SCRIPPS RANCH NEWS

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

POSTAL CUSTOMER

www.ScrippsRanchNews.com



Volume 7 Issue 6 • May 2024

SRHS will hold its prom on a Hornblower harbor cruise. (courtesy of Hornblower)

Students will sail into prom

By John Gregory

Students attending the 2024 Scripps Ranch High School (SRHS) prom on June 1 will be the first to enjoy a floating prom on San Diego Bay.

This year's dance will be held on one of the Hornblower harbor cruise ships.

"This is the first time that our school district has approved a prom on the water," said Trishaa Camp, the faculty ASB advisor for the SRHS prom. "We pushed for it, and they approved it. So, it's exciting for us. We're kind of the trailblazers."

The event is sure be one to remember.

"They are going to sail the bay, under the Coronado Bridge, through the whole area. So, they get the skyline of downtown, the Rady Shell. They'll have some really gorgeous views from 6 to about 9 o'clock," Camp said. "It's three levels. The dance floor is on the bottom level. We wanted to make sure it's accessible to all students."

The prom will offer more than beautiful views on the water, according to Camp.

"There's going to be dancing and desserts, photo booths and things like that," she said. "They have beautiful desserts ... It's not like these tiny, little things. It's really nice, elegant desserts."

The cruise will not include dinner because the prom committee learned that a dinner cruise would raise ticket prices considerably. So, prom attendees are encouraged to have dinner or a late lunch before they

See **SRHS PROM**, Page 11

Rodeo queen goes to state finals

Rachael Tanzer is a true rodeo star

By Ashley Shah

ixteen year old Rachael Tanzer, born and raised in Scripps Ranch, is now the Miss California High School Rodeo Association District 8 Queen.

She was crowned with the title on April 20 at the last California High School Rodeo Association (CHSRA) rodeo of the 2023-2024 season in Riverside.

"A rodeo queen is a representative of the rodeo, sponsors and what the rodeos stand for. Our goal is to educate the public about what happens at rodeos," Tanzer said. "As someone who had been riding horses for a while, I didn't even know about the high school rodeos, and if I did, I would have gotten involved sooner. I am happy I get the opportunity to spread more awareness about rodeos and make them more common in San Diego."

In her role as District 8 Queen, she is educating the public through the Miss CHSRA District 8 queen Instagram page @miss_chsra_d8_queen and at the CHSRA rodeos.

"A lot of little kids come up to me and ask me about the rodeos. It is really cute and fun to see their interest," Tanzer said. "I remember being a little kid and seeing the queens at rodeos and wanting to be them one day. Now I am."

In June, Tanzer will be competing in the Queen's contest for the CHSRA State Finals in Bishop, California.

"In California, there are nine districts. Each district sends their queen to compete in the state finals, and whoever places first is crowned Miss California High School Rodeo Association Queen," she said.

The CHSRA District 8 has about



Rachael Tanzer competes in barrel racing. (courtesy photo)

100 participants. The CHSRA rodeos are for those in high school from freshman to senior year.

There are nine to 10 rodeos a year that roughly begin in August and end in May. The State Finals in June officially ends the season.

"In addition to being a part of the queen's contest at the CHSRA rodeos, I also compete in barrel racing, pole bending, and rifle shooting. I am hoping to get into breakaway roping next season," Tanzer said.

While Tanzer may have not qualified for State Finals in her other events this season, she is hoping to do so next season.

"To place into State Finals for an event, you have to place in the top five within your district. The top five is calculated from an average of your score from all of the rodeos you competed in through the season," she said. "I am really hoping to place into State Finals next year for barrel racing or pole bending."

At the end of this season, Tanzer

placed in the top 15th for both pole bending and barrel racing.

"I am getting closer and closer to my goal for next year," she said.

In addition to competing in the CHSRA, Tanzer competes in the California Junior Rodeo Association (CJRA).

The CJRA runs through the calendar year. There are four different divisions: buckaroo, peewee, junior and seniors. Tanzer competes in the seniors division for those from the ages 14 to 18.

