

IT'S OUR BIRTHDAY! TAKE A LOOK BACK AT OUR AMAZING FIRST YEAR - PAGE 16

# DEL • SOL <sup>TM</sup>

MAGAZINE

WHERE  
**Bright Futures**  
START

Helping Youth Reach Their Potential at  
the Boys & Girls Clubs of San Diego Page 34



**HANNAH NANCARROW**

Finding Strength and Inspiration  
Page 42

**LOOKS GOOD, SOUNDS GOOD**

Robert "Sully" Sullivan is the  
Sight and Sound of San Diego  
Page 12

**DOWN AT OLD DEL MAR**

This Year's Del Mar Races  
Page 51

**Bonus!**  
**FAMILY ATMOSPHERE**  
Robert Sunstein, DDS  
and His Staff Give  
Patients a Reason  
to Smile  
Page 32



# WHERE *Bright* FUTURES START



## Helping Youth Reach Their Potential at the Boys & Girls Clubs of San Dieguito

photos by Zeena Gregg Photography

**As** you read through each issue of *Del Sol Magazine*, you are reminded how promising and bright the future of our community is thanks to the articles about our amazing youth and rising stars. In this issue, we wanted to spotlight the wonderful people whose goal is to help all young people of Del Mar, Solana Beach and surrounding areas reach their full potential and form a solid foundation to build a successful life around. In the following pages we talk with Annie Ragovin, Director of Development of the Boys & Girls Clubs of San Dieguito about the history of the organization and how it has grown and evolved for the benefit of everyone in our community.

# Q&A

with Annie Ragovin,  
Director of Development of the Boys & Girls Clubs of San Dieguito



## BOYS & GIRLS CLUBS OF SAN DIEGUITO AT-A-GLANCE

<b>NAME:</b>	Boys & Girls Clubs of San Dieguito
<b>YEAR ESTABLISHED:</b>	1966
<b>WEBSITE:</b>	www.bgcsandieguito.org
<b>EMAIL:</b>	aragovin@bgcsandieguito.org
<b>PHONE NUMBER:</b>	858-755-9371
<b>FACEBOOK:</b>	www.facebook.com/bgcsandieguito
<b>HOURS:</b>	Vary by location, program and department. Please call for hours.
<b>AGES SERVED:</b>	5 to 18 and adult/senior programs



### DEL MAR AND SOLANA BEACH LOCATIONS:

<b>Del Mar Branch</b>	<b>Harper Branch</b>	<b>La Colonia Branch &amp; Casita</b>
14125 Mango Dr. Del Mar, CA 92014	533 Lomas Santa Fe Dr. Solana Beach, CA 92075	715 Valley Ave. Solana Beach, CA 92075

## HISTORY BEHIND THE BOYS & GIRLS CLUBS OF SAN DIEGUITO

In 1966, Doug Hall, then executive director of the Carlsbad Boys Club, met with Dr. Charles Clark from Encinitas. Dr. Clark was representing the Encinitas Optimist Club and was interested in starting a Boys Club in the San Dieguito communities. The Encinitas Optimist and the San Dieguito Kiwanis service clubs had joined together in an effort to establish a youth program for the seven communities in the San Dieguito area: Encinitas, Leucadia, Olivenhain, Cardiff, Solana Beach, Del Mar, and Rancho Santa Fe.

In February 1967, Dr. Clark, President of the Board, asked Doug Hall, who had been acting as a consultant and executive director (through an arrangement with the Carlsbad Club), to be the permanent executive director of the new San Dieguito Boys Club. After much deliberation and discussion with his family, Doug accepted the position. He would hold this position for the next twenty-five years, and be instrumental in the success of the Club for over forty-five years.

Today, the Boys & Girls Clubs of San Dieguito is one of the most successful Clubs in the country, serving more than 20,000 youth in the San Dieguito community. We still have an obligation to those generous and benevolent leaders of the past and to the youth of the future to assure our mission continues to thrive and to provide our youth with a successful approach to the future.



