



Amanda Abbott holds a pair of puppies she is fostering as a volunteer for California Labradors, Retrievers & More. (photo by Lila Abbott)

## A SECOND CHANCE

By Terry L. Wilson

Abandoned canine moms and pups get a second chance at life with a little help from two Scripps Ranch residents: Amanda Abbott and Janice Corbett.

"About two years ago, my family started volunteering

for California Labradors, Retrievers & More. They are an awesome rescue group because they focus on pregnant dogs and puppy litters," Abbott said. "We had adopted our two dogs from Labs & More when they were puppies, and because I'm working from

See **SECOND CHANCE**, Page 7

## Weston heads to the Olympics

By Ashley Shah

Stephanie Weston, a local massage therapist who works at Fitness Quest 10 gym, is traveling with Team USA for the Summer Olympic Games.

Weston has been working for Team USA since 2019.

"I had seen a listing for a sports massage therapist position for the Olympic training center in Chula Vista in 2018. I just kind of had applied, just to see, but then I heard back from them, and I went in for an interview. I got the job in late 2018, and started in January of 2019," Weston said.

Prior to the coronavirus pandemic, Weston worked mainly with the track and field team as well as the men's and women's rugby teams. She also worked with swimmers, rowers and the archery team.

"Before COVID, I was only going in a couple of days a week, but when COVID hit, they really scaled back, and I haven't been back regularly since," Weston said.

Occasionally, Weston has gone to the center to work with the rugby teams.

On July 17, Weston left for Tokyo where she will be staying in the athletes' village for about three weeks.

"I know that the games will be different because of the pandemic, but I have seen a lot of communication



Stephanie Weston travelled to Tokyo to work with Team USA during the Summer Olympic Games. (photo courtesy of Stephanie Weston).

on how to get the games done safely, so I'm super excited to go," she said. "I am just going to be available for anyone from Team USA that needs help."

Weston has been working in massage therapy for more than 10 years now.

"I had always had an interest in health. I grew up playing sports, mainly soc-

cer, and I had considered many things like being a chiropractor or going into acupuncture. I thought massage therapy would be a good way to get my foot in the door," Weston said.

In 2011, Weston pursued her interest by attending the National Holistic Institute in Los Angeles.

See **OLYMPICS**, Page 12

## Scripps Ranch Theatre survives the pandemic

By Ashley Shah

Scripps Ranch Theatre (SRT) is in the process of reopening after the pandemic.

The theatre was just about to open for a show when COVID hit in March of 2020, and it had to shut down.

"We got lucky in the sense that we are located on Alliant's (University) property, and they had to shut down as well. We didn't have to pay rent through COVID," Art Director Jill Drexler said.

Through COVID, the theatre offered a couple of virtual shows. It also partnered with Oceanside Theatre Company on some productions.

Previously, the theatre was looking for a new space; however, for now it remains on Alliant's campus.

"We kind of are always just looking for a new space, but a lot of our patrons want us to stay in Scripps Ranch. Plus, the cost of making a functional theatre is a lot. We are actually hoping to maybe expand on Alliant's

campus," Drexler said.

Currently, Scripps Ranch Theatre is waiting to get back onto Alliant's campus.

"When we are able to get back on the property, we are planning to upgrade and clean up the space," Drexler said.

The first event after the shutdown will be Dec. 4 and 5.

"We are going to have artists performing their stories, songs and poems. It is a celebratory event, so anyone is welcome to come.

See **SR THEATRE**, Page 9



Scripps Ranch Theatre will return with more productions during a new season in 2022. Seen above are actors performing in "The Heir Apparent" from the 2015-16 season. (courtesy of Scripps Ranch Theatre)





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The Rotary Club of Poway-Scripps is planning a big event for Sept. 11: Palomar Health Presents the 2021 Poway Rotary Parade. (photo by John Gregory)

## Rotary plans Poway parade

What do you call an event that sees people lined up along the sidewalks to watch marching bands, horses, floats, cool cars and dignitaries make their way from one end of a street to the other?

That describes a parade, and last year was the first year in Poway’s history since the inception of the town’s annual parade that one wasn’t held. Now that most COVID-19 restrictions have

been lifted, the Rotary Club of Poway-Scripps announced that the Palomar Health Presents the 2021 Poway Rotary Parade is scheduled for Sept. 11.

The club is again working with Palomar Health as the parade’s title sponsor. This year’s theme is “Community of Heroes” and the many grand marshals will include first responders, essential and frontline workers. The parade will follow recom-

See **POWAY PARADE**, Page 4

# W&P

## Introducing a new section

Since you are reading this edition of *Scripps Ranch News*, you have probably discovered a second newspaper section. This is *San Diego Words & Pictures*, our newest project.

*Words & Pictures* is a highly visual newspaper that brings local readers unique content from areas beyond Scripps Ranch. It’s a great service because the view of local readers reaches far beyond the confines of the 92131 area.

Content includes photo essays and articles about unique subjects, places, hidden gems, mystery spots and urban legends throughout the San Diego region. *Words & Pictures* tells the story about San Diego residents, up-and-coming stars and established icons. In addition, it includes some of the great activities and events available in San Diego.