"In the CJRA, I compete in barrel racing and pole bending as well," Tanzer said.

To keep up with her rodeos, she practices several times a week with her team and trainer, Mindy Van Loggerenberg, at San Pasqual Valley Ranch in Escondido.

"Mindy is a great trainer, and she has helped me grow so much. I love my team. We are just there to support each other. Even though the events aren't done in teams,

See **RODEO QUEEN**, Page 4

Fitness Quest 10 gym expands its fitness footprint



Fitness Quest 10 customers and owner Jeff Bristol (middle) in front of the new location at 10625 Scripps Poway Parkway. (courtesy of Fitness Quest 10)

By Ashley Shah

ritness Quest 10, one of the most well-known gyms in San Diego, has expanded its business by opening a new location.

The new Fitness Quest 10 is located at 10625 Scripps Poway Parkway in the Scripps Ranch Marketplace shopping center. The original Fitness Quest 10 location still stands at 9972 Scripps Ranch Blvd.

"I had not been looking for a new facility to grow into. The vision for Fitness Quest 10 has always been to be in San Diego, but not to have multiple locations. But, I have always said that if the right opportunity came about, we would consider expanding," owner Jeff Bristol said. "This opportunity was presented to me, and I wanted to move forward with it."

The location that Fitness

Quest 10 moved into in the Scripps Ranch Marketplace shopping center was already a gym.

From 2020 to part of 2023 the location was known as Eat the Frog Fitness. During 2023, the gym was sold and became Wave Fitness.

"The owner of Wave Fitness came to me with the opportunity a couple months ago to convert the gym into a

See **FITNESS QUEST 10**, Page 2





FITNESS QUEST 10

Continued from Page 1

Fitness Quest 10," Bristol said. "The previous owner was looking to transition out of the business."

Fitness Quest 10 officially took over the location on May 1.

"Technically, the space was never closed. Fitness Quest 10 just took over ownership, but during the transition, members were still able to come in and use the space," he said. "I tried to keep most of the same hours and times for the fitness classes. I have kept most of the old staff, but I have added some new great trainers."

The new location primarily offers group fitness classes, but will be expanding the range in the future.

"At the moment, we offer group fitness classes. We have strength and cardio equipment; we do offer virtual fitness classes," Bristol said. "We are hoping to expand what we offer at this location though. I want to offer private and semi-private training options."

Bristol hopes to have a formal grand opening for the new location within the next couple of months.

"I am thrilled to be expanding our footprint. Scripps Ranch is such an amazing community to be serving. There are a lot of people that live in Scripps that live closer to our new location, so I am happy to be able to reach more of the community," Bristol said.

For more information about the new location, visit @fitnessquest10north on Instagram.

Union will move to Scripps Ranch

nited Food and Commercial Workers Union (UFCW) Local 135
announced the purchase of a new building in Scripps Ranch, marking a significant milestone in the history of the union. Located at 10075 Carroll Canyon Road, this property will serve as the union's new headquarters

The building was previously owned by the Cabrillo Federal Credit Union. UFCW Local 135 is relocating from its previous Mission Valley location.

The newly purchased building, acquired for \$4.5 million, is a two-story office structure built in 1983. Spanning 17,000 square feet on a 1.11-acre parcel, it is located off the I-15 freeway. The property features a small courtyard and offers 65 parking spaces on-site.

An initial investment in construction will be required for a customized buildout to meet the union's specific needs. Once completed, the new headquarters is expected to provide a suitable and functional office and union hall for the membership and staff of UFCW Local 135.

As the union transitions to the new space, plans for the Mission Valley building will be considered in due course. Options may include selling or leasing the property, with decisions guided by the best financial interests of the membership. The move into the new building may take nine months to a year.





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 iacqueline@scrippsranchnews.com

Photographers

Lisa Shadburn, Jim Wick

Digital Content Manager

Suzanne Micheletti

ReportersJill Alexander, Ashley Shah,

Hector Trujillo

Advertising

John or Jacqueline Gregory info@scrippsranchnews.com

Phone

(858) 945-4465

Mailing Address

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

Copyright & Licensing

The entire contents of Scripps Ranch News is copyrighted. Copyright 2024, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.

