



NEWS
Hope Blooms fundraiser
PAGE 3



LEISURE
Farmer's Market: Salvadoran food
PAGE 7



SPORTS
Soccer team earns success
PAGE 15

ECRWSS
PRESORTED STD
US POSTAGE
PAID
GARDENA, CA
PERMIT NO. 40
POSTAL CUSTOMER

SCRIPPS RANCH NEWS

Volume 8 • Issue 3 • February 2025



www.ScrippsRanchNews.com

Girl Scouts ready to race

By Ashley Shah

About 130 Girl Scouts across 24 troops in Scripps Ranch will be competing in the Powder Puff Derby with their pinewood cars on March 1 at Dingeman Elementary School.

"The Powder Puff Derby has been around for several decades. It was a competition started by the Boy Scouts (Pinewood Derby). ... It's an event that is unique to scouting," Scripps Ranch 2025 Powder Puff derby co-chair Eric Caballero said. "I have two daughters who are Girl Scouts. This will be our fourth year competing in the event with my older daughter, and my youngest daughter's first year competing."

The pinewood cars are constructed from a kit. The kits are made and produced by the Boy Scouts of America.

"We purchase the kits from the Boy Scouts, and then distribute them to troops that want to participate. The kits are about \$15 each," Cabal-



The crowd awaits the start of a race during last year's Scripps Ranch Powder Puff Derby. (photo courtesy of the O'Day family)

lero said.

Each kit only includes a 2-inch by 6-inch piece of pine-wood, four nails and four wheels.

"It is up to each scout to design and produce their own car to race down the track," Caballero said. "Some of the scouts will look up videos online on platforms like YouTube to figure out how to make the fastest car. My daughter has watched videos each year to try to maximize the car's speed."

The scouts are able to produce their cars with the help of families in Scripps

Ranch.

"The O'Days, who had children in Girl Scout troops within Scripps Ranch, ran the derby for the past seven years. This is the first year that they have not run it," Caballero said. "Their garage has been set up for producing a pinewood car. Even though they are not running the derby this year, they still have volunteered their garage."

There were three workshop days during the month of February in which groups of scouts could come to build
See **POWDER PUFF DERBY**, Page 6



Malia Kollmeyer gains leverage over her opponent as she attempts a take down during City Conference Championships competition on Feb. 1. (photo by Phoung Vu)

SRHS WRESTLING: SACRIFICE & SUCCESS

SRHS wrestlers benefit from a program with great coaching and supportive parents in this demanding sport.

By Claudine Ricanor

Women wrestlers gain spots in CIF Masters; freshman Malia Kollmeyer becomes individual CIF Division Champion:

The Scripps Ranch High School's women wrestling team made a strong showing at the CIF San Diego Section Division II tournament on Feb. 8, resulting in four spots earned to compete in the upcoming Masters Championships – the most in the Scripps Ranch wrestling program's history. This achievement underscores the growing strength and potential of the womens wrestling program at Scripps Ranch, while demonstrating the rising prominence of womens wrestling.

Freshman Malia Kollmeyer dominated her 105-pound

weight class, winning all her matches by pins to claim the championship. Senior Hope Long (100 pounds) secured a hard-fought fourth-place finish, while senior Chloe Ng (110 pounds) and Junior Khyla Adams (125 pounds) both earned third-place finishes. Senior Analiese Kyei (130 pounds) rounded out the team's achievements with a sixth-place finish.

The top four places in each weight class qualify for the CIF Masters Championships, which are scheduled for Friday and Saturday, Feb. 21 and 22, at Christian High School for both mens and womens teams. Long and Ng will make their second appearance at CIF Masters. This will be the first appearances made by Kollmeyer and Adams.

See **SRHS WRESTLING**, Page 18

Ukulele Club: joy through music

By Ashley Shah

Seventh grader Jacob Zhu has been spreading joy through music at Thurgood Marshall Middle School (MMS). He started the Ukulele Club when he entered sixth grade at the school.

"Our fifth grade teacher, Mr. Garner Saguil at Dingeman Elementary School, taught ukulele as a part of the curriculum. He started incorporating music into his curriculum after COVID," Zhu said. "He is really into theatre and music."

The students were practicing ukulele around two to four times a week in the classroom.

"I wanted to carry-on play-

ing ukulele in middle school. I wanted to be able to bring that joy into our school," Zhu said.

Now, the club at the middle school has around 25 registered participants.

"We have 25 members that are enrolled in our Google Classroom, but around 20 members show up each week to our meetings," he said.

Students are expected to bring their own ukulele. However, all music lovers are welcome.

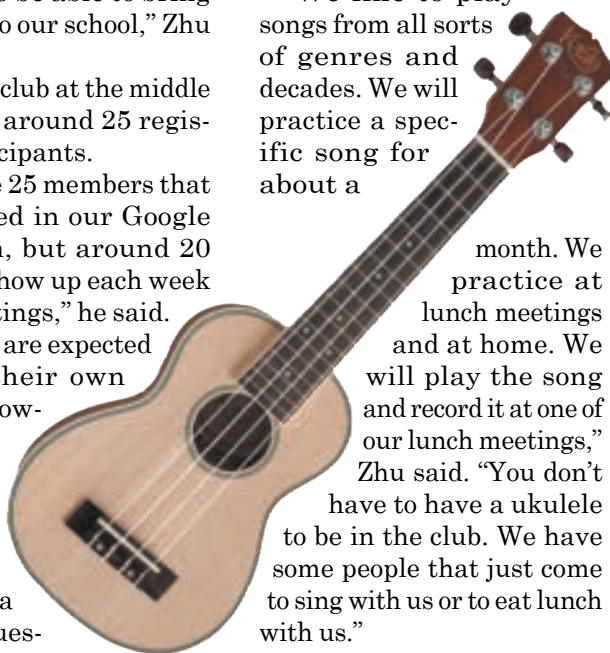
The club meets once a week on Tuesdays during their lunch period in Ms. Jean

Chalupsky's room.

"We like to play songs from all sorts of genres and decades. We will practice a specific song for about a

month. We practice at lunch meetings and at home. We will play the song and record it at one of our lunch meetings," Zhu said. "You don't have to have a ukulele to be in the club. We have some people that just come to sing with us or to eat lunch with us."

The videos that the stu-
See **UKULELE CLUB**, Page 14



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

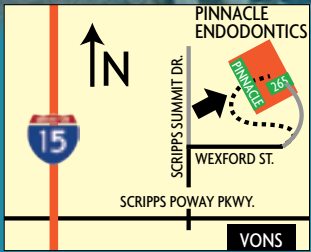
HELPING RETAIN NATURAL TEETH USING ADVANCED TECHNOLOGY.



AFTER HOURS EMERGENCY CARE

★★★★★
"The great people at Pinnacle go above and beyond."
-Matt

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

SCRIPPS RANCH FIRE SAFE COUNCIL

Let's all say thank you!

By **Dave Mason**
Scripps Ranch Fire Safe Council

The recent Santa Ana wind event in Southern California impacted millions of residents across Los Angeles and San Diego. Thanks to the dedication and quick response of San Diego Fire-Rescue and Cal Fire, the effects of several wildfires in our area were minimized. Their hard work prevented the kind of devastation seen in Los Angeles County, and for that, we are incredibly grateful.

We also want to recognize the residents of Scripps Ranch for your efforts in wildfire prevention. However, there's always more we can do as a community. The Scripps Ranch Fire Safe Council is here to help you stay prepared and protect your home.

How you can stay fire safe
• **First, get your free evacuation plan.** Be prepared before an emergency strikes. Contact the Scripps Ranch Fire Safe Council for a customized evacuation plan. Email: srfiresafecouncil@gmail.com. Phone (858) 201-



Stay involved and learn more about wildfire safety and prevention to keep your home, family and community safe.

3711.

• **Second, create defensible space around your home.**

Defensible space acts as a protective barrier, slowing or stopping the spread of wildfire while providing a safer environment for firefighters. Take these steps: Work with your neighbors to clear brush and maintain fire-resistant landscaping. Request a free defensible space inspection from Cal Fire: fire.ca.gov/d-space.

• **Third, practice fire-safe habits.** Properly dispose of smoking materials. Maintain vehicles to prevent sparks from exhaust. Mow before 10 a.m. and never on hot or windy days. Use string trimmers instead of lawnmowers to clear dry vegeta-

tion.