Furthermore, *Words & Pictures* is also distributed to high traffic businesses for shoppers in Poway, Rancho Bernardo, Rancho Penasquitos, Mira Mesa and Sabre Springs. This makes it ideal for advertisers who want to attract new customers from surrounding communities.

We hope you enjoy this new publication.

John and Jaqueline Gregory  
Publishers



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.

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# Housing project cancelled at Park & Ride site

By Colleen McNatt

A proposed 60-unit residential complex for veterans and seniors experiencing homelessness designated last year for a city-owned Park and Ride lot in northwest Scripps Ranch, 12016 Scripps Highlands Drive, was cancelled last month, ending a long process and resulting in approximately \$50,000 in legal costs for the owners of Yanni's Bar & Grill.

Yanni and Denise Pihas, owners of Yanni's Bar & Grille, have owned restaurants for 19 years, with seven of those at the 12015 Scripps Highlands Drive location. The restaurant has 19 dedicated parking spaces for patrons and shares overflow parking after 4 p.m. with the 1.42-acre Park and Ride site—opening up an additional 120 spots. When the couple purchased the property, a stipulation was granted through a declaration of covenants, conditions and restrictions stating customers of Yanni's Bar & Grill could utilize the Park and Ride area.

If built, the permanent supportive housing (PSH) complex at the Park and Ride site would have satisfied the City of San Diego's mandate to offer solutions in combatting homelessness in each city council district. The community of Scripps Ranch is located within the city's District 5. To address chronic homelessness, the PSH model helps individuals by removing time limits on their length of stay and provides additional wrap-around services, including



This city-owned Park and Ride lot at 12016 Scripps Highlands Drive is no longer destined for permanent supportive housing units and can still be used by customers of nearby Yanni's Bar & Grill after 4 p.m. each day. (photo by John Gregory)

on-site case management.

The City Council conditionally awarded San Diego Community Housing Corporation (SDCHC) a bid to develop the Park and Ride location with a target opening

in January 2024. Critics of the proposed housing development pointed out the lack of public transportation, employment opportunities and other factors to contribute to a successful PSH

community model.

"Our only (request) was to create parking spaces," Denise Pihas said of the proposed housing project.

The restaurant is part of See **HOUSING PROJECT**, Page 4

SCRIPPS  
RANCH

NEWS

## Blood Drive set for July 28

The Rotary Club of Poway-Scripps blood drive is right around the corner. Join them in saving lives in the community. There is no substitute for blood and no substitute for your generosity.

The Rotary Club of Poway-Scripps will hold a blood drive on July 28 from 9 a.m. to 2:30 p.m. in the Vons parking lot, 10675 Scripps Poway Parkway.

Schedule your appointment here: [mysddb.org/donor/schedules/drive\\_schedule/70078](https://mysddb.org/donor/schedules/drive_schedule/70078).

### Blood donor requirements:

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- Appointments are strongly encouraged.

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# You can make a difference if you get prepared now!

## By Scripps Ranch Fire Safe Council

California's wildfire problem this year affects all of us in a variety of destructive ways, and should be a wakeup call for everyone regardless of where they live.

It cannot and should not be ignored.

Since last year, we have had an ever-growing dismal snowpack, continued minimal rainfall and new record high temperatures with volatile fuels surrounding us.

If you own property, you have a legal obligation to take preventive actions in order to make your property wildfire safe.

If you are a landlord, you bear the same responsibility.

If you are a renter, you have a vested interest in protecting your neighborhood.

Fire response agencies are committed to protecting us from harm as they respond to and suppress fire activity, but are limited in scope and need the public's support.

Learn about how you can be part of the solution by visiting [cafiresafecouncil.org](http://cafiresafecouncil.org).

Watch for more information on our golf tournament fundraiser to be held Oct. 23: [srfiresafecouncil@gmail.com](mailto:srfiresafecouncil@gmail.com), [srfiresafe.org](http://srfiresafe.org), (858) 201-3711.



The ever-present wildfire risk is a danger that cannot be ignored.

## Scripps Ranch Fire Safe Council

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Be part of the wildfire prevention solution by visiting: [cafiresafecouncil.org](http://cafiresafecouncil.org)

## POWAY PARADE

Continued from Page 2

mended guidelines for gathering.

Local Rotarians have begun the task of fundraising and have identified sponsorship and donor opportunities to help underwrite the costs of the parade. Committing to being a sponsor or donor has the added benefit of showcasing support of this old-fashioned community event.

Costs associated with the parade include permits, sanitation, reimbursing high school bands for their transportation costs, printing, trophies, coordination fees, the P.A. system and advertising. Additional parade details along with sponsorship packages can be viewed at [powayrotary-parade.org](http://powayrotary-parade.org).

The parade start time is scheduled for 9 a.m. on Saturday, Sept. 11, and more than 100 entrants are expected.

The Rotary Club of Poway-Scripps has hosted the parade since 2013.

"We jumped in when the community was at risk of losing the parade and discovered we love presenting it," said Pauline Getz, Rotary Club Poway-

Scripps member.

"It's a truly wonderful, good old-fashioned parade," she said. "Besides delighting the more than 10,000 (spectators) it attracts, the parade serves as the club's largest annual fundraiser to generate money for community service projects after the considerable parade expenses are satisfied."

