



## THE GIRLS OF SPRING

Scripps Ranch Softball Association players work on their throwing form during a preseason clinic held by the league in preparation for the 2023 spring season. (photo by Lisa Shadburn)

### PRESEASON CLINIC

The Scripps Ranch Softball Association held preseason clinics Jan. 22 and 23 in preparation for the upcoming spring softball season. Female players of all levels attended to learn and practice new skills and meet future teammates. The league kicked off practices with an Opening Day celebration on Feb. 4. Games began in mid-February.



Young players practice their fielding stance in preparation for the 2023 spring softball season. (photo by Lisa Shadburn)



The eyes tell the story as stray puppies participate in a "Pack Walk." (courtesy of Babs Fry)

## Stray pups gather for 'PACK WALKS'

By Patricia Overton

Babs Fry is known all over San Diego for her expertise in locating lost dogs and helping stray dogs find their way into loving homes. She helps as many families as possible, making herself available as often as possible. Fry is especially popular in the Scripps Ranch area where there is a large pet population, fueled by a strong community of animal lovers.

Fry, also known as the "Dog Whisperer," has become the go-to person for help with lost pets. She's not only good at locating lost dogs, but also spends time caring for and nurturing abandoned ones.

Fry currently has 60 dogs in her care – with fewer than a dozen volunteers helping her.

"Our nonprofit, A Way Home for Dogs, was originally established to help owners with missing pets, which is still the primary foundation of who I am and what we do. But as a sidebar, we are commonly asked to assist in securing dogs at large that are strays," Fry said. "Any loose dogs obviously should be assumed to be somebody's pet, but unfortunately, we often trap dogs that no one else can catch, and no owner comes forward. So, then the secondary piece of our organiza-

See 'PACK WALKS,' Page 12

## Scripps Miramar Ranch Library opened 30 years ago

The Scripps Miramar Ranch Library first opened its doors to the public on March 13, 1993, at its permanent location, 10301 Scripps Lake Drive.

Thanks to architect Richard Bundy, the structure has an abundance of nooks and angles that keep it appealing. The building also contains fascinating details with an assortment of stained glass creations by artist Richard Spaulding and a few remnants of the old Meanley house melded into the interior.

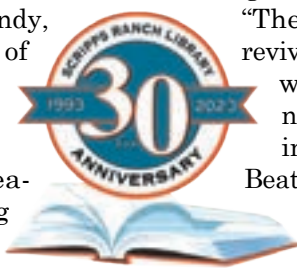
"The original idea of the library is that we have this huge view of the nature beyond. Of course, a lot of the area has been developed since then, but we still have beautiful

sunsets from the back of the library, especially near where the children's story time area is," said Matt Beatty, library branch manager.

"The library was built in the mission revival style – after the Meanley house, which stood right behind the wall next to the library. A lot of the things in the library are taken from that," Beatty said. "We have the original doors from the Meanley house ... We have French doors that were on their patio – and we have them as dividers throughout the library."

The library was built with several "firsts" for a city branch library in San Diego. It has the first permanent public art works in a

See LIBRARY, Page 9



The Scripps Miramar Ranch Library staff includes (top row, from left) Jeff Lash, Melissa Barbour, Lexi Calienta, Becky Gleason, Gina Aragon, Riley Apon, Ann Marie Pilapil, Ashu Agarwal, (bottom row, from left) Ally Nguyen, Matt Beatty and Luis De la Cruz. (courtesy photo)



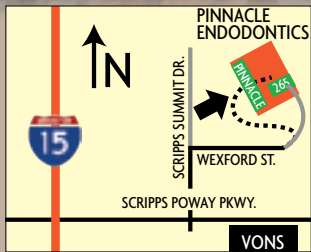
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Townhomes were severely damaged in the 10200 block of Caminito Covewood. (photo by Lisa Shadburn)

# WIND DAMAGE

**S**anta Ana winds knocked down trees, causing damage in some areas of Scripps Ranch on Jan. 26. A high wind warning was in effect for most of San Diego.

San Diego Fire-Rescue Department firefighters were dispatched to the scene of townhomes in the 10200 block of Caminito Covewood at 11:40 a.m. It appeared that more than one fallen tree severely damaged townhomes and vehicles at the location, trapping one resident inside her home. Firefighters rescued the trapped woman. No injuries were reported.

At least one other tree fell along Willow Creek Road, disrupting traffic. Workers were on the scene, cutting up and removing the tree.



Workers cut up a fallen tree on Willow Creek Road. (photo by Lisa Shadburn)

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MEMORIAL TRIBUTE

# Natalia Moorhead: A light in the community

By Ashley Shah

**N**atalia Moorhead passed on Dec. 13, 2022, after fighting a rare form of breast cancer for more than two years.

“Natalia’s life was far too short, but well-lived,” husband Jason Moorhead said.

Natalia was known in Scripps Ranch for her active role in the community. She was involved in many volunteering opportunities.

“She was always engaged. There are those who observe and accept, and there are those who make changes. Natalia was always there to make a difference,” Jason said.

Natalia and her husband lived in Scripps Ranch for more than 20 years, and raised two children.

Shortly after moving to Scripps Ranch in the early 2000s, she joined the Scripps Ranch Planning Group (SRPG).

“Natalia served three terms on the planning group before she termed out. She spent nine years dedicated to the planning group. The planning group was one of her main volunteer efforts,” Jason said.

Around the same time that she joined the planning group, her nephew passed from a rare form of cancer, neuroblastoma. So, Natalia took action, as she always did.

“As a means to bring family together and take positive action in remembrance of Lorenzo [her nephew], Natalia and her sister Evelyn started an Alex’s Lemonade Stand Foundation stand, which carries on each year and has raised tens of thousands of dollars of support for childhood cancer research,” Jason said.

Natalia’s role in the community was grand, but the role she played in her children’s lives was just as grand.

She began a Girl Scout troop, Troop 3152.

“She was engaged and led her daughter Amelia’s scouting experience from Daisy’s through her Bronze award and beyond – until her cancer prevented her from continuing. Natalia was passionate about empowering the girls in their independence and teaching critical life skills – and of course encouraging creativity always,” Jason said.

Natalia and her husband raised their two children in

Scripps Ranch where they attended Miramar Ranch Elementary School. To help with the school’s art program, Natalia took over as the lead of the Art Corps™. Art Corps is a program to help teach art in schools. It is run entirely by volunteers.

“She administered and taught that program for the duration of both of our kids being students there,” Jason said.

Her family was a big part of her life, but art, one of her greatest passions, also played a big role.

“Natalia studied Art and Design at SDSU,” Jason said. “She worked at the San Diego Museum of Art for years. Then, she started her own company, called Rissolo Fine Arts, where she would work with clients to select, procure and install art in businesses of all types – hospitals, banks, biotech and selective residences.”

Natalia’s life was full of family, creativity and giving back.

Jason Moorhead described how Natalia would want to be remembered.

“She felt that giving back



Natalia Moorhead prepares pizzas during one of her volunteer events for children. (courtesy photo)

to the community was part of being in the community. She would want to be remembered as a contributor. It was just part of her nature to help out, and be a part of it all,” he said.

Natalia’s light will not be forgotten.

### Donate in memory of Natalia Moorhead

Philanthropic gifts in memory of Natalia Moorhead can be made to support the work of Dr. Rebecca Shatsky at Moores Cancer Center by check or credit card. Donating to UCSD Health through this fund will go 100 percent to Dr. Shatsky, Natalia’s oncologist, who is a world

renowned triple-negative breast cancer researcher and practicing oncologist.