Stay involved and learn more

We invite you to learn more about wildfire safety and prevention. Join us at upcoming open houses at San Diego Fire Station 37 in 2025 or follow us on Facebook @srfiresafe for updates and resources.

Our firefighters are doing an outstanding job keeping Scripps Ranch fire safe, but wildfire prevention is a team effort. Thank you for staying vigilant and helping to protect our community!

Contact Scripps Ranch Fire Safe Council:

Email srfiresafecouncil@gmail.com, Phone (858) 201-3711, Facebook @srfiresafe.

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 March 24, 2025.

ROTATE & BALANCE FOUR TIRES
\$49⁹⁵

Expires March 24, 2025.



858-486-2900
ToyotaofPoway.com

13631 Poway Road, Poway, CA 92064

WHEEL ALIGNMENT
\$99⁹⁵

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 March 24, 2025.

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.

Editor & Publisher
John Gregory
john@scrippsranchnews.com

Art Director & Publisher
Jacqueline Gregory
jacqueline@scrippsranchnews.com

Writers
Jill Alexander, Ashley Shah, Hector Trujillo

Photographers
Lisa Shadburn, Phuong Vu, Jim Wick

Digital Content Manager
Suzanne Micheletti

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 2025, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.

Service Hours: Monday-Friday 7:00am - 5:30pm • Saturday 7:00am - 5:00pm • Sunday Closed

HVH Auxiliary plans important, fun fundraiser

Hidden Valley House (HVH) is an emergency shelter dedicated to providing a safe place for women, men and their families to stay after experiencing relationship and sexual violence. The Hidden Valley House Auxiliary is a volunteer group of Scripps Ranch residents who have supported survivors for more than 30 years.

Special fundraiser

The public is invited to join the Hidden Valley House Auxiliary and attend its annual fundraiser, **Hope Blooms**, on March 22 at Yanni's Bar and Grill from 11:30 a.m. to 2:30pm. Every dollar raised goes directly toward supporting survivors of relationship and sexual violence and their children. The event is a fun afternoon of great food, fun prizes and mingling with friends.

Library parking update

Parking at the Scripps Miramar Ranch Library continues to be a challenge, but there is now finally some progress to report.

Work on the parking lot expansion project is expected to resume in the spring. The contractor is working with the City to obtain permit approval for the large retaining wall that is planned, as the enlarged lot will expand into the adjacent canyon. There are other active projects that will make use of this space while the library parking expansion is on hold. The Miramar Gate valve replacement is under way. Also directly affecting our library, the long-awaited fire suppression system replacement project is expected to begin in February or March, and the very much needed library roof and HVAC replacement is anticipated to begin in May or June.

The first phase of the library parking lot expansion project was completed last spring, and the upper lot continues to be open. The lower lot remains completely closed to the public, and there is no access from the overflow parking area on Meanley Drive, so parking at the library continues to be even more limited than before. Check www.srfol.org for more information.

The completion of the expansion will add 47 more parking spaces to the original 70 plus a second exit to the parking lot with a traffic light.

It is now possible to drive into the upper lot and return books to the outside book drop.



Members of the Hidden Valley House Auxiliary look forward to the upcoming Hope Blooms Luncheon fundraiser scheduled for March 22. Community members are invited to attend this worthy cause. (courtesy photo)

"The Hope Blooms luncheons are a great way to support survivors and make a difference at such a critical time in their lives. Each year I am reminded how proud I am to be a part of our amazing Scripps Ranch community," said HVH Auxiliary member Dora Rowe.

Those not able to attend the fundraiser may consider a donation to Hidden Valley House Auxiliary, or purchase items needed on the organization's Amazon Wish List, or join the Auxiliary.

HVH is operated by the Center for Community Solutions, a San Diego-based nonprofit organization dedicated to ending relationship and sexual violence. Since 1969, residents of HVH have received trauma-informed, wrap-around services to empower survivors as they heal and recover from trauma. These services include a 24/7 confidential crisis hotline, four domestic violence shelters, counseling, legal services, safety planning, prevention education and more.

The mission of the Scripps Ranch HVH Auxiliary group is: "We Help So Survivors Can Heal." The organization looks for ways to make life easier for the HVH residents. This includes purchasing groceries for the community kitchen where parents can prepare meals for their children; providing a Welcome Bag filled with full-size toiletries for each adult, child and baby; shopping for linens or special baby formula or providing Valentines for the children to pass out to their

Hope Blooms Luncheon
 Saturday, March 22
 11:30 a.m.-2:30 p.m.
 Yanni's Bar & Grill
www.HvhAuxiliary.com

classmates. Survivors and their families may stay at the shelter for about six weeks. The residences get a lot of wear and tear, so the Auxiliary began renovating areas of the shelter to make it more welcoming for survivors. The Auxiliary painted the laundry room, replaced the dishwasher and range in the community kitchen, and in 2024, began tackling two of the resident units where families stay with fresh paint, a renovated bathroom and themed artwork. There is still more work to do.

Members of the community are welcome to join in contributing to this important cause.

Purchase tickets and get more information about Hidden Valley House Auxiliary online at www.HvhAuxiliary.com.

Brighten the day with a beautiful smile!

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

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

Dr. Kevin and his staff are highly respected in the community.



GILMORE ORTHODONTICS



858-433-7377
www.gilmmoreortho.com

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

SCRIPPS RANCH

SCRIPPS RANCH WELCOME CLUB

Club celebrates 44 years of friendship

By Denise Stewart

Making friends and enjoying good times with Scripps Ranch neighbors is an ongoing tradition of the Scripps Ranch Welcome Club. It has been 44 years since Becky McDonald finished her job with the Welcome Wagon. But Becky continued to inspire her contacts to keep meeting. She founded the Welcome Club, and members continue to benefit from the companionship of their neighbors. Becky is still an active member of the club.

Forty-four years have gone by, the community has grown, and the membership of the club has reached more than 120 members still enjoying outings to movies, plays and museums. Playing a variety of games, crafting, book reading and hiking are routine events for members to select from. Monthly Morning Coffee gatherings draw the ladies to tasty brunch buffets at members' homes. These gatherings all celebrate friendship. At the end of this month, Ghean Maksimow will host the club's Coffee.



Welcome Club members enjoyed their January Gadabout to the newly restored Balboa Park Botanical building. (photo by Diane Rider)

The Welcome Club's monthly membership meetings include a brief business session and programs that entertain the attendees. The meetings are held at the Scripps Ranch Community Center on the second Tuesday evening of each month.

Cecilia Waters, program chair, has filled the club's spring meeting schedule with a variety of events that started with February's Anniversary Celebration. A Bingo game with prizes made it a fun evening. The delicious refreshments prepared by

Michelle Cyphers and Angela Piccillo added festivity to the celebration.

In January, several of the members took a Gadabout to Balboa Park to tour the newly re-opened Botanical Garden. After enjoying the flora, they savored lunch at the Prado Restaurant.

This month the Gadabout was to the Wild Animal Park. Lunch at one of the outdoor restaurants followed the tour of the lions, tigers and bears.

The day before the Gadabout, the hiking group toured the 6-mile Lake Hodges Boat

Loop.


Coming up on March 1, the Theater Group will be sharing a potluck supper at Alan Binks' home before going to the Scripps Ranch Theatre's presentation of "White" at the Alliant University campus. The Welcome Club is a devoted supporter of the local art scene. Sharon Hays organizes the theater events for the club.

The website that is available for local residents to learn more about the events of the club is scrippsrachwelcomeclub.com.

It's more than *exceptional* senior care. It's peace of mind for the whole family.

Your loved one will thrive with care tailored to their needs and life-enriching activities, all in a supportive environment that feels just like home. Whether they need assistance with tasks of daily living, Alzheimer's support or short-term care after an injury or illness, you'll find it right here.

- Assisted living
- Memory care
- Rehabilitation
- Skilled nursing, rated five stars by CMS and the only skilled care in Scripps Ranch

 **Call 1-858-428-2945 today to schedule a personal tour.**



RIDGEVIEW
HEALTH CENTER

SCRIPPS RANCH WOMEN'S CLUB

Scholarship and Community Giving programs underway

By Mary Rea
Publicity chair

One of the most rewarding aspects of the Scripps Ranch Women's Club (SRWC) mission is granting college scholarships to high school senior girls. Each year, we eagerly anticipate the opportunity to provide educational funding and show our support for these exceptional young women. It is both an honor and a privilege to help empower high-achieving, future leaders in our community. We often give multiple scholarships each year depending on the qualifications of our candidates.

