



Scripps Ranch resident Steven Luke is a morning news anchor on NBC 7 San Diego. (courtesy of Steven Luke/NBC 7)

From wildfires to Olympics

By Kaila Mellos

NBC 7 San Diego morning news anchor Steven Luke has been able to report on many different topics ranging from the Olympics to wildfires and everything in between. However, the Scripps Ranch resident did not always know what he wanted to do and explored multiple opportunities he was presented.

The Pleasant Hill, California, native came to San Diego in the 1990s to attend San Diego State University's communication program that entailed a sample of media courses in radio, television, film, public relations and advertising.

"I wasn't sure when I started out what I was going to do, whether it was going to be in radio, TV or film," Luke said. "But by the end of college, I knew I wanted to go into news. I think it was

when I stepped into a newsroom for the first time while applying for an internship and I just loved the energy."

The first newsroom he stepped into was NBC 7. He interned there while in college, and once he graduated magna cum laude from SDSU with his communications degree, he went to anchor in Bakersfield for KERO, where he learned how to shoot and edit his own stories.

He returned to NBC 7 San Diego. See **STEVEN LUKE**, Page 4

TOP SCHOLARS

By Ashley Shah

Albert Liu, Kevin Zhao and Grace Li, graduating seniors at Scripps Ranch High School (SRHS), have the highest grade point averages (GPA) among all students in their 2023 senior class. They share their tips, advice and experiences in maintaining their high scholarly status:

**Albert Liu, valedictorian
GPA: 4.89**

Valedictorian, Albert Liu will be heading to Duke University studying biology under the pre-medical track.

To get to such a prestigious school, Liu worked incredibly hard during his four years at Scripps Ranch High School (SRHS).

"I had a work hard, play hard mentality. You have to enjoy the journey. I had a lot of fun along the way. For me, I always picked activities, and commitments that I actually liked. I didn't put myself in activities just for a better college application," Liu said.

As one of his most memorable commitments, Liu was involved in the Red

Cross club for all four years of high school. He served as co-president for the club in his last year.

"The Red Cross was very good at developing me as a person and a leader. I got to practice public speaking, organizing events and much more. It taught me how to take on a lot of responsibility and how to work with many people since I worked on the county level as well," Liu said.

Other commitments he was involved in included Science Olympiad; research intern at University of California, San Diego (UCSD); volunteered at local hospitals; soccer; and much more.



Albert Liu

For his accomplishments and success, he acknowledged Ms. Skalman, his history teacher, and his parents.

"I couldn't have done this without the mentality that my parents taught me, which was to enjoy life and make the most out of it," he said.

**Kevin Zhao, salutatorian
GPA: 4.88**

Kevin Zhao is one of See **TOP SCHOLARS**, Page 13

Fourth of July Run & Ride is ready to launch



The annual Scripps Ranch Old Pros Run & Ride attracts thousands of participants and is set to begin the morning of July 4. (photo by John Gregory)

Thousands of participants and hundreds of spectators will enjoy the annual Scripps Ranch Old Pros Fourth of July Run & Ride – the largest spectacle in Scripps Ranch.

The Old Pros will hold two running events and three 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 trail bike ride (gravel), and a 35-mile street ride.

There will be a few small changes this year, according to Run & Ride Czar Anthony Gonzalez. The bicycle portion of the event has changed. The 50 mile and 28 mile rides have been replaced by the 35 mile street ride. The 12-mile bike ride remains. The 35 mile street bike ride starts at 7 a.m. The 28 mile gravel ride was reduced to 25 miles and will start at 7:15 a.m.

In addition to the bicycle ride modifications, the 10k course has been updated to in-

clude music along the course, Gonzalez said. There will be a band at Lake Miramar provided by Scripps Ranch School of Rock to play for the participants. In addition, all aid stations will be playing music.

The running events begin on Red Cedar Drive in front of Miramar Ranch Elementary School. The cycling events begin on Hibert Street at the intersection with Scripps Ranch Boulevard. All events end at Hoyt Park in the morning. The celebration in Hoyt Park is open to the general public and will include live music, entertainment for kids, a silent auction and sponsor booths. There will also be a beer garden open only to Run & Ride participants.

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

See **RUN & RIDE**, Page 15

Organic waste recycling begins

The City of San Diego is rolling out a new Organic Waste Recycling program. Every San Diegan will be able to recycle organic waste – which includes food scraps, food-soiled paper and yard trimmings – through pickup in the green bins.

Green bins are being delivered to City-serviced residences that do not currently have one, and kitchen pails are being delivered to all City-serviced residences. The kitchen pail is to be used for the easy collection and transfer of food scraps and food-soiled paper products to the larger green bin. The green bin will be picked up weekly on the same day as trash at your normal collection location. The distribution of new green bins for organic waste recycling will be rolled out by route.

Organic waste accounts for about 40 percent of the waste in landfills. Left to decompose in landfills, organic waste produces methane, a pollutant that traps the sun's heat, warms the atmosphere and accelerates climate change. Under the new recycling system, citizens can turn food and yard waste into nutrient-rich compost, which can then be used to nourish gardens, parks, farms and open spaces without releasing significant amounts of methane gas into the atmosphere. One of the other processes used to recycle organic waste can create natural gas, which is trapped and cleaned to power vehicle fleets and generate energy.

If you received a new green bin, you have the option to exchange the container for a smaller or larger container size or to request an additional bin (requests will be reviewed



Residents will receive a free kitchen pail and green bin as the City introduces weekly organic waste collection.

for eligibility). Bin requests can be made on the Get It Done app at sandiego.gov/get-it-done or by calling (858) 694-7000. Find out if the City is your waste hauler by visiting the Get it Done webpage or download the app. Visit OrganicWasteRecycleSD.org to learn more, or contact SDRecyclingWorks@San-Diego.gov or Customer Care Center at Trash@SanDiego.gov or phone (858) 694-7000.

Dr. Anthony D. John D.D.S., M.S., Root Canal Specialist
MEMBER OF THE INTERNATIONAL ACADEMY OF ENDODONTICS

HELPING RETAIN NATURAL TEETH USING ADVANCED TECHNOLOGY.

"Kindness and professionalism abound!"
-Mary

AFTER HOURS EMERGENCY CARE **858-444-0600**

Located in Suite 265 via West entrance of the Pinnacle Medical Building

Coaches and parents, scan and save our contact info for dental emergency needs.

PINNACLE ENDODONTICS
10672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92131

TOYOTA
Of Poway

SERVICE SPECIALS

\$10 OFF
ANY OIL CHANGE SERVICE

PLEASE CALL FOR APPOINTMENT.
TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires July 24, 2023.

ROTATE & BALANCE FOUR TIRES
\$49⁹⁵
Expires July 24, 2023.

WHEEL ALIGNMENT
\$79⁹⁵

PLEASE CALL FOR APPOINTMENT.
TOYOTAS ONLY. Must present coupon during write-up. Some models are additional cost. Valid at Toyota of Poway. Not valid with other coupons. Not valid on previous purchases. Expires July 24, 2023.

TOYOTA
SERVICE DEPARTMENT
858-486-2900
ToyotaofPoway.com
13631 Poway Road, Poway, CA 92064

Service Hours: Monday-Friday 7:00am - 6:00pm • Saturday 7:00am - 5:00pm • Sunday Closed



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.

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, Kaila Mellos, Ashley Shah, Hector Trujillo, Terry Wilson

Advertising
John or Jacqueline Gregory
info@scrippsranchnews.com

Phone
(858) 945-4465

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

Copyright & Licensing
The entire contents of Scripps Ranch News is copyrighted. Copyright 2023, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.

Water main repair was complicated

By John Gregory

By now, most Scripps Ranch residents know that a major water main break which burst the morning of May 19, and a subsequent nearby sinkhole, have been repaired at the intersection of Scripps Ranch Boulevard and Scripps Lake Drive – and all nearby lanes of street traffic have been open for a few weeks.

But repairs took much longer than expected and Scripps Ranch Boulevard – a major

traffic artery in the middle of the community – was severed for weeks. The lane closures made travelling north and south difficult, and made morning commutes and school drop-offs especially troublesome for many days with major traffic congestion ballooning out to other nearby driving arteries. All lanes finally opened going both directions on June 7, although more days of follow-up work remained.

Juan Guerreiro, director of Public Utilities for the City of San Diego, described the problems and explained the complexity of the repairs.

“There are a lot of utilities in that area. There are a lot of water pipes in that area,” Guerreiro said. “There is a 12-inch pipeline that connects to a 20-inch pipeline, and there was a corroded section of pipe in the 12-inch pipeline that broke and caused a hole to open up.”

While City workers located and worked on the initial leak, more fractures occurred.

“So, when we went to address the issue, we got the initial repair, but because of



City workers repair a major water main break and sinkhole at the intersection of Scripps Lake Drive and Scripps Ranch Boulevard. (photo by John Gregory)

all the connections and a lot of the bends that are in the water system at that location, it caused some damage within the system at other locations. ... there were subsequent leaks that had to be investigated,” he said. “Sometimes we open up these breaks and address the initial break location. You’re able to button it up pretty quickly – and that’s that. But in this case, we saw some additional water seeping out of the trenches. ... So, we have to isolate the pipeline, open it up and find out what’s going on. ... We

had to do additional investigations and repairs.”

Residents might have noticed City water crews operating along streets blocks away from the original water break.

“Typically, what crews will do on the side streets is when they go to isolate the water main break, they have to close valves that are in other locations,” Guerreiro said. “The way we design our water system is to be able to isolate certain locations by closing those valves, but also to open

See **WATER MAIN**, Page 4

Pipeline work comes to UTC

Pipeline construction for the City of San Diego’s Pure Water program, which has already been underway in Scripps Ranch, is requiring the partial closure of the La Jolla Village Drive and Towne Center Drive intersection in University City for an estimated two weeks. Equipment staging and traffic pattern adjustments will begin after 8 p.m. each day.

Two-way traffic flowing east and west on La Jolla Village Drive will always be maintained. The northern portion of the Towne Centre Drive and La Jolla Village Drive intersection will be closed to approximately June 25, followed by the closure of the southern portion of the intersection, from approximately June 25 to July 2.

Commuters are advised to avoid the area if possible or use alternate routes. Construction will occur 24 hours a day and two-way traffic on La Jolla Village Drive will remain open throughout the duration. For the safety of drivers, pedestrians and construction crews, temporary concrete barriers will be installed, in addition to fencing, to enforce the closure. To access businesses on Towne Centre Drive, drivers are encouraged to use Executive or Nobel drives. Crosswalks at the intersection will also be closed during construction; pedestrians should instead cross at Executive Way.

The pipeline work is one of 10 different projects underway that will eventually help produce 30 million gallons per day of high-quality purified water, reducing the City’s dependence on imported water.

SCRIPPS RANCH

NEWS

PROUD SPONSOR OF THE
SCRIPPS RANCH OLD PROS
4TH OF JULY
RUN & RIDE



Let your smiles sparkle this summer!

Receive kind and comfortable orthodontic care in a highly recommended office.

Check out our reviews on Google and Yelp! } 5 star ratings
☆☆☆☆☆

Dr. Gilmore, Scripps Ranch’s Board Certified Orthodontist, and his staff are highly respected in the community.

GILMORE ORTHODONTICS

Board-Certified

American Board of Orthodontics



INVISALIGN PROVIDER 2023

858-433-7377

www.gilmoreortho.com



DAVID S. GILMORE, DDS, MSD
RETIRED NAVY ORTHODONTIST

9870 Hibert St. D9, San Diego, CA 92131 (Located in the Trader Joe’s Shopping Center)

FIRE SAFE COUNCIL

Prepare for power shutoffs

By Karen Herreros

Be prepared for wildfire and public safety power shutoffs (PSPS) this year. Some thoughts for staying informed and being prepared during PSPS:

SDG&E continually monitors weather and other climate conditions to detect fire conditions. As a last resort, they may have to shut off power if dangerous conditions are present in order to help prevent a wildfire and keep you and your community safe. This is known as a Public Safety Power Shutoff (PSPS). While these events are more likely to occur in high-fire-risk areas, all San Diegans could be affected and should be prepared.

SDG&E aims to send early notifications via phone calls, text alerts, email and other means before turning off power. Whatever the circumstances, SDG&E will make every effort to communicate with you.

In order for this to hap-

pen:

- Update your contact information and/or sign up for outage notifications on SDGE.com/notifications or call (800) 411-7342.

- Do you or someone in your home have a disability, use a device for health, safety or independence that requires electricity? Let SDG&E know.

- Download the PSPS app – Alerts by SDG&E – which is a free tool that puts outage information at your fingertips throughout a PSPS.

- Stay informed about power restoration efforts and estimated time of restoration.

- As always, prepare an emergency kit.

During an emergency, every second counts. Careful planning can help keep you safe and reduce the stress of having to scramble for what you need.

Plan ahead and stay safe.

Scripps Ranch Fire Safe Council, srfiresafecouncil@gmail.com, srfiresafe@org, (858) 201-3711.

STEVEN LUKE

Continued from Page 1

Diego in 2002, where he is now working weekday mornings anchoring NBC 7 News Today from 4:30 to 7 a.m. and NBC 7 News Midday from 11 to 11:30 a.m.

“I returned as a reporter and have been working various reporting and anchoring shifts. At the station for the last couple of decades, and right now, I anchor NBC 7 News Today,” Luke said. “There’s a bunch of other things that we do, like we do podcasts, for example.”

Luke’s routine for most days starts at 2 a.m. as he says he “wakes up early when most people are still fast asleep in the middle of the night,” and ends his shift by noon. While it may not be the most desirable sounding shift to many, it has taken Luke to many places.

He had the chance to cover virtually every big story in the region over the past few decades, from wildfires to military deployments to Super Bowls. The 2022 Winter Olympics in Beijing, China, marked Luke’s seventh assignment covering the Olympic Games. Previous assignments covering the Olympic Games include 2006 Torino, 2012 London,

2014 Sochi, 2016 Rio De Janeiro, 2018 Pyeongchang and 2021 Tokyo.

“The continuity of covering all the Olympics and going to these different countries and being at the world’s biggest sporting event is a true highlight,” Luke said. “But in terms of just importance to San Diego viewers, I don’t think anything trumps reporting on the wildfires because that’s something that pretty much everyone in San Diego can relate with the fear and the importance of what that looks like when a massive wildfire is hitting the fan just like it did in 2003 and 2007, and to a lesser degree some of the years since then.”

He recalls one of the craziest moments in his reporting was during a fire he covered.

“The weirdest and most memorable thing that has happened was when my photographer and I got hit with fire retardant in the middle of a live report for the 5 o’clock news back in 2019 while covering a brush fire,” Luke said.

Through his reporting over the past 20 years, he has been able to earn 15 Emmy awards for anchoring and storytelling.

When he is not on the news reporting, he is with his wife, Jody, and three kids. His old-



Steven Luke is splattered with fire retardant while covering a wildfire live in 2019. (courtesy of Steven Luke/NBC 7)

est, 19, is attending Baylor University going into her junior year; his middle child, 17, is finishing up his junior year at Scripps Ranch High School; and his youngest, 14, graduated from Marshall Middle School and is starting at Maranatha High School in the fall.

“We love living in Scripps Ranch, and I’ve got a lot of good friends that have come through our time here with all the youth sports and the school involvement. My wife has been so involved in many things, and it’s a great place to live and raise a family,” Luke said.

WATER MAIN

Continued from Page 3

other valves to minimize the impacts to customers.”

City crews investigated additional sightings of water bubbling up from the streets following the initial repairs. Guerreiro said all possibilities were explored, including looking into nearby irrigation pipes. It turns out this area of Scripps Ranch Boulevard is a hotbed of underground utilities.

“It’s a big grid of water pipes,” Guerreiro said.

Besides the City drinking water pipes, there are County Water Authority pipes, recycled water pipes, it’s close to the Miramar Water Treatment Plant and Reservoir, near the Pure Water Program construction and other utilities.

“It was a big break. It was very impactful; very tough location, especially with the school there,” Guerreiro said, adding that some members of his team reside in Scripps Ranch.

He explained that they didn’t feel right about walking away from the project before all the leaks and water pressure issues were addressed.

“We were really happy when the team was able to get a few lanes open right before Memorial Day weekend. ... We wanted to get everything open a lot sooner,” Guerreiro said.

Firework-Worthy Smiles!

Discover the Experience of a Dentist Who Cares!

“I have found my new dentistry home! Dr G took his time and listen to my concerns and relaxed me by explaining every step in basic terminology. A wonderful staff and experience! 😊😊” – LaCasha W.

CALL TO REQUEST AN APPOINTMENT TODAY!

(858) 271-1010

Gentle, Friendly Dentistry

Dr. Ramin Goshtasbi
Long-time Scripps Ranch resident.

83

5 STAR GOOGLE REVIEWS

WWW.OASISDENTALARTS.COM

9999 MIRA MESA BLVD. STE 105 SAN DIEGO, CA 92131

The Heroes return to rock Hoyt Park

By Terry L. Wilson

The Heroes will perform a free, live concert in Hoyt Park on July 9 for the Scripps Ranch Symphony in the Park summer concert series. The band is a crowd favorite, and always draws a capacity audience for their top 40 dance music.

‘The band and I are looking forward to seeing everyone at the park.’

—Tommy Boyd

As the drummer and manager for the popular group, Tommy Boyd has been playing for the Symphony in the Park concert series for years. This year, Boyd welcomes back an old friend and former band member for a one night only gig.

“Our guitar player, Val Dalkostadniod, is from Bulgaria. He’s going home and is taking his family with him, so he won’t be at the concert this year,” Boyd said. “In his place, we have invited a for-



The Heroes will return to entertain the crowd at Hoyt Park on July 9 for the Scripps Ranch Symphony in the Park summer concert series. (photo by Jim Wick)

mer member of The Heroes to gig with us at Scripps Ranch. He was also a member of Listen, a band we both played in during the ’70s. His name is Marc Intravala, and I’m sure a lot of people from Scripps Ranch will remember him from when he played here as a member of the Heroes.”

During Desert Storm Intravala went on tour with Boyd and The Heroes – playing guitar and singing – performing in Spain, Greece, Crete, Sicily, Sardinia and Germany.

“The band is happy to have him sit-in, and they’re looking forward to playing with Marc again,” Boyd said. “Otherwise, we have the same people that we’ve had for a number of years. We have Mattie Mills and Amber Duke, our female vocalists; Laymon Davis is on bass guitar; Mark Moorhead plays the keyboard; Art Fisher plays sax, flute and bongos; and I play drums – and we all sing. The band and I are looking forward to seeing everyone at the park.”

Each month during sum-

mer time, Hoyt Park plays host to some of the best bands in San Diego at the Symphony in the Park concerts. Boyd, a Scripps’s Ranch resident, is a big reason why only top talent makes it on the annual roster.