City is now using new road repair treatments

While the City's Surface Seal Projects 2421 and 2422 road repair projects were completed on Scripps Ranch streets earlier, there are always roadways in need of repair. Now, to provide more options to quickly and cost-effectively repair damaged roads, the City of San Diego's Transportation Department has implemented two new street resurfacing methods.

The new slurry-like sealing methods, called cape seal and scrub seal, will help extend the life of roads by filling cracks, protecting against moisture incursion and minimizing the development of potholes and other surface deformities.

Cape seal treatment involves the application of asphalt emulsion followed by a layer of crushed rock that must cure for three days

Fire Safe Council

Here are nine ways a fire can start in your kitchen:

- 1) High heat source: Stoves and ovens can quickly turn from cooking tools to fire starts if left unattended.
- **2)** Cooking oils: Overheated oils can ignite and create a fire that water only makes worse.
- **3) Unattended cooking:** It's easy to get distracted, leading to overheated food and cookware.
- **4) Flammable objects:** Everyday items like paper towels and curtains can catch fire in an instant.
- 5) Grease accumulation: Built-up grease is a fire waiting to happen.
- **6) Distractions:** Phone calls or doorbells can divert your attention, leading to disaster.
- 7) Lack of fire safety knowledge: Not knowing how to handle a kitchen fire can turn a small flame into a full-blown emergency.
- 8) Improper storage of combustibles: Keeping flammables in the kitchen increases your risk.
- **9)** Electrical malfunctions: Old or faulty appliances are a common fire culprit.

Bottom line is, pay attention while cooking. There's a saying, "you're playing with fire." That's exactly what thousands of households are doing without a proper fire safety plan.

Scripps Ranch Fire Safe Council, srfiresafe.org, srfiresafecouncil@gmail.com, (858) 201-3711. before a slurry seal is applied. During the three-day curing period, some loose crushed rock will be on the roadway surface until the final slurry seal application is complete.

Scrub seal treatment involves the application of asphalt emulsion followed by a layer of crushed rock that is swept into small cracks over the roadway. The asphalt emulsion and crushed rock cure, and are then followed by an application of fog seal. During the curing period, pebble-sized aggregate rock will cover the roadway surface until the fog seal application is complete. For both cape and scrub seal applications, the City's contractor vacuums loose gravel prior to the curing period.

Like slurry seal, cape seal and scrub seal are used to prevent the deterioration of streets, which is vital to improving the overall condition of San Diego's network of roads. It reduces the need for a more costly asphalt overlay and reconstruction for badly deteriorated streets.

LIBRARY PARKING UPDATE

Upper lot is now open

he Scripps Miramar Ranch Library's parking lot is currently undergoing a much anticipated and long needed expansion. The first phase of the project is now complete, which is good news. The upper lot has reopened with a new configuration and a few more parking spaces than the original upper lot.

However, the lower lot is now completely closed so that the number of available parking spaces is even fewer than when the situation was reversed.

Furthermore, the City's Engineering Department has advised that it will not be possible to allow access to the library from the overflow parking area on Meanley Drive during this phase of construction. Thus, parking at the library will be even more adversely impacted than had been previously expected and, most likely, this will continue through the summer of 2025.

The Scripps Ranch Friends of the Library are looking



The upper lot of the Scripps Miramar Ranch Library parking lot is now open, but the lower lot is closed for expansion work. (courtesy of SRFOL)

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

Note that it is now possible to drive into the upper lot and quickly return books to the outside book drop to the left of the main ent-

rance

Library patrons may wish to plan to visit the library when it is less busy. These times include Mondays and Tuesdays, 11:30 a.m. to 2:30 or 3 p.m., and 6 to 8 p.m.; Wednesdays to Fridays, 9:30 a.m. to 2:30 or 3 p.m., and 5 to 6 p.m.; and Saturdays, 3 or 4 to 6 p.m.