*Rotary is a leadership organization of local business, professional and civic leaders. The Rotary Club of Poway-Scripps meets most Wednesdays at 11:30 a.m. at Filippi's Pizza Grotto, 9969 Mira Mesa Blvd. Visit [powayscrippsrotary.org](http://powayscrippsrotary.org).*

## HOUSING PROJECT

Continued from Page 3

the Scripps Gateway Freeway Center, which includes other businesses, including two hotels. Without the additional parking, the couple's restaurant was in jeopardy, Denise Pihás said.

Then the pandemic struck. Before the COVID-19 shutdown, Yanni's Bar & Grill employed 50 people. Today, the owners are actively hiring, with 38 employees on staff.

"Yanni's customers took up the cause," Pihás said, explaining that patrons made phone calls and sent emails to city officials asking for intervention with the proposed affordable housing project.

Customers even added extra tip amounts on their bill and would say, "add it to the legal fund," Pihás said.

Momentum on the discussion regarding the project at the Park and Ride picked up in 2021 as the new city administration, under Mayor Todd Gloria, and as new District 5 Councilmember Marni von Wilpert assumed office. According to Councilmember von Wilpert's office, a working group was convened with the project's developer, community members, business owners and other stakeholders in an attempt to resolve the issues. With no agreement reached, the contract was cancelled.

Scripps Ranch has no alternative location for permanent supportive housing at this time. Councilmember von Wilpert recently voted to approve the 536-unit Junipers project, located in Rancho Penasquitos, which will offer 81 low-income units for people ages 55 and up. The city's estimated cost to solve the housing crisis and reach permanent housing solutions is approximately \$1.9 billion over the next 10 years.



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# DAR organization honors Vietnam veterans

By Ashley Shah

The Daughters of the American Revolution (DAR), founded in 1890, is an organization that strives to support patriotism and veterans.

The organization has more than 1,750 chapters across the United States. The San Diego chapter, which includes the Scripps Ranch area, was founded in 1910 and has more than 200 members.

Alongside the other chapters across the nation, the San Diego chapter is currently honoring Vietnam War veterans.

“Because the 50th anniversary of the Vietnam War ending is coming up in 2025, we wanted to honor the veterans who served in that war. We want those veterans to know that while they might not have come home to a warm welcome back then, their service does matter,” said DAR member Brook Logan, a Scripps Ranch resident.

The organization is honoring veterans by handing them a certificate that reads, “The Daughters of the



Vietnam War veteran Bruce Browne accepts a certificate from Brook Logan. (photo courtesy of Brook Logan)

American Revolution is recognizing you in your service during the Vietnam War.”

“I’ve lived in Scripps Ranch for about 23 years and my mailman, Bruce Browne, who is well-known in the community, served in the Vietnam War,” Logan said.

“When I heard that we were honoring veterans, Bruce is

the first person I thought of. I was able to get him a certificate and it was nice to see him recognized. He said he was going to frame it.”

The DAR program Honoring the Vietnam veterans will continue until 2025.

“We are honoring veterans by word of mouth. So far we have been able to honor

four veterans in the San Diego area,” Logan said.

The organization does other acts of service for veterans and those on active duty. In the past, DAR members have made care packages for active duty military, helped out at the Veterans Village, raised funds for veterans in need of motorized vehicles and placed wreaths on the tombstones of veterans.

Not only do they support veterans and those on active duty, but they strive to educate the youth. They hold essay writing contests for grades 5-8 to encourage students to look into U.S. history and learn. Winners of these contests from each grade level receive a medal, recognition and a scholarship.

As of now, the San Diego chapter is mainly focusing on honoring veterans; however, members are planning their DAR day of service in October. The DAR day of service is to celebrate the day the organization was founded on Oct. 11.

“Last year, we had a very successful food drive and are now planning for this year’s project,” Logan said.

To join the DAR, a woman must have some direct family lineage to someone who fought for U.S. independence or supported the effort during the American Revolution.

“I was really lucky in the sense that I was looking into my family tree and saw that I had someone who fought in the American Revolution. I was able to join after providing the necessary certificates of birth, marriage, and death,” Logan said. “We are a service organization of like-minded women who just want to help others out and who also have an appreciation for our history,” Logan said.

The organization meets once a month from September to June at the Admiral Baker Clubhouse. Throughout COVID, meetings were held via Zoom.

“In our meetings, we bring in speakers to talk and educate us on significant events that happened in history. We learn about forgotten history,” Logan said.

For more information about the San Diego chapter, visit [sandiego.californiadar.org/index.php/about-dar](http://sandiego.californiadar.org/index.php/about-dar).

## Peridot. The birthstone of August.



### COLOR

The best colors of peridot generally have about 10 to 15 percent of iron. Darker shades of green are more expensive than lighter shades but this is a matter of preference.

### LIGHTING

Unlike red and blue gems, peridot is not dependent on light. It generally shines and looks good under all lights, even after the sun goes down. The color of the stones does not darken.

### CLARITY

The industry standard calls only for “eye clean” clarity for peridot. Most peridot will have some small inclusions or flaws, and they often have a velvety quality.

### CUT

The number of cuts and shapes of peridot is limitless. A jeweler can be as creative as they want when working with this stone.

### SIZE

Peridot is common in sizes of 10 carats or more. The larger peridot stones come from Pakistan and China.