## BARBARA HARPER BRANCH, SOLANA BEACH

### AFTER SCHOOL PROGRAMS (ASP)

The Barbara Harper Branch serves the Solana Beach community and works closely with Earl Warren Jr. High School, Skyline Elementary and Solana Vista Elementary and serves an average of fifty children each day. It is the goal of the Harper Branch staff to enable all youth to participate in the numerous activities offered for their benefit and development. Not only do the children build friendships, memories, and have fun, the great staff also builds strong, supportive connections with the children. We provide an enriching after school program that provides diverse activities that meet the interests of all young people. Core programs encourage activities with adults, peers, and family members that enable kids to enhance self-esteem and fulfill their potential. Some specialized programs in the ASP include: Power Hour (an academic support program designed to help members develop academic, behavioral, and social skills through homework completion, high-yield learning activities, and tutoring), Reading Program (every day the children are encouraged to read silently for at least twenty minutes, meet goals and get rewarded for reading goals met), and Minute to Win It Challenge (a challenge given to youth while under pressure). In addition, free time, games, arts and crafts, music, dancing, and physical activities are all a part of our after school programs.

### CENTER FOR A HEALTHY LIFESTYLE

Kids have a blast at the Center for a Healthy Lifestyle (the sunny yellow cottage behind the Harper Branch). Cooking and gardening are brought to life

with fun, educational, delicious, healthy, and silly classes. Explore our class listings for upcoming camps, after school classes, field trips, special events, and birthday party opportunities. Chef Amanda Mascia, Emmy Award winner for her on camera talent for the show *The Good Food Factory*, makes cooking and healthy eating fun for children! Come see what the buzz is about!

### PARDEE AQUATICS CENTER

The Doug & Marianne Pardee Aquatics Center, located at our Harper Branch in Solana Beach, features two pools, spacious locker rooms, indoor and poolside showers, a fitness center, a snack bar, and other aquatic amenities for the competitive or recreational swimmer. The Pardee Aquatics Center is home to the nationally recognized Rancho San Dieguito Swim Team and Shores Youth Water Polo. Youth Swim Lessons are offered year-round.



### ATHLETICS/MIDDLE SCHOOL SPORTS

The Boys & Girls Clubs of San Dieguito sponsors ten sports through the Big Eight Middle School Sports Conference: girls volleyball, cross country, flag football, boys basketball, girls field hockey, wrestling, track and field, golf, girls basketball, and soccer. Teams compete against other middle schools throughout San Diego County. In addition, our Athletics Department offers a wide variety of sports leagues, sports camps, and athletic activities for youth of all ages including: Wrestling, Snuffy Basketball, Fastbreak Hoops, After School Teen Physical Fitness Program, Carmel Valley Wrestling Club, the B&G Basketball Clinic, Carmel Valley Running Club, and Manchester Surf Futsal Indoor Soccer.

## LA COLONIA BRANCH & CASITA DE GLORIA TEEN CENTER, SOLANA BEACH

The La Colonia Branch and Casita de Gloria at La Colonia Park serve the community of Eden Gardens in Solana Beach. Sixty-three elementary school kids and forty-three teens attend the after school program each day. This branch provides a safe and supervised haven after school and during the summer months. Great staff help build positive futures through mentoring and academic support, fitness and recreational activities, and creating healthy lifestyles. La Colonia is truly a big family putting smiles on the faces of all our children who need us most!

### TEEN MENTORING PROGRAM

This mentoring program focuses on La Colonia teens every day after school, and provides them with peer based social, educational, and athletic activities. The daily interaction in a positive setting validates program participants' self worth, accomplishments, and value to the community. With carefully selected mentors as positive role models and engaging extra-curricular activities, teens develop the self-esteem and character essential to changing the community dynamic.