GILMOREORTHODONTICS

PLATINUM+
INVISALIGN
PROVIDER

Board-CertifiedAmerican Board of Orthodontics

858-433-7377 www.gilmoreortho.com



DAVID S. GILMORE, DDS, MSD

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

4 www.scrippsranchnews.com Scripps Ranch News | May 2024

SCRIPPS RANCH

SCRIPPS RANCH WOMEN'S CLUB

Club welcomes new members at luncheon

By Mary ReaPublicity chair

warm welcome to the new members of the Scripps Ranch Women's Club (SRWC)! Our club hosted its Annual Mother's Day Luncheon at the Brigantine restaurant in Poway on May 9, where we were delighted to welcome our new members from this past year.

This luncheon was well-attended with nearly 50 members present and provided a special opportunity to meet new members and join together in an afternoon of good friendship, conversation and connection. Laurie Wenger, our membership chair, orchestrated this lovely event for our club.

There are 11 new Women's Club members this year and those who were able to attend the luncheon were introduced to the group. This was a very fun and inspirational afternoon. Our new members are an amazing group of women with diverse skills, talents and backgrounds.

New members will find that the SRWC has many exciting opportunities awaiting them, including an array of monthly social activities ranging from



Enjoying the SRWC Annual Mother's Day Luncheon at the Brigantine restaurant are (from left) Sally Anderson, SRWC vice president; Renie Martin, SRWC president; and Marty Salkin. (courtesy of the SR Women's Club)

Mahjong, Bridge, Bunco, Fun and Games, Arts and Culture, Scrabble, Book Group, and Adventure and Exercise Walks. There is also a myriad of social activities, including Happy Hours, Pre-Theatre Parties, Luncheons, High Teas, Wine Tastings, Museum Tours – and the list goes on.

We are also pleased to report that in May our Scholarship Committee, which was co-chaired by club members Betty Robertson and Barbara Hunter, interviewed scholarship applicants and selected

our 2024 scholarship recipients. A second scholarship committee representing the Kimbra Sellers Scholarship, which is specifically earmarked for high school senior girls with a focus on pursuing an education in business, completed its interviews and selection process as well. Lynn Parke ably chaired this committee. All awards will be announced on May 29 at the SRHS Awards Ceremony. As is our tradition, the Women's Club plans to honor our scholarship recipients and their mothers at a luncheon at Yanni's in June.

At the Women's Club board meeting in May, community awards were determined for local schools and Scripps Ranch non-profit organizations requesting funding for various projects. The Scripps Ranch Women's Club is proud and fortunate to be able to contribute to the future of our graduating Senior High School girls through our Scholarship Programs as well as our local community in a meaningful way.

May marked a special Arts and Culture outing where members were encouraged to enjoy a day at Liberty Station. The day featured a private, docent-led tour of the Watercolor Society of San Diego followed by lunch at the Liberty Station Public Market Food Court. This was a very fun and enriching day. We thoroughly enjoyed the exhibitions of beautiful art, workshops and painting demonstrations as well as the array of international foods at the Food Court.

Our walking group sets out for the Ramona Grasslands in late May for an adventure walk followed by a luncheon at the Mt. Woodson Golf Course. In June, plans are underway for our traditional Summer Cocktail Party which will be held at the beautiful home of Lyn and Greg Cobb. Our significant others will join us for a wonderful evening of socializing with old and new friends.