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# Author and columnist once lived in Scripps Ranch

By Kaila Mellos

**J**ennifer Bardsley is a former resident of Scripps Ranch who now lives in Edmonds, Washington, where she is a columnist at *The Everett Daily Herald* newspaper and an author of a newly published book.

Bardsley moved to Scripps Ranch right around the time that Scripps Ranch High School (SRHS) initially opened in 1993.

"I was in the first sophomore class, so it was an exciting time because the school wasn't all the way finished being built, but they opened classes anyway," she said.

Once she graduated from SRHS, she attended Stanford University and eventually moved to Washington state.

"I just didn't come back because I met my husband, and he was from Washington," Bardsley said. "We ended up moving to Washington, and I've written a column for *The Everett Herald* for nine years."

She is now the writer of the "I Brake for Moms" column in the paper, which

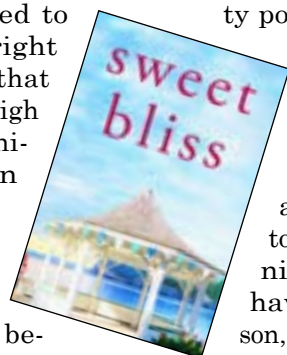
focuses on what it's like to be a mother in her community. She enjoys writing about the things not covered by the more prominent newspapers, like the *Seattle Times*.

"So, that's what I try to focus on: What is it like being a mom in my area?" Bardsley said. "The community pool is a huge thing

here, and they're usually indoors because it's too cold to swim in the winter. So, I write about what it's like to go to the community pool when you have a four-year-old son, and then you have to bring them into the women's restroom with you, and everyone's in the group shower. And like, what do you do? Writing about things that matter to parents in my local community – that's the focus of my column."

Bardsley is a proud mother of two children, so this is where she gets her inspiration to write her column.

"When I started, I was talking about car seats and nursing, etc. And now my kids are older. One is 12 and the other 16. So, it's changed and I've been cautious about trying to shield their privacy, too," she said.



Former Scripps Ranch resident Jennifer Bardsley is a newspaper columnist and book author. (photo courtesy of Jennifer Bardsley)

Apart from her column, Bardsley has been writing books. She has had many series, starting with a self-published series under a penname with Scripps Ranch ties.

"I had another book personally published called 'Narcosis Room' under a penname, Louise Cypress. That's a Scripps Ranch reference because I took my middle name, Louise, and the street I grew up on, Cypress Terrace Place, and I came up with that," Bardsley said. "I have a bunch of self-published books under it that are young paranor-

mal vampire-themed. They did well and at one point hit number one on the best-selling teen vampire book (list) on Amazon."

Another series she wrote is now only available in Turkey, and she is constantly tagged on Instagram by fans trying to reach out to her.

"My very first two books were called 'Genesis Girl' and 'Damaged Goods,' and they were young adult sci-fi," Bardsley said. "They were from a small publisher, and those are now out of print in America, but they're still published in Turkey. So, if you go on Instagram,

I keep getting tagged by Turkish readers, and they write reviews and take cool pictures on Instagram."

Bardsley has two brand new books this year. Her first one, "Sweet Bliss," came out July 13. The second, "Good Catch," comes out Oct. 5.

"It's my first series for adults, and it's also my first series from a major publisher, which is Montlake, owned by Amazon publishing," she said.

*Bardsley's books can be purchased through Amazon or through her website JenniferBardsley.com.*

# Outdoor unit transforms backyard into a party

By Tedi Doychinova

After a year of social distancing, Trace McCullough hopes his outdoor cabinet system and bar combo will inspire folks to host get-togethers in their backyards.

McCullough, who grew up in Scripps Ranch, is the founder and CEO of Cabinet Tronix, and made a name for himself over the last 19 years designing high-end hidden TV lift cabinet systems. His latest outdoor unit cleverly gives clients the mobility to enjoy and optimize their outdoor space.

It is suitable for sports fans, outdoor enthusiasts, families, pool owners, and movie lovers.

Cabinet Tronix makes waterproof cabinets out of Brazilian wood. McCullough chose this natural material for its durability. He said it can last 50 to 60 years. To allow for greater customization, customers can select from four different stains for their unit: stainless, natural,



Trace McCullough with wife Anrosela and son Logan. (courtesy of Trace McCullough)

dark gray or dark brown.

To sweeten the deal, Cabinet Tronix offers a 10-year warranty on its lift system. This feature is what allows the TV to be lifted or lowered inside, depending on use.

Different versions offer a built-in fridge, a charging station for electronics, and the option to connect with Bluetooth. There is also a condiment section for appetizers and snacks, a high-end cutting board, an ice bin

that holds up to 50 pounds of ice, and a bottle holder.

The two outdoor models offer similar features with one big difference.

"We swapped out the fridge for extra storage in our second model. Part of me really likes that extra storage. Part of me really likes the fridge," McCullough said.

Another reason that McCullough thinks that his high-end product can enhance any backyard is the "wow effect."

"When kids see it, it's like the *Jetsons*," he said. "They see that the ice is already there, the drinks, the condiments. It looks like a Transformer."

Come August, McCullough will be settling into his new home in Scripps Ranch. He said he and his family look forward to installing an outdoor hidden TV lift cabinet in their backyard and hosting get-togethers.

