chronological review of the project proposal from its inception. Lorayne Burley, who serves as MRNPC vice chair and project review chair, led the meeting, which was attended by more than 20 members of the community.

"In January 2016, all of the community groups: the Miramar Ranch North Planning Committee, the Scripps Ranch Planning Group, the Scripps Ranch Civic Association, the Scripps Ranch Schools Committee and the Scripps Ranch Park and Rec Council all voted to oppose this project ... so there's been no community support," she said.

The 264-unit density of the proposed project was one issue that was discussed at-length during the meeting. According to the EIR, "The proposed project includes a residential density bonus of 35 percent due to the inclusion of 22 affordable units. Therefore, the proposed project would include 195 units by right, pre density bonus, plus 69 bonus units, for a total of 264 dwelling units in accordance with the City of San Diego Municipal Code Affordable Housing Density Bonus Regulations." However, community members argued that the affordable housing claim was flawed because the project doesn't meet bonus density criteria. "The two criteria that we

[MRNPC] argue is transit — there's no mobility transit — and also we argue the Safe School Zone Law because it puts children in close proximity to guns and drugs and alcohol, and that's within 150 feet away," Burley explained.



Members of the community gather on Feb. 28 to review and discuss the draft environmental impact report for the Scripps Mesa Joint Occupancy Project. (photo by Cynthia Kurose)

Aesthetics were another point of contention, due to the proposed four-story design of the facility.

"I'm concerned about the project blending with the community aesthetic of one-story commercial and two-story residential," said Brenda Ruhl, a 17-year Scripps Ranch resident who attended the meeting.

When contacted for comment, Hope Reilly, a

spokesperson for Monarch Group, the developer on the project, explained that the project was designed in accordance with City code.

"Monarch does feel that this project is in line with community character. We like to consider it not only smart growth, but also responsible growth ... because it already complies with all applicable development and zoning laws and regulations," Reilly said.

A timeline on the school district's web site states that while "future dates are preliminary and subject to change," completion of the final EIR and response to public comments should occur in spring 2018, to be followed by a Board of Education public hearing to certify the EIR and consider project approval. A majority vote of the five-member school board will be necessary for both certification and approval.

In an email, SDUSD Board of Education President Kevin Beiser stated, "I have voted no on the project and will vote no on the EIR. I did not run for the school board to bulldoze schools and build

See **JOINT OCCUPANCY**, Page 4



NEWS

A digital rendering shows the proposed Scripps Mesa Joint Occupancy Project from an elevated view at N. Brookville Drive facing northeast.

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Sustainable Scripps Ranch holds Sustainability Hack

Sustainable Scripps Ranch (SSR) will host its first Sustainability Hack on Sunday, April 15 from 2 to 4 p.m. in the Scripps Ranch Community Center, 11885 Cypress Canyon Road. The purpose is to share ideas and sources for sustainable living.

SSR is calling for entrants to show and tell their favorite tricks and tools for saving water, energy, or time and for building stronger community connections in Scripps Ranch. Volunteers to help run the event are also welcome.

Categories for the event include Food & Water, Transportation & Energy and Repair & Re-using. SSR would like residents to bring anything to share and demonstrate during this event.

Folks can bring anything they'd like to pass on to others, and take home what they can use, according to SSR member Suha Chari. She said she hopes to bring a solar cooker that she made and will make some quick tasty snacks, and show how



Demonstrating how to create a compost bin is an example of a concept to share at the April 15 Sustainability Hack.

it works.

Plants, seeds, organic homemade snacks, recipes to try, pots, used books, and clothing are all areas that can be shared, Chari said. Other possible areas include composting, yoga, bread baking and dancing. Projects for children to make useful objects or art pieces from discarded material are also welcome.

Chari said she is very interested in "finding people to share their special skills, skills that we no longer routinely use, or just-for-fun skills."

Anyone wishing to show or share ideas, or to volunteer, may contact Lynn Owens, owens.lynn@gmail.com, or Suha Chari, suhachari@gmail.com. Visit scripps-ranch.org/ssr.

NEWS UPDATES

Recycling-Shredding fundraiser scheduled

An electronics recycling and on-site paper shredding fundraising event will be held between 10 a.m. and 3 p.m. on both Saturday, March 24, and Sunday, March 25, near the Scripps Ranch Farmer's Market site at 10380 Spring Canyon Road to benefit Innovations Academy. There will be music, food and entertainment for the kids on Sunday, March 25. Green Hat Electronics will provide the shredding-recycling machines.

Paper shredding fees will be \$5 per file box. All documents will be shredded on-site both days. Recycling fees for electronics will be \$1 for miscellaneous household appliances; \$2 for printers and audio components; \$5 for microwaves and vacuums; and \$10 for mini refrigerators. Electronics accepted for free include such items as car batteries, TVs, computers, cell phones, printer cartridges, cords and wires. This event is sponsored by Sharon Martin of Keller Williams Realty.

25th anniversary events continue

The Scripps Miramar Ranch Library 25th anniversary celebration continues with two more events.

"Dances with Words" will be a special event featuring Richard Lederer and singer/songwriter Bill Shipper starting at 10 a.m. on Friday, March 16. A Community Birthday Celebration will be

held from 1 to 4 p.m. on Saturday, March 24. This will be an all-ages event with birthday cake, city officials, city library personnel and recognition of the winners of the Scripps Ranch Friends of the Library Student Essay Contest and winners of the commemorative bookmark design contest for K-12th graders. The Scripps Miramar Ranch Library is at 10301 Scripps Lake Drive.

Community Garage Sale slated for April 7

The annual Scripps Ranch Community Yard Sale will be held from 7:30 a.m. to noon on Saturday, April 7. This event is sponsored by Windermere Homes & Estates.

Anyone wishing to hold a garage sale that day may register online, and their location will be included on a map distributed to shoppers on the morning of the event. Those wishing to participate must register online by noon on April 3 at scrippsranchnews.com/communitygaragesale.com.

Garage sale signs for sellers who have registered may be picked up between the hours of 8:30 a.m. and 4:30 p.m. Mondays through Fridays at Windermere Homes & Estates, 9988 Hibert St., #150.

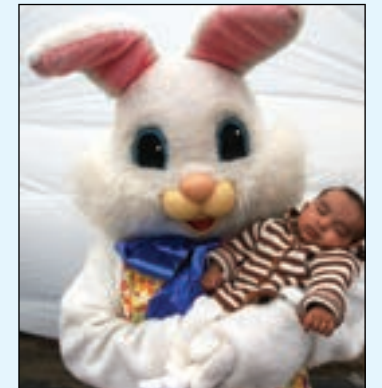
Shoppers may pick up maps with garage sale locations between 7 and 8 a.m. on the day of the event, April 7, in the parking lot of Windermere Homes & Estates.

Life Skills 101 classes available

Local personal stylist and wardrobe designer Jennifer Rosson of Style Your Life presents *Getting Ready for College - Life Skills 101*, a series of classes intended to

help high school seniors prepare for life on their own in college and beyond.

Experts in the various fields will be brought in to teach critical life skills. Rosson created interactive sessions including Basic Car Care, Personal Finance, Health and Wellness, Personal Self-Defense, Laundry, and Capsule Wardrobe. To reserve a spot visit styleyourlife.us/college-class.



The Easter Bunny will visit the Scripps Ranch Farmer's Market on March 31.

Easter Bunny visits Market

Families are invited to bring the children as the Easter Bunny hops over to the Scripps Ranch Farmer's Market to hand out Easter eggs from 11:30 a.m. to 1:30 p.m. on Saturday, March 31. There will also be a face painter, Jumpy/obstacle course and a caricature artist. The Scripps Ranch Farmers Market offers a wide variety of vendors from 9:30 a.m. to 2 p.m. every Saturday at 10380 Spring Canyon Road, in the Innovations Academy parking lot.

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Welcome Club: friendship and good times

More than 35 years ago, a group of local women came together to enjoy friendship and good times in what is now called the Scripps Ranch Welcome Club. Many have been gathering regularly over the years and are still welcoming new members to join in a wide variety of activities. Events range from monthly Coffee Klatches to card games, Bunco, bicycling, book discussions, crafts, trail walking, mov-

ies, lunches, and evening TGIs and play-going.

The membership general meeting, held the second Monday of each month at the Scripps Ranch Community Center, usually features a short program along with time to enjoy seeing old friends and making new ones. March's meeting featured a PowerPoint presentation of photos of Yellowstone National Park by skilled photographer Dorothy Mildice. The April 9 meeting will host

author Sherri Alazraki who will discuss her two published books.

A Coffee Klatch, a Gad-about and taking in a play at the Scripps Ranch Theatre, along with a pre-theater party in the evening, are also slated in April.

Women interested in expanding their circle of friends and enriching their leisure time experiences should contact Welcome Club Membership Chair JoAnn Farnen at jfar-men1945@att.net.

JOINT OCCUPANCY

Continued from Page 3

apartment buildings. Unfortunately, when the development project came for a vote at the school board, I was in the minority."

Board members Evans, McQuary, Barrera and Whitehurst-Payne did not respond to requests for comment.

While the deadline for public comments on the draft EIR has passed, "members of the community can and should continue to express their concerns to members of the school board. Community support at the final project approval and environmental report certification meeting is strongly encouraged," Burley said.

Problem or no problem?

On Tuesday, March 13, a dark SUV pointed west at the spotlight at Meanley Drive, turned through the intersection south down Scripps Ranch Boulevard. It was a terrifying scene because this vehicle cut through dozens of Scripps Ranch High School students crossing the street after school. Maybe there was a path through the students visible to this driver, and the students regularly cross diagonally through this intersection, but this was an incredibly-dangerous maneuver. It was by luck that no one was hit. It's a no-brainer: obviously a serious problem.

Obscured stop signs: Two stop signs on Timberlake Drive mostly hidden by overgrown branches (documented in the February issue) have been uncovered, mostly. San Diego

District 5 City Councilman Mark Kersey's office used the City's Get It Done website to report the problem. The sign at Sunset Ridge Drive is now completely visible. The sign at Summerwood Court is about 75 percent visible. Kersey's office strongly encourages residents to report similar problems to Get It Done. Visit www.sandiego.gov/get-it-done.

Day workers: Three people commented on the issue of men waiting for offers of day jobs, congregating near a driveway of the Scripps Ranch Village Shopping Center. All three said it was no problem. "Not a problem. I pass them at least once a week when I walk the dog," was the response of one woman. "It looks as if they are just trying to make an honest living."

A masterful performance of 'Legally Blonde'

By Max Troja

The Scripps Ranch High School theater department, known as the Falcon Playhouse, just finished a run of the modern classic musical "Legally Blonde," a stage adaptation of the 2001 hit film starring Reese Witherspoon. Directed by theater teacher Patrick Garcia, this musical featured prowess from a cast and crew of talented students, proving that it really does take a village to create something so beautiful.

The musical follows Elle Woods, an accomplished but shallow sorority girl, who decides to depart from the comfort of her LA lifestyle to Harvard Law School in hopes of showing him how serious she is.

From the opening song, the Falcon Playhouse showed that it meant business with a set that looked professionally built. A two-story sorority house with shuttered windows and pillars covered in ivy were assembled and painted by students in two of the high school's tech theater classes, along with a decorated staircase and a

personalized bedroom door with Elle's name chalked on the front. From the outset, this musical showcased the crew's abilities and talents, even if they weren't the ones singing and dancing on stage.

After being alienated by her fellow classmates, Elle struggles to fit in, only finding friendship in Emmett, who TAs for her law class with her instructor, Professor Callahan. The main cast really begins to shine at this point, as Diosdado "Dean" Bisco played Emmett Forrest to perfection, portraying a hopeless romantic who is incredibly hardworking. Emmett is especially friendly to Elle Woods, brought to life by Genevieve Flores, whose acting, singing and presence on stage demanded to be appreciated as an authentic Elle Woods that would impress even Reese Witherspoon herself.

Upon discovering that her ex is now dating her rival, Elle decides to dye her hair dark, in an attempt to appear more serious; but she is talked down from this decision by an eccentric hairdresser (and all-

around show-stealer) Paulette Buonofuonte. Played by Jenna Evans, this iconic character represents a turning point for Elle, who realizes she is a better lawyer than she thought. Evans laid on a thick South Jersey accent and made herself a commanding presence whenever onstage, pulling laughs from physical comedy, one-liners and even entire songs.

Through struggles, embarrassments and accomplishments, Elle earns an internship at Callahan's law firm, alongside Emmett, her ex, and his new girlfriend (now fiancé). This series of scenes really allows the costuming of this production to be showcased. Sophomore Carmela Orcino worked with more than 100 costumes, compiled from the existing drama department's wardrobe, as well as donations from students. From imaginary sorority girls to fashion-repressed law students, and even one Playboy bunny, the costuming of this musical only helped to immerse the audience in its unique characters.

Elle and company's first



Genevieve Flores portrays Elle Woods in the Scripps Ranch High School Falcon Playhouse production of "Legally Blonde." (photos courtesy of Falcon Playhouse)

case as interns at Callahan's firm is defending Brooke Wyndham, an exercise mogul accused of murdering her husband. The audience is introduced to Ms. Wyndham through a musical rendition of an exercise tape. The intense choreography on display was crafted by SRHS dance teacher Trishaa Camp, whose choreography throughout this entire musical was complex and

stunning, and accompanied perfectly by a well-trained group of student musicians led by SRHS band director Russell Shedd.

Through clever deduction, Elle discovers that the eyewitness is lying about what he saw, further helping both the case and the firm. She is rewarded with sexual harassment in the form of an unwanted kiss from
See **LEGALLY BLONDE**, Page 6

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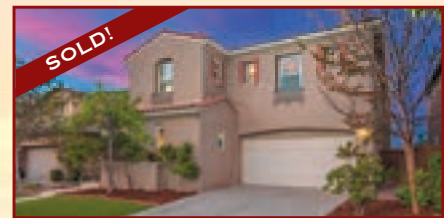
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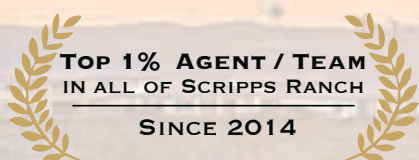
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Exhibit displays array of student work

By John Gregory

They are student artists at Scripps Ranch High School. Their work and their character can be described using the same definitions: Deep. Sometimes dark. Absolutely creative and refreshing due to their unspoiled, sincere thoughts. It's inspiring to view their creations and hear them describe their work in such a personal and honest manner.

Their creations were displayed at Savagewood Brewing Company in an art exhibition, and the March 5 opening night served as a fundraiser for the Scripps Ranch High School Art Department. The students adorned the walls with colorful creations painted on skateboard decks and surfboards. Some of the paintings were bright and happy, while some were eerie, introspective, complex. There was an interesting throwback trend toward psychedelic styling.

Emma Henning displayed a skateboard deck painted with a collage of bright designs inspired by a video game she plays. While the piece took a lot of time, it's gotten a good amount of praise online, "So I'm proud of it," she said.

"I like doing art that's about games or universes that already exist, but I like to edit and make my own creation



Kayla Dees and one of her creations on display.



Mia Radici (left) and Emma Henning, along with their artworks, painted on skateboard decks.

out of it," she explained.

Henning intends to pursue studies at college in industrial design. She plans to design products and would enjoy designing toys the most.

"I really like bright and colorful games the most, or games that have realistic but also fantasy aspects at the same time," she said. "Anything that involves the use of imagination."

Mia Radici displayed her work portraying a female skeleton-like figure.

"I really like drawing skeletons," she said. "I like to take regular people and regular poses and I like to either do half regular face-half skeleton, or I just like to morph it into a full skeleton. I just like to do my little spin on it and make it kind of creepy."

But creepy is not a word one would use to describe Radici. Instead, she might be described as a happy teenage girl with a bright future. Radici plans to major in business, possibly finance or marketing at Pace University in New York, where she is headed on a field hockey scholarship.

"Dia de los Muertos has really influenced me. I think that art is beautiful," she explained. "Ever since I've seen Day of the Dead artwork and just the whole festivity and day, I've just become in love with skeletons and I just think it's a cool aspect because in the end we all look the same underneath."

Junior Kayla Dees is taking art for the first time and had been working on sketches for the most part, although she said she has been painting on skateboard decks since the beginning of this semester.

"I mostly draw people and faces ... I was inspired by Japanese culture and anime when I first started drawing," she said. "But now my style has evolved into more of a cross between anime and Disney ... I mostly draw females."

Dees said she is undecided about where she will attend college but might stay in-state to take her general education courses

before deciding on a major.

Kacey Roche began taking art classes at the school last year and likes to paint on all kinds of different surfaces. She does mostly painting and some photography.

"I'm very passionate about it. ... It's something I like to do," she explained. "It doesn't really feel like work when I do it. It feels like something fun and I can show my creative side and just have a stress-free class."

Roche has not selected a college yet, but she plans to major in psychology and hopes to have a career as a forensic psychologist.



Kacey Roche displays her artwork on a surfboard.



Art teacher Shawny Sheldon

ART

Continued from Page 1

up, whatever level they're at, to grow their skills and, more importantly, to get confidence in the kids and to find just the pure joy in artmaking," she said. "I just tell people, 'We make stuff in here.'"

Although Sheldon has 25 years of teaching experience, her unbridled enthusiasm gives the impression she is excitedly teaching her first class.

"I try to introduce creativity in such a way that, hopefully, it flows over into other parts of their life because that is something we need ...," she said. "Those skills are needed in whatever occupation or field you are going to go into ... innovation and learning how to think outside the box and not be inhibited by any crazy, wild ideas you have."

Sheldon said she emphasizes persistence, explaining that people such as Thomas Edison or Einstein worked very hard coming up with new ways of doing things and they weren't always accepted, but eventually became mainstream.

The program doesn't normally have set art shows, opting instead to constantly install student artwork throughout the campus. The students are current-

ly working on large format pieces, and some of the new canvases they are painting on are old projection screens, which no one is using anymore, Ericson said.

"We paint on anything we can get our hands on," he said, including wood, skateboard decks and surfboards.

Students seem to appreciate the fact that Ericson does what he can to provide them with the materials to create whatever they want.

"Mr. Ericson is really awesome," said Kayla Dees, a junior. "He tries his best to supply us with everything we need in order to express our art. There aren't really any restrictions."

Senior art student Kacey Roche, who paints mostly with acrylics, agreed.

"I said I wanted a big piece of wood and he got it for me," she explained. "He helps us with whatever we want. If we want a certain type of paint that we don't have, he goes and gets it for us."

Junior Emma Henning credited the artistic leeway in the classroom for allowing her to pursue her creative concepts.

"It allows for so much freedom that your ideas are allowed to properly go onto the paper without feeling restricted to certain guidelines," she said.

look at the good, the bad and the ugly."

However, the show didn't sensationalize Callahan's crimes and simply used it as a plot device. Garcia explained that this was a learning opportunity for the cast and crew while working on the show.

"This stuff happens. Do we ignore these topics," he posited, "or provide our students with the tools to face them?"

By not shying away from this topic, and instead fully showing and renouncing

Elle's harassment, SRHS offered a unique teaching moment for students and audience members alike.

Finally, Elle returns to court, her head held high, not allowing Callahan's actions to keep her down. She takes over as Ms. Wyndham's defense attorney, and wins the case in a way only Elle Woods could: with an intricate knowledge of hair care. This final courtroom scene featured arguably one of the best facets of this production; the magnificent en-

semble cast. Made up of dozens of students, this group carried an already-stunning musical through to the end. Working with a larger ensemble than normal, Garcia described it as "a fun challenge that was logistically difficult but ultimately rewarding."

As the musical wraps to a close, the audience is left feeling satisfied. Elle proposes to Emmett, her ex's fiancé stands with her in solidarity against Callahan, and Paulette has a beautiful

family with a UPS delivery man she seduced in an unusual fashion.

The amount of time and effort that such a team had to put into this production was immense, but the outcome was well worth it. Teachers, administrators, parents, and, of course, the dedicated students all made it possible. As Garcia best described it, "With the energy and the enthusiasm, it's a nice blend of everyone becoming a community ... A real theater family."

LEGALLY BLONDE

Continued from Page 5

her boss, Callahan. She immediately quits and considers giving up entirely to go home to Malibu, but is ultimately talked out of it by Emmett.

This is where the production and in turn, the students involved, really showed that they weren't afraid to address the hard-hitting topics in this musical. As Garcia put it, "This craft makes students

SCHOOL NEWS



Jacy Zanotelli

Jacy Zanotelli earns \$1,000 scholarship

Jacy Zanotelli, a fourth-grader at Miramar Ranch Elementary School, was awarded a \$1,000 college scholarship from the Carson Scholars Fund. The scholarships are awarded to students in grades 4-11 who excel academically and are dedicated to serving their communities. Jacy has been a volunteer distributing food and toiletries to the homeless and she has helped teach several classes at Innovations Academy about Kumeyaay culture. An applicant must be nominated by an educator at his or her school to be able to compete for the award. Only one student from each school may apply.

Have 'Coffee with the Cops'

The San Diego Unified School District's (SDUSD) Family and Community Engagement Team is inviting the public to attend "Coffee with the Cops" from 8:45 to 9:45 a.m. on March 22 at Ellen Browning Scripps Elementary School, 11778 Cypress Canyon Road. This event is intended to help local families with students in Scripps Ranch public schools learn how the school district's police officers operate to keep schools and students safe, and allows the public to discuss safety concerns. Childcare and translation will be provided. RSVP at tinyurl.com/SDUSDFACERSVP.

• **The charter renewal for Innovations Academy** was approved on March 6. The school will be able to operate until 2023 when it will be time for its next charter renewal. Meanwhile, students and faculty will hold the school's second semester Exhibition Night on March 22.

• **"The Wizard of Oz,"** presented by the Marshall Mustang Theatre, will play March 21, 22 and 23 at 6 p.m. each night. Buy tickets at bit.ly/2FTm8Jm.

• **Spring Break:** Public schools in Scripps Ranch will not be in session March 26-30.

• **The Dingeman Elementary Spring Carnival** will be held from 3 to 7 p.m. at the school on Friday, April 13. The public is invited to this family-friendly event comprised of food, fun activities, school performances, a silent auction and vendors.

• **Get ready for EBS Idol,** the school talent show from 6-9 p.m. on April 20. Do you sing, dance or play an instrument? Here is your chance to show off your talent.

• **Kindness Week** is scheduled for April 9-13 at Jerabek Elementary School.

St. Gregory's preschool opens and inspires learning

By Cynthia Kurose

Parents have a new local preschool option for their youngsters, where three-year-olds, four-year-olds, and junior kindergartners are encouraged to learn through both free and structured play. Saint Gregory the Great Catholic Preschool officially opened on Feb. 26 at 15315 Stonebridge Parkway.

The layout of the new facility reflects a style of learning that allows children to explore and develop their sense of curiosity.

"We're all about child's rights," said Amy Igou, director of the preschool, when describing the afternoon program for four-year-olds on a full day schedule. "If the child would like to rest, they can rest. If they'd like to do activities, they can do activities."

Bright, clean and colorful classrooms encourage structure and consistency.

"We have the room broken down in the different developmental areas ... with building, dramatic play, science, art, math ... and we have our religious table," Igou said.



The preschool playground features an outdoor classroom, seen in the foreground, along with sand play areas, garden barrels, acrylic art easels, and much more to inspire children's learning through imaginative play. (photo by Cynthia Kurose)

Meanwhile, a modern and creative outdoor playground is designed to inspire imaginative play.

Affectionately referred to as "the backyard" by Igou, the playground features art easels, oversized percussion instruments, a wet sand area, a dry sand area, a play structure, an outdoor classroom, garden barrels, and an area of reflection. In line with the religious aspect of the Catholic school, the design of each outdoor area is inspired by one of five California missions, including a large mission bell that

children are allowed to ring during play time.

A bike path curves around the perimeter of the playground with a variety of textures on the ground, allowing children to experience the varied sensations as they ride over each surface.

Jennifer Parker is a Scripps Ranch resident and mother of a student enrolled at the new preschool.

"We love the community at Saint Greg's and we feel blessed to be a part of it," she said. "The classrooms are beautiful and the playground is amazing, includ-

ing all the California missions that are represented."

Igou said that she feels "very honored" to be entrusted by parents to care for their children. She explained that the school has a feeling of being a strong family unit.

"You get very close and very personal with the families. You really get to know the children's little ins and outs like parents do," she said.

Enrollment options for the preschool include a two-, three-, or five-day program, with either half- or full-day attendance. Licensed for a total of 64 students, the preschool currently has 18 enrolled, so new student applications are being accepted, according to Igou. Prospective families can contact the school to arrange a campus tour.

"I think it's very important for the parents to see the kids in action with the teacher, and see the teacher responding to the kids and observe that whole relationship," Igou said. "It needs to be a good fit not only for the parent, but also for their child."

Additional information can be found at stgcs.org.

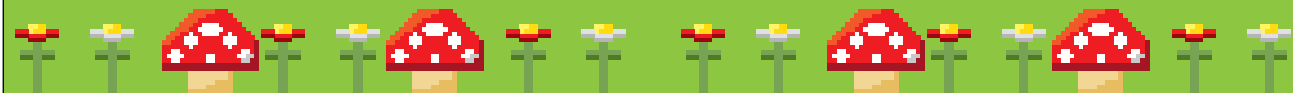
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Customers review menu options and place their orders with friendly staff in a modern, clean and inviting new Scripps Ranch Everbowl store. (photo by Cynthia Kurose)



Scripps Ranch Everbowl employees (left to right) Manuela, Caitlin and Savvy are ready to greet customers with a friendly smile. (photo by Cynthia Kurose)

Everbowl provides experience to young adults

By Cynthia Kurose

Scripps Ranch native Jeff Fenster has found a way to give back to the community while pursuing his passion for health and nutrition. Everbowl, which was founded by Fenster in 2016, opened its Scripps Ranch location on Feb. 7 at 9844 Hibert St., with local high school and college students behind the counter, ready to greet customers with warm smiles and cold, nutritious treats.

Fenster was particularly enthusiastic about open-

ing this store, which is one of seven that he currently owns and operates.

"I love Scripps Ranch. I grew up there. I went to Jerabek Elementary and Scripps Ranch High School. Having a store there means a lot to me," he said.

While his stores employ staff of all ages and experience levels, Fenster said that he likes hiring high school and college-aged staff because he believes he can give back through mentoring and teaching valuable skills that will serve them well in the future.

He looks to find high-energy, young adults to work at his stores.

"There are two rules to work at an Everbowl: you have to be able to make friends with everyone who walks through the door, and you have to have fun," Fenster said.

In today's technology and smartphone-dominated society, Fenster explained, "we no longer make eye contact, and customer service ... loses that personal touch. I can give back to my employees by showing them that they can stand out among their peers by making eye contact, making friends with the person on the other side of their

conversation, whether it's a job interview, in college or whatever goes on in their life."

Caitlin Toth, a local high school senior and Everbowl employee, explained that her manager had recently been in the store offering advice and encouragement to employees who were in the midst of college applications.

"He was talking to us about how the process can be stressful but it's all about how you perceive it, and just realizing that it's not fear, but excitement. All of our managers are great," Toth said.

Manuela Velez, a Scripps Ranch resident and senior at Westview High School, also finds her employment experience at Everbowl to be rewarding.

"Honestly, I enjoy coming to work every single day," she said. "The managers are always watching out for us. We're like a family. We call ourselves an Everbowl family. It's absolutely great."

While employees made it clear that Everbowl is a great place to work, the food also keeps customers coming back for more.

"I was here on opening day," said Kim Witham, a Scripps Ranch resident and

frequent Everbowl customer. "I used to go to the one in Poway and then we learned one was opening here. We come almost every day."

In Fenster's words, Everbowl serves bowls of "stuff that's been around forever and that provides quality nutrition." He explained that this idea is what inspired the name "Everbowl," because the ingredients that go in the bowls they serve are "evergreen."

As for the "unevolved" brand statement emblazoned across the store's interior wall and on employee shirts, Fenster explained that, while over time, "society has created fake and chemical-ridden foods in laboratories ... we only provide you real food. No chemicals, nothing that was manufactured in a lab and nothing that hasn't been around forever. It's Everbowl for everybody."

Menu options include bowls of superfoods – like acai, graviola, pitaya and acerola – blended with more traditional fruits, like bananas, pineapple and berries. Then, in plain view of the customer, "bowlologists" – as Fenster refers to his employees preparing the bowls – top the blended fruit base with a variety of fresh fruits, granola and more superfood options.

Customers can choose from a selection of pre-designed "local favorites," or they can opt to build their own 24-ounce bowl with unlimited base and topping choices from the menu for a flat cost of \$8.

"We're all about making sure customers leave happy," Fenster said. "We're a community store. We don't want anyone to feel intimidated. Our bowlologists will walk you through the experience and together we'll find something you like," he said.

For more information visit everbowl.com.

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SCRIPPS RANCH
NEWS

‘Baskerville’ is sure to impress audiences

By Max Troja

Originally published by Sir Arthur Conan Doyle in 1902, “The Hound of the Baskervilles” is one of the most well-known stories featuring the famous Sherlock Holmes. Today, more than 100 years later, director Charles Peters is bringing Ken Ludwig’s 2015 adaptation of the iconic story, titled “Baskerville,” to life on the stage for Scripps Ranch Theatre.

Based on Doyle’s original work, “Baskerville” sees Sir Henry, heir to the Baskerville estate, helped by Holmes and Watson as they attempt to protect him from a family curse. However, this is not your typical mystery thriller.

Peters described the show as a farce, explaining that “There’s a lot of craziness in this show. So much is going on, there’s something for everyone.”

The show even extends beyond the stage, with characters breaking the fourth wall with some audience interaction and participation.

“You’ve never seen Holmes like this,” Peters said.

According to Peters, the cast has become a real family, with much laughter and bonding during rehearsal.

“Sometimes two of them can’t even get through a scene because they just crack up looking at each other,” he said. “There’s a real level of closeness there. It’s not something you can fake.”

This cast certainly has to be close, composed of only five actors in total, with three of these five having to portray 40 characters combined.

This three-person ensemble is comprised up of Russell Clements, Michelle Marie Trester and Bob Himlin. Peters described Clements as “younger, but just so experienced,” commending his willingness to jump into any role with no fear.

Trester is similarly experienced, performing on stages throughout San Diego and beyond.

“She’s full of accents in this role,” Peters said. “Some authentic, some hilarious, some both.”

Finally, Himlin plays the titular Sir Henry Baskerville himself, with Peters explaining, “He contributes a genuine swagger and soundness to the stage.”

Separate from the ensemble, seasoned actors Robin Thompson and Michael



Michael Lundy (from left), Russell Clements and Robin Thompson are featured in the Scripps Ranch Theatre production of “Baskerville.” (photo by Ken Jacques)

Lundy portray the dynamic duo of Sherlock Holmes and Dr. John Watson, respectively. Peters tells of how they each bring something unique to their characters, with Thompson contributing a real wonder and mystery to his Holmes, while Lundy has “a real heart ... A real sense of loyalty.”

The chemistry between these two onstage helps the audience settle in for a real treat of unique storytelling.

While the show is great fun for the audience, it, like every other show, has faced its share of challenges during production. As mentioned earlier, three actors playing forty characters can be admittedly difficult, with the cast needing to craft dozens of characters that are notably different from one another. In hand with that, quick changes are necessary, many of which are onstage. Peters even reveals that costumer Debby Sullivan began work in October for this show’s wardrobe.

Furthermore, the staging of “Baskerville” was a challenge in and of itself, Peters said.

“The set is fairly minimal because we don’t have the luxury of huge set pieces,” he said. Because of how quickly the show changes scenes, Peters worked with the set designer to create sets that are abstract, both visually interesting and fluid. This way, rapid scene changes are not bogged down by moving set pieces.

“One minute we’re indoors at Baker Street, then on a busy street, then at the train station, and we’re just moving so fast there’s no time for a big set,” Peters explained.

As a whole, “Baskerville” is sure to enthrall audiences.

“There’s a whole lot going on here,” Peters said. “Come and laugh, but also be intrigued by the mystery.”

“Baskerville” runs from March 23 to April 22, with shows every Friday and Saturday at 8 p.m. and every Sunday at 2 p.m. in the



LEISURE

Robin Thompson (from left), Michelle Marie Trester and Michael Lundy enjoy a light moment in preparation for “Baskerville.” (photo by Ken Jacques)

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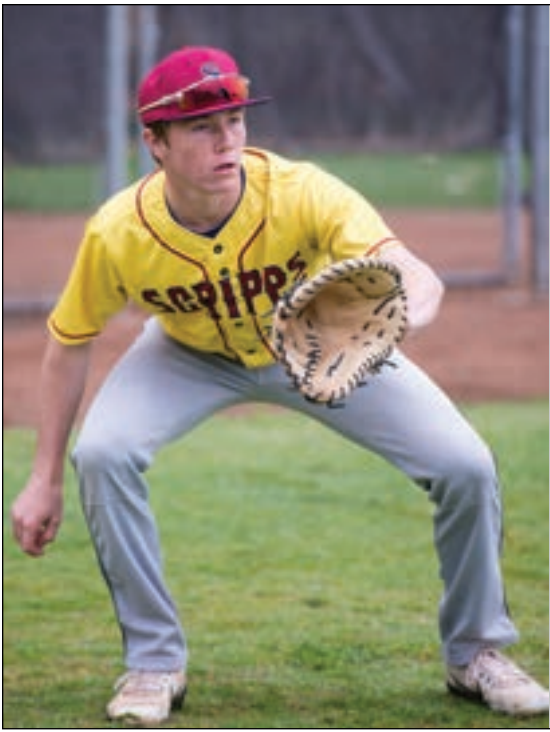
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SPORTS



Will Van Duren



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A case for the defense

Fans love the big plays: the home runs, goals and the spikes, but it's defense that wins games. Yes, there is plenty of defense in spring sports, as these Scripps Ranch High varsity athletes demonstrate. Fielders (above) for the boys baseball team and the girls softball team get in their stances, as does the goalkeeper for the boys lacrosse team (top right). A pitcher lunges to deliver a strike (left) and a fielder in the dirt throws out a runner (below). Indoors, a boys volleyball player digs a spike in transition to an offensive set. Which brings us back to offense and the big hitters, represented by a player delivering a spike (bottom right) and four Falcons batters connecting on swings (below).

Photos by Ralph Lo Vuolo



Elaine Swecker

A pitcher lunges to deliver a strike (left) and a fielder in the dirt throws out a runner (below). Indoors, a boys volleyball player digs a spike in transition to an offensive set. Which brings us back to offense and the big hitters, represented by a player delivering a spike (bottom right) and four Falcons batters connecting on swings (below).



Taylor Gray



Benjamin Black



Colin Beaver



Delaney Kelly



Malaya Delfin



Keith Davis



Benjamin Black

Falcons girls soccer team captures SD championship

The Scripps Ranch High School girls varsity soccer team enjoyed a sensational season as it won the CIF San Diego Section 2018 Division I Girls Soccer Championship on March 3 by defeating Rancho Bernardo High School 1-0.



The Scripps Ranch High School girls varsity soccer team captured the CIF San Diego Section 2018 Division I Girls Soccer Championship on March 3. (photo by Ralph LoVuolo)



Players on the Scripps Ranch High School girls varsity soccer team celebrate a goal during CIF San Diego Section playoff action. (photo by Ralph LoVuolo)

Rancho Bernardo played an aggressive game, keeping the ball in Scripps Ranch territory for much of the game. The Lady Falcons scored the only goal of the game and preserved the win with strong defense and great goal tending.

Naya Menezes scored the lone goal for Scripps Ranch

and Lady Falcons goal keeper Marina Lattrell starred with a handful of important saves to shut out the opponents.

With this victory, Scripps Ranch, under the direction of Larry Pernicano, now in his 26th year as head coach, earned a place in the State

Championship series.

Unfortunately, the Scripps Ranch team lost to Temecula Valley 3-1 on March 6 in in the first round of the CIF State Soccer Playoffs, but that loss at State did little to tarnish a long and memorable 2017-18 season.

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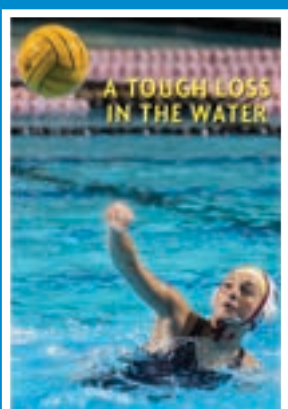
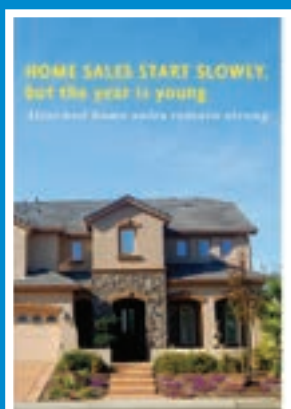
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SRCA OPENING DAY
A batter practices bunting during Scripps Ranch Softball Association Opening Day activities held on Saturday, Feb. 24, in Cypress Canyon Park. (photo by John Gregory)



LITTLE LEAGUE OPENING DAY
A young squad trots onto the field as teams and managers were announced during Scripps Ranch Little League Opening Day activities on Sunday, Feb. 25 at Jerabek Neighborhood Park. (photo by John Gregory)

SRHS girls lacrosse

- March 22, 7:00 p.m.
at Rancho Bernardo
- April 3, 7:00 p.m.
vs. Patrick Henry
- April 6, 6:30 p.m.
at La Jolla
- April 10, 7:00 p.m.
vs. Westview
- April 13, 5:30 p.m.
at Cathedral Catholic
- April 17, 7:00 p.m.
vs. Coronado
- April 19, 7:00 p.m.
vs. La Costa Canyon
- April 21, noon
vs. Bishop's
- April 24, 7:00 p.m.
vs. Cathedral Catholic
- April 26, 7:00 p.m.
vs. Patrick Henry

GREAT START

The Scripps Ranch High School varsity girls lacrosse team won its first four games by impressive scores, defeating El Camino 19-2, Mission Hills 11-3, Del Norte 15-3 and Poway 7-4. (photo by Ralph LoVuolo)

SPORTS UPDATES

Team brings home State Cup trophy

The Scripps Ranch Soccer Club Girls Under 14 Team, Scripps United, captured the California State Cup Tournament on Sunday, Feb. 25. The tournament, which was held through three weekends from Feb. 10 to 25, was played at the Oceanside SportsPlex and at Galway Downs in Temecula.

This talented team posted amazing State Cup Tournament statistics. It won 8 straight games – 6 of those by shutouts. With both strong offense and tough defense, the team scored 37 goals in the tournament and only allowed 2 by opponents. This team also won the Presidio League Championship in both 2016 and 2017.

These skilled champions are coached by Jeff Williamson and managed by Jim Wick, both long term Scripps Ranch residents and members of the Scripps Ranch Soccer Club led by Cha Cha Namdar.

SRSA Game and Movie Night set

The Scripps Ranch Softball Association (SRSA) invites the public to attend a scrimmage by the Scripps Ranch High School girls JV softball team, followed by a Home Run Derby and a family Movie Night. Glow in the dark wristbands will be on sale for \$5 each.



Members of the champion Scripps United, the Scripps Ranch Soccer Club Girls Under 14 Team, include (back row, from left) Tara Jessen, Coach Jeff Williamson, Allison Chen, Jaiden Wick, Gretta Lawson, Kate Campbell, Kayden Williamson and Valerie Suarez; and (front row, from left) Zari Salimitari, Kate Hoover, Amanda Grissom, Ainsley Houston, Sofia Dauz, Riley Blemker and Laila Major.

This event, hosted by the SRSA, will begin at 5 p.m. on Friday, April 13 in Cypress Canyon Park, 11400 Cypress Canyon Park Drive.

Two open houses at Poway Gymnastics

Poway Gymnastics is holding two special, free open house previews on Saturday, April 7.

First, parents with young children can preview all the fun available in classes for preschoolers during an open house at Poway Gymnastics from 4 to 6 p.m.

Then, the public is invited to a Ninja Open House from 6:30 to 8:30 p.m. on April 7. This is a free preview of the Ninja high-energy classes at Poway Gymnastics. The Ninja class improves muscle and bone strength; creates a well-rounded athlete in a fun atmosphere; promotes creativity; increases body control, agility, flexibility, balance and coordination;

and burns lots of energy.

Poway Gymnastics is at 12850 Brookprinter Place in Poway. Call to reserve a space for either event: (858) 748-1716. Visit powaygymnastics.com.

Softball Day at Petco Park

The Scripps Ranch Softball Association (SRSA) is hosting a Softball Day at Petco Park starting at 5:40 p.m. on Saturday, April 14. See the Padres take on the San Francisco Giants.

The softball league has reserved tickets in the Toyota Terrace, Section 217, for \$40 each.

Festivities include a pre-game parade around the warning track for all players and coaches in uniform, and an on-field pre-game ceremony featuring San Diego softball leagues.

Contact Kim Byrnes to reserve your seat by March 23: treasurer@softball.org.

March is Lymphedema Awareness Month

By Carol Long

March is Lymphedema Awareness Month and healthcare professionals all over the country are taking the opportunity to promote greater understanding of this underserved medical diagnosis.

The lymphatic system, which is part of the circulatory system, is a network of vessels and ducts that move protein rich fluid throughout the body, filtering it through lymph nodes to remove cellular debris and toxins before returning it to the bloodstream.

There are two types of lymphedema: Primary lymphedema occurs when a person is born with a faulty lymphatic system and secondary lymphedema occurs when a person's lymphatic system is damaged by surgery, severe trauma, radiation or chemotherapy, for example.

Lymphedema is a condition where excess high protein lymphatic fluid collects in the tissue spaces of the skin causing an abnormal swelling in a body part, such as the arm, leg, head and neck, genitals, chest, or back. A collection of protein rich fluid can create an inflammatory response, altering the tissue and creating fibrotic changes.



Increased fluid and fibrosis can increase infection risk and reduce wound healing. In the U.S., lymphedema is most often encountered in the cancer patient population when lymph fluid flow is disrupted, usually as a consequence of surgery (lymph node removal) or radiation.

Early detection of signs and symptoms of lymphedema is critical to successful management and will minimize complications of a more chronic condition. Signs to look out for include: persistent swelling; limb feeling full, heavy or achy; decreased joint flexibility; or clothing and jewelry starting to feel tight. A tingling sensation may occur.

Treatment is intended to reduce limb size and reduce the risk of infection. It should be carried out by a skilled Certified Lymphedema Therapist. Therapy includes manual lymphatic drainage, compression bandaging, compression garments, decongestive exercises, and skin and nail care. Treatment also includes exercises to

alleviate problems with joint mobility after surgery.

Here are some risk reduction practices to reduce your risk of developing lymphedema:

- Reduce infection risk by cleaning and moisturizing the skin.
- Avoid clothing that is too tight.
- Avoid excessive heat (saunas, hot tubs) or extreme cold.
- Avoid repetitive overuse of the at-risk limb – gradually increase activity level.
- Maintain a healthy diet and weight.
- Wear a compression sleeve or stocking as directed by your therapist.
- Avoid use of the at-risk limb for blood pressure measurements, blood draws and injections unless the positive effects of an injection for pain reduction, for example, can override any slim negative effects on a well-managed limb with lymphedema.

For more detailed information visit lymphnet.org.

Lymphedema is a controllable and manageable condition if treated early. Treatment is generally considered very safe and

noninvasive; however, anyone interested in this intervention should first consult with their physician, who will prescribe treatment if appropriate.

Carol Long is an Occupational Therapist and Lead Certified Lymphedema Therapist for the Lymphedema Clinic at Sharp Metro campus located in the Allison DeRose Rehabilitation Center, 2999 Health Center Drive, San Diego, California. There, they have a state of the art bioimpedance device – the SOZO, which can assess for increased fluid in an at risk limb before it can be measured by conventional measurement devices. This allows the therapist to detect early onset lymphedema and begin treatment immediately. As well as treating patients daily, Carol runs a monthly Lymphedema Awareness Class for pre- and post-surgical patients considered to be at risk

for Lymphedema. She has lived in Scripps Ranch for more than 10 years with her husband Gene and they have two sons. Their youngest attends Miramar Ranch Elementary and their oldest attends Marshall Middle School.



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Diet vs. exercise: which is better?

(StatePoint) What's more important: diet or exercise? Sixty-eight percent of people want to lose 10 pounds or more, according to a recent Harris Poll on behalf of Nutrisystem. March is National Nutrition Month, and a good time to get started on your goals. So, should you focus on diet, exercise or both?

When it comes to weight loss, the split should be roughly 80 percent focus on what you eat and 20 percent on exercise.

"It's all about calories in and calories out. If you're eating less and exercising, you're going to burn more calories," said Courtney McCormick, corporate dietitian at Nutrisystem. "However, exercise often makes us hungrier, which is why many people who only change their exercise habits don't see the scale move."

Consider these quick tips:

Eat more often: A 2015 study from the Journal of the Academy of Nutrition and Dietetics found that on average, people who ate six times or more daily consumed fewer calories, had a lower body mass index, and ate more nutrient-rich foods than those who didn't eat at least six times a day. Eating smaller meals every three



The key to meeting weight loss and health goals is to make sustainable lifestyle changes. Focus on eating better and moving more, and you'll be on the right track. (copyright M.studio/stock. Adobe.com)

hours keeps you feeling full, controls blood sugar and helps boost metabolism.

Watch portions: American portions have become too big. Learning portion control is key to losing weight. When eating out, ask for a to-go box and save half for later. You can also turn to plans, like Nutrisystem, which deliver por-

tion-controlled meals to your home.

Veg out: Vegetables are low in calories, high in filling fiber and loaded with nutrients. During snack time, munch on carrots dipped in hummus or blend kale into a fruit smoothie.

Drink more water: One study found that dieters who drank two eight-ounce glasses of water before meals lost 36 percent more weight over three months than those who didn't sip before sitting down to eat.

Get moving: The Centers for Disease Control and Prevention recommend 150 minutes of aerobic activity weekly. Aim for 30 minutes of exercise per day then build up. More diet and exercise tips can be found at leaf.nutrisystem.com.

Breast Cancer Support Group available

The Scripps Ranch Breast Cancer Support Group is for women in the Scripps Ranch area who are going through cancer (any type) or have already taken the journey. It is a private place where we can share and support each other. Visit us on Facebook at <https://www.facebook.com/groups/Scripps-RanchBC/>.

— Lesleigh Helder, survivor



This artwork was created by Hana Helder, age 15.

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Dr. Tess Mauricio

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Contact our clinic at (858) 689-4990 for more information about Regenerative Medicine.

Dr. Tess Mauricio is a Board-Certified Dermatologist and a leader in Regenerative Medicine, training other doctors all over the world on the latest anti-aging techniques. She is a graduate from Stanford University School of Medicine and is the founder of M Beauty Clinic by Dr. Tess. She currently has three clinics: Miramar, Eastlake, and Beverly Hills. Dr. Tess grew up in San Diego and is a long time Scripps Ranch resident.

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Update your home with 2018 design trends

(StatePoint) Are you planning to refresh your home but aren't sure where to start? Some of today's most popular design trends encourage mixing and matching favorite home accents within the same space.

There is no need to feel limited by fixtures or finishes, according to design expert Colleen Visage, who is Progress Lighting's vice president of Product Management.

"Homeowners today are not content to have the same look, the same finishes or the same collections throughout the house," Visage said. "They really want to personalize their spaces."

Coordinating complementary pieces creates a cohesive feel to the home. It can also reinforce a unique style because the ultimate outcome is a custom design. Here are a few ways to master the mix and match trend.

Mix monochromatic accents

Tone-on-tone designs are very popular in kitchens, bathrooms, entryways and

living areas. Countertops, cabinets and home accents in varying shades of grays and creams can create a sophisticated statement. These tones pair perfectly with gold, brass or brushed nickel finishes.

Design with dual tones

Mixed metals or dual tones are on-trend and very popular in home design today. This look can be achieved through mixing fixtures with different, but complementary finishes. For example, Progress Lighting offers fixtures that feature finishes with contrasting accents, such as antique bronze and brass, antique bronze and natural brass or polished nickel with silver ridge, adding visual interest.

Pendant groupings

Pendant groupings are commonly used in a foyer, over a kitchen island or above a dining room table. These versatile fixtures can be mixed and matched to create a custom cluster design for a statement-making look.

"I like to design areas that



Take your design vision to the next level and personalize your home's living spaces by mastering the art of the mix and match trend. (courtesy of Progress Lighting)

are so inviting, people don't want to leave," said Susan Wilson, designer and founder of Susan Wilson Interiors. "When a home features

accents and lighting that work together seamlessly, it makes the spaces throughout memorable and relatable."

Searching for more de-

sign inspiration? Visit progresslighting.com to view images, collections and project ideas for every budget, style and space.

Three renovations worth the effort

(StatePoint) Building a new home? Overhauling an existing one? Here are three renovation ideas that will add beauty and value.

Expand your living space

Don't let that basement sit unfinished and unused. Substantially expand your home's livable areas by turning your attention to the bottom floor. Finishing a basement is an involved project, potentially requiring electrical and plumbing work, insulation, drywall and more, but the end result is worth the effort and expense. What's more, some of the less technical aspects of this renovation could even be DIY-ed.

Before getting started, consider what type of space would most benefit your household long-term. You may even be able to recoup some cost of the investment. Want to reduce time and money on your commute? Your basement may just make an ideal home office.

Add a focal point

Is your interior design in need of a little something? The right eye-catching elements can make a room pop while adding vitality to your



This season, consider the renovations that will go furthest to boost your home's livability, beauty and value. (Jim Kruger/Steve Herder - Landmark Photography/Herder Photography)

living spaces. A fireplace, for example, adds ambiance and comfort while also creating a natural gathering space.

What's more, new models pair the charm of a traditional open-front fireplace with the design flexibility of gas models. The Phoenix True-View from Heat & Glo offers the convenience of gas without the glass, giving homeowners an unobscured view of the flames against the traditional brick or fade-resistant reflective black glass liner. An optional Bluetooth speaker system allows one to hear the fire as well as see it, making it a focal point for

the ears as well as the eyes.

Boost the backyard

If you find that your household spends very little time in the backyard, figure out why. Is there a lack of shade? Are there not enough places to sit? Take a poll so you can diagnose the problem and take steps to correct it. Consider how to make this space usable for a larger portion of the year, such as adding a fire pit or an enclosed, heated patio. Lastly, consider aesthetics. A bit of landscaping can make your backyard as visually appealing as your home's interior.

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Scripps Ranch home sales

Prices of resale homes in San Diego County continue to hike upward, according to housing statistics compiled through the Multiple Listing Service by the Greater San Diego Association of REALTORS®.

Seventeen single family homes in Scripps Ranch were sold in February, with 24 total sold in the first two months of 2018. The homes averaged 17 days on the market in February. The median price of single family homes sold in Scripps

Ranch in February was \$930,000. That's a whopping \$101,000 more than February 2017.

There were 11 attached homes (condominiums or townhomes) sold in Scripps Ranch last month, with 24 total sold in 2018 year to date. Attached homes were on the market in Scripps Ranch an average of 21 days in February. The median price of attached homes sold in Scripps Ranch in February was \$532,000 and the median price for 2018 so far is \$527,500.



Transform your kitchen into one that's more functional and beautiful. (StatePoint)

New kitchen renovations

(StatePoint) Renovating your kitchen? Think about making updates that will add beauty and functionality. Here are a few ideas to consider.

Add geometry: Geometric tile designs can create a bold, modernized look in your kitchen, whether you're adding a backsplash or redoing the flooring. Get creative by adding a mosaic design as trim around the perimeter or as a central point of focus.

Create a focal point: Enhance any kitchen with a new range that combines the functionality and green energy features of a modern appliance with the charm of old-world design. If you want an opportunity to tailor this look to your own specifications, consider those from ILVE. Known for their hand-crafted Italian appliances, they have added even more ways to customize their ranges with a new, traditionally inspired solid door option for the ILVE Majestic Collection. Completely windowless, this model features a decorative country-style handrail on the oven door and is available in a range of sizes and colors, from neutral tones like gloss black and matte graphite, to custom statement colors like ultramarine blue or ruby red.

Three trims, brass, bronze and chrome, give homeowners even more options when creating a look for the kitchen that is truly their own. For more information, visit ilveappliances.com.

Get cozy: Create a lounge in your kitchen with some furniture that lets you kick back and relax. A nook that contains a loveseat or couch, along with a small bookshelf and side table, may become your new favorite place. If possible, create this area in a sunlit corner of the kitchen so those giving the chef a little company will have a comfortable place to sit and chat.

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