**By Check:** Make your check out to the UC San Diego Foundation (a registered 501-c-3 organization with the tax ID # 95-2872494) and indicate on the memo line that your gift is designated to Fund # E6890 Breast Discovery Fund. Indicate on the check or in an accompanying note that your gift is made in memory of Natalia Moorhead. Checks can be mailed to: Natalia Moorhead Tributes c/o The Gift Processing Office, UC San Diego Foundation, 9500 Gilman Drive #0940c, La Jolla, CA 92093-0940.

**By Credit Card:** Give online with your credit card by going to this UC San Diego Foundation secure giving page: [bit.ly/3xoCyCC](https://bit.ly/3xoCyCC)

Complete the first online page of the donation form, click the “My gift is made in honor/memory” option at the bottom. Select the Tribute Type “In honor of” and type in “Natalia Moorhead.” For additional information, contact Kristin Waller-Donovan, [kwallerdonovan@ucsd.edu](mailto:kwallerdonovan@ucsd.edu).

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**N**icola Aulds (Nikki) is a professional skin-care and beauty expert with more than 30 years of experience as a certified esthetician, eyelash extension specialist and makeup artist. She operates BLIS Esthetics, 10549 Scripps Poway Parkway in Scripps Ranch.

Renowned internationally, Nicola grew up in Sri Lanka, where she started and successfully managed one of that country's largest and most recognized beauty spas/salons. After being featured on numerous television commercials, music videos, fashion shows and becoming "in demand" for wedding venues, she became the recipient of several awards – and in turn, acknowledged in Hong Kong in 1993 and throughout Asia as an industry leader.

Nicola moved to Los Angeles in 1998 and became the sole proprietor of a successful and profitable yoga and massage studio maintaining a variety of private and corporate clients including Universal Studios, Gaiam Fitness Clubs and various chi-



Nicola Aulds

ropactor/medical offices throughout the greater Los Angeles area. She also continued her work as a skin expert and Makeup Artist.

In 2008, she became a full-time Medical Esthetician and manager for a variety of leading day spas and cosmetic surgery centers based in Southern California.

Certified in a variety of facial Eyelash Extension and Permanent Makeup, she upholds a highly professional reputation among clients and peers.

Nicola attended and graduated with distinction from the world renown Napoleon Perlis Academy where she was trained in a variety of

Make-up styles including high fashion, glamor, day and evening television and photography. This work brought Nicola to the attention of entertainment and fashion industry trendsetters in the Los Angeles area where she worked nonstop in fashion shows and photography sessions.

In 2016, Nicola expanded her services to the San Diego area, quickly establishing herself as a premier beauty and skincare expert, and working with various medical spas in addition to her growing private clients.

Most recently, Nicola managed cosmetic consultations at West Dermatology.

Nicola has a lifetime passion for her work running dynamic corporate e-commerce entities.

After all her years of working in the beauty industry, she moved to San Diego and started her Permanent Makeup and lash studio named BLIS Esthetics which is now located on Scripps Poway Parkway.

Today, Nicola provides the highest quality Permanent Makeup and Lash Exten-

sions to help women look their very best through her services at BLIS Esthetics.

Nicola offers a wide range of Semi-Permanent cosmetic tattoo procedures. She also provides Correction Cover Up Brows for anyone with previous brows work. Other services include Eyelash Extensions, in addition, she provides an array of professional cosmetic threading procedures for the entire face.

Nicola is very passionate about what she does, and loves making women look and feel their beautiful selves.

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#BlissfulLife





Garden Club President Susan Castellana is creating a meadow in her backyard. She spread wildflower seeds in a raised bed and then rolled out a biodegradable straw blanket over the soil and seeds. She will spray it twice weekly and watch for her flowers to bloom. (courtesy photo)

SCRIPPS RANCH GARDEN CLUB

**The Garden Club calendar is blooming**

By Denise Stewart

The Scripps-Mesa Garden Club has lined-up a series of speakers and events that will fill its meeting calendar through the growing season.

The club's next meeting will take place at 6 p.m. in the Community Room of the Scripps Miramar Ranch Library on Feb. 28. Richard Lederer, author and *Union-Tribune* language columnist, will regale the group with his talk on "Flowery English: How Flowers Got Their Names."

A presentation by a master gardener on companion planting will be featured at March's gathering.

Each meeting is a learning event as well as an opportunity to share gardening experiences during a brief social time. The meetings also feature a plant share.

The Garden Club has been on-going in our community for 30 years. Gardening hobbyists are welcome to visit a regular monthly meeting on the fourth Tuesday of each month. A family membership is \$30 per year. The dues are used to compensate speakers for their time and expertise.

For more information about the club, check the website [scrippsmesagardenclub.com](http://scrippsmesagardenclub.com). You will also find articles and photos about local gardens and our famous eucalyptus trees.

WELCOME CLUB

**Interest groups, movies, lunches, plays, potlucks**

By Denise Stewart

February's social calendar for Scripps Ranch Welcome Club members is keeping the local ladies busy having pleasant times together.

While the regular card and Bunco games were played, and trail walking and craft groups had their meetings, a day out for a movie and lunch was followed later in the same week by a potluck and a Scripps Ranch Theatre performance. These events all made February particularly enjoyable. When that fun was over, the club met to have its regular meeting and to have a few laughs at a purse exchange.

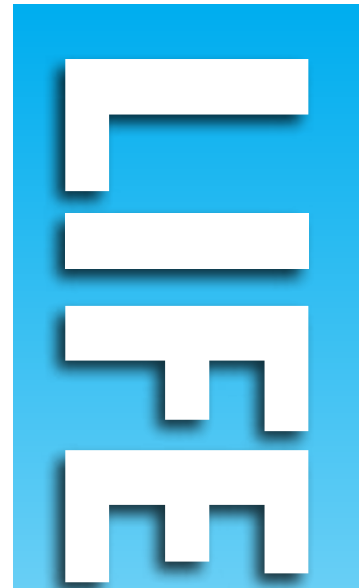
Welcome Club is the perfect local social club for women new to the community as well as those who have lived

here for a while. It is all about making friends and having good times close to home.

The club meets on the second Monday of each month at 7 p.m. at the Scripps Ranch Community Center. There is a short business meeting to catch up on all the social events planned for the month. An entertaining activity follows, and a social time with refreshments finishes the evening gathering.

The Welcome Club has a variety of pleasant events calendared through the summer. Morning Coffees are among the festivities.

You can learn more about the club on its website: [scrippsranchwelcomeclub.com](http://scrippsranchwelcomeclub.com). There is contact information there and members will be delighted to respond.



**Support farmers at the Farmer's Market**

Bev Cassity, the Scripps Ranch Farmer's Market manager, encourages shoppers to visit the Farmer's Market each Thursday to view and purchase our weekly supply of fresh fruits, vegetables and flowers from the handful of farmers who travel to the local market in hopes of selling their produce.

The Scripps Ranch Farmer's Market will have difficulty bringing in any new farmers unless the ones they have are supported by local shoppers. The farmers participation is critical to ensure the market maintains its farmer's market certification. The Scripps Ranch Farmer's Market offers high quality farm vendors, including all produce, citrus, microgreen and olive vendors. The Scripps Ranch Farmer's Market is open each Thursday, 3:30-7:30 p.m. at 10045 Carrol Canyon Road.

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## Rotary Club holds 'Baby Shower'

The Rotary Club of Poway-Scripps and Ridgeview Health Center shared hosting duties to hold the club's first ever Cuddles & Snuggles Baby Shower to benefit Gently Hugged. Gently Hugged is a non-profit organization that provides essential items for a baby's first year of life.

The items are given to moms in need as they leave the hospital with their newborn.

Held at Ridgeview Health Center, guests included residents, Rotarians and folks from the public who brought 178 sleepers, 80 onesies and 23 blankets, along with 99 hats, socks, pants and other essential items.

