



Players on the Scripps Ranch High School softball team are all smiles in their dugout as they enjoy the 2018 season. (photos by Ralph LoVuolo)

## PURE JOY!

*Players in the Scripps Ranch High School softball program have enjoyed their experiences this season, and it shows. Whether starters on varsity or athletes on the Falcons JV1 or JV2 team, they play with enthusiasm and appear to be having the time of their lives.*

See **PURE JOY**, Page 19



Katie Rains, JV2



Jadyn Smith, JV2



Alexandra Curella, JV1



SRHS Senior Class ASB officers (from left) Ashley Lo, Nina Suomi and Bryn Tannone are responsible for planning the senior prom. (photo by Tracey LoVuolo)

## Seniors prepare for prom night

By Cynthia Kurose

**N**ext week, high school seniors across Scripps Ranch will be stepping out of their homes in formal dresses and tuxedos as they prepare to embark on one of the most memorable evenings of their teenage years. Themed “Garden of Light,” the Scripps Ranch High School (SRHS) senior prom will take place on June 2 at the San Diego Natural History Museum in Balboa Park.

Responsibility for planning the momentous event rests with the elected SRHS senior class ASB officers who began the process of selecting a venue in April of last year. Nina Suomi, senior class vice president, explained that the theme “Garden of Light” will be incorporated throughout the venue, which will feature a focus on lighting, impressive decorations, and both indoor and outdoor components.

According to Senior Class President Ashley Lo, she and her fellow officers focused on making this year’s prom more unique and not just about dancing.

“We’ll have game tables, photo booths, a multi-camera photo array and a lot of other activities,” she said. “Something really great about our venue is that students will also have access to the exhibits. There will be a lot of cool activities you can do within the

See **PROM**, Page 8

## Valedictorian and salutatorian share their stories

By Cynthia Kurose

**S**eniors Jonathan Luo and Joon Lee have worked hard and challenged themselves throughout high school, and their efforts are paying off. As the number one and number two ranked seniors, respectively, at Scripps Ranch High School, Luo and Lee have earned the prestigious titles of valedictorian and salutatorian for the class of 2018.

Luo reflected on his decision to challenge himself with a rigorous schedule of classes

during his sophomore year.

“In tenth grade, normally you’d take six classes, but I took an extra AP class outside of school, so that added on to my workload. And because I was taking a language class outside of school, I was able to take both AP European History and AP Art History,” he said. “I continued that trend of only taking AP, Honors and college classes from tenth grade onward.”

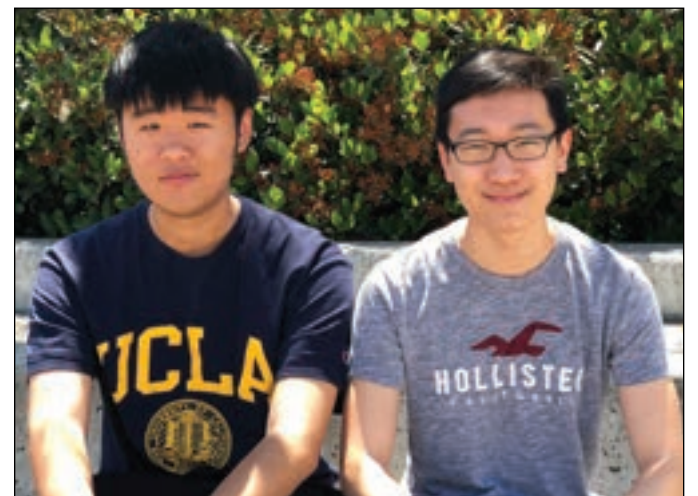
Luo explained that his academic success has required significant effort and deliberate focus, noting that devel-

oping good study habits and having the discipline to not procrastinate on assignments has probably been the greatest contributing factor to him earning the title of valedictorian.

When asked whether receiving this honor was ever a goal or motivating factor for him, he noted that while it was a happy byproduct of his hard work, it was not his focus.

“I took these classes for the sake of getting into a good college. And next year I’ll be going to Berkeley, so I can say

See **VALEDICTORIAN**, Page 8



Seniors Jonathan Luo (left) and Joon Lee (right) have been named valedictorian and salutatorian, respectively, for the SRHS Class of 2018. (photo by Cynthia Kurose)



# NEWS UPDATES



SDG&E works on a project along Scripps Ranch Boulevard next to Hoyt Park. (photo by John Gregory)

## SDG&E project continues near park

Work by SDG&E on Scripps Ranch Boulevard next to Hoyt Park is entering its second month. The project is not related to the transmission line project being done on Pomerado Road, according to Joe Britton, SDG&E communi-

cations manager. It is part of SDG&E's Distribution Integrity Management Program, which is related to the natural gas system.

Through this program, the utility company is working on installing upgrades and enhancements. Work began four weeks ago and is scheduled to be completed on June 4. While there is some traffic impact as a result of the work being done, no SDG&E customers are impacted by outages to their gas or electric service.

## Girls now allowed to join Boy Scouts

Girls are now being accepted into the Boy Scouts. Scripps Ranch Pack 1216 leader Kathryn Crivello recently circulated a memo explaining that Scouting's adjusted mission is to promote "physical and mental

fitness" in "all youth" and provide fun and safe experiences for all children, including boys, girls and those with gender identity issues.

Boy Scouts of America has always been an organization that serves boys, but that changed as the organization voted to make "Scouts" a family-oriented organization. Especially at the Cub Scout level, many siblings who are girls come along on the campouts, hikes, den meetings and other activities, and the concept is that it would be easier on parents and leaders if the girls could participate as well, making Scouts a "family affair." Part of the goal was to provide families with multiple children an opportunity for their boys and girls to be part of one troop, rather than shuffle kids around to Girl Scouts and Cub Scouts events.



Scripps Ranch Boy Scouts will place flowers at Miramar National Cemetery on May 27. (photo by John Gregory)

## Scouts to place flowers at National Cemetery

Boy Scouts from around the area will gather to honor the fallen veterans buried at Miramar National Cemetery by placing flowers at each grave and offering a Boy Scout salute in a somber annual tradition, held this year on Sunday, May 27.

Boy Scouts of San Diego-Imperial Council, Rancho Mesa District, will partner with the Memorial Day Flowers Foundation for this event. Scouts and any interested volunteers are invited to place flowers at 13,000 burial sites. Participants will listen to some speakers, have donuts and juice, place flowers on the grave sites and have a moment of silence. The 2018 Memorial Day Flowers Patch will be awarded to participants while supplies last.

Check-in is 7-7:45 a.m. at the main flag pole area. Opening remarks will begin at 8 a.m. Miramar National Cemetery is at 5795 Nobel Drive. Online registration for this free event is recommended at [bit.ly/2JwRK5T](http://bit.ly/2JwRK5T). Questions may be addressed to Laura Scheid: [laura.scheid@scouting.org](mailto:laura.scheid@scouting.org).

See **NEWS UPDATES**, Page 4



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# A day of remembrance

By John Lamar

May 28, 2018 will mark the 150th celebration of Memorial Day in the United States. The focus on the occasion is as varied as the geography of our country. With San Diego being a community heavily influenced by military, Scripps Ranch residents were asked to offer their thoughts about the true meaning of the occasion.

When faced with the question “What does Memorial Day mean to you?” local resident Ned Lester responded, “To me, it is a time we need to stop and think we owe a whole lot to a whole lot of people, in the past and the present, who are permitting us to sit here and have a Memorial Day, and have full freedom and full access to liberties, justice and a constitutional way of life.”

As a retired Navy commander and one who saw action in the skies over Vietnam, Lester knows first-hand what it means to lose lives during combat. Commander Lester painfully recounted his emotions when finding out one of their reconnaissance planes, with a crew of four, had been shot down and was never recovered.

A sobering reminder of the rigors of war was also expressed by local Navy veteran couple Larry and Shavaun Roberts, who recently moved back to Scripps Ranch.

Shavaun Roberts pensively reflected on the meaning of Memorial Day.

“I feel blessed at having so many before us who have made that sacrifice,” she said.

She explained how humbling it is to be the daughter of a military veteran father and the mother of two sons who have chosen a military life knowing, in her words, that “they might die” for their country. She served as a Navy nurse from 1982 to 1991, and met her husband while stationed on the island of Guam.

Dr. Larry Roberts mused on the question of what the upcoming holiday means to him before answering, “one day in no way honors those who have made the ultimate sacrifice.”

He served from 1978 to 2003 as a naval surgeon specializing in trauma. His first war time engagement was during the first Persian Gulf War, where his medical team quickly recognized they were

being supplied with outdated equipment from the Vietnam War era that had ended over a decade and a half earlier. Congress responded by mandating the medical departments of the three military branches be brought up to speed with current medical equipment and technology.

Roberts was appointed as the Navy trauma lead and was involved in building the infrastructure for the next combat casualty situation. By the time the infrastructure he had helped to develop was ready to be deployed in combat, however, his time in the Navy was coming to an end.

“I would have loved to help, to be on the front lines using the things we had developed, but I was due to retire,” he said. “The only gratification is that I got a lot of feedback about how well things had worked. The remarkable success – of saving lives and decreasing deaths on the battlefield – was night and day compared to any previous war. A lot of people that would have died in previous wars, lived.”

The Roberts recounted the time they spent living in

Virginia and the symbolic, emotional experiences they had surrounding Memorial Day.

“We’ve been to Arlington (National Cemetery) numerous times. On Memorial Day, that’s such an emotional experience to go there and see the Tomb of the Unknown Soldier,” Shavaun Roberts said. “And seeing the acres upon acres of graves is just mind boggling to think of how many have sacrificed.”

Stories like those shared by our veteran neighbors are a sobering reminder about what Memorial Day is all about. It is not just a day off work, or a day to take advantage of retail sales, but it is a time to take a moment to think about and honor our fallen who have made the ultimate sacrifice for their country and for our freedoms.

