

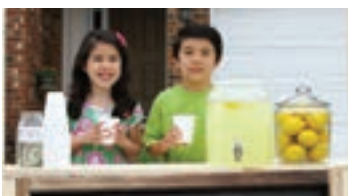
Send in first day of school photos

ATTENTION PARENTS:

The first day of school has passed, but you can share your memories in *Scripps Ranch News*. Send a special photo of your students on their first day of the 2023-24 school year to *Scripps Ranch News*.

Your photo will be published in the September edition of *Scripps Ranch News* and posted on *ScrippsRanchNews.com*. Free!

Email a high resolution photo to info@scripps-ranchnews.com. Be sure to include the names of the students in the photo, the school they are attending and grade, and the name of the photographer. By emailing your photo in, you are agreeing to let *Scripps Ranch News* publish the photo of your students. Deadline is Sept. 4.



Lemonade Stand Contest

The annual Scripps Ranch News Lemonade Stand Photo Contest will draw to a close soon, but there is still time to enter. Send in a photo of your lemonade stand from this summer.

Entries will appear in the September issue of *Scripps Ranch News* and on *ScrippsRanchNews.com*.

One winner will receive an order of delicious treats as a prize!

To enter, email a high resolution photo (300 dpi) of your lemonade stand to info@scripps-ranchnews.com. Include the location of your stand and the date the photo was taken. Include name of the photographer and name of those in the photo.

Rules: Photo must have been taken in Scripps Ranch (92131 area). Photo must have been taken between May and August 2023. By emailing your photo in, you are agreeing to let *Scripps Ranch News* publish the photo of the children. Deadline is Tuesday, Sept. 5, 2023. No charge to enter.

Brealin Kern returns to 'Olympics of Tap'

Kern will compete in Germany for Team USA

By Ashley Shah

Brealin Kern, a 14-year-old resident of Scripps Ranch, will return to Germany after four years for the Olympics of Tap this September.

Kern will be one of 30 tappers representing the West Coast for team USA. She is the only tapper from Scripps Ranch. There are a total of 230 tappers on team USA this year.

"Because I competed for team USA when I was 10 years old, I was already a part of it. However, because of the pandemic, there hasn't been an Olympics of Tap in four years, so I had to audition for the team this May," Kern said. "I made it on the team again."

When Kern competed in Germany last, she performed a duo and a group dance in the children's division. She placed second in her duo, and fourth in her group dance.

"When I competed in Germany four years ago, there were only nine of us from the West Coast. There were 120 tappers on team USA in total," she said.

This time around, Kern will be competing in the junior division. She will be doing a duo again, and a formation, which includes 25 tappers.

"I am so excited about my duo because I get to do it with one of my best friends. We have been tapping for years together. We have already performed this piece at other competitions. I am hoping to place in the top six," Kern said.

See 'OLYMPICS OF TAP,' Page 2



Brealin Kern is headed to the international Olympics of Tap in Germany. (courtesy photo)

Scripps Ranch Theatre begins new season

By Ashley Shah

Scripps Ranch Theatre's 2023-24 season officially begins in October with its production of "The 39 Steps." There will be three additional productions this season.

"We wanted a season that was diverse. We wanted our patrons to have choices," artistic director Jill Drexler said. "'The 39 Steps' is all about comedy. The production follows a man who is beige, but he suddenly is dragged into a psy mystery. We watch as he comes to life."

The next production, "Chapatti," will run in February of 2024.

"Chapatti" is a romantic piece. We watch as an older man with a dog, who has just lost his wife and does not want to go on, matches with an older woman with a cat. They have nothing in



common, yet they find each other. This piece gives you faith in human beings," Drexler said.

"Stew," the third production, will play in March 2024. This production is a co-production with Common Ground



Theatre.

"We have been trying to get this play for two years. I called about two weeks ago, and the rights were finally available for it," Drexler said. "This production has a lot of drama. We follow a

multi-generational family that comes across so many problems and secrets, but through it all, they stick together."

The final production of the season, "Vanity Fair," will See **SR THEATRE**, Page 7

Dr. Anthony D. John D.D.S., M.S., Root Canal Specialist
MEMBER OF THE INTERNATIONAL ACADEMY OF ENDODONTICS

HELPING RETAIN NATURAL TEETH USING ADVANCED TECHNOLOGY.



“Dr. John and his entire team go above and beyond consistently.”
—Nancy

AFTER HOURS EMERGENCY CARE 858-444-0600




Located in Suite 265 via West entrance of the Pinnacle Medical Building

Coaches and parents, scan and save our contact info for dental emergency needs.

PINNACLE ENDODONTICS
10672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92131

‘OLYMPICS OF TAP’

Continued from Page 1

said. “I am also excited about the formation since it requires a lot of planning since it is judged from all angles. Last time team USA performed the formation in the junior division, we placed first, so I am hoping to match that again.”

Because the last time Kern was able to compete in this event was four years ago, she explained what she is most excited about coming back.

“I remember last time I went, we brought symbols of America and traded them with other countries. It was so fun to see what other countries brought to share with us. I am looking forward to that again,” Kern said. “I’m also excited for the master classes that are offered to us while we are there, so I can learn new skills.”

Kern has also been competing in other competitions.

“I just came back from the East Coast where I competed in The World Dance Project. I competed against 69 tappers from all over the world in the teen division. I was titled Outstanding Dancer in Tap,” she said.

She has received many other titles in competitions, such as Miss Teen Elite in the Star Quest regional tournament.

This will be her 12th year tapping.

“I have been tapping my whole life basically. In tap, I am the music; I am the rhythm. I never wanted to do anything else but tap. It’s different from every other style,” she said.

After Kern participates in this event, she wants to keep performing and practicing tap.

“I want to go to more tap festivals where it is only tap because tap tends to be overlooked. I want to become more involved in the tap community,” she said.



Brealin Kern (courtesy photo)

“Because Brealin only has four more years left in tap, it is really important that we get her more involved with the tap community so that she can make connections. After these four years, it will be easier for her to be a choreographer, or to keep with tap, if she becomes more involved,” mother Allison Rohner said.

To keep up with Kern’s journey, follow her @imbrealinkern and @alikona_sd on Instagram.

TOYOTA
Of Poway



SERVICE SPECIALS

\$10 OFF
ANY OIL CHANGE SERVICE

PLEASE CALL FOR APPOINTMENT.
TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires September 18, 2023.

ROTATE & BALANCE FOUR TIRES
\$49⁹⁵
Expires September 18, 2023.

WHEEL ALIGNMENT
\$79⁹⁵

PLEASE CALL FOR APPOINTMENT.
TOYOTAS ONLY. Must present coupon during write-up. Some models are additional cost. Valid at Toyota of Poway. Not valid with other coupons. Not valid on previous purchases. Expires September 18, 2023.

TOYOTA
SERVICE DEPARTMENT

858-486-2900
ToyotaofPoway.com

13631 Poway Road, Poway, CA 92064

Service Hours: Monday-Friday 7:00am - 6:00pm • Saturday 7:00am - 5:00pm • Sunday Closed

SCRIPPS RANCH NEWS

ScrippsRanchNews.com

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

Scripps Ranch News is published monthly and mailed directly to homes in Scripps Ranch.

Editor & Publisher
John Gregory
john@scrippsranchnews.com

Art Director & Publisher
Jacqueline Gregory
jacqueline@scrippsranchnews.com

Photographers
Jim Wick

Digital Content Manager
Suzanne Micheletti

Reporters
Kaila Mello, Ashley Shah, Debbie Sklyar, Hector Trujillo

Advertising
John or Jacqueline Gregory
info@scrippsranchnews.com

Phone
(858) 945-4465

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

Copyright & Licensing
The entire contents of Scripps Ranch News is copyrighted. Copyright 2023, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.

Slurry projects underway

Some City of San Diego neighborhoods will have improved streets because of the continuing slurry seal program that is repairing and resurfacing roads citywide. The City is in now resurfacing streets in and around Rancho Bernardo and Scripps Ranch.

Preventing the deterioration of streets helps improve the overall condition of San Diego's road network. It reduces the need for a more costly asphalt overlay and reconstruction of badly deteriorated streets. Slurry seal is often completed in phases over several days or weeks, and multiple slurry seal projects

are happening across the city simultaneously.