This year, similar to the past, we are offering two separate scholarship programs: The SRWC General Scholarship and the Kimbra Sellers Business Scholarship.

The application period for both programs is Feb. 1 to April 11. Interviews by our respective Scholarship Committees will take place in May and awards will be made on May 21 at the Scripps Ranch High School Awards Ceremony. As a tribute to our Scholarship recipients, the



Women's Club members gather for Mahjong. Pictured are (seated from left) Lauretta Johnson, Pam Madigan, Pat Clark and Helen Smith, (standing from left) Krissy Palmer, Liz Robert, Sandra Davis, Stacy Apostle, Heidi Brown, Madeline Pantalone and Rita Hubbard. (Courtesy of SR Women's Club)

Women's Club will host the annual Scholarship Winners and Mother's Luncheon on June 14.

SRWC General Scholarship

This year, the SRWC Scholarship Committee is being led by our two co-chairs, Jeanette Bossi and Annette Stewart. According to Jeanette, "The Scripps Ranch Women's Club is honored to award annual scholarships to deserving young women from our community. We are continually inspired by the talent and

ambition of Scripps Ranch students and are proud to support their journey as they embark on college and the next exciting chapter of their lives."

The application process is open to female seniors at Scripps Ranch High School who have a cumulative GPA of 3.5 or higher. The criteria also include demonstrating meaningful personal contributions to the community and active involvement in school organizations or community service. A completed application pack-

age includes the SRWC Scholarship Application, a high school transcript, one letter of recommendation related to the candidate's community service, and a personal essay (up to two pages) discussing their unique attributes, achievements, goals and future career objectives.

The Scripps Ranch Women's Club website at srwomensclub.org/our-community-support provides specific eligibility requirements as well as on-line forms, including an electronic application. The Scripps Ranch High School Counselling Office also provides another source for eligibility information and applications.

Kimbra Sellers Business Scholarship

The Women's Club also offers the Kimbra Sellers Business Scholarship, created in honor of one of our past presidents. In tribute to Kimbra, her husband, Brian Sampson, has established a \$1,000 scholarship for the fifth consecutive year, which will be awarded to a senior

female student planning to pursue a career in a business-related field.



Scan for the SRWC General Scholarship application

SRWC member Lynn Parke is looking forward to chairing this committee for the fifth year. According to Lynn, "My committee members and I knew Kimbra Sellers, an active member of the

SRWC and business community. As we have interviewed the finalists, we've enjoyed discovering similar traits of her entrepreneurial drive, focus and enthusiasm."

Open to graduating Scripps Ranch residents or SRHS students, this scholarship is awarded to the candidate who best demonstrates how part-time work, school and/or volunteer experience has helped develop relevant skills and show personal initiative. To apply, applicants must be female graduating seniors from Scripps Ranch High School or a Scripps Ranch resident (92131 Zip Code) planning to pursue a career in a business-oriented field. Applicants should have part-time work or volunteer experience.

See **WOMEN'S CLUB**, Page 6

WE BUY GOLD!

Do your spring cleaning and get extra **CASH!**

Get **20% MORE** when you trade your scrap toward a purchase or repair!



WELCOME SPRING

O sing unto the Lord a new song: sing unto the Lord, all the earth. Sing unto the Lord, bless his name. Shew forth his salvation from day to day. —Psalm 96:1-2



Scan the QR code and join over 19K of our Instagram fans! Shop for one-of-a-kind and trending pieces.





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

Where integrity is everything

Serving the San Diego community since 1978

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



Master Gardener Beth Van Bartel pointed out the types of roses with lovely scents at the Scripps-Mesa Garden Club meeting in January. (photo by Susan Castellana)

GARDEN CLUB

Gardeners to focus on drier climate growing techniques

By Denise Stewart

The next two meetings of the Scripps-Mesa Garden Club will be focused on learning more about how to handle the current drier growing conditions that are challenging us.

The Feb. 25 meeting at the local library Community Room will feature Master Gardener Debbie Dunn. Her talk, starting at 6 p.m., will be “Waterwise Flower Power.”

On March 25, the monthly meeting’s topic will be “Drought Tolerant Plants and Landscapes,” to be presented by Master Gardener Cindy Brueks.

Last month, the Garden

Club members learned more about how to plan a rose garden and how to have their roses bloom abundantly. Irrigation, of course, was a major point.

The Scripps-Mesa Garden Club has been meeting since 1993. In addition to the monthly gatherings for presentations at the library in the darker evenings, and garden tours in the warmer, brighter ones, the club sponsors a website available to anyone with an interest in plants. Check out scripps-mesagardenclub.com and learn more about our community’s natural environment, flora and fauna, and what is planted in your own backyard.

WOMEN’S CLUB

Continued from Page 5

rience, a 3.0+ GPA, and plan to attend a 2- or 4-year college. A brief essay outlining their interest in business and highlighting relevant attributes is also required. The completed application includes the SRWC Kimbra Sellers Scholarship application, a high school transcript, and a personal essay (up to 400 words) detailing the applicant’s interest in business, along with any relevant skills gained through education, volunteer work or part-time experience.

Community Giving Program: Serving Our Community

The members of the Women’s Club are deeply committed to our motto, “Women United in Community Spirit.” With this guiding principle, we are inspired to make a lasting, positive difference in the Scripps Ranch community. The SRWC’s Vice President Beth Surrell is coordinating

community donations this year.

According to Beth. “We are highlighting our annual community giving program by encouraging both Scripps Ranch schools and local non-profit organizations to apply for donations that will fund their projects, aimed at bettering the community and creating a lasting impact.”

Scripps Ranch schools are encouraged to apply for donations that can be allocated directly to core education areas, including math, language arts, history, science, reading, English, social studies, the arts, and STEM. Recent donations have funded STEM materials, reading resources, science lab supplies, and have supported our elementary schools, middle school, and Scripps Ranch High School.

Scripps Ranch non-profit organizations are encouraged to apply for donations

that will enable them to deliver programs aimed at enhancing the lives of our community residents. Recent donations have supported organizations such as the Scripps Ranch Friends of the Library, Symphony in the Park, and the Scripps Ranch Theatre.

For detailed eligibility requirements and to access the online forms, including the electronic application, please visit the Women’s Club website at srwomensclub.org/our-community-support. If you have any questions, feel free to contact Beth Surrell at bsurrell@gmail.com.

If you are interested in our scholarship support, community initiatives and engaging social activities, please reach out to Membership Chair Lynn Parke at lpinke@san.rr.com. You can also learn more by visiting our website at srwomensclub.org.



Scan for the Kimbra Sellers Scholarship application

POWDER PUFF DERBY

Continued from Page 1

their cars.

“These scouts put in hours of time cutting, sanding, polishing. They take time painting and decorating, weighing. It is an in-depth process of making these cars,” Caballero said.

The event will begin at noon. The Family and Friends group will be the first to compete, with 13 competitors.

“The goal is to give everyone an opportunity to race. Friends or family of a Girl Scout can purchase a kit, which gives an opportunity for a brother, close friend or parent to be involved. These guests compete in the Family and Friends group,” Caballero said.

Each group is split into heats of four in which the fastest two racers compete

with the two fastest racers from another heat, until 10 final competitors are left from each group.

At 1 p.m. the group consisting of the Daisies and Brownies will compete. Daisies are scouts that are in kindergarten or first grade, and Brownies are scouts in the second or third grade. There will be around 75 competitors.

The next group will compete at 2 p.m., consisting of the Juniors, Cadets and Seniors. Juniors are scouts in fourth or fifth grade. Cadets are scouts in grades six to eight. Seniors are scouts in ninth or 10th grade. This group will have around 50 competitors.

The championship round will begin at 3 p.m. and will include the fastest 10 pine-wood cars from each group, excluding the family and

friends group.

After the championship round, awards will be distributed.

There will also be a concession stand with food and drink options. The concession stand is a fundraiser for some of the troops.

Caballero, alongside his co-chair Courtney Glavis-Bloom, have been planning this event since October 2024.

“I’m so happy to be a part of this. I know that there is incredible value in working with your hands and that is not something that is always taught within the schools,” Caballero said. “This is a great opportunity for us to teach girls how to engineer cars, make them fast and actually produce it in a setting that is really fun, but also competitive. This is such a valuable event.”



Hooded Orioles
Are Coming!