Visit srwomensclub.org.



mount. (courtesy photo)

RODEO QUEEN

Continued from Page 1

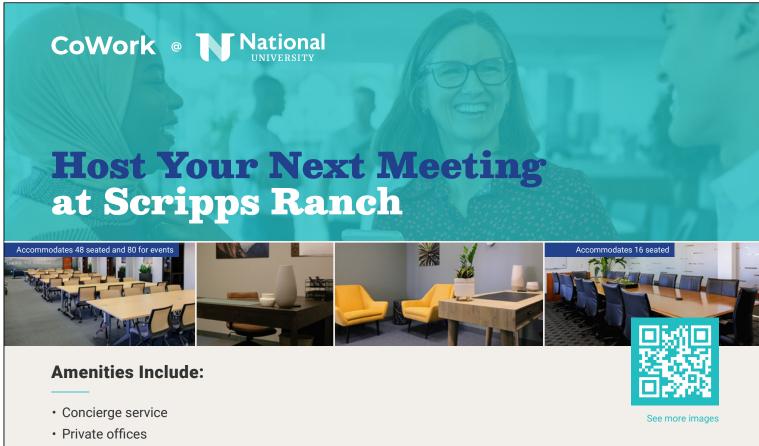
and we are competing against each other at rodeos, we always cheer each other on," she said.

While CHSRA and CJRA are newer to Tanzer as she started competing in both rodeo associations around the age of 14, she has been involved in smaller rodeos, jackpots and horseback riding for almost 10 years.

"I started riding when I was around five years old. My mom had done it when she was younger, so she got me into it. I knew from the first moment I started riding that I loved this," Tanzer said. "My love and passion for riding is what keeps me going through all the practice and competitions. Your horses really become your family."

Outside of riding, Tanzer is interested in aviation. She is a sophomore at Cathedral Catholic High School.

For more information about the rodeo associations, visit: www.chsra.com and cjra1. org.



· Conference rear

Maker space now open!

The IDEA Lab at the Scripps

Miramar Ranch Library is

now open by appointment

on Tuesdays from 1 to 4 p.m.

Library patrons can use one

of the 3D printers, the Glow-

forge laser printer, the Sil-

houette Cameo cutter, a

Cricut, and a button maker

in the expanded maker

space at the library. Plastic

filament for the 3D printer

is funded by Scripps Ranch Friends of the Library. For

the other equipment, pat-

rons must bring their de-

sired materials. Visit san-

diego.gov/public-library/

idea/sr for more informa-

tion or to book an appoint-

ment.

- Conference room
- High-speed internet
 Fully configured event spa
- Fully configured event space
- Fully furnished
- Café lounge
- Beverages and snacks
- Parking included
- And more!

©2024 National University CR-725

CONTACT US TODAY

844-369-8999

CoWork@nu.edu

National University Scripps Ranch Campus

9980 Carroll Canyon Road, San Diego, CA 92131

cowork.nu.edu

SCRIPPS RANCH WELCOME CLUB

Sun shines on Welcome Club activities

By Denise Stewart

Thile the cool weather and clouds were among us, Scripps Ranch Welcome Club members found the indoors to be the comfortable spot to enjoy their friends and activities. The frequent shorter local trail hikes being the exception, of course.

With the sun shining over the eucalyptus again, several of the club's social gatherings are taking place outdoors. A new interest group took a longer hike and explored the beauty of Penasquitos Canyon in April and is headed for a jaunt in San Dieguito River Valley Park this month.

A garden version of the monthly club coffee was enjoyed in Lynnell Hallock's backyard now blooming with colorful roses. She, her co-hosts and the abundant flora were the perfect team for this favorite club festivity. Newcomers to the Welcome Club often find the coffees to be a comfortable way to get to know other members.

While the weather might be beautiful, it's never too nice a day to enjoy a movie and lunch with the Gadabouts Group headed by Pam Savelsberg. The selected movie for the end of this month is a comedy about Hollywood. Ladies who lunch have a delightful time rain or shine.

The May monthly meeting celebrating Welcome Club's new slate of leaders was held at the Community Center. Currently, 135 women belong to this group of local residents who enjoy their personal choices from a variety of interest groups the club has available.

Diane Rider, the club's newsletter creator, entertained the installation meeting with a presentation of photos from the club's events that took place over the past year.

Angela Piccillo and Michelle Cyphers delighted the ladies, as they do each month, with pastries and other refreshments. This elaborate table of goodies properly celebrated the Welcome Club's installation of officers and welcomed new members.