The latest slurry projects will be completed, weather permitting, through the month of August. Scripps Vista Way to Affinity Court and Erma Road near Scripps Westview Way in Scripps Ranch have been or are currently being resurfaced.

Slurry seal is a cost-effective pavement preservation method consisting of asphalt emulsion, sand and rock, according to the City. This mixture is applied to the street surface at an average thickness of a quarter inch and extends the life of streets already in good condition.

FIRE SAFE COUNCIL

Take responsibility for safety

Fact or myth? Homes don't have to burn in a wildfire. Learn the facts and protect your home and family by creating defensible space!

IT'S A FACT: there are simple things you can do to help protect your home from wildfires.

MYTH: If there is a wildfire and my home is in danger, firefighters will do all they can to save it.

FACT: Firefighters and emergency professionals do all they can to stop wildfires, but they have to be smart, and they will look for homes and buildings that are easier to protect. Homes with defensible space are the homes that firefighters look for because they are safer to go near and easier to save.

MYTH: It is against the law to remove trees and vegetation.

FACT: Laws about removing trees and shrubs are different across the state. Contact your local city representative to ask what you can do and work with them to solve any problems.

MYTH: It is expensive to create and keep a defensible space around my property.

FACT: It doesn't have to be expensive to create and maintain defensible space. Removing dead trees, plants and leaves, and thinning shrubs and trees can be very affordable. It is also important to remove ladder fuels. Ladder fuels are low tree branches and shrubs under trees that allow a fire to climb high and spread faster. Also, palm trees with the hanging dead fronds.

MYTH: It doesn't matter what I do, wildfires will come and destroy all that is in their path.

FACT: It does matter! Making a clean, open space 100 feet around your home can help firefighters save it and your family and pets.

MYTH: Creating 100 feet of defensible space around my

property will not allow me to have a nice yard.

FACT: Correctly done, your yard can look great and contribute to the health and variety of natural areas.

Now that you know the facts, these can help to protect your home. Do your part and take responsibility.

Scripps Ranch Fire Safe Council, srfiresafecouncil@gmail.com, srfiresafe@org, (858) 201-3711.



SPACE X LAUNCH

A SpaceX Falcon 9 rocket carrying Starlink satellites was visible from Scripps Ranch after taking off from Vandenberg Space Force Base at 9:09 p.m. on July 19. (photo by Ken Bickell)

Send them back to school... ...with a smile!



Receive kind and comfortable orthodontic care in a highly recommended office.

Check out our reviews on Google and Yelp! } 5 star ratings


Dr. Gilmore, Scripps Ranch's Board Certified Orthodontist, and his staff are highly respected in the community.

GILMORE ORTHODONTICS

Board-Certified
American Board of Orthodontics

858-433-7377

www.gilmoreortho.com



DAVID S. GILMORE, DDS, MSD
RETIRED NAVY ORTHODONTIST

9870 Hibert St. D9, San Diego, CA 92131 (Located in the Trader Joe's Shopping Center)



WHOOO'S THERE?

A lone owl is silhouetted by the sunset as it surveys its surroundings while the light fades on a warm August evening in Scripps Ranch. (photo by Ken Bickel)

SUSTAINABLE SCRIPPS RANCH

Healing through regenerative Farming

By Dr. Nicola Peill-Moelter

Conventional farming was a crowning achievement of the 21st century, succeeding in feeding the world with its scale, efficiency and chemistry. But that success has come at a high price to farmers, the environment and our health.

Conventional farming relies on an ever-growing volume of chemicals to deal with pests, disease and resistant weeds, costing farmers more and more money each year. The use of these toxic chemicals has significantly impacted wildlife, insects – like pollinators – and our own human health. Poor and compacted soils exacerbate cycles of droughts and floods decimating crops and bankrupting farmers. In 2012, the United Nations Convention to Combat Desertification estimated that the world loses 24 billion tons of soil annually because of conventional farming practices. That's 3 billion tons per person. We can't grow food without soil. Chemical and fertilizer runoff from farms and ranches flows into our waterways creating



We need to undo the damage and regenerate our Earth.

dead zones, like the Chesapeake Bay and the Gulf of Mexico, impacting oyster, crab and shrimp industries, among others. Agriculture writ large is responsible for 80 percent of global deforestation and almost a third of greenhouse gas emissions in the form of carbon dioxide and nitrous oxide.

None of this is sustainable – nor do we want to sustain the damage that occurs with conventional farming. We need to undo the damage

and regenerate our Earth. Happily, there is a way to do that!

Regenerative farming can regenerate soils; restore wildlife and waterways; provide us with nutritious, chemical-free food; economically sequester enormous amounts of carbon; and restore farmers to profitability and free them from dependency on chemicals. Regenerative farming understands how nature grows plants and recognizes that the soil is a living ecosystem in symbiosis with plants. Its principles leverage this understanding to maximize crop productivity and health, and farmer profitability by creating a thriving soil ecosystem that also restores biodiversity, human health, water and carbon cycles, and eliminates pollution.

Dr. Nicola Peill-Moelter, resides in San Diego. She received her Ph.D. in Environmental Engineering Science from Caltec in 1997. In 2018, she stumbled upon regenerative farming when she read the book "Dirt to Soil" by farmer Gabe Brown. Nicola became obsessed with regenerative farming, recognizing that it is a cost-effective and scalable solution to address climate change and other environmental and social challenges.

UPCOMING EVENTS

Garden Talk: Scripps Miramar Ranch Library, Sept. 16, 10-11 a.m. Master Gardener Jodi Bay will discuss types of tools, their uses and what works best for a particular task. Additional topics are adaptive garden tools, understanding the reasons for different pricing, staying safe while using hand tools and maintenance including cleaning and sharpening pruners.

Garden Share: Scripps Miramar Ranch Library Courtyard, Sept. 16, 11 a.m.-1 p.m.

Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. Visit scrippsranchnews.org/ssr or email SustainableSR@scrippsranchnews.org.

GET YOUR SMILE ON!

With Our In-House Dental Plan

Only

\$24.92

per month*

Save and Get:

2 FREE Exams, 1 FREE Set of X-Rays,
2 FREE Cleanings**, 1 FREE Fluoride Treatment

*\$299 a year, **Cleaning in absence of gum disease.

RELAX...WE MAKE YOU SMILE

Gentle,
Friendly
Dentistry.

Try me! Scan with your phone

BOOK ONLINE TODAY
OR CALL: (858) 271-1010

WWW.OASISDENTALARTS.COM

86

5 STAR
GOOGLE
REVIEWS

★★★★★

8999 MIDA MESA BLVD., STE 105 SAN DIEGO, CA 92131

Dr. Ramin Goshtasbi

Long-time Scripps Ranch resident.

Author Jennifer Gasner will release memoir

By Ashley Shah

Jennifer Gasner, a Mira Mesa resident and prominent advocate for those with disabilities, will publish “My Unexpected Life: Finding a Balance Beyond My Diagnosis.” The memoir will be available beginning Sept. 7, and she will have a booth at the Scripps Ranch Farmers Market on the same day.

“When I was 17, I was diagnosed with a disease called Friedreich’s ataxia, a rare neuromuscular disease. I didn’t know what to do. I went to college, but no one could tell what was going on. I fell into alcohol and a toxic relationship as a way to escape my worsening disease,” Gasner said.

After some changes to her degree and career path, Gasner graduated with a Bachelor of Arts degree in English and went on to complete her master’s degree in recreation.

Gasner’s memoir, a coming of age story, follows her journey from her mid-teens to her late 20s as her disease developed.

“After I got my master’s, I worked at the Coalition for

Independent Living Centers. When I started working there, that’s when I started to understand disability culture and things I needed to change,” Gasner said. “While I was working there, my symptoms had gotten worse, and I was in a wheelchair. I wasn’t used to it yet. But, this is where I met Dave Matthews, who made me feel worthy. I started learning how to adapt and accept.”

This story follows a journey of fear to acceptance.

Gasner has been writing for more than 10 years.

“When I was younger I always liked to write. I’ve been writing stories here and there since 2009. In 2017, my dad passed away, and I was in a dark spot. I wasn’t working and I was wasting time. After some time, I finally took a memoir class, and it ignited my creativity,” Gasner said. “A couple of years later, I took a year-long certification course through San Diego Writers Ink, and I kept writing from there.”

