



# BACK TO SCHOOL

## KEEPING SPIRITS HIGH

*The Scripps Ranch High School cheerleaders displayed their fresh smiles as they marched in the 2023 Scripps Ranch Fourth of July Parade. The members of the cheer team will bring their enthusiasm to campus as the 2023-24 school year gets underway. Seemingly much too early, the new public school year will begin Aug. 21, one week earlier than last year. (photo by Lisa Shadburn)*

**SEE SCHOOLS, PAGES 8-11.**



### SUMMER SPECIAL

Wild West  
dinner theater

**PAGE 16**



### LEISURE

Fourth of July  
Parade photos

**PAGE 5**



### SPORTS

Pop Warner  
starts soon

**PAGE 12**



### LIFE

The Scripps Ranch Welcome Club held its traditional summer Salad Supper at the Community Center.

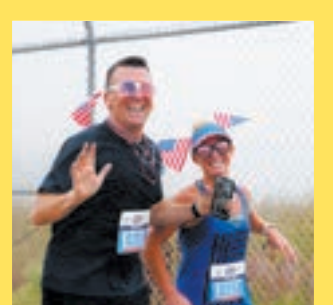
**PAGES 2-4**



### LEISURE

Stonesoul will play Motown classics on Aug. 13 in the Scripps Ranch Symphony in the Park summer concert series at Hoyt Park.

**PAGES 5-7**



### SPORTS

Run & Ride  
photos

**PAGE 14**



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# Healing Earth talk set for July 29

SUSTAINABLE SCRIPPS RANCH

On July 29 at the Scripps Ranch Community Center, 11885 Cypress Canyon Road, there will be a talk on Healing the Earth and ourselves in the process, from 1:30 to 2:30 p.m. Following is an abstract of the talk and information about the speaker:

Climate change is an existential threat facing humanity. What most people aren't aware of is that our food system is a more imminent threat: health, water scarcity, air and water pollution, carbon emissions, pollinator loss, soil depletion, biodiversity loss. The good news is that regenerative agriculture (RA) is an economic and scalable solution that can be practiced today by farmers around the world. Come learn about the principles of RA and the science and biology behind why they work and how they can help to quickly restore planetary health.

Regenerative Agriculture: good for the planet, the farmer, our health and the economy.

**About the speaker:**

Dr. Nicola Peill-Moelter



resides in San Diego and is a lifelong environmentalist who received her Ph.D. in environmental engineering Science from Caltech in 1997, before it was cool! She's spent the last 15 years building and leading corporate sustainability programs in the high-tech world at Akamai Technologies and VMware. In 2018, she stumbled upon regenerative agriculture when she read the book "Dirt to Soil" by farmer Gabe Brown. Nicola became obsessed with regenerative agricultural, recognizing that it was a cost-effective and scalable solution to many environmental and social problems. Over the past five years, Nicola has been diving deep into the science

and practices of RA and is putting the principles into practice at her family's farm in Virginia. She's so passionate about this topic that Nicola is retiring from her current position at VMware to pursue a career in RA and loves to share her learnings and collaborate with others.

**Garden share scheduled**

Garden Share: Saturday, Aug. 19, 11-1 p.m., Scripps Miramar Ranch library.

*Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. To learn more about Sustainable Scripps Ranch, visit scrippsranch.org/ssr or email SustainableSR@scrippsranch.org.*



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**Editor & Publisher**

John Gregory  
john@scrippsranchnews.com

**Art Director & Publisher**

Jacqueline Gregory  
jacqueline@scrippsranchnews.com

**Photographers**

Lisa Shadburn, Jim Wick

**Digital Content Manager**

Suzanne Micheletti

**Reporters**

Jill Alexander, Ashley Shah, Hector Trujillo

**Advertising**

John or Jacqueline Gregory  
info@scrippsranchnews.com

**Phone**

(858) 945-4465

**Mailing address**

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

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Salad Supper organizer JoAnn Farmen celebrates with Maggie Manoguerra on winning one of the night's biggest prizes. (photo by Susan Castllana)

# Celebrating summer

By Denise Stewart

In July, the Scripps Ranch Welcome Club held its traditional summer Salad Supper at the Community Center. The delicious culinary creations contributed by attendees are always a highlight of the club's summer events.

Interest groups within the club donate to gift baskets during the months preceding, and the treasures are raffled off after dinner. The baskets are filled with prizes and the enthusiasm of the crowd always inspires everyone to participate again next year. JoAnn Farmen organized this seasonal celebration.

Also in July, Welcome Club's Gadabouts group enjoyed lunch out at the Lazy Dog restaurant in Mission Valley. It is rumored that some of the participants visited the malls for shopping afterward. The Gadabouts will be touring a museum or taking in a movie in August, according to organizer Pam Savelsberg.

An evening party, known as a TGI, will take place in a Welcome Club member's garden at the end of July. The TGIs feature a potluck supper, refreshing drinks and lots of socializing. Another is scheduled for a late August evening in a garden full of flowers and birds. Club members may bring guests to these outdoor parties, and they are looking forward to enjoying another TGI potluck in September. Lynnell Hallock is the organizer of these warm season events.

Also in August, the Welcome Club will enjoy a festive coffee gathering. Brunch will be enjoyed overlooking the hills surrounding Lake Miramar. Anne McClure is the hostess for this month's event. Coffees occur most

months of the club calendar as hostesses take turns.

August's regular meeting, which happens on the second Monday of each month, will feature Debby Mayer, a published author and entertainer. She will share her humorous story of courage and adventure known as "10 Scary Things I have Done Since My Husband Died." Debby tells stories – which are sometimes true and sometimes not – for baby boomer women.

See **SUMMER**, Page 4



Scripps-Mesa Garden Club members gathered to enjoy a tour of Louise Badham's tiered garden overlooking Penasquitos Canyon. (courtesy photo)

SCRIPPS RANCH GARDEN CLUB

## Gardening brings neighbors together

By Denise Stewart

Tranquil moments alone among the blooms and fruits of our own gardens certainly make for treasured time, but the sharing of our gardening experiences makes friends. Scripps-Mesa Garden Club has been meeting most months of the year doing just that.

In June, a tour of Louise Badham's Mira Mesa garden brought out members to share the tiered landscape of her lush backyard full of greenery and blooms. Beautiful as her garden is, the backdrop of Penasquitos Canyon was a sight to behold. A large number of Garden Club members were there to share both the beauty of the garden Louise created, and the beauty of the canyon Mother Nature

designed.