The decision to move back was an easy one for McCullough who is excited to reconnect with the community.



Cabinet Tronix produces a mobile TV cabinet lift system with a built-in bar and fridge. (courtesy of Cabinet Tronix)

"I always knew I wanted to move back to Scripps Ranch, and reintroduce Logan to where I grew up," said McCullough, who plans

to take his son fishing in the same spot where he learned.

*For more information about Cabinet Tronix, visit cabinet-tronix.com.*



## SECOND CHANCE

Continued from Page 1

home, I have time to foster a dog. I'm on my 11th litter now."

Janice Corbett also adopted a dog through Labs & More during one of the organization's adoption events and, like Abbott, she too decided to become a volunteer doggie mom to a litter of pups.

"For the past three years we've been fostering adult dogs, but during the last couple of years we've been doing primarily puppies," Corbett said.

Volunteers like Abbott and Corbett have specific tasks, akin to a relay team with each foster human prepping the momma dog and her newborns for a limited time until they are ready to meet their next challenge in life.

"We have volunteers that know how to assist in the birth, then, I will pick up the mom and pups," Abbott said. "I wean the dogs for about six-weeks, then the mom will go to another foster for additional care and training.

"That's when the fun begins for me because the puppies now think that I'm their mom. It's continuous attention, lots of cleaning plus playtime and non-stop feeding. The pups will then move on to another foster who will assist them through their adoption process."

This is where Corbett takes over in the process that will eventually lead to forever homes for her four-legged recruits.

"I get the dogs when they are about three to four weeks old and keep them until they're available for adoption," Corbett said. "Our first task is to transition them to moisten kibble dog food, and in no time they're running around in the backyard, jumping and



A litter of puppies need continuous attention, lots of cleaning, playtime and non-stop feeding. (courtesy of Amanda Abbott)



A newborn puppy requires special attention. (courtesy of Amanda Abbott)

playing with my dog and learning how to be a dog from my dog."

Currently Corbett has six wild puppies to wrangle. It's not a job for the faint of heart. Playing with a pack of puppies is great fun until it's time to clean up after them.

"I have six puppies pooping three times a day – times six. Well, you do the math," Corbett said with a laugh. We clean the pen six-times a day, so we are constantly doing puppy maintenance.

"It is a lot of work but

the question I get most often is how can I raise these puppies and get attached to them only to give them away? The answer for me is simple. These dogs are abandoned, they need to be rescued, and they all need homes. I can't give them all a permanent home, but me and the other volunteers understand that if we don't do it – who will?"

If interested in becoming a volunteer or looking to adopt, contact California Labradors, Retrievers & More, visit [labsandmore.org](http://labsandmore.org).

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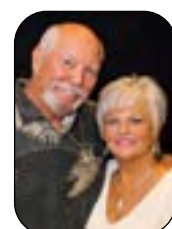
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## Parade makes a glorious return!

A festive crowd enjoyed the 2021 Scripps Ranch Fourth of July Parade after missing the 2020 version. Spectators cheered for the parade participants and seemed happy to celebrate an Independence Day void of the restrictions instituted last year for public health reasons due to the coronavirus pandemic. The event included scouts, businesses, fancy vehicles, sports teams, community organizations, neighborhood groups, churches, pet clubs, local schools, dignitaries, politicians and, of course, plenty of children. The Scripps Ranch Civic Association produced the parade.



San Diego Mayor Todd Gloria greets the crowd.



Photos by John Gregory



The undefeated Scripps Ranch High School varsity girls lacrosse team displayed its new CIF San Diego championship trophy and championship banners. The team won back-to-back championships.



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# Gardeners celebrate their harvests

By Denise Stewart

Lots of produce and blooms are filling local gardens and August will be the time to celebrate the successes of the Scripps-Mesa Garden Club.

Members will gather to share their bounty at the annual Salad Supper. Susan Castellana is organizing the menu that promises to be tasty, healthy and supremely fresh.

The club's July meeting was a tour of Char Fitzgerald's garden. Her unique collection of plants set in her hilltop garden made for a delightful evening.

Currently meeting outdoors, the club will continue to do so as long as the weather and

later sunsets allow. In the fall, members are planning to move back to the local library Community Room for the club's fourth Tuesday of the month meetings. Plans are in the works for speakers and other garden-related events to be held there.

Gardening has become a more popular endeavor during the COVID era. Being out among flowers, growing veggies and taking care of ornamental plants has proven to be a relaxing and satisfying hobby to many. The club is adding to its membership steadily.

*Those interested in learning more about the group may visit scrippsmesagardenclub.com. There are interesting and enlightening articles there, too.*

# Lemonade Stand Contest

The 2021 Scripps Ranch News Lemonade Stand Photo Contest is underway. 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 \$25 worth of treats from Sweet Treats by Jess Bakery!

To enter, email a high res photo of your lemonade stand to info@scrippsranchnews.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 2021. Deadline is Tuesday, Aug. 31, 2021. No charge to enter.

## SR THEATRE

Continued from Page 1

We just want everyone to be happy about coming back," Drexler said.

The organization's usual season runs from September to June. However, due to COVID, the next season will be from January to June 2022.

Opening night of the first show of the new season will be Jan. 14, 2022.

"Usually, we do five weeks per show, but with COVID, we are not exactly sure what to expect, so we are keeping it at three weeks per show for now, but we are willing to extend it to five weeks," Drexler said.

SRT plans three more productions.

The second show will be from Feb. 25 to March 13. The third will run from April 8 to 24. The final show will run May 20 to June 5.

Scripps Ranch Theatre is a non-profit that has been around for more than 40 years.

"We started out as a community theatre, but over the years we became a professional theatre. I believe that we are held in high regard in the San Diego area," Drexler said.

SRT has more than 1,000 season ticket holders.

"It is really nice to have season ticket holders because we don't have to start finding a new audience every time we open for a show," Drexler said. "Season ticket holders get to reserve their spots first. They also can change the time that they are coming for the show, and things like that."

As the theatre is a non-profit, it relies on donors.

"We just could not exist on ticket sales. We do have some generous grants from the city, but we appreciate every donation. You can even say what you want your donation to go toward

and we'll do it," Drexler said.

The organization also holds events in which donors can come for an evening of food and wine and meet some of the staff.

As art director, Drexler is excited to be back.

"COVID was awful. It felt like we could never get out of this, but now it feels like things are possible. It was a huge weight off of our backs. I'm so excited to see us back, and I am so ready to stop staring at my computer screen," Drexler said.

Visit scrippsranctheatre.org.

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# Understanding our food systems

## Ways to lessen your environmental impact

**By Sustainable Scripps Ranch**

Did you know that about one quarter of all greenhouse gases are caused by our world food system? There are a number of factors from raising what we eat, to processing, packaging and shipping.

Deforestation to clear land, which happens quite often, releases large stores of carbon. Also, the higher up on the food chain, the bigger the impact. Meat and dairy account for the biggest percentage. Beef and lamb have the highest footprint/gram of protein; nuts and beans the lowest – almost equivalent to our modes of transportation. This is clearly the reasoning behind limiting the eating of red meat.

According to World Resources Institute analysis, replacing about one third of beef could drop emission by around 13 percent. Although small on an individ-

ual level, it can add up. Of course, changing agricultural practices could also have a significant effect. In general, it takes more land, energy and water to produce a pound of animal protein than a pound of plant protein.

Now there are a number of plant based products on the market mostly imitating beef. But new ones for seafood are making their way into restaurants and markets. It does appear that they, too, have a smaller climate impact. The reason is that it is usually more efficient to grow crops for us to eat than animals. A study has shown that it takes about three pounds of grain to raise one pound of meat. There is also the issue of the creation of methane, a potent greenhouse gas, which comes from cows and sheep. Give “fake meat” a try or look for more sustainably produced meat if you want to



reduce your impact. Dairy products such as milk, yogurt, and soft cheese have a smaller footprint than chicken, eggs, or pork. But, apparently not so for hard cheeses since it takes about 10 pounds of milk to make one pound of cheese.

Although it can be complicated, a better understanding of our food system can help you make better choices for the environment.

This information is adapt-

ed from an article in the *New York Times*.

For more info, check out the following website: <https://css.umich.edu/factsheets/carbon-footprint-factsheet>. Join the Sustainable Scripps Ranch email list: <https://www.scrippsranchnews.org/eblasts>. Webpage: [www.scrippsranchnews.org/ssr](http://www.scrippsranchnews.org/ssr). To volunteer, contact [sustainable-SR@scrippsranchnews.org](mailto:sustainable-SR@scrippsranchnews.org). We encourage your input and ideas.

## Club welcomes back social life

By Denise Stewart

An outdoor evening TGIO celebrated the return to the Scripps Ranch Welcome Club’s traditional social schedule. For many years, club members agreed that TGI meant Thank Goodness It’s a reason to get together. The meaning has been revised to Thank Goodness It’s Over.

***The Welcome Club’s August schedule is alive again with a Coffee Klatch, book clubs, trail walks, Bunco, lunch out and a regular monthly meeting.***

Ghean Maximo hosted the event for the club in her backyard on July 16. The club enjoyed sharing their celebratory beverages and canapes while savoring the company of friends.

The Welcome Club’s August schedule is alive again with a Coffee Klatch, book clubs, trail walks, Bunco, lunch out and a regular monthly meeting. That will feature a Getting To Know You activity that will refresh relationships and promote some new ones among club members. Refreshments will follow.

Coming in September, the annual club dinner festivity will take on a new style and the title “Welcome Back.” The event will take place in the evening and feature a Mexican theme with colorful décor, catered food and music from our neighboring nation. The raffling of elaborate gift baskets that always draws a crowd will be, once again, a featured event of the evening.

Plans are being made for the October and November monthly club meetings. They include a presentation by an organization meeting individual’s needs during the pandemic and an art experience conducted for all to enjoy.

JoAnn Farmen has agreed to remain in her post as president to guide a newly elected board of directors as they gain experience in their leadership roles.

Local women are invited to learn more about this energetic social group at its website [scrippsranchnews.com](http://scrippsranchnews.com). Contact information is there and JoAnn will be delighted to respond to your inquiries.

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# Soccer Club rallies, looks to the future

By Hector Trujillo

Like everyone during these last 18 months, the Scripps Ranch Soccer Club (SRSC) had to adapt to new circumstances in order to survive due to restrictions caused by the coronavirus pandemic.