In 2020, Gasner was a part of an anthology. She has been in three other anthologies since then.

“I have spent the past



Author Jennifer Gasner will be at the Scripps Ranch Farmers Market Sept. 7 as she releases “My Unexpected Life: Finding a Balance Beyond My Diagnosis.” (courtesy photo)

has no plans for the future of her writing career.

“I don’t know what I want to do after this memoir. I am trying to figure it out. The promotion for this book has become more work than writing the actual book,” Gasner said.

Besides her writing, Gasner is heavily involved in advocating for those with disabilities. She is a mentor for What’s Next, a program that focuses on youth with disabilities. She serves as a co-chair for UC San Diego’s Staff Association for staff members with disabilities. She is an ambassador for Friedreich’s Ataxia Research Alliance.

Her memoir is another way to advocate for those with disabilities.

“What I hope that people gain from my book is that what we are taught about disability, how we are kind of socialized to understand disability is different than what reality is. It isn’t always a sad story of struggle, there are good things that come from it,” Gasner said.

Her memoir can be purchased on Amazon.com and barnesandnoble.com.

year writing at Hunters of Hendrix coffee shop (in Scripps Ranch). I love seeing

the different people that show up there,” she said. At the moment, Gasner

Have a blessed

Labor Day

“Commit to the Lord whatever you do and He will establish your plans”

—PROVERBS 16:3

September’s birthstones are sapphires. Which sapphire color do you love?

Owners/Scripps Ranch residents, Bill and Cynthia Collins & Family.

Collins
FAMILY JEWELERS

Where integrity is everything
Serving the San Diego community since 1978

Scan the QR code and join thousands of our Instagram fans!

Open Tuesday-Saturday, 10am to 3pm • Closed Sunday and Monday • 8220-A Mira Mesa Blvd./Mira Mesa Mall
858.578.6670 • collinsfamilyjewelry.com Friend us on Facebook Follow us on Instagram Show us love on YELP

JOIN US EVERY THURSDAY
From 3:30 to 7:30 p.m.

SCRIPPS RANCH FARMER'S MARKET & Family Festival



Get your produce, dinner, gourmet desserts and gifts!

Come see our new vendors!
We appreciate your support to keep us growing.

10045 Carroll Canyon Road, San Diego 92131
Contact Bev at **(858) 603-3178.**

Please join us in thanking those who made the New Farmers Market possible.



WELCOME CLUB

Recent events entertain club members

By Denise Stewart

August made a very pleasant start on the Scripps Ranch Welcome Club calendar. Anne McClure hosted the group at a morning Coffee staged in her backyard overlooking the hills surrounding Lake Miramar. The breeze was pleasant, the shaded seating comfortable and the members-contributed brunch dishes were delicious. More than 30 were gathered for the monthly Coffee event where the Welcome Club celebrates the company of friends.

Toward the end of the month, club members will gather for another unique outdoor event at the home of the Carlquists. While summer evening gatherings known as TGIs are a regular part of the club's social scene, this backyard offers an aviary experience along with the potluck dinner and drinks. Birds and blooms make the Carlquist's property unique and the gathering there will be a special treat.

All month long the readers in the Welcome Club are meeting to discuss books, the walkers are spanning the



At the August Coffee, newer Welcome Club member Caroline Clark (left) got to meet new friends Marty Salkin, hostess Anne McClure, and Denise Stewart. (photo by Susan Castellana)

trails, the Bunco players are rolling the dice and crafters are creating their treasures.

The monthly general meeting at the Scripps Ranch Community Center on the second Tuesday evening featured a lot of laughs. Debby Mayer, a published author and journalist, entertained the group with her wit and imagination sharing "Stories for Baby Boomers." Cecilia Waters, program chair, has planned a varied schedule of enlightening and engaging programs for the Welcome Club to enjoy later this year. September's meeting program will be a self-de-

fense presentation by Gale Bryan. Also, for this fall, trips to the movies are being organized by Pam Savelsberg. "My Big Fat Greek Wedding 3" is on for Sept. 19. Evening potlucks followed by attendance at local theater performances are being scheduled by Bev Macho. "The 39 Steps" will be the first Scripps Ranch Theatre play of the new season.

Currently, the Welcome Club's website is unavailable. Repairs and updating are ongoing. Try out the new look in a few weeks at scripps-ranchwelcomeclub.com.

GARDEN CLUB

Enjoying fruits of their labor

By Denise Stewart

The heat of the last few weeks has been demanding that Scripps-Mesa gardeners pay lots of attention to their garden irrigation and their water bills. But their efforts are worth it. At the end of this month, they will gather to enjoy a potluck supper to share and celebrate this growing season's successes.

Scripps-Mesa Garden Club is also celebrating its 30th Anniversary as an asset to the community. By sharing what members have learned from their botanical experiences and how to apply that knowledge to our micro-climate and soil, local residents are able to benefit from fine-tuned gardening techniques.

The local gardeners meet monthly on the fourth Tuesday at 6 p.m. During the longer daylight months, they usually tour gardens and share information and experiences outdoors. During the shorter days, they meet at the Scripps Miramar Ranch Library Community Room to learn from speakers on special subjects. For gardening information, you are invited to visit the club's website: scrippsme-gardenclub.com.



SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

Check out our **MEMBERSHIP PLAN**

ONLY **\$375** SAVE **\$181**

per year* for ages 0-13

* **Plan includes:**

- 2 professional cleanings
- 2 regular exams
- 2 fluoride treatments
- Routine x-ray
- 1 emergency exam
- 15% off procedures & ortho treatment



OFFERING:

- Conscious Sedation
- I.V. Sedation
- Hospital Privileges at Rady's Children's Hospital

- Complete dental care for ages 1 & up
- Using the best dental technology
- Come meet our friendly and welcoming staff
- Military discounts

(in the Scripps Ranch Marketplace near Vons)
10549 Scripps Poway Parkway, Suite E
San Diego, CA 92131

858.271.4200



myseasidesmiles.com



Artist wins second place

Betty Hock, an artist and resident of Scripps Ranch, won Second Place in the July 2023 San Diego Watercolor Society (SDWS) Member's exhibition Where the Fun Is, an in-gallery show of the SDWS at Liberty Station. Hock's painting, titled "Beyond the Shallows," was selected by prominent local artist Roberta Dyer.



"Beyond the Shallows" by Betty Hock (courtesy of San Diego Watercolor Society)

"This is a beautiful use of a limited palette. The darks and lights are strong and are in the right places for the composition," Dyer stated. "The dark shapes work to lift you up into the sky. There is a lot of mystery and feeling in it. This artist makes darkness work really well. The lights of the colors around the middle third of the painting are broken but there is still a line that they define. There is good separation of foreground, middle ground and background. A gorgeous, abstracted landscape."

Hock is a native of New York City and a graduate of The City University of New York. After a teaching career at the community college level, she resumed the art

education she had started years earlier. Her work has since been accepted into many juried exhibitions and has won numerous awards. Her paintings are in private collections throughout the U.S. and other countries.

Hock said that though she's participated in many workshops and seminars, she essentially is a self-taught artist. She loved her teaching years, and now her art career provides another path

for creativity and expression. Her paintings explore mood and mystery inspired by the natural world. The images come from reality, but it is mostly imagination that fuels their creation. Working between realistic expression and abstraction, she often focuses on light to define the mood – to reflect a stillness, to capture a moment. Her work can be found at bettyhockfineart.com.

SR THEATRE

Continued from Page 1

begin in May of 2024.

"This is a period piece. It is about women's empowerment, but really could be about people's empowerment," Drexler said. "Becky has no money in a society where money is everything. We watch her fearlessness in going after what she wants. She bends her morals a little to get there, and you want to judge her, but you have to give her credit."

All of these plays have something in common.

"They all have some humor. I won't pick a show that doesn't have humor in it. They aren't all comedies, but they all have some redeeming humor and comedy," Drexler said.

This season provides a unique challenge that last season did not have.

"Last season, we had a Neil Simon piece. Everyone knows Neil Simon. We had a built in recognition factor. This season, we don't have a piece like that. However, I think that's what provides this season with so much diversity. Every production is something to discover," Drexler said.

She shared her main hope for this season.