July's meeting took place in a backyard in Scripps Ranch that provided a learning experience for the members. The host gardener takes an experimental approach to his hobby and members saw how he creates magic in his greenhouse.

In August, the club's annual Harvest Potluck will be celebrated at another Scripps Ranch garden. Members will bring dishes to share made from the harvest of fruits and veggies they have grown at home.

The local plant enthusiasts have a website about their garden hobby. Brydon Bennett, who tends to that as well as his backyard meadow, has created a display of garden beauty and information. Take a look at scrippsmesa-gardenclub.com

## Rotary Blood Drive

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

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## Fire Safe Council plans golf tourney

The Scripps Ranch Fire Safe Council has scheduled its annual golf tournament fundraiser for Oct. 7. This will be the Fire Safe Council's 16th annual fundraiser.

The event will be held at Oaks North Golf Course, 12602 Oaks North Drive. There will be an auction and raffle prizes.

Tickets are \$125 per person. Register at [srfiresafe.org](http://srfiresafe.org).



## Lemonade Stand Contest

The 2023 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 an order of delicious treats as a prize! To enter, email a high resolution photo (300 dpi) of your lemonade stand to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com). Include location of your stand and date photo was taken. Include name of photographer and name of those in the photo. Rules: Photo must have been taken in Scripps Ranch (92131 area). Photo must have been taken between May and August 2023. Deadline is Sept. 5, 2023. No charge to enter.

### SUMMER

Continued from Page 3

The interest groups of Welcome Club are meeting regularly throughout the summer. The trail walkers are donning their sunscreen and touring the paths among our trees. Bunco is played in the evenings, while crafts and most book discussions gather ladies during the day-time.

*If Welcome Club sparks your interest, check the website [scrippsranchnewelcomeclub.com](http://scrippsranchnewelcomeclub.com) and learn more about this active group of local women who enjoy the company of others.*



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.

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Email a high res photo of your lemonade stand to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com). Include the location of your stand and the date photo was taken. Include name of photographer and name of those in photo.

**DEADLINE:** Tuesday, Sept. 5, 2023

**RULES:** Photo must have been taken between May and August 2023 in Scripps Ranch (92131 area). No charge to enter.



## First Day of School Photos

Send a photo of your students on their first day of the 2023-24 school year to Scripps Ranch News.

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

Send a high resolution photo to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com). Be sure to include the names of the students in the photo, the school they are attending and grade, and the name of the photographer.

**Deadline is Sept 4.**





**COLORFUL PARADE**

A large crowd enjoyed the annual Scripps Ranch Fourth of July parade as community groups, schools, scouts, clubs, pageant queens, politicians, pets, businesses and sports teams joined in the annual procession. Bright, patriotic colors were the attire of the morning, along with some silly outfits. The spectators were as colorful as the parade participants. The event was produced by the Scripps Ranch Civic Association.

Photos by Lisa Shadburn



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SCRIPPS RANCH FARMER'S MARKET

# Try empanadas for your stomach and soul

By Jill Alexander

If you've ever eaten an empanada, you already know how wonderful these half-moon-shaped baked pastries are. But if you've never had one, you're in for a treat.

An empanada is made with wheat flour dough, baked and filled with traditional ingredients such as meat, chicken, spinach, mozzarella, ham and

cheese.

You can find authentic Argentinian empanadas at the Scripps Ranch Farmer's Market on Thursdays prepared by Nelson Cuberli of Nono José Empanadas.

Cuberli, 38, of San Diego, has been whipping up authentic Argentinian empanadas for years and he loves making these yummy treats.

"I specialize in authentic and traditional Argentinian



empanadas," he said. "In San Diego, I started making them one year ago, also in Mexico for about two years, and in Argentina when I learned the recipes."

He's been at the Scripps Ranch Farmers Market for two months.

"I also distribute to some coffee shops, and I am working on opening a store in the near future," he said.

"What I can tell you about my empanadas is that it is a secret and exclusive recipe of 100 percent baked dough; it's what gives it just the right texture, plus a variety with the authentic flavors of empanadas that we prepare in Argentina," Cuberli said. "There's nothing more orig-



Customers gather at the booth for Nono José Empanadas. (courtesy photo)

inal than [one] prepared by an Argentinian."

His grandfather taught him how to create the perfect empanada.

"The recipes are all from my grandfather José Cuberli. That's why the name is 'Nono José Empanadas.' The prefix 'nono' in Argentinian means 'grandfather,'" he said.

Cuberli spends most of his time preparing his empanadas in a commercial kitchen in downtown San Diego, as



Nelson Cuberli (courtesy photo)

well as pursuing a career in the music industry, he said.

"Everything I know I learned on my own, from an early age, watching cooking shows and also watching my grandparents, my mother and my father, from whom I learned one of my maximum specialties in cooking which is everything related to what we call 'asado Argentino' which as you know in Argentina is an art," he said.

"I love the vibe at Scripps Ranch Farmers Market, from the vendors and the organizers, especially the manager Bev, and also from the attendees, lots of families, lots of kids, and all this set to music by a DJ," Cuberli said.

"My most popular item is the empanada de carne, which is the most traditional Argentinian empanada," he said. "We're committed to providing an outstanding experience to every customer who visits our stand. Our friendly and helpful team is always ready to help choose the right flavors and make your visit as enjoyable as possible."

Empanada prices: One for \$5, three for \$12 and 12 for \$35.

Visit Jose Cuberli at the Nono José Empanadas booth at the Scripps Ranch Farmer's Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

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Stonesoul will play Motown classics for the crowd on Aug. 13 in the Scripps Ranch Symphony in the Park summer concert series at Hoyt Park. (courtesy of Stonesoul)

## Symphony in the Park features Stonesoul

By Ashley Shah

**S**tonesoul will perform on Aug. 13 in the Scripps Ranch Symphony in the Park free summer concert series at Hoyt Park. Stonesoul plays classic covers from the Motown era.

“I love Motown music because it has been so ubiquitous in our upbringing. It is classic soul. It is a genre that is so respected,” said lead singer Matt Grey. “Most people have heard the music we play because they are such classics. You have songs from people like Stevie Wonder, Michael Jackson from The Jackson 5, and more.”

Motown music from the '60s and '70s is what Stonesoul primarily plays.