Hooded Oriole

We Bring People and Nature Together®

Hooded Oriole scouts will start arriving around mid-March looking for nesting sites. Be sure to have your feeders out and ready to attract them to your habitat when they arrive!



10549 Scripps Poway Pkwy
Suite B3
San Diego, CA 92131
(858) 271-8457

Shop online at: order.wbu.com/sandiego
Free shipping on orders of \$75 or more!*

*Restrictions apply. See website for details.

Bird Food · Feeders · Garden Accents · Unique Gifts



Serving the San Diego Community since 1987!

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!

Birthday Parties that DANCE!

Academy@ScrippsBallet.com ScrippsBallet.com/Academy

SCRIPPS RANCH FARMER'S MARKET

Experience fresh Salvadoran food at the market

By Jill Alexander

Tasty pupusas, crispy yuca with chicharrónes and sweet fried plantains. If you've never tried Salvadoran food, make a stop at the Scripps Ranch Farmer's Market on Thursdays and visit Glenda Hernandez, the owner of Your Salvadoran Kitchen, to sample some of this Salvadoran fare.

Hernandez has been serving up authentic Salvadoran comfort food at the market since March 2023, inviting locals to experience the rich flavors of her culture.

"It's a great community. Once people get to know you, they keep coming back," she said. "There are so many friendly people who ask about the food. I offer samples, and once they try it, they love it. I have regulars who come every week for pupusas, picking up extras for dinner and even lunch the next day."

Salvadoran cooking runs in the family for Hernandez.

"My mom founded the restaurant El Salvadoreño in 1995. It was the first of its kind in San Diego," she said. "Now, I'm doing the same



Visitors to the Scripps Ranch Farmer's Market can enjoy Salvadoran cuisine at Your Salvadoran Kitchen. (courtesy photo)

thing, but under my name, bringing our food to local markets."

Hernandez is working hard to introduce more people to Salvadoran cuisine.

"A lot of people don't know us yet, so I'm trying to get our name out there," she explained. "Our most popular dish is pupusas. They're like

thick tortillas stuffed with delicious fillings like pork, cheese and beans."

Everything at her booth is made fresh to order, with her husband, Harvey, lending a hand behind the scenes.

"I bring a fridge and a salad bar-style table to prep everything fresh at the market, and Harvey helps me set it

all up," she said.

Hernandez, 43, moved to the United States when she was just 8 years old, fleeing the war in El Salvador with her family.

"We came here because of the war, and my mom had a sister in San Diego," said Hernandez, who now lives in Logan Heights.

While she still helps out at her mother's restaurant from time to time, she's focused on growing her own business and introducing Salvadoran food to new communities.

"I want to expand and keep doing the farmer's markets as long as I can. Eventually, I'd love to open a brick-and-mortar restaurant – maybe in Murrieta or Temecula – so more people outside of Latino communities can experience our food," she said. "Latinos know us, but once others try our dishes, they love them. I have customers who come back week after week to find me."

Prices range from \$7 to \$18.

Visit the Your Salvadoran Kitchen booth at the Scripps Ranch Farmers Market, held each Thursday from 3:30 to 7:30 p.m. at 10045 Carroll Canyon Road.

LEISURE

ADVERTORIAL

Pure Meal Prep SD: Locally crafted, chef-curated meals for your busy life



Pure Meal Prep SD is your go-to choice for reliable, high-quality meal service made by locals who care.

Scripps Ranch has always been home for Chef Brett Dudley, co-founder of Pure Meal Prep SD.

A proud graduate of Scripps Ranch High School, Brett grew up with a passion for food and community. Alongside his wife, Cassie, he turned that passion into a thriving local meal prep company, making gourmet, ready-to-eat meals accessible to busy individuals and families across San Diego.

What started in 2018 as a small operation has grown into a trusted local business that prioritizes fresh ingredients, restaurant-quality meals and exceptional service. Unlike national meal prep brands, Pure Meal Prep SD is locally owned and deeply rooted in San Diego, sourcing ingredients from trusted local suppliers and crafting each meal with care.

Chef Brett creates a brand-new menu every week, ensuring variety, freshness and excitement in every bite.

From protein-packed meals to comforting classics with a healthy twist, our rotating menu makes eating well effortless.

We serve professionals, busy parents, athletes and anyone looking for nutritious, convenient meals without compromising on taste. Whether you're fueling long workdays, prioritizing health goals or just need a break from cooking, Pure Meal Prep SD delivers a solution tailored to your lifestyle.

Our meals arrive fresh, never frozen, and are delivered straight to your doorstep in oven-safe containers. Simply heat and enjoy – no grocery shopping, prepping or cleaning required.

For each chef-crafted organic meal prep plan purchased, we donate a meal to an individual, family or organization in our community that needs support. As a husband-and-wife duo, Brett and Cassie have built their business around supporting the community and making

healthy eating effortless for their neighbors.

If you're looking for a reliable, high-quality meal service made by locals who care, Pure Meal Prep SD is your go-to choice. We're not just another meal prep company – we're your neighbors, dedicated to making life easier, one meal at a time.

Order now at www.pure-mealprepsd.com.



Pure Meal Prep SD

Website

www.puremealprepsd.com

Instagram

@puremealprepsd

Email

puremealprepsd@gmail.com

Phone

(858) 384-6445



Courtly Noyse will perform live at the Scripps Miramar Ranch Library Center on March 16. (courtesy of SRFOL)

Enjoy Renaissance music at the library

The “Pleasure of Your Company” music series will welcome back Courtly Noyse to the stage of the Scripps Miramar Ranch Library Center on Sunday, March 16, at 2:30 p.m.

Garbed in period costume, this lively ensemble will play a variety of Renaissance period replica instruments and also may cast their instruments aside and burst into six-part vocal harmony.

Experience their trademark blend of humor, imagination and versatility as you enjoy a delightful afternoon of Renaissance music.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library, although donations are appreciated to help continue the tradition of bringing fine musicians to perform on special Sunday afternoons for monthly concerts in this

sought after venue.

Visit srfol.org/music.htm for the schedule of monthly concerts and information about sponsorship opportunities.

Masks are recommended although not required.

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Visit www.srfol.org or call (858) 538-8158 for information.

SR Theatre presents ‘White’

Scripps Ranch Theatre continues its Season 45 with

the San Diego Premier of “White,” running through

March 9 on the campus of Alliant International University.

Gus is a painter who desperately wants to show his art at the prominent and renowned Parnell Museum. The characters weave through a comedic story that explores privilege in the art world.



“White” is filled with twists and surprises, subverting expectations as it illuminates contemporary culture.

“White” was written by James Ijames, the 2022 Pulitzer Prize winning playwright, and this production is directed by Yolanda Marie Franklin.

Patrons can purchase tickets online at scrippsranchnews.com/showtickets or contact Scripps Ranch Theatre Patron Services at (858) 395-0573.

Your skin,
only better.

EXPERT CARE, ELEVATED RESULTS

Feel the difference expert care makes as we restore, refresh, and refine your skin.

\$40 OFF*
one-hour facial
AT NON-MEMBER PRICE

HAND & STONE®
MASSAGE AND FACIAL SPA

SCRIPPS RANCH | 858-689-1700
10755-G Scripps Poway Parkway
San Diego, CA 92131
In the Scripps Ranch Marketplace
handandstonescrippsranchnews.com



*\$40 off a guest-priced, one-hour classic facial. Valid at participating locations. Sessions include time for consultation and dressing. See spa for full details and restrictions. Limited time offer. Rates and services may vary by location. Independently Owned & Operated. ©2025 Hand & Stone Corp. Franchises Available.

STAYCONNECTED
to your community



@scrippsranchnews

WORDS & PICTURES



Family business holds Chinese New Year event

Longtime Scripps Ranch residents Bill and Cynthia Collins, along with their family, provided a Chinese New Year celebration for the public at their business, Collins Family Jewelers, 8220-A Mira Mesa Blvd., on Feb. 1. Performers donned colorful lion costumes and danced in front of the store and through the enthusiastic crowd, while drummers pounded the rhythm. The public enjoyed the celebration welcoming the Year of the Snake.

Photos by
Lisa Shadburn



ENTHUSIASTIC GROUP

This crew of young players from the Scripps Ranch Softball Association 12u Gold Select team cheer for their teammates during a softball double-header vs. Poway on Feb. 2. Pictured are (from left) Katelyn McChesney, Brooklyn Blevins, Naomi Shadburn, Anna Meier, Emi Baird and Allison Green. (photo by Lisa Shadburn)

Poway Symphony Orchestra presents 'Echoes of Romance'

The Poway Symphony Orchestra presents "Echoes of Romance" on March 23, at 4 p.m. in the Poway Center for the Performing Arts. This concert will feature works by Rachmaninoff, Tchaikovsky and Mozart, promising an unforgettable afternoon of beautiful symphonic music.

de force renowned for its emotional depth and technical challenges.

Acclaimed pianist Frederick Moyer will join the orchestra as the featured soloist, bringing his artistry and extraordinary skill to one of the most celebrated (and difficult) piano concertos in classical music.



Frederick Moyer

The program will open with the lively Polonaise from Eugene Onegin by Pyotr Ilyich Tchaikovsky, a spirited and elegant piece full of Russian grandeur. It will be followed by Wolfgang Amadeus Mozart's Symphony No. 39, a light and uplifting work that conveys the composer's genius in every note.

Always an audience favorite, Moyer will make his third appearance with the Poway Symphony Orchestra.

He will bring his "Moyer Cam," a video device he created that allows the audience to view his hands and keyboard from virtually any seat.

The highlight of the afternoon will be Sergei Rachmaninoff's breathtaking Piano Concerto No. 3 – the "Rach 3" – a virtuosic tour

Tickets are on sale at powaycenter.com or by calling the box office at (858) 748-0505. Visit powaysymphonyorchestra.org



POPPY BANK

4.25%^{APY*}

Poppy Premier Savings

Open an account today!



Del Mar Branch:
858-758-7508

Carlsbad Branch:
442-212-0355

La Jolla Branch:
858-465-5631

Scripps Ranch Branch:
619-257-5252

For additional branch locations visit www.poppy.bank

*The promotional Annual Percentage Yield (APY) is accurate as of 2/03/2025 and is subject to change without notice. A minimum balance of \$1,000 must be maintained to obtain the advertised Annual Percentage Yield. Electronic statements must be activated, and enrollment maintained, to avoid a monthly \$5.00 paper statement fee. Refer to the Terms and Conditions of Your Account disclosure for additional terms and conditions that apply to your account. Fees and withdrawals of principal or interest could reduce earnings. For additional fees and charges that may apply to your account, refer to the Personal Schedule of Fees & Charges Disclosure. Offer only available at participating branches.



PET WANTS MIRA MESA

Find us at Scripps Ranch Farmers Market Thursday Evenings in the Newtopia Cyder Parking Lot on Carroll Canyon Road.



FEBRUARY SALES



20%
OFF

PET WANTS BRAND PARTNERS CANNED FOODS
(Koha, Caru, Evanger, Weruva for dogs and cats)

MARCH SALES

20%
OFF

20%
OFF



CLEANING AND
SUPPLEMENT
PRODUCTS

WELLNESS PRODUCTS
(Nootie, Skout's Honor, Pet Relief,
NWC, Bailey's, Aroma Paws,
WagBrite & Natural Rapport)

COMING IN MARCH FROM AUSTIN, TEXAS
LIVE ART SHOW
HOSTED BY FUR_CASSO!

FOR ALL THE DOGS LITERALLY!

LIVE ART SHOW

HOSTED BY
@FUR_CASSO

MARCH 29, 2025
12PM-2PM

PET WANTS (MIRA MESA)
6906 MIRAMAR RD, STE B
SAN DIEGO, CA 92121

FUR_CASSO | PET WANTS | ONE HOPE

310-560-2632 | FurcassoPaintingExperience@gmail.com



PETWANTSMIRAMESA

WE DELIVER TO SCRIPPS RANCH!



NUTRITION YOU CAN TRUST

Come check out our new store at 6906 Miramar Road, Suite B2, where we are **open 7-days per week** (9 a.m.-6 p.m. Mon-Sat.; 10 a.m.-6pm Sun).

You can also find us at several Farmer's Markets and Events. We'd love to be part of your family's journey with your **fur babies!**

Pet Wants Mira Mesa

6906 Miramar Road, Suite B2
www.petwantsmiramesa.com
@petwantsmiramesa on Socials
(858) 800-1097



UPCOMING EVENTS

FEBRUARY 23

Blind Boys of Alabama

Poway OnStage presents the Blind Boys of Alabama with Special Guest Shemekia Copeland. The Blind Boys of Alabama's roof-raising live shows, appealing to audiences of all cultures with a career spanning over 75 years, have graced nearly every continent and prestigious stage, performing alongside icons like Stevie Wonder, Prince and Lou Reed, showcasing their enduring passion for gospel music. At the Poway Center for the Performing Arts.

powayonstage.org

FEBRUARY 27



(Courtesy of Birch Aquarium at Scripps)

Oceans of Love!

Birch Aquarium at Scripps Institution of Oceanography at UC San Diego is bringing a seasonal twist



TOURNAMENT CHAMPION

Harris English is seen on the ninth green on his way to winning the PGA Tour's Farmers Insurance Open at Torrey Pines Golf Course during the last round of the tournament on Jan. 25. English earned \$1.67 million for his victory. (photo by Jim Wick)

to its monthly after-dark event with *Oceans at Night: Oceans of Love!* Dive into the spicy sea-crets of love and courtship in the underwater world, get your groove on to a live DJ spinning love ballads and sip on some "Love Potion" cocktails and mocktails! Don't miss special animal interactions, including an evening shark and ray feeding, tide pool feeding and the chance to see a rainbow of fluorescent coral in the Living Light experience. This is a 21+ event.

Feb. 27, 6:30-9:30 p.m.
aquarium.ucsd.edu/events/oceans-night-oceans-love

FEBRUARY 28

'Sideways Stories from Wayside School'

San Diego Junior Theatre presents "Sideways Stories from Wayside School," running Feb. 28-March 16. Based on the popular series of books by Louis Sachar, "Sideways Stories from Wayside School." See **UPCOMING EVENTS**, Page 13

Poway's Favorite Since 1957

Cully's RESTAURANT



Local businessman Mario, a longtime customer of Cully's Restaurant, knew the establishment was a vital staple of the Poway community. When it became available, Mario & Vianey stepped in to continue the tradition Cully's Restaurant gained over 53 years. Vianey built her career in the hospitality & food industries and joins Mario to manage daily operations. They look toward maintaining Cully's legacy of fresh food, excellent service, and a warm family atmosphere while introducing new dishes and experiences.

UNDER NEW MANAGEMENT



Cully's Restaurant, 13252 Poway Rd
(858)748-1558 | www.cullyspoway.com



John LoPiccolo, Music Director

Echoes of Romance

Featuring
Frederick Moyer

March 23, 2025 at 4:00 p.m.

Poway Center for the Performing Arts

Acclaimed pianist Frederick Moyer, always an audience favorite, joins us for the famous "Rach 3," a masterwork of technical virtuosity and emotional depth.

Ticket Information

\$35 - \$45 general
Discounts for Seniors, Students and Children
(Ticket price includes a \$5 box office fee)

Free Parking at the PCPA
15498 Espola Road, Poway

Buy Tickets:
powaycenter.com or 858-748-0505

powaysymphonyorchestra.org



PROGRAM



Frederick Moyer

Piano Concerto No. 3
Sergei Rachmaninoff
Guest Soloist: Frederick Moyer
Polonaise from Eugene Onegin
Pyotr Ilyich Tchaikovsky
Symphony No. 39
Wolfgang Amadeus Mozart
John LoPiccolo
Conductor and Music Director



TICKETS ON SALE NOW!

Poway OnStage 2024/2025 Season



March 15
2pm



March 29 7:30pm
& March 30 4pm



April 11
7:30pm

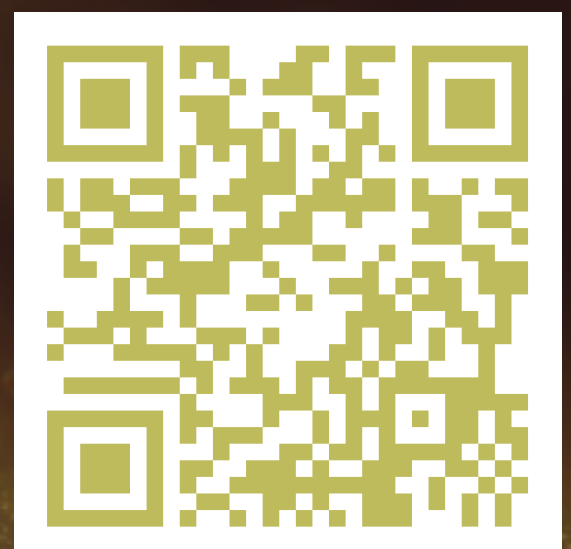


May 17
7:30pm



May 31
7:30pm

SCAN TO BUY TICKETS



UPCOMING EVENTS

Continued from Page 11

Wayside School” shows us all the wacky adventures that happen at the Wayside School. Pigtales come to life! Students are turned into apples! Substitute teachers are – nice? Excitement and hilarity await in this play that’s 30 stories tall. At Casa del Prado Theatre in Balboa Park.

juniortheatre.com

MARCH 1

The Flower Fields at Carlsbad Ranch

The Flower Fields at Carlsbad Ranch will open its gates to springtime enthu-



siasts beginning Saturday, March 1 for friends and families to wander among the colorful 55 acres of giant Tecolote ranunculus: a flower renowned for its large, double-petaled blooms that sit atop tall, straight stems. For the 2025 season, The Flower Fields at Carlsbad Ranch welcomes its very first traveling exhibit and will serve as the colorful backdrop for artist Alex Heveri’s “Glass in Flight,” which features glass and steel sculptures of sparkling butterflies, dragonflies, bamboo, bees and insects. The dazzling

attraction stretches eight to 10 weeks, from early March through early May. 5704 Paseo Del Norte, Carlsbad.

theflowerfields.com

MARCH 15

Pete the Cat

Poway OnStage presents Pete the Cat. Pete the Cat and young Jimmy Biddle embark on a groovy adventure of friendship and inspiration, traveling from school to Paris and back in a VW bus, as Pete helps Jimmy conquer his second-grade art challenges and gets the whole Biddle family rocking. At the Poway Center for the Performing Arts.

powayonstage.org

ADVERTORIAL

Takhrai Thai, a local favorite, also offers event catering

Takhrai Thai, a local favorite family-owned restaurant, is highly popular for its exquisite cuisine, friendly service and enjoyable atmosphere.

Located at the northeast edge of Scripps Ranch at 12265 Scripps Poway Parkway, Takhrai Thai is the most popular Thai restaurant by far. Nikki, the executive chef, has been in the restaurant industry for 26 years and previously owned Lai Thai restaurant in National City before opening Takhrai Thai.

Catering

Not only is the restaurant a popular dining destination, it provides impressive catering for offices and businesses. Takhrai Thai is the perfect choice to bring company employees for special events and celebrations. It has a private room for company gatherings and holiday parties onsite. Takhrai Thai also has a big patio available.

“We provide high quality catering all around the area,” Nikki said.

Takhrai Thai will deliver corporate event catering to corporations and businesses around Scripps Ranch, Mira Mesa and Rancho Bernardo. Call (858) 549-1848.

The restaurant

Takhrai Thai has been in the community for more than 16 years.

Why is it so popular? “It’s the best Thai food in town. It’s the favorite,” Nikki said. “Come to support our local business.”



Takhrai Thai offers authentic Thai cuisine, casual dining and corporate catering.

Scripps Ranch diners rave about the food served here.

“The food is outstanding. We never use MSG,” Nikki said.

First of all, the Thai Dumplings are the most popular appetizer. The Takhrai Thai Spring Rolls are also very popular.

“Never forget the Pad Thai. It is the best in town,” Nikki explained. “We also have Drunken Noodles, which is mouth-watering.”

The Salmon Fried Rice includes traditional Thai fried rice with salmon, onions, scallions, tomatoes, peas, carrots and egg.

The Seafood Panang Curry dish is another favorite.

“Our special is the Takhrai Lemon Grass Barbecue Chicken,” Nikki said.

This includes grilled boneless chicken breast lightly marinated with lemongrass and other Thai spices, topped with sweet peanut sauce. It is served with a side of garlic

sautéed seasoned greens. Customers should also try the popular sticky rice with mango dessert, and Thai iced tea and coffee.

Takhrai Thai offers all the popular Thai items, and customers are welcome to explore some of these interesting items from the menu as well.

Takhrai Thai offers authentic Thai cuisines, casual dining and we are always happy to serve you.

Takhrai Thai

Phone

(858) 549-1848

Address

12265 Scripps Poway Pkwy. Suite 116-118

Hours

Tuesday-Sunday: 11 AM-9 PM
Monday: Closed

Website

takhraithai.com

Instagram

[takhrai.thai.restaurant](https://www.instagram.com/takhrai.thai.restaurant)

Facebook

Takhrai Thai

Access pool water in seconds to **HELP PROTECT** your property from fire!

- Ready in seconds
- Connect adapter to pool pump with 3-way valve
- In case of fire, quick connect FireFighter1™ hose to adapter
- Aim, spray and protect property
- Spray valuable water 40+ feet with a 3hp variable speed pool pump
- FireGel upgrade available
- Custom lightweight hose pressure tested to 100psi
- 50 ft. or 100 ft. hose

Order & install through your pool retailer:

SCHAFER'S
POOL SERVICE

Mike Schafer
(858) 602-8715

www.schaferspoolservice.com

VETERAN OWNED BUSINESS **MADE IN THE USA**



'SPONGEBOB THE MUSICAL'

Student actors enjoy a musical number during a live performance as the Marshall Middle School theatre program staged "SpongeBob the Musical" on Jan. 29 and 30, featuring sixth, seventh and eighth grade Marshall students. (photo by Lisa Shadburn)



The Marshall Middle School Ukulele Club, headed by student Jacob Zhu, meets once a week on Tuesdays during lunch period. (courtesy photo)

UKULELE CLUB

Continued from Page 1

dents record are posted to the Google Classroom, so that other members and families of the students can see.

"They have a lot of goofy, fun moments together. A lot of the parents will see the videos and say that it makes them so happy to see the students having fun together and enjoying the music," mom Elly Young said.

As more students join the club, Zhu is hoping to make a positive impact on communities in need.

"I wanted to do a fundraiser to help with the LA wildfires. It's been hard trying to get in contact with a local business to help support us playing outside of their place as a way to raise money, but

we have some other ideas," Zhu said. "We are thinking of recording videos of ourselves playing and uploading them to GoFundMe.com as a way to raise money for organizations like the American Red Cross."

Last summer, the club collaborated with members from Charity Harmony, an organization of musicians who strive to help homeless animals, at the Poway Farmer's Market to raise money for the Helen Woodward Animal Center.

"They were just playing music, singing and having fun to help raise money for the animal center. A lot of people would stop by just to listen and enjoy the music. You could see the smiles on everyone's faces," Young said.

They raised more than \$300.

Any student at MMS is able to join the club by showing up to any meeting.

"We just have a lot of fun every week. The videos have been my favorite part because everyone enjoys them and ends up smiling. Sometimes we even send the videos back to Mr. Saguil, which is really nice to be able to do," Zhu said. "We can't wait for more people to join our club."



**LYNCH
DANCE
INSTITUTE**

SUMMER

Register now at lynchdance.com

San Diego's Destination for Dance

Ballet Intensive
ages 11 and up
Week Of July 7, 10am - 3:30pm
Week Of July 14, 10am - 3:30pm
Week Of July 21, 10am - 3:30pm

Junior Ballet Intensive
ages 6-10
Week Of July 7, 10am-3pm
Week Of July 14, 10am-3pm

Little Movers Camp
ages 3-5
Week of July 7, 9-11am
Week of July 14, 9-11am

Adult Ballet Intensive
Friday June 27, 6-9pm
Saturday June 28, 10am-2pm
Sunday June 29, 10am-2pm



12227 Poway Road Poway, CA 92064





WE'RE
MOVING

ON MARCH 17TH

WE'RE STILL
IN SCRIPPS RANCH...
COME CHECK OUT
OUR NEW LOCATION!



ERMA RD.

MIRA MESA BLVD.

SCRIPPS RANCH BLVD.

9855 Erma Rd., Ste. 132, San Diego, CA 92131
858.271.8800 | pukkapilatesandpt.com

Advertise your



in the March issue



Reserve your space
by March 12.



(858) 945-4465
john@scrippsranchnews.com

Womens soccer team has impressive season

By Hector Trujillo

After finishing under .500 last season, the Scripps Ranch High School womens varsity soccer team had quite the turnaround in 2024-25, ending up with double digit wins for the first time in five years.

Despite opening the regular season with a 6-1 blowout loss to San Dieguito Academy on Dec. 4, the Lady Falcons managed to turn things around in the following match on Dec. 6, earning a 3-1 victory over Mt. Carmel High.

"I've been extremely pleased with the attitude and focus," said Scripps Ranch High head coach Tom Crane. "A new coach coming in isn't always easy. They have really bought in and worked hard."

This is Crane's first year as head coach of the womens varsity team having served as the boys junior varsity coach since the 2000-01 season.

After a dramatic 3-3 draw against Cathedral Catholic on Dec. 10, the Lady Falcons fell 1-0 to Foothill High School from Orange County the following day, followed by a 3-0 blowout win over Classical Academy on Dec. 13.

"I want these seniors to be able to leave, hopefully, with a league championship and even a CIF championship, for that matter."

—Tom Crane

"We're learning together," Crane said.

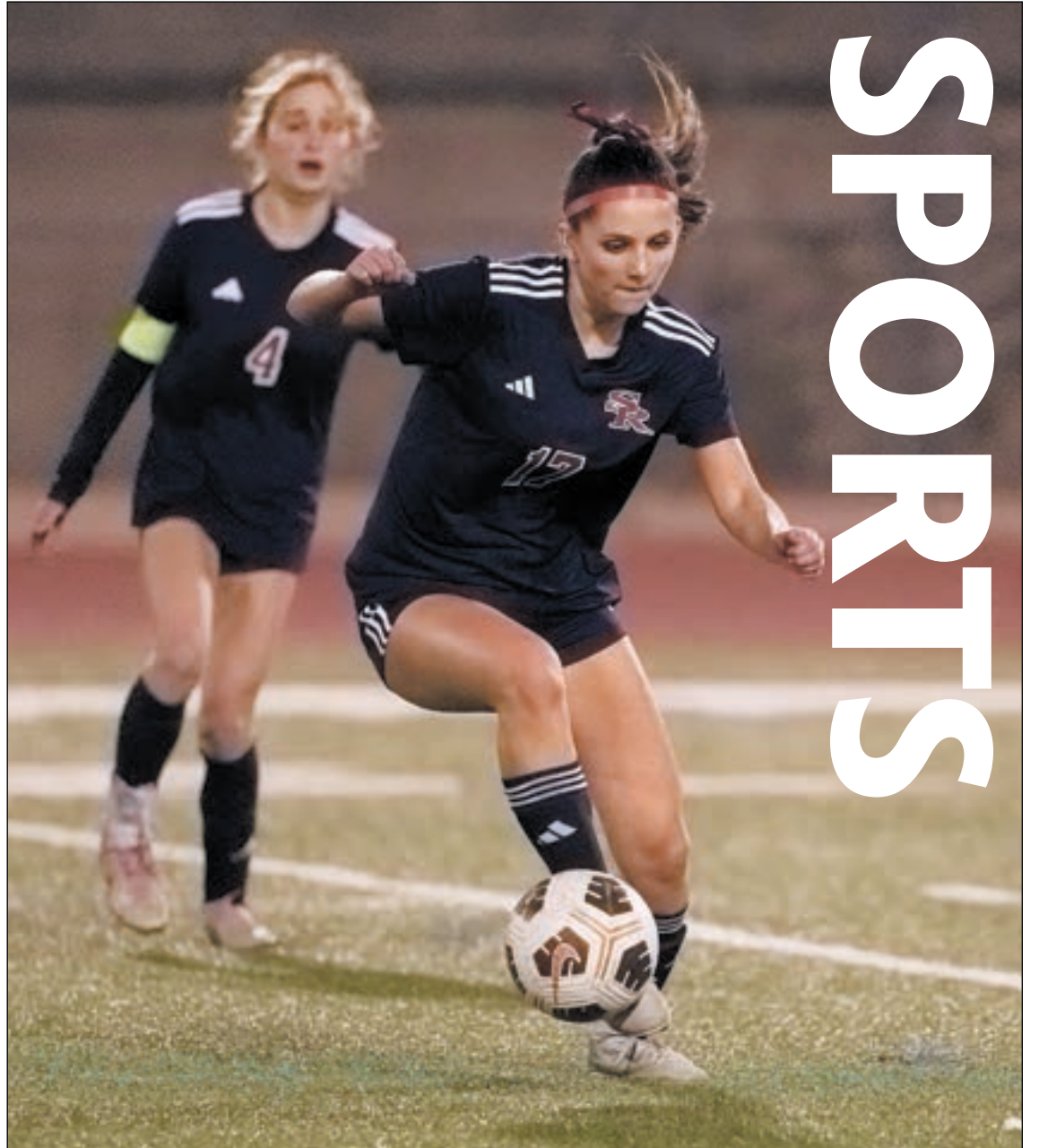
Scripps Ranch High then earned a 1-1 draw versus Olympian on Dec. 16, and took its play to another level by going on a three-match winning streak with victories over Steele Canyon High, Francis Parker High and Mt. Carmel High, which was part of an 11-game undefeated streak that spanned more than a month. That period also included a four-game winning streak which started with a 2-1 victory over San Diego High School on Jan. 15 followed by another 2-1 win versus University City High on Jan. 17, along with back to back victories against

Carlsbad High and Clairemont High on Jan. 22 and Jan. 24, respectively.

"This group of players has not only worked hard but are talented as well," Crane said. "I want these seniors to be able to leave, hopefully, with a league championship and even a CIF championship, for that matter."

This year's team was made up of 10 seniors led by the efforts of Katie Ellermeyer and Nina Buenaventura, plus the talents of prolific goalscorer Chloe Adams. Goalkeepers Kate Nahrstedt and Abby Martin also left their mark on the pitch along with teammate Annalise Hickman.

Scripps Ranch High saw its undefeated streak come to an end on Jan. 29 in a 2-0 loss to Mission Bay High, but came back and beat San Diego High 2-1 three days later, which was followed by a 2-2 draw versus University City High on Feb. 5. The Lady Falcons entered the regular season finale against Clairemont on Feb. 12 with a 10-3-5 record at deadline.



Scripps Ranch High School senior Kendall Beer dribbles up field during a 2-1 victory against San Diego High School on Jan. 31. (photo by Jim Wick)

SPORTS



SEASIDE PEDIATRIC
DENTISTRY &
ORTHODONTICS

COMPLIMENTARY
ORTHODONTIC
CONSULTATIONS

40% off VPro

with a start of a comprehensive orthodontic treatment. Complete your treatment with speed and comfort!

myseasidesmiles.com | 858.271.4200 | 10549 Scripps Poway Pkwy, Ste. E

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
SureSmile® VPro™

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

myseasidesmiles.com



MORE THAN 1,000 POINTS

Scripps Ranch High School junior Clare Valentine drives against an Otay Ranch High School defender in a 65-46 victory on Jan. 14. Valentine scored her 1,000th point in high school on Jan. 31 during a 49-41 win against Mira Mesa High School on Jan. 31. (photo by Jim Wick)



AGGRESSIVE DRIVE

Scripps Ranch High senior Dominic Stevens goes high for a layup as he completes an aggressive drive to the bucket during a game against Mission Bay High School on Jan. 31. (photo by Jim Wick)

WINTER SPORTS & FITNESS

Winter does not slow down the pace for athletes or fitness enthusiasts in Scripps Ranch. The high school athletic teams wound up their regular seasons, but ramped up for post-season competition.



FIT-A-PALOOZA

On Feb. 1, the Scripps Ranch Swim & Racquet Club hosted Fit-a-Palooza, an event featuring group fitness classes, nutritious treats including a fruit parfait bar, and opportunities to meet and work with local fitness vendors. (photo by Lisa Shadburn)



A pair of Scripps Ranch High School varsity soccer players leap to head the ball during a 1-1 draw versus St. Augustine High on Jan. 21. (photo by Phuong Vu)

Falcons have rollercoaster season

By Hector Trujillo

The Scripps Ranch mens varsity soccer team had what can definitely be labeled as an eventful 2024-25, which included finishing with another season at or above .500 for a third-straight year.

Unlike the previous regular season, this one started off on the right-foot with a dominant 3-1 victory over Gompers Preparatory Academy on Dec. 5 before falling to University City High 2-1 on Dec. 10.

“We had a lot of really close games and, in some, we could have done a bit better,” said head coach Hans Witzell. “Our schedule was fairly similar to last year. We have a little bit tougher competition now but it’s not a ton different.”

Scripps Ranch High played in Western League Division I this season, alongside San Diego High School, which was the school that eliminated the Falcons from playoff contention in the semifinal round when they were both still part of Eastern League in 2023-24.

After the game versus University City High this season, Scripps Ranch High proceeded to bounce back by winning three of its next five matches with victories over Hoover High, Valhalla High and Olympian High by a combined 13-0 scoreline, while the two defeats came at the hands of Helix High School on Dec. 14 and Rancho Buena Vista High School on Dec. 17.

After losing to Hilltop High 1-0 on Dec. 21 and earning a hard-fought 1-1 draw versus Poway High on Jan. 7, the Falcons went on a three-game winning streak. The first of those wins came on Jan. 9 in a 2-0 victory over Westview High, which was followed by a 1-0 win against

Point Loma High and culminating with a 2-0 victory over Mission Bay High.

“We have quite a few players doing really well,” Witzell said. “We have a good spirit with this team. They are really positive, and we have a deep roster with more players than we’ve ever carried.”

Witzell has been coaching the mens varsity team for several years.

Among the standout performers this season were

seniors Ian Bae and Enrique Ramos, along with goalkeeper Brooks Petterson.

Scripps Ranch High proceeded to earn four-straight 1-1 draws, first against league powerhouse St. Augustine on Jan. 21, and then versus San Diego High, Cathedral Catholic High and Point Loma High. The Falcons entered the final three-game stretch to wrap up the regular season with a 7-4-5 record at deadline.



ENROLLING NOW!

SpiritKids has been providing gymnastics programs in Scripps/Miramar area for over 20 years. We provide an environment where kids of all ages will have fun and enjoy gymnastics at a recreational level. Our goal is fitness and fun.

CHILDREN WILL GAIN:

- confidence
- self esteem
- strength
- coordination
- flexibility
- body awareness



See our full schedule and register online at www.SpiritKidsSports.com

Two convenient locations!
Get on our Summer Camp interest list!

Scripps Ranch Recreation Center-11454 Blue Cypress Dr. San Diego 92131
Hourglass Recreation Center-10440 Black Mountain Rd, San Diego 92126

SpiritKidsSports@gmail.com | 858-848-0448



SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

Check out our **MEMBERSHIP PLAN**

ONLY **\$425** 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

myseasidesmiles.com | 858.271.4200 | 10549 Scripps Poway Pkwy, Ste. E

- 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





Hope Long dominates her opponent during City Conference Championships competition. (photo by Phuong Vu)

SRHS WRESTLING

Continued from Page 1

Wrestling team claims San Diego City Championship with dominant 70-3 win:

Scripps Ranch High School's wrestling team clinched the San Diego City Championship title on Feb. 1, marking a historic achievement for the program. The mens team secured first place, while the womens team narrowly missed the top spots, finishing a close third, separated by just one point.

Eight wrestlers emerged as individual champions: Hope Long, Malia Kollmeyer, Chloe Ng, Elisha Hosseini, Jack Hamilton, David Henderson, Dane Walkowiak-Vargas, and Ryan Stadtherr. Micah Kollmeyer and Analiese Kyei took runner-up positions. Additionally, Khyla Adams, Matthew Tung, Grant Hancock and Isaiah Castillo placed third, while Dafu Wang secured fourth place.

This victory is a significant milestone for the program, as the team earned the top spot in the tournament for the first time ever, with a majority of the team members earning individual medals. Poised with tremendous momentum, the team heads into the CIF Championships.

Wrestling team concludes competition season with dominant 70-3 win:

Scripps Ranch High School's varsity wrestling team brought their league and dual competition season to a close with a resounding 70-3 victory against Crawford High School at home. This final home meet, which doubled as Senior Night, was a fitting tribute to the team's 11 seniors who have been a cornerstone of the team's success. The team finished the season with an impressive 6-1 dual record and a strong 4-1 record in league.

The senior class, comprising three women – Hope Long, Chloe Ng and Analiese Kyei; and eight boys – Kai Duckworth, Kaiden Kohler, Grant Hancock, Jack Hamilton, Isaiah Castillo, Hendrix Lynn, Ryan Stadtherr and Dafu Wang – has been instrumental in the team's achievements.

According to coach Justin Viramontes, their dedication and hard work have not only led to remarkable success on the mat but also helped them grow into exceptional young adults.

This victory marked a memorable and celebratory end to a successful regular season for the Scripps Ranch High School wrestling team.



Micah Kollmeyer of Scripps Ranch High lifts his opponent off the mat during a match at the City Conference Championships on Feb. 1. (photo by Phuong Vu)



Kai Duckworth has full control during a match at the City Conference Championships. (photo by Phuong Vu)



(858) 536-4161

SUPPORTING
SCRIPPS RANCH

www.blackmountainplumbing.com • License No. 782799



Epic Pickleball team members from the Scripps Ranch Swim & Racquet Club who won medals at the World Pickleball Tournament Amateur Invitational Championship 2025 are (from left) Lane Vance, Tamara Krause, Danielle Luster and Mark Schmitt. (courtesy photo)

Pickleball team captures medals

The Epic Pickleball team from the Scripps Ranch Swim & Racquet Club qualified and traveled to compete in the World Pickleball Tournament (WPT) Amateur Invitational Championship 2025 at the Rhythm & Rally Sports & Events complex (the world's largest indoor pickleball venue) in Macon, Georgia.

The event was held Jan. 16-20. The Scripps Ranch Epic Pickleball team members brought home medals in every division they entered.

Here are the results for the

'We had a wonderful time and a great experience at the tournament.'

—Mark Schmitt

Epic Pickleball team from Scripps Ranch:

- 2025 WPT Champions 3.5 Men's Doubles 40+ 50+ – Lane Vance and Mark Schmitt
- 2025 WPT National Champions 3.0 Women's Doubles 30+ 40+ – Danielle Luster and Tamara Krause
- 2025 WPT silver medalists 3.5 Mixed Doubles 50+ – Danielle Luster and Mark Schmitt
- 2025 WPT bronze medalists 3.5 Mixed Doubles 40+ – Tamara Krause and Lane Vance

The Scripps Ranch team is sponsored by Epic Pickleball.

The World Pickleball Tournament Amateur Invitational Championship is the world's largest amateur pickleball event. It offers the largest amateur prize money: \$175,000 total purse.

"We had a wonderful time and a great experience at the

tournament and were supported not only by Epic Pickleball, but by the coaching staff and the many good practice matches we enjoyed at the Scripps Ranch Swim & Racquet Club," said team member Mark Schmitt.

There is a quickly growing pickleball community in Scripps Ranch. For example, the Scripps Ranch Swim & Racquet Club pickleball coa-

ching staff has recently increased, reflecting this demand. Connor McCartney, the Scripps Ranch Swim & Racquet Club coach, will now be working with his brother, Spencer, and Jessica Mason as new instructors. Connor and Jessica both play professionally and are Selkirk Sport-sponsored pros. Selkirk Sport is a leading pickleball equipment brand.

**INJURED
IN AN ACCIDENT?
619-804-2781**



HAMILTON ARENDSSEN
INJURY ATTORNEY

SCRIPPS RANCH RESIDENT

harendsen@abinjury.com

ARENDSSEN **AB** BRADDOCK

MAINTENANCE FREE ALUMINUM

**PATIO
COVERS**

**Block the sun and heat...
not your view!**

Will not burn, crack, warp, or peel. Backed by a
'FULLY TRANSFERABLE' LIFETIME WARRANTY!



WINTER SPECIAL

15% OFF

**ANY NEW STANDARD
PATIO COVER**

Mention this ad at time of estimate
Exp. 3/31/25

**TOM FITE
PATIO COVERS**

Family Owned & Operated Since 1973



FREE Estimates
800-761-7666



www.TomFiteConstruction.com | tomfitepatios@gmail.com
CA Lic. #416977 | References Available

Always the **HIGHEST QUALITY** at the **best price** possible!

Why are you feeling terrible?

Exhausted?

Bloated?

Brain Fog?

Can't lose weight?

Anxiety?

Sleep issues?

Your doctors not finding answers for you?

This is a sign of toxic overload: microplastics, EDC's, pesticides, mycotoxins (mold), heavy metals, etc.

Advanced Functional Medicine has helped thousands of people just like you. Specialty tests identify the root cause of your issues and literally give you your life back.

FunctionalMedicineSanDiego.com



5405 Morehouse Drive
San Diego, CA 92121
858-264-1400

Scripps Ranch News readers, scan here for a 3 minute overview and limited time discount.

Expires on March 7, 2025.