"I want the audience to come back. We lost so many people with the pandemic. Everyone got used to streaming," Drexler said. "We just started selling tickets for 'The 39 Steps,' and there are already some shows that are completely sold out. People are coming back, but we want more."

To purchase tickets, visit scrippsranchtheatre.org/tickets, or call the box office at (858) 395-0573.

"If you book tickets now, I can guarantee a spot in the first four rows," Drexler said.



SCRIPPS PERFORMING ARTS ACADEMY
OFFICIAL SCHOOL OF THE SCRIPPS BALLET THEATRE

Create Your Best Birthday Ever!
Select Your Theme, We Provide the Rest!
Costumed Performance Makes the Birthday Child the Star of their Show!

Serving the San Diego Community since 1987!

Birthday Parties that DANCE!
858.586.7834 ScrippsBallet.com/Academy

**BRAND NEW!
NOW LEASING!**



LIVIA
AT SCRIPPS RANCH



**LUXURY
APARTMENTS IN
SCRIPPS RANCH**

1-3 MODERN BEDROOMS

TRANSFORMATIVE AMENITIES

SCHEDULE YOUR TOUR TODAY!




858.304.2876 | LiveatLIVIA.com

10380 Spring Canyon Rd, San Diego, CA 92131

Back to SCHOOL

Learning & Discovering

Take care of all your **family's dental needs** this year with a local dentist in a **family-friendly** environment!

-  Caring, professional environment
-  Serving the entire family
-  Conveniently located in Scripps Ranch



Dr. Santoro's sons, Andrew Joseph and Nicholas Jenson, are ready to start the school year!

 Village Center
DENTISTRY

♥ *Where everyone is treated like family* ♥

Comprehensive & Conservative Care

Fillings • Crowns • Invisalign (clear braces)

Cosmetic Veneers • Pediatric Dentistry

Schedule appointments easily

Located in the heart of Scripps Ranch!

9982 Scripps Ranch Blvd. • info@thescrippsranchedentist.com • 858-566-8510 • www.thescrippsranchedentist.com



The Verge visits Hoyt Park

The Scripps Ranch Symphony in the Park free concert series will close out its 2023 summer season with The Verge rocking Hoyt Park on Sept. 10.

The Verge is a dynamic, professional dance band based in San Diego. Formed in 2017, The Verge members have worked in various groups since 2001, performing genres such as disco and classic rock, '80s, today's hits and everything in between, according to the band's website.

The Verge has traveled as far as San Francisco, Palm Springs, Anaheim and Catalina Island for performances.

The Sept. 10 performance by The Verge at Hoyt Park, 10711 Canyon Lake Drive, begins at 6 p.m. and ends at 7:30 p.m. Parking is available on the neighborhood's side streets, but fills up quickly. Concert attendees are encouraged to arrive early. No high back chairs are allowed, and no one should bring their pets. Do not spread plastic tarps on the ground because



The Verge will bring its high energy rock to the Scripps Ranch Symphony in the Park free concert series on Sept. 10. (courtesy thevergebandsd.com)

they kill the grass.

This concert is sponsored by San Diego Castles Realty.

Visit symphonyinthepark.org.

Library hosts free concert, celebration

Concert series resumes

The Pleasure of Your Company concert series, sponsored by Scripps Ranch Friends of the Library (SRFOL), opens the new season with Duo Nova on Sunday, Sept. 17, at 2:30 p.m.

Duo Nova, comprised of Yewon Lee and Hyun Jeong Ahn, will perform piano four-hands works by Mozart, Schubert, Kapustin and other composers in the intimate setting of the library's Community Room.

The opening concert has traditionally featured the library's Schimmel piano, which was purchased by the Friends of the Library soon after the library first opened with the help of generous donations from community members. Attendees will have an opportunity to hear this fine instrument at its best during this program.

There is no charge for the concert, although donations are appreciated. An optional \$5 per person donation is

suggested.

The Scripps Ranch Friends of the Library also welcome concert supporters who are interested in helping continue to bring professional musicians to Scripps Ranch audiences. Donors of \$35 or more will be recognized in the monthly printed concert programs. Consider sponsoring a concert for a donation of \$500.

The complete schedule of monthly concerts is available at srfol.org/music.htm.

The Scripps Miramar Ranch Library is located at 10301 Scripps Lake Drive near the entrance to Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard (at the traffic light opposite Scripps Ranch High School's stadium).

Celebrate library's 30th birthday!

The Scripps Miramar Ranch Library, which first opened its doors in 1993, is now 30 years old.

Mark your calendar for Saturday, Sept. 30, when Scripps Ranch Friends of the Library will host a communitywide celebration from 10 a.m. to 2 p.m. Everyone is invited to join the festivities.

There will be fun, educational and entertaining activities for children, teens, and adults. Be among the first to check out some exciting new programs and equipment in the maker space at the library.

The celebration will continue on Saturday, Oct. 14, with a fun, early evening informal adult event with food, drink and a live band for dancing and listening. Friends of the Library members will receive an emailed invitation. Join SRFOL now so you won't miss out. Membership information is available at srfol.org/join.htm and at the library.

The SRFOL website will be updated as more details for both events become available: srfol.org.

OFFICE SUITES
AVAILABLE FOR LEASE



SCRIPPS RANCH COMMERCE PARK

9903-9999 BUSINESSPARK AVENUE
10060-10080 CARROLL CANYON ROAD

- ◆ ±1,403 & 2,263 SF office suites available
- ◆ Single level walk-up office space
- ◆ High image multi-tenant building park
- ◆ Attractive, functional office upgrades
- ◆ Flexible office layouts
- ◆ On-site deli
- ◆ Immediate access to Interstate 15



For more information,
please contact:

KYLE WRIGHT
Associate
Lic. 02083245
+1 858 546 4621
kyle.wright2@cbre.com

© 2023 CBRE, Inc. All rights reserved. This information has been obtained from sources believed reliable, but has not been verified for accuracy or completeness. You should conduct a careful, independent investigation of the property and verify all information. Any reliance on this information is solely at your own risk. CBRE and the CBRE logo are service marks of CBRE, Inc. All other marks displayed on this document are the property of their respective owners, and the use of such logos does not imply any affiliation with or endorsement of CBRE. Photos herein are the property of their respective owners. Use of these images without the express written consent of the owner is prohibited.



The Medicare Answer Guy

Jim Robeson, CLU, ChFC

If you have been on a Medicare Advantage HMO plan for some time and you don't have an agent, you may not have been updated on new plans that are available with extra benefits.

The 2024 Annual Enrollment Period is
October 15 – December 7, 2023.

Call or email me today to schedule a **no cost**, no obligation appointment to have your Medicare plan reviewed!

Medicare Made Easy!

Jim Robeson CLU, ChFC
CA License #0550111
Insurance Broker
858-935-9120

jim@themedicareanswerguy.com
www.themedicareanswerguy.com



We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.

Classes Begin August 28th

Enroll Today

lynchdance.com

SCHOOLS

Jonathan McDade is new Jerabek principal

By: Ashley Shah

Jonathan McDade is the new Jerabek Elementary School principal this school year. McDade has a strong connection to the Scripps Ranch community since he has been a resident for more than 20 years.

“I raised my kids in Scripps Ranch. I had the privilege of being a part of the Jerabek community because I sent both of my kids there,” McDade said. “Scripps Ranch is fully dedicated to students and civil activity. Students become advocates and have growing voices in the community and globally.”

McDade described what he looks forward to the most as principal for Jerabek Elementary.

“I’ve said it before, but Scripps Ranch is a community that makes a difference. I am looking forward to seeing the collective efforts of everyone to make a difference in our children’s lives,” he said. “I’m not coming in with a specific agenda. I am looking in with a specific agenda. I am looking to talk to the parents and students to see what changes they would like to make. I want to implement what the community wants.”

He further described how the approach to his new role strongly focuses on incorporating feedback from the families at Jerabek.

“I’m looking at how we can build a school that meets the needs of our kids today. It’s not what I want, it’s the vision of the community,” he said. “I’m looking into how we can enhance our Science



Principal Jonathan McDade

Technology Engineering and Math (STEAM) labs and program; how can we make visual and performing arts accessible to all students, so that it can reach them at a young age; how can we get our students involved in civil activity to get their voices out there.”