Club members are not taking a break as future projects include providing scholarships to local programs, sponsoring a hole at the upcoming Poway Chamber of Commerce golf tournament, helping to sponsor the Scripps Ranch Symphony in the Park concert series, and providing Valentine's Day cards to



The Rotary Club of Poway-Scripps and Ridgeview Health Center held the Cuddles & Snuggles Baby Shower. (courtesy photo)

Solutions for Change so they can distribute them to children.

When members aren't performing community service, they are enjoying weekly meetings with informative presentations. Upcoming speakers include presentations by Friends of Poway Seniors, San Diego Humane Society and Marni Von Wilpert.

### SUSTAINABLE SCRIPPS RANCH

## De-growth: Let's take a new direction

By Suha Chari

"Enough," wrote Bill McKibben 19 years ago, admonishing the collective "us" to think about where we're going with all the robotics and technology; of how all of it is not just changing our world, but redefining who we are; to look into this deeply, and

say enough: enough growth, enough so called economic progress, etc.

Though this has not been in the forefront of any public discussion, even with reference to climate change, it has taken on a different face recently, in the form of advocacy for de-growth. A group of scientists have suggested,

in an article in *Nature*, that de-growth is exactly what is needed now, and that science can perhaps help shape this new world.

The thesis is that "Wealthy countries can create prosperity while using less materials and energy if they abandon economic growth as an objective."

It is clear that policies based on increasing production, using more energy and materials, are unsustainable. Hence, de-growth.

The authors call for wealthy economies to give up the goal of GDP growth, reduce wasteful production, and focus economic activity around human wellbeing.

They enumerate the ways to do this:

- Scale down destructive sectors – fossil fuels, industrial meat and dairy, fast fashion, cars and aviation, and end planned obsolescence of products.
- Improve public services – access to good health care, education, housing, transportation, nutrition, internet and renewable energy.
- Introduce a green jobs guarantee – transition workers from fossil fuel sectors to renewable energy jobs.
- Reduce working time – reducing carbon emissions, and allowing for more social care and support.
- Enable sustainable development – cancelling unfair and unpayable debts of low and middle income countries.

Some of these policies are in effect around the globe: many European countries have free healthcare and education; Vienna and Singa-

See **DE-GROWTH**, Page 7

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SCRIPPS RANCH FIRE SAFE COUNCIL

# Take steps against home fires

One of the things we don't think about are home fires. People die every day in the U.S. in home fires.

There are several causes for home fires. One of the main ones is cooking. Best way to prevent cooking fires is stay away from distractions while cooking.

- Keep anything flammable away from the cooking area.
- Make sure you have tight sleeves while cooking, especially when using gas.
- Keep lids nearby to cover up flames. Do not throw water on grease flames!
- The second largest cause of home fires is home heating, portable heaters and fireplaces.
- Always maintain your furnace.
- Smoke is the #1 killer. Unattended candles can be very dangerous.
- Electrical cause is a major killer. Worn, loose cords, flickering – hot or warm to the touch – should be disconnected.
- Clothes dryers: clean lint screen after every load. Clean ducts and machines at least annually.
- Children playing with fire.
- Make sure pets can't jump up on a stove and accidentally turn on the knobs.

Be prepared. Make an escape plan. Practice to get familiar with the escape plan. Include a plan for children and pets. Have roll down ladders in upstairs rooms. Always sleep with your bedroom door closed.

Smoke alarms should be in every bedroom and common area on each floor, but not in the kitchen.

Carbon monoxide alarms should also be in a central location on every level.

Fire extinguishers should be in a central location on every level including the kitchen

and garage.

Documents – Store vital documents and photos either in a safe deposit box or scanned and backed up in the cloud. Make sure you have appropriate and adequate insurance coverage. Document home contents and receipts along with the model number and serial numbers. Those should also be stored in a safety deposit box or scanned to the cloud. [www.srfiresafe.org](http://www.srfiresafe.org), [srfiresafecouncil@gmail.com](mailto:srfiresafecouncil@gmail.com), 858-201-3711.



Pictured are (from left) Karen Herreros, Sandy Smith-Wetzel, Brian Maienschein, Kristy Rayder, Dave Mason and Jessie Gates. (courtesy of SR Fire Safe Council)

### SRFSC Honorary Member

The Scripps Ranch Fire Safe Council has a new honorary member, California State Assemblymember Brian Maienschein.

In 2003 and 2007, wildfires swept through his district, including Scripps Ranch, devastating homes and businesses. Maienschein walked the burned-out neighborhood streets himself before constituents were allowed to return, developing a list of homes and businesses that had been destroyed. In response to the fires, Maienschein created a one-stop disaster hub for victims to support and streamline rebuilding efforts, bringing together all the government agencies and services for those impacted by fires. The plan and programs Maienschein created are still national models for disaster response.

### DE-GROWTH

Continued from Page 6

operation in research is needed, with government commitment to managing cross border transactions, procuring funding from redundant sectors and ensuring a better life for all citizens in the age of de-growth.

operation in research is needed, with government commitment to managing cross border transactions, procuring funding from redundant sectors and ensuring a better life for all citizens in the age of de-growth.

To read the full article, go to [www.nature.com/articles/d41586-022-04412-x](http://www.nature.com/articles/d41586-022-04412-x).

However, implementing a comprehensive de-growth strategy safely and justly, has economic and political challenges, as with ideologies and special interests. To overcome these, much co-

### Upcoming events

These events will be held at the Scripps Miramar Ranch Library:

- Climate lecture on New Policies for 2023, IRA incentives and more; Friday, March 17, 10 a.m.
- All About Composting, March 18. 10 a.m.; followed by Garden Share, 11 a.m.-1pm.

Join us to share, learn and meet your fellow gardeners.

Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. To learn more about Sustainable Scripps Ranch, visit [scrippsranch.org/ssr](http://scrippsranch.org/ssr) or email [SustainableSR@scrippsranch.org](mailto:SustainableSR@scrippsranch.org).

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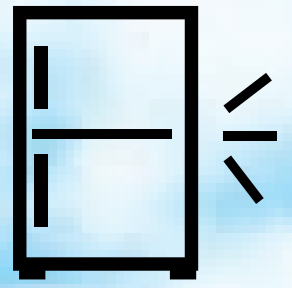


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Opening Night: Mar. 25

(ADULT LANGUAGE AND SITUATIONS)

# NEAT

by Charlayne Woodard  
directed by Claire Simba



Commission for  
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*scan me*





Matt Beatty, Scripps Miramar Ranch Library branch manager, relaxes in the library's outside courtyard. (photo by John Gregory)

## LIBRARY

Continued from Page 1

San Diego branch library. It had the first computer lab in a city library. It has the first large community room. It's the first city branch library to have a permanent used bookstore, Grace's Book Nook. The Scripps Miramar Ranch Library has the largest and nicest community room of all branch libraries in San Diego. In addition, the Scripps Miramar Ranch Library offers an assortment of programs and activities.

The library displays several historic photos of the Scripps and Meanley families and their homes in early Scripps Ranch. Today, the library also looks to the future, with the upcoming ad-

dition of an IDEA Lab maker space, offering modern technology for public use.

The Scripps Ranch Friends of the Library (SRFOL) organization has been instrumental in fundraising and planning events for the library.

Joan Reese, the SRFOL spokesperson, explained that when the library was being planned, members of the SRFOL and the Scripps Ranch Civic Association began fundraising efforts to add a few extras. The community fundraising helped ensure the library had a seminar room, an outdoor courtyard, a community room, a smaller meeting room and the used bookstore. Sales from the bookstore are used to raise funds for SRFOL projects.

While the library's anni-

versary will be celebrated, there are repairs that need to be addressed, Reese said.

"I've always thought of it as our beautiful new library even though there have been issues for quite a few years related to a lack of attention due to deferred maintenance type of stuff," she said.