“We like the era that we play from. The music is so fun and pure. These are songs that have been used in commercials, kids' cartoons, games and more,” Grey said. “Whenever we play, by the second song the dance floor is full. Motown as a genre is far reaching. I always see people from all ages dancing and singing along to these songs.”

Stonesoul has been playing Motown music for more than 20 years. Their first performance was Nov. 4 in 2002.

“Ever since our first performance, we have been playing steadily ever since,” Grey said. “I got the band started because I wanted to play music from the Motown era. It wasn't that hard to find people who also wanted to play Motown music.”

The band consists of Grey, lead singer; Tom Curry, drummer; Rex Merriweather, trumpet; Danny Moynahan, saxophone; Clay Maska, keyboards; David Abercrombie, bass; Lance Rickman, saxophone; and

John Nevolo, guitar.

“We have had people come in and out of the band since we started. But, the current set of people in our band have been playing together for six years. I'm really proud of the music that we create together,” Grey said.

The band plays about 75 to 80 shows per year.

“Because we play so often, we don't really have rehearsals or practice. We are the busiest in the summer; we do about thirty-five to forty shows. We do about three to four shows a week,” Grey said. “On the Fourth of July, we did two shows in one day, which isn't uncommon for summertime.”


While the band primarily plays in Southern California, it has traveled to perform as far as Texas, Arizona and Nevada. Their performances range from doing private events to free concerts.

The band is looking forward to performing in Scripps Ranch.




“We have never been to this venue, but everyone that we have worked with has been great. We have heard it is an amazing venue, so we are looking forward to seeing and performing in it,” Grey said. “Our main goal is to make sure people have a great time. It is always so nice when people come up to you after performances to tell you how much fun they had at the show.”

The Aug. 13 performance by Stonesoul begins at 6 p.m. and ends at 7:30 p.m. Concert attendees are encouraged to arrive early. No high back chairs are allowed, and no one should bring their pets. Do not spread plastic tarps on the ground because they kill the grass.

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# S C H O O L S

## Principals comment on 2023-24 year

All principals of Scripps Ranch schools were asked to express their thoughts about the 2023-24 school year. Each was asked about changes for 2023-24 as well as what they are looking forward to this school year. Here are answers from those who responded:

### Scripps Ranch High School

School will begin a week earlier this year, with the first day of school being Monday, Aug. 21.

- Daily, school will start 10 minutes earlier and get out 10 minutes earlier. The bells schedule will be 8:35 a.m.–3:23 p.m.

- We will have 18 minimum days this year. The change is they will be early out minimum days (as opposed to late start ones like this year). Minimum days will be 8:35 a.m.–2:23 p.m.

- Five additional female sports have been (officially) added: girls flag football, girls wrestling, girls beach volleyball, competitive cheerleading, girls cross country

- Expanding our Welcome Week

I'm looking forward to continuing to grow our efforts when it comes to our school



culture. Three years ago, we implemented an inaugural Falcon Summer Bridging Day, which was two days held in the summer for incoming ninth graders to have them meet staff, collaborate with SRHS students, and help them transition successfully into high school.

We have continued to implement our Falcon Summer Bridging Day each year and make improvements upon it.

For the 2022-23 school year, we implemented our inaugural Welcome Week, where we had several days of culture building activities and fun events to get students to feel connected to campus from the very beginning of school. We had the radio station 93.3 come to campus and even had a dunk tank. This year, our staff has voted to expand on our Welcome Week and a Welcome Week Committee was put together to brainstorm and make the week

even more special. We have student videos being filmed, will implement grade level assemblies and do even more fun activities.

Similar to our school culture initiatives, we are continuing to build upon our work in all facets, such as classroom instruction, peer mentoring and staff-student mentoring.

We want to continue to grow and be the best school we could be. Seeing these programs and initiatives impact students in a positive way is a lot of fun and something I always look forward to.

**Matt Lawson, Ed.D**

Principal  
Scripps Ranch High School

### Marshall Middle School

In spite of the fact that Principal Josh Way is taking a new position at a school in Carlsbad this school year, he still took the time to respond. The school district has set forth a process to find his replacement.:

- We are revamping our sixth grade and new student orientation by bringing the WEB program. WEB stands for Where Everybody Belongs and is a sixth grade transition program. Selected and trained eighth graders lead a full orientation with small group community building activities and a tour so incoming sixth graders can get acclimated to school before the first day. These "WEB Leaders" will also be mentors of the sixth graders throughout the year.

- To meet the increase in mental health needs, we are adding additional counseling hours and services. This new person will be focusing on social emotional support, restorative practices and articulation with Scripps Ranch High School.

- Our Math Department will be rolling out a new revised Math curriculum next year. This will be the first new math adoption in decades and our team is excited to bring new, relevant and innovative math content to continue to challenge our students and better prepare for the ever-changing complex world.

This past year, our school once again improved our achievement scores past pre-pandemic rates. Our kids are excelling at exceptionally high rates, but we need to do more to ensure our campus is safe, welcoming and nurturing. I'm excited to see us build upon activities like the Library of Us and Festival of Cultures.

**Josh Way, Ed.D**  
Past-principal  
Thurgood Marshall Middle School

### St. Gregory the Great Catholic School

The school welcomes Erin Dyer Zwahlen, Ph.D., as its new principal. Erin is a long time Scripps Ranch resident and is very excited about joining the staff.

The St. Gregory the Great Catholic School (STGGCS) community is looking forward to the 2023-2024 school year! We have two new teachers joining our middle school staff, which will allow us to add Span-

See **PRINCIPALS**, Page 9



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## 2023 SRHS COMMENCEMENT

The commencement ceremony for the 2023 graduating class of Scripps Ranch High School was held June 14 in Grosvenor Stadium on the school campus. Senior class leaders and top students addressed the crowd. San Diego Unified School District Superintendent Dr. Lamont A. Jackson was the featured speaker. Proud parents looked on as each graduate was introduced. (photo by Jim Wick)

### PRINCIPALS

Continued from Page 8

ish classes to the core curriculum, as well as learning resource support for our students. These teachers come to us with years of excellent experience and will be a fantastic addition to our already exceptional staff.



All of our current elementary school teachers will continue with us into the new school year, as well as our newly appointed athletic director who has brought our physical education and athletic program to the next level!

We have already begun to update our technology, STEM lab and science lab with the most-up-to-date equipment and will continue to incorporate Next Generation Science Standards into our curriculum.

Our music and art programs have flourished and

will continue into the next school year. Our preschool classrooms have been an outstanding addition to our school, and we look forward to welcoming them into our kindergarten class!

As we say goodbye to our beloved principal, Mrs. O'Connell, I welcome the opportunity to be part of this wonderful community as the new principal. I have already met with our teaching and administrative staff, assistant principal and newly appointed school advisory board, who have all committed to assisting me with our school mission of creating a culture of growth mindset, and fostering life-long learners and stewards of our faith and community.

**Erin Dyer Zwahlen, Ph.D.**

*Principal  
St. Gregory the Great  
Catholic School*

### Chabad Hebrew Academy

We are so excited to launch an ASB program with our

Chabad Hebrew Academy middle school students next year. In the past, we've had student government in different forms, but next year our dynamic humanities teacher will be spearheading an ASB like we've never had before.

Through community outreach, school pep rallies and student council meetings, the students will gain an even stronger voice in their school.

As principal, each new school year brings excitement even greater than the year before. As a staff, we celebrated all of the accomplishments on campus last year and set high goals to strive for this year. The parent and student body make CHA such a special place that together, we know we can continue to build for a stronger future.

**Abby Koch**

*K-8 Principal  
Chabad Hebrew Academy*



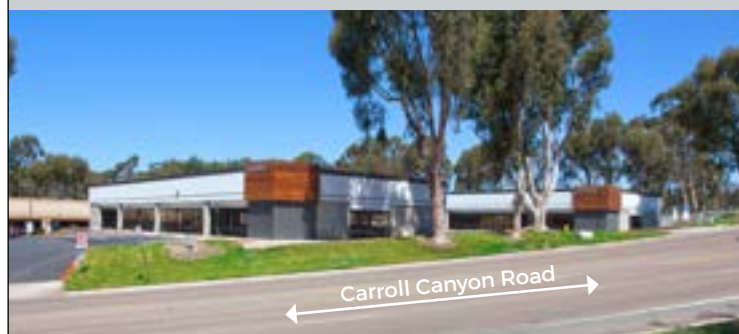
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## Tips for smooth back-to-school transition

*(Family Features)* Balancing schedules, supplies shopping, meal planning and more can make the back-to-school season one of the most hectic times of the year. Keeping stress at bay may be a little easier when you put a plan in place the entire family can follow.

Remember, making the transition as smooth as possible requires a team effort. Help make a new academic year easier on your little ones (and yourself) with these hacks.



Simplify mornings as much as possible by packing backpacks, prepping lunches and planning outfits in the evenings to save yourself time once that alarm goes off. (photo courtesy of Getty Images)

### Start your routines

Getting your kids into their school day routines may be a massive undertaking, but it's often helpful to start weeks before the first bell rings. Set those alarms and encourage kiddos to treat each morning as if they're going to class. In the evenings, practice prepping backpacks and outfits just as you would during the school year, and ensure children are going to sleep at the times they should on school nights.

### Prep the night before

Stressful mornings can lead to less productive days. Instead, simplify mornings as

much as possible by packing backpacks, prepping lunches and planning outfits in the evenings to save yourself time once that alarm goes off. Plus, you may be less likely to forget essentials like homework assignments or permission slips when you're not in a rush.

### Simplify school lunches

Prepping lunchboxes to send to school doesn't need to be a time-consuming affair. In fact, it can be one of the easiest parts of your routine with prepackaged op-

tions that help make packing lunches a breeze. Seek out solutions that help simplify the process like Kemps Smooth Cottage Cheese, a first-of-its-kind snack for kids made with 4 percent whole milk and blended with real fruit to create a smooth and creamy texture without the curds. Available in four-packs of 4-ounce cups in fun flavors like Mixed Berry, Strawberry and Strawberry Banana, it's a healthy, convenient and versatile solution with probiotics and no high-fructose corn syrup. Plus, it's high in protein to keep kids feeling full and focused throughout the school day.

### Serve nutritional snacks

Skip the temptation to stock the pantry with sugary grab-and-go treats. Instead, encourage good nutritional choices for your children after a day of learning by offering them healthier snacking solutions. For example, pairing cottage cheese with crackers or fresh fruit provides a protein punch without the added sugar of less healthy snack choices to keep little tummies full until it's time for a family meal.

### Create a family calendar

The school year certainly isn't the only time that calendars feel like they're bursting at the seams, but the addition of after-school activities, field trips, parent-teacher conferences and more can be overwhelming if you're not prepared. Find a scheduling solution that works for your family, whether it's a dry-erase board in a mudroom or magnetic calendar on the fridge. Stay on top of upcoming events and activities by sitting down together once a week (or more) to write down everyone's commitments and track important dates.

To learn more and find fun recipes, visit [Kemps.com](http://Kemps.com).



Leaving the kids at home when shopping may help save money, according to a survey commissioned by Slickdeals and conducted by OnePoll. (photo courtesy of Getty Images)

## Back-to-school shopping

*(Family Features)* Between navigating store aisles and online sales for everything from clothes and shoes to supplies and sports equipment, back-to-school shopping can be a time-consuming – and expensive – endeavor.

To help stay on budget while still getting everything you need, consider these tips from Vitaly Pecharsky, head of deals for Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more.

**Take stock of current inventory** – Before you hit the stores, take inventory of items you already have at home or in the office to see what you truly need. Knowing what you already have on hand can help you avoid the temptation of stocking up on items you may not even need just because they were on sale. That 50 cent pack of crayons may be a good deal, but too many of those can add up, especially if you realize later you had the same item sitting unused in a closet or drawer at home.

**Check with teachers** – Don't be afraid to email your children's teachers before classes start to find out what supplies are absolutely necessary. Sometimes a school will put out a list, but the teachers may not require you to have all the items on the list, particularly if students may be sharing, and supplies may need to be restocked later in the school year.

**Tap into technology** – Shopping online is a quick and easy way to compare products, services and prices, but it can be overwhelming trying to determine if you're really getting the best option. Before making a final decision on everything from laptops to markers, visiting a site like Slickdeals can help you find the best products at the best prices. With 12 million users who vet

and vote on deals from top retailers, you can feel comfortable knowing you're getting the best value. You can also set deal alerts to be notified via email when a deal that matches your criteria gets posted.

**Buy pre-owned** – From uniforms and sporting equipment to clothing and more, not everything needs to be new each school year. Visiting online consignment shops can help you find big savings on like new, often brand name clothing, accessories and more.

**Avoid buying equipment for extracurricular activities all at once** – If your children are trying new sports, clubs or extracurricular activities for the first time, consider waiting to purchase all the necessary equipment. Oftentimes, you may be able to borrow or buy pre-owned items from other parents whose kids have outgrown the equipment or no longer participate. If your children end up deciding a sport or activity isn't for them, you're not stuck with things that may end up collecting dust in the garage or basement.

**Shop without your kids** – Leaving the kids at home when shopping may help save money, according to a survey commissioned by Slickdeals and conducted by OnePoll. The study of 2,000 parents in the United States found two out of three respondents believe shopping with their kids tends to be more expensive than shopping by themselves with solo ventures costing an average of \$133 compared to \$179 when taking children along. **Take advantage of student discounts** – If you have children in college, you may be able to use their student ID cards to your advantage to save even more money. Before making purchases on big-ticket items like tablets

See **BACK-TO-SCHOOL**, Page 11



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# Prepare your children for kindergarten

*(Family Features)* Being ready for kindergarten is about far more than writing names and reciting the ABCs. It is also about building a foundation for deeper conceptual thinking, curiosity, creativity and social and emotional skills that can help children during their early school days and also in life.

For parents, this transition can be nerve-racking and raise questions about how to best prepare their children for the next step in their educational journeys.

Dr. Lauren Starnes, senior vice president and chief academic officer at The Goddard School, and Lee Scott, chairperson of The Goddard School's Educational Advisory Board, recommend helping children prepare for kindergarten through:

## Building strong routines and foundations for learning:

**1. Language and literacy:** Practice writing by making place cards for the dinner table. For younger children, it can be the first letter of each person's name or fun scribbles on the card. Early scribbles are part of developing writing skills.

**2. Mathematics:** Count while you work. Ask your children to put away toys. As they work, you can count the toys together.

**3. Science:** Make yard cleanup fun. As you clean the yard, talk about the leaves and why they turn colors and fall to the ground. Pile them up and jump in.

**4. Executive function:** Incorporate your children in planning for the family. Help your children stay organized with a daily or weekly chart. Have your children make the chart with you. For younger children, you can use drawings or pictures instead of words.

**5. Creative expression:** Sing and dance while you work. Make up songs or repeat favorites as your children go through a few basic chores such as putting clothes away.

**6. Social-emotional development:** Build a sense of responsibility and caring for others with real or pretend pets. Take the dog for a walk, feed the cat or water the pet rock. Taking care of a pet can help children develop a sense of responsibility and empathy for others.

**7. Healthy development and well-being:** Daily routines help your children practice fine motor skills while doing a few chores, such as setting a table, helping you cook by mixing or stirring, putting their clothes on or brushing their teeth.

## Incorporating Playful Experiences:

**1. Puzzles:** Solving puzzles supports the de-



Block building supports creativity, cognitive flexibility, planning and organization. Take some time to build with blocks using different shapes and colors. (photos courtesy of Getty Images)

velopment of skills such as concentration, self-regulation, critical thinking and spatial recognition.

**2. Board games:** Playing games provides a number of benefits for children, including supporting memory and critical thinking, helping them learn to take turns and count, and developing early language skills.

**3. Blocks:** Block building supports creativity, cognitive flexibility, planning and organization. Take some time to build with blocks using different shapes and colors.

**4. Clay:** Children need to develop fine motor skills beyond using devices. Few things are better for developing fine motor skills than modeling clay. Learning to sculpt with clay also builds creativity, artistic expression and strategic thinking.

**5. Recycled materials:** Inspire creativity by finding things around the house to build with, such as cardboard, paper, paper towel rolls and plastic bottles.

*For more actionable parenting insights, guidance and resources – including a webinar with Scott focused on kindergarten readiness – visit [GoddardSchool.com](http://GoddardSchool.com).*

## BACK-TO-SCHOOL

Continued from Page 10

or laptops, be sure to inquire about discounts available only for students. Some companies even offer student-only memberships for discounted services, such as shipping, video, music and more.

*Find deals on supplies and gear for back-to-school season at [Slickdeals.com](http://Slickdeals.com).*

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SPORTS

# Pop Warner prepares for new season

By Hector Trujillo

With practices beginning on Tuesday, Aug. 1 and games starting on Saturday, Aug. 26, the Scripps Ranch Pop Warner Football and Cheer Association (SRPW) hopes to have another successful season.

*‘I feel that Scripps Ranch has built a reputation for outstanding youth athletics around the county.’*

—Gary Harrison

“Pop Warner in San Diego is experiencing significant growth,” said President Gary Harrison. “There are more teams and athletes competing in the San Diego Pop Warner league than ever before. If you think your athlete will want to play foot-



The 2023 Scripps Ranch Pop Warner Football and Cheer Association season starts with practices Aug. 1 and games on Aug. 26. (photo by John Gregory)

ball at some point in their youth, then there are some benefits at learning the tackle game at a younger age when the physicality of the game is relatively low.”

More than 120 athletes between the ages of five and 14 are expected to compete in flag football, tackle football and cheer this year, with the football games taking place at Scripps Ranch High School (SRHS).

“I feel that Scripps Ranch has built a reputation for outstanding youth athletics around the county, and we

look forward to seeing more of those athletes sign up for football,” Garrison said. “If we just got one player from each of the baseball all-star teams, our football teams would be in the top tier of teams in the league.”

The safety measures being implemented by the league vary based on age level, but will include players not making initial contact with their helmet, limiting full contact sessions during practice along with no three-point stances or kickoffs.

The special rules for youth football are aimed at reducing contact while promoting safety, with all coaches being certified in safe football fundamentals to reduce the likelihood of head impact with these new techniques.

“Participating in tackle football is a tough decision for families,” Garrison said. “I am concerned with the intense specialization of a single sport at a young age. The competitiveness of soccer and baseball have resulted in year-round seasons for young athletes of one sport.”

A father of two boys, this is Garrison’s first year as president and coach at SRPW. He has coached more than 10 years at SRHS, most recently as varsity offensive coordinator along with playing four seasons in college and then professionally for three more in Europe.

*‘Our volunteers are so dedicated to creating these wonderful opportunities to compete in football and cheer.’*

—Gary Harrison

SRPW is still accepting volunteers to help on game-days and as coaches, even those with no experience, since free certification training is provided for all coaches.

“We have an outstanding group of volunteers and parents in our league,” Garrison said. “Our volunteers are so dedicated to creating these wonderful opportunities to compete in football and cheer.”