Jerabek has more than 700 students this year.

McDade explained that he is looking forward to learning more about the students.

“I am definitely facing some changes coming to Jerabek. There is a level of change from my last school, but that is what I wanted. I wanted to go back to elementary school. I really wanted to understand what the new generation of

‘Elementary school is where I wanted to be, so that I could make an impact early on with student learning.’

—Jonathan McDade

learners need. We have three pre-kindergarten classrooms. I want to learn how to suit the next generation of learners,” he said.

McDade served as the principal at Correia Middle School for the past 11 years. Prior to that, he served as principal for Dailard Elementary School and for Franklin Elementary School. Before serving as a principal at any school, he served as vice principal at Adams Elementary School. He began his career as an elementary school teacher.

“Elementary school is where I wanted to be, so that I could make an impact early on with student learning,” McDade said.

McDade received his Bachelor of Arts degree in Psychology from San Diego State University (SDSU). He furthered his education at SDSU by receiving his Administrative Services Credential and his Master’s in Education Sciences from National University.



SEASIDE PEDIATRIC
DENTISTRY &
ORTHODONTICS

COMPLIMENTARY
ORTHODONTIC
CONSULTATIONS

BACK TO SCHOOL
SPECIAL

\$200 OFF*

*new orthodontic treatment

CHECK OUT OUR
PREMIER
PACKAGE!

Propel and custom bleaching
trays included with your
orthodontic treatment.

10549 Scripps Poway Pkwy, Ste. E
San Diego, CA 92131

(in the Scripps Ranch
Marketplace near Vons)

858.271.4200

SPEED UP YOUR
ORTHODONTIC TREATMENT WITH



- Reduce treatment time by 50%
- Accelerated Tooth Movement
- Improved Predictability
- Optimal Aligner Seating
- Assistance in Retainer Wear

myseasidesmiles.com

New Marshall principal chosen

The San Diego Unified School District announced that Stephen Olds is the new Principal of Thurgood Marshall Middle School.

He holds a Master of Arts degree in Education Administration from the University of California at Riverside, and a Bachelor of Arts in History from Dartmouth College.

Olds’ administrative experience includes serving as principal at Chesterton Elementary School, where he focused on professional development for teachers, established early literacy intervention programs and helped achieve recognition as a Purple Star School for supporting military families. He previously served as an Interim principal at Thurgood Marshall Middle School during the transition to online learning during the COVID-19 pandemic.

Olds taught eighth-grade American U.S. History and Geography at Thurgood Marshall Middle School for 14 years and served as the department chair and a member of the Instructional Leadership Team, School Site Council and School Governance Team.



Now Enrolling For Fall Seasonal Shows and Rock 101! Rehearsals begin Oct. 2nd!

Monday Nights:

Rage Against the Machine vs System of a Down

Wednesday Nights:

Fleetwood Mac vs The Eagles

Thursday Nights:

UK Post Punk! This show will feature artists like The Cure, The Smiths, Depeche Mode, Morrissey, Joy Division and more!

Saturdays:

Paramore!

Now enrolling 4pm Rock 101 Classes on Tuesdays, Wednesdays, Thursdays and Saturday 10am classes!



SCHOOL OF ROCK | Scripps Ranch
12090 Scripps Summit Drive, San Diego, CA 92131
scrippsranch.schoolofrock.com

Mr. Benjamin's Cotillion continues teaching etiquette

By Kaila Mellos

Mr. Benjamin's Cotillion – an annual tradition for middle schoolers – is about to commence as the school year begins. The class that teaches social amenities, etiquette and ballroom dancing will once again welcome new faces.

Mr. Benjamin's Cotillion class was founded by Donald Benjamin in 1954, and is now carried on by his son and

director of the classes, Peter Benjamin.

"My dad started Mr. Benjamin's, and it's been running continuously for 70 years, except for that one COVID year," Peter said. "I used to work with him when I was younger, learning the ropes, but I left San Diego for a bit and when I came back in 1983, I started doing some of his classes as well on my own."

The two have taught classes throughout the county for

middle schoolers at locations in Point Loma, Tierrasanta, Scripps Ranch, Coronado, La Jolla and Rancho Santa Fe.

They started classes in the Scripps Ranch area in the 1980s at Miramar Ranch Elementary School and later moved to Marshall Middle School.

"We've been in Scripps Ranch for close to 40 years now," Peter said.

The classes begin in October at the Marshall location after invitations are sent out in September. The lessons will be held every other week on Tuesdays for 10 weeks in the school's multipurpose room.

"The kids will learn all kinds of things," Peter said. "They dance, however, it's not a dance class. The dancing does allow the kids to become, hopefully, more comfortable in their social skills, eye contact, introductions, introducing themselves, making conversation, and of equal importance, listening, which is a pretty important skill."

Peter, and his father before him, have stressed the importance of growing these social skills in an ever-chang-

'Our program stresses kindness and graciousness. We feel this is something of which our lives are becoming increasingly void.'

—Peter Benjamin

"They're nervous and apprehensive in the beginning," Peter said. "After two or three classes, they get very comfortable. Like other things in life, with familiarity comes comfortability."

He also said that many legacy children participate in the classes after their parents had taken classes from his father in the past.


"The parents continually support the program, and we are very appreciative of that. It's a rite of passage, which is the word I hear from many parents," Peter said.

The classes in Scripps Ranch are also open to students from other schools, including the Mira Mesa and Poway areas.

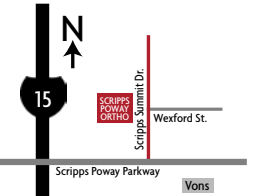
"That even replicates a more authentic life situation because when going to functions or events, you'll know some of the people there, but you don't know everybody, and that's how these classes work – so every single child does know them all. That's part of the growth," Peter said.

With the classes starting in October, there still might be some availability to sign up through the website: mrbenjamins.com.

- Our comprehensive orthodontic plans will help you smile with confidence.
- Your neighbor's preferred orthodontist
- Proud sponsor of local schools and sports
- Experienced, friendly staff
- Personalized attention
- All types of braces and Invisalign offered
- We treat adults and children.



Featured smiles: **Dr. Maulik's twins Tessa and Dalton**



SCRIPPS POWAY ORTHODONTICS

12112 Scripps Summit Dr., Suite F • Scripps Ranch
858.527.0090 • www.ScrippsOrtho.com



RIDGEVIEW
ASSISTED LIVING - MEMORY CARE - SKILLED NURSING

At Ridgeview Health Center,
Life Is Simply Better

**Skilled Nursing
Now Open!**

Book your tour today.

**ASSISTED LIVING AND
MEMORY CARE NOW OPEN!**

1-858-290-4794
ridgeviewhealthcenter.com

Ridgeview Health Center is a new, open-to-the-public care community providing living options in Assisted Living and Memory Care. Nestled among rolling hills and landscaped grounds in Scripps Ranch, we offer multiple levels of care all located on the same campus. At Ridgeview Health Center, you can have enhanced peace of mind that your loved ones will *Live Better*.



Benefits of Ridgeview

- ✓ Assisted Living
- ✓ Memory Care
- ✓ Short-Term Therapy
- ✓ Life Enrichment



We are dedicated to making a difference in the lives of residents and their families. Our goal is to maximize the physical, cognitive, social and spiritual potential of all our residents.



State of California License #374604426. For the well-being of residents, Ridgeview Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change.

#BlissfulLife



Members of the Scripps Ranch High School cross country team participate in a training run on Aug. 11. (photo by Jim Wick)

Cross country team enters new season

By Hector Trujillo

The Scripps Ranch High School (SRHS) cross country team hopes to have another successful season as it kicks off the 2023 competition calendar on Saturday, Aug. 26 at the Bronco Roundup Invitational which will be held at Kit Carson Park in Escondido.

That event, which will have medals given out to the first 35 finishers in each race, will be the first of 10 that SRHS is scheduled to take part in before Western League Championships take place on Oct. 31.

The first official practice in preparation for the season took place on Aug. 7 and has continued every morning

until the first day of school.

“During the summer we have a running club that’s not affiliated with the school,” said SRHS cross country coach Chuck Warren.

Per CIF guidelines, coaches were not allowed to be in contact with their respective teams for the first two weeks of the summer in order to provide a balance for students and their families with athletics.