The carpeting in the main part of the library is the original carpeting and needs to be replaced. But it cannot be

replaced until the leaking fire suppression system is repaired. In addition, the roof began leaking in mid-January, Reese said. The parking lot is due to be expanded.

Reese said she hopes all the repairs can be done around the same time, and that the SRFOL will be pushing the City for a library maintenance budget during the upcoming budget cycle.

**Input wanted:** A new Li-

brary Master Plan is in the process of being developed, and the public's input is needed. Complete this online survey if you would like to provide views about the future of the library: [bit.ly/3xmZbaC](https://bit.ly/3xmZbaC).

*The SRFOL is also planning a community-wide celebratory event later this year. Learn more details about the library in the March edition of Scripps Ranch News.*

## Special anniversary events for kids

The Scripps Miramar Ranch Library and the Scripps Ranch Friends of the Library are celebrating the 30th anniversary of the opening of the library with a special children's event to help kick off the festivities.

With the support of the Scripps Ranch Friends of the Library, the library will host children's author, illustrator and Disney animator Benson Shum – author of "Anzu the Great Kaiju" and "Anzu the Great Listener," for two special programs on Wednesday, March 15.

First, a special story hour and book signing with treats will be held at 10 a.m., open to all. The Library Shop will be there with a pop-up store for anyone who'd like to buy one of Benson's books onsite.

Then, a storytime and discussion program for local second and third grade classes (which will be closed to the general public) will teach the students to draw Anzu. The participating classes will receive copies of Benson's books for their classrooms, courtesy of the Friends of the Library. All participating children at both programs will receive a take-home memento.



Disney animator Benson Shum – author of "Anzu the Great Kaiju" and "Anzu the Great Listener" – will present two programs for children at the Scripps Miramar Ranch Library on March 15. (courtesy of SRFOL)

ADVERTORIAL

## Addy's: Breakfast, Lunch, Weekend Brunch, Wine Down Wednesday

Addy's Bistro is conveniently located at 13771 Danielson St. in south Poway. This quaint Bistro offers a family friendly atmosphere for all, with gourmet breakfast and lunch fare. Open seven days a week, be sure to stop in for your next meal.

Each week, guests can expect breakfast, lunch and salad specials that complement any of the amazing homemade soups or delicious baked goods from the fresh-bake display case. With a variety of specials and fun items available, you'll be sure to enjoy your dining experience.

Guests can also enjoy a glass of wine with lunch too! Featuring wines from around the world, ask your server about our fabulous wine menu during your next visit. The Bistro has such an extensive retail wine collection with the best prices in town.

After your meal, explore the many treasures Addy's has to offer. A fine variety of family recipe jams, jellies and signature caramels that are perfect gifts. The selection includes freezer jams, award-winning marmalades, private reserve jams, chutneys and sauces. You can



Addy's Bistro offers a relaxing atmosphere, a delightful selection of wines and delicious fare served daily.

even sample the jams with your breakfast entree.

### Catering and Venue Rental

Do you have an upcoming event? The staff at the Bistro loves to collaborate with their clients to create an unforgettable experience for their guests. They take a consultative approach with all clients, creating menus centered on seasonal fruits and vegetables, dietary needs and more.

The Bistro is also an excellent event venue! It is available for use during non-business hours – and depending on requirements, they can also cater. Call today to discuss how they can take a load off your shoulders and turn your vision into a reality.

### Addy's Intimate Cooking Class Has Returned

The much-anticipated cooking class has returned. Scheduled for the first Monday of every month, spend an evening with Owner, Operator and Executive Chef Denise Callander-Stein learning to cook something fresh and new, in a commercial kitchen. Participants enjoy the class, with food and wine to follow. Curated Wine Packages are also available for participants, but space is limited. Subscribe to the Bistro newsletter to get updates ahead of the general public, or check out the Events page on the website to stay up to date on announcements and reserve your spot!

### Wine Down Wednesdays – A Fabulous Evening Midweek

The Wine Down Wednesday experience is everything you need to get you over hump day. From 4:30 p.m. to 8 p.m., guests enjoy a set menu, with noshing plates and wine samples to enjoy. On the last Wednesday of each month, wines from around the world are featured with James King, the resident wine concierge, on hand to guide guests through this fantastic dining experience.

Reservations are recommended due to limited seating. Call to reserve your table today!

### Weekend Brunch – No Wait Lines

There's no time to waste. Look to Addy's for your weekend Brunch plans. The Bistro hours are from 8 AM to 2 PM on weekends, and the breakfast menu is served all day. The fabulous and affordable Mimosa flight and weekend special, Eggs Benedict are fan favorites for all.

### Order Ahead

Order ahead and use the "Order Now" button on the website, [www.addys.com](http://www.addys.com). Prepay online, and food will be ready when you arrive.

Park in one of the three 5-minute to-go spots, and call (858) 883-4556 for the friendly staff to bring your order to you. For delivery, find Addy's on GrubHub, Uber Eats or Chow Now for fast delivery.

### Hours

Open Mondays - Fridays, 7 AM - 3 PM; Saturdays - Sundays 8 AM - 2 PM. Wine Down Wednesdays: 4:30 - 8 PM.

### ADDY'S BISTRO

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#### Address:

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[info@addys.com](mailto:info@addys.com)

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**The Drifters**  
APR. **22** 8PM



## 'Neat' is a unique coming of age play

By Ashley Shah

In the upcoming Scripps Ranch Theatre (SRT) production of "Neat," we watch a young female – through her experiences with her aunt who has suffered brain damage – develop into a woman; an African American woman, in America.

"'Neat' is a coming of age story. It's based on the experience of the playwright. The playwright, Charlayne Woodard, talks about her experience growing up with an aunt with brain damage, and how that influences how she becomes a woman," director Claire Simba said. "She is forced to look at things in a different way because of the way her aunt does. She considers things she has never considered before."

The production is a one-actress show performed by Kandace Crystal.

"Crystal plays about 15 different characters. It is a transformative piece," Simba said.

### 'Neat'

March 24-April 16

Written by  
Charlayne Woodard  
Directed by  
Claire Simba

**Scripps Ranch Theatre**  
Legler Benbough Theatre  
at  
Alliant International  
University  
9783 Avenue of Nations

**Tickets**  
(858) 395-0573

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

Simba described what she believes Crystal adds to the production.

"Kandace embodies the story. She anchors it. She makes you care about the story, which is imperative," Simba said.

In addition, Nicole Diaz-Pellot, a dancer, will be performing alongside Crystal on stage.

"As a director, I am really interested in complete art. Music, movement, and images can support the story in different ways," Simba said. "Having Nicole on stage will help the audience experience all of the emotions. Her presence helps to digest the story."

Casting for the role of Charlayne Woodard began in May 2022.

"Usually, we send out a notice for casting. However, I had worked with Kandace before, and I directly invited her for this. I knew she would be able to portray this story," Simba said.

*'Kandace embodies the story. She anchors it. She makes you care about the story, which is imperative.'*

—Claire Simba

Casting for the dancer began in December of 2022.

"We were looking for a black choreographer, and dancer. Having this selectivity created a small challenge, but we were able to find someone great for the role," Simba said.

The production is set in the present.

"If you set it in the past, you let the audience falsely believe that everything has been resolved, which it is not. Having the production set in the now, you can put the conversation in the now," Simba said. "I want the audience to keep thinking about what they just saw, and talk about it with their families."

Rehearsals for this play began earlier in February.

"Even though this play was written in '97, I can still recognize the person that is portrayed, and I could relate to it. When I read it, I understood what the theatre was trying to do with making more experiences. It was an inclusive play," Simba said.



Director Claire Simba

Opening night is March 24. The production will run for four weekends until April 16.