The slate of new officers and interest group chairs installed are Bev Macho, new president; Debby Mayer, second vice-president; Vicky Berman is taking over the Sunshine position; Sharon Hays is organizing Theatre Events; Nancy Hurwitz is managing Hiking; and Marianne Paul is coordin-

ating Craft Projects. The other activity chairs are continuing in their present positions of leadership.

June will have the usual busy calendar of daytime events offered to club members. The book clubs, game groups, crafters and trail walkers will be meeting. An evening potluck followed by taking in a play at the Scripps Ranch Theatre will take place on June 8. Later in the month, a cocktail hour TGI gathering is planned. Three more of these outdoor events will be coming up on summer evenings. Escorts are included on the invitation list.

A Scripps Ranch Welcome Club tradition will be celebrated in July with a salad supper. Members have been gathering for this seasonal highlight for decades. JoAnn Farmen is in charge again, guaranteeing the food and gift baskets will wow the crowd.

Local residents who would like to expand their social circle and enjoy their free time with engaging activities can check out the club's website to see if Welcome Club offers them opportunities that are appealing. Contact information is there also: scrippsranchwelcomeclub. com



A bloom from Sal Castellito's garden. (courtesy of Sal Castellito)

GARDEN CLUB

Garden tours celebrate spring

By Denise Stewart

The Scripps-Mesa Garden Club is taking advantage of the beautiful gardens and talents of its members with tours around the flora blooming on the Ranch.

Moving outdoors from their cooler weather meetings at the local library, the gardeners get to celebrate the beauty of nature and their endeavors to propagate it.

In late May, Sal Castellito, a devoted hobbyist in propagating flowers, will be hosting a tour of the abundant blooms in his backyard.

Another tour of professionally designed landscaping at a local retirement residence will take place in June. That will include decorative landscaping and private patio plants, as well as a community garden as the focus.

Scripps-Mesa Garden Club has a website to share its enjoyment and knowledge of gardening. Check it out: scrippsmesagardenclub.com.



858.578.6670 • collinsfamilyjewelry.com 📑 Friend us on Facebook 🎯 Follow us on Instagram 🔤 Show us love on YELP

Back to The Garden to perform in June

By Jill Alexander

If you love music from yesteryear, get ready for the tunes of rock band Back to the Garden on June 9 from 6 to 7:30 p.m.

The band will be performing as part of the Scripps Ranch Symphony in the Park summer concert series in Hoyt Park at the corner of Canyon Lake Drive and Aviary Drive. This performance is presented by The Glen.

Back to the Garden will be playing "music from California" such as classics from The Mamas & the Papas; The Byrds; Linda Ronstadt; Crosby, Stills, Nash & Young; Santana; Doobie Brothers; and the Eagles.

Band members include "Cactus" Jim Soldi (guitar), Sharon Whyte (vocals), Rick Nash "El Magnifico" (bass), Larry Grano (drummer) and Marc "Twang" Intravaia (guitar).

Back to The Garden has performed at top venues including Abbey Road Studios, Royal Albert Hall and was featured on the "The Tonight Show."

Its specialty? Kicking out rock tunes from the 1960s



Back to the Garden will perform live at Hoyt Park in the Scripps Ranch Symphony in the Park summer concert series on June 9. (courtesy photo)

and early 1970s, including The Doors, Joni Mitchell, Carole King, Eagles, music from Woodstock and The Last Waltz, to name a few.

Early days

The band was started by Eve Selis and named after a place in Laurel Canyon where some of the original musicians of the 1960s and 1970s gathered to hang out and play music, Soldi said.

"We've played together for 24 years but started doing our own thing as Back to The Garden 15 to 16 years ago," he said.

Back to The Garden is also known for its themed shows often including some great musicians, Soldi added.

"Some are more high profile than others, and many are San Diego award winners, and sometimes Grammy winners," he said.

Back to The Garden has played with the likes of Albert Lee, a legendary guitarist known far and wide for playing with the Everly Brothers, Eric Clapton, and Emmylou Harris.