“I think we’re going to be really strong, both boys and girls, because we have a lot of

returning runners,” Warren said. “We also have a lot of new runners that are freshmen and sophomores who have not competed before but are very talented.”

Among the female returners are Addy Richardson, who broke the school record in the 1,600 meters last spring with a 5:02 mark. Ally Van Duren, Michelle Cai, Tayler Warner and Sadie Keegan will also be back, all of whom helped lead their team to the 2022 Division 2 San Diego Section CIF Championship,

the first for the Lady Falcons since 1997.

As for the mens team, seniors Oliver Cannon, who competed in the state meet individually last season; top-20 finisher in CIF Ethan Tran; and Jacob Walker will return along with sophomore Nathan Bamford who had an impressive season as a freshman.

“The Bronco Invitational is one of the biggest ones in the county,” Warren said. “We’ve never done it before. Most of the best teams in San Diego compete in that meet.”

SCRIPPS RANCH
S P O R T S

2023 SRHS schedule

- Aug. 26, Bronco Roundup
- Sept. 8, Ian Cumming/ Tim Latham Invitational
- Sept. 16, Mt. Carmel/ ASICS XC Invitational
- Sept. 26, Western League Cluster Meet #1
- Oct. 3, Western League Cluster Meet #2
- Oct. 10, Western League Cluster Meet #3
- Oct. 20, Jaguar Kit Carson Invitational
- Oct. 20-21, 75th Annual Mt. SAC Cross Country Invitational
- Oct. 24, Western League Cluster Meet #4
- Oct. 28, Postal 2 Mile
- Oct. 31, Western League Championships
- Nov. 11, CIF Championships
- Nov. 25, CIF State Cross Country Championships

Home is where you hang your Bird Feeders



Hang with us and we can teach you how to turn your yard into a bird feeding habitat that brings **song, color and life** to your home.



20% OFF
one regularly-priced item of \$50 or more*

*EXCLUDES BIRD FOOD. MUST SHOW COUPON. Valid in store ONLY at the Scripps Ranch location. Purchase price is before tax. Offer not valid on optics, previous purchases, sale or clearance items, DSC memberships or gift cards. One discount per purchase. Expires September 6, 2023.



10549 Scripps Poway Pkwy. #B-3
San Diego, CA 92131
(858) 271-8457
www.wbu.com/sandiego

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS



INJURED IN AN ACCIDENT? 619-804-2781



HAMILTON ARENDSSEN INJURY ATTORNEY

SCRIPPS RANCH RESIDENT

harendsen@abinjury.com



Contractors Lic. 770827

In the plumbing business
for 50 years

Owned and operated
here in the community

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

*Good Quality Work
at Reasonable Prices
Licensed and Insured*

(858) 578-7808

10796 Charbono Terrace • San Diego, CA 92131

Flag football begins first season

By Hector Trujillo

The Scripps Ranch High School (SRHS) flag football team will play its first ever game on Aug. 29 at home versus San Diego High School after having finished its tryouts which began on Aug. 9.

Scripps Ranch will be part of a nine-team City Conference League alongside the likes of female teams from Mira Mesa, Cathedral Catholic and Patrick Henry High School.

“It’s fun and a lot of the girls enjoy it,” said SRHS flag football coach Charlie Tang. “It’s also non-contact, so it emphasizes speed and athleticism. The issue with the fall season is that there are a lot of other sports going on, so there are issues with regards to field usage.”

The team will play one game a week on Tuesdays versus each of the teams in the league. CIF picked up the sport earlier this year after it had been played at the middle school level starting in the spring of 2022.

“I’ve always liked football but I’ve never actually played, just been a fan and a coach,” Tang said. “It’s definitely growing, it’s just going to take a couple of years to get really big.”

Tang was the junior varsity and assistant varsity coach



The Scripps Ranch High School flag football team began practices in anticipation of its first season. (photo by Jim Wick)

at Clark High School in Las Vegas, Nevada, from 2016 to 2022 before becoming the coach at Marshall Middle School earlier this year. During his tenure in Nevada, he coached former scholarship athletes Ylla Aparece, who went on to play at Ottawa University in Kansas; and Yoselyn Ay-Varguez, who went on to play at Kansas Wesleyan University.

“It’s funny because they’re actually a soccer player and a basketball player,” Tang said. “I have coached teams that have been quite successful and teams that have struggled a little bit. But no matter what, it’s always been about having fun, building the fundamentals and being

good teammates.”

Flag football is currently a high school varsity only sport, but it has already become very popular in the southern part of the United States with the hope being that the NCAA will one day pick it up.

“It’s kind something I fell in love with because it’s a fun sport,” Tang said. “The goal is to have fun and enjoy the sport by being part of something special.”

The full list of conference opponents for the 2023 Scripps Ranch High School season includes San Diego, Hoover, Point Loma, University City, Morse, Patrick Henry, Cathedral Catholic and Mira Mesa.

Beach VB team enters new year

By Hector Trujillo

Despite losing eight of its 10 players from last season to graduation, the Scripps Ranch High School boys beach volleyball team hopes to have a strong showing in 2023, after winning the open championship last season.

“It will kind of be a rebuild-

ing year,” said head coach Lance Taschner. “Last year was the first year we had the beach volleyball courts in and (we) are excited that this year we’ll be able to practice there from day one.”

Despite boys beach volleyball not currently being an approved CIF sport, it has grown tremendously in popu-

larity over the years with girls beach volleyball already approved as a spring sport.

“The game against Poway will be a big game this year. When we play them, it’s always a good one,” Taschner said. “I’m expecting us to be competitive. We made the open playoffs three years in a

See **BEACH VB**, Page 15

**WEST COAST
ORAL SURGERY**

50 years of excellence in oral surgery

DENTAL IMPLANTS

WISDOM TEETH

BONE GRAFTING

ANESTHESIA

FULL ARCH IMPLANT
RECONSTRUCTION

CORRECTIVE
JAW SURGERY

Schedule your consult today!
(858) 536-2900

westcoastoralsurgery.com

Follow us:

9855 Erma Rd. Ste 100
San Diego, CA 92131



GREAT WEEKEND OF SOCCER

The 2014 U-10 Girls Scripps Ranch Soccer team were finalists at the Carlsbad Cup the weekend of July 28-30. The team played great and won three in a row to reach the finals. (photos by Ralph Corey)



BEACH VB

Continued from Page 14

row, so we're looking to make the open playoffs again."

Jett Reyes and Aidan Daza will be key figures in helping the new players build chemistry in order to make a run and see if the team can emulate what it accomplished in 2022, finishing undefeated and beating Torrey Pines High School 3-2 in the open division beach volleyball championship on Oct. 28.

"It was an amazing season filled with a bunch of seniors who have paved the way for an abundance of underclassmen who joined the program this season," Judy Taschner

'The game against Poway will be a big game this year. When we play them, it's always a good one.'

—Lance Taschner

said. "Scripps has a bright future in beach volleyball and some amazing courts to practice getting better."

Scripps Ranch was able to make the finals last year after winning its quarterfi-

nal match against Carlsbad High School 4-1 and following that up with a dramatic 3-2 victory over Cathedral Catholic. What made the achievement even more improbable was the fact that the SRHS campus was officially approved for excavation for beach volleyball only in August of 2022 with steps that included filling the courts with sand and putting in the volleyball equipment immediately after.

Here is the 2023 schedule: vs. San Marcos on Sept. 14, vs. Canyon Crest on Sept. 21, vs. Poway on Sept. 28, vs. Westview on Oct. 5, vs. Classical Academy on Oct. 12, quarterfinals begin on Oct. 19.

Get the *Tea* with *SR Tea*

August 26, 2023
at Scripps Ranch Theatre
Legler Benbough Theatre
on the campus of Alliant International University
9783 Avenue of Nations
San Diego, CA 92131

4:00-4:30 p.m.
Tea & Refreshments

4:30-5:30 p.m.
Meet the Directors

Make a contribution of any amount and join us for this exclusive event!