*Scripps Ranch Theatre productions are performed in the Legler Benbough Theatre on the campus of Alliant International University in Scripps Ranch, 9783 Avenue of Nations. To purchase tickets for this play, visit [scrippsranchnews.org](http://scrippsranchnews.org) or call (858) 395-0573.*

*Scripps Ranch Theatre productions are performed in the Legler Benbough Theatre on the campus of Alliant International University in Scripps Ranch, 9783 Avenue of Nations. To purchase tickets for this play, visit [scrippsranchnews.org](http://scrippsranchnews.org) or call (858) 395-0573.*

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Dancer Nicole Diaz-Pellot (left) and actress Kandace Crystal star in the Scripps Ranch Theatre production of "Neat." (photo by Ken Jacques)

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**'PACK WALKS'**

Continued from Page 1

tion tries to give these dogs an exit, an opportunity and a future, because most of them have a severe fear or potential behavior problems that, in a lot of ways, make them less desirable to the general public, or other rescues, from an adoptability perspective."

Fry has created a safe haven and a place where dogs who need help can grow and develop – and that is how the popular "Pack Walk" at Lake Miramar came about.

"We found ourselves in a position where we didn't have adoption events on a couple of days and decided it would be fun to get some of the more frightened dogs out and ... go somewhere," Fry explained. "I had never been to Lake Miramar. It was a place that I heard people talk about frequently, and I just decided we would go – and we had a turnout there like nothing I've ever had. And if we can get this kind of turnout at Miramar, then I'll come to Miramar every month. ... This is about getting experience for these dogs."

Part of gaining experience for the dogs is training them and supporting them in ways they will accept, which can be a process.

"We have a facility where we have a kennel and a ranch. We have onsite volunteers, but we currently need more so we can spend more time rehabilitating and caring for these dogs. We work on leash training, as well as people and dog skills, and the pack walk comes at the tail end of that," Fry said.



Babs Fry is known for locating lost dogs and now helps strays find their way into loving homes. (courtesy of Babs Fry)

"Once these dogs have finally learned, in a controlled setting with particular variables, that life is okay, we then try to graduate them out into the real world. In order to do that, it means getting them to adoption events, taking them on Pack Walks, and things of that variety where normal life stuff happens, but in the company of dogs they're familiar with and people they know, and people that step up to basically be those strangers that are patient and kind and loving, to help them navigate that experience to gain confidence," Fry said.

Pack Walks are also a great place for those interested in adopting or fostering any of the dogs.

"If people want to come and see what dogs we have available or if they have any interest in any of our dogs, that's a great place to do that," Fry said.

*The next Pack Walk is scheduled for Feb. 26 at Lake Miramar. If interested in volunteering for a Pack Walk, submit a volunteer application and confirm in advance. Learn more at away-homefordogs.com or on the A Way Home for Dogs Facebook page.*

**'Real Funnies' offers good chuckles**

By Jill Alexander

**F**orget your typical Sunday funnies, there's something closer to home to make you laugh.

Search for the Real Funnies of Scripps Ranch on Facebook. It will have you in stitches and put you in a great mood any day of the week.

The Real Funnies of Scripps Ranch page was launched two years ago and offers regular posts including cute cartoons, poetry and animal memes.

"I started it during (COVID) lockdown for fun. It's up to 1,400 members now, most of whom live in here in Scripps Ranch," said Ellen Pickering, who remains one of the page's administrators.

**'Ah ... Yes ...  
Deviled eggs  
rocking the price  
tag at \$6.66.'**

—Posted by Mary  
Perlaki-Neely

Pickering said she "thinks people go to the site to take a break and share a giggle. Our members are wonderful about posting and there's always something new."

"Currently, the subject of egg prices is a popular theme," she said.

For example, a post by Mary Perlaki-Neely in late January features a photo of a carton of eggs behind a



This image adorns the banner of the Real Funnies of Scripps Ranch Facebook page.

case, and the headline above it reads: "Ah ... Yes ... Deviled eggs rocking the price tag at \$6.66."

Another following on the egg theme was posted by Myrna Irish who posted: "These egg prices better not affect the Cadbury ones."

Mary Schweid entered another humorous post about "The palm tree that saw its shadow and said 52 more weeks of summer."

Also, a silly one that seems timely was posted by Ross Ingles on Feb. 1 of a floating hot air balloon in the shape of a beer mug with the caption: "Oh great, here comes the German spy balloon."

One post that got this writer laughing was by Mary Perlaki-Neely of a young gal selling Girl Scout cookies in front of a marijuana shop with the caption: "She sold 117 boxes in 2 hours."

Anyone can join the Facebook group, but they must apply once they find the

Facebook page. Your request will not be approved if you do not agree to the group rules. You must be approved before posting on the page.

Those who wish to post something on the Real Funnies page should keep in mind there are rules, according to the admins: "We have a high percentage of posts that go against the group rules. This is a friendly reminder that politics, political posts, political discussions, political pictures, pictures of politicians, presidents, candidates, or even normal posts shared from political pages are not allowed on this funnies page and will be deleted. These posts are a breeding ground for arguments we don't want. ... If you know your post will spark an argument or is highly controversial, please do not post. These posts will be removed, and the repeat offenders will be removed as well. Have a great day."

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# Music series hosts piano duo

The “Pleasure of Your Company” music series welcomes back the Grigorian-Gubenko Piano Duo on Sunday, March 12, at 2:30 p.m. in the Scripps Miramar Ranch Library Center.



The Grigorian-Gubenko Piano Duo will perform in concert March 12 in the Scripps Miramar Ranch Library Center. (courtesy photo)

Join in for an “Afternoon in Paris” featuring a delightful program of piano four-hands music by French composers.

Comprised of Georgian-born Anna Grigorian and Ukrainian-born Natasha Gubenko, the award-winning Grigorian-Gubenko Piano Duo was formed in 2016. Prior to joining their talents

as duet artists, both pianists have performed as soloists in the United States and internationally.

Their repertoire spans Bach to Brahms, Debussy and Piazzola, played on one or two

pianos.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library, although donations are appreciated.

Masks are required for all audience members regardless of immunization status.

The 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. Visit [www.srfol.org](http://www.srfol.org) or call (858) 538-8158 for information.

# So Cal Famous Beach Ice and more

By Jill Alexander

If you love snacks and a cool desert, you're in luck.

Enter Scott Strickland, the owner and founder of All Better Products offering chips, salsas, sorbets and a few other items at the Scripps Ranch Farmers Market every Thursday.

All Better Products is Strickland's corporate name, but he brands and manufactures several products such as So Cal Famous Beach Ice, South Bay Salsas, Molly Mule Ginger Ale, and Souper Brothers.

So Cal Famous Beach Ice is a manufacturer of gourmet sorbet, granita, Italian ice, and Philadelphia water ice, vegan ice cream made with natural fruit and fun flavors. Starting in Los Angeles in 2008 Strickland originally bought the product from manufacturers in New Jersey and Philadelphia.

“We started a small location at Plaza Bonita Mall in National City and expenses were so high, with the cost of shipping products, cold storage, mall rent and labor, we ended the year of 2015 very discouraged and had a hard time seeing much of a future for the company. If we didn't start making our product and finding another venue to sell our product we were going to be in trouble,” he said.

So, he rented a kitchen and started manufacturing products with his recipes and selling them at farmers' markets throughout San Diego County.

The venture is a regular hit at the Scripps Ranch Farmer's Market.

“We are popular with the younger crowd with our sorbet and ... (for families) with our chips and salsas. Most



Scott Strickland's So Cal Famous Beach Ice truck. (courtesy photo)

popular items include cotton candy and watermelon sorbet and our ‘Super’ Bowl dip and medium salsas and dips,” Strickland said.

Of course, there are many different types of sorbets, sal-

sas, and chips on the market but what makes Strickland's different than the rest is its variety.

“We have 12 flavors of Mexican-influenced dips and salsas, and 50+ flavors of sorbet, also known as Italian ice or water ice, that we call beach ice,” he said.

Visit Scott Strickland's booth at the Scripps Ranch Farmer's Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

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# AFJROTC cadets earn prestigious scholarships

By Jill Alexander

While some high school seniors aren't sure what their futures hold, a couple of cadets who are in the Air Force Junior Reserve Officer Training (AFJROTC) Corps CA-935th unit at Scripps Ranch High School (SRHS) certainly know.

Cadets Xavier Rico, 18, and Joshua Yang, 17, were recently selected to receive the prestigious J-100 scholarship which is awarded to only 100 cadets in the entire nation. This scholarship includes four years of 100 percent paid tuition at any university, a \$10,000 per year allowance for housing and an annual stipend.

"There are a total of 180 cadets in the unit with nine senior staff members in charge of all of them," said Keshav Srinivasan, the SRHS AFJROTC CA-935th public affairs commander and senior team leader.

**Xavier Rico**

Senior Cadet Rico is the deputy commander and second-in-command of the entire unit and senior staff in



Xavier Rico (left) and Joshua Yang (courtesy photo)

AFJROTC at SRHS.

"Me and Josh have similar stories," Rico said. "Ever since I was young, I wanted to pursue a military career but didn't know about Junior ROTC until my dad introduced me to it and said to try it out. I selected this specific program because it's a nationally renowned institution."

Rico added that at the time of joining four years ago, he didn't know what service he wanted to be part

of but learned a lot about the U.S. Air Force.

"I learned that it has a lot of great opportunities like the Chief of Staff Flight Academy Scholarship that made me want to pursue a career in the Air Force and pursue a mechanical engineering job or a pilot's job," he said.

Rico's top choices for colleges include the Air Force Academy where he would pursue his career as an officer; or Purdue University which is known for its engi-

neering program.

As for after college he is "debating on serving all 20 years until retirement or just going for four years via the scholarship and then becoming an engineer."

**Joshua Yang**

Cadet Yang is the mission support commander and is in charge of the unit's finance, scholarship opportunities, and unit safety and security in AFJROTC at SRHS.

"I joined the ROTC with no intention of joining the military four years ago but every year in it, I got more and more interested in joining the military. Every Monday we have guest speakers from all the military branches and our school is in an Air Force ROTC so, from then I knew I wanted to join the Air Force," he said.

After graduation, Yang's top choice for college, if accepted, is to attend UCLA because it offers "a great ROTC program and is renowned for it."

He hopes to become an engineer at UCLA and is "all set to go into the military, especially the Air Force."

"I have heard good things at church and from people around me about it like the living conditions are nice and there are lots of opportunities to develop leadership skills," Yang said. "My parents are also excited for me and very supportive."

To even be nominated to apply, the cadets were required to meet the following criteria: have at least a 3.0 unweighted GPA, a minimum of 22 on the ACT or 1,100 on the SAT, a 50 on the Air Force Physical Fitness Test, and two years of AFJROTC leadership experience.

Yang passed the fitness test with a score of 82 while

See **AFJROTC**, Page 15



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# Falcon Playhouse prepares for musical 'Anastasia'

By Patricia Overton

**S**cripps Ranch High School's (SRHS) Falcon Playhouse will present "Anastasia" the musical March 16-25. The play was written by American playwright and five-time Tony Award winner Terrence McNally, with music by Stephen Flaherty and lyrics by Lynne Ahrens.

Inspired by the first 20th Century Fox animated feature, Falcon Playhouse will take its audience on a mysterious and fantastical tale about a girl named Anya, who might just be the surviving daughter of Czar Nicholas of Russia.

Follow Anya as she travels by train to Paris, hoping to remember her past and possibly discover so much more. This musical will take the audience on a journey to various places while Anya voyages through two countries. The show will also have gorgeous costumes and royal ball gowns fit for a grand Russian dance.

Anya, who will be played by Mika'la Chiaco, is an orphan girl who suffers from amnesia and is forced to become a street sweeper in order to survive. Along the way,



SRHS Falcon Playhouse student actors rehearse for the upcoming production of "Anastasia." (courtesy photo)

she meets two friends, Dmitry and Vlad, who help her on her journey. Dmitry will be played by Demian Deonarine, while Noah Valdez will be playing the role of Vlad.

"Anastasia" will be the second show of the season, and the entire production is being designed by the students. To help bring this show to life, there will be a cast and crew of more than 80 students working hard to prepare for opening night.

SRHS theater director Patrick Garcia described the set design.

"In past shows, the set design is usually something that I create and get input on, and this time it's completely student-designed. In fact, the entire thing is student designed for 'Anas-

tasia," he said. "I have one student, Michael Chen, who is in my technical theater class 3-4, and he's showing an apt for wanting to design. I also have a young lady named Jay Butcher who is working with him, and she does a lot of the colors and visualization of what it looks like finished. So, between the two of them, they are designing the set for the show and then they work with me as the director, and we collaborate together."

The musical production poster was also created by an SRHS student, Nathaniel Fera.

The students are meeting twice a week with vocal director Marielena Teng, who has been helping them prepare their voices for the musical.

"The music for this one is

really pretty and will have a three-part and sometimes four-part harmony," said Ashley Abert, Falcon Playhouse publicist.

The students may gain more recognition for their hard work and talent.

"We are considering submitting this musical for the Broadway San Diego Awards this year, to try and see if we can get some of our students selected to be part of the awards," Garcia said. "We've had a pretty good history with it in the past."

Scripps Ranch elementary and middle school students will also get the opportunity to watch the performance.

See 'ANASTASIA,' Page 16

## AFJROTC

Continued from Page 14

Rico passed with a score of 92.

On top of the standard scholarship application requirements, essays and score updates, cadets had to pass the Air Force fitness test and submit multiple letters of recommendation. Both cadets passed the initial selection rounds and were also interviewed in front of a board of active-duty airmen from headquarters to reach the final selection phase.

To date, both have been accepted into the Air Force Academy and Yang has additionally been accepted to Embry-Riddle Aeronautical University, but the scholarship applies to any university they choose. The exact number of applicants is unknown, but there are 134 units worldwide that nominate cadets to apply for the scholarship.

"Greatness will only come if you truly believe in yourself and your abilities in achieving that goal," said Ferdinand Toledo, MSgt, USAF (ret.), Aerospace Science instructor at SRHS, in describing these prestigious scholarships earned by these two cadets.

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## Old Pros open 2023 scholarships

The Scripps Ranch Old Pros, an athletic and community minded social organization, annually provides up to \$20,000 in scholarships to high school seniors. The group raises funds through its annual Fourth of July Run & Bike Ride event. To apply for the scholarship, the male or female student must live within the 92131 area code, must have played sports during their high school years, be a graduating high school senior, and achieved at least a 2.5 GPA. For more information and access to the scholarship application, the student can go to [srop.org](http://srop.org) and click the Scholarship button. The application deadline is April 16.



Don Robinson of the Scripps Ranch Old Pros congratulates MacKenzie Cain on receiving a scholarship. Graduating senior high school athletes residing in Scripps Ranch may apply for scholarships from the Old Pros. (courtesy of SR Old Pros)

### 'ANASTASIA'

Continued from Page 15

"Some students from two elementary and one middle school from the Scripps Ranch cluster will be coming: Dingenman, Jerabek, and Marshall Middle School. In addition, during our student preview, our understudies will be performing, so we're going to open it for the parents of those understudies to come see the show," Garcia said.

This romantic and adven-

ture-filled show will be running March 16-25. Tickets are available on the Falcon Playhouse website: [bit.ly/3jKGDOx](http://bit.ly/3jKGDOx).

Later this year, SRHS will host the Improv Fest in which district-wide high school improv teams will be participating on May 6.

"Improv Fest is a district-wide event that kind of disappeared, and so we wanted to try to bring that back with the support of the San Diego Unified Visual Arts Depart-

ment. Anyone can come and watch, but seating is limited," Garcia said.

The Falcon Playhouse will also be preparing for one last show this school year, "Our Town," which will be held in the SRHS Black Box theater on May 24-26.

For more information on events, visit the Falcon Playhouse social media at Instagram: [srhsfalconplayhouse](https://www.instagram.com/srhsfalconplayhouse), Twitter: [falconplayhouse](https://www.twitter.com/falconplayhouse), TikTok: [@falconplayhouse](https://www.tiktok.com/@falconplayhouse), [www.falconplayhouse.com](http://www.falconplayhouse.com).



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# Xander competes at Farmers Insurance Open

**S**an Diegan Xander Schauffele, who formerly played on the Scripps Ranch High School golf team, competed in the 2023 Farmers Insurance Open PGA golf tournament at Torrey Pines Golf Course Jan. 25-28. Schauffele finished tied in 13th place. Here are excerpts from his pre-tournament interview with members of the press.

**Q.** How's it fit your eye, this golf course, in the past?

**XANDER:** I naturally draw the ball for the most matter. I'm really happy when I can fade it. I just enjoy playing it, I enjoy the challenge. It's so hard. Like I said, you get pretty anxious on some of those tees. You hit it in the rough on like seven holes in a row and you're two over par. You're like I'm doing all right. Then you hit it on every fairway, you hit it on every green and you miss every putt; that can also happen. It's just one of those weeks you've just got to wear it out mentally and be better than everyone else mentally.

**Q.** Talk about how special it is getting to play in your hometown course, playing in front of your friends and family ...

**XANDER:** Home games are tricky, trickier because you are in front of fans. As I get older, as I come here more often, I start to feel more comfortable. Sleeping in your own bed is amazing. It's kind of a thing us pros cherish a lot. If you've been on the road you get deja vu looking at the same hotels and areas and fast food joints and things of that nature. So, just being in a familiar place, seeing familiar faces just really hits home and I think that's why everyone always enjoys being at home.

**Q.** Do you have any favorite memories that stick out to you from this course?

**XANDER:** I just remember coming out, leaving high school early to come out and play matches at 3 p.m., rushing to finish nine holes. It was from the white tees, the rough was down, greens were usually punched, so wasn't the same experience or monster that it is right now.

Just feeling really lucky, just like a true San Diego kid just leaving school early to go play golf. If it's not



Xander Schauffele at the 2023 Farmers Insurance Open. (photo by Jim Wick)

surfing, you're golfing or doing something outdoors. That's kind of awesome.

**Q.** Does being back home put you more at ease to do well here or are there some distractions you might describe being back home that maybe make things more challenging?

**XANDER:** I think as I've gotten older it's gotten better. ... I always want to play well in front of everybody. ... I think I'm a little more at ease.



Xander Schauffele focuses on a shot while competing in the 2023 Farmers Insurance Open PGA golf tournament at Torrey Pines Golf Course. (photo by Jim Wick)



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**HIGHLY SUCCESSFUL SEASON:** SRHS junior Abbey Leader looks to pass against Olympian High during a 10-3 CIF-SD quarterfinal victory on Feb. 10. The win allowed SRHS to advance to the semifinals where the team lost 10-8 to Academy of Our Lady of Peace on Feb. 13 – ending an extremely successful season. (photo by Jim Wick)

## ON TO POSTSEASON PLAY

Several winter sports teams at Scripps Ranch High (SRHS) finished successful regular season play to advance to CIF-San Diego post season competition. The SRHS womens basketball team (not pictured) was set to play La Jolla Country Day on Feb. 18 in the CIF-SD Open Division bracket (beyond press time). Other teams are represented on this page and in this sports section.



**ON THE FLY:** SRHS sophomore Tommy Fraser rushes the puck during a victory against Escondido Charter High on Feb. 6. The team just finished another winning regular season and is headed to playoff action. (photo by Jim Wick)



**TAKING CONTROL:** SRHS senior Noelle Mingo pushes the ball up the field during a 2-3 loss against Patrick Henry High on Feb. 10. This was the last game of the season for the SRHS womens team. (photo by Jim Wick)



**LAYUP:** SRHS senior Micah Brickner goes high for a layup against Coronado High School during a 59-58 victory on Jan. 20. SRHS defeated Christian High 70-43 on Feb. 14 in the first round of the CIF-SDS Division 2 Championships and was set to play Rancho Bernardo on Feb. 17 at press time. (photo by Jim Wick)



**PERFECT HEADER:** SRHS senior Henry Van Duren executes a header against San Diego High during a 0-3 loss on Feb. 9. The SRHS mens soccer team was scheduled to play Oceanside High on Feb. 15 in the first round of the CIF-SD Division 2 Championships at press time. (photo by Jim Wick)



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# SRHS wrestlers compete at CIF

By Hector Trujillo

What started out as a rebuilding season after losing five seniors last year has turned out to be one of the most successful seasons in many years for the Scripps Ranch High School wrestling team.

The San Diego Section Boys CIF D2 tournament was held on Feb. 11, with Scripps Ranch taking 10 male wrestlers to compete with the goal of qualifying for the San Diego Section Masters tournament the following week. The SRHS male wrestlers who qualified were Elisha Hosseini, Garrett Elliott, Jack Hamilton, Dane Walkowiak, Hendrix Lynn and Ryan Stadtherr. The San Diego Masters tournament was held at Mission Hills High School on Feb. 18 and 19 (beyond press time).

*‘To witness the growth of the entire wrestling team has been nothing short of amazing.’*

—John Kreitzer



Kayla Lincoln (right) represented the SRHS Falcons in the women's Masters Tournament. This photo is from her match against University High on Jan. 18. (photo by Jim Wick)

third in the San Diego City Conference.

Another Falcons mens wrestler with noteworthy efforts this year was sophomore Grant Hancock. Hancock ended up in fourth place at the San Diego City Conference Championship.

Three freshmen – Micah Kollmeyer, Dane Walkowiak, and late transfer to SRHS Elisha Hosseini – all medaled in every tournament they entered this season. The three finished fourth, third and also third, respectively, at the San Diego City Conference Varsity Championship tournament.

“To witness the growth of

the entire wrestling team has been nothing short of amazing,” Kreitzer said. “These student-athletes have endured grueling practices and competitions, and improved every day by leaps and bounds. They are tenacious and motivated, always wanting to work harder than their opponents, and the results have reflected great credit upon themselves, their team, their families, Scripps Ranch High School and the entire Scripps Ranch community.”

Out of the 36 currently active wrestlers, 26 are sophomores or freshmen, so the future remains bright for the program for the coming years.

SRHS women wrestlers also competed in the Masters tournament on Feb. 18. The women were led once again by two-time Masters qualifier junior Kayla Lincoln, who finished third in the Conference and second at the San Diego Section D1 CIF tournament. Lincoln was joined at Masters this year by freshman Ava Fodera, who finished first in the City Conference and third in the CIF D1 Championship Tournament. SRHS also had an alternate to Masters in freshman Khyla Adams, finishing in sixth place at the CIF D1 tournament.

“Womens wrestling is growing in San Diego and the Lady Falcon wrestlers are some of the top in the City Conference,” said head coach John Kreitzer.