### COLLEGE NIGHTS

La Colonia teens are able to engage in "college nights" where guest speakers inform teens about attending college and the importance of their college decisions. Mentors also help with financial aid applications, prepping for SAT's, and scholarship applications. In addition,

teens make several trips to local Southern California colleges throughout the year to get familiarized with college campuses. Many of these high school students will be first generation high school graduates and college students.

### GARDENING AT LA COLONIA

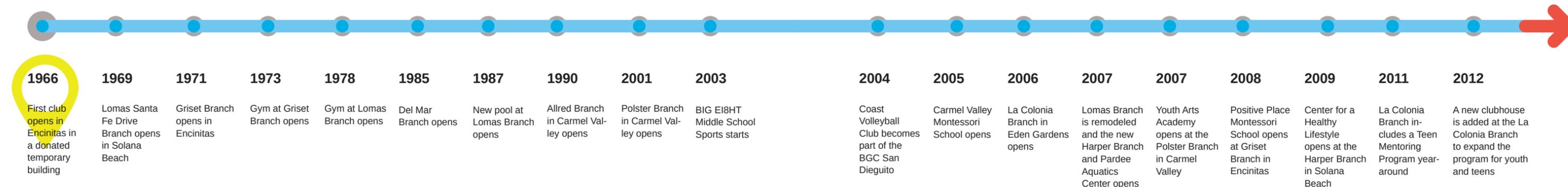
Teens and kids at the La Colonia Branch worked extremely hard to build a garden at the branch called the "El Jardin de los Ninos." Andi Macleod, chief volunteer for the garden, teaches youth about growing organic fruits and vegetables while using ingredients from the garden to create healthy recipes. Andi has been instrumental in teaching healthy lifestyles to the teens and youth of the La Colonia community.



### MENTORING PROGRAM

The Boys & Girls Clubs of San Dieguito and the team at Crush Italian Restaurant in Solana Beach have partnered together to create a mentoring program for teens which uses shadowing and one-on-one mentoring techniques to learn skills in the restaurant industry. Five teens from the La Colonia Branch have been selected to participate in this program. Every Wednesday, starting April 2 and running through June 4, (a total of ten weeks) the teens will shadow every position in the restaurant in order to gain real world experience.

## BOYS & GIRLS CLUBS OF SAN DIEGUITO TIMELINE



### DEL MAR BRANCH, DEL MAR

The Del Mar Branch serves over seventy kids from Del Mar Hills and Del Mar Heights elementary schools. Our branch thrives on positive relationships and personal responsibility. The Del Mar Branch provides members with a safe and fun environment to explore their own creativity and confidence through structured, supervised activities ranging from computer lab games and physical recreation to arts and crafts and homework time.

Each staff member passionately supports each child's development into an influential member of their school and community while instilling values of teamwork, responsibility, and compassion for others. Each day we strive to send our children home with a better understanding of the daily mission.

#### TRIPLE PLAY PROGRAM

The Del Mar branch offers a dynamic wellness program that demonstrates how eating right, keeping fit, and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve Club members' knowledge of healthy habits, increase the number of hours per day they participate in physical activities, and strengthen their ability to interact positively with others and engage in positive relationships.

In addition to Triply Play, Homework Help and Tech Lab Time are also integrated into the every day after school program.

#### DO YOU OFFER ANY KIDS AND TEEN CAMPS OVER THE SUMMER?

Yes! Our Summer Adventure Camps program allows campers ages 5 through 15 to experience a fun-filled, active summer in a safe environment with skilled staff to ensure a rewarding summer camp experience. We offer flexible and affordable camp options: adventure day camps and/or the specialty adventure camps. Camps are offered at seven locations in North County in Del Mar, Solana Beach, Eden Gardens, Encinitas, and Carmel Valley.

**OUR ADVENTURE DAY CAMPS** serve campers of all abilities, ages 5 through 13, with small group instruction in seven core areas: the arts, character and leadership development, education and career development, health and life skills, sports, fitness and recreation, and technology. Campers are given the opportunity to progress at their own rate and develop long-lasting friendships that grow through participation. Campers also have the opportunity to participate in a variety of field trips to local San Diego locations.



### SPECIALTY ADVENTURE CAMPS

Our Specialty Adventure Camps offer over 100 specialized camp options over ten weeks of summer. We have camps options for everyone:

- JUNIOR CAMPS FOR AGES 5 – 7
- JUNIOR SPORTS AND ADVENTURE SPORTS FOR AGES 5 – 13
- ADVENTURE SPECIALTY CAMPS AGES 8 – 12
- ADVENTURE TEEN CAMPS AGES 12 – 14
- LIT (LEADER IN TRAINING) PROGRAM AGES 14 – 15

All of our specialty camps are designed to give campers the opportunity to learn about or develop skills in a specific area. These are a wonderful way to expose your child to a new activity for the first time, or allow a camper with a particular interest or talent to further develop their ability in a summer camp setting. Some areas of interest offered are: art and crafts, basketball, cheer, comics, dance, digital photography, D.I.Y., dodgeball and gaga, drama, fantasy, field hockey, fitness, flag football, golf, lacrosse, magic, movie and video creation, multi-sport, music, musical theater, mystery, rugby, science, soccer, surf and water sports, t-ball, tennis, vocal, volleyball and more!

Our programs are designed to allow maximum flexibility affording you the opportunity to tailor a camp schedule to specifically meet your family's needs. Within each program, we have created a daily schedule allowing campers to participate in optional activities creating a fully customizable fun and rewarding summer. Parents who need assistance in planning a schedule are welcome to contact our Camps Coordinator.

**Summer camps run June 16 through Aug. 22, 2014. For more information please contact the camp office at 858-720-2180, email [camp@bgcsandieguito.org](mailto:camp@bgcsandieguito.org), or visit our website at [www.bgcsandieguito.org](http://www.bgcsandieguito.org).**

#### HOW DOES ONE GET THEIR KIDS INVOLVED WITH PROGRAMS AT THE CLUBS?

It's easy! Stop by any of our branches for a tour and if you're interested in joining, we will assist you in the membership and financial aid applications. You can also call 858-755-9371 and Crystal Ortiz will be happy to answer any questions for you and get you started!

#### PLEASE TELL US ABOUT YOUR STAFF. HOW ARE THEY TRAINED TO PROVIDE EDUCATIONAL, ENRICHING, AND FUN OPPORTUNITIES FOR CHILDREN?

Our dedicated staff is experienced, qualified, professionally trained, and certified in both CPR and First-Aid, as well as drug tested and submitted to a background check, prior to employment. Each staff member is selected for

his/her experience, expertise, and enthusiasm. Education is a top priority, as we provide our youth with strong academic support programs. We promote physical fitness with our engaging and fun athletics programs and we develop creative minds through popular arts and crafts sessions. The staff strive to create long-lasting friendships through participation in our core activities with other youth members and staff. We have experience of serving more than 20,000 youth annually throughout the community for over forty-seven years.

#### WHAT KIND OF FEES ARE INVOLVED WITH HAVING BOYS AND GIRLS ATTEND PROGRAMS AT THE CLUBS? DO YOU OFFER ANY SCHOLARSHIPS OR FINANCIAL AID TO FAMILIES IN NEED?

Fees vary between branches and departments, but we offer financial aid/scholarships at all our branches and programs. The La Colonia Branch is one of our branches that is 100% scholarships and serves 110 kids and teens every day. No child is excluded from attending the Club since financial assistance is available.

#### PLEASE TELL US HOW ONE GOES ABOUT BECOMING A SPONSOR OR SUPPORTING THE BOYS & GIRLS CLUBS FINANCIALLY.

You can go to our website at [www.bgcsandieguito.org](http://www.bgcsandieguito.org) and click on GIVE. You can also call the development department at 858-793-7345 and we can customize an event sponsorship or corporate partnership to best fit your business needs.