“I hand-pick all the bands that perform at the concert,” he said. “We have a crowd that ranges in ages from 70 to seven. To help me create a list of songs for the show, I ask people of various age groups what they want to hear. Then, I get together with the bands to make sure that each group has a playlist that has something for everybody in our audience.”

The July 9 performance by The Heroes 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 as this show is for humans only. Do not spread plastic tarps on the ground because they kill the grass.

The July 9 concert is sponsored by Collins Family Jewelers.

For additional information, visit symphonyinthepark.org.



Happy INDEPENDENCE DAY

Blessed is the nation whose God is the LORD. -PSALM 33:12

Red

White

& Blue

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

Scan the QR code and join thousands of our Instagram fans!

Collins

FAMILY JEWELERS

Where integrity is everything
Serving the San Diego community since 1978

On **July 4th**, our store will be CLOSED to be with our families. On **Sunday, July 9th**, join us at Hoyt Park, when we sponsor the Heroes at Symphony in the Park!!!

Open Tuesday-Saturday, 10am to 3pm • Closed Sunday and Monday • 8220-A Mira Mesa Blvd./Mira Mesa Mall
858.578.6670 • collinsfamilyjewelry.com Friend us on Facebook Follow us on Instagram Show us love on YELP

Farmer's Market: The calming effect of music

By Jill Alexander

If you're looking to groove a little bit while perusing the aisles of the Scripps Ranch Farmer's Market on Thursdays, no problem.

Thanks to Julius Alcantara, also known as DJ Basico, you can get your salsa on, bop to hip-hop or reminiscence with 1970s tunes while checking out the fruits, veggies and more at the weekly venue.

Alcantara, 50, has been DJing at the market after hitting up the market manager for a try since April.

"It's my way of connecting to people and feeling like I am doing something," said the 20-year veteran Navy military policeman, who served the last four years of his military career deployed in the Middle East.

His DJing journey began when Alcantara retired from military life and struggled to

fit in as a civilian and work a regular job.

One thing about those in the military and those who have PTSD is that it's not about the war, but the structure that is instilled in them, Alcantara said.

"We lose that when we get out of the military and take a civilian job," he said. "It was hard for me to have a good relationship with my co-workers. We have an ego that says we are the military, and we feel like we are privileged in some respects."

But not everyone feels the same way about the military and those who have served, so often things aren't smooth sailing.

"That is what triggers us and that's the problem. Not everyone looks at us as the same," he said. "When people aren't impressed and don't give that respect that we are used to, we are triggered. I think that the military needs to stop doing that – stop telling us that because when we get out and we don't get it, we get triggered."

To help fight his PTSD, Alcantara joined a suicide



Julius Alcantara, also known as DJ Basico (courtesy photo)

prevention group at the VA to learn to cope with his depression and stress.

"Because I was feeling like I wasn't getting recognition, and not being relevant, I started dancing the salsa four years ago because it offers structure, and I fell in love with it," he said.

Alcantara became an instructor and decided he wanted to make strong connections with people.

"While dancing, I felt I was connecting to the music and also saw that the DJ was connecting to the people through the music he was playing," Alcantara said. "I saw people dancing to the music, and bopping their heads. I said that's what I want to do, be a DJ and con-

nect."

Since DJing, Alcantara said he is much calmer and believes he is making a difference.

"For me, music is the language that a lot of us speak and it stays away from politics and religion and all that stuff," he said. "I do like it when someone comes up to me and says, 'I loved your music.' I know then that I connected with someone and made a difference in that person's life whether it was for 2 minutes or 3 minutes; I made a connection and it's healing to me."

Visit DJ Basico at the Scripps Ranch Farmer's Market by following his music from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

Youth THEATRE CAMP

SRT | SCRIPPS RANCH THEATRE | **JULY 15-AUGUST 12**
Every Saturday 10 am- 1 pm

Sign up at scrippsranctheatre.org/education



Big Cheech's Chicken, Waffles and Sliders (courtesy photo)

SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

COMPLIMENTARY ORTHODONTIC CONSULTATIONS

FOURTH OF JULY SPECIAL
\$200 OFF*
*new orthodontic treatment

CHECK OUT OUR PREMIER PACKAGE!
Propel and custom bleaching trays included with your orthodontic treatment.

10549 Scripps Poway Pkwy, Ste. E
San Diego, CA 92131

(in the Scripps Ranch Marketplace near Vons)

858.271.4200

SPEED UP YOUR ORTHODONTIC TREATMENT WITH

- Reduce treatment time by 50%
- Accelerated Tooth Movement
- Improved Predictability
- Optimal Aligner Seating
- Assistance in Retainer Wear

myseasidesmiles.com

New restaurant

Big Cheech's Chicken, Waffles and Sliders, a new fast-casual restaurant offering a wide variety of made-to-order meals, opened in May at The Hub at Scripps Ranch, a mixed-use redevelopment project located at the gateway to Scripps Ranch at 9810 Carroll Canyon Road, just east of Interstate 15.

Big Cheech's specializes in a unique take on chicken, waffles and sliders, as well as other menu items, including vegetarian options. It is open 10 a.m. to 9 p.m., seven days a week.

"We're very excited to bring Big Cheech's to The Hub in Scripps Ranch," said Diah Asker, concept creator of Big Cheech's Chicken, Waffles and Sliders. "Our goal is to provide fresh, delicious food and great service in a convenient location for our customers."

The Hub at Scripps Ranch is a mixed-use redevelopment project featuring 260 modern luxury apartments. Other commercial tenants include Carroll Canyon Dental Group and Starbucks. Junction Bar and Grill is expected to open mid-summer.

Local author publishes romance novel

By Ashley Shah

Scripps Ranch author Prasanna Madabushi's newest novel, "King in Hiding," hit the shelves on June 10.

This is a historical romance novel that centers around an old Indian tradition called Swayamvara.

"Swayamvara is a tradition that involves a woman selecting her husband," author Madabushi said. "After the 18th or 19th century, you do not see this tradition occurring anymore, something changed. However, I wanted to explore this custom."

The novel follows a princess who has been told by her father, the king, that she can have a Swayamvara.

"The story begins with the princess going to find her father who has been in a battle with an enemy king. On the journey to find him, she gets hurt and a stranger finds her. The stranger escorts her back. They end up falling for each other on the way back. However, there is a plot twist that happens with their love story," Madabushi said.

This story looks at various themes.

"Some of the themes I explored were: What makes a good marriage? What does marriage of equals look like? How do you know you have found the right person? These are themes that are applicable now," Madabushi said.

Madabushi started her journey to publishing this book in May of last year.

"I had already decided back then that I wanted to write something about this old tradition. It took me until December to get the first draft. After that, I had some friends, my editor and some members of my book club look over it," she said.

This novel will be the first in a series of "groom choosing" novels.

"I am thinking of creating about seven of these types of novels. They will all be stand alone. I'm hoping to get one out every other year because I am in the process of working on a historical fantasy for my next release," Madabushi said.

Her work follows two common themes, including medieval India, and royal families. However, this novel slightly differed from her



past novels in her Magadha trilogy.

"The genre is romance. In my trilogy, I did not have that restriction. With romance novels, you know the outcome – a happy ending. So, it is more about the journey to get there," she explained.

Madabushi described what she hopes her readers will gain from this.

"This is a light read. I am hoping readers can enjoy it. I hope they feel warm and nice while reading it. But, at the same time, I am asking some tough questions in this novel. I hope my readers can think about these questions themselves," she

said.

On June 24, Madabushi debuted the novel at the North Park Book Fair.

This year is especially successful for Madabushi as "King in Hiding" will be her fourth novel published.

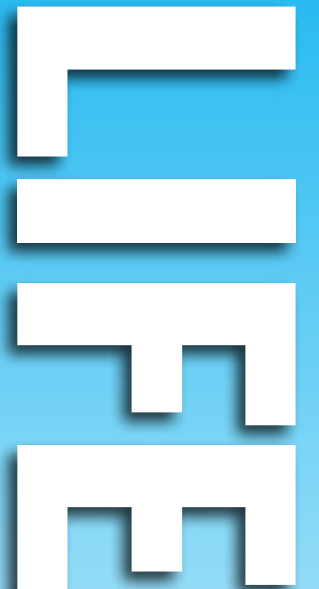
"I started writing nine years ago in a midlife crisis. Instead of buying a car, I started writing a book. The first book took me five years to do because I didn't know what I was doing. I have published a book every year since," she said.

In addition to her novel, Madabushi had her poem "Unborn Words" published in San Diego 2023 Poetry Annual.

"On a whim, I wrote a short poem, even though I am not a poet. I was thrilled to see they accepted my poem," she said. "The poem is about the life of an author. It says how it's okay if you don't want to put your story down because there are many books that aren't read. We write for ourselves," Madabushi said.

To continue following Madabushi, visit annabushi.com. Follow her on Facebook @annabushibook, and Instagram @anna.bushi.book.

SCRIPPS RANCH





At Ridgeview Health Center,
Life Is Simply Better

**Skilled Nursing
Now Open!**

Book your tour today.

**ASSISTED LIVING AND
MEMORY CARE NOW OPEN!**

1-858-290-4794
ridgeviewhealthcenter.com

Ridgeview Health Center is a new, open-to-the-public care community providing living options in Assisted Living and Memory Care. Nestled among rolling hills and landscaped grounds in Scripps Ranch, we offer multiple levels of care all located on the same campus. At Ridgeview Health Center, you can have enhanced peace of mind that your loved ones will *Live Better*.