The original thought was that the shutdown would be short lived and the organization would still be able to have normal competitive and recreational seasons. Unfortunately, this did not turn out to be the case.

The club's volunteer board meets monthly, and during every meeting (via Zoom), the board discussed how to adapt to the changing circumstances while honoring their mission of fostering youth soccer in Scripps Ranch and remaining financially solvent.

"We are fortunate that we've had a stable organization for almost 40 years and we have an experienced board that is truly passionate about youth soccer in our community," said SRSC Board President Scott Brown. "The team worked diligently to come up with creative ideas on how to safely meet parents' requests to get their kids out on the field while respecting all applicable pandemic guidelines which were constantly changing."

The club's biggest surprise was the overwhelming demand for some of the ad hoc programs it had developed. With kids not attending school in-person and indoor sports being canceled, youth soccer provided a safe outdoor venue in which kids could socialize and get some exercise. Unfortunately, the club did miss its entire traditional 2020 recreational and competitive seasons.

"Our competitive season is full, but our numbers are not quite what they usually are for the recreational season, which is requiring additional creativity in how we usually operate," said SRSC Director of Coaching Cha Cha Namdar.

SRSC found innovative ways to keep youth soccer alive in Scripps Ranch while constantly monitoring the situation and following CDC, California and youth soccer guidelines as they evolved.

The competitive season began with teams starting Zoom practices in April. Once guidelines changed in June, they were able to practice on the field with teams (pods). While the teams didn't play any games, the kids and par-



Members of a boys team take a break between games during a past competition at the Scripps Ranch Soccer Club annual 4 vs. 4 tournament in Stonebridge. (courtesy of Danielle Jackson)

ents were thankful to have the players out on the field.

Additionally, the 2020 recreation season was completely canceled. The club had originally been registering players, but when they realized a season would not happen, almost 400 players who had already registered received refunds.

## Camps and spring soccer

When California allowed camps to resume, the club created a recreational soc-

cer camp, and the response was so positive and demand so high that an additional session was created.

After canceling the last three weeks of 2020 spring soccer and providing prorated refunds, the club was able to hold its 2021 spring soccer per usual. Once again, due to parent requests, a second session was implemented with the programs having more than 350 kids and 52 teams participate.

## Upcoming events

The current recreational teams formed in July, with practices starting in August and games starting in September.

Competitive teams started participating in local tournaments and, on June 27, the club hosted its annual 4x4 tournament in Stonebridge (which had been canceled in 2020) with 80 teams and more than 400 kids from various local clubs competing.

On August 7 and 8, the club is hosting a competitive 6x6 tournament, and Socctoberfest is scheduled to be held on Oct. 3 at Scripps Ranch Community Park. This event is open to both competitive and recreational teams along with the rest of the community.

"It's hard to express how important it has been for kids to be able to socialize, feel like part of a team and get outdoor exercise," Namdar said. "With kids spending so much time online, not only gaming, but for socializing and school, youth soccer presented a lifeline for many."

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**OLYMPICS**

*Continued from Page 1*

“In LA, I had a lot of really good opportunities that really taught me a lot about massage therapy. I worked at a chiropractor’s office; I had private clients; I worked on movie sets. Doors have just kept opening, and I keep taking them,” she said.

In 2017, Weston began her time as a massage therapist at Fitness Quest 10 in Scripps Ranch.

“I remember I was just looking around for places that worked with athletes, and I stumbled across Fitness Quest 10. I contacted Todd [owner of Fitness Quest 10] and I got the position,” she said.

In the future, Weston hopes to work with a professional team.

“I have always liked working with teams, and I think working for Team USA has really accentuated my interest in that,” she said.

“I never expected this to be a full time gig, but I am so happy it is. Massage therapy is like a puzzle, there is always more to learn, and I love that,” Weston said.

*To keep up with Weston, visit her on Instagram @steph.weston.*



# Foss plays in All-Star Game

Carter Foss represented Scripps Ranch High School on the East team in the 2021 Padres High School All-Star Game on June 24 in Petco Park. Foss played with the best high school players in San Diego.

*Photos by Justin Fine*



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Members of the Scripps Ranch Softball Association 12U gold team show off their trophies. (photo by Lisa Shadburn)



Players on the Scripps Ranch Softball Association 8U gold team smile for the camera. (photo by Lisa Shadburn)

# SRSA all-star season is a big success

By Kaila Mellos

After a short season of recreational play due to COVID-19 precautions, Scripps Ranch Softball Association (SRSA) postseason all-star softball started play in late May. The six teams with players ranging in age from eight to 12 played more than 11 games altogether this season.

The teams are put together based on age while also considering whether the players participated in the recreational season.

“Any girl that plays in the recreational season is allowed to try out for all-stars. Essentially, we try to make it a point to place every girl that does try out on a team that is appropriate for their skill level,” said John Grady, SRSA president. “So, the first teams, which are usually the gold teams, are built to go to championships and are built to win in districts and hopefully move on to nationals.”

Each of these teams got to play at least one round of the seed games in which they were placed. The SRSA 12U gold team did well in three of the four games played.

“Taking home ‘hardware’ in three of those four is pretty darn good,” Grady said.