#### DO YOU HAVE ANY OPPORTUNITIES FOR COMMUNITY MEMBERS TO VOLUNTEER THEIR TIME? WHAT IS CURRENTLY AVAILABLE?

Yes! Volunteers are needed to serve as mentors, tutors, coaches, art and computer teachers and more – you tell us your interests and we'll match you with a Boys & Girls Club near you. Just one or two hours each week can make a real difference in a young person's life. As a volunteer, it can make a real difference in your life, too.

Volunteers at Boys & Girls Clubs of San Dieguito get the training and support they need to be a successful part of our clubs and the lives of our members. Our children's safety at the Clubs is our number one priority; therefore everyone is required to have a background check before being approved to volunteer.

#### HOW DOES ONE GO ABOUT PROVIDING ITEMS THAT THE CLUBS ARE IN NEED OF? WHAT ARE THE TOP FIVE ITEMS THAT YOU'RE IN NEED OF MOST?

If a donor is interested in providing an item that the Club needs you can go to our website and under the GIVE tab there is an area for "wish list items". You can click on that tab and there is a list of needed items by branch and department. You can either purchase the item yourself and deliver to the Club (we also pick-up) or you can make a donation and we will purchase the item.

Our top five needs are: vans for transportation (new or used), leather couches (new or gently used), area rugs (new), computers (new), and sports equipment.

#### WHAT SETS THE BOYS & GIRLS CLUBS OF SAN DIEGUITO APART FROM OTHER CLUBS WORLDWIDE?

We are unique because of the additional specialized programs we offer for our youth: Center for a Healthy Lifestyle; Youth Arts Academy, Aquatics, Middle School Sports, Athletics, and a Montessori School.

#### WHAT ARE SOME OF THE CLUBS' MOST POPULAR FUNDRAISING EVENTS?

Our biggest and most exciting event is our African Safari Youth-of-the-Year Gala which will be held on Friday, Aug. 8 at the Del Mar Thoroughbred Club Infield Pavilion. This event is a casual, but a fun evening of night horse racing, dinner/drinks, silent and live auctions, and dancing with the Wayne Foster Band. But, most importantly, we honor our overall Youth-of-the-Year for 2014 chosen from six finalists throughout our seven branches here at the Club. In addition, Terry Lingenfelder, our 2014 Volunteer of the Year will be honored for his commitment and dedication over forty years to this organization.

Our other large fundraiser that we have is our unique Chip-in-for-Kids Golf Tournament which is a unique golf experience that enables golfers to play on the North Course of Torrey Pines Golf Club while the pros are playing their final round on the South Course during the Farmers Insurance Open PGA tournament.

The day includes a unique ball format for eighteen holes, VIP convenient parking across the street from the North Course, premium gift bag valued at \$250, catered breakfast and made-to-order BBQ lunch with hosted beverages, PGA passes, and entrance into a private section of the Tilted Kilt Tartan Terrace to watch the finals of the Open on the South Course. For more information on all fundraising events, please visit our website and click on events.

#### ARE THERE ANY EXCITING NEW PROJECTS, DEVELOPMENTS, OR PROGRAMS COMING TO THE CLUBS?

Yes! We are currently expanding our Center for a Healthy Lifestyle and are in the process of building a half acre organic garden and commercial like kitchen at our Griset Branch in Encinitas. The garden and kitchen will serve as a staple in the community for garden to table education, cooking classes for kids, nutrition education and vocational skill training. The kitchen was completed at the end of June and the garden will be soon to follow.

#### IF YOU COULD GRANT THE CLUBS ONE WISH, WHAT WOULD IT BE?

To expand our programs, services and branches to the areas not being served in our surrounding communities, especially to youth that need us most. ■