The mens team finished second in the City Conference Western League and fifth in the San Diego City Conference Tournament led by sophomore Jack Hamilton. Hamilton ended up as Western League Champion and led the way with three first place tournament placings which included his performance in the San Diego City Conference Championships. Senior Garrett Elliott also had an outstanding regular season, finishing

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**INSIDE LOOK:** SeaWorld San Diego hosted its Inside Look special event on Jan. 14-16. It gave visitors an opportunity to go behind the scenes at SeaWorld's animal care facilities, come face to face with rescued animals and learn from conservation ambassadors. Visit [seaworld.com/san-diego](http://seaworld.com/san-diego). (photos by Lisa Shadburn)



**OCEANS AT NIGHT:** Birch Aquarium launched its Oceans at Night after hours 21+ experience. This new monthly event allows adults to learn about different ocean phenomena at night including bioluminescence and biofluorescence. It includes music, games and nighttime dives. Cocktails and snacks are available for purchase. (photo by John Gregory)



**FIESTA DE LA POSADA:** The San Diego Pro Arte Voices staged Dave Brubek's "Fiesta de la Posada" at St. Matthews Church in National City on Dec. 18 and 20. The event featured members of the San Diego Children's Choir, Mariachi Victoria and the SD Pro Arte Voices Alma Chorus. (photo by Lisa Shadburn)

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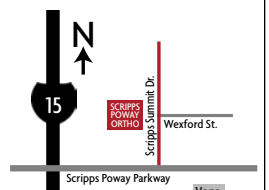
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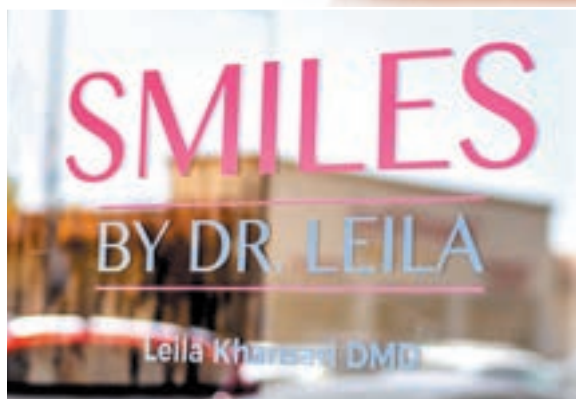
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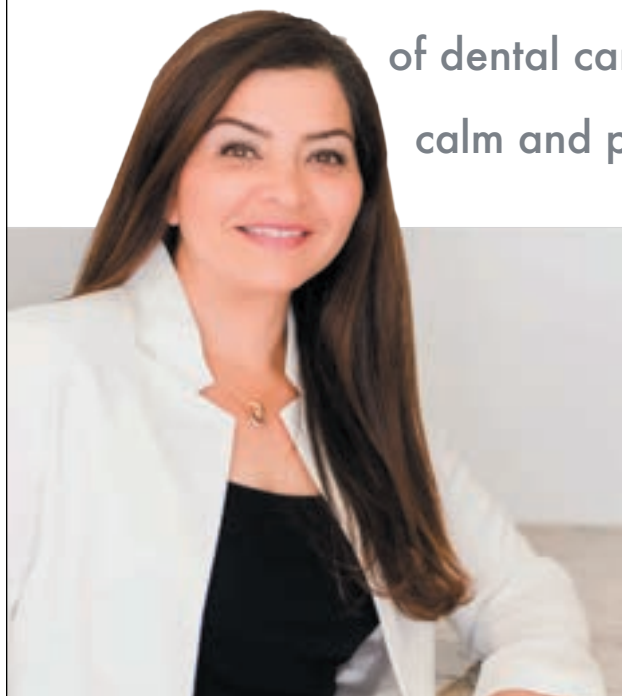


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# UPCOMING EVENTS

FEBRUARY 25



(courtesy of SeaWorld)

## Mardi Gras at SeaWorld

SeaWorld San Diego is bringing back New Orleans flare, food and festivities with the return of Mardi Gras. The excitement of

Mardi Gras comes to life with a party vibe full of live music and performances including a New Orleans jazz band, Mardi Gras processional, Louisiana-inspired laser show, plus multiple performers, colorful costumes and festive decor. The event runs this through Feb. 26, plus select dates. Visit [SeaWorldSan-Diego.com](http://SeaWorldSan-Diego.com).

## Walk for Animals

The San Diego Humane Society is holding a Walk for Animals fundraiser in Kit Carson Park, Escondido. Connect with other animal lovers and enjoy festivi-

ties including a pancake breakfast, dog activities, pet-friendly vendors and more – all while making a life-changing difference for animals in need. Sign up today to walk and fundraise on behalf of the animals: [bit.ly/3Yujj6K](http://bit.ly/3Yujj6K).

MARCH 1



## Flower Fields open

Mother Nature has transformed the rolling hills of North San Diego County into one of the country's most spectacular and coordinated displays of natural color and beauty. The 55 acres of giant Tecolote ranunculus, a flower renowned for its large, double-petaled blooms that sit atop tall, straight stems, comes to life again at The Flower Fields in Carlsbad, beginning March 1. The Flower Fields at Carlsbad Ranch are located at 5704 Paseo Del Norte, Carlsbad.

## San Diego Theatre Month

For the eighth year in a row, dozens of San Diego performing arts organizations will offer value-priced tickets throughout the County. For Theatre Month 2023, all tickets will be offered at discounted rates of \$15, \$30 or \$45. These seats are the best in the house as of the night of the event. The goal is to simplify ticket purchasing for all participating events by using one website [www.sandiegotheatremonth.com](http://www.sandiegotheatremonth.com). For questions, contact [artstix@sdpal.com](mailto:artstix@sdpal.com) or call (619) 234-ARTS.

MARCH 3

**'How I Became a Pirate'**  
San Diego Junior Theatre



(photo by Ken Jacques)

continues its 75th Anniversary Season with the musical adventure "How I Became A Pirate." Sail off on a fantastical musical excursion when a band of comical pirates lands at North Beach looking for an expert digger to join their crew. Braid Beard and his mates enlist young Jeremy Jacob as they look for the perfect spot to bury their treasure. "How I Became A Pirate" will run Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. March 3-19. Junior Theatre productions are performed in Balboa Park's historic Casa del Prado Theatre. Tickets can be booked by calling the box office at (619) 239-8355.

MARCH 14



## Men's 60 & Over Softball

The fourth season of the Scripps Ranch Old Pros 60 and Over Softball is set to begin play on Tuesday, March 14, at Sycamore Canyon Park (in Stonebridge). The league will consist of four teams with 14 players per team. Games will be played every Tuesday from 1:30 to 3 p.m. from March 14 through June 13. The emphasis is on having fun, enjoying comradery, and avoiding injury! The rules are tailored for senior softball players.

MARCH 17

## 'The XIXth'

The Old Globe announces the premiere of "The XIXth" ("The Nineteenth"), written by Golden Globe Award winner Kemp Powers and directed by NAACP Award winner Carl Cofield. Mexico City, 1968: Two Black American sprinters, the fastest men on earth, raise their fists in protest. Inspired by real events from the historic 19th Olympic Games, this suspenseful world-premiere play chronicles the intersection of sports and activism, and shows the life-changing repercussions of being a champion who chooses to speak out. Performances begin March 17, with the opening on Thursday, March 23 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe's Conrad Prebys Theatre Center in San Diego's Balboa Park. Tickets are now on sale at [TheOldGlobe.org](http://TheOldGlobe.org).

MARCH 19

## Poway Symphony Orchestra

The Poway Symphony Orchestra will hold its first concert of 2023 on Sunday, March 19, 4 p.m. at the Poway Center for Performing Arts. It will offer a program of all American music with a special appearance by the Chestnut Brass Company. "American Extravaganza" will feature "Five of a Kind for Brass Quintet and Orchestra," an upbeat piece composed by Peter Schick-ele, renowned composer and parodist. Purchase tickets at [powaycenter.com](http://powaycenter.com)

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