"We consider ourselves timeless because the music we do is from the 'Love era' –

See **BACK TO THE GARDEN**, Page 7



Violin-guitar duo concert scheduled

he "Pleasure of Your Company" music series is pleased to present the Cantare Duo on Sunday, June 23, at 2:30 p.m. in the Scripps Miramar Ranch Library Center.

Comprised of violinist Alyze Dreiling and guitarist Robert Wetzel, the Cantare Duo will showcase its versatility in an eclectic and "electric" program presenting works by Paganini, Carulli and Piazzolla plus a little something more.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library with generous support from Sharon and



Violinist Alyze Dreiling and guitarist Robert Wetzel will perform live June 23 in the Scripps Miramar Ranch Library Center. (courtesy of SRFOL)

Garry Hays. Donations are appreciated to help bring high quality live music performances to the community.

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive.

It should be noted that due to a parking lot expansion project, onsite parking is currently somewhat limited. Visit www.srfol.org or call (858) 538-8158 for informa-

BACK TO THE GARDEN

Continued from Page 6

from when we were growing up," Soldi said. "A themed show may be an entire evening of maybe Eric Clapton, or all music from Woodstock, or all music from Laurel Canyon ... We try to provide the audience with a whole bunch of opportunities to sing along and that's what we love the most - when audiences respond to us by singing along with us."

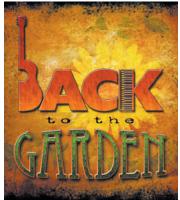
Soldi said the June 9 show will be "based around 1969" and there will be "a horn section with us and it will be a good show."

A full-time Job

Back to The Garden plays all over San Diego and isn't just a hobby but "a real job for all of us and we all make our livings from making music," Soldi said.

"I started early on as a young boy ... Everyone in the band has had their own path," he said.

Soldi knows a lot about music as he grew up with parents who were musicians. His dad was a violinist for a



with music is simple: "Music is life. People who play music stay younger than other people ... we don't focus on age but on having fun, playing music, entertaining folks, and doing what we do," he said.

Many of the band members, including Soldi, teach music when they aren't performing, and have busy schedules in the studio and on stage.

Over the years, the band has played alongside artists such as Johnny Cash, Chaka Kahn, Kenny Loggins, Kim Carnes, Ricky Skaggs and many more.

Back to The Garden pres-

ently tours with Richie Furay of Buffalo Springfield and Poco.

Events on June 9 will be starting a little early. The Scripps Ranch Old Pros and the Women's Athletic Club will be presenting their annual scholarships to several dozen deserving graduating seniors from local high schools.

Those attending may bring picnic baskets, cloth blankets and low-back chairs so everyone can see the band. No pets are allowed, and no plastic tarps are allowed since they kill the park's grass.

Upcoming concerts:

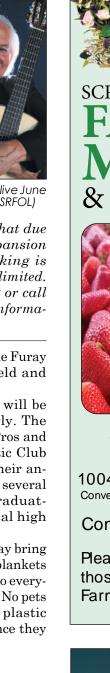
July 14 - DSB (a Journey tribute band); sponsored by U. S. Bank.

Aug. 11 - The Heroes (rock 'n' roll from then and now); sponsored by Collins Family Jewelers.

Sept. 8 – Full Strength (funk and current hits); sponsored by San Diego Castles Realty. **December - Holiday Con**cert; presented by Greg Wisniew, certified financial plan-

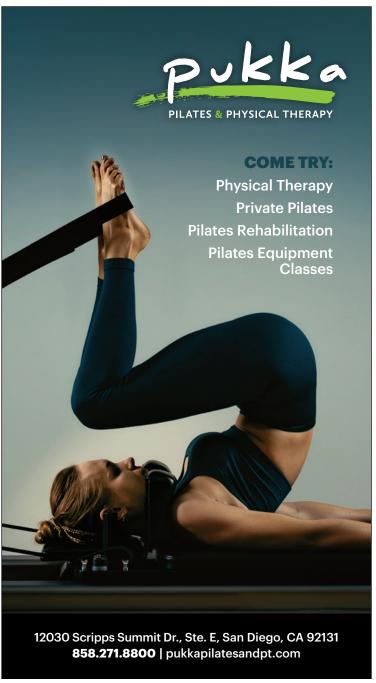
Visit symphonyinthepark. org.