Benefits of Ridgeview

- ✓ Assisted Living
- ✓ Memory Care
- ✓ Short-Term Therapy
- ✓ Life Enrichment



We are dedicated to making a difference in the lives of residents and their families. Our goal is to maximize the physical, cognitive, social and spiritual potential of all our residents.






State of California License #374604426. For the well-being of residents, Ridgeview Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change.

#BlissfulLife

HAPPY
Fourth of July
from Village Center Dentistry!

Stars and stripes
&
BRIGHT SMILES
forever!

Now is the time to schedule
your summer checkups.

-  Caring, professional environment
-  Serving the entire family
-  Conveniently located in Scripps Ranch



Dr. Santoro's sons, Andrew Joseph and Nicholas Jenson, are ready to celebrate the Fourth of July!

 Village Center
DENTISTRY

♥ *Where everyone is treated like family* ♥

Comprehensive & Conservative Care

Fillings • Crowns • Invisalign (clear braces)

Cosmetic Veneers • Pediatric Dentistry

Schedule appointments easily

Located in the heart of Scripps Ranch!

9982 Scripps Ranch Blvd. • info@thescrippsranchedentist.com • 858-566-8510 • www.thescrippsranchedentist.com



Josie's Home: a unique nonprofit

By Jill Alexander

What do older dogs, senior citizens and aged-out foster youth have in common? Katy Goshtasbi, a Scripps Ranch resident and founder of Puris Consulting, believes there is quite a bit.

Goshtasbi started the nonprofit organization Josie's Home hoping to unite older dogs, senior citizens and foster kids who have aged out of the foster care system at 18 years old.

The goal is to bring together these three segments of the population to support one another by driving awareness and educating residents on the joys of "age and aging," and what it says about society when we discard a being as no longer being relevant or useful to us, Goshtasbi said.

A former lawyer, she is married to Dr. Ramin Goshtasbi, owner of Oasis Dental Arts, also in Scripps Ranch, who was instrumental in coming up with the idea a decade ago with Katy. After much self-reflection and recovery, Katy decided to turn the idea into reality.

"We officially started in March 2022 after my recovering from breast cancer and my mastectomy," she said. "I was sitting around feeling sorry for myself and I heard a voice in my head say, 'If you focus outward, you would be better off. Stop focusing on yourself and help other people.' And I was like, okay."

Katy said when people get older, when dogs get older, and when foster kids reach 18, they are just not wanted, and this is what the three have in common: age.

Katy said more people have become supportive of the nonprofit.

"I've met some of these foster kids over the years through my charitable work, like one who was living out of a car but went on to Harvard. They have potential like seniors have potential, as do old dogs. We just need to support them all to recognize their potential, and hopefully teach by example how we can all be supported," she said.

Katy stressed that the non-profit is not just a placement service and is being built in phases, with the first being about awareness, the second pairing up, and the third building centers.

"The ultimate and last phase is to have centers all over the country where the animals, foster kids and seniors can come in or live and visit to connect and support one another," she said.



Josie's Home will unite older dogs, senior citizens and foster kids who have aged out of the system. (courtesy of Josie's Home)

Her research has shown that seniors who want to contribute to the cause don't necessarily need a place to live, and she isn't trying to turn the non-profit into a "retirement facility," she said.

"The overall idea is to see what foster kids need help with like how to apply to a college, buy a car, get a loan, and match them up with a senior citizen who might be able to offer their wisdom," she said. "Senior citizens have so much to give as well as their literal day-to-day know-how, so it would be trying to match up foster youths and seniors based on need and how they may support one another."

Don't forget about those senior dogs.

"Old dogs are also discarded and when I learned about the beauty of old dogs and took in some of my own, it rocked my world," she said. "They fit into this puzzle because they are gentle, graceful and have the wisdom to nurture, too."

She and her husband will continue to fund the nonprofit and hope to add volunteers and a board of directors.

Visit josieshome.org; and @josies.home on Instagram.

JOIN US EVERY THURSDAY
From 3:30 to 7:30 p.m.

SCRIPPS RANCH
FARMER'S MARKET
& Family Festival

SCRIPPS RANCH
FARMERS MARKET

Get your produce, dinner, gourmet desserts and gifts!

Come see our new vendors!
We appreciate your support to keep us growing.

10045 Carroll Canyon Road, San Diego 92131
Contact Bev at **(858) 603-3178**.

Please join us in thanking those who made the New Farmers Market possible.

SCRIPPS PERFORMING ARTS ACADEMY
OFFICIAL SCHOOL OF THE SCRIPPS BALLET THEATRE

Create Your Best Birthday Ever!
Select Your Theme, We Provide the Rest!
Costumed Performance Makes the Birthday Child the Star of their Show!

Serving the San Diego Community since 1987!

Birthday Parties that DANCE!

858.586.7834 ScrippsBallet.com/Academy

FIRST VISIT IS FREE! *
(For San Diego residents)
*Contact Pukka to schedule

pukka

PILATES & PHYSICAL THERAPY

COMETRY: Pilates Equipment Classes

Healthy Back Pilates | Rehab Pilates

Pre & Post-natal Pilates | Pilates for Osteoporosis

Pilates for Parkinson's Disease

Private Lessons {in-studio and online}

Physical Therapy

12030 Scripps Summit Dr., Ste. E, San Diego, CA 92131
858.271.8800 | pukkapilatesandpt.com

SUSTAINABLE SCRIPPS RANCH

It's much better to dry clothes outside

By Suha Chari

Did you know California is a right to dry state?

Renters and condo owners cannot be prevented from drying their clothes on a line or a rack on their balconies. Homeowners can, of course, line-dry clothes in their backyards.

Why is this important? A couple of reasons:

1 On average, tumble dryers use more electricity than any other appliance in our home, except for the water heater. Yes, it uses even more than the average refrigerator.

Annual electricity use

- Clothes dryer – 769 kWh
- Clothes washer – 590 kWh
- Dishwasher – 206 kWh
- Refrigerator – 596 kWh

2 Gas dryers have an added disadvantage; though these may run cheaper, they account for more greenhouse gas (GHG) emissions and, hence, are not sustainable.

This is especially important considering California's Climate Action Plan and the State's all out efforts to mitigate the devastating effects



of climate change.

On the off chance that your apartment complex absolutely prevents you from drying your clothes outside anywhere, there are a few things you can do: First, talk to the manager. Try to convince him or her that line drying goes a long way to preventing further emissions of GHGs into the atmosphere. It is also great for the clothes, especially here in sunny San Diego, though it may not feel like it now. I find clothes are fresher when partially dried outside, and then brought in to dry completely.

If you have to use the dryer, there are ways to do it more efficiently: Generally, a low heat setting that runs for longer uses less electricity than a high heat setting for a shorter period. Using the cool down cycle setting is another way to save electricity by utilizing the warm air inside the machine. Also, always use sensor drying rather than a timed dry if it's an option. The dryer should be full but not too full. It takes longer to dry clothes when the dryer is overloaded or the load is too small. What's in the load can also make a difference.



It's better to dry towels and heavy clothes separately from lighter clothes because combining them will extend the drying time.

Finally, to get exact figures for your dryer's energy use, find step by step instructions here: majorenergy.com/how-much-electricity-does-a-dryer-use/

Being outdoors, having fresh smelling clothes and saving money while living sustainably are all great. What more can we ask for?

Event: There will be a Fixit Clinic to repair small household items, at the library on July 22, 10 a.m. to 1 p.m. Please register in advance.

For more info: zerowaste-sandiego.org/event/san-diego-fixit-clinic.

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.



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 Scripps-RanchNews.com.

One winner will receive an order of one dozen decorated sugar cookies from a local baker as a prize!

To enter, email a high resolution photo (300 dpi) of your lemonade stand to info@scrippsranchnews.com. Include the location of your stand and the date the photo was taken. Include name of the photographer and name of those in the photo.

Rules: Photo must have been taken in Scripps Ranch (92131 area). Photo must have been taken between May and August 2023. Deadline is Tuesday, Sept. 5, 2023. No charge to enter.

SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

Check out our **MEMBERSHIP PLAN**

ONLY \$375 SAVE \$181

per year* for ages 0-13

*** Plan includes:**

- 2 professional cleanings
- 2 regular exams
- 2 fluoride treatments
- Routine x-ray
- 1 emergency exam
- 15% off procedures & ortho treatment

OFFERING:

- Conscious Sedation
- I.V. Sedation
- Hospital Privileges at Rady's Children's Hospital

- Complete dental care for ages 1 & up
- Using the best dental technology
- Come meet our friendly and welcoming staff
- Military discounts

(in the Scripps Ranch Marketplace near Vons)

10549 Scripps Poway Parkway, Suite E
San Diego, CA 92131

858.271.4200

myseasidesmiles.com



Internationally known Irish singer Máirtín de Cógáin, accompanied by Pete Polanski, entertained the Scripps Ranch Welcome Club on June 12. (courtesy of Scripps Ranch Welcome Club)

SCRIPPS RANCH WELCOME CLUB

Welcome Club summer events: lively and fun!

By Denise Stewart

There are many benefits to living in beautiful Scripps Ranch, and the Welcome Club is definitely on that list. The club's membership has lots of experience in gathering neighbors and staging enjoyable social events.

The Welcome Club's summer calendar of activities has everything from a Celtic fest, to a salad supper, to outdoor morning coffees and evening socials, to excursions to the mountains to visit lions and tigers and bears.

For the first time, the club is requiring members to contact JoAnn Farmen to let her

know that they will be attending the popular salad supper scheduled for July 10.

The Welcome Club has lots of unique events, but also enjoys a monthly routine of book clubs, game groups, craft makers, and trail walkers. It's a perfect way to enjoy leisure for long-time residents while also being a perfect way for newcomers to make friends and to get comfortable with our community.

The website scrippsranchwelcomeclub.com is a convenient way to learn more information about this Scripps Ranch organization which has flourished for more than 40 years. Contact information is there and inquires will be warmly welcomed.

GARDEN CLUB

Wildflowers and cultivated gardens are blooming

By Denise Stewart



Winter and spring rains made Scripps-Mesa Garden Club member Lynnell Hallock's hillside especially beautiful this year. (courtesy photo)

Scripps-Mesa Garden Club members recently toured a member's backyard to enjoy a variety of blooms. They also enjoyed the spectacular view of Penasquitos Canyon to the north of her Mira Mesa property. June proved to be the ideal month to take in the beauty of her cultivated plants as well as the profusion of seasonal wildflowers blooming in the canyon backdrop.

During the growing season, the club regularly visits local members' gardens to share and celebrate their efforts in creating and maintaining gardens of flowers, vegetables and fruits. The gardeners also share their knowledge and experiences with local soil and weather conditions.

In July, another local garden will attract the club's attention on the fourth Tuesday of the month. Another tour and a potluck will take place in the months ahead until the weather cools and the evening light dims. Then the club will return to the Scripps Miramar Ranch Library Community Room for talks and other events.

If gardening and the enjoyment of natural food and flowers appeal to you, check out the club's website to learn more about the garden club's activities. Currently, there is a special feature of contributed photos of the wildflower proliferation that we are enjoying locally following our unusual winter rains. Visit scrippsmesagardenclub.com.

WEST COAST ORAL SURGERY

50 years of excellence in oral surgery

Schedule your consult today!
(858) 536-2900

westcoastoralsurgery.com

Follow us:

9855 Erma Rd. Ste 100
San Diego, CA 92131

DENTAL IMPLANTS

WISDOM TEETH

BONE GRAFTING

ANESTHESIA

FULL ARCH IMPLANT RECONSTRUCTION

CORRECTIVE JAW SURGERY

SAINT GREGORY THE GREAT CATHOLIC CHURCH

11451 Blue Cypress Drive
San Diego, CA 92131
(858) 653-3540
info@stgg.org
Visit us online! www.stgg.org

Mass Schedule:
Weekdays 8:00 am
Saturdays 5:00 pm
Sundays 7:30 am, 9:00 am, 11:00 am, 5:00 pm

All are welcome!

INJURED IN AN ACCIDENT?

619-804-2781

HAMILTON ARENDSSEN INJURY ATTORNEY

SCRIPPS RANCH RESIDENT

harendsen@abinjury.com

ARENDSSEN BRADDOCK

S
C
H
O
O
L
S

Women's Club announces award recipients

Submitted by Madeline Pantalone

Community Awards

Each year the Scripps Ranch Women's Club (SRWC) gives back to the community by funding programs and projects that directly benefit Scripps Ranch residents. Women's Club board members Renie Martin and Lynn Parke presented the awards to schools and non-profit organizations in June.

Lynn stated: "As a 501c3 service organization, a major component of our club is to understand where there are opportunities to support and fund innovative and community enrichment programs."

• The 2023 recipients of Focus on STEAM awards are:

Dingeman Elementary and Jerabek Elementary Schools – These awards will support the purchase of STEAM Lab Makerspace kits that are used to teach the basics of coding and innovation problem solving, and to encourage interactive exploration by their younger students.

St. Gregory the Great Elementary School – The award will be applied to the purchase of STEM kits that enable activities that work to build complex integrational skills and encourage exploration, imagination and perseverance.

Scripps Ranch Theatre – The award will support the theatre's outreach and education program that brings the experience of live theatre to children in Scripps Ranch and throughout San Di-



Winners of the Scripps Ranch Women's Club scholarships are Melanie Calkins (left) and Grace Li, with Scholarship Chair Sally Anderson. (courtesy photo)

ego. This program sparks children's imagination and creativity through the arts in ways that naturally align with STEM learning.

• The recipients of Inspire Reading awards are:

E.B. Scripps Elementary School – The award will be used in the main school library to purchase new books and to repair damaged books that support academic learning and the love of reading for enjoyment.

Scripps Ranch Friends of the Library – The award will enable the purchase of vibrant, full-color graphic library shelf markers that make navigation and exploration of new topics easy for children of all ages. This addition to our gift last year will enable the library to complete the relabeling of the library children's section.

• The recipient of the Community Enrichment award is:

Symphony in the Park – The award

will support Symphony in the Park's 2023 program in recognition that these concert events bring Scripps Ranch residents together to enjoy and celebrate our community.

"Scripps Ranch schools and non-profit organizations are encouraged to apply via our website for a Women's Club award. All applications received by April 15 are considered for the awards announced in June," noted Renie.

Scholarship Awards

The Women's Club also recognizes young women in the community who combine academic scholarship with community service. The Annual SRWC Scholarship awards to senior women at Scripps Ranch High School (SRHS) help these exceptional young women with their transition to the college of their choice. The recipients of this year's scholarships are:

Melanie Calkins. Melanie plans to study Marketing at SDSU, with a special interest in using algorithms in social media apps and marketing campaigns. Her goal is to become an entrepreneur in the fashion or beauty industry. Among her accomplishments, Melanie earned the prestigious Girl Scout Gold Award for her community service, created a website dedicated to cultivating a positive teen body image, and served as a CSF peer mentor.

Grace Li. Grace plans on study-

See **AWARD RECIPIENTS**, Page 13



SUMMER CAMP REGISTRATION IS HAPPENING NOW

27 DIFFERENT CAMPS TO CHOOSE FROM

- **On site camp sampling:** Awesome Art, Bump Basketball, Flag Football, Get Soaked, Minecraft LEGO, Weird Science
- **Off site camp sampling:** Camp 101, Fast & Furious Kart racing, Water Everywhere
- **Only Teens Camp (6th-8th graders):** TEEN Camp Sampler, TEEN Seeing San Diego, TEEN Ultimate Fun
- **12 different enrichment programs** can be added to your camper's experience: Swim Lessons, Springboard Dive Lessons, Pickleball Lessons, Dance, Fitness, Music, Painting and much more!
- Camps open Monday-Friday 7:30am-5:30pm
- Camps open to Kinders thru 8th graders
- Camps open to members & nonmembers



Camp brochure available online at www.srsrc.com

Aviary location: 9875 Aviary Drive, San Diego, CA 92131 Tel: 858-271-6222

TOP SCHOLARS
Continued from Page 1

the SRHS salutatorians this year. He shared his thoughts on how to achieve such success.

“I’m going to be honest; I don’t have great study habits or any secret recipe. I will say though, that hard work pays off. If you keep at something, it will get easier, and that’s what I did. With school, if you keep putting in the time, eventually it will work out,” Zhao said.

Besides maintaining his grades, Zhao was involved in many commitments, such as Junior Reserve Officers Training Corps (JROTC); an internship at University of California, San Diego; the varsity Academic League team; freelance translation, and more.

“The most notable organization I was involved in was Math Club. It was such a contrast to the general environment that I find myself in where most people do not like math. Being in this organization exposed me to people who have a passion for math. I felt very at home because I love calculations,”

Zhao said.

All his hard work led to his enrollment to the University of California, Los Angeles, where he will study computer science and minor in linguistics.

Zhao leaves his graduating class and those to come with the following message: “We all went through COVID. It was disruptive. But for me, it helped me figure out what I wanted in the future. It is good to find the positive in anything.”

Grace Li, salutatorian
GPA: 4.88

As one of this year’s salutatorians, Grace Li shared her recipe for success.

“Balance is key. There are many opportunities. It is important to take advantage of those. But, it is also important to figure out what makes you happy, healthy and encouraged. What keeps you in balance is what you should pursue,” she said.

Following her own advice, she maintained balance with the commitments



Grace Li

she was involved with. She highlighted her most memorable commitment.

“The Youth Pedia project with the Be the Change Foundation is something I started. This project created an online encyclopedia of video books. I volunteered over 600 hours to this. I was able to meet so many new people, learn how to manage my time and fulfill a passion of mine,” Li said.

Other commitments that she was involved with included being a research assistant at the University of California, San Diego; president of the debate team; badminton captain, and more.

Through all of these commitments, Li wanted to thank her parents and Mr. Selvi, her debate advisor.

“My parents and Mr. Selvi believed in me and constantly supported me, and I could not be more grateful,” she said.

In the fall, Li will be attending University of Southern California to study biomedical engineering.

AWARD RECIPIENTS
Continued from Page 12

ing bioinformatics at USC. Her studies will further an interest cultivated as a bioinformatics lab research assistant supporting the study of gene regulation within the UCSD Department of Cellular and Molecular Medicine. Among her accomplishments, Grace earned two Gold Presidential Volunteer Service awards, served as co-president of Future Scientists Club, president of Science Fair Club, and vice president of the Red Cross student board.

“This year we had a record number of very qualified applicants that made the decision very challenging for

our scholarship committee. However, we are confident that the selected young women well represent the club’s vision and the community at large. They are inclusive, kind and supportive of others,” said scholarship chair Sally Anderson.

In addition, the club administers the **Kimbra Sellers Business Scholarship** on behalf of Kimbra’s husband Brian Sampson. Kimbra was a longtime Scripps Ranch resident, businesswoman and philanthropist who also served as the club president for several years. The recipient of this year’s scholarship is:

Melanie Calkins. Melanie was also selected for this award through a separate application, evaluation and

interview process.