SRPW works closely with the SRHS football staff to ensure that athletes are ready for high school football as SRHS head coach Marlon Gardinera and defensive coordinator John Taylor share fundamentals with the Pop Warner staff. SRPW and SRHS players continue their little brother mentoring program with the culmination being Pop Warner Night taking place at a SRHS home game, allowing the young Pop Warner players to run onto the field with the high school team.

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# Little League team plays in sectionals

By Hector Trujillo

The Scripps Ranch Little League 12U (SRL) All Stars defeated the Coronado All Stars in a dominating 11-1 victory at Jerabek Park on July 10 to earn the District 32 Championship and a trip to sectionals. Unfortunately, the talented Scripps Ranch team was eliminated from the sectional tournament after losing 0-3 to Del Mar on July 15 and 1-4 to San Carlos on July 16.



Scripps Ranch Little League 12U All Stars are interviewed after defeating Coronado to earn the District 32 Championship. (photo by Lisa Shadburn)

The 12U team went a combined 4-1 in the Little League Division District 32 tournament, beating both Point Loma and Coronado twice while losing once to Coronado 9-2. In the first game of the tournament against Point Loma on June 27, Aaron Tinoco pitched five innings and JD Engler pitched one inning in a combined 8-0 no-hit victory. The offense for that game was provided by Ethan Neville, Will Slapnicka and Tinoco who all hit home runs. Colin McArthur went 2 for 3 with 4 RBIs vs. Coronado and also hit a HR in the second game versus Point Loma in a 4-0 victory while Engler pitched a combined no hitter after going six and two-thirds innings before giving the mound over

to reliever Alex Kolk who got the final out in the championship game.

“This was the same team that was the 11U last year going second at State last year,” said league president Avi Barat.

The 12U All Stars started Section 6 tournament play on July 15 against Del Mar Little League in a group that also included San Carlos Little League and Vista American Little League.

“It was a good season and everything went really well, so a successful one,” Barat said. “We had a good All-Star season and we had four All-Star teams, with two making their district championships. We had a lot of kids playing a lot of baseball, which is always great to see and a good

experience for everyone.”

The 2023 postseason saw SRL select four All-Star teams (13U, 12U, 11U, and 10U), two 9U Future Stars teams, two 8U Little Stars Teams and seven All-Division teams across four of its divisions. As far as the 10U All-Stars, the team got a great performance from Ethan Lum, 2-2 with an RBI double during the 11-4 loss to Coronado in the championship game played at Clairemont Hilltoppers Little League.

**Fall Ball:** The 2023 Fall Ball registration has opened. Visit scrippsranchll.org for more information and to sign up. The season starts around Labor Day and lasts through the Sunday before Thanksgiving.

# Football team is loaded with experience

By Hector Trujillo

Having started its off-season strength and conditioning program along with seven versus seven competition on July 10, the Scripps Ranch High School (SRHS) football team looks to improve on last season’s 2-9 record when it kicks off at home versus Brawley High School on Aug. 18.



cord last season.

This year’s Falcons are led by team captains and fourth-year starters Hudson Wanner at linebacker alongside Noah Gardinera who plays running back and safety, plus Vincent Cruz at the offensive tackle and defensive end positions.

SRHS will be anchored by Division I college football prospect and three-year varsity starter Ryan Stadther playing linebacker and running back. Among other key players to keep an eye out for are returning receiver seniors Stephen Bousquet and Alex Ariaudo along with junior Markell Martin.

The Falcons will play a total of 11 regular season games with six being at home versus Christian High School, Mt. Carmel, Mira Mesa, Coronado – and Mis-

sion Bay High in the season finale on Oct. 27.

“With the inaugural SDUSD Middle School flag football season completed, we expect a larger-than-normal freshmen class,” Gardinera said. “The Class of 2024 is filled with experienced returners that were a part of the 2021 State Championship, so we look forward to competing for another championship. The high school coaching staff was excited to work with our middle schoolers before they start at the high school.”

The team has a large number of varsity starters returning combined with a lot of junior varsity talent comprised of its freshmen team from the 2022 season.

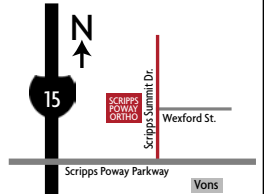
“In keeping with tradition, our ongoing rivalries continue,” Gardinera said.

After the 2019 loss in Scripps Ranch High School’s first CIF Championship game to La Jolla, the Falcons avenged that defeat with a 42-0 victory in the 2021 CIF Championship. The two teams meet again this season at La Jolla High School on Aug. 25.

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The Scripps Ranch Softball Association 12u and 10u All-Star teams at the opening ceremonies of the State tournament. (photo by Lisa Shadburn)

## State softball competitors

Two Scripps Ranch Softball Association (SRSA) All-Star teams (12u and 10u) made it all the way to compete in the State tournament in Lancaster, Calif., this summer. The teams were led by 12u head coach Dean Ridgway and 10u head coach Ryan Williams.

Both teams lost close games in State competition on June 30, but they both came back to win games the morning of July 1 before being eliminated in losses that same day.

The local teams qualified for States by finishing as top teams

at the USA Softball District Tournament in Ramona. The Scripps Ranch 12u team went to the District Championship game and finished the tournament in second place. The Scripps Ranch 10u team finished the District Tournament in third place.

“It was a great season and the girls on both of those teams fought hard! It was great watching them all play this season, even in that 105 degree weather at States,” stated SRSA president Anna Carasco in an email.

## Men’s 60 & over softball open

The Scripps Ranch Old Pros announced that sign-ups are now open online for season five of the men’s 60 and over softball league.

The seven-inning games will be played at Sycamore Canyon Park each Tuesday afternoon at 1:30 p.m. beginning Tuesday, Aug. 15 through Nov. 14.

This league is ideal for senior softball players who have recently retired or have flexible work schedules.

Currently, the most senior player is Dr. Arnie Gass, who at 81 years young still plays a mean second base.

The Tuesday afternoon masters league uses senior friendly rules designed to minimize player contact and injuries. In addition to enjoying a little friendly competition, one of the best parts of the league



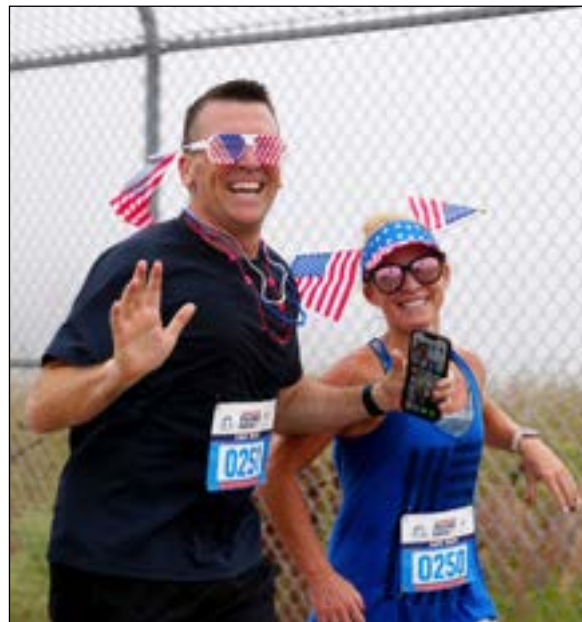
The 2023 Spring Tuesday Softball League Champions. Managers were Ted Heckman and Ron Hoppenstand. (courtesy of Scripps Ranch Old Pros)

is hanging out with teammates and making new friends after the game.

League commissioners Steve Northcote and Kevin Clark have been involved with Old Pros softball for more than 30 years.

Email [swnorth@san.rr.com](mailto:swnorth@san.rr.com) or [kclark@vitrek.com](mailto:kclark@vitrek.com) with any questions you may have.

Sign-ups will be limited to the first 56 players. Register online at [srop.org/softball](http://srop.org/softball).



### 2023 Run & Ride

The 2023 Scripps Ranch Old Pros Fourth of July Run & Ride was held early on the morning of Independence Day with thousands of participants. The Old Pros held two running events and three cycling events.

Photos by  
Jim Wick



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## SR resident hosts dinner theater downtown

By Ashley Shah

Scripps Ranch resident Daniel Redman is hosting dinner theaters at Salt and Whiskey at the Horton Grand Hotel. One of the shows took place on July 13, and the other will be held July 27.

“Our production follows the founders of early San Diego in the 1880s as they solve a murder mystery. A lot of the actions are largely improvised,” Redman said. “What makes dinner theaters more fun than regular theater is that they are interactive with the audience. The diners will assist us in solving the mystery.”

Historical figures that were prevalent to San Diego’s founding, such as Wyatt Earp, William Heath Davis and John Spreckles, are all featured.

“The historical figures that are featured in the show have close ties to the Horton Grand. This brings life to the actual history of the place,” Redman said. “William Heath Davis formed the new town San Diego, which is now known as the Gaslamp. He lived right across the street from the Horton Grand. John Spreckles, who was one of the richest people in San Diego back then, owned Coronado. He lived close to the Horton Grand. Wyatt Earp lived at the Horton Grand.”

In addition to the interactive show, a three course meal is served.



Historical San Diego characters from the 1880s, such as Wyatt Earp, come to life during dinner theater Wild West Whodunit performances at the Horton Grand Hotel. (courtesy photo)

“There will be a salad, a main dish and dessert. There will be a custom cocktail menu straight out of the 1880s,” Redman said.

All of the components for this show began only a few months ago.

“A couple months ago, I was thinking about the dinner theater format. So, I went to ChatGPT and had it write me a dinner theater format for a murder mystery. I went through several rounds of editing with the format, and I was amazed with how great the dinner theater format came out,” Redman said. “I sent the script to the Horton Grand event manager, and he asked me to write him a business plan, in which I used ChatGPT. From there, we decided to run two test nights.”

While the script was written using ChatGPT, the script does not feel robotic.

“The actors bring the script to life. There is no way someone would be able to tell that it was written using ChatGPT. None of this would have been possible without this software. It saved me so many hours,” Redman said.

There are six actors in this performance.

“As someone who has been a part of acting in the San Diego area for about 10 years, I reached out to some other actors I knew in the San Diego area to see if they would be interested in performing in this,” Redman said. “We have all been excited to perform in this new, creative format. It is a fun opportunity for us.”

Because this is a new format, the actors have practiced often.

“We did Zoom sessions at the very beginning to just run through the script and get a feel for the characters.

See **DINNER THEATER**, Page 18



## THE HEROES IN CONCERT

The Heroes perform with high energy in front of an enthusiastic crowd during a free concert at Hoyt Park on July 9, part of the Scripps Ranch Symphony in the Park summer concerts series. The next concert in the series will showcase Stonesoul, bringing Motown sounds to the park on Aug. 13. See page 7 for details. (photo by Lisa Shadburn)



## LITTLE BLUE PENGUINS

The Little Blue Penguins at Birch Aquarium at Scripps celebrated the first anniversary of Beyster Family Little Blue Penguins with a pool party. This attraction brings the world’s smallest penguins to Southern California. Feeding Presentations are daily at 10 a.m. [aquarium.ucsd.edu/penguins](http://aquarium.ucsd.edu/penguins).

# Addy’s Bistro Celebrates Denise’s 61st Birthday

I’m so excited to share some news with all of you. I’m turning 61 in August and to celebrate, Addy’s Bistro is offering a new **Early Bird Breakfast Special**. From 9 a.m. to 11 a.m., guests can get \$2 off entrees; available Monday through Friday. This is a great way to start your day with a delicious meal and save a few bucks.

In addition to the Early Bird Special, Addy’s Bistro is also offering new specials on its menu. These specials will be announced in the newspaper and on social media, so be sure to check back often.

### Catering

Addy’s Bistro also offers catering for corporate and per-



Addy’s owner Denise with husband Andy during an early birthday celebration on an Alaskan glacier.

sonal events. Whether you’re looking for a breakfast meeting or a dinner party, we can



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We are located at 13771 Danielson St., Unit E in Poway. We are open for breakfast and lunch, every day from 8 a.m. to 2 p.m. For more information, visit our website or call (858) 883-4556.

I hope to see you soon, Denise

### Hours

Open seven days a week from 8 a.m. to 2 p.m.

**Website:**  
[www.addys.com](http://www.addys.com)

**Address:**  
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OF COUNTRY**

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**DAVE MASON:  
ENDANGERED SPECIES TOUR**

FRI. **SEPT. 22** 2023-7:30PM



**CIRQUE MECHANICS:  
ZEPHYR**

SAT. **OCT. 7** 2023-7:30PM

Other upcoming 2023-24 shows



**JARABE MEXICANO: DIA DE LOS  
MUERTOS CELEBRATION OF LIFE**  
SAT. **OCT. 14** 2023-7:30PM



**THE RAT PACK:  
ONE MORE TIME!**  
SAT. **NOV. 4** 2023-7:30PM



**JAKE SHIMABUKURO:  
CHRISTMAS IN HAWAII**  
SAT. **DEC. 2** 2023-7:30PM

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**NORTH: THE MUSICAL**  
SAT. **JAN. 20** 2024-6PM



**THE TEN TENORS:  
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SUN. **FEB. 18** 2024-7PM

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**CELTIC SPELLS**  
FRI. **MAR. 15** 2024-7:30PM



**CHARLOTTE'S WEB**  
SUN. **MAR. 17** 2024-2PM



**BACK TO THE GARDEN:  
CALIFORNIA DREAMING**  
SAT. **MAR. 30** 2024-7:30PM



**DRUM TAO**  
SAT. **APR. 6** 2024-7:30PM



**THE FABULOUS THUNDERBIRDS**  
SAT. **APR. 13** 2024-7:30PM



**MATERIAL GIRLS**  
SAT. **MAY 18** 2024-7:30PM





# SUMMER EVENTS

**JULY 26**

## 'Crime and Punishment'

The Old Globe announces a one-week extension of the Globe-commissioned world premiere of "Crime and Punishment, a Comedy;" extended through Aug. 20. "Crime and Punishment, a Comedy" will play in the Sheryl and Harvey White Theatre, part of the Globe's Conrad Prebys Theatre Center in San Diego's Balboa Park.

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

## Count's Splash Castle

Sesame Place® San Diego recently opened The Count's Splash Castle, an all-new, multi-level water-play attraction perfect for all park guests, even the



littlest splasers. The all-new Count's Splash Castle is a multi-level, interactive water-play attraction that features 111 play elements. Sesame Place San Diego is open daily and is located at 2052 Entertainment Circle in Chula Vista.

[SesamePlaceSanDiego.com](http://SesamePlaceSanDiego.com)

**JULY 28**

## 'Cinderella'

"Cinderella" returns to the Junior Theatre stage in this updated version of the classic and beloved musi-



cal. Running Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. through Aug. 6. JT's popular Pajama Night is Friday, July 8! The "Cinderella" ASL-interpreted performance will be Saturday, Aug. 5 at 2 p.m. All Junior Theatre productions are performed in Balboa Park's historic Casa del Prado Theatre, 1600 Village Place, at the corner of Old Globe Way and Village Place.

[juniortheatre.com](http://juniortheatre.com)

**AUGUST 4**

## MCASD's Reflections

Reflections is an art-making workshop series designed to serve adults 55 and older. In this series, participants dissect the many facets of portraiture and the contrast between internal and external representations of the self while touring artworks from Museum of Contemporary Art San Diego's collection. In the art-making portion of the session, participants will put lessons into practice by creating portraits of many subjects. Each workshop will include an investigation of contemporary art-making techniques and materials.

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

## 'The Phantom of the Opera'

Encinitas-based Ovation Theatre presents "The Phantom of the Opera." Featuring a talented cast of performers from across San Diego, stunning sets and costumes, and Andrew Lloyd Webber's haunting score, Ovation Theatre's six-show run of "The Phantom of the Opera" opens Aug. 4 in San Marcos. Playing at the Howard Brubeck Theatre located at Palomar College in San Marcos Aug. 4-6 and Aug. 11-13.

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

## 'A Weekend with Pablo Picasso'

New Village Arts is bringing back to its stage Herbert Siguenza's tour-de-force



## SHARK EXPERIENCE

SeaWorld is giving shark fin-atics the ultimate encounter with a brand new Ultimate Shark Experience ticket that goes on sale only through July 28, just in time for shark week. This new ticket offers a full day of immersive experiences to enable guests to get up close to see, feed, touch and learn about sharks.

[seaworld.com/ultimate-shark-experience](http://seaworld.com/ultimate-shark-experience)

**AUGUST 19**



## TwainFest

Write Out Loud, an organization founded with a commitment to inspire, challenge and entertain by reading literature aloud for a live audience, announces the 14th Annual TwainFest, Aug. 19, 11 a.m.-5 p.m. in Heritage County Park, 2455 Heritage Park Row in Old Town. TwainFest is an all-day festival celebrating Mark Twain and the literature and culture of 19th Century America. Free Books are provided at the Book Emporium to all who participate. Reservations are required for your free entry.

[writeoutloudsd.com/twainfest](http://writeoutloudsd.com/twainfest)

**AUGUST 12**

## Knife sharpening

The Seven Oaks Woodworking Club will sharpen knives, scissors, garden and other hand tools on Saturday, Aug. 12, at the Seven Oaks Community Center, 16789 Bernardo Oaks Drive, Rancho Bernardo. Drop off between 9:30 a.m. and 3:30 p.m.; pick up late Saturday or Monday. Cash or check. Chainsaws, power tools and saws not sharpened. For more information and pricing, visit the website.

[7oaksrb.com](http://7oaksrb.com)

## DINNER THEATER

Continued from Page 16

But, after that, we have been doing all of our rehearsals in the actual venue," Redman said.

About 50 people are ex-

pected to be at the shows.

"If our test nights go well, then we will be able to make this performance a resident at the Horton Grand," Redman said. "I am hoping that we can also try other historical venues in San Diego, and tailor the show to fit the venue that we perform at. This is not a cookie cutter performance."

Tickets can still be purchased at [historicaldining.com](http://historicaldining.com).

"This show is important to San Diego. You are not just walking through San Diego on a tour. You are immersed in the history of San Diego," Redman said.

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<p><b>WITNESS FOR THE PROSECUTION</b> a mystery by Agatha Christie Jul 21 – Aug 13, 2023</p>	<p><b>IT'S ONLY A PLAY</b> a comedy by Terrence McNally Jan 19 – Feb 11, 2024</p>
<p><b>PASSING CONVERSATIONS</b> a drama (world premiere) by Brent A. Stringfield Sep 15 – Oct 08, 2023</p>	<p><b>ORDINARY PEOPLE</b> a drama by Nancy Pahl Gilsenan adapted from the novel by Judith Guest Mar 22 – Apr 14, 2024</p>
<p><b>INSPECTING CAROL</b> a comedy by Daniel Sullivan Nov 17 – Dec 10, 2023</p>	<p><b>THE BUTLER DID IT</b> a comedy by Walter Marks &amp; Peter Marks May 17 – Jun 9, 2024</p>

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