SCRIPPS RANCH
LEISURE www.scrippsranchnews.com Scripps Ranch News | May 2024

SCRIPPS RANCH FARMER'S MARKET

Couple serves up authentic Thai cuisine

By Jill Alexander

n the mood for a piping hot plate of authentic pad ┖ Thai noodles and a Thai coffee to wash it down?

Look no further than the Little Thai Cottage booth at the Scripps Ranch Farmer's Market and Family Festival on Thursdays.

Owners and founders Amm Nikhomvanh and David Nikhomvanh started the business in May 2023 after Amm quit We started because I want to share my food with people in the area.'

—Amm Nikhomvanh

her job as a waitress at a Thai restaurant and David left a real estate company where he was an escrow agent.

Married for 17 years, they met at a Solana Beach Thai restaurant where Amm was a waitress and David was visiting.

"He ordered in his broken Thai, and after that, it just clicked," Amm said.

What makes Little Thai Cottage's food different from others in the area?

"I cook it as it would be in Thailand – a true taste of Thai - it's authentic. For example, I use garlic chives in my Pad Thai, not green onions like other places," she said.

Authentic is the word

These days, Little Thai Cottage is serving authentic dishes from its No. 1 seller mango sticky rice to drunken noodles. It also provides catering for special events when the couple is not at pop-up markets around San Diego County.

Amm said she's been cooking for as long as she can recall and doesn't plan to give it up anytime soon.

"I like cooking and it's my passion," she said. "We started because I want to share my food with people in the area and I want something of my own."

She does all the prep work in a commercial kitchen in Vista and then cooks at the markets.

"Amm does 99 percent of the food handling, and I do more of the financial, social media and setting up as well as the physical labor," David said.

Love for Scripps Ranch

The best thing about selling at Scripps Ranch for them is the market's ambiance as "it doesn't seem commercial but has more of a community feel." Amm said.

"We have more connections at the smaller markets," David added.

The couple hopes to open a Thai restaurant where Amm can make the same Thai specialties but on a larger

"While I enjoy this and the connections, taking orders, making the food ... it is hard work for sure. In the future, maybe a food truck or in the long run a sit-down Thai place if we can find the right location for us." she said. "We don't want to make food that people just buy and never come back ... I want community connections and Scripps is a perfect market for it."

Visit the Little Thai Cottage booth at the Scripps Ranch Farmers Market and Family Festival, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.



Amm Nikhomvanh and David Nikhomvanh prepare to serve meals at the Little Thai Cottage booth. (courtesy of Little Thai Cottage)



Drunken noodles (courtesy of Little Thai Cottage)





Pad Thai (courtesy of Little Thai Cottage)



St. Gregory The Great Catholic School. Preschool - Grade 8







- WCEA/WASC Fully Accredited K-8 School
- Licensed Preschool
- Faith-Based Education and Spiritual Development
- Rigorous Standards-Based Academica
- State-of-the-Art Science Lab
- Latest Technology Used for Curriculum and Instruction
- STEM: 3D Printing, Robotics
- Instrumental Music Program and Choir/Youth Band • After-School Sports and Cheer Programs
- Hot Lunch and Extended Daycare Services
- Student Council and Student Store
- Service and Community Projects Highly Involved Parent Community





15315 Stonebridge Parkway, Scripps Ranch (858) 397-1291 www.stggcs.org · office@stggs.org

SRHS student will join the SDUSD board

cripps Ranch High School student Quinton Baldis was one of only two students from the entire San Diego Unified School District (SDUSD) selected to serve as a student board member on the SDUSD Board of Education. He will be sworn in this summer and will be a high school senior in the fall.



HIGH RATING

Scripps Ