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OLD PROS

Fourth of July

★ ★ ★ RUN & RIDE ★ ★ ★



300
Volunteers



20
Port-a-potties



The Scripps Ranch Old Pros are magicians when it comes to pulling off the traditional Fourth of July Run & Ride. They will launch six large running and cycling events involving around 4,000 participants in about 1½ hours early on the morning of July 4. The coordination for this achievement is nothing short of incredible. The six events will conclude in about four hours at Hoyt Park with a large celebration. This year's events include a 10K run, 2-mile fun run, 50-mile bike ride, 28-mile bike ride, 28 mile gravel ride and 12 mile bike ride.

6 events
in 4 hours | **4K**
participants



50
Walkie talkies



50
Wood barriers

Celebration in Hoyt Park

2
Inflatable slides

13
Booths

100 Kegs
in beer garden

Run & Ride is back, live and in-person

By John Gregory

Participants in the Scripps Ranch Old Pros 4th of July Run & Ride will once again spill into local streets early on Independence Day as one of the most popular community spectacles returns in full force following two years of adjusted participation due to COVID-19 restrictions.

Overall, the Scripps Ranch Old Pros athletic club will hold two running events and four cycling events – all on the morning of July 4. Everything culminates with a celebratory festival in Hoyt Park.

The Run & Ride includes a 10k

run, a 2-mile fun run; a 12-mile bike ride, a 28-mile bike ride, a new 28-mile trail bike ride (gravel), and a 50-mile bike ride.

Members of the Old Pros will launch all these events in about 1.5 hours.

How do they do it?

“Years and years of trial and error – 300 members (volunteers), communication as well as coordination with the City of San Diego,” said Anthony Gonzalez, Old Pros 2022 Run & Ride Czar.

The two running events begin on Red Cedar Drive in the street beside Miramar Ranch Elementary school. The street is always packed with thousands of parti-

cipants, and the stream of runners seems to go on forever.

The cycling events begin on Hibert Street at the intersection with Scripps Ranch Boulevard.

The 10k run begins at 7 a.m.; the fun run starts at about 7:15 a.m.; the 50-mile bike ride starts at 7 a.m.; the gravel ride will begin at 7:15 a.m.; the 28-mile bike ride starts at 7:30 a.m.; and the fun ride launches at 8:30 a.m. All events end at Hoyt Park in the morning.

The celebration in Hoyt Park is open to the general public and will include inflatable slides for children, concessions and ven-

See **RUN & RIDE**, Page 18



Kayla Xu



Vanessa Zhou

SRHS top scholars

By Ashley Shah

Kayla Xu and Vanessa Zhou, seniors at Scripps Ranch High School (SRHS), have the highest grade point average (GPA) among all students in their 2022 senior class.

These seniors shared their tips, advice and experiences in maintaining their high scholarly status:

Kayla Xu: Valedictorian
4.79 grade point average

Xu shared her experience in keeping up her high grades despite having some of her years in high school online, and some in-person.

“When school was online, it was a lot harder to concentrate because there were so many distractions. However, at the same time, because we only had three classes, I was able to get a lot of work done for school and my extracurriculars,” Xu said. “Transitioning back to in-person was definitely difficult, especially since we had six classes. It was a little hard to manage all of my activities.”

She conveyed her advice in keeping up with schoolwork and extracurriculars.

“Don’t let things build up, stay on top of assignments as best as you can. Try to understand things when you first learn it rather than letting it accumulate,” she said. “It is also very important to understand your own limits and how much you can balance.”

In her time at SRHS, Xu was involved in many clubs and sports. She was a part of Youth Care Club (YCC), a club that provides volunteering opportunities. She served as the president of the club for three years.

Xu was involved in Academic Bowl for four years.

She participated in Science Olympiad for four years, and was a coach for the Marshall Middle School Science Olympiad team for three years as well.

“I learned that success requires every member of a team to put in their best effort,” Xu explained regarding her experience in clubs.

Xu was on the tennis team for four years. She was also on the badminton team for four years, and was captain of the varsity team.

Outside of SRHS, she pursued her interest in singing and music.

“I founded an organization called the Young Vocal Artists’ Association,” which provided free vocal lessons to kids in the community,” Xu said.

She was also a part of the Guardian Angel Program in which she provided music therapy for patients dealing with dementia at Active Care 4S.

See **TOP SCHOLARS**, Page 15

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SCRIPPS RANCH FIRE SAFE COUNCIL
What goes in the bag?

By Karen Herreros

We've talked a lot about being prepared, how to secure your homes, have a "to go bag" in an emergency. But have we talked enough about what to put in the to go bag? Some things to consider:

- 1) 3 day supply of water (1 gallon per person per day)
- 2) 3-day food supply that won't spoil; and a can/bottle opener
- 3) Battery powered radio and extra batteries
- 4) A change of clothing and shoes per person
- 5) A blanket or sleeping bag per person
- 6) A first aid kit that includes family prescriptions
- 7) Extra pair of eye glasses and sun glasses
- 8) Extra set of car and house keys
- 9) Toiletries (yes, including toilet paper and Kleenex)
- 10) Flashlight and batteries
- 11) Special items for infants, elderly or disabled family members
- 12) Pet food, water, dishes, carrier and leash

Learn more basics by watching Emergency Preparedness: Make a kit and a plan at sdge.com/beprepared.com. Be vigilant, smart and safe.

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



(photo by Les Izmoore)

Pothole problems

Here are two more examples of pothole problems on Scripps Ranch streets reported by residents:

Brooktree Terrace: The image (above) was taken at the intersection of Brooktree Terrace and Briarcliff Drive, but the road damage continues along all of Brooktree Terrace. The potholes are getting so deep that bare dirt is showing through the (elephant hide) deteriorated asphalt and rainwater can seep into the dirt and cause a sinkhole. It's dangerous and unsafe for heavy trucks to drive over.

It appears that Brooktree Terrace has not been resurfaced in over 30 years.

—Les Izmoore

Scripps Trail: Most recent pothole report I made, I was informed by Get It Done San Diego that my report was forwarded to the Mayor's office and my case was closed. It appears that now with Get it Done San Diego submissions regarding street repair requests, the city is forwarding street repair reports to the Mayor's office and closing out the report for service.



(photo by Bob Camacho)

—Bob Camacho

Camacho's efforts to get this street repaired were chronicled by the *San Diego Reader* in February 2018: bit.ly/3N2n5xD.

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SCRIPPS RANCH NEWS

ScrippsRanchNews.com

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

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

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Citizens sound alarm regarding school safety concerns

By John Gregory

The horrific mass shooting on May 24 at Robb Elementary School in Uvalde, Texas, resulting in the deaths of students and teachers, spurred a small group of concerned Scripps Ranch parents to insist authorities act immediately regarding a looming threat they perceived in this community.

The citizens were already active due to reports of incidents involving a young adult male with mental health issues in Scripps Ranch who allegedly displayed troubling behavior several times within the past year at or near four schools – Jerabek Elementary, Miramar Ranch Elementary, Marshall Middle and Scripps Ranch High (SRHS) – including an incident at Jerabek in May 2021 resulting in court action.

Parent Erik Strahm – who became active in asking authorities for a response to an incident in May involving the subject at SRHS – was in the midst of typing a letter to SDUSD on May 24 when he learned of the shooting in Uvalde. Strahm was consulting with Anna Tarvyd Klein, another concerned parent, when the two determined the letter needed to be much stronger. They believed the danger posed by the subject in Scripps Ranch raised too many red flags to be ignored.

Strahm circulated the letter demanding San Diego Unified School District (SDUSD) take immediate action, and posted it as a petition on social media. It gained more than 1,400 signatures.

CBS News Channel 8 aired a story about worried parents in Scripps Ranch on May 26.

SDUSD responded to the parents on May 27, and the parents group sent another letter, stating they wanted actions immediately, including “Provide security at all four campuses whenever students are present.”

SDUSD officials met with the parents May 31. That meeting brought about these revelations, according to Strahm: there is a breakdown in communication within the district and the schools; and there is significant confusion about how incidents should be reported, he said, noting that the SDUSD Police only recorded four incidents involving the person of interest although the parents reported many

more.

“Overall, what we want is our kids to be protected, we want our teachers to be protected, we want our schools to be protected,” Strahm said. “What we need to happen right now is communication. ... communication from the district to the schools, from the schools to the families, and between the schools. It’s completely broken.”

SDUSD Area 4 Superintendent Monika Hazel circulated an email to Scripps Ranch parents on June 2 outlining steps the district implemented including communication with the District Attorney’s Office and San Diego Police Department (SDPD), and providing additional campus security at schools. In fact, a police car was seen patrolling SRHS the evening of June 3 as campus events were underway.

The Scripps Ranch Civic Association arranged a June 8 public Zoom meeting about safety in Scripps Ranch with SDUSD and city law enforcement officials. Strahm said

‘We want our kids to be protected, we want our teachers to be protected, we want our schools to be protected.’

—Erik Strahm

he appreciated the efforts of those who participated.

On June 20, he posted a follow-up to the meeting: “The SDUSD SR area superintendent shared her willingness to hear community concerns and reiterated that her objective was to keep our schools safe. There was much discussion about communication to the schools that reaches the teachers and the community. It was apparent that there were significant issues with this level of communication. It wasn’t clear how the security concerns would be communicated to the summer schools admins and staff,” he wrote.

Strahm emphasized there are unresolved issues, asking residents to report dangerous incidents and to ask principals about their security action plan. Most notably, Strahm wrote: “It was made clear that the SDUSD Police do not have the time or resources to provide a full security review at our campuses.”

Meanwhile, a June 6 court hearing regarding the incident between the aforementioned subject and two men at Jerabek in May 2021 resulted in a judge accepting a plea agreement and ordering the defendant to continue with six months of mental health treatment as well as staying 100 yards away from Jerabek Elementary School, Jerabek Park, Miramar Ranch Elementary School, Marshall Middle School and Scripps Ranch High School for one year. He was also ordered to forfeit all weapons and not to interact with Gap Armory – which sells ghost gun parts online.

While Scripps Ranch is rel-

atively peaceful, similar incidents are not new. In January 2018 a parent volunteer spotted and confronted a suspicious woman who falsely claimed she was picking up a child on the campus of Miramar Ranch Elementary. She was escorted off the grounds. SDUSD fast-tracked funds for a taller perimeter fence at Miramar Ranch Elementary that year.

Strahm outlined his impressions from this entire experience: Communication is a big problem; schools are woefully underprepared for a dangerous situation; school sites need a security review, and personnel need emergency training; and if anyone sees anything suspicious, they should call 9-1-1 and document it with photos.

The citizen-led grassroots efforts continue. Those wishing to help may email concernedscrippsparents@gmail.com.

A longer version of this story appears in the News section of ScrippsRanch-News.com.

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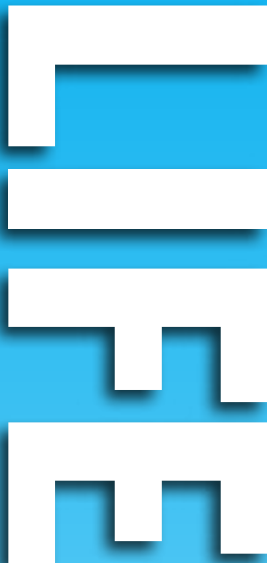
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GARDEN CLUB Organic Pest Control

By Denise Stewart

After a stroll through a local garden bursting with magnificent epiphyllum blooms this month, Scripps-Mesa Gardeners will be returning to the Library Community Room in July for a talk on organic pest control. Master Gardener Dawn Standke will share her many years of experience with natural methods of ridding edible gardens of destructive pests.

In May, the plant lovers toured her garden to see the extensive variety of organically grown fruits and vegetables that flourish in her yard.

Those who are interested in learning more about how to be successful raising plants and maintaining healthy gardens in our community are invited to check the garden club's website: scrippsmesagardenclub.com.

Meetings for the members are on the fourth Tuesday of the month, except December. The meetings begin at 5:45 p.m. Talks about gardening are held at the library while field trips to gardens and plant nurseries take place in nearby venues.

SCRIPPS RANCH WELCOME CLUB

Enjoying friends is Welcome Club's focus

By Denise Stewart

Maybe you enjoy a group walk along the trails through the eucalyptus. Or perhaps a card game with some treats brings you pleasure. Then there are those of us who relish lunch and a movie. An evening at the local theater delights many. A lively book discussion brings a smile to avid readers' faces. Making useful and decorative crafts fills some with creative satisfaction. But the simplest event of drinking coffee and chatting with friends brings out the biggest and most enthusiastic bunch of Welcome Club women.

June has been a busy month with all the activities that are regular events on the Welcome Club's calendar. The notable highlights for the month included a viewing of the long-awaited film "Downton Abbey" at a local theater. Since many of the members were fans of the PBS television series, the big screen event was a real treat.

The second highlight was a Coffee Klatch in the commu-



Welcome Club members enjoyed the spring blooms on a trip to Summers Past Garden in Alpine. Pictured are (front row from left) Vicky Bergman, JoAnn Farmen, Michelle Cyphers, Lynnell Hallock and Norma Brownwell; (back row from left) Marcia Mikesell, Pam Savelsberg, and Starlene Dahl. (courtesy of SR Welcome Club)

ity park. It brought out the ladies who enjoy socializing and sharing a cuppa together. With the pleasant spring weather adding to the warmth of being surrounded by friends, it was a delightful way to celebrate the season.

Another highlight was a TGI evening gathering at a member's garden for dinner and drinks. The potluck part of the TGI always brings out the best culinary skills of club members who enjoy cooking. The mixing and mingling always brings

out the best social skills of the friendly group.

Coming up in July, Welcome Club will have its annual Salad Supper. Celebrating with delicious salads and sweet desserts, this event has been a club tradition for decades. After dinner, a raffle will dazzle the crowd with baskets of gifts and goodies that grow more elaborate each year. Polka Dots and Flip Flops is the party theme for dress and prizes for 2022, according to JoAnn Farmen, who is chairing the event.

Welcome Club meets at the Scripps Ranch Community Center on the evening of the second Monday each month. Programs and activities at the gathering vary from month to month. June's meeting featured a speaker from Scripps Ranch Theatre who shared highlights of the upcoming plays slated for the fall. Since Welcome Club supports the theatre both monetarily and with regular attendance at the performances, it was both an informative and entertaining event.

In addition to the local theater, Welcome Club has donated to the Symphony in the Park committee and attended as a group to enjoy this season's first performance. The Heroes, a traditional favorite, led off the season for the community-wide festivity.

Welcome Club has a website for those who would like to learn more about the social group that began back in the 1980s: scrippsranchnewswelcomeclub.com will provide you with information. And you are welcome to join the circle of friends.



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Dream comes true for young shoe designer

By Kaila Mellos

Ben Gass, a 19-year-old Scripps Ranch resident, had a once-in-a-lifetime opportunity he had worked for since he was little.

Gass, who attends the University of Oregon, received a newsletter email in April 2021 from Pensole, a design academy in Oregon, mentioning a competition in collaboration with Reebok and Yellowbrick to design a shoe that would be sold to the public through APBstore.

“There was a certain number of people who entered in just to get into the course to have the chance of doing it,” Gass said. “Out of those people, there were three people picked, and I was one of the three.”

The competition was set up to reduce 36 down to the three chosen students. First, when applying, the student had to make a video detailing why they thought they should be involved in the competition. Then, Yellowbrick provided 12 weeks of courses that trained the students on different aspects of shoemaking, designing and marketing. After completing the various courses, the students had to submit a shoe design and video explaining their process.

“The way the coursework worked was there were steps,” Gass said. “At each point of the step, you had to turn something in. I remember



Ben Gass displays a shoe design. (courtesy photo)

we each turned in our own sneaker design at one point. In the end, you had to turn in a capstone video explaining your entire process and showing off all your work.”

Once he was chosen, two other students, Isaac Reeves and Ashley Hamilton, from different parts of the country, worked together to design and market the shoe to be sold in a limited 150-pair quantity.

“I was chosen to be the head graphics person for it. The sneaker design was already chosen and what I did was the graphics for the shoe,” Gass said. “I added many important details to it, the little things. I went and refined the inside of the shoes and changed up the lace colors and the outsole and insoles of the shoe.”

The team worked mostly over Zoom, texting, and emails since they

were spread out all over the country. They finally got to meet in person at the release this year.

Gass was thrilled to be part of the competition and said it’s something he has been trying to do since he was a kid.

“I used just to do sketches of different athletes and stuff, and then I branched out to imagining different uniforms for different sports teams,” he said. “From that, I just really wanted to be a sneaker designer. My biggest idol of all time is Tinker Hatfield. He’s probably the most famous sneaker designer in the world, and he’s the real reason I wanted to do it.”

Gass had the opportunity to meet Hatfield at a University of Oregon basketball game once and told him of this opportunity he had.

“I went up to him and shook his hand. I said, ‘Tinker, man, you are the reason I do all this stuff; you’re my biggest inspiration in life,’” Gass said. “And I told him that I had a sneaker coming out. That was just a surreal moment for me, just to tell somebody who made me want to do this, inspired me to do it, and told my idol that I’d actually done it.”

Gass hopes his experience can inspire others to follow their dreams and go after what they have wanted to do since childhood.

The collaboration dropped on April 29 this year through APB and sold out.

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Scout rejuvenates club, earns award

By Kaila Mellos

The Scripps Ranch High School (SRHS) club Circle of Friends received a refresh with the help of a Girl Scout student looking for a change.

Lorena Ford, a SRHS senior, completed her Girl Scout Gold Award by helping to reconnect students after COVID made it harder to get together. She did this by bringing Circle of Friends back to what it once was.

“Over COVID, The Circle of Friends started to die down, and there was much less participation,” Ford said. “I wanted to bring that back because my freshman and sophomore year, it was a great place for inclusivity and making sure that students who receive special education got to interact with everybody else at school; and everybody else at school got to interact with students who receive special education. When everything switched to Zoom, it got a lot harder for people to participate.”

For a Gold Award project, a Girl Scout must find a lo-



Some members of the Circle of Friends club gather to promote inclusivity for special education students.

cal issue in their community and research how to make a change. Ford gathered information from the special education teachers, including Julia McKane and Carla Maldonado. She started the project in her junior year, with the club having three participants. Over Zoom and, eventually back in person, she was able to connect with people through activities and club fairs to get the club to 20 participants.

“Reaching out to people over Zoom was very difficult,” Ford said. “But once we got to be back in person and we got to participate in club fairs, and we got to reach out and just invite

people, it got a lot better and participation went up.”

Ford, part of Troop 6033, has also completed her Girl Scout Bronze and Silver Award before completing this achievement. For her Bronze Award, she taught her sister troop how to sew pillowcases and also paint plaster hearts through Hearts of Hope, to deliver to cancer patients.

Her Silver Award followed in which she raised nearly \$2,000 for research of an extremely rare genetic disorder called Charcot-Marie-Tooth 4J (CMT4J).

Ford plans to attend the Honors College at San Diego State University in Fall to study political science and minor in Spanish.



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Event coordinator Brandy Modic (front row, far right), group members and attendees enjoy the Rady Children's Hospital Auxiliary Scripps Ranch Unit Chip'n FORE Children fundraiser on June 4. Proceeds benefit The Peckham Center for Cancer and Blood Disorders at Rady Children's Hospital. (photo by Lisa Shadburn)

SUSTAINABLE SCRIPPS RANCH

A sustainable food system

By Peter Ruddock

There is no easy path to making sustainable food the norm.

What is meant by sustainable? Many think first of the land. Land should continue to grow our food indefinitely. They think, too, of the health of the eater, that it be free of pesticides that undermine that very health, and that the food is nutritious and clean. Not enough do they think about the sustainability of those who produce our food, who need to maintain their own health and well-being. A sustainable food system is one that considers each of these aspects of food production.

How do we create such a food system? It won't be easy, as we have to change many, often seemingly contradictory things. Everyone needs to be able to afford good, clean food, which often costs more than the food in our grocery stores. The solution to this will require many changes: people need to understand the true cost of food; those who can pay more for better food should be willing; the cost difference between industrial and better food can be minimized through subsidies and incentives; and we need to pay everyone a living wage, so they can afford to buy good food. These changes will interact with each other: increased wages will increase the cost of some food, though not as much as people fear.

We should be working on these changes simultaneously, constantly reviewing the effects, to adaptively manage the whole. In short, we need to Think Holistically while Changing Specifically. Given the scope of the task, it makes sense that we each focus on one aspect, while never forgetting the whole.

I started out focusing on pesticide-free food, but migrated to working on local food economy issues, recently founding the non-profit Resilient Foodsheds. I've come to appreciate that small, local businesses responsive to their customers and communities are an important way forward. Many are already sustainable, and others can be steered that way by customers. But such businesses need an environment in which they can thrive, meaning laws that work for them, support that helps them operate, non-exploitative marketing and more.

As such, I want to recommend a new set of businesses: Home Restaurants. At the end of February, San Diego County adopted AB 626, the Homemade Food Operations Act, and started issuing Micro-Enterprise Home Kitchen Operations (MEHKO) permits. There are now at least 25 home restaurants operating in the county, with more looking to open soon. If you want a meal out (or to get good takeout) you might look up one of these community businesses, get to know them, become a friend, and even give them feedback that will help them thrive and increase their sustainability – perhaps introduce them to your favorite organic farmer. It's a great step toward making your corner of the food system sustainable.

Peter Ruddock is an advocate for sustainable food and all things that strengthen local food economies. Early in 2022, he founded Resilient Foodsheds, an organization which acts as a clearinghouse for food policy for small food and farm businesses.

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

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A Shade of Jade

LEISURE



Rebecca Jade and the Soultones will perform live on July 10 in Hoyt Park as part of the Symphony In the Park concert series. (courtesy photo)

Rebecca Jade and the Soultones

By Terry L. Wilson

Rebecca Jade and the Soultones, will take center stage in Hoyt Park on July 10 for another amazing Symphony In The Park live concert.

Jade was once a Scripps Ranch High School basketball star. Her jump shots filled the stands with fans of all ages. Now, the former power forward-turned singing sensation fills concert halls with her unique musical styling: smooth jazz.

“I love live instrumentation,” Jade said, “I’m old school. I love real music when I’m recording. Some people like to create tracks, or music in a box, and that’s okay. But my fancy is real horns in the studio, live strings. All the musicians are live on my new album,”

A woman of many talents, Jade is also a bit of a “gearhead” with a passion for classic cars and motorcycles.

“My dream car was Eleanor, a ’67 Mustang GT fast-back,” Jade said. “My mom’s neighbor was selling a ’65, but it was a straight six, and I wanted a V-6; but didn’t matter because back then I didn’t have any money any-

way. But now, in hindsight, I wish I’d gotten that car.”

Jade may not have latched onto that vintage Mustang back then, but her career has been in overdrive ever since, including touring with Sheila Easton, and singing background vocals for Sir Elton John at the 2020 Academy Awards. Jade was also featured on two songs from DW3’s album that topped the UK Soul Charts, and she has opened for Grammy-nominated artist Musiq Soulchild twice, to name but a few of her accolades.

‘It’s a magical feeling and I’m so grateful to be a part of the process.’

—Rebecca Jade

“Careers always take longer than you expect, but mine is moving in a good direction,” Jade said. “I’m working on a new album that will be coming out this month. It’s R&B soul. The album will be called, ‘A Shade Of Jade.’”

Jade isn’t just a vocal force to be reckoned with, behind the scenes she is also a brilliant songwriter and music producer with five albums on the market.

“I’m really excited about ‘A Shade Of Jade.’ This is the first album that I’ve been involved in from start to finish,” Jade said. “Technically, I’m co-producing the record with a musician friend of mine, and I’m very excited and grateful to be so involved in the creative process.”

Anyone who has ever attempted to write a song, let alone a hit, can attest to the degree of difficulty involved. It begins with hearing a song in your head to actually putting it to a chart. With her new album, Jade has not only accomplished that task, but in the process has elevated her skill level in all facets of sculpting a hit album.

“I find all aspects of creating a song intriguing,” Jade said. “Often a songwriter may start with nothing. That nothing turns into an idea, that idea grows and builds, and before you know it, you have a full song – that is conceptually. Then you put it to sheet music. Next is instrumentation, and finally you get into the studio, and then, it’s a real thing, it’s tangible. And that’s the

See **REBECCA JADE**, Page 11







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Novocaine: the opposite of numbing the senses

By Terry L Wilson

The opening act for the July Scripps Ranch Symphony in the Park concert is Novocaine, the band consisting of all dentists, including two from Scripps Ranch: Robert Bey and Russell McCalley.

"We are all USC dentists and friends," Bey said. "We all had varying degrees of musical experience. Two of us are Scripps Ranch residents, myself and guitarist Russ McCalley. He and I had the most experience in the group. In fact, we had a band while in dental school in Los Angeles. We played a lot of frat parties."

The parties Bey referred to were less like a kegger in some guy's garage and more like a big-time blowout that would appear in a Hollywood movie. It was go big or

'The bottom line is, we're friends first, so it's easy to be in a band with your friends.'

—Robert Bey

go home, and they went big — real big.

"Fraternities at USC were some pretty good gigs," Bey said. "They would rent out the Queen Mary or the West-in Bonaventure hotel. So, we're playing all these really cool fraternity parties and clubs in LA with an all-dental school rock band."

The Novocaines had a reputation for turning any event into an all-out bash.



Novocaine will open for the July 10 Symphony in the Park concert at Hoyt Park. (courtesy photo)

But even The Beatles had to part ways at some point in their career, and so it was with the rockin' dentists from USC.

"It was great fun, but after dental school everybody in the band scattered to different parts of the state or country," Bey said. "But by chance, Russ and I ended up in Scripps Ranch. I'm from Chicago and he was from Arizona, and we ended up practicing in Clairemont, and having our homes and raising our families in Scripps Ranch."

Nearly three decades passed since Bey and his pals had rocked the house, but

the urge to hit the stage one more time was about to surface. But where were Bey and McCalley going to find musicians to replace the other original band members?

"When Russ and I decided to play again, we turned to some friends that we'd gone on surf trips and ski trips with. They played a little and they were also dentists. The only problem — they didn't have any stage experience," Bey said.

Bey and McCalley figured, "if the Stones can, do it so can we." So, the two pros took the fledgling rockers under their wings and taught them the ropes of

playing to huge crowds, and before you can say, "Johnny B Good," the new Novocaine group was ready to take center stage.

"We nurtured this band that has limited experience and have turned it into a really fun hobby," Bey said. "The bottom line is, we're friends first, so it's easy to be in a band with your friends. We're dentists second, which means we have the same kind of time constraints on our schedule. It's never going to be our day job. The whole point for us is to play music and have fun in the process."

The updated group has been playing gigs for more than 12 years, and as anyone can see from the videos on their website, they can still rock the house. The Novocaine band members are Robert Bey, drums; Russell McCalley, guitar; Randy Garland, lead singer; Curt McRae, rhythm guitar; Dan Roberts, bass; and Craig Small, conga.

Novocaine will open for Rebecca Jade at the Scripps Ranch Symphony in The Park concert on July 10 in Hoyt Park.

Visit: Novocainerocks.com.

REBECCA JADE

Continued from Page 10

part I think is most amazing, something that starts from inside your brain, a small idea, the hook, a line in the chorus, then you have a song, and for me, there is

nothing like it, and you go, 'Hey, I made this!' It's a magical feeling and I'm so grateful to be a part of the process."

See Rebecca Jade and the Soultones live at Hoyt Park on July 10. Opening band Novocaine at 5:30 p.m.

ADVERTORIAL

Addy's Bistro: A secret that needs to be discovered

Addy's Bistro is one of the best kept local secrets clearly needing to be discovered!

It's conveniently located at 13771 Danielson St. just north of Scripps Poway Parkway. Addy's Bistro is a cozy, inviting oasis catering to workers looking for a quick bite, anyone needing a cool drink, those with big appetites, diners who enjoy excellent cuisine or shoppers seeking a unique gift. It's also a perfect spot for local community groups to gather.

The most popular breakfast item is the breakfast burrito, which comes with an option for any type of meat, or vegetarian.

"Our potato seasoning that's done in-house is what really sets it apart," said Denise Mary-Callander Stein, Addy's owner. "We also offer house-made salsa. So, it's the little touches that make a really big difference."

Other popular breakfast items are the Addy's omelette and the Monte Cristo, which



Addy's Bistro, 13771 Danielson St., offers delicious, comforting food and treats in a cozy, warm setting very near Scripps Ranch.

is often enjoyed at breakfast because it is served with Addy's farm to table jam. The jam can also be purchased separately by the jar.

Addy's has a full coffee menu; and fresh muffins, bars, brownies and cookies.

Popular lunch items include chicken pesto panini on focaccia, and turkey gouda on focaccia.

"For a little bistro, we carry nine different kinds of bread. We bake everything fresh to order," Denise said. "Our number one entrée is our chicken teriyaki bowl. The reason is that it is served with my pineapple habanero chutney ... It's a big, big deal!"

The number one sandwich is the turkey bacon avocado,

hands down, she said.

"They head to our chicken because our chicken has another one of our house-blended spices that is marinated and it's freshly grilled," Denise explained. "Our chicken is not dry. It's not burnt with grill marks. It is done to perfection."

In addition, Denise sells a surprising amount of home-

made soup, even in the warm weather. The bistro also offers phenomenal salads and wraps, she said.

Denise, who calls herself a farm girl from Oregon, also sells delectable Atle's caramels. All her ventures are named for her grandchildren.

Addy's Bistro is a finalist for the Poway Chamber of Commerce 2022 New Business of the Year Award.

Addy's is open Mondays-Fridays, 7 a.m.-3 p.m.

ADDY'S BISTRO

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SRT presents 'Out On A Limb'

Scripps Ranch Theatre (SRT) concludes its 42nd season with the return of the dynamic Out On A Limb (OOAL) – New Plays From America's Finest City, a festival featuring brand-new original short plays.

Founded by Robert May and SRT in 2011, this program has been an important way for playwrights to get their new work produced. May is back as festival producer after a four year hiatus and, along with co-producer Dani DeCarlo and a host of talented directors, designers and actors, will be bringing four new plays to life at Scripps Ranch Theatre on June 24, 25 and 26.

"When I started OOAL – New Plays from America's Finest City at Scripps Ranch Theatre back in 2011, I envisioned helping playwrights in California find a place that would be a source of help in developing and producing their new work," said May, who is also the co-producer and artistic director of the festival. "I left after seven years feeling as if I had accomplished my goal but also very tired. Now, after a four-



Out On A Limb – New Plays From America's Finest City includes four new plays at Scripps Ranch Theatre on June 24, 25 and 26. (courtesy of Scripps Ranch Theatre)

year personal hiatus (and two years of a pandemic break for OOAL), I am happy to work with my wonderful co-producer Dani DeCarlo to continue SRT's goal of providing support to playwrights and to present brand new work to the public. For the first time, we are producing four new one-act plays instead of three, ranging from beautiful to dark to very funny. This year is sure to be one of the best for OOAL."

The four new winning plays that will be produced in the 2022 Out On A Limb

– New Plays From America's Finest City are:

"Chameleon," by Raegan Payne; directed by Samy Occhino; featuring Gina Cioffi and Serina Estrada. Description: "God is having a crisis of confidence."

"Go Fish," by Thomas J. Misuraca; directed by Yolanda Franklin; featuring Alyce Smith Cooper, Gary Tallaksen and Portia Gregory. Description: "Julie's fears about her elderly mother living alone worsen when she finds her playing morbid games with a friend."

"Fidelity," by Marilyn Harris Kriegel; directed by Don Loper; featuring Fred Harlow, Cristyn Chandler, Jillian Jones, Dillon Hoban and Jeffrey Jones. Description: "You can't imagine how complicated the truth actually is."

"We Lovers," by Christian St. Croix; directed by James P. Darvas; featuring Jaden Guerrero, Ray-Anna Renee, Liliana Talwatte and JaVon Clarke. Description: "An unlikely group of people meet in a lush Balboa Park clearing to tell their most fantastical and cinematic love stories."

Visit scrippsranchnews.org/out-on-a-limb or contact SRT Patron Services Manager Dani DeCarlo at (858) 395-0573.

About Scripps Ranch Theatre

Scripps Ranch Theatre is a professional theatre company located on the campus of Alliant International University and is celebrating its 42nd Season. Helmed by Artistic Director Jill Drexler, SRT produces a mainstage season in its intimate 118 seat space. SRT is a leader in the Southern California arts community in developing and producing new plays with its annual Out On A Limb – New Plays From America's Finest City. To learn more, visit www.scrippsranchnews.org.



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Farmer's Market: Sapos Tacos – braised beef treat

By Terry L. Wilson

Saul Lopez, chef of Sapos Tacos, has won culinary competitions across the country with his unique blend of traditional Mexican birria and Southern Californian cuisine.

"I was working as a chef at a large resort when the COVID lockdown forced a shutdown, so I began a solo career making tacos in my backyard," Lopez said. "My specialty is birria, which is a Mexican dish from the state of Jalisco. Traditionally, birria is made from goat meat, but most of my clients prefer beef that is slow-stewed in a pot."

What started as a backyard business supported by family and friends quickly expanded thanks to Lopez's wife, Lucia, who worked her magic on social media and began building a customer base. The word about his birrias began to spread and within a few weeks, Sapos Tacos was so busy it had to create a pick-up and delivery service from its home.

"And that's how it all started," Lopez said. "Sapos Tacos is a family affair. My wife is my right hand. She does all the marketing and social media. She also has several businesses of her own that have a fixed following, and



The menu from Sapos Tacos features beef that is slow-stewed in a pot with the freshest ingredients. (courtesy of Sapos Tacos)

she got them to follow me, and I have my cousin Yissel, (who) helps at the events we do."

The keys to success for Lopez are the spices and chiles that he mixes into the braised beef.

"I dip my tortillas into a broth that I braise the beef with, then make a Quesadilla out of that on a flat-top

grill and I add a little bit of broth on the side for dipping," Lopez said. "Think of it as a Mexican French-Dip but in a Taco version. Birrias have been around for a very long time, but I've given it a Southern Californian infusion with a traditional Mexican style meal."

The Sapos Tacos menu offers birria goat-cheese, bir-

ria ramen made with Japanese egg noodles, grilled cheese on Texas toast with a cheese dipping sauce, birria nachos, and birria fried rice.

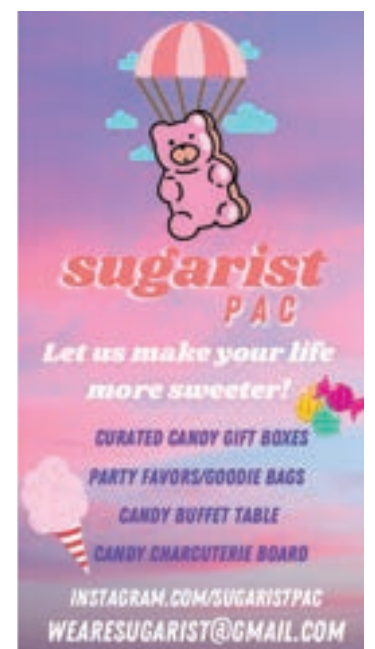
"I try to take staples from around the world and incorporate them into birria," Lopez said. "I also offer tacos, and a chicken and vegetarian option – which is a potato taco. I love to cook and what gives me pleasure is when somebody tries my food and I see the excitement they get from the love I have put into the dish. That is why I love to cook."

Lopez likes to say that he makes all of his dishes with love. To that end he will only use the freshest ingredients, including fresh spices. He also emphasizes that it is the technique in the way these elements are mixed together that makes all the difference to the palate.

"Quality and fresh spices along with the technique involved in mixing them all together is a skill set all of its own," Lopez said. "The techniques I use are things I've learned throughout my culinary career. Little things make a big difference, from the way you cook the gar-

lic and the onions, even the way you chop the onions can change the taste of something. The way you sear the meat and clean the chiles, if done correctly you are cooking with love and customers can taste the love I put into my cooking."

The Scripps Ranch Farmers Market is held from 4 to 8 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newportia Cyder). There is plenty of parking across the street in the National University parking lot.



Shabu Works unveils mural

Scripps Ranch's Shabu Works, 9841 Mira Mesa Blvd., unveiled a brand-new mural on May 31 to close out Asian American and Pacific Islander (AAPI) Heritage Month.

The eatery is owned by Scripps Ranch High School graduates Mike Wu and Peter Yang, and features shabu-shabu, a traditional Japanese hotpot dish consisting of thinly sliced proteins and fresh vegetables cooked briefly in simmering broth at the table.

"It is a privilege for us to share and celebrate AAPI cultures through our passion of food for the community," Yang said. "We were happy to close out this great AAPI heritage month by installing this vibrant artwork that will live on for years to come."

The mural was created by illustrator Taro Waggoner. His artwork involves drawing from his observations living life as a biracial Asian-Amer-



The new mural recently unveiled at Shabu Works was created by Taro Waggoner. (courtesy image)

ican. He is influenced by Japanese manga, anime and pop culture in both Japan and the United States.

"Growing up biracial and regularly visiting my family in Japan allowed me to see how life is lived in a different part of the world," Waggoner said. "This has helped me be more receptive to differing opinions, ways of doing things and understanding how it feels to be an out-

sider."

For the mural, Waggoner pulled from various memories from when he was a child visiting Japan. The inspirations include the cherry blossoms, street vendors with yakisoba, and kimonos.

Shabu Works opened in 2018. Its sister restaurant Mongolian Hot Pots was opened in 2007 in Kearny Mesa.

Visit shabuworks.com.

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'SEUSSICAL JUNIOR': The Metropolitan Educational Theatre Network brought kids from Scripps Ranch and other San Diego areas for a performance of "Seussical Junior" at the Poway Center for the Performing Arts on June 6-8. The production featured a collection of colorful Dr. Seuss characters. (photo by Lisa Shadburn)



FAIR FIELD TRIP: Marshall Middle School teachers Mrs. Hagstrom, Mrs. Ingles and Mrs. Karch took their students on a field trip to the San Diego County Fair on June 10. The students grew plants and entered them in the fair to be judged. (photo by Lisa Shadburn)



THE HEROES ROCK: A huge crowd descended upon Hoyt Park to enjoy a free evening concert featuring The Heroes on June 12. The performance was produced by Scripps Ranch Symphony in the Park as part of its summer concert series. (photo by Jim Wick)



BEAUTIFUL HARMONIES: The Grossmont Symphony Woodwind Quintet performed beautiful harmonies including compositions from classical, modern and contemporary composers during a June 12 concert in the Scripps Miramar Ranch Library Center, sponsored by Scripps Ranch Friends of the Library. (photo by Gary Letchinger; copyright 2022)

ADVERTORIAL

Meet Sylvia Borgo: Independent Educational Consultant



Sylvia Borgo

Students may be on summer vacation, but Sylvia Borgo is gearing up for a busy summer. Sylvia, a 20-year Scripps Ranch resident, and owner of DJ Educational Consulting, works with students and families on the college search and application process.

"I think students should make room in the summer for fun and relaxation; they deserve a break! But, if they can carve out a few hours a week for their college essays and applications, they will be thrilled to start their senior year with most of that weight off their shoulders. Then, they can focus on their classes and enjoy their senior year!" Sylvia explained.

Younger high school students also work with Sylvia to discuss their upcoming courses, deepen their extracurricular involvement, and lay a foundation for their later high school years.

"Most rising 9th- and 10th-grade students shouldn't be thinking too much about col-

lege. However, I have some fun and easy recommendations for how they could be engaging with the process without getting burnt out," she said.

Sylvia began her teaching career in Los Angeles before moving to Virginia and finally settling in San Diego. Sylvia worked as an English, history, and University Prep teacher at The Preuss School UCSD. After leaving the classroom, she became a volunteer essay coach with the community-based organization Partners in College Success (PiCS) before starting her own college consulting business DJ Educational Consulting.

"My counseling methods are very teacher-y. I am super organized and systematic. I have built a curriculum that addresses coursework, test prep, campus visits and research, college affordability, extracurricular activities, essays, letters of recommendation, and applications," Sylvia said. "In addition, my timeline gives students and families

a clear idea of when the student will meet each milestone."

Sylvia holds a Bachelor of Arts in Political Science and Communication Studies from UCLA, and a Certificate in Educational Consulting from the University of California, Irvine. She is also a member of the professional organization Independent Educational Consultants Association.

DJ Educational Consulting is currently accepting students from the graduating classes of 2024, 2025 and 2026.

DJ EDUCATIONAL CONSULTING

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The Children of Tomorrow club runs successful eyeglass donation project

By Nick Ng

Many kids with vision problems in low-income families in San Diego may get a free, new pair of eyeglasses this summer, thanks to a new club at Scripps Ranch High School (SRHS) that started in January.

Junior Youngji Kim, founder and president of The Children of Tomorrow, set up a donation drive on campus that collects eyeglasses, which go to nonprofits Eye Care 4 Kids and the Lions Club Eyeglasses Recycling Center. So far, people donated about 160 glasses, from prescription to reading types.

"I haven't seen our school or schools around us do a glasses donation drive," Kim said. "And I'm visually impaired, so I thought it would be significant if children or students like me could have access to eyewear."

As a first-time club founder and president, Kim was surprised that the club had received more donations than she expected.

"Before I did this club, I was and am currently involved in a lot of volunteering events and organizations that have to do with assisting or supporting children," Kim said. "I thought some students in the school might have similar interests, so I decided to start this [club] to help younger students or students the same age as us."

With the help of Leroy Alicea, who teaches ninth and 10th grade math, Kim and the club officers were able to jump start The Children of Tomorrow in two weeks and start their first project.

"Jua (Youngji's sister) was in my AIM2 (Advanced Integrated Math 2) class and she began talking to me about sponsoring their club," Ali-



Some of the SRHS students involved in The Children of Tomorrow club. Officers pictured are President Youngji Kim (front row, left), Vice President Jua Kim (front row, middle) and Treasurer Varshini Gurushankar (middle row, right). (courtesy photo)

cea said. "I felt that what they were doing was a sign of maturity that you don't often see in young people. So, I agreed."

The officers of the club also include Vice President Jua Kim, Treasurer Varshini Gurushankar and Head of

Publicity Helen Bian. The club has about 10 participants a month, but that number may increase because of certain fundraising events that attract some students. Kim and the club officers spread the word by using social media and word-of-

mouth among students, school faculty and families in Scripps Ranch.

"I feel it's important to us because society depends on the active growth of the younger children of our generation because they will eventually lead the world of tomorrow," Kim said. "By sustaining younger generations, we make better connections, support communities and help our future at the same time."

Kim might be setting up a Toys for Tots drive with The Children of Tomorrow in the fall at SRHS, but that is still a work in progress.

"By next summer, we're hoping to do a bigger fundraiser because we haven't been able to do that this year because of time and lack of planning," Kim said. "Within a year, we hope to have enough experience to design a fundraiser and send a check or large amount to an organization."

TOP SCHOLARS

Continued from Page 1

Xu participated in the San Diego Youth Symphony for four years, playing viola in the Ovation Ensemble.

As she completes her time in high school, Xu wanted to thank her parents, and grandmother.

"They have always been super supportive of me," she said.

She also wanted to thank teachers who helped her in different aspects through her journey.

"Through the pandemic, it was really nice when teachers would hold office hours and review sessions – like Mrs. Skalman and Mr. Bachelor," she said. "Ms. Wang and Mrs. Scalero also helped me a lot when it came to doing supplemental essays."

A message she wants to leave with her graduating class is: "Life is like a camera. Focus on what's important, develop on the negatives, and if things don't work out, take another shot."

Xu will be attending Princeton University studying computer science in the fall.

Vanessa Zhou: Salutatorian
4.78 grade point average

Zhou described her experiences in keeping up her grades through online and in-person learning.

"It was harder when school was online to focus. It was a process to learn how to learn online," Zhou said. "Coming back to in-person learning, I found it easier to stay motivated, and manage my time. I would set a timetable for myself when I got back

home to do my work."

She shared her advice in regard to staying motivated to do well.

"Work-life balance is really important. I live by 'work hard, play hard.' It's necessary to know when you need a break," she said. "Also, do things you are passionate about. It's not fun when you're doing something you don't like, and it's hard to stay motivated doing something you don't like."

Zhou was involved in several clubs at SRHS,

She was on the Academic Bowl team for four years. She participated in Science Olympiad for two years. She served as the vice president for the Youth Care Club (YCC), which she was a part of for all four years.

"In my senior year, I co-founded a club called Bio

Olympiads, which is similar to Science Olympiad, but specifically for life sciences," Zhou said.

Besides her involvement at SRHS, she was involved in tutoring at Father Joe's Village. She also pursued personal interests such as creative writing and music.

"The most valuable thing I learned was how to focus on the things I liked to do, how to interact with fellow peers, and overall increased my work ethic," Zhou said regarding being involved in these organizations.

As her time at SRHS ends, she thanks her family and friends.

"Family plays such a big role, and I am so lucky to have extremely supportive parents. My friends were always super supportive and lifted me up a lot through my

high school years," she said.

She also thanks her Advanced Placement (AP) biology teacher.

"Mrs. Fowler is amazing. If I said I liked life sciences before, after taking AP biology, I was even more sure," Zhou said.

Zhou's message to her senior class: "I think youth is like spring, and now summer is coming with graduation. It feels surreal, but also super golden. I am incredibly proud of my graduating class."

Zhou is also a 2022 National Merit Scholarship winner. She will start her first year of college at the University of California, Los Angeles (UCLA) later this year, studying pre-molecular, cell and developmental biology. She is looking into the pre-medical path.

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

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GRADUATION CAR PARADE: Happy graduates of the Scripps Ranch High School Class of 2022 participated in the annual graduation car parade along Ironwood Road on June 13. The event was organized by parent volunteers.



Photos by Jim Wick

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HAPPY 4TH OF JULY
SCRIPPS RANCH!



Scripps Ranch softball all star player Kaylan Lowe took a break after her game to cheer on the Scripps Ranch 12u gold team in their run for the championship. (photo by Lisa Shadburn)



SRSA 10u Silver player Naomi Shadburn helped her team pull out a 4-2 victory over Ramona at the 2022 Scripps Ranch All Star Tournament. (photo by Lisa Shadburn)



The Scripps Ranch 12u gold all-star softball team won the division title at the 29th Annual Scripps Ranch Softball Association All-Star tournament – the team's fourth tournament championship in a row in the 2022 all-star season. (photo by Lisa Shadburn)

SCRIPPS RANCH SPORTS

SRSA tournament is a big success

By Hector Trujillo

The 29th Annual Scripps Ranch Softball Association All-Star tournament concluded on June 5 successfully bouncing back from two years of uncertainty due to the COVID-19 pandemic with a total of 62 teams competing in 2022.

“The most important thing to me was that the girls playing in the tournament had fun,” said tournament director Chris McChesney. “The teams coming from out of town were glad they played in Scripps Ranch.”

Players in the 8 and under, 10 and under, 12 and under and 14 and under divisions played with approximately 750 girls competing, with each team playing at least three games. Scripps Ranch’s 12 and under Gold team won its tournament championship. It was the team’s fourth consecutive tournament championship.

“It takes a tremendous amount of volunteer help to put on a tournament of this size for the girls coming to Scripps Ranch to play,” McChesney said.

Games were held at Cypress Canyon Park, Sycamore Canyon Park and Spring Canyon Park, with teams from around San Diego County, Orange County and Los Angeles traveling to the Scripps Ranch area in order to take part.

“Our volunteers, mostly parents of our Scripps Ranch all-star players, put in an unbelievable amount of time to make this tournament a huge success,” McChesney said.

There were special playing rules for teams taking part in the tournament. Teams had the option of batting their entire line-up and having free defensive substitutions. The teams that chose that option were allowed to use the “last out” as a courtesy runner for the pitcher or catcher. The teams not choosing the “bat around”

option had to abide by the rules stipulated by USA Softball with regards to substitutions. During pool play, games could end in a tie, but during bracket play the international tiebreaker rules took effect if the game was tied at the end of an inning once time expired. The USA Softball “mercy rule” was also in effect when teams had a 15 run lead after three innings, 12 runs after four innings or 8 runs after five innings.

For a list of full results of this year’s tournament, visit: srsoftball.org and select SR All-Star Tournament followed by the Tourney Machine option.

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Pair gains silver for Team USA

By Bill Ausen

In a true American story of perseverance and victory, Scripps Ranch resident Sydney Dorais and teammate Molly Fox, members of the USA Gymnastics National Team, took silver at the International Acro Gymnastics competition in Maia, Portugal.

Dorais is a two time USA Acrobatic Gymnastics National Team member and Fox is in her first year as a National Team member. The pair went to the Maia International Acro Cup (MIAC) in May and competed against 33 other Junior Elite woman's pairs from 23 countries.

On their first day, some mistakes in their balance routine left them in 22nd place. It was a humbling experience and seemed as if the competition was over for them. Dorais and Fox refused to give up despite the odds being against them and came back strong on day two with their dynamic routine. In a near perfect routine, their score from this amazing performance – combined



Sydney Dorais (left) and Molly Fox (photo courtesy of Bill Ausen)

with the previous day's score – were enough to take them from 22nd to 12th place and earn a spot in the semi-finals.

In the semi-finals, they performed their combined routine and blew the judges away, scoring the highest mark in artistry and sending them to finals in second place. The next day in finals, they kept that focus and determination, and delivered another stellar routine

to place second, taking home a silver medal for the USA. In the Junior Elite division Team USA also earned second place.

Acrobatic Gymnastics is a discipline that combines strength and flexibility in choreographed routines. The balance routine includes partner skills held in static position. The dynamic routine involves partner skills of throwing and catching, and includes tumbling. The

combined routine is used for finals and is a combination of both balance and dynamic skills. Athletes perform their routine in front of a large panel of judges that score the execution of their skills, their artistry and the difficulty of the skills they perform. Both athletes, of SoCal TTC Gym in Poway, train year-round, five days each week, focused and dedicated to this highly competitive sport where there is practically no margin for error at their level.

Dorais and Fox are coached by Patricia Nobre, the head coach of the Acro program at SoCal TTC. Nobre is an expert in the sport and has trained many world champions before moving to the U.S. She is an incredibly dedicated coach putting in countless hours outside of the gym all for the love of the sport and her devotion to all her athletes. She is originally from Portugal and was able to bring the girls to her gym for training while they adjusted to the 8-hour difference in time. The pair were excited to train alongside the 2022 World Champions Rita Teix-

eira and Rita Ferreira, Senior Woman's Pair, and make life-long friendships with athletes around the world.

RUN & RIDE

Continued from Page 1

dors. Live music will be performed by Equinox from 8 to 11:30 a.m., according to Gonzalez. There will also be a beer garden, but it will be open only to Run & Ride participants.

"It's going to be a party!" Gonzalez said.

The two running events draw the most participants. This year, the 10k is an officially sanctioned event by USA Track and Field, recognized as the national governing body for track and field, cross country, road running and racewalking. Several world-class runners participate in the Run & Ride 10k each year. The race attracts so many top runners because so much of the course is downhill, which helps them achieve personal best record times.

Street closures

Scripps Ranch residents should expect temporary street closures due to the Run & Ride on the morning of July 4 from 4 a.m. to 10 a.m. at the following locations: Scripps Lake Drive from Red Cedar Drive to Miramar Lake; Red Cedar Drive from Scripps Lake Drive to Aviary Drive; Grayfox Drive from Red Cedar Drive to Vista Valle Drive; Vista Valle Drive from Grayfox Drive to Pinetree Drive; Canyon Lake Drive from Pinetree Drive to Aviary Drive; Scripps Lake Drive from Red Cedar Drive to Scripps Ranch Boulevard; Hibert Street from Treena Street to Scripps Ranch Boulevard to Red Cedar Drive.

Free shuttles to the start of the running events will be available beforehand in the parking lot of the business complex at Meanley Drive.

The Scripps Ranch Old Pros donate more than \$30,000 to youth sports and college scholarships every year from this event, according to Gonzalez.

Runners and cyclists can still sign up online to participate. Runners can even sign up early in the morning the day of the events at Red Cedar Drive. Visit runride.org to sign up in advance.

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NATIONAL FINALISTS

Karyn McCartney and her son, Spencer McCartney, battled to second place at the USTA 3-Day Mother-Son National Tennis Tournament at Barnes Tennis Center on June 12. Karyn is the varsity head coach for Scripps Ranch High School. Spencer is transferring to San Diego State University this fall. He is an assistant coach at Francis Parker and also is a summer camp tennis instructor. The family has lived in Scripps Ranch for a long time and have participated in tennis at the Scripps Ranch Swim and Racquet Club.



Karyn McCartney and Spencer McCartney (courtesy of Diane Rider)

CHAMPIONS

The Titans, an NFL Flag Football 3/4 team, clinched the San Diego County Championship Superbowl on May 14 under the leadership of coach Jeff Spriggs. The team is comprised of almost all boys from the Scripps Ranch neighborhood. The Titans won the Poway Gold Cup Finals on May 7, and then advanced in the San Diego County Superbowl. They defeated the top teams from Chula Vista in the first round and then San Marcos in the second round to bring home the gold medallion. Players include Luke Spriggs, Gavin LaFleur, Noah Culver, Jacob Jarvis, Jett Jurgens, Royce Ryan, Marcus Molloy, Jackson Kargacos and Shrehan Kundu. The coaches were Jeff Spriggs, Chris Jarvis and Alex Culver.



The Titans won the San Diego City Flag Football Championships. (courtesy of Sheila Maude)

Little League All-Star season

By Hector Trujillo

Having completed practices and preparations after the Scripps Ranch Little League (SRL) regular season, All-Star teams were announced over Memorial Day weekend. The 13-year-old Intermediate team kicked off the All-Star competition on June 15 vs. Point Loma with the younger squads just recently taking part on Saturday, June 24.

Scripps Ranch also had two teams in both the Little Stars (MAPS division) tournament being hosted by Rancho Peñasquitos Little League, and had two teams taking part in the 9U Future Stars tournament hosted by Scripps Ranch Little League, with both tournaments taking place over Father's Day weekend.

"Our district holds a tournament of champions for minors, majors and intermediates," said SRL President Avi Barat.

These finished before the start of the All-Star game competitions, with the first rounds running through June 25. The winner of the upper minors, majors and intermediate regular sea-

son championships represent Scripps Ranch in the tournament of champions.

The Intermediate team was made up of 12 players managed by Kevin Hamilton and coached by Billy Walsh and Eric Hilton. The 12U All-Stars have a 13-player roster managed by Tim Spooner and coached by Patrick Farrell and Tyson Wooten. The 13-player roster of the 11U team is managed by Matt Green and coached by Lance Taschner and Kevin Hamilton.

The 10U All-Stars have 12 players on the roster managed by Neil Murphy and coached by Ryan Smith, Don Ardisson and Hamilton Arendsen. Games were underway at deadline.

Both the Upper Minors All-Division teams (blue and red) have 13-players on each squad with the Future Stars 9U tournament teams having 12 players each. The Lower Minors All-Division Red Team has 13 players while the Blue Team has 12. The MAPS Little Stars Red Team has 13 players; the same number as the Blue Team, just like the MAPS All-Division teams.

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THE OUTSIDER

Written by Paul Slade Smith
Directed by Christopher Williams

September 16 – October 9

Preview performance: September 16
Opening Night: September 17

Why 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

Makasha 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

On 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, energy, 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.

(Includes some adult language and themes)

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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.

