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SRHS senior joins school board

Lea Nepomuceno was sworn in to the San Diego Unified Board of Education as a student member

By Kaila Mellos

Volume 5 Issue 8 • July 2022

ea Nepomuceno, who will be a Scripps Ranch High School senior this fall, has become very involved in many aspects of the community. Now she has started another journey.

Nepomuceno was one of only two students from the entire San Diego Unified School District selected to serve as a student board member on the San Diego Unified School District Board of Education. She, along with Matthew Quitoriano, were sworn in on June 28.

"I've been involved with the school district my entire life within leadership," Nepomuceno said. "I'm currently the student chair of the Independent Citizens' Oversight Committee on Racial Justice and Equity, so I've had a wonderful opportunity to work with the school district. Being on the board and having that direct student representation is very integral to ensuring that student opinions are heard, listened to and taken into account when actions and decisions are being made."

As a student board member, Nepomuceno is expected to do what any other board member of San Diego Unified School District would do. The only catch for student members is that their votes are only taken as



Lea Nepomuceno

strong recommendations and not counted in the overall voting process.

"As student board members, what we can do is we can promote and write certain resolutions as well as just support the community. So pretty much the same job as other board trustees, besides that our vote is taken as a recommendation," she said.

This does not stop Nepomuceno, though. Her campaign that she took all over the San Diego Unified School District to collect a majority of votes had many agenda items. She has five major points she hopes to bring more change to through her leadership.

First, she wants to work on restorative justice, especially school policing.

"There's a lot of wonderful initiatives, but especially considering a lot of what happened in 2020 and forward, ensuring that police are held accountable. I hope to work on strengthening that trust between police and students because it's really important within our communities," Nepomuceno said.

Along with school policing, another central point Nepomuceno wants to work on is gun violence prevention and a know your rights initiative that would educate students about their rights on campus grounds and outside.

This one is close to the heart for Nepomuceno as she is part of Team ENOUGH, a California lobbying collective against gun violence. This collective is run by youth to educate the public about gun violence and how to take action. She is the California leader of this initiative.

Another agenda item she used while running for the student board member position is food service. While it is free, Nepomuceno wants to make more inclusive options on the menu, consisting of vegan, vegetarian and kosher options for those with cultural and religious exceptions.

"Another aspect is gender and woman empowerment in schools, including menstrual product accessibility," Nepomuceno said. "Ensuring that menstrual See **LEA NEPOMUCENO**, Page 4



Pride Council created in SR

By Nick Ng

The vandalism of the rainbow-colored Pride fence in Scripps Ranch at the northern end of Scripps Trail spurred two local residents to spread their message louder. Brittany Fuller and Lindsay Hanlon created the Scripps Ranch Pride Council (SRPC) on Facebook in June.

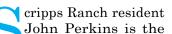
The group, which promotes a safe and inclusive environment for the LGBTQIA community in Scripps Ranch, had nearly 300 members as of last week.

Hanlon sparked the idea of SRPC after she co-founded the Scripps Ranch for Diversity and Inclusion group in 2020, but Fuller molded the idea into reality after her Pride flags were stolen for the third time from her home on June 15.

"I had enough, especially after what I heard at Marshall [Middle School] with the trans community and gender-neutral bathrooms," Fuller said. "I could either be quiet and just put another flag up, or based on the needs of this community and kids, I could See **PRIDE COUNCIL**, Page 2

Sail away with yacht rock in Hoyt Park

By Terry L. Wilson



that grew up listening to music by Steely Dan, Michael McDonald, Kenny Loggins and Hall & Oates. Their hits





drummer and creator of the band High Tide Society that performs yacht rock, a style of soft rock music that hit the airwaves in the late 1970s and early 1980s.

High Tide Society will perform on Aug. 14 in Hoyt Park in the Scripps Ranch Symphony in the Park free summer concert series.

"Yacht rock is a phrase for a style of music created by a group of guys in Los Angeles were constantly being played on pop radio back then," Perkins said.

"One of the guys in the L.A. band made a joke and said, 'This is the kind of music we should be listening to on our yacht.' They all laughed and the moniker 'yacht rock' was born."

The band from Los Angeles aired a series of 12 five-minute yacht rock videos on You-Tube that found a tsunami of fans. And that didn't go High Tide Society will perform Aug. 14 at Hoyt Park in the Scripps Ranch Symphony in the Park concert series. (photo courtesy of High Tide Society)

unnoticed by Perkins.

"People started watching the yacht rock clips on the Internet. That created a cultlike following that grew into a large fan base," Perkins said. "It didn't take long before other musicians saw yacht rock's growing popu-See **YACHT ROCK**, Page 4

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Dr. Anthony D. John D.D.S., M.S., Root Canal Specialist MEMBER OF THE INTERNATIONAL ACADEMY OF ENDODONTICS HELPING RETAIN NATURAL TEETH USING ADVANCED TECHNOLOGY. lohn made me feel completely relaxed" -Alan 858-444-0600 AFTER HOURS EMERGENCY CARE PINNACLE ENDODONTICS SCRIPPS POWAY PKW VONS Coaches and parents, scan Located in Suite 265 via West entrance and save our contact info fo of the Pinnacle Medical Building dental emergency needs. ENDODONTI NACLE 0672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92

PRIDE COUNCIL

Continued from Page 1

stand up and say, 'Enough is enough' and do something creative and colorful."

Fuller was referring to incidents at Marshall Middle School this spring in which some students urinated on lockers in a transgender changing room.

With the help of the community and a Los Angeles mural artist, Fuller transformed a fence on her property into a rainbow on Juneteenth. But in less than five days, vandals spray-painted "DADT" – "don't ask, don't tell" – on the fence, which prompted volunteers to repaint it quickly.

The SRPC held its first inperson town hall meeting on July 14. But it didn't take long for vandals to once again deface the rainbow Pride fence with streaks of gray paint soon afterward. At least one surveillance camera was also knocked off its perch.

Fuller heard three stories last spring of LGBTQIA students who left local schools recently because they were bullied. She wants to push a zero-tolerance policy for the LGBTQIA community in schools, which currently does not exist.

"They were so beat down

every day verbally that they are either home-schooled, or they're in a charter school, or some type of private school," Fuller said. "That is awful. This never should have happened. This is your school. You should feel safe and accepted."

While attending Baylor University in Texas – a Christian Baptist institution - for her graduate degree in social work about 10 years ago, it was against the university's policy to have any kind of "gay alliance," Fuller said.

She was part of a small campus group called Sexual Identify Forum and had read about gay students who were accepted into Baylor but were fearful about attending.

"At that time, I hadn't come out yet," Fuller said. "This is an amazing school, but how is it that people are coming here and not knowing if anyone is going to understand and accept them?"

Fuller has been getting several thank-you messages since she launched the SRPC group, she said. Some people told her that they did not think they would live to see this happening in the 20plus years of living in Scripps Ranch.

Like the Black Lives Matter flag, a Pride flag in a neighborhood means safety for members of the LGBTQIA community and their allies. When Fuller used to jog in the neighborhood and see a Pride flag flying on a house, she would smile and feel safe.

"It fills a void in the sense that you're welcome here, this is a place for you," Fuller said. "It's no longer a place where you walk down the street without holding your partner's hand because they're afraid people are going to yell or stare or race by you in their cars."

Besides helping to promote a safe and inclusive environment for LGBTQIA community in Scripps Ranch, the SRPC advocates for including the GLSEN inclusive program in local school districts. This helps teachers and staff communicate and handle gender identity issues that some students bring up.

"If our schools are not doing that, we gotta figure out why," Fuller said. "Is it because they don't know how? Let's figure out how we can teach them how so that our kids can be safer and stop all this harassing, hate and violence."

The SRPC scheduled another town hall meeting for Aug. 11, and the public is welcome to attend.

"The community is here, and we have your back. We're not going anywhere, and neither is the fence," Fuller said.

SCRIPPS RANCH



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SCRIPPS RANCH FIRE SAFE COUNCIL Fire Safe Council of the Year!

By Karen Herreros

e are proud to announce that the Scripps Ranch Fire Safe Council received the 2022 Outstanding Community Fire Safe Council of the Year Award from the Fire Safe Council of San Diego County!

This special commendation was tendered on behalf of the County of San Diego District 1, in recognition at the 15th annual Fire Safe Council Volunteer Awards ceremony held on June 10.

Scripps Ranch Fire Safe Council received the award "for their dedication to their community and implementation of various innovative projects increasing community preparedness."

Over the years since we started this organization in January of 2004 – in response to the devastation wrought by the Cedar Fire – we are pleased that our efforts have earned five awards:

• 2004 Rookie of the Year Award

• 2014 Fire Safe Council of the Year Award for developing our evacuation plan

 2017 Outstanding Community Fire Safe Council for educating and protecting our community from wildfire through information, events and agency collaboration to develop an evacuation plan
 2018 Fire Safe Council

Project of the Year for working to increase interest in creating disaster emergency plans with High School stu-

Lemonade Stand Contest

The 2022 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 Scripps-RanchNews.com.

One winner will receive two-dozen lemonade-themed sugar cookies from Sweet Treats by Jess Bakery! To enter, email a high resolution photo (300 dpi) 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 2022. Deadline is Wednesday, Aug. 31, 2022. No charge to enter.



The Scripps Ranch Fire Safe Council received the 2022 Outstanding Community Fire Safe Council of the Year Award. (courtesy photo)

dents

• 2022 Outstanding Community Fire Safe Council

Watch for upcoming information regarding the following events:

—Annual Golf Tournament, which is our primary fund raiser, on Oct. 22

We appreciate any feedback from community members which will assist us in continuing to educate and protect our Scripps Ranch Community.

Contact the Scripps Ranch Fire Safe Council: (858) 201-3711, srfiresafe.org, srfirsafecouncil@gmail.com.



Soroptimist International of Poway officers are (from left) Linda England, past president; Jan Kane, incoming president; Cynthia Elizondo, president elect; and Patty Hall, first VP. (courtesy of Soroptimist International of Poway)

Kane is new Soroptimist leader

Jan Kane, a resident of Scripps Ranch, was recently installed as president of Soroptimist International of Poway.

Her motto for the 2022-23 club year is "Expand our influence ... let's do more."

Soroptimist International is a sisterhood of women whose mission is to empower and uplift women and girls. This is done through various programs.

"Working with Crisis House and SI North County, we sponsor five apartments for women and their children escaping domestic violence," Kane said. "This 12 to 18 month program allows them to move from dependency and abuse to a safe self-sustaining lifestyle. To date, we have assisted 71 families and 171 children to succeed."

In addition, this past year the organization provided more than \$14,000 in grants to women who are financial heads of their household.

Dream it, Be it is another career support program in which the group provides middle school girls the tools they need to achieve their education and career goals, empowering them to break cycles of poverty violence and abuse. Soroptimist International of Poway works in small groups in a classroom setting to provide the middle school girls with the information and resources they need to be successful.

"There is still much we can do, and we would like to let people know who and what we are," Kane said.

For more information about Soroptopist International, visit sipoway.org or email sipoway@soroptimist.net.



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LEA NEPOMUCENO

Continued from Page 1

products are not only accessible in the office or the nurse's office, but also in every bathroom."

Besides her position on the board of education and the student chair position of the Independent Citizens' Oversight Committee, Nepomuceno is the co-founder of the Youth for Juvenile Justice Reform program that advocates for "breaking the stigma on formerly incarcerated youth everywhere."

The program was started in 2019 to break the stereo-

type by interviewing formerly incarcerated youth and spreading their stories to prove a person is just that – a person.

She also took part in founding The Wing Magazine at Scripps Ranch High School.

"The Wing has been helpful, especially with my connection with the school district and meeting other students. We've seen a demand for more student journalism across the San Diego Unified school district," Nepomuceno said. "We will have a chapter at San Diego High School, which we're very excited about. We'll have the other high schools involved and eventually become The SDUSD Wing. The school district will have a studentled printed publication, where each school has a certain amount of articles, illustrations, layout designs, and turn it into one districtwide magazine."

Nepomuceno uses all these experiences to familiarize herself with all the different San Diego communities and make her decisions on the board as informed as possible.

"San Diego Unified itself is a very socioeconomically diverse school district. Familiarizing myself with students, teachers and parents, and having those conversations about the changes they



Lea Nepomuceno is sworn in as a student member of the San Diego Unified School District Board of Education. (courtesy photo)

want to see was incredibly impactful and enlightening," Nepomuceno said. "It was just a very kind of heartwarming process to see all these small communities, especially like Scripps Ranch High School, and just amalgamating it into realizing how we have similar goals and visions for our district. I have the power to push those focuses that I've seen expressed from these individuals."

As a senior, Nepomuceno will be graduating in the spring of 2023. She hopes to combine all her passions to study journalism, criminal justice and education.



YACHT ROCK

Continued from Page 1

larity and they jumped on board. Now the genre has grown to where there are a lot of bands doing yacht rock tributes. I started my band, High Tide Society, in 2014 by putting an ad in Craigslist, looking for musicians that wanted to do this kind of material, and that's how I formed the group."

Most of the soft hits from those eras were mastered in

studios with all the expensive toys required to produce a hit record. To reproduce that kind of quality in a live concert requires a potpourri of instruments beyond the average concert.

"That's why we are an eight-piece group," Perkins said. "We don't use tracks. Sometimes we may even use two keyboards, or two horns. It's more mouths to feed, but we do whatever it takes to create something as pure as it sounds like it was done in the studio."

Perkins and his yacht rock musicians were riding a wave of success until they were beached by COVID. They kept the music alive using the Internet, Skyping performances and rehearsals.

"We had a lot of projects lined up for 2020 that all went away when COVID hit," Perkins said. "Then things started picking up after the lockdown. In 2022 we have done between 35 and 45 shows so far. We are getting jobs from major corporations that are having nautical theme parties based on the term yacht rock. It's become a pop culture thing to do in 2022."

Like most musicians, Perkins has other "gigs" to keep him busy when he isn't behind the drums playing with his group.

"I put other bands together, too," Perkins said. "I produce various music tribute projects and I have a small marketing agency as well. I do websites, payment processing, create logos and create social media marketing through my other company, Brand Camp."

The upcoming Scripps Ranch Symphony In The Park concert on Aug. 14 will mark High Tides Society's second appearance on the Hoyt Park stage. "We played here (Scripps Ranch) in 2018," Perkins said. "I live in Scripps Ranch and we love being able to perform in front of a hometown audience. We're going to be doing late '70s and early '80s pop rock, and we look forward to seeing everyone at the concert." Symphony In The Park's concerts begin at 6 p.m. and end at 7:30 p.m. For additional concert information or to support the program with a donation, visit symphonyinthepark.org.



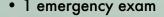
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Giant caramel apples are a big hit!

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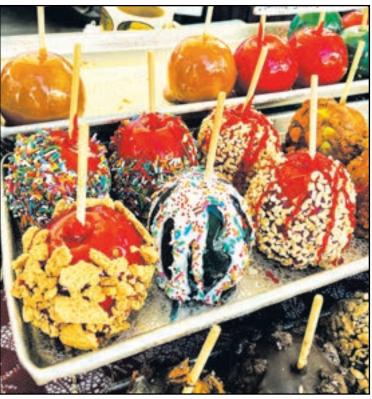
By Terry L. Wilson

illy Wonka has nothing on Raul Concha. Chocolate and confectionery are part of his DNA. He has a tasty treat for every sweet tooth at his Carmel Corn booth at the Scripps Ranch Farmer's Market.

"In 1962, our store opened in College Grove Mall. My family purchased it in 1982," Concha said. "After that mall went belly-up we re-opened at Parkway Plaza in 1992, and that's where we are now. So, I pretty much grew-up in the business."

Over the years Concha's Carmel Corn empire has served generations of repeat customers, making them akin to being a surrogate family, bonded together by their love of caramel corn and candy apples.

"If you come by our store on Saturday's you'll see three generations of family members in our shop," Concha said. "It's kind of cool. We've been around long enough that we have customers that came here when they were kids that are now bringing in their kids."



Concha's Carmel Corn offers sweet candy apples and caramel corn at the Scripps Ranch Farmer's Market. (courtesy photo)

Concha's mother runs the store while Raul does all of the hands-on work with the apples and the corn. What he does with an apple would impress even Johnny Appleseed. His creations are so much more than sticking an apple on a stick and covering it with a topping. Raul is an expert in pomology – the science of growing and preparing fruit.

"To begin with, the apples must be fresh and crisp. Everything I make is handmade from scratch," Concha said. "I use all kinds of different apples. I use as many natural products as possible. "The recipe that I use for my caramel takes about three to six-hours to make seven pounds of caramel." —Raul Concha

I use Granny Smith apples that I hand-select from several different farms."

The science behind making the perfect caramel apple includes knowing how different degrees of heat will affect the caramel and chocolate making process. To create a picture-perfect candy, caramel and chocolate infused apple, Concha has created his own special recipe.

"The recipe that I use for my caramel takes about three to six-hours to make seven pounds of caramel," Concha said. "And that is for about 50 apples. Anything covered with chocolate also has a caramel base."

Concha's flavored popcorn is even more complex to cre-See **CARAMEL APPLES**, Page 6





Bella Voce concert at the library

The Scripps Ranch women's a cappella singing group Bella Voce will perform a free concert in the Scripps Miramar Ranch Library auditorium on Aug. 6 at 4:30 p.m. The public is welcome to attend. The group has been singing since 2018 in the community, and the Aug. 6 performance will be the post-COVID comeback concert.



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

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Scripps Ranch Welcome Club enjoys summer treats

SCRIPPS RANCH

By Denise Stewart

long with the usual walks along the local trails, book club meets, Bunco games and craft making sessions, the Scripps Ranch Welcome Club members enjoyed a highlight this month with its annual Salad Supper.

Members have been gathering for this July club tra-

dition for decades. Each member brought a dish to share and, together, assembled a lavish summer banquet in the garden area of the Scripps Ranch Community Center. While the gourmet offerings were amazing, the gift baskets full of feminine treasures that were raffled off brought excitement to the crowd. JoAnn Farmen coordinated the wellattended event.

The Scripps Ranch Symphony in the Park concert series has been a local festivity for many years. Welcome Club members support the event both financially and with their regular attendance at the performances. This month Rebecca Jade and the Soultones entertained a group of Welcome Clubbers along with hundreds of others at Hoyt Park.

Later in the month, Lynnell Hallock hosted a Coffee Klatch in her lovely garden. Members got to enjoy relaxed visits in the fresh air. It was a perfect flower bedecked summer setting for partaking of delicious morning pastries along with their friends and a cuppa.

Welcome Club has been a vital part of the Scripps Ranch community social scene since the mid-eighties. While some of the 140 or so members have been a part of the group since then, new members are welcomed regularly. New members with new ideas are what keeps the club lively and thriving, the ladies agree.

If you would like to learn more about the Scripps Ranch Welcome Club, check the website: scrippsranchwelcomeclub.com.





A wide variety of coatings and toppings are available on caramel apples from Concha's Carmel Corn. (courtesy photo)

CARAMEL APPLES Continued from Page 5

ate. First he must select the perfect type of popcorn. Then he turns into a mad scientist, sprinkling every color and flavor under the rainbow, creating a one-of-a-kind taste treat.

"We use two different types of kernels. There is a butterfly kernel for cheese popcorn and butter popcorn. There's a mushroom kernel that is for caramel, kettle and candy coated popcorn," Concha said.

"I do a lot of special orders for weddings, birthdays, gender reveal parties – any special event. You can ask for any color or any combinations of colors, and pretty much any flavor," he said. "The only one I cannot color is caramel corn. That is going to be brown no matter what."

Concha's creations include Butter Finger, Rocky Road, vegan, gluten free, and candy apples, to name a few. His popcorn offers an artist's pallet of colors, each with it's own individual tastes and personality from root beer to a spicy jalapeno cheddar. "Our most popular apple is the apple pie apple," Concha said. "It's a Granny Smith apple with divinity white chocolate, ground cinnamon, sugar and graham cracker. I also do that in dark chocolate. Our twopound Rocky Road Monster Apple is also popular." Find Concha's Carmel Corn booth at the Scripps Ranch Farmer's Market, open each Thursday from 4 to 8 p.m. at 10045 Carroll Canyon Road, next to Newtopia Cyder.





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Library programs: Read a book, earn prizes

By Terry L Wilson

The Scripps Miramar Ranch Library's annual Summer Reading Program runs through Aug. 31. Kids and teens (as well as adults) are invited to participate by signing up at the library and picking up a reading log.

"This year's themes are 'Dream Big, Read!' for kids and 'Own The Night!' for teens," said Matt Beatty, branch manager of the Scripps Miramar Ranch Library. "There is still time ... to participate in this summer's program. They can either read 10 books or do a combination of books and activities, or a number of hours reading."

Those who read 10 or more books are rewarded with raffle tickets for chances to win prizes. The Prize Pack for kids includes a Panda Club meal, several museum passes, a Rubio's meal with an adult purchase, and a

Going Native

Guest speaker Jeanie Anderson will share photos of the planning and executing of her dead front yard into native plants that bring back wildlife. Anderson is a former president of the San Diego Turtle and Tortoise Society and has led countless interpretive hikes as a board member of the Penasquitos Preserve. She also led Christmas bird counts for the past 17 years and knows the impact climate change has had on local birds. Her presentation will be held Aug. 6, 2 p.m. in the Community Room of the Scripps Miramar Ranch Library, 10301 Scripps Lake Drive.

Gardeners focus on pest control

The Scripps-Mesa Garden



yogurt from YogurtLand.

"In addition to those prizes, each person who finishes the program gets to pick out a book from our selections of brand new books," Beatty said. "Our program is actually for all ages, adults may participate as well, but our prizes are geared toward children ... We do have some prizes for teens and adults as well. We've had Summer Reading for as long as I can remember, and I've been working for the system for more than 20 years. Summer Reading is a tradition that goes back to the mid 20th century."

Linda Eastman, who was the head librarian at the Cleveland Library, developed the Summer Reading Program in 1896. She was an advocate of the importance of children's literature. She distributed a list of book recommendations through local schools, encouraging children to get as far down the list as they could during the summer recess.

"The purpose of the program is to get kids connected with reading and to connect them with other kids through our craft activities," Beatty said. "We have music shows, animal shows - and on Thursday, July 28 at 11 a.m. we have a puppet show featuring the Three Little Pigs for the younger kids. Every week we have Story Time for preschoolers, and we have one for younger children, Wednesdays, 10 a.m. And on Aug. 11 we have an animal balloon workshop. We have a variety of programs for kids of all ages."

In the early 1900s, it was librarian Caroline Hewins who identified that children needed to interact with the books they read, not just log their progress. She developed a summer reading program in Hartford, Connecticut, that added weekly discussion meetings, prizes for children who reached benchmarks, and even an oddly popular puzzle club. She pioneered the sort of interactive summer reading programs that are so prevalent today.

"Surprising as it may seem, today younger people gravitate toward books because they are a novelty," Beatty said. "They are used to digital stuff. While digital books are popular with adults 50 and up ... younger people tend to prefer real books."

Another recent program was the How To Build A Rocket Program.

"A group of volunteers associated with Scripps Ranch High School showed kids how to build rockets," Beatty said, adding that they held a launch on Fiesta Island in Mission Bay.

For additional information, call (858) 538-8158.

Kids summer workshop at SRT

Scripps Ranch Theatre (SRT) announced a fun and interactive workshop, perfect for kids who love theater and movement. It's great for all skill levels.

This workshop consists of three 45-minute classes: Improv, Theater Games and Stage Combat. The workshop is open to children ages 9-15, and it will be held Aug. 13, 9:30 a.m.-12:30 p.m. Sign up at bit.ly/3Pzd7Fo.

In addition, Scripps Ranch Theater is currently hiring children for the upcoming season. SRT is seeking 10-16 year old Chicano/Chicanx or Latino/Latinx performers for the roles of Lupe and Marco in "Extreme Home Makeover;" and 12-15 year olds of any ethnicity for the roles of Jay and Arty in "Lost in Yonkers." All actors are legal and paid employees of SRT. Parents/guardians will be required to fill out relevant work permits provided by the theater. Visit bit.ly/3Pzd7Fo.

 Celebrating our granddaughter
 Addy's 6th Birthday in July!

WHAT'S HAPPENING AT ADDY'S BISTRO:

Our Beer & Wine license is coming in August. We will be curating a beautiful list of great drafts and amazing wines! Whether you're having lunch at the bistro, a mimosa with breakfast, or grabbing a 6 pack or bottle of wine for the evening ahead – we are your one stop shop!

We can also help you with dinner & dessert and meal trains. Delivery available by Grub Hub, Uber Eats and Chow Now.

Special grab and go orders – give us 24 hours and meals are as easy as front door pick up.



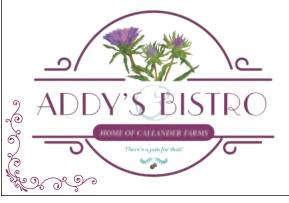
Club will be back at the Library Community Room for its July 26 meeting at 6 p.m. Master Gardener Dawn Standke will present a talk on Integrated Pest Management. A short social time and a business meeting are part of the agenda.

In August the group will celebrate the harvest season with a potluck at a member's home garden.

A speaker from the Bee Society will be featured at the September meeting on the 27th.

—Denise Stewart

CATERING: Do you need help for an upcoming special occasion, or want to get your space reserved for the holidays? Catering is not just for personal events, let's also plan your business year end now! Meet with Denise and let's talk ...









4TH OF JULY PARADE

An appreciative, patriotic crowd enjoyed the colorful Scripps Ranch Fourth of July Parade. The annual parade traveled down Ironwood Road, along Scripps Ranch Boulevard, ending at Aviary Drive. It included kids, community groups, wild costumes, and plenty of red, white and blue. The event was produced by the Scripps Ranch Civic Association.

Photos by Lisa Shadburn

















HOYT PARK WAS DANCING!

Rebecca Jade and the Soultones performed in front of a very enthusiastic audience on July 10 in Hoyt Park as part of the 2022 Symphony in the Park concert series. (photo by Lisa Shadburn)

SUSTAINABLE SCRIPPS RANCH Easy living in the '15-minute city'

By Lynn Owens

world, combat climate change and still maintain a high quality of satisfying life? This is truly one of the great challenges of modern life.

Forward-thinking community planners propose creating "15-minute cities." In an ideal 15-minute (or 20-minute) city, residents have easy access to 80 percent of their personal, social and economic life within 15 or 20 minutes without using a car. This means carfree access to work, banks, stores, social and religious sites, culture, health care, recreation and more 80 percent of the time.

It doesn't sound like San Diego, or Scripps Ranch, does it? Please read on.

My first e-bike, mostly for use on rural vacations, was heavy, clunky, and could only go about 10 miles without charging. A few years ago, I bought a newer, better Genze e-bike from Costco and life has improved ever since. Now, most of my riding is right here in Scripps Ranch, "taking the hurt out of the hills" while I travel to: friends, meetings, club events; banks and shops; my doctor; groceries and take-out from Vons, Trader Joe's, and plenty of local restaurants and stores; the library; both branches of the Scripps Ranch Swim & Racquet Club, the Rec Center, and Cypress Canyon Park for pickleball, swims, and Jacuzzis; Scripps Ranch Theatre plays at Alliant University, concerts in Hoyt Park, and more.

Last year, I put 500 miles on the bike. Most of these miles would otherwise require starting up our car for short trips of 1-3 miles, damaging both the car and the environment. I also use the bike just for fun – especially in the early pandemic shutdown, when a bike ride with my husband was the best, safest way to get out and exercise without leaving my safety bubble. Traveling by e-bike, I'm more engaged in the local "scene" – friends and neighbors, changes in the neighborhood, all the local action.

And now, I've realized, my e-bike really makes Scripps Ranch a high-quality 15-minute city for me. Other people are reaching the same conclusion. The Scripps Ranch Swim & Racquet Club recently doubled its bicycle parking, mostly for e-bikes. (Parking is rarely a problem in Scripps Ranch, but in coastal areas with difficult parking, I see even more e-bikes than here.)

Our next article will talk more about picking an e-bike, where to buy, how to stay safe, what accessories you need, and how to enjoy your "15-minute city" life in Scripps Ranch.

Learn more about Sustainable Scripps Ranch at scrippsranch.org/ssr or e-mail SustainableSR@scrippsranch.org.



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Challenger program hits a homerun

By Terry L. Wilson

School District as principal at Normal Heights Elementary School. In addition, he coaches a Little League baseball team consisting of players who are all dealing with unique challenges in their lives.

"I've been coaching Challenger for 11 years now," Aguilar said. "Challenger is a division in Little League that is for kids that require special assistance to accomplish physical or cognitive tasks."

The Challenger Division was established in 1989 as a division of Little League Baseball to enable boys and girls with physical and developmental disabilities, ages 5-18, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide.

"We deal with kids that have a wide span of serious issues," Aguilar said. "Some of my kids have played for many years. I've seen their growth and development along the way. Some take longer than others and that's when our buddy system comes into play."

The Challenger Division encourages the use of "buddies" for the Challenger players. The buddies assist the Challenger players on the field and, whenever possible, they encourage the players to bat and make plays themselves. The buddy is always nearby to help when needed.

"For the past few years, we've partnered up with Scripps Ranch's high school baseball team," Aguilar said. "They will send out the varsity or the JV team and we pair a buddy up with our kids in a one-on-situation. The buddies warm up the kids, they help them bat, help them field – the player's buddy runs bases with them. They help the kids feel like they are real ball players. We also provide buddies for the opposing team."

Each player gets a chance to bat. The side is retired when the offense has batted through the roster. No score is kept during games. Games last approximately three innings. The Challenger players wear the same uniforms and safety equipment as other Little League players. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players.

"Sometimes we have to dial it down a little bit because some of our kids have a sensitivity to noise and crowds. We try to make it a fun experience for everyone," Aguilar said. "Each of our players has a unique situation. Some kids progress faster than others. Sometimes it takes a season or more before some kids show improvement. In addition to baseball, we work on social skills, communication – and for some kids, it's as simple as creating friendships."

Coach Aguilar knows firsthand how important the Challenger program is. His son suffers from Angelman Syndrome, which has a high comorbidity with autism and shares a common genetic basis with some forms of autism.



Challenger League coach John Aguilar with his son, Jake. (courtesy photo)

"I got into the Challenger Program because my son, Jacob, who is now 16, has a rare condition called Angelman Syndrome," Aguilar said. "It's a neurological condition. He's non-verbal so he uses an iPad to communicate. This is his 11th year in the program. Jacob loves to put on his uniform with the Padres logo. Being on the team has enhanced his social skills. In the beginning he even refused to hold a bat or to throw a ball. Now he can throw a ball and hit it off the T."



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Pop Warner season gets underway soon

By Hector Trujillo

🖌 cripps Ranch Pop Warner Football and Cheer Association (SRPW) will be starting team practices on Aug. 1 with the first games of the season scheduled for Aug. 27.

The four-week interval is aimed at conditioning the young athletes for the season ahead with the goal of fielding four tackle football teams for ages 8-14, one flag football team for ages 5-7, and three cheer squads for ages 5-13.

"We couldn't be more excited to kick off another full season of Scripps Ranch Pop Warner Football," said association President Krista Clausen. "Falcons Football returned in 2021 and turned in a fantastic season for the Scripps Ranch community. After skipping a season due to the pandemic, the entire board, coaches and Falcon family worked hard last year to welcome, recruit and build four teams, three cheer squads, and skilled coaching staffs to enable a new season."

We saw many of these kids grow and develop as athletes and young people over the course of the season.' —Krista Clausen

Among the highlights from last year was that the Scripps Ranch Pop Warner 12u Falcons football team capturing the West Coast Conference Championship at home after defeating the Coronado Islanders 7-0.

In addition, 14 student-athletes were honored as Pop Warner All-American Scholars in 2021. The Pop Warner Little Scholars All-American



Practice for Scripps Ranch Pop Warner Football and Cheer Association will start Aug. 1, and the season will begin Aug. 27. (photo by John Gregory)

end of the season was truly inspiring."

Among the most noteworthy competitors were football players Caden Clausen, Aiden Frank and Kale Searles, who started playing in flag football many years ago and were able to finish their Pop Warner careers on the field. In order to make 2021 such a successful sea-

son, the SRPW board implemented several strategies such as shifting from shared to individual hydration; disinfecting equipment when needed; distancing and masking when appropriate; and ensuring the COVID protocols of the host field at the high school were followed. These steps became part of the organization's playbook as the season continued.

"Our season can't happen without the time and effort of all our board members as well as all our coaches and other volunteers who commit time and effort to the development of our student athletes. Our program would not be a success without all of them," Clausen said.

Local business owners in the community are asked to consider sponsoring Scripps Ranch Pop Warner Football and Cheer Association's 2022season. Anyone interested in marketing their business in the community while supporting student athletes can email President@srpw. org for more information. Visit scrippsranchpopwarner. com.

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Program requires a minimum 96 percent GPA to apply for All-American status and is the only national youth sports organization that requires its participants to perform adequately in the classroom before stepping on a football field or cheer track.

"We saw many of these kids grow and develop as athletes and young people over the course of the season," Clausen said. "We had many first-time football and cheer athletes take the field last year and to see the confidence and skill by the



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All-Star teams capture District 32 championships

By Hector Trujillo

fter a successful regular season, Scripps Ranch Little League fielded four official All-Star teams to compete in their post-season district tournaments: Intermediate 13u, Majors 12u, 11u and 10u.

Each team faced off against other District 32 teams in their respective double elimination tournaments.

"We are proud of all of our All-Star teams and how they

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represented Scripps Ranch Little League," said Scripps Ranch Little League President Avi Barat. "These tournaments are very competitive, and we continue to excel year after year. It's a testament to the size and strength of our Little League and our great coaches."

Coming off their historymaking fourth place finish at State last year, the 11u All-Star team was the favorite heading into their tournament. With three strong wins, they captured the District 32 championship once again, defeating Coronado in the final game 15-3. In three games, their pitchers only allowed four earned runs and their powerful bats mustered up 31 hits. They moved on to Sectionals where they are again looking to defend their Section 6 title. They kicked off their Section tournament with a 14-4 victory against San Carlos Little League on July 16, but lost to Del Mar 1-10 on July 18. The team bounced back with a 5-2 win over Vista American on July 19 and was set to play Del Mar again on July 20 at press time.

The 10u team suffered an early loss in the tournament, but battled back to win five consecutive games and capture their District 32 championship with a 6-2 win over Point Loma. With strong pitching and consistent bats, they outscored opponents 81-19 in their seven games. They



The Scripps Ranch Little League 11 u All-Star team won the District 32 title and moved on to the sectional tournament. (courtesy of Lisa Shadburn)

moved on to the Section tournament where they lost to San Carlos in their first game on July 16, and lost to Vista on July 17 in their second game.

The Intermediate team had a strong showing throughout their district tournament and placed third. The team lost to Peninsula 10-8 in a difficult elimination game in which they came up just short.

"This team is incredibly talented and fought hard through adversity," Barat said.

The 12u Majors team had

the luxury of playing at home as Scripps Ranch Little League hosted the 12u Majors district tournament at Spring Canyon Park. The 12u team had a strong showing in the tournament, even winning a memorable extra-innings game over Rancho Penasquitos. In the end, they lost out 3-2 in a tough elimination game vs. Point Loma.

"Our kids kept their heads up and battled to the final pitch of every game," Barat said.

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Local physician serves Wave Futbol club

By Ashley Shah

Brian Kurose, a resident of Scripps Ranch, is the team physician for the San Diego Wave Futbol Club, San Diego's first women's soccer team for the National Women's Soccer League.

"The National Women's Soccer League has been around for 10 years. This is the first time San Diego has had a team," Kurose said.

Kurose practices family medicine as well as sports medicine at Kaiser Permanente.

"Kaiser had won the bid to be the medical provider for the San Diego Wave team," he said.

With his experience in sports medicine as well as being the lead physician for the San Diego Sockers team, he was enlisted alongside orthopedic surgeon Dr. Joan Williams to aid the team. "Dr. Williams handles all the musculoskeletal problems. I also help out with that, but primarily cover all the medical needs with regards to injuries: concussions, and anything else medicine related," he said. The San Diego Wave also has a trainer and a physical therapist who are with the team at all times alongside Kurose and Williams,. "Working with the trainer has been great. She has medical training as an athletic



Brian Kurose is the team doctor for the San Diego Wave Futbol Club.

trainer. If something happens to the athlete, she could take care of it, unless it needs higher medical attention like at the physician level, and that's when we get involved," Kurose said.

The team began practicing earlier this year. Their first game was in mid-March. Since the team started practicing, Kurose and Williams are called to help at any time in case of need. "Every week it's different. A couple weeks back, I was with the team every day, but there are some weeks where I do not see them at all," Kurose said. "I would say on average, I spend a couple hours a week with the team." Usually, he is able to help the athletes remotely.

I am able to help the athlete over the phone, and about 25 percent of the time I have to go in to see the athlete," Kurose said.

Kurose and Williams attend as the team also holds 'training room,' which happens once a week for a couple hours on-site at the polo grounds in Del Mar.

"During training room, we are able to help the athletes with whatever they need right then," Kurose said.

Kurose described the injuries he sees most frequently now that the team has been in season for a couple of months.

"Hamstring strains, quadriceps strains and knees are the most common injuries," he said. "Thankfully, we have not seen any major injuries this season."

The season ends in September and playoffs start shortly after that.

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"I would say about 75 percent of the time "We are in first place at the moment, so I think we will definitely make it to the playoffs," Kurose said. "This team is a first year team, but they are phenomenal. All of the athletes gel together, and there is a great coaching staff."

Outside of the San Diego Wave team, Kurose is the medical director for the Rock n' Roll Marathon.

"The Rock and Roll Marathon happens every year. See **BRIAN KUROSE**, Page 14

SPORTS & FITNESS



The Scripps Ranch Softball Association 12u gold All-Star team is headed to the national tournament. (photo by Lisa Shadburn)

12U gold team qualifies for B Nationals

By Hector Trujillo

Cripps Ranch Softball Association (SRSA) All-Stars 12U gold team finished second overall in the Southern California B state tournament, which featured 36 teams, held in June to move on to nationals in Corona, Calif.

The national tournament runs from July 26 to 31 and will feature the best teams from around the country, all vying to be crowned champion.

"The results for our 12U gold team are particularly exciting," said SRSA Tournament Director Chris Mc-Chesney. "Many of these girls are tremendous softball players competing in their final games with Scripps Ranch Softball before moving on to high school and advanced teams."

The team qualified by beating Tustin 7-1 in its opening game, with Naya Leuck hitting a home run.

Players and coaches celebrated the victory later that evening by attending the

annual state parade where teams dressed up in themed costumes. The next morning, the All-Stars shutout El Segundo 8-0 with Leuck hitting yet another home run. That was followed with a dominating 12-0 victory over Navajo. On the third and final day, the team played five contests, starting off with a 6-0 loss against Ranch Trabuco, which placed them in a double elimination tournament that they were able to climb out of all the way to the championship game. That road included a 14-3 win over Ventura, and a 7-6 nail-biting victory over Beach after being down three runs with two outs in the final at bat.

"We came back to score four runs to win in walk off fashion with Sammy Ippolito providing the game tying hit and CJ Bulatao with the game winner," said assistant coach Rich Schramm.

The fourth game of the day was a dominating 7-1 win over Thousand Oaks, with the team ultimately falling to Rancho Trabuco in the final.

Overall, the 12U gold All Stars finished 40-5-1 on the year along with being crowned Northern San Diego District champs and So Cal State runner ups. The SRSA 12U silver and 8U gold teams placed second at their district tournaments, earning them a spot for the state tournament in Lancaster, Calif.

"Both teams played at the state tournament and represented Scripps Ranch well," McChesney said. "As tournament director, these results are fantastic to see. The girls are having fun, growing their skills and measuring up well against the other leagues in our areas. We hope to build on this great showing next season across all age groups."

State tournaments for all three teams were in Lancaster. The District tournament for 12U silver and 8U gold were in Ramona, and the 12U gold districts were in San Marcos.



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Maggie Eusebio (left) and Bristen Sweeney share some smiles on the Scripps Ranch Softball Association 8u gold All-Star team. (photo by Lisa Shadburn)

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SCRIPPS RANCH RESIDENT



Talented local gymnast captures national title

By Ashley Shah

cripps Ranch resident Chloe LaCoursiere, 17, won the title of 2022 National All Around Champion in her age bracket at the Developmental Program National Championship for women's artistic gymnastics in May.

"Going into nationals, I was extremely nervous. My goal was to get top 10," LaCoursiere said.

To qualify for nationals, the top seven gymnasts in each age bracket for level 10 gymnasts at regionals move on to nationals. Level 10 is the highest level a gymnast can reach, she said.

"I placed second at regionals. The top seven of us in each age bracket for our region competed as a team at nationals," she said.

There are four areas that gymnasts are judged on: bars, beam, vault and floor.

"At nationals I competed a brand new vault, so I was nervous about that. I ended up landing on my feet, so that was a win, and my score held up," LaCoursiere said.

She scored 9.750 out of 10 on vault, leading her to win first in her age group on vault.

"With bars, I was expected to win based on my past experiences with bars," LaCoursiere said.

Receiving a 9.850 out of 10 placed her at first in her age group.

"I was really stressed about beam because I don't tend to do the best on beam. I messed up the first couple of skills on beam, but finished strong and scored decently," she said.

She scored a 9.200 out of 10.

"Going into floor after beam, my goal was to be top four, but I knew I needed a super good floor routine. I ended up doing my best floor

'I didn't even know I had won first until the very end when they were handing out awards.' -Chloe LaCoursiere

Chloe LaCoursiere performs a routine. (courtesy photo)

score of 9.775 out of 10. "After finishing my events, it was just a waiting game. I was able to cheer on my

region. I was watching the scores get put up, and the rankings ... and once I saw that I was in the top four, I was so happy," she said. "I didn't even know I had won first until the very end when they were handing out awards."

LaCoursiere scored an overall 38.575 out of 40, which placed her first out of the 56 gymnasts competing in her age bracket.

"I always forget that I am capable of doing great gymnastics, and that moment reminded me of that," she said.

LaCoursiere has been in gymnastics since she was about 4 years old.

"I went on a field trip when I was in preschool to a gym, and I just really liked it," she said.

She started at Poway Gymnastics around that age, and around age 5, she joined the team and started competing.

From age 5 to 12, she stayed with Poway Gymnastics.

"When I entered fifth grade, routine," she said. I started practice from 6 to 8 Kurose said. been in sports my whole life," LaCoursiere placed third Kurose's start in medicine a.m., then went to school, he said. in her age group with her then had practice from 5 to began shortly after earn-Kurose graduated from diegowavefc.com.

8:30 p.m.," she said. "When I started sixth grade, I started doing New Directions (independent study) full time, and trained from 9:30 a.m. to 12 p.m., then again from 5 to 8:30 p.m."

At around age 13, LaCoursiere moved to Coastal Gymnastics Academy, and has been there ever since.

"Around the time I moved gyms, I had a lot of stress fractures, so it took about a year to heal from that," she said. "Since starting high school, I go to my first three periods, and do New Directions part-time to make sure I get all my credits done. I go to the gym from about 1 to

BRIAN KUROSE

Continued from Page 12

We had it about a month ago. I've been their medical director for about six years," he said.

Kurose is also on the board for the Southern California Special Olympics in San Diego.

"I've been on the board for about five years. We meet every other month with the committee and the board,"



Chloe LaCoursiere performs her floor routine. (courtesy photo)

as late as I want. I just love being at the gym."

She spoke about the challenges of managing school alongside gymnastics.

"When I first started high school, I wanted to take all of these hard classes and still continue gymnastics at the pace I was going at. It was going to be hard to balance, so I don't take any classes that are too difficult, and it has really helped me have more time for gymnastics. It was a sacrifice I had to make, but it was well worth it," she said.

The gymnastics competition season runs from December to May. Now, in her

ing his bachelor's degree in biological sciences from the University of California, Irvine in 2005.

"I was a high school teacher before I became a physician - this was right out of college," he said.

Kurose started medical school in 2007 at the University of California, Davis (UCD).

"I always had a passion for helping other people, and especially with sports. I had off season, she is taking it day by day.

"I'm just practicing and working to get better at the gym. I also have been coaching summer camps at the gym for younger kids, which is super fun. I'm at the gym almost all day," she said.

Her future plans consist of improving and continuing gymnastics.

In November of 2021, LaCoursiere committed to the University of Alabama on a full-ride scholarship to continue gymnastics.

"The University of Alabama does really well in their gymnastics, so I thought it would be a good place to continue. They also just had a change in their coaching staff. I'm really excited to work with the new coaching staff, and the team is really great," LaCoursiere said.

After spending more than a decade in this sport, she spoke about her lasting passion for it.

"I was just thinking about why I love this sport so much, and I think it's because I know what this is really about. It's about making lifelong friendships, getting better and better every day, and if you're willing to put in the work, you can do whatever you want," she said.

To follow more of LaCoursiere's journey, visit her pages on Instagram @chloelacoursiere and @chloegym2005.

UCD in 2011.

"I did my residency at Kaiser in Los Angeles in family medicine for three years, and then I did a fellowship at the same Kaiser for sports medicine for an extra year," he said.

Kurose is board certified in both family and sports medicine.

In 2015, he moved down to Kaiser Permanente in San Diego, and has been here ever since.

To keep up with the San Diego Wave team, visit san



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SPORTS & FITNESS www.scrippsranchnews.com 15





2022 Run & Ride

There were plenty of smiling faces as the Scripps Ranch Old Pros held the 2022 Fourth of July Run & Ride, launching six big events including running and cycling – in Scripps Ranch on Independence Day morning.

> Photos by John Gregory



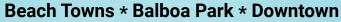


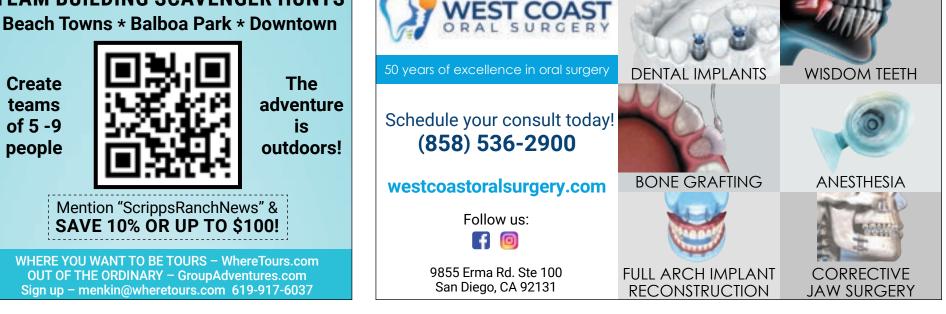
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Announcing the 2022-23 SEASON



THE OUTSIDER Written by Paul Slade Smith Directed by Christopher Williams

September 16 – October 9 Preview performance: September 16 **Opening Night: September 17**

hy do we care about government in the first place? According to The Outsider, perhaps it is because we know that our collective belief in this man-made system - when it works - can still be beautiful, and a source of hope. This hilarious comedy is perfectly fitting for the political era we are in, combining a sarcastic view of the business of modern-day politics with a surprisingly simple yet true idea of what good politics can be and do.



EXTREME HOME MAKEOVER

Written by Makasha Copeland Directed by Olivia Espinosa

November 11 – December 4 Preview performance: November 11 Opening Night: November 12

akasha Copeland's rich portrait of a clan at the crossroads balances charm, edge, and pathos with a healthy dose of grit. The play's themes - both on the surface and hidden in the subtext - show a family struggling to face the future, struggling to keep their heads above water, but always sure of their love and support for each other. (Includes some Spanish dialogue)



NEAT

Written by Charlayne Woodard Directed by Claire Simba Co-production with Loud Fridge Theatre

March 24 - April 16 Preview performance: March 24 Opening Night: March 25

n a bare stage, this magnificent storyteller spins her own exquisite real-life remembrance of her brain-damaged aunt, Neat, and the profound change she brought to Charlayne's life. Neat, with her enormous love, en-ergy, simplicity and magnificent clarity, teaches the young Charlayne what it means to cherish life. A magical, compelling, personal portrait of a young woman's coming of age, Neat is the story of an urban African-American girl bursting into adulthood, experiencing first love, and embracing both black-pride and feminism. An evening of pure joy, compelling insight, and hopefulness, Neat is an inspiration for every family.

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January 27 - February 19 Preview performance: January 27 **Opening Night: January 28**

arry is a real lucky stiff who manages to exchange the boring life of a shoemaker for an adventurous trip to Monte Carlo. The winning ticket?? LOVE! *Lucky Stiff* is a cheerful, positive, and life-affirming musical which, we all know, makes life brighter and richer. All in all, *Lucky Stiff* is a thoroughly enjoyable example of good old-fashioned musical theater that will keep you entertained and enthralled as the story of a dead man's holiday is played out in front of your eyes.



LOST IN YONKERS

Written by Neil Simon Directed by Jacqueline Ritz

May 19 – June 11 Preview Performance: May 19 Opening Night: May 20

America's great comic playwright, this memory play is set in Yonkers in 1942. Bella is 35 years old, mentally challenged, and living at home with her mother, stern Grandma Kurnitz. As the play opens, ne'er-do-well son Eddie deposits his two young sons on the old lady's doorstep. He is financially strapped and taking to the road as a sales-man. The boys are left to contend with Grandma, with Bella and her secret romance, and with Louie, her brother, a small-time hoodlum in a strange new world called Yonkers. This Pulitzer Prize-winning play deceptively hides real honest life affirmation between jokes, and shows why Neil Simon has been called "the Shakespeare of his time," and possibly the "most successful playwright in history."

KIDS SUMMER THEATRE WORKSHOP August 13, 2022, 9:30 am - 12:30 pm (Ages 9-15)



Photo by Ken Jacques

I heatre Location

Legler Benbough Theatre at Alliant International University 9783 Avenue of Nations Off Pomerado Road East of I-15

(Above address is for GPS use only, not for postal mail)

Purchase tickets online or contact **Dani DeCarlo**, SRT Patron Services Manager at 858-395-0573. ScrippsRanchTheatre.org

Social Media



@scrippsranchtheatre

Monitoring rising Covid numbers, and staying in line with San Diego Theaters, the use of a well fitting mask indoors is required. We will continue to monitor guidelines – and will adjust as appropriate.