Brian noted: “It’s an honor to recognize a scholar who represents many of the attributes that made Kimbra so engaging, successful and respected. I look forward to seeing what Melanie accomplishes with her education, enthusiasm and drive.”

The club accepts scholarship applications via its website between January and April and announces the scholarship awards at SRHS’s annual awards assembly in June. Scholars and their mothers are also recognized at a luncheon with club members.

All awards are funded by donations made by the club’s members. For more information, visit Women’s Club website, srwomensclub.org.

Fourth of July *Sweet Treats BY JESS*

ORDER TODAY CUSTOM COOKIES, CAKES & MORE!

@SweetTreatsByJessBakery SweetTreatsByJessBakery@gmail.com

Our comprehensive orthodontic plans will help you smile with confidence.

- Your neighbor's preferred orthodontist
- Proud sponsor of local schools and sports
- Experienced, friendly staff
- Personalized attention
- All types of braces and Invisalign offered
- We treat adults and children.

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

SCRIPPS POWAY ORTHODONTICS

12112 Scripps Summit Dr., Suite F • Scripps Ranch
858.527.0090 • www.ScrippsOrtho.com

LYNCH DANCE INSTITUTE

Fall Registration is Now Open
Classes filling fast!
Enroll Today
lynchdance.com

BEST DEAL
Plumbing, Heating & Air, Inc.
Contractors Lic. 770827

In the plumbing business for 50 years

Owned and operated here in the community

- Water Heaters/Same Day
- Disposals and Drains
- Toilet Repairs/Installs
- Water Pressure Problems
- Faucet Repairs and Installations

Good Quality Work at Reasonable Prices
Licensed and Insured
(858) 578-7808
10796 Charbono Terrace • San Diego, CA 92131



BREAKING THROUGH: Natalie Keiser runs downfield in the Scripps Ranch High School 2023 Powder Puff flag football game between teams consisting of female students from the junior and senior classes at the high school on May 25. The seniors won the game 23-2. (photo by Jim Wick)

SPORTS

Little League postseason is underway

By Hector Trujillo

The Scripps Ranch Little League (SRL) closed out another successful season with noteworthy individual and team performances which more than made up for the slow start due to the inclement weather that hit the county in the months of February and March.

SRL finished up its playoffs last month which included the Championship Kick-off Day on May 20.

“We tried to make up for our Opening Day being rained out,” said league President Avi Barat. “And then we had a soft Opening Day because the fields were still wet from the rain.”

The Championship Kickoff Day had a large attendance in which sportsmanship awards were presented and representatives from the San Diego Padres, including the Friar, were among those present. Playoff games from all divisions as well as a Challenger Division game vs. Rancho Penasquitos Little League were also being played on that day.

“After Championship Kick-off Day, the regular season



Pitcher Dylan Modic of the fourth-seeded Blue Jays throws a pitch against the fifth-seeded Braves in a Scripps Ranch Little League Majors 12u playoff game on May 15. The Blue Jays won 12-5. (photo by Lisa Shadburn)

concluded with most division championships before Memorial Day weekend and a few others the week after,” Barat said.

Postseason was kicked off with the District 32 Tournament of Champions (TOCs) for the Minor, Intermediate and Major divisions. The SRL Rubber Duckies Minors team won the District 32 Tournament of Champions. It was led by Jayden Chou and Kieran Wingate who pitched a combined no hitter in a 10-0 win over Mira Mesa.

The Intermediate team

representing SRL in TOCs was the Angels who finished in third place with the Majors team (Padres) winning the tournament in its respective division on June 11. The Padres win came thanks to a no-hitter from pitcher Heath Thompson in a 1-0 victory over Rancho Penasquitos. Thompson only allowed one walk and had 16 strikeouts in six innings.

“It is something very extraordinary that you rarely see,” Barat said. “Rancho Penasquitos had a really good pitcher, too. It was a fun game where our team came out on top, but it was very close and exciting the entire time.”

This was the second year that Barat was in charge of the league, which is a non-profit, all volunteer league. Approximately 550 kids across nearly 55 teams took part in this season.

“This year was fun and I really enjoyed it. It is a lot of work, but I like being a part of it as well as a part of the community. I like seeing the kids learn more about baseball and improve their baseball skills while being around their friends and having fun doing it,” Barat said. “Also, if we didn’t have all the volunteer help from the parents and especially our board of directors, running the league would be impossible without them.”

Now, the league All Star teams go into action.

“We now have All Stars coming up in June and then Fall Ball sign-ups will begin within the next month. Check out our website (scrippsranchll.org) for All Star results and signups,” Barat said.

In 2022 the 11u All Star team captured the District 32 championship for a second-straight year, defeating Coronado in the final game 15-3 and eventually finishing second in state competition.



Fitness Quest 10

Athletic M/W/F 8:30AM - 10:00 AM

Development &

Camp M/W/F 10:30AM - 12:00 AM

\$75

June 19 - August 11

Weekly Drop-In Sports Performance Camp

For Ages 11-14 & 15-18!

GET BIGGER, FASTER, STRONGER IN EIGHT WEEKS!

Coached by: Jeff King
Director of Youth Athletics

Space is Limited! Secure Your Spot Today!

9972 Scripps Ranch Blvd San Diego, CA 92131 **(858) 271-1171**



Fitness Quest 10 formed a team to participate in the Padres Pedal the Cause challenge at Petco Park. (courtesy photo)

Team raises funds for cancer research

The local Scripps Ranch community at Fitness Quest 10 participated in the annual Padres Pedal the Cause challenge on March 18 at Petco Park.

Thanks to the Fitness Quest 10 team and team captain Jeff Bristol, the team raised \$71,000 with 76 team members.

Todd Durkin kicked off the race as the event keynote speaker, inspiring participants to help fight cancer.

Padres Pedal the Cause is Curebound's largest signature event, bringing together thousands of participants each year to raise

money for collaborative cancer research. Hosted in partnership with the San Diego Padres, "Pedal" is an impactful fundraising experience with more than \$18 million raised to date to fund 80+ innovative research grants in all types of cancer. One hundred percent of every dollar raised funds life-saving cancer collaborative research among San Diego's top research institutions: UC San Diego Health, Rady Children's Hospital, Salk Institute, Sanford Burnham Prebys, Scripps Research and La Jolla Institute of Immunology.



(photo by Ralph LoVuolo)

RUN & RIDE

Continued from Page 1

Drive; Grayfox Drive from Red Cedar Drive to Vista Valle Drive; Vista Valle Drive from Grayfox Drive to Pinetree Drive; Canyon Lake Drive from Pine-tree Drive to Aviary Drive;

Scripps Lake Drive from Red Cedar Drive to Scripps Ranch Boulevard; Hibert Street from Treena Street to Scripps Ranch Boulevard; and Aviary Drive from 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.

Visit runride.org to register.

SRHS alumna still retains hockey career

By Hector Trujillo

The love for sports is something that isn't always something that's learned, but it's in the blood. That is exactly the case with Harvard graduate and Olympian Keely Moy when it comes to hockey.

The 25-year-old Scripps Ranch High School (SRHS) alumna had the honor of representing the Swiss ice hockey team in the 2022 Winter Olympics, helping lead them to a fourth place finish.

'I felt that no matter what happened, nobody would be able to take this moment away from me.'

—Keely Moy

"It was a huge honor for me to be able to participate in the Olympics. It's the most prestigious sporting event in the world and sometimes it's really hard to wrap my head around what it means to have gone to the games. To participate is not only a huge honor to the country, but to the sport that I have been fortunate enough to play for my whole life," Moy said. "I remember during our first game against Canada, I was able to look up at the huge Olympic flag above the ice during warm-ups and really take in that moment. I felt that no matter what happened, nobody would be able to take this moment away from me."

Her best memories of SRHS were playing for the roller hockey team, which was the first time Moy played competitive roller hockey besides a little of middle school roller hockey, along with some recreational soccer. Playing roller hockey at SRHS turned out to be a memorable introduction to a new sport which gave her an opportunity to practice something new while getting to know more people

at school.

Moy's life at that point consisted of going to school, then immediately going to the ice rink in Escondido and skating until the late evening.

"I'm glad that hockey has given me something to enjoy for the rest of my life, even outside of playing in college and professionally," she said. "In addition, I have been able to coach on the weekends for the San Diego Angels girls hockey program, which has been extremely fulfilling and has been another great way that I have been able to give back to the game that has given me so much in my life."

Moy also worked for the San Diego Gulls as a business intelligence coordinator this past season. She recently accepted a job offer in Detroit with Ilitch Sports and Entertainment, where she supports the Detroit Red Wings and Detroit Tigers as a business analyst.

"My dad was from Detroit and was a die-hard Red Wings fan, so this opportunity was really special for me," Moy said. "I really think that the Gulls did a great job of supporting me and gave me the opportunities to learn and grow myself and my career in the ways that I wanted to, which I really appreciate."

Her father passed away in July of 2020 due to prostate cancer, but she is still close to her older brother, Tyler, who was drafted by the Nashville Predators of the NHL in 2015.

"My best advice is to try to enjoy every moment, from the special ones like winning championships to the times that it's not so fun to get on the ice because you're tired or just don't want to do it," Moy said. "The game of hockey is so special, and even if the goal is not the Olympics or college hockey, it will give you lifelong friends and memories to take with you forever."

BLACK MOUNTAIN PLUMBING
License No. 782799
(858) 536-4161
www.blackmountainplumbing.com

HAPPY 4TH OF JULY
SCRIPPS RANCH!



Fourth of July EVENTS



Run & Ride

The annual Scripps Ranch Old Pros Fourth of July Run & Ride will fill the streets with thousands of participants the morning of Independence Day with the first event beginning at 7 a.m. The Old Pros will hold two running events and three cycling events – all on the morning of July 4. Everything culminates with a celebratory festival in Hoyt Park. Visit runride.org.

Scripps Ranch 4th of July Parade

The Scripps Ranch Fourth of July Parade traditionally begins at 10 a.m. on Independence Day near Red Cedar Drive and Ironwood Road, generally runs down Ironwood Road, along Scripps Ranch Boulevard and ends at Aviary Drive. Presented by the Scripps Ranch Civic Association.

Old Fashioned Fourth

Visit Old Poway Park to celebrate the country's independence "turn-of-the-20th-century-style." This event will feature patriotic entertainment, free children's crafts, train displays and old-fashioned games. Treats and train rides will be available for a nominal fee.

Free Shuttles to and from the event will be available from two different locations: Poway City Hall Parking Lot, 13325 Civic Center Drive; and at the Poway Adult School Parking lot located at 13626 Twin Peaks Road. Shuttles will run throughout the event. July 4, 10 a.m.- 4 p.m., 14134 Midland Road.

Scripps Mesa Fireworks

Scripps Mesa Fireworks announced the return of the Independence Day July Fireworks Show for the residents of Scripps Ranch, Mira Mesa and all of San Diego. The fireworks show will occur on Sunday, July 2, at 9 p.m. over Wangenheim Middle School, 9230 Gold Coast Drive.

Fireworks in Poway

Enjoy two spectacular firework shows as they light up the sky over the Poway High School Stadium and Poway Sportsplex on July 4 at 9 p.m. Gates at Poway High School open at 6 p.m. for games, activities and a DJ spinning the tunes. No registration is required. Pay at the gate. Children ages 11 and under are free with a paid adult admission (\$5). Arrive early to allow plenty of time for parking.

Fireworks will also be set off over Poway Sportsplex, 12349 McIvers Court. The Poway Sportsplex will not be open to view the fireworks. Please see the link to the parking map below. Lake Poway is open to the public on July 4 and will stay open as a viewing area for the fireworks at the high school. Viewing is limited from the lake as the ballfield is closed as part of the water infrastructure capital improvement program. Parking is \$10 for non-residents. Residents and active military members (with ID) are free. A parking map for fireworks viewing is at poway.org/fireworks-map



Pickleball players enjoy a doubles match as they participate in the sport that has been skyrocketing in popularity. (Pickleheads.com)

Pickleball skyrockets in popularity

By Jill Alexander

It may have a funky name, but pickleball is a sport taking the country by storm.

It's "a combination of tennis, racquetball, and ping-pong played either indoors or outdoors with a ball resembling a whiffle ball with about 40 holes," said Brandon Mackie, co-founder of Pickleheads.com, a national website that tracks the sport.

The fast-paced game can be played by anyone from five to 95. Nationally, about 40 percent of those who play are women, and 60 percent are men.

Many of those jumping on the pickleball bandwagon are in Scripps Ranch.

"Pickleball exploded at the Club," said Tal O'Farrell, general manager of the Scripps Ranch Swim & Racquet Club. "We have built eight permanent courts and they are busy all the time. We have added pickleball parties, open socials, and tournament play. We also have four pickleball instructors giving lessons."

O'Farrell explained the sport's popularity.

"I'm excited about this sport because the barrier to entry is so low. Anybody can learn the game in about 30 minutes and be able to play and understand the game after a week of play. It's the fastest-growing court sport in the world," he said.

Apparently, pickleball was started in 1965 by Joel Pritchard, a congressman from Washington state; and Bill Bell, a businessman. After a

round of golf, they returned to Pritchard's home on Bainbridge Island, Wash., to find their families sitting around bored. The property had an old badminton court so they searched for badminton equipment but could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball. At first, they placed the net at a badminton height of 60 inches and volleyed the ball over the net. Later, the players found the ball bounced well on the asphalt surface and the net was lowered to 36 inches.

Soon, rules were created, relying heavily on badminton. But the original purpose remained to provide a game that the whole family could play together.

There are various theories about the name, but Mackie said the most notable is that pickleball was named after "Pickles," one of the founder's dogs.

While the game has been around for half a century, it has gained popularity in recent years.

"One of the biggest draws of pickleball is it doesn't require taking fancy lessons or equipment to play. It's very easy to learn. I see people pick it up in 5 to 10 minutes on their first time on the court. By the end of the session, they are winning games," Mackie said. "It's motivating for folks, and I think that's a big reason people want to come back and keep playing."

Mackie believes pickleball's popularity grew dur-

ing the COVID-19 pandemic.

"Our theory is that during the pandemic, pickleball went from primarily an indoor gymnasium sport to an outdoor one for obvious reasons – like gyms (being) closed," he said. "Once it went outdoors, people saw it more visibly, they heard the loud noise of the ball popping and saw people playing in large groups."

Today, 60 percent play pickleball outdoors and 40 percent indoors, Mackie said.

Another nice thing about pickleball is it can be set up anywhere, even on a driveway with temporary lines and a portable net, Mackie said.

Pickleball courts can be found in and around Scripps Ranch at:

- **The Scripps Ranch Swim & Racquet Club**, 9875 Aviary Drive (membership required).

- **Scripps Ranch Recreation Center**, 11454 Blue Cypress Drive. Play for free on four indoor courts with permanent lines and wood flooring, but bring a net. Available five-days a week from 9 a.m. to 5:30 p.m. Call for availability: (858) 538-8085. The center is also home to the Scripps Ranch Pickleball Club, a community-based athletic and social organization focused on playing pickleball in the neighborhood.

- **Cypress Canyon Park**, 11400 Cypress Canyon Road. Play for free; hard surface; three outdoor courts and permanent lines. Bring a net.



SUMMER EVENTS

JUNE 28



SD County Fair

Carnival rides, concerts, food and exhibits highlight the San Diego County Fair, now through July 4 at the Del Mar Fairgrounds, 2260 Jimmy Durante Blvd. Closed Mondays and Tuesdays in June.

sdfair.com

Nighttime Zoo

Guests can visit amazing wildlife during Nighttime Zoo – an annual after-dark extravaganza where families explore the zoo at night and enjoy a host of family friendly entertainment, live toe-tapping music and summer treats, while learning more about wildlife from an unusual nighttime perspective. Nighttime Zoo runs through Sept. 4.

sdzwa.org

JUNE 30



'Grace for President'

San Diego Junior Theatre continues its 75th anniversary season with "Grace for President." In this inspiring tale of girl power, Grace is

SAFARI PARK WELCOMES LION

The San Diego Zoo Safari Park welcomed a new lion to the pride: Bo, a 7-year-old male African lion. Bo will eventually lead his own pride when he is introduced to the three female lions who reside at Lion Camp. Guests may visit Bo, who will rotate on and off habitat with the lionesses until all four lions are comfortable interacting together. (San Diego Zoo Wildlife Alliance)



stunned to discover that all U.S. presidents have been men. She decides to kick off her own political career by running for president of her class. "Grace for President" will run Fridays at 7 p.m. and Saturday and Sundays at 2 p.m. from June 30 to July 9. JT's popular Pajama Night is Friday, July 7. The "Grace for President" ASL-interpreted performance will be Saturday, July 8 at 2 p.m. Visit boxoffice@juniortheatre.com. All Junior Theatre productions are performed in Balboa Park's historic Casa del Prado Theatre, 1600 Village Place.

juniortheatre.com

JULY 1

Worst-case Scenario

Brace yourself for an electrifying exhibition experience as The Fleet Science Center presents the grand opening of The Worst-Case Scenario: Survival Experience on Saturday, July 1. This exhibit, based on the internationally acclaimed "The Worst-Case



Scenario Survival Handbook" series, will transport visitors into a world of thrilling survival strategies and escape tactics. Visitors will embark on a heart-pounding journey filled with hands-on challenges and mind-bending puzzles.

fleetscience.org



'Passengers'

Experience a train trip like never before with Montreal-based contemporary physical theatre troupe The 7 Fingers. This innovative show blends acrobatics, theatre, music and dance in a magical performance

See **SUMMER EVENTS**, Page 18



BIRCH AQUARIUM SUMMER LINE-UP

Birch Aquarium at Scripps Institution of Oceanography at UC San Diego is kicking off summer with a lineup of offerings including seasonal hours, animal feedings and Octopus Behind-the-Scenes Tours. Guests will have two extra hours to enjoy the aquarium during a time when it's typically less crowded and when some animals may be more active. The aquarium will be open this summer most days from 9 a.m. to 7 p.m.

aquarium.ucsd.edu

Dog Boarding
in my Scripps Ranch Home
Over 91
FIVE STAR REVIEWS

Doggie Staycay

Boarding dogs 40lbs or less
instagram @doggiestaycay
text (only) Kim 619-252-7268
www.doggiestaycay.com

CLEAR JUNK REMOVAL

Mr. Clear Pierre

760.405.4347

pmarchand06@gmail.com

CLEARJUNKREMOVAL.COM

ADDY'S BISTRO

HOME OF CALLANDER FARMS

There's a jam for that!

13771 Danielson Street, Suite E, Poway, CA 92064
858.883.4556 ♦ addysbistro.com

\$5 OFF

Coupon valid with a purchase of \$50 or more. Please present this coupon for discount. Offer expires 8/31/23.

FREE ENTREE

Order 10 breakfast or lunch entrees, and get another entree free. Entrees must be of equal or lesser value. Offer expires 8/31/23.