Phil Johnson

Christopher Williams

Jacquelyn Ritz

Yolanda Marie Franklin

RSVP SCAN QR CODE ABOVE

SRT | SCRIPPS RANCH THEATRE
scrippsranchtheatre.org/donor-tea

FIRST VISIT IS FREE!*
(For San Diego residents)
*Contact Pukka to schedule

pukka
PILATES & PHYSICAL THERAPY

COME TRY: Pilates Equipment Classes
Healthy Back Pilates | Rehab Pilates
Pre & Post-natal Pilates | Pilates for Osteoporosis
Pilates for Parkinson's Disease
Private Lessons {in-studio and online}
Physical Therapy

12030 Scripps Summit Dr., Ste. E, San Diego, CA 92131
858.271.8800 | pukkapilatesandpt.com

BLACK MOUNTAIN PLUMBING

(858) 536-4161

BEST WISHES for the

NEW SCHOOL YEAR!

www.blackmountainplumbing.com • License No. 782799



Jill Drexler: All the world is a stage

By Debbie L. Sklar

Jill Drexler has loved theater ever since she was a kid growing up in New York – and this love continues today.

As the Scripps Ranch Theatre's artistic director since 2002, she wears many hats.

"The most important part of what I do is picking the season – with the help of some very talented people who read scripts once I have narrowed them down. I also choose directors – which is very important to the success of a production – oversee auditions and rehearsals, work on donor events and liaisons with other theaters, and troubleshoot anything that has to do with the artistic side of the theater," Drexler said.

Why the love for the stage?

"I was lucky enough to go with my parents to see shows on Broadway. Bless the parents who take their kids to see live theater," she said. "I love theater and always loved storytelling, and that's what theater is: telling stories."

Drexler has worked as a professional actress since attending Scripps College for undergraduate work, and SDSU for graduate work.

"I taught theater and directed in high school and at college, and just continued," she said.

She thought about a career as an actress in Hollywood and has done film and commercial work.

"I flirted with films but was never cut out for Hollywood. I took some time off and tried to work as a working film actress and it didn't sit well with me. I started too late and got my SAG (Screen Actors Guild) card in my 30s and all the agents said, 'I don't take anyone over 19,'" she said. "Besides, I love theater and that is my first love."

Speaking of SAG, Drexler had help obtaining her card from a famous actor when attending Beverly Hills High.

"I got my SAG card because of Richard Dreyfuss. He was a friend and wrote a part for me in a film he was doing, 'The Big Fix,' so I could get the card," she said. "I wasn't in the movie. It landed on the cutting room floor. He was nice and a very sweet person.



Jill Drexler (courtesy photo)

He and I were in 'Suddenly Last Summer' in high school."

Drexler has starred in a number of productions, including plays at Scripps Ranch Theatre and the MOXIE in San Diego.

"As a theater actress, I've worked at most of the San Diego theaters. I'm very proud of the San Diego Critics Circle Award and most proud of the friendships I've made in the local theater community," she said.

Married for 50 years to Roger, a retired Sharp Hospital administrator, they have no kids but do have "two very demanding cats."

Drexler has also taught exercise classes for the Mission Valley YMCA for 40 years.

Her love for the theater will never waver.

"I love the audience and I have a very soft spot for comedy," Drexler said. "My best time in theater is listening to the audience laugh. It's wonderful to give them something serious to think about and we try to do that, but I love an audience that is doubled over holding onto their seats in laughter."

UPCOMING EVENTS

AUGUST 24

'The Merry Wives of Windsor'

Shakespeare meets "I Love Lucy" in this 1950s spin on one of the Bard's wildest and most appealing comedies. The notorious John Falstaff, larger-than-life in every way, leaves the big city to work his charms on the suburban inhabitants of Windsor. Always hustling for his next buck, he sets his sights on two of Windsor's ladies-who-lunch, but when they figure out Falstaff's game, they decide to teach him a lesson he won't forget. Runs through Sept. 3. Lowell Davies Festival Theatre at The Old Globe in San Diego's Balboa Park (1363 Old Globe Way). (619) 23-GLOBE [234-5623].

www.TheOldGlobe.org

Pet adoption fees waived

Make a difference in a homeless pet's life by giving them a home and love in August for Clear the Shelters, a monthlong national effort to find caring homes for animals in shelters. The San Diego County Department of Animal Services is waiving pet adoption fees throughout the month of August. All animals adopted from County shelters will be spayed or neutered, have vaccinations, a micro-

chip and a one-year license for dogs in the service area. sddac.com/content/sdc/das/adopt.html

Rotary Blood Drive

There is a dire need for blood donations, so the Rotary Club of Poway-Scripps and the San Diego Blood Bank will hold a blood drive on Aug. 24, 10 a.m.-3 p.m. in the old Vons parking lot at 10016 Scripps Ranch Blvd. The public is invited to participate by scheduling an appointment at sandiegobloodbank.org/donate or by calling (619) 400-8251. Appointments are mandatory and donors will need to bring a photo ID. Efforts from this blood drive aid the San Diego Blood Bank which must collect more than 350 units of blood each day to meet the needs of patients.

AUGUST 27

Santosha Food Fest

The third annual Santosha Food Fest will be held at Helia Brewing Co. in Vista. This fun event is perfect for families, foodies, craft-beer enthusiasts, music lovers, eco-warriors and anyone looking for the perfect Sunday Funday. Tickets are on sale now or at the door for access to unlimited bites from local chefs, mocktails, sustainable creators, DJ,

See **UPCOMING EVENTS**, Page 18

Addy's Bistro: Introducing New Chef Marcelino

We are thrilled to welcome Marcelino as our new Chef at Addy's Bistro. Marcelino brings over 30 years of experience to our kitchen, having worked at some of the top restaurants in San Diego, including The Brigantine for 20 years, and was named Kitchen Supervisor of the Year.

Marcelino is a passionate and creative chef with a strong commitment to using fresh, local ingredients. His cooking style is eclectic and innovative, drawing inspiration from a variety of cuisines. He is also a strong believer in sustainable food practices and is committed to using responsibly sourced ingredients.



Chef Marcelino Moreno

We are confident Marcelino will be a valuable asset to our team and that he will help



Addy's Bistro owner Denise was excited for the arrival of her favorite garlic in the gardens of Callander Farms in Oregon.

us continue to create exceptional dining experiences for our guests. We invite you to come in and meet Marcelino soon and experience his culinary creations for yourself!

We are excited to have Marcelino on board and we look forward to seeing what he creates in our kitchen!

Denise's adventures continue this month at Callander Farms in Oregon with the parents. So pleased to bring the great grandchildren during summer vacation for time with the animals ... I, of course, am playing in the gardens and excited for the arrival of my favorite garlic. I visited all my favorite thrift shops for new Bistro treasures, not to mention a couple of my favorite foods. Love being home in the Northwest.

More exciting Bistro news coming. Please stay tuned to Addys.com.

Website:
www.addys.com

Address:
13771 Danielson St., Suite E
Poway

Email:
info@addys.com

Phone:
(858) 883-4556

After Hours:
(858) 252-8183



SCAN FOR MENU

PRESENT THIS COUPON FOR
10% OFF
AN ENTREE!
not valid with any other offers



THE HIT MEN OF COUNTRY
SAT. SEPT. 9 7:30 PM



SAT. SEPT. 9
5:00 to 7:00 PM

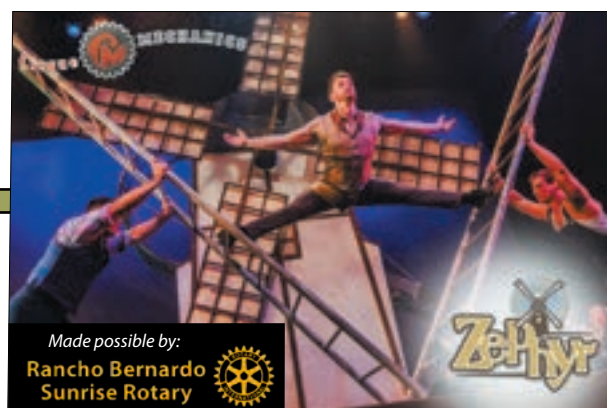
Made possible by:



UPCOMING 2023 SHOWS



DAVE MASON:
ENDANGERED SPECIES TOUR
FRI. SEPT. 22 7:30PM



CIRQUE MECHANICS:
ZEPHYR
SAT. OCT. 7 7:30PM



JARABE MEXICANO: DIA DE LOS MUERTOS CELEBRATION OF LIFE
SAT. OCT. 14 7:30PM



THE RAT PACK:
ONE MORE TIME!
SAT. NOV. 4 7:30PM



JAKE SHIMABUKURO:
CHRISTMAS IN HAWAII!
SAT. DEC. 2 7:30PM



UPCOMING EVENTS

Continued from Page 16

digital photo booth and craft beer. Aug. 27, 1-5 p.m., Helia Brewing Co., 1250 Keystone Way, Vista. facebook.com/heliabeer

SEPTEMBER 8

'The Savoyard Murders'
The Roustabouts Theatre



Co. presents "The Savoyard Murders." This uproarious murder mystery promises to keep audiences on the edge of their seats with its scandalous secrets, over-the-top

theatrics and unforgettable characters. Sept. 8-30 at Scripps Ranch Theatre, 9783 Avenue of Nations. theroustabouts.org/savoyard

SEPTEMBER 9

The Hit Men Of Country

Poway Onstage presents The Hit Men Of Country, Sept. 9, 7:30 p.m., 15498 Espola Road, Poway. The season Kickoff Party will be held from 5 to 7 p.m. before the performance. (858) 748-0505. PowayOnStage.org

SEPTEMBER 15

'Passing Conversations'

PowPAC presents "Passing Conversations," a comedic drama. Acclaimed playwright Terrence returns to his Connecticut home at the insistence of his wife Lillian, during the final days of his terminal illness. During an autumnal Saturday morning in the beauty of the garden patio, multi-generational family and friends stop in to see Terrence and have the conversations that so many of us wish we could with someone we love. Runs Sept. 15-Oct. 8 at 13250 Poway Road. Box office: (858)



(courtesy of San Diego Zoo Wildlife Alliance)

ELEPHANT VALLEY UNDER CONSTRUCTION

The San Diego Zoo Wildlife Alliance announced construction is underway on the largest project in the San Diego Zoo Safari Park's history. The new Denny Sanford Elephant Valley will reimagine the heart of the Safari Park. Surrounded by elephants on multiple sides, including from below via an overhead walkway with views of the herd passing through, guests will learn about the role elephants have as ecosystem engineers, and about their intricate social dynamics. Elephant Valley is expected to be completed in 2025.

sdzsafaripark.org/elephantvalley

679-8085.

powpac.org

SEPTEMBER 23

Food, Wine & Brew

San Diego's wildest

tasting event returns to the San Diego Zoo on September 23 when more than 3,000 attendees will enjoy sampling a multitude of mouth-watering menu items and refreshing beverages from more than 100 restaurants, dessert shops, brewers, wineries and other vendors. The San Diego Zoo Food, Wine & Brew Celebration is a yearly gala that serves up fun, entertainment, food and beverages. Guests must be at least 21. zoofoodandwine.com

WORLD PREMIERE! *Sep 15 - Oct 8, 2023*

PASSING CONVERSATIONS

by Brent A. Stringfield

13250 Poway Road | Poway
boxoffice@powpac.org | 858.679.8085
Tix Available Online at www.PowPAC.org

Coming up next...



a comedy by **DANIEL SULLIVAN**
Nov 17 - Dec 10, 2023
A holiday treat for the family!

CLEAR JUNK REMOVAL

Mr. Clear Pierre
760.405.4347
pmarchand06@gmail.com
CLEARJUNKREMOVAL.COM



OPENING SOON

IN THE SCRIPPS RANCH COMMUNITY

The San Diego Hockey Development Center is a new, family-owned business that is on a mission to grow the game of hockey in Southern California by providing unique, effective, and measurable off-ice programs for individuals and teams. We can't wait to welcome athletes of all ages and skill levels to our training facility!










CONTACT US!

hdcteam@hdcsandiego.com
www.hdcsandiego.com
9865 Businesspark Avenue, Suite A
San Diego, CA 92131

Scan to follow us on Instagram!



DISCOVER
SUMMER
 SALES EVENT
Ford



**NEW 2023
 FORD F-150 XL**
 UP TO **\$3,000**
NET SAVINGS OFF MSRP
 OR **1.9% APR**
 for 36 months



(\$500 Trade Assist Cash when trade in a 1995 or newer vehicle + \$2,500 Dealer Discount) More than 5 at this offer.
 \$28.60 per month per \$1,000 financed with 0-30% down payment depending on consumer's credit. On approved credit through Ford Credit Financing. Dealer installed accessories extra. See dealer for details. Ends 8/31/23.

**NEW 2023
 FORD MACH-E**
 UP TO **\$5,000**
NET SAVINGS OFF MSRP
 on certain models.



(Combination of Factory Rebate + Dealer Discount)
 On approved credit. Dealer installed accessories extra.
 See dealer for details. Ends 8/31/23.

**NEW 2023 FORD
 BRONCO SPORT**
 UP TO **\$1,500**
NET SAVINGS OFF MSRP
 OR **1.9% APR**
 for 36 months



(\$500 Trade Assist Cash when trade in a 1995 or newer vehicle + \$1,000 Dealer Discount) More than 5 at this offer.
 \$28.60 per month per \$1,000 financed with 0-30% down payment depending on consumer's credit. On approved credit through Ford Credit Financing. Dealer installed accessories extra. See dealer for details. Ends 8/31/23.



AARON FORD
 OF POWAY
 12740 Poway Rd, Poway, CA 92064
(858) 956-2371
www.AaronFordofPoway.com

SEASON
44

SRT | SCRIPPS RANCH THEATRE

2023-24



An exciting new season awaits!
Get your season tickets now!
ScrippsRanchTheatre.org



Get Season Tickets

2023-24 SEASON LINE-UP



39 STEPS

by John Buchan
Directed by Phil Johnson

October 27 - November 19, 2023
Preview Performance: October 27
Opening Night: October 28

Combine a film masterpiece by Alfred Hitchcock with a juicy spy novel and add a large splash of Monty Python humor. The result? A fast-paced whodunit with four versatile actors portraying more than 50 roles!

London, 1935. The rather dull Richard Hannay encounters a woman who claims to be a spy. When she is suddenly murdered, Richard finds himself the focus of a nationwide manhunt led by a mysterious organization called "The 39 Steps." This play is a hilarious comedy full of dazzling, inventive stagecraft and virtuoso performances that will have you rolling in the aisles until the death-defying, climatic finale.



CHAPATTI

by Christian O'Reilly
Directed by Christopher Williams

February 2 - February 25, 2024
Preview Performance: February 2
Opening Night: February 3

Romance is a distant memory for two lonely animal-lovers living in Dublin. When forlorn Dan and his dog Chapatti cross paths with the amiable Betty and her nineteen cats, an unexpected spark begins a warm and gentle story about two people re-discovering the importance of human companionship.

Chapatti is a moving story demonstrating that love and romance can happen again even after many years. This wonderfully charming two-hander is both hopeful and uplifting.

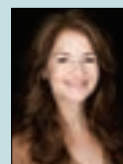


STEW

by Zora Howard
Directed by Yolanda Marie Franklin

Co-production with [Logo]
March 29 - April 21, 2024
Preview performance: March 29
Opening Night: March 30

Mama is up early to prepare an important meal and, even with her family on hand to help, time is running short. Tensions simmer with three generations of Tucker women under one roof, but things come to a boil as the violence hovering around the periphery of their lives begins to intrude. The kitchen becomes a microcosm of the family, a protection from outside traumas with the making of the stew a challenging task (it gets ruined twice) and a group activity needed to keep the family together.



VANITY FAIR

Written by Kate Hamill
Directed by Jacquelyn Ritz

May 24 - June 16, 2024
Preview Performance: May 24
Opening Night: May 25

Becky is "bad." Amelia is "good." But in an unfair world, it isn't always that simple... Two women—one born into privilege, another straight from the streets—attempt to navigate a society that punishes them for every misstep. Clever Becky's not afraid to break the rules; soft-hearted Amelia's scared to bend them. Both strive for what they want—but neither can thrive without the other. Through Becky and Amelia's victories and losses, this thrilling, highly theatrical (im)morality play explores how flexible our morals can become when the wheel of fortune turns...Bold, wickedly funny, and shockingly relevant, VANITY FAIR demands that we face our own hypocrisy. After all...who are we to judge? A brilliant adaptation of the classic novel by William Makepeace Thackeray.



Photos by Ken Jacques