In 1868, the first celebration of Memorial Day was appropriately called “Decoration Day” and involved the placement of flowers on the graves of the fallen Civil War soldiers, both Union and Confederate. Today, we give thanks to all our fallen warriors through parades, prayer vigils and personal



NEWS

A U.S. flag waves in the evening sun outside of a Scripps Ranch home. Many residents, military and civilians, alike, pay respect to fallen heroes through symbolic gestures such as these. (photo by Cynthia Kurose)

reflection.

John Lamar is a Scripps Ranch resident who served in the United States Marine Corps aboard the USS Constellation in Vietnam. He is

a retired construction inspector, father of six and grandfather of 15. He spends his free time reading, writing and enjoying quality time with family.

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# Teen charged with murder

A 15-year-old boy was charged with one count of murder in San Diego Juvenile Court on May 3 for the shooting death of his father, identified as Thanh Pham, inside a Scripps Ranch condominium in the 11200 block of Affinity Court on April 29.



Law enforcement officers responded to a 911 call about a shooting on April 29 and arrived on the scene on Affinity Court at about 8:40 p.m. Police officers attempted to revive the victim after finding him in a bedroom suffering from at least one gunshot wound. Paramedics took over the resuscitation efforts upon their arrival, but were unsuccessful. The victim died at the scene.

A police helicopter circled the skies that evening and police scoured the surrounding neighborhoods in search of the shooter, but to no avail. The teenage suspect was finally apprehended near a gas station the next morning around 1 a.m., April 30, close to the

I-15 overpass on Scripps Poway Parkway. Videos of the arrest broadcast by local news outlets show a young man with a backpack walking along a sidewalk. A female police officer made the arrest. The videos show the suspect in handcuffs as police placed a handgun atop a police car along with several rounds of ammunition, which were reportedly found on the suspect.

The suspect, who has not been identified, was a student who attended Mira Mesa High School.

For more coverage of this incident, visit the News page on [ScrippsRanchNews.com](http://ScrippsRanchNews.com).

## NEWS UPDATES

Continued from Page 2



A large crowd descended upon the 2017 Scripps Ranch Community Fair. (photo by John Gregory)

### Annual Community Fair moves to autumn

The annual Scripps Ranch Community Fair is being planned for Sept. 30 this year, according to Bryan Hoffman of the Community Fair Committee.

The fair, a Scripps Ranch Civic Association event, is one of the largest gatherings held each year in Scripps Ranch. Last year's version was held on the campus of Alliant University in June.

The fair has something for everyone. The stage usually hosts an assortment of local dance troupes, martial arts groups and live music. Numerous booths provide a vast assortment of offerings and information. Large, colorful inflatables are open for children to climb and slide down. An array of food and refreshments are usually available for purchase.

The 2018 Scripps Ranch

Community Fair Committee is accepting volunteers, vendors and sponsors for this year's event. An estimated 4,500 attendees flocked to the fair last year and the committee is expecting an even larger turnout this year.



Scripps Ranch Girl Scouts attended YMCA Camp Surf on April 27-29. (photo by Sue Papp-Banister)

### Girl Scouts catch waves at Camp Surf

Scripps Ranch Girl Scouts spent two days catching waves and bonding during a weekend adventure at YMCA Camp Surf on April 27-29.

What's known as Camp Surf is Scripps Ranch Service Unit's older girl encampment for 6th-12th graders, held at the YMCA's Camp Surf facility in Imperial Beach. Unlike the service unit's encampments for younger girls, there is no strict schedule of activities to stick to other than the set times for meals and campfire.

There was something for everyone: surfing lessons, body boarding, archery, a

climbing tower, crafts, ball games, snack shop visits and just playing on the beach.

### Primary Election Day is Tuesday, June 5

The California Statewide Direct Primary Election will be held Tuesday, June 5. Voters going to the polls should check for their voting location at [sdvote.com](http://sdvote.com). Mail-in ballots should be in the U.S. Mail no later than May 29, and must be received no later than 8 p.m. on Election Day at the County Registrar of Voters office.

The Primary Election features a host of state offices including a multitude of candidates for governor. The lone U.S. Senate seat also has many candidates. Perhaps the most interesting race will be for 77th District State Assembly with incumbent Assemblyman Brian Maienschein (R) facing Democratic challenger Sunday Gover, a Scripps Ranch resident.



Gene Long teaches Webelos the finer points of water safety. (photo by Carol Long)

### Webelos earn Aquanauts Badge

Webelos 1s worked toward the Aquanauts Achievement badge in the pool at the Scripps Ranch Swim & Racquet Club Aviary location on April 20.

As part of this achievement, the Scouts learned about basic water safety. They also had to perform rescues from land and swim with a life vest on. The final part of the achievement was the BSA swimmer qualification of a 75-yard front stroke followed by a 25-yard backstroke.



Shelley Zimmerman

### Parade grand marshal is retired police chief

The Rotary Club of Poway-Scripps has selected retired police chief Shelley Zimmerman as the grand marshal for the Poway Days Parade.

Zimmerman, a resident of Scripps Ranch, was the first woman to serve as San Diego Police Department (SDPD) Chief of Police, and her 35 years with the SDPD set a service record for sworn female officers.

The parade will be held Sept. 8. Visit [powaydaysparade.org](http://powaydaysparade.org).

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A young man was prepared to pour water on a fire. (photo by Ralph LoVuolo)



These two youngsters were allowed to try out the seats in fire fighting vehicles at Fire Station 37 during the Scripps Ranch Fire Safe Council's Fire Safety Expo on May 5. (photos by Ralph LoVuolo)



# Fire Safe Council educates the public



A firefighter answers questions during a tour of Fire Station 37. (photo by Ralph LoVuolo)

Residents descended upon Fire Station 37 on May 5 to learn about fire safety and firefighting equipment, tour the station and meet the firefighters. The event was orchestrated by the Scripps Ranch Fire Safe Council (SRFSC) in observance of Wildfire Community Preparedness Day.

This is one of the many ways the Fire Safe Council works to inform the public about fire safety and prepare residents for an emergency such as wildfires that might force local evacuations.

"The Scripps Ranch Fire Safe Council was formed as a result of the Cedar Fire in 2003," said Scripps Ranch Fire Safe Council President Kristi Rayder. "That prompted its formation and since then we continue to keep the public informed and aware of the danger of fires because we are not beyond this

danger. We are between firestorms, so we do expect it to happen again."

The Cedar Fire destroyed 312 homes in Scripps Ranch in late October 2003. Other firestorms have hit San Diego since. A lack of substantial rainfall and the ongoing dry climate make wildfires here inevitable.

"Now, we're all about educating the public on how to keep their perimeter (around homes) safe, how to be prepared for any evacuation, to be prepared for the next wildfire and to make sure that we make the job of the firefighters easier," Rayder explained.

Programs include an "Evacuation Plan" pamphlet circulated to residents that outlines evacuation routes, emergency procedures and how to prepare a "go bag" in case residents need to leave quickly. The Council also launched an

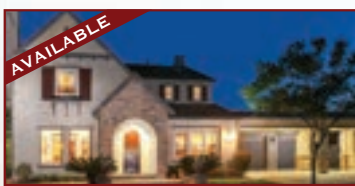
awareness campaign for students so they would know what to do in case they are at school or home alone if an emergency breaks out.

Now, the SRFSC is raising funds to fill and install eight modules with traffic direction equipment and place the pods at strategic locations around the community. Police would be able to access the modules and use the vests, cones and flares to help direct traffic in case of an evacuation, Rayder explained.

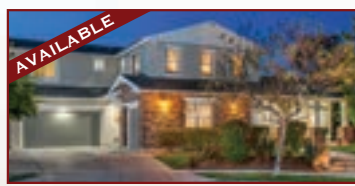
An annual SRFSC golf tournament is scheduled for October to help raise funds for the Council's projects. Sponsors and participants are being accepted. Residents are also welcome to attend the monthly meetings. The next one will be held June 13 at 5:30 p.m. For more information, email [srfiresafecouncil@gmail.com](mailto:srfiresafecouncil@gmail.com) or visit [srfiresafe.org](http://srfiresafe.org).

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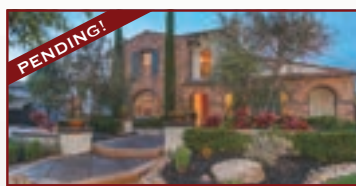
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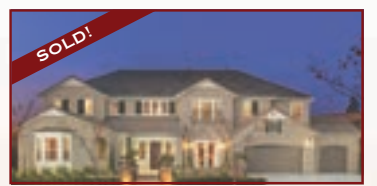
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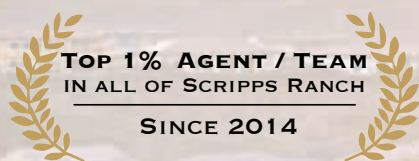
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# Seniors gear up for graduation

By Cynthia Kurose

**W**ith graduation only three weeks away, seniors at Scripps Ranch High School (SRHS) have a lot on their minds. From year-end activities like prom, grad night and commencement, to what awaits them in the “real world,” emotions are a bit mixed. Two SRHS seniors offered their thoughts as they gear up for graduation, which will take place on Wednesday, June 13 at Viejas Arena, 5500 Canyon Crest Drive.

SRHS senior Benjamin Ruhl said that he is feeling a bit anxious as the end of the school year approaches.

“I would like it to be done as soon as possible,” he said. “It’s going to be nice to have a little bit of a break.”

Classmate Evan Fraser said that, more than anything else, he is feeling nervous.

“It means almost total and complete independence,” he said. “I’m trying to prepare as much as possible for independence and whatever else may come with that.”

Both Ruhl and Fraser agree that it seems most of their classmates are becoming a bit antsy.



SRHS seniors look ahead to year-end activities and the future that awaits them after high school. (Photo by Cynthia Kurose)

“Everything is done,” said Fraser, alluding to the idea that most everyone already has their plans in place for next fall, whether that involves acceptance into a four-year university, community college, securing a job, or a combination.

While the anticipation of finishing high school and moving on to the next chapter of their lives is strong, the senior activities that lie ahead over the next few weeks are a source of excitement for the students.

“I’m very, very excited for prom,” Fraser said. “It’s some-

thing you see everywhere in TV and movies, and it’s always kind of glorified. I’ve always seen that as the best part about senior year.”

Ruhl said that he is looking forward to commencement activities.

“I’m excited. This is one of the biggest things I’ve ever done, completing high school,” he said.

With roughly 10 guests expected to cheer him on, including family from out of state, Ruhl explained that he is proud to share the occasion with those

closest to him.

Fraser echoed this sentiment regarding sharing the occasion with his loved ones.

“I can’t wait for graduation. My parents get to see 18 years of watching me grow up. They’ll get to see me walk across the stage, with the fruits of their labor and mine,” he said. “It’s a very big occasion for everyone in the family. I can’t wait to see how proud my parents are of me. It will be the biggest milestone of my life so far.”

As his next academic goal, Fraser plans to pursue studies in the field of nursing at Sonoma State University, where he will begin classes this fall.

Ruhl has already secured a job for the summer and looks forward to the freedom and independence that comes with earning his own money. He then plans to attend Miramar College for two years in order to figure out what he wants to study and the type of career he would like to pursue before moving on to a university.

The California Promise and San Diego Promise programs, collectively, provide for two years of free tuition for first-time, full-time California community college students, making this option especially attractive for those who may desire more time to figure out their future academic and career path.

As members of the SRHS class of 2018, Ruhl and Fraser are in good company with a very bright group of peers. This year’s class will have 510 graduating seniors, 63 percent of whom will graduate with academic distinction – which denotes a grade point average of 3.5 and above – while 38 percent will graduate with a 4.0 or higher. According to the 2018 U.S. News and World Report “Best High Schools” ranking list, released earlier this month, SRHS ranked in the top 6 percent of high schools in the state of California.

Ruhl offered a final thought as he contemplated graduation and the future.

“All of us are scared to finally be adults, but at the same time, most of us are ready for it,” he said. “People don’t give us enough credit for that. I think it would be good for people to know that we can handle ourselves.”

Two complimentary tickets for commencement ceremonies will be provided to each graduating SRHS senior. Additional tickets may be purchased on campus beginning Monday, June 4, for \$14 each, with no limit.

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# FFA president is a true Leader

By Cynthia Kurose

“Leader” is more than just a name for one Scripps Ranch resident who has dedicated herself to helping enrich the educational experience for students at Miramar Ranch Elementary School (MRE). As president of the Family Faculty Association (FFA) for the past two years, Jennifer Leader has made significant contributions to the school and its programs through her volunteerism.

As a non-profit parent organization, the FFA works to organize activities and raise funds to support school initiatives, and even to pay for staff and equipment that San Diego Unified School District (SDUSD) funds fall short of covering. Over the past year, funds raised by the FFA, which were in excess of \$100,000, helped pay for teaching assistants, office equipment, science lab teachers, a computer lab and library, an Art Corps program and supplies, assemblies and character education, and more.

As president, Leader coordinates the work of officers and committees of the FFA, presides over meetings, oversees approval of any legally binding documents related to FFA business and administers the group’s Facebook page.

“I never take a day off,” Leader said.

While she noted that the workload ebbs and flows throughout the year depending on what events and activities may be taking place, there is always something that needs to be attended to, particularly daily monitoring of her FFA email inbox.

While Leader has dedicated countless hours of her time to this role, she is thankful to have a strong team of officers and committee chairs to help her.

“I was doing a lot more hands-on work last school year up until I started working full time last April. I had to really rely on my committee chairs this year,” she said. “I’ve had a fabulous treasurer and assistant treasurer this year. Our



Jennifer Leader

past president is amazing. Our communications coordinator has been instrumental. I couldn’t have done this job without them.”

MRE also has an active community of parent volunteers who help make the FFA successful.

“I’ve never been at a school where there were so many parents signed up to volunteer and get a volunteer badge to be in the classroom or to help out on field trips,” Leader said. “It’s an amazing community in terms of the support of the parent volunteers.”

Leader made it a point to note that all parents of students at MRE are automatically members of the FFA. There are no membership dues or other requirements, and all parents are encouraged to take an active role in exercising their voice, and in sharing their talents and time.

“All parents get a vote if they come to meetings,” she said. “They have a say in terms of how we spend money, how we fundraise, how we incentivize our fundraisers.”

On the topic of fundraisers, Leader explained that the FFA board is still in need of a fundraising coordinator for the 2018-2019 school year. She encourages any MRE parent who may be interested in sharing their talents in this capacity to reach out for additional information.

Among a long list of accomplishments during her time as FFA president, including co-founding the Helpful Hawks – a merit-based leadership program – and after school activities, Leader

exhibited the greatest affection for her role in starting the school’s garden corps.

“I got the garden up and running,” she said, noting that it was in very poor shape prior to it becoming an FFA project. “We had Eagle Scouts come in to automate watering, we put in new beds and we planted a little orchard.”

As for how the garden would be used, Leader explained that the goal of the program was for volunteer parents to get trained on a lesson incorporating school curriculum, then coordinate with a teacher to teach a class in the garden. Prior to returning to work full time, Leader regularly volunteered in this role, frequently teaching classes in the garden.

“If I could spend all day in that garden and just keep kids coming through, that would be my dream,” Leader said. “That was so much fun and so gratifying, and the kids loved it.”

She added that the school’s garden was recently certified. See **FFA PRESIDENT**, Page 10

**HAPPY Father's DAY**

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**PROM***Continued from Page 1*

museum to hang out with your friends and have fun.”

One unique feature that Suomi said she is really looking forward to is the silent DJ. While there will be a traditional DJ playing dance music on loud speakers on the main level dance floor, a silent DJ will be featured on the rooftop, where students will be offered headsets that they can switch to a variety of stations to suit their musical tastes. In this environment, those wishing to listen to music can do so, while those who prefer to socialize with their friends can enjoy a quieter atmosphere in the same space.

Another highly-anticipated element of the event for many seniors is the opportunity to be named prom king or queen. According to Lauren Ruiz, SRHS ASB advisor, nominations for prom court are currently underway, and voting for top prom royalty will occur next week in the students' Core classes. The winning couple will be crowned on the night of the event.

In order to be eligible to attend the prom, students must either be a senior at

SRHS, or a guest in attendance with a senior.

Long before dresses are picked out, tuxedos rented or flowers ordered, seniors begin planning their perfect “promposal” – the modern-day method by which a student asks their date to accompany them to prom.

From simple and sweet to elaborate and grand, promposals are almost as significant as the prom, itself. The key, it seems, is to ensure that the gesture carries personal significance. Ideas can range from making handmade posters to writing a message in the sand at the beach to preparing a favorite baked good and popping the question written in icing.

With just more than one week left until the big night, senior class officers are putting the final touches on prom gifts and decorations.

“I’m looking forward to seeing it all pay off,” Lo said. “We get to provide our senior class with a memory that’s going to, hopefully, last a lifetime. Prom is something that’s so special and a lot of people hold on to that after high school.”

Tickets went on sale May 9 and sales will conclude on Wednesday, May 30.

**VALEDICTORIAN***Continued from Page 1*

that it has paid off in the end,” he said.

While maintaining a 4.60 weighted GPA (grades nine through 12), Luo has been playing in the San Diego Youth Symphony since seventh grade, is an officer in the academic league team, is involved in the quizbowl team, debate club, peer tutoring club and model U.N. He has also held three internships, worked as a teaching assistant, served as a science olympiad coach and ran junior varsity cross country for one year.

Luo said that his motivation to excel was driven by a combination of his parents, himself and his friends, in increasing order. While his parents did encourage academic excellence, he explained that his internally-driven desire to excel sometimes caused them to express concern that he may be taking on too much. He also credits his peer group with having had a significant influence on his achievements.

“I think the biggest factor is the people I’ve surrounded myself with,” he said. “I think the people that I’m friends with at [SRHS] are

all highly talented, highly self-driven, and I think that just being around those people helped push me toward becoming a better person and studying harder.”

Lee shared Luo’s sentiment regarding peer influence.

“As I progressed in high school, I learned to prioritize surrounding myself with as many talented people as I can,” Lee said. “Not just at [SRHS], but getting to know people in the local community; that has really been valuable for me over the past four years, and looking up to those people is where a lot of my motivation came from, personally.”

On having his academic achievements earn him the title of salutatorian, Lee explained that he has always enjoyed school, which is what has enabled him to challenge himself as much as he has.

“I had a very rigorous schedule over the last couple of years,” he said. “This year, because I had already taken all of the available math classes at [SRHS] by the end of my junior year, I went to Mesa College to take their differential equations class. I always just signed up for classes with the intent of learning as

much as I could. For me, it’s really always been about the learning and the enjoyment that I get out of being in school.”

Lee expressed gratitude that his parents were always supportive of anything he wanted to do, but never overbearing or applying pressure.

“Pretty much all of that was self-driven,” he said. “I give a lot of thanks to them for that because I think it allowed me to figure out what sort of subjects and activities I was interested in by myself.”

Along with having achieved a 4.60 weighted GPA (grades nine through 12), Lee is president of the model U.N., is involved in academic league, science olympiad and math clubs. He is a research intern at the Scripps Research Institute, has run cross country, is part of the upper secretariat for the San Diego regional junior model U.N. conference, and helps organize an annual academic league-style event for middle schoolers.

Next year, Lee plans to attend Yale University, and while he is undecided on a major, he expects he will pursue coursework related to public policy, with a technical focus.

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# Students attend Jr. Model U.N.

By Arjun Suri

The San Diego Regional Junior Model United Nations (SDRJMUN) Conference is one of the longest running conferences in the country. Inclusive of grades sixth through ninth, SDRJMUN offers an exciting and educational experience about international relations and public speaking for both middle and high school students. This year, more than 15 schools and more than 300 students will be participating, including more than 20 students from Scripps Ranch. The 41st conference is being held May 23 and 24 at the Joan B. Kroc Institute for Peace and Justice on the campus of the University of San Diego.

One of the unique things about this conference is that it is “for students by students.” Students from local high schools set the agendas, read multiple papers and staff the committees.

“I was presented with an opportunity to join this program called JMUN, and it took a whole lot of convincing from my teachers and

***This year, more than 15 schools and more than 300 students will be participating.***

mentors before I said ‘yes,’” recalled Patrick Henry High School student Kalos Chu, the current Secretary General of JMUN.

Chu took home an award after his first conference.

“The exhilaration and excitement of debating with my peers and the experience of utilizing my research in a tangible way was even more rewarding,” he said.

The Secretary General is the highest position of the SDRJMUN and he or she is well supported by four additional secretary generals, whose job is to manage 60-plus secretariats to make the conference possible.

“We’ve created more resources (documents, in-person training and online videos) that teach delegates about different aspects of the conference,” Chu said.

“We’ve streamlined the grading process so that delegates are graded equally across committees and can receive feedback on their work. Finally, we’ve utilized modern technology to make all of these resources available online.”

Although the SDRJMUN program ends in May with the conference, the preparation for this program starts in October. First, each participating school receives its country assignment. Participating students select one of 13 committees. Each committee has certain topics relating to humanitarian crises, peacekeeping and/or global equity that are selected by the students to conduct research, form their position and resolution papers, and get ready for the conference where delegates practice public speaking by discussing resolutions in their respective committees. The conference ends with an awards ceremony to recognize the best delegates.

I am excited to be a JMUN delegate this year, as we collaborate to build and enhance international diplomacy.



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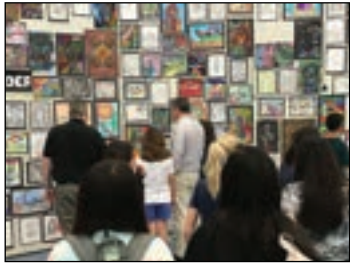
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# SCHOOL NEWS



The Marshall Middle School Open House includes an impressive student art show.

## Marshall Middle holds Open House

Marshall Middle School will host its Spring Open House on Thursday, May 24 from 3 to 5 p.m. The school will hold its annual Art Show in the Multi-Purpose Room and parents will be able to tour the school to view students' projects. In addition, yearbooks will be on sale for \$45.

## Ranch Round Up

Jerabek Elementary School will hold its 38th annual Ranch Round Up on June 1 from 3:05 to 7:05 p.m. This school celebration will feature carnival games; an Activities Corral including pony rides and a petting zoo; opportunity boxes; a cake walk; teacher dates; a classroom basket raffle; prizes; food; and a Talent Show.

Wristbands will sell for \$15 each and provide unlimited use of the Activities Corral (inflatable jump houses and slides, obstacle courses, pony rides, petting zoo, Wipeout zone, human foosball and ladder climb). Parents don't need a wristband unless they want to play. Save \$5 on each wristband by buying early. Wristbands will be \$20 at the gate. Visit [jerabekffo.org](http://jerabekffo.org).

## 'Dance the Night Away!'

Scripps Ranch High School (SRHS) Music proudly presents Dance the Night Away! This is the spring outdoor concert featuring the SRHS Band, Orchestra, Choir, Percussion Ensemble and Jazz Ensemble.

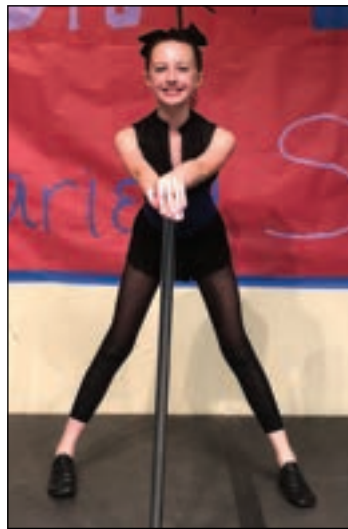
Bring the entire family for a picnic dinner while enjoying music from the SRHS Music Ensembles and Choir. The evening includes food trucks, a silent auction, a VIP section and a dance floor.

Tickets are available online or in the SRHS Finance office. Visit [srhsmusic.com](http://srhsmusic.com).

## Heels for Healing 5K Family Walk

More than 120 students, teachers and family members of St. Gregory the Great Catholic School gathered at Crown Point Park in Mission Bay on April 15 to

participate in a 5K Family Walk. The purpose of this event, organized by teachers Mrs. Dyroff and Miss Griffin, was to promote school safety and send funds to support the healing process at Marjory Stoneman Douglas High School in Florida.



Kara Malcangio performs an energetic dance routine at the HawkStar Variety Show. (photo by Jenn Malcangio)

## Hawk Variety Show

Talented students from Miramar Ranch Elementary School entertained the crowd during the school's annual HawkStar Variety Show on May 9 in the Scripps Miramar Ranch Library.

The performances included singing, dancing, karate, musicians, magic and

stunts. Matthew Shultz was the master of ceremonies.



This drawing by Alex Ariando was among the works on display at last year's Miramar Ranch Elementary Open House, Art Show and Spaghetti Dinner.

## Open House, Art Show and Auction set May 31

The 21st annual Miramar Ranch Student Art Show and Auction will be held May 31 from 5 to 7:30 p.m. The school's Open House and Spaghetti Dinner will also be held that night.

A silent auction will take place in the Multi-Purpose room until 7:15 p.m. The Spaghetti Dinner will be served from 5 to 6:30 p.m. Classrooms will be open from 6 to 7 p.m.

## Jerabek registration is now underway

Jerabek Elementary School, 10050 Avenida Magnifica, announced important dates regarding registration and orientation:

TK, kindergarten and new student registration is now

underway daily at the school from 9 a.m. to 2 p.m. until June 8. It will resume on Aug. 16 when the school office opens. First day of school is Aug. 27.

Incoming TK and Kindergarten Parent Orientation (no students) is on May 24 at 1:30 p.m. Parents only. Meet in the courtyard.

School programs will be explained, teachers will be introduced and a tour of the school will be available.

The TK and Kindergarten Meet and Greet will be Friday, Aug. 24 from 2 to 3 p.m. This will be for the TK/ kindergarten student and parents only. Due to space constraints, siblings may not attend.



First place poster by Nicole Standifer

## Eighth graders win poster contest

The San Diego County Bar Association holds an annual Law Week event that involves school children and generates excitement toward the justice system. Students in kindergarten through eighth grade are eligible to participate in the Poster/Video Contest. This year's theme was "What Does Equality and Justice for All Mean to Students?" This year St. Gregory the Great Catholic School students Nicole Standifer and Mary Ackerman placed first and second, respectively, in the poster competition. Students at St. Gregory have placed in the top three consistently in the past three years.

## FFA PRESIDENT

Continued from Page 7

fied for garden-to-café by SDUSD, allowing what is grown in the garden to be used in the cafeteria to help replenish the salad bar.

Going forward, Leader plans to remain accessible and offer her support to her successor, Diane Hunter, as she transitions in to the role of FFA president next school year. Hunter explained that she looks forward to continuing FFA's long-standing tradition of volunteerism and fundraising to support critical school initiatives — a tradition that Leader has successfully championed while leading by example during her time in office.

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# Ministry of Mothers celebrates Mother's Day

By Lilly Cruz-Lamar

The Ministry of Mothers at St. Gregory the Great Catholic Church (STGG), more commonly referred to as the MOMs group by its members, celebrated its annual Mother's Day Brunch on May 3, in the STGG parish hall at 11451 Blue Cypress Drive.

The MOMs group meets on the first Thursday of each month during the school year. One meeting that is often the highlight of the year for many members is the annual Mother's Day Brunch. It provides an

opportunity for all to celebrate motherhood, either for themselves or with their own mothers who join the group as invited guests.

The event, attended by more than 50 mothers this year, was catered with gourmet breakfast options from a local restaurant, and the parish hall was transformed into a gala event venue. Each table was dressed up and uniquely decorated by volunteer members, featuring different themes ranging from religious to fun or fanciful. A slideshow was also shown at the conclusion of the event, featuring photos of MOMs group meetings and activities.

According to the group's website, "the mission of the MOMs group is to provide emotional and spiritual support to mothers, social activities for mothers and their families, and service to mothers in the community."

Each MOMs meeting features a speaker who is chosen based on member-suggested topics of interest. The speakers inform, inspire or enlighten the members in areas of particular interest to mothers. Topics during the 2017-2018 year included: parent effectiveness training, disaster preparedness, creating a safe space for children's anxiety,



The Ministry of Mothers at St. Gregory the Great Catholic Church held its annual Mother's Day brunch on May 3. (photo courtesy of STGG MOMs)

and a "fourth annual business bazaar," which allowed MOMs members to promote their home-based businesses which they operate while simultaneously raising their families.

A raffle is also held at every meeting, but the Mother's Day brunch gets top billing for featured raffle prizes. All proceeds are donated to Life Choices, the non-profit organization the MOMs group has chosen to support.

Hospitality Chair Donna Jones and Membership Chair Suzanne Foley assumed primary responsibility for the event, securing catering and coordinating overall event logistics. Execution of the brunch involved the collab-

orative efforts of MOMs group board members and volunteer "table sponsors" who decorated tables.

"The MOMs board worked very hard as a group to put together a beautiful and delicious Mother's Day brunch," said Janet Malacane, current "Chairmom" for the STGG MOMs group. "The task sometimes feels overwhelming, but 'many hands make light work' is so true. We have an amazing group of moms."

The STGG MOMs group invites members of the community to learn more about the organization, including how to become a member. To learn more, visit [stgregorymoms.wixsite.com/sandiego](http://stgregorymoms.wixsite.com/sandiego).

## Concert series begins June 10

Scripps Ranch Symphony in the Park begins its 2018 season when it presents DSB on Sunday, June 10 from 6 to 7:30 p.m. at Hoyt Park, 10158 Aviary Drive. DSB is billed as a high-energy stage production that recreates the classic sounds of Journey in its prime.

Scripps Ranch Symphony in the Park produces five free concert events each season. The first four, running once each month in June through September, are held in Hoyt Park. The Holiday Concert is the final event of the season, held in Jerabek Park in December.

These concerts draw large crowds, with many attendees enjoying picnics on the grass and often dancing in front of the bandstand. Dogs are not allowed, and plastic tarps are banned because they kill the park's grass. Visit [symphonyinthepark.org](http://symphonyinthepark.org).

## SRSRC celebrates Memorial Day

The Scripps Ranch Swim & Racquet Club (SRSRC) will hold its 44th annual Memorial Day Celebration at its 9875 Aviary Drive location on Monday, May 28 from 11 a.m. to 3 p.m.

The celebration includes Jumpees, giant slides, obstacle courses, lawn games and music. A BMX Freestyle Team performance will take place at the basketball court from 1 to 2 p.m. Challenge the tennis pros for a free T-shirt while supplies last from noon to 2 p.m. Attendees may bring picnics, and food trucks will be on site starting at 11 a.m.

The event is free for SRSRC members. Guests are welcome with guest passes or a \$10 per person guest fee. Visit [srsrc.com](http://srsrc.com).

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FAMILY





Artist Erin Hanson paints on large canvases, using her own open impressionism style to create vivid landscapes. Her works adorn the walls of The Erin Hanson Gallery at 9705 Carroll Centre Road. (photo by John Gregory)

# Escape from L.A.

By John Gregory

A visual oasis sits nestled within a small business park a short distance from Scripps Ranch. Artist Erin Hanson moved from Los Angeles to Scripps Ranch a little more than a year ago and carefully selected this spot at 9705 Carroll Centre Road to open The Erin Hanson Gallery.

Hanson is one of the fortunate people in the world who chose where they wanted to live and can work in a career they truly love. She lives seven minutes from her studio and paints until around 11 p.m. each day. The 6,000 square foot space was gutted when she started building the interior of the gallery. Now, it contains an elegant reception area, warehouse, photo room, office space, art studio and gallery displaying her paintings.

"It was a perfect merge. ... I'm a

landscape painter and I really enjoyed moving to San Diego because my customers here love the outdoors like I do, whereas in L.A. I didn't feel that connection," she explained. "Growing up in L.A., my favorite part was escaping L.A. into the mountains or down to the beaches or up north into the Sierras."

Hanson said she has three brothers who were Boy Scouts, so she spent lots of time with her family hiking and backpacking outdoors.

"That was a big part of my life," she said. "So, landscapes, this was what I wanted to paint. I used to sit under the pine trees drawing them all by myself at the top of the mountains. Those are my fondest memories."

Hanson employs oils to paint in a style she calls open impressionism. She prepares a limited palette of four or five colors which she mixes

before she begins. She applies the pigment with lots of texture upon a light underpainting that acts as a toned surface.

"I'm not layering at all when I paint, so the brush strokes are laid side by side," she said. "The thing that people love about my paintings is how much texture is in them. The way I retain the texture is I don't overwork the painting."

While they are landscapes, her finished paintings are full of energy. They seem naturally illuminated, and it's not difficult to imagine any of them mounted in the center of a lovely Scripps Ranch home.

Hanson's business acumen is nearly as impressive as her artistry. Besides producing about 20 art pieces per month and selling about four per week, she prints and sells calendars, books and canvas prints

featuring her creations. She employs five people who help her keep the business running.

None of this came without effort. Electing to carve out a living by selling used items on eBay, Hanson first built her own business instead of using her degree in bio engineering. Her success re-selling items was such that she was able slowly transition into her art career, and it's been a gratifying journey.

"The people who love my work really do love it and are really passionate about it," Hanson said. "I love being able to make that reaction in people."

The Erin Hanson Gallery will hold an opening of The Red Rock Show, a collection of paintings depicting scenes from her travels through Utah, Arizona, Nevada and Colorado. The artist's reception will be June 16 from 5 to 9 p.m.



Erin Hanson in her studio



"Balanced Rock"



"Canyon View"



Erin Hanson's art tends to illuminate a room. (photo by John Gregory)





Charles Peters plays Michael Dexter and Heidi Bridges portrays Francine Dexter in the Scripps Ranch Theatre production of "For Better." (photo by Ken Jacques)



Kate Marian McNellen plays Karen Baedeker and Fred Harlow portrays Wally Baedeker. (photo by Ken Jacques)

## 'For Better' explores digital romance

**S**cripps Ranch Theatre will deliver its production of "For Better" to audiences from May 25 to June 24 at the Legler Benbough Theater on the Alliant International University campus.

Written by Eric Coble and directed by Eric Poppick, "For Better" explores and pokes fun at the world of romance in the digital age.

With all the electronic options available for communication these days, who's to say a couple can't play out their romantic relationship entirely by wireless means? Who's to say it's not as good as in-person interaction? Perhaps it's better. After all, sending a text, for instance, often makes it easier to express one's true feelings that might not be as easy to express in person. On the other hand, it's also easier to pretend to be someone else other than oneself. Regardless, the play has the potential to take the concept of using electronic communication to express affection to the limit, and conceivably examine its pitfalls. This modern romantic comedy is a prime candidate for bringing laughter to its audience.

"For Better" is in the capable hands of Poppick, who is not only an experienced director but a seasoned actor. Those performing the play include Kenny Bordieri as Stuart Tramontane; Heidi Bridges as Francine Dexter; Fred Harlow as Wally Baedeker; Kate Marian McNellen as Karen Baedeker; Charles Peters as Michael Dexter; and Erica Marie Weisz as Lizzie Monohan.

Performances will be held every Friday and Saturday at 8 p.m. and every Sunday at 2 p.m. through June 24 in the Legler Benbough Theater at Alliant International University, 9783 Avenue of Nations. For tickets, visit [scrippsranchtheatre.org](http://scrippsranchtheatre.org).



Kenny Bordieri is Stuart Tramontane and Erica Marie Weisz plays Lizzie Monohan. (photo by Ken Jacques)

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# Explore the keyboard masters

**H**ave you ever wondered what or who inspired the great composers to write their masterpieces? Explore this theme by joining acclaimed international pianist Robyn Carmichael at the Scripps Miramar Ranch Library Center on Sunday, June 10, at 2:30 p.m. for her highly popular “Romantic Masters and Their Muses.”

This program, the final concert of the spring season of the “Pleasure of Your Company” music series sponsored by the Scripps Ranch Friends of the Library, provides a rare glimpse into the lives of four great masters of the keyboard: Chopin, Schumann, Liszt and Mendelssohn. Discover many new insights about these great

geniuses in a program combining music, poetry, images and commentary.

Audiences and critics have praised pianist Robyn Carmichael for her “extraordinary poetry” and “lush, thrilling and intensely personal” performances. Carmichael’s distinctive style has defined her concerts across the U.S. and Europe.

The life and works of the great Polish composer Chopin have always had a special significance for Carmichael because of her Polish/Scottish ancestry. In 2003, the International Fryderyk Chopin Society invited Carmichael to play at Ostrogski Palace in Warsaw and Chopin’s birthplace home, Zelazowa Wola. She also played premieres of a rare



Robyn Carmichael

Liszt work titled “Salve Polonia,” in Poland and the U.S. under the auspices of the Liszt Society of Poland

and the Polish Arts and Culture Foundation.

Carmichael has appeared at the Aspen Music Festival, the Grand Concert Hall at City Halls (Glasgow, Scotland), Ostrogski Palace Concert Hall (Warsaw, Poland), CAMI Hall in New York City, Denver’s Municipal Auditorium, San Francisco’s Nourse Theater, the Salk Institute, the Idyllwild Summer Music Festival, Radziejowice Palace (Poland), and many other music venues in the U.S. and Europe. She has appeared on radio and TV and has played chamber music with members of the

New York Philharmonic, Scottish Chamber Orchestra, San Francisco Opera Orchestra and the National Symphony Orchestra.

Meet the artist at a complimentary reception following the concert.

*There is no charge for the concert, although donations are appreciated. Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Call (858) 538-8158 or visit [www.srfol.org](http://www.srfol.org) for more information.*

## Welcome Club events bloom in June

Starting early in June, Scripps Ranch Welcome Clubbers will be attending their monthly trail walks, card games, book club sessions and outings around the community.

The monthly meeting will be Monday, June 11 at 7 p.m. in the Scripps Ranch Community Center on Cypress Canyon Drive. The

Welcome Club June meeting will feature guest speaker Dennis Morgan from Father Joe’s Village. He will share information about efforts to solve the homeless problem in San Diego, explaining his organization’s programs to provide food, housing and health care for those afflicted with this growing concern in San Diego. Anyone

interested in learning more about the varied causes of homelessness and the steps being taken to remedy the situation is invited to attend the meeting. As usual, a social time will follow the presentation.

The monthly Coffee Klatch will be hosted by Lynnell Hallock at her home on Thursday, June 14. The following evening, members will enjoy a play at the Scripps Ranch Theatre after a pre-theater gathering at the Binks residence. Later in the month, Welcome Clubbers will tour the Scripps Ranch Fire Station to learn more about the ways the staff protects our homes from fire and how the paramedics provide vital support at critical times in people’s lives. Winding up the month’s Welcome Club social calendar is an outdoor TGI party at Hummingbird Haven. The hosts, Ron and Jackie Flesch, have maintained a hummingbird rescue center in their canyon-rim yard for many years. Jackie is a recognized expert on saving the lives of these tiny creatures from various threats to their survival. A wide variety of hummingbirds regain their vitality with her care in her aviary. The healthy hummingbirds will be flitting about among the partygoers that evening. The Welcome Club of Scripps Ranch has been an active Circle of Friends in this community for more than 30 years. Women who are interested in learning more about the club may check the Scripps Ranch News website or the club website at [scrippsranch-welcomeclub.com](http://scrippsranch-welcomeclub.com). Inquiries are always welcomed.

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# Tio Leo's opens and remains as popular as ever

By John Gregory

The much-anticipated opening of Tio Leo's Cantina & Mexican Restaurant at 12205 Scripps Poway Parkway drew an abundance of customers with fond memories of other Tio Leo's restaurants in San Diego, according to owners Joe and Kathleen Sciuto.

It's no secret that locals were looking forward to visiting the restaurant and, once it opened in February, customers flooded through the door. Tio Leo's is known as a casual restaurant with friendly service, good food and sizable portions.

"We have customers that are coming here that have been with us for 40 years," Kathleen said. "I think our food and our reputation in relationship with our customers as well as our employees is what draws people in."

She explained that some employees have been with the company for 30 years and their head chef, who is now working at the new location, has been with Tio Leo's for nearly 35 years.

Now, they have hired some high school students from Scripps Ranch and Poway to work at the new location to gain some employment experience.

While the new restaurant has a modern industrial look inside, Kathleen promised the food is exactly the same as the other restaurants. Favorites include enchiladas, fajitas, carnitas, fish tacos and the posole soup. The lunch weekday special offers any one item for \$10, and a sit-down brunch is available on weekends.

Tio Leo's full liquor license is pending, but the bar has 22 taps offering mostly local craft beers. There is also a decent, reasonably-priced wine selection. The wine margarita has been amazingly popular, Joe said, and customers have asked to keep it on the menu.

"It's getting an incredible response. When they taste it, it's most likely they're going to order another one," he said.

There is also a "refreshing, very light and crisp" beer margarita that has also been popular, Joe said.

Joe and Kathleen, former



Kathleen and Joe Sciuto sit at the bar in their Tio Leo's Cantina & Mexican Restaurant, 12205 Scripps Poway Parkway, Suite E 101. (photo by John Gregory)

Scripps Ranch residents, might have something to do with their brand's popularity. After all, the two met as teenagers when they were working at one of the restaurants. Joe was working his way up from dishwasher through the kitchen

back then, and Kathleen was a waitress. Joe's father, Leo Sciuto (now 89), actually made Joe a partner when he was only 16.

Leo was a nightclub owner who always wanted to open a Mexican restaurant. Although he was a full-blood-

ed Italian, Leo liked the atmosphere at Mexican restaurants.

"My father loved Mexican food," Joe recalled. "He would take us out every Saturday ... He would take us to a different Mexican restaurant."

Leo eventually found a location in Mission Gorge and had a friend draw up a design for the restaurant. That friend mailed the plans in a tube and jokingly addressed it to Tio Leo. Leo's wife read the label and explained it meant "Uncle Leo" in Spanish, and the name stuck.

Today, the new Tio Leo's is as popular as the established ones. There is something about these restaurants; perhaps it's the good times. Laid-back San Diegans appreciate that sort of thing.

"I really wanted to just thank everybody that has been coming to Tio Leo's for 39 years," Joe said. "We do have a very, very large following. We're so blessed to have those people who follow us no matter where we go and to welcome us into the neighborhood. I'm just very grateful for that."



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**SPORTS**

*Photos by Ralph LoVuolo*



Scripps Ranch High School girls and boys competitors at the CIF San Diego Section Swimming and Diving Championship.

**Falcons in the water**

The Scripps Ranch High School girls and boys swim teams both finished fourth at the CIF San Diego Section Swimming and Diving Championship. Four Falcons school records were broken at the event: girls 200 individual medley relay, 1:53.20; girls 200 freestyle relay, 1:41.47; boys 200 freestyle relay, 1:30.02; and girls 100 backstroke, Mackenzie Trinh, 1:03.41.



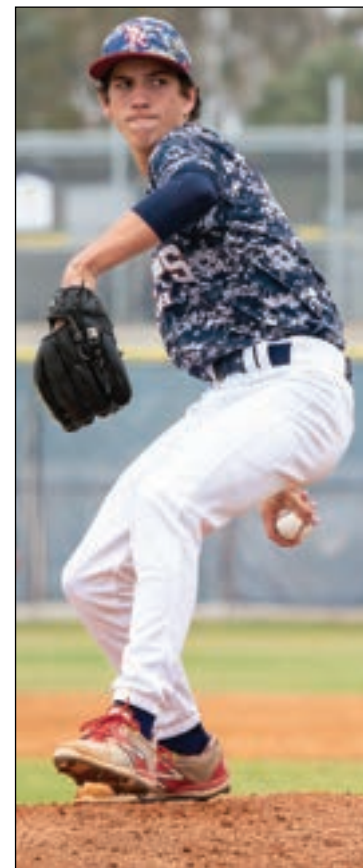
*Osheen Nadznaia*

**Great season for boys lacrosse**

The Scripps Ranch High School varsity boys lacrosse team turned hot during CIF Division 1 post-season action, going all the way to the championship game before losing 8-10 to La Jolla High in an exciting game on May 19. These photos show quarterfinal action against Rancho Bernardo.



*Joey Tudor*



*Harrison Rodgers*

**SRHS baseball**

The Falcons varsity baseball team closed out its regular season last week and headed to the CIF San Diego Division 1 playoffs with a first round contest scheduled at home against 10th-seeded Carlsbad High School on Tuesday, May 22. The photos above and below show action during a 0-7 loss to Cathedral Catholic High on May 11.



*Paul Zajac*



*Graiden Kreger*



# Gymnasts shine at recent meets

The Poway Gymnastics team recently competed in two spring meets in San Diego, Blast From the Past and Spring Fling. The girls walked away with 45 gold medals between the two meets.

Scripps Ranch's own Sofia Morra walked away with three first place medals at Blast From the Past. She won first place on vault with a 9.35, first on floor with a 9.5 and first all-around with a 36.85. Kylie Ngo won a first place medal on beam with a 9.45, finishing second place all-around with a score of 36.8. Sofia is a level 4 from Scripps Ranch in the 9-year-old age division, and Kylie is a level 3 from Scripps Ranch in the 10-year-old age division.



The Poway Gymnastics' level 3 team includes (from left) Anela Rhe Jakosalem, Ava Hansuvadha, Lexi Ngo, Alexis Ostrow and Kylie Ngo. (courtesy of Poway Gymnastics)

A few more of Poway's standout routines were from Scripps Ranch girls, including Lexi Ngo's 9.3 floor routine and Katelin Cihak's 8.9 vault.

At the Spring Fling Meet, Kylie Ngo won first place all around with a 37.3, Lexi Ngo

won first place all around with a 36.75 and Sofia Morra won first place on floor with a 9.6.

These meets concluded the gymnastics season, so this summer the girls will spend time training for the next season.



Thousands take part in the Fourth of July Run & Ride each year. (photo by John Gregory)

## Old Pros Run & Ride registration underway

Registration is underway for the Scripps Ranch Old Pros' annual Fourth of July Run & Ride. The local sports club hosts a morning of running and cycling fun early on the Fourth of July each year. The events include a 10k Run, a 2-Mile Fun Run, a 50-Mile Bike Ride, a 28-Mile Bike Ride and a 12-Mile Bike Ride. Thousands of participants take part in this local tradition every year on the Fourth.

The running events will start at Red Cedar Drive and Aviary Drive. The cycling events will start at the intersection of Scripps Ranch Boulevard and Hibert Street. All the events end near Hoyt Park.

Fourth of July Run & Ride participants who are 21 years of age and older are allowed free access to the beer garden at Hoyt Park at a festival following their events.

To register, visit srop.org.

## SRLL Closing Day events

The Scripps Ranch Little League invites each player and their family to celebrate the end of the season at Closing Day on June 2 for awards and a movie night.

Highlights include the Coaches' Home Run Derby, the awards ceremony, din-

ner and a showing of the movie "The Sandlot" on the grass at Jerabek Park. Festivities begin at 5 p.m.

The event celebrates awards for sportsmanship, post-season teams and division champions. Snacks will be available for purchase.

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# Soccer community rallies to help Coach O

By Cynthia Kurose

A beloved youth soccer coach and friend to many in Scripps Ranch has been diagnosed with a severe and aggressive form of lung cancer, leaving former players and their families shocked and heartbroken.

Affectionately known by her players as Coach O, Ouying Zhang is a two-time Olympian and was a star player for the Chinese National Team in three successive Women's World Cups. According to a GoFundMe page set up in the coach's name, "since coming to the United States in 2006, she has been a devoted coach and mentor in assisting kids and young adults at Poway High School, Mesa College, San Diego Futbol Academy, and beginning in 2010 at San Diego Soccer Club [SDSC]."

While coaching girls soccer with SDSC she met and made an impact on families from Scripps Ranch.

"Coach O is definitely special. She really loves all of her players," explained Mia Arredondo, a 14-year-old Scripps Ranch resident who



A two-time Olympian and three-time Women's World Cup soccer star, Coach Ouying Zhang has been diagnosed with an aggressive form of lung cancer. (courtesy photo)

played on Coach O's SDSC teams for two years. "She wants the best soccer experience she can give to them. That's what made her stand out. She really cared about all of us."

Former teammate Marissa McSweeney echoed this sentiment.

"She doesn't think about herself. She thinks about other people," McSweeney said. "She cares about everybody and makes you feel like you matter."

In addition to the poignant emotional impact Coach O has had on her players, she certainly has not fallen short in helping them to excel in their sport.

"She had a major impact on me. She made me a bet-



During a visit from the Chinese National Team, players from Coach O's three SDSC teams had the opportunity to practice and train with professional athletes. (photo courtesy of Tami Swenson)

ter person overall and a better soccer player," said Emma Hass, who played for Coach O for two years and now plays on the junior varsity soccer team at Scripps Ranch High School.

Her mother, Lecia Hass, agreed, saying, "in the last couple of years, Emma has grown by leaps and bounds through Coach O's 'tough love.' She pushed them, but not over the edge. She made it fun. They learned a lot from her."

While Coach O maintained focus on the team overall, her players agree that she took the time to understand each player's method of learning and worked to coach them in an individu-

alized fashion.

"She paid attention to how we could change as a player and she helped us grow together," said Tory Swenson, who also played on the coach's team for two years.

Coach O was on an annual trip to China in April when she fell ill and complained of chest pain. She was taken to a local hospital where a series of tests revealed evidence of cancer in her lungs. Players and their families were stunned when they learned the news of their coach's diagnosis.

"The last time we had seen Coach O, she was perfectly fine," said Christina Arredondo, mother of Mia Arredondo. "She was

so strong and fit. We never imagined that someone so fit and healthy could be hit with something like this. We were in total and complete shock."

Parents of current and former players immediately mobilized a "call to action" through a series of emails aimed at brainstorming ways they could provide support. The first email in the thread, which was originated by Ben Lee, father of two daughters who have played on Coach O's teams, read in part, "Like us, I'm sure everyone's plate is already overflowing with life's and work's activities and responsibilities. But during these very, very tough times, I implore you to think of all the wonderful memories that Coach O has given to us and our daughters, and to reach deep into your energy and time reserves to help in these efforts."

Organization leadership from SDSC promptly set up a GoFundMe page to help raise money to assist her family – husband Edde and two children, ages 7 and 3 – with mounting medical bills. Within the first 24 hours of the page going live, it had surpassed its initial fundraising goal of \$50,000. The goal was then extended to \$100,000, which was exceeded within a week. By May 12, a new goal of \$200,000 had been set, and momentum for the fundraising campaign remained strong.

Coach O has returned to San Diego and is receiving treatment at a local hospital. Lee explained that during a recent visit with the coach, when he shared news of the community's tremendous response, she broke into tears, completely overwhelmed by the love and support.

"I cannot believe everyone is doing this," she said. "I'm just a soccer coach."

Convinced that Coach O is more than "just a coach," Christina Arredondo explained, "when you have a good coach or a good teacher, it makes all the difference in the life of a child. Coaches and teachers help to mold our kids, and Coach O is one of the good ones."

Additional fundraising events are scheduled in the weeks ahead and can be found on the SDSC Facebook page. The GoFundMe campaign can be found by visiting [gofundme.com/coach-o](http://gofundme.com/coach-o).

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Delaney Kelly, varsity. (photo by Ralph LoVuolo)

# Lady Falcons play with joy

**PURE JOY**  
Continued from Page 1

By Anna Ruth Ramos

**D**id you ever wonder why the Lady Falcons softball players are all smiles this season? According to their coach, Jay Russell, it's because this year's Scripps Ranch High School varsity softball team is about as close-knit as it gets. He said the best part about coaching the team is that it's a "drama-less team."

What is that secret behind the camaraderie between the girls? For one thing, Russell said, the players have a special routine: they play hacky sack to bond and have fun before games.

Russell also credited each of the players for having their own internal motivation that contributes to the teamwork.

"They all have personal goals and that's what motivates them to actually want to play the game at the level they know how to play," he said.

Still, with four of his players playing their last year as Falcons this year, with

such a close-knit group as this, the team feels a bit of dread. The remaining varsity girls are sad since they look up to these seniors as leaders.

Russell can't help but feel a bit sad, himself. "I'm a senior with them," he said recalling having arrived as a coach in 2015, the same time as the graduating players arrived at the school.

"We won the Division 1 Championship with them, so this is a special year for us to try to win something with them on their way out," he said.

When asked about his message to the graduating players, the coach gave a big sigh: "Just keep working hard. Keep being the people – the young ladies they are. I can't say enough about them. I want them to succeed in every way."

The varsity was scheduled



Riley Lacey, JV1. (photo by Ralph LoVuolo)

to play Granite Hills High in the third round of the CIF Open Division playoffs on May 22.

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**To: Timothy Strouse**  
Dada,  
Thank you for how hard you work to provide the best for our family and for my future. Mommy and I are truly blessed to have you in our lives. Happy Father's Day! Love, Andy & Mommy



**To: Timothy Strouse**

Happy Father's Day, Daddy! I know I can be difficult sometimes but you love me unconditionally and I thank you for that. One day I will take great care of you like you do for me. I love you! XOXO Love, Miss Ava



**To: Keith Purcell**

Dear Daddy,  
You are such an awesome and cool Dad!  
You are truly the best Dad and we love you so very much! Thank you for all that you do for us!  
Love, Danika & Katrina



**To: Chris Herich  
From: Nathan Herich**

Dad, You can't comprehend how much you mean to me. You're so much fun to do stuff with. I just think you're a really cool guy and a very fun dad. I love you!



**To: Ken Bickel  
From: Colin Bickel**

My dad is the most kind and generous person any son could ask for. I feel he sets a great model by sticking up for me and dealing with any personal issue I have. In my opinion he's a perfect parent and knows when I need help without pushing the boundaries. I don't know what else I would ask for if I had one wish other than having a great dad.

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**Congratulations, GRADUATES!**



**To: Sarah Costanzo**

Job well done Sarah, we are so proud of your accomplishments! UC Davis is lucky to have you. Lots of love, hugs and kisses, Mom and Dad



**To: Megan Schmidt**

Congratulations to Megan Schmidt (SRHS c/o 2014) as she graduates from the University of Alabama with a Bachelor's degrees in English and Education. We are so proud and can't wait to see what's next!  
Love, Mom & Michael



**To: Troy R.  
From: Sarah R.**

You did it TROY!  
We are so proud of you! We are excited for your new adventure in life. CSU Northridge, Troy!

**To: Mia**  
Congratulations on your 8th grade promotion. You've blossomed into such a beautiful young lady and we're so proud of all that you've accomplished. We know that you'll continue to do great things in high school. Please know that we're always here for you. Love, Uncle Brian & Auntie Cindy



**To: Lauryn**

Congratulations, Lauryn! We are so proud of what you have achieved these past four years and can't wait to see what lies ahead for you. We love you always, Mom & Dad



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# June 1-7 is national CPR week

By Linda Mullvain, R.N.

**M**ore than 420,000 people die each year from sudden cardiac arrest. It is the leading cause of death in the U.S. Sudden cardiac arrest kills more people every year than breast, lung, colon and prostate cancer.

## Passionate about CPR

Most of my nursing career has been as an ER nurse, a cardiology nurse and a nurse educator. I have performed CPR both in the hospital and in the field. I have seen firsthand the difference bystander CPR can make and I have sat in the ER with families crying, "If only I had known what to do."

If you are called on to perform CPR, you will most likely be trying to save the life of someone you love: Seventy percent of all sudden cardiac arrest occurs at home. When a person suffers cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, CPR performed immediately can double or even triple the victim's chance of survival.

Use of an automated external defibrillator (AED) can also be used by bystanders just like you. It will tell you exactly what to do to shock the heart into a rhythm.



Linda Mullvain, R.N.

All you have to do is turn it on and follow the prompts. To my knowledge, there have been 360 bystander uses of an AED this year in San Diego. One hundred and eleven lives were saved. The oldest person saved was 91 years old and the youngest was 11 years old.

## Hands only CPR

Hands only CPR means that you can save a life without having to give breaths. Hands only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, work or in public. There are two easy steps to CPR, performed in this order: 1) Call 911 and 2) Push hard and fast (at a rate of 100 to 120 beats per minute) in the center of the chest. Think of the Bee Gees song Stayin' Alive, it



is in the range of 100-120 beats. The American Heart Association still recommends CPR with breaths for infants, children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

## Our community

We are blessed to live in a tight knit community where we take the time to know our neighbors and most of our friends are a short walk away. Our community is full of pools, tennis courts, basketball courts and athletic fields and we know most of the kids who play on them. Unfortunately, like everywhere else, traffic is getting worse. If you call 911 in San Diego, the best response time is anywhere from 8 to 13 minutes. For every minute that passes by without CPR, the chance of survival drops 10 percent. Can you imagine watching one of our kids go down on the field with cardiac arrest and no one knows what to do? You have to wait 8 minutes or more for help to come!

Schedule a CPR class today and be a link in the chain of survival. If you would like to schedule a CPR class, please contact us at thebeatgoeson100@gmail.com or call us at (858) 248-0040 and please visit our website at thebeatgoeson100.com.

We enjoy doing classes for our large corporate clients like Costco as well as our smaller classes for individuals.

# HEALTH

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## Considering hair transplant? Read this first

By Dr. Tess Mauricio

**H**air loss affects 70 percent of men and 40 percent of women and can start as early as a teenager, with risk increasing with age. As we get older, hair loss can be an embarrassing issue which can leave people feeling helpless. Options, like prescription drugs, are often partially effective and carry the potential for unwanted side effects. Surgical hair restoration can be expensive and does not treat the underlying medical problems.

Fortunately, prescription drugs and hair transplants are no longer the only viable options when it comes to hair restoration. Regenerative Medicine Hair Restoration is a revolutionary technology which uses OUR VERY OWN stem cells to potentially stop hair loss and regrow new hair by injecting the stem cells into the scalp, which helps regenerate hair follicles and turn on the signal to produce new hair. Because this is an all-natural, minimally invasive procedure, there is virtually no risk to you



Dr. Tess Mauricio

when done by an experienced provider.

The best candidates for this procedure are people with thinning hair on top of their scalps. Individual results will vary but are typically seen during the next cycle of hair growth and improve over time with each hair growth cycle. Maintenance treatments of PRP injections and daily use of a LED helmet are also recommended for optimal results. For more information

about Regenerative Medicine Hair Restoration, contact our clinic at (858) 689-4990 or visit [www.RegenerisMedical.com](http://www.RegenerisMedical.com). M Beauty Clinic does not claim to cure any condition, disease or injury.

Dr. Tess Mauricio is a Board-Certified Dermatologist and leader in Regenerative Medicine, training doctors all over the world on the latest anti-aging techniques. She is a summa cum laude graduate of UCSD with an MD from Stanford University and is a regular expert on both local and national TV. You have seen her on "Dr. Oz," "The Talk" on CBS, "America's Next Top Model," "Dr. Phil," "The Rachael Ray Show" and more. Dr. Tess is the founder of M Beauty Clinic by Dr. Tess with locations in Miramar, Eastlake and Beverly Hills. She grew up in San Diego and is a long time Scripps Ranch resident.

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HOMES



Ken and Jennifer Bickel enjoy a relaxing moment with their golden retriever in the shade of their wooden gazebo. (photo by John Gregory)



A small gazebo with bistro set (left) overlooks a canyon below while a larger, wooden gazebo includes roll-up shades, outdoor heater, adjustable lighting, outdoor rug, couch and chairs. (photo by John Gregory)



Adjustable lighting



Outdoor heater



Freshly-harvested onions

## Outdoor living space

### Gazebo enhances outside experience

By John Gregory

Ken and Jennifer Bickel have resided in their northern Scripps Ranch house since 1997, and they have made several impressive additions to their home. They have recently been enjoying the many options provided by the addition of a DIY wooden gazebo.

The square-shaped wooden gazebo is situated near their back door and serves as an outdoor living area. An outdoor couch sits within, along with a few chairs. A special indoor-outdoor rug is both mold- and mildew-free. Chandelier lighting has been installed in the center and an outdoor heater gives warmth on those cooler nights. The color of the lighting can be adjusted to set any mood. Ken added rain gutters and shades that can be rolled down on three sides, providing both shade and insulation. They help retain warm air on cold days and the family has already been able to sit inside the gazebo to enjoy an occasional rain storm.

They purchased the gazebo kit from Costco and Ken, with the help of their 13-year-old son, Colin, put the project together.

"It's pre-cut, pre-drilled. Everything came with it; all the pieces you need, all the screws. It took about 12 hours to assemble it," Ken explained.

"They did it in several days. It took over a week, a couple of weeks," Jennifer added.

The new gazebo is perfect for family gatherings as well as entertaining guests. It's a pleasant addition to their backyard

which is bursting with a colorful garden along the back fence overlooking a canyon. The back garden is highlighted by a babbling fountain and a smaller metal gazebo with a bistro set which provides a different vantage point.

One corner of the back yard has a hot tub. A peek around the corner reveals a wide strip of grass, bushes and citrus trees. Raised garden boxes alongside the house are watered by a drip line on a timer and filled with plants. Meanwhile, a bouquet of freshly-picked onions from the garden sat upon a wooden tray within the new gazebo, further accenting this colorful, livable and thriving backyard.



This small gazebo provides a different vantage point for viewing both the backyard and canyon behind the fence. (photo by John Gregory)



A stone fountain flows within a lively garden. (photo by John Gregory)





This remodeled master bathroom is an example of one way to rethink your bathroom and turn it into a luxurious retreat. (courtesy of Fiona Klerekoper)

## A luxurious master bathroom

By Fiona Klerekoper  
Certified Associate Kitchen  
& Bath Designer

As our lives get busier, our homes become the place where we retreat, relax and restore ourselves. There's no space where that is more important than in the first room you see in the morning and the last room you visit at night: the master bathroom.

Take a look at this recently remodeled master bathroom in Scripps Ranch. If you are considering a remodel, it is an example of one way to rethink your bathroom and turn it into a luxurious retreat.

### Think big

Take down those walls, remove the dropped soffits and weird niches. Open up the space so the light flows and makes the room feel bigger. If you are short on space and only use the tub occasionally, take it out and enlarge your shower instead. Nothing says luxury like a large shower.

### No barriers

You don't have to stay in a five-star hotel to have a wet room experience. Make the shower part of the room with no threshold or barrier to step over. Continue the same floor tile throughout, sloping to a linear drain and creating an uninterrupted visual flow. Check with your tile supplier or designer to ensure that the tile is rated appropriately for wet areas.

### Lighten up

Choose a light, bright color scheme. Add some contrast to give the space a fresh look. Don't forget a variety of textures and surfaces. A little sparkle – glass, mirror, chrome/nickel – can go a long way to energize



A little sparkle can go a long way to energize and lighten a space. (courtesy of Fiona Klerekoper)

and lighten a space.

### Take it easy

Less cleaning is the greatest luxury of all. Look for easy to care for surfaces. Larger format tiles with rectified edges (90-degree edge details) allow tiles to be set close to each other and minimize grout lines. Engineered stone, often called quartz, is a low maintenance choice for counter tops, bench seats, window surrounds, etc.

### Something for everyone

When a bathroom is demolished, that's the perfect time to think about Universal Design; design that accommodates all users, whatever their abilities and stages of life. Adding bracing for grab bars while the walls are open makes sense. Lever-type handles are easier to use than twist-type knobs or handles, and they're especially convenient for kids or anyone with limited dexterity. Hand held shower heads attach to a flexible hose that makes them easy to use while sitting. They're also good for cleaning the shower stall or bathtub, and kids or pets.

### Plan ahead

Perhaps the most important ingredient for success is having a plan for your de-

sign – on paper. Preparing dimensioned drawings, documenting finishes, fixtures and all necessary products is a must. This allows you to bid out the project fairly and accurately, order products in a timely manner to keep the project flowing and stay on budget. They are an invaluable tool for communication with all the trades; limiting misunderstanding and surprises (not the happy kind).

Creating your own luxurious master bathroom can be an exciting project with a great payoff – somewhere to begin your day on the right foot and to relax at the end of the day.



Fiona Klerekoper

Fiona Klerekoper is a long-time resident of Scripps Ranch and is the principal and designer at FDK Design. Based in San Diego, FDK Design is an award-winning interior design studio, serving clients locally (many Scripps Ranch residents) and beyond. It offers a full range of interior design services, with a specialty in kitchen and bath design. For more information, call (858) 945-2867 or email [fiona@fdkdesign.com](mailto:fiona@fdkdesign.com).



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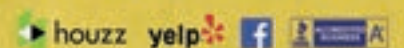
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# Colorful, refreshing design ideas

(StatePoint) If you are looking to elegantly re-design the spaces in your home, consider taking your cues from the latest trends in the luxury market. Neutral color palettes and soft, soothing shades, such as gray, taupe and cream are on the rise among today's luxury homes and adding touches of color will help personalize these spaces.

"Neutral color schemes are versatile, sophisticated

and best of all, easy to live with," said James Thomas, senior product designer for residential lighting manufacturer Progress Lighting.

But design experts point out that adding carefully selected accessories and home accents in bolder colors can be a pleasing way to customize the spaces in your home.

"Color selection is one of the first ways I create visual interest in any neutral

space," said Tracey Amadio of Porch Daydreamer Design Blog, who lists sapphire, turquoise, dusty pink and lavender as popular color choices this spring.

To add a splash of color to your neutral settings, try these design ideas.

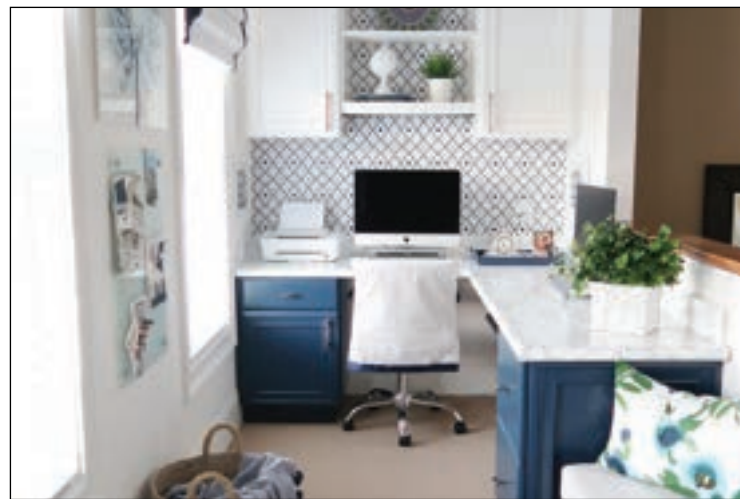
• **Refresh home accessories:**

Home accents, such as throw pillows, blankets and rugs, are items that can be quickly updated and therefore more trend-centric. These items are guaranteed to add a pop of color to the room.

Additionally, Amadio said more and more designers are choosing rich hues over white for accent furniture, kitchen islands and bathroom cabinets.

• **Update an accent wall with wallpaper:** Wallpaper is making a comeback in a big way. There are lots of fun patterns and colors to explore. Incorporate textured wallpaper to a powder room or smaller living area to add color and dimension.

• **Incorporate mixed metals:** Mixed metals are also



This season, take your design vision to the next level with easy DIY projects that enhance neutral room settings using colorful home accents, wallpaper and lighting. (copyright Porch Daydreamer Design Blog)

emerging as a way to bring dimension and interest to a home's color palette. This look can be achieved through mixing fixtures with different, but complementary, finishes.

"Many of our new lighting offerings showcase dual finishes or mixed metal accents that really punch up the look of a fixture, which would be an eye-catching addition to a neutral color scheme," Thomas said. "We've had really good visual success with antique

bronze and brass combinations. Also, some of our newer designs feature a combination of antique nickel and brushed nickel to offer visual interest with a pairing of matte and shiny finishes."

Searching for more design inspiration? Visit [progresslighting.com](http://progresslighting.com) to view images, collections and project ideas for every budget, style and space.

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## Scripps Ranch Home Sales

April home sales in Scripps Ranch saw an increase over April 2017 for both single family homes and attached homes, according to statistics compiled through the Multiple Listing Service by the Greater San Diego Association of Realtors®.

Fifteen single family homes in Scripps Ranch were sold in April, with 69 total sold in the first four months of 2018. The homes averaged 14 days on the market in April and an average of 19 days on the market for the year 2018. The median price of single family homes sold in Scripps Ranch in April was \$1 million and the average median price is \$980,000 for 2018 so far. That's \$75,000 more than April 2017.

There were 15 attached homes (condominiums or townhomes) sold in Scripps Ranch in April, with 54 sold in 2018 year to date. Attached homes were on the market in Scripps Ranch an average of 24 days in April and an average of 16 days on the market for 2018 so far. The median price of attached homes sold in Scripps Ranch in April was \$520,000 and the median price for 2018 so far is \$530,000. That's \$57,500 more than April 2017.

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