SCAN HERE TO VIEW OUR MENU



SUMMER EVENTS

Continued from Page 17

about strangers in transit. Rather than sit in silence, the passengers on this train express their dreams and visions through the exuberance of their bodies, telling human stories with super-human skills. Performances play through July 30 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe's Conrad Prebys Theatre Center in San Diego's Balboa Park. TheOldGlobe.org

JULY 2



SeaWorld concerts

SeaWorld San Diego announced its 2023 Summer Concert Series Sponsored by Coca-Cola: June 25 – Vanilla Ice; July 2 – Jordyn Sparks; July 9 – Bow Wow and Soulja Boy; July 16 – Todrick Hall; July 23 – Tiffany and Jennifer Paige; July 30 – Mario; Aug. 6 – Ashanti. The park will transform into an ocean wonderland full of friendly mermaids, swashbuckling



GIRL SCOUT BRIDGING

Scripps Ranch Girl Scouts who are also graduating high school seniors participate in the traditional bridging ceremony on June 11 at Jerabak Park. (photo by Jacqueline Gregory)

pirates and luminous light displays; with three new shows and a new parade. seaworld.com

JULY 20

Comic-Con San Diego

Comic-Con San Diego 2023 will be held at the San Diego Convention Center July 20-23. Preview Night is July 19. comic-con.org

JULY 27

Oceans at Night

Birch Aquarium at Scripps Institution of Oceanography at UC San Diego is

revamping its nighttime 21-plus event in order to increase capacity. Summer events take place July 27 and Aug. 24 from 6:30 to 9:30 p.m. Oceans at Night is a monthly series featuring interactive experiences that highlight ocean phenomena that occur at night including biofluorescence and bio-acoustics. The adults-only atmosphere includes live music, a glow lounge with larger-than-life-sized games, and ocean views as well as food and beverage for sale. Oceans at Night expands onto Blue Beach, a new area featuring a 4,500-square-



SWINGING FOR THE STARS!

Ruby Lipsky from the Scripps Ranch Softball Association 10u team takes a big swing as she participates in a recent Irvine Summertime Classic Tournament June 9 to 11 with teams from throughout Southern California competing. Scripps Ranch had six teams entered in the tournament: one 12u team, three 10u teams and two 8u teams. The Scripps Ranch Softball Association 12u earned the title of division champions. (photo by Lisa Shadburn)

foot floor mural, as well as giant blocks from Imagination Playground and stunning ocean views. aquarium.ucsd.edu

AUGUST 12

Get knives sharpened

The Seven Oaks Woodworking Club will sharpen knives, scissors, garden and other hand tools on

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, go to the Seven Oaks website: 7oaksrb.com

Improve your relationship with your kitchen!

Relationship Advice between you and your Kitchen: Relationships are hard, aren't they?

You've got the ups, the downs, and everything in between. But what if we told you that we have the perfect remedy for your relationship woes?

Introducing Kitchen Barn, your one-stop solution for all your kitchen and bath remodeling needs! Because let's face it, sometimes your relationship with your home could use a little tender love and care.

When your kitchen is a hot mess, and you're tired of the daily struggle to find anything in those dark, cavernous cupboards, it's time to call in the professionals.

At Kitchen Barn, we believe in tying the knot – between you and your dream kitchen or bathroom! Say goodbye to mismatched tiles and outdated fixtures. We'll bring the spark back into your home and make it a place you'll fall in love with all over again.



Mend that relationship with your kitchen. Let Kitchen Barn bring the love back into your home.

Our team of remodeling experts knows how to handle even the messiest breakups between you and your old, dysfunctional kitchen or bath. We'll sweep away the remnants of bad memories and create

a fresh, new space where you can truly thrive.

Bathrooms mended, also

Let's be honest, folks. Relationships should be hot and steamy, but

your bathroom doesn't need to be! Kitchen Barn specializes in turning your bathroom into a personal oasis.

From rejuvenating showers to stylish bathtubs, we'll make sure your bathroom is the ultimate place to unwind and pamper yourself.

So, why settle for questionable relationship advice from your nosy Aunt Mildred or that "wise" friend who's been through more breakups than they can count? Let Kitchen Barn work their magic and transform your kitchen or bath into a sanctuary that sparks joy and ignites your love for your home!

Call, or email Kitchen Barn today, and let us bring the love back into your home. Your kitchen and bath deserve a relationship upgrade!

Call the experts at Kitchen Barn, Inc. for a free consultation.

—Mathew Taft, President Kitchen Barn, Inc.



www.kitchenbarn.net | (888) 454-6465
3771 Danielson, Suite D, Poway, CA 92064

Lic:525878

**Schedule your service appointment today.
We have immediate availability!**

The "Works" Package
\$99⁹⁵

+ tax and \$2.55 hazardous waste disposal fee

SERVICE INCLUDES: OIL FILTER REPLACEMENT, ENGINE OIL CHANGE USING SYNTHETIC BLEND ENGINE OIL (UP TO 6QTS), DRAIN PLUG WASHER REPLACEMENT (IF EQUIPPED), ROTATE TIRES, COMPLETE MULTI-POINT INSPECTION

DISCLAIMER: NOT APPLICABLE WITH ANY OTHER DISCOUNTS OR COUPONS. VALID ONLY AT OUR DEALERSHIP. SOME VEHICLE EXCLUSIONS APPLY. SEE DEALER FOR DETAILS. PERFORMANCE VEHICLES EXCLUDED, OFF-ROAD AND COMMERCIAL VEHICLES EXCLUDED. DIESEL ENGINE VEHICLES EXCLUDED. ENDS 7/31/23.

4 Wheel Alignment
\$139⁹⁵ + tax

**SERVICE INCLUDES:
4 WHEEL ALIGNMENT CHECK
AND TOE SET**

DISCLAIMER: NOT APPLICABLE WITH ANY OTHER DISCOUNTS OR COUPONS. VALID ONLY AT OUR DEALERSHIP. SOME VEHICLE EXCLUSIONS APPLY, SEE DEALER FOR DETAILS. PRICE FOR 4 WHEEL ALIGNMENT CHECK WITH TOE SET. ADDITIONAL ADJUSTMENTS MAY BE NECESSARY AT AN ADDITIONAL PRICE. DUAL REAR WHEEL VEHICLES EXCLUDED. SOME VEHICLES SLIGHTLY HIGHER. PERFORMANCE WHEELS EXCLUDED. CARBON FIBER WHEELS EXCLUDED. ENDS 7/31/23.

Tire Rotation and Wheel Balance
\$69⁹⁵ + tax

**SERVICE INCLUDES:
TIRE ROTATION AND
WHEEL BALANCE**

DISCLAIMER: NOT APPLICABLE WITH ANY OTHER DISCOUNTS OR COUPONS. VALID ONLY AT OUR DEALERSHIP. SOME VEHICLE EXCLUSIONS APPLY, SEE DEALER FOR DETAILS. PRICE FOR 4 WHEEL ROTATION AND WHEEL BALANCE. DUAL REAR WHEEL VEHICLES EXCLUDED. SOME VEHICLES SLIGHTLY HIGHER. PERFORMANCE WHEELS EXCLUDED. CARBON FIBER WHEELS EXCLUDED. ENDS 7/31/23.

Complete Fuel System Cleaning Service
\$99⁹⁵ + tax

SERVICE INCLUDES: TOP END DECARBONIZATION SERVICE, THROTTLE BODY CLEANING, FUEL INJECTOR CLEANING SERVICE (WHEN APPLICABLE), ADD ON OF FUEL TANK ADDITIVE.

DISCLAIMER: NOT APPLICABLE WITH ANY OTHER DISCOUNTS OR COUPONS. VALID ONLY AT OUR DEALERSHIP. SOME VEHICLE EXCLUSIONS APPLY, SEE DEALER FOR DETAILS. PRICE INCLUDES INSTALLATION. DIESEL VEHICLES EXTRA. ENDS 7/31/23.



12740 Poway Rd.,
Poway, CA 92064
AaronFordofPoway.com
(855) 769-4374



Add Quality Years To Your Life!

DISCOVER FUNCTIONAL MEDICINE

www.FunctionalMedicineSanDiego.com

Get to the **ROOT CAUSE** of your health concerns and fix it, instead of taking more pills, or just **Optimize Your Health & Well-Being!**

We Have a 96% Success Rate Reversing

- Diabetes (Type 2)
- Thyroid Issues
- Fatigue
- Digestive Problems
- Weight Gain
- Autoimmune Issues
- Anxiety/Brain Fog
- Menopause Symptoms



SPACE IS LIMITED

the old spaghetti factory



Join us for a
**FREE EDUCATIONAL
DINNER SEMINAR**

The Old Spaghetti Factory
111 N. Twin Oaks Valley Rd.
San Marcos, CA 92069

Wed. July 12 at 5:30pm Thurs. Aug. 3 at 5:30pm
Tues. July 18 at 5:30pm Mon. Aug. 7 at 5:30pm
Tues. Aug. 1 at 5:30pm

TOPIC: What is Functional Medicine?

Discover what's wrong inside the body and have a plan to heal vs. merely using medications to mask symptoms. Join us for a free dinner seminar on what is functional medicine, and who can benefit.



Advanced Functional Medicine

CALL NOW TO RESERVE! 858-264-1414

SPACES RESERVED FOR ANYONE WANTING TO
OPTIMIZE THEIR HEALTH PLUS UP TO TWO GUESTS

LOOK BETTER. FEEL BETTER. FUNCTION BETTER.
GET REAL ANSWERS & REAL SOLUTIONS FROM DOCTORS WHO CARE!