Most of the other teams won at least two games against competing teams from other counties. The 8U and 10U silver teams got two wins out of four games in their specific seeds.

“I think ultimately, at the end of the day, winning makes everybody happy. But just this year, specifically being able to play after last year has been huge,” Grady said. “I think even the teams that didn’t have the success that they had originally hoped for had a blast just because they were out there and they were able to play.”

Aaron Herrmann, the SRSA vice president of administration, is also the coach for the 8U gold team.

He had the opportunity to watch some of these girls grow over the couple of months he had to work with them in postseason play.

“You get to see the kids grow as players and people, and it is really special to be a part of that. But for the postseason, it’s even better,” Herrmann said. “Recreational is more about having girls come out to play, learn the sport, see if they like it and build friendships with others. Postseason play is about the girls improving their softball abilities along with their teammates.”

Ryan Archer, the SRSA vice president of operations, also gets to see the girls bond together over the all star season.

“The postseason is great for the girls to build their softball skills but also to build strong relationships,” Archer said. “All-stars is a very fun time of the year for the girls. They spend four to five days a week together, and some of those days are morning to night. The bonds the girls of-

ten make last from their 8U season all the way through high school and beyond.”

Currently, the registration for fall ball is open for girls who want to play during the school year and have the chance to play on the all star teams in late spring next year.

“We are forming teams now, and then September,

October, November – they’ll be playing doubleheaders on Sunday,” Grady said. “It’s a lot less of a time commitment and it’s a fun way to learn the game and to be out there with some of your friends. So, we highly encourage people that are interested in signing up now and not waiting too long.”

Visit [srssoftball.org](http://srssoftball.org).



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**DEADLINE:** Tuesday, Aug. 31, 2021

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**HOMES**

This project includes an outdoor area for entertaining, outdoor kitchen, patio with a fire pit, ceiling fans, storage and landscaping. (National Association of the Remodeling Industry)

# Outdoor space inspiration

(Family Features) Renovating your home's outdoor spaces not only enhances the aesthetic but can also provide a host of recreational benefits. Taking a look at award-winning projects can help many homeowners draw inspiration while also identifying capable, reputable contractors to take on the project.

For example, selected by a panel of industry experts based on functionality, aesthetics, craftsmanship, innovation and degree of difficulty, these 2021 National Association of the Remodeling Industry National Contractor of the Year (CoTY) Award Winners showcase a variety of ideas for upgrading your outdoor spaces. Find the complete list at [nari.org/cotywinners](http://nari.org/cotywinners).

### Residential Landscape Design/Outdoor Living Under \$100,000

The clients wanted to up-

grade a poorly draining, impractical backyard into an attractive, functional outdoor entertainment space that flowed from the renovated basement. The project included an outdoor area for entertaining, outdoor kitchen, spacious patio with a custom concrete fire pit, oversized ceiling fans, ample storage and landscaping complete with native plants around the perimeter.

"By working on this project, we learned how important it is to take a holistic look at what clients are trying to accomplish with their renovations," said Thomas Boyce, president of Boyce Design & Contracting. "Often with outdoor living projects, designers and contractors look at the exterior of the home in isolation. We learned to look at how the interior and exterior of the home connect to each other to make sure the features and floor plan flow and work well together. By taking this approach, we were able to achieve a better finished product that is more functional and attractive for our clients."

### Residential Landscape Design/Outdoor Living \$100,000-\$250,000

A young, active family was looking to create a distinct outdoor living space with multiple entertainment spaces that tied in with the existing aesthetic and ele-

See **INSPIRATION**, Page 15

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This backyard features an outdoor dining area, sunken living room, entertainment area and additional storage space. (National Association of the Remodeling Industry)

**INSPIRATION**

Continued from Page 14

vated the home amongst its neighbors. The low-maintenance backyard now features an outdoor dining area, sunken living room, entertainment area and additional storage space built with the home's current architectural features while also maintaining a large enough yard for the kids and their friends to play.

"The aesthetic of the outdoor areas was designed not only for function but also to reflect the interiors and keep the inside-outside living feeling continuous," said Tim Johnson, owner and founder of Livit Site + Structure. "For example, the shiplap used on the fire table is the same shiplap featured inside the home. Likewise, the Douglas fir timbers used on the pergola are the same as the interior ceiling beams."

**Residential Landscape Design/Outdoor Living Over \$250,000**

A 4,000-square-foot project built at four different elevations, this client want-



This project includes a covered screen room with individually controlled wall panels, see-through fireplace, fountain, pool, rock walls and staircase from the upper elevation – all enclosed within a stone wall. (National Association of the Remodeling Industry)

ed to include a safe way to move from the upper level to the backyard without coming through the house, a structure for shade and protection from mosquitoes and a pool with features that reflected the home. Adding a covered screen room with individually controlled wall panels, see-through fireplace, fountain, pool with sheer descent waterfalls, recycled rock walls and staircase from the upper elevation while enclosing it

all within a stone wall met those expectations.

"A sound piece of advice for anyone building anything in the backyard: get a plan," said Ken DePratt, owner of KD Poolsapes, Ltd. "Have it match your expectations list. Then, and only then, will you know if it matches your budget. We would recommend doing your research when taking on a pool project of any size. It's hard to push that hole around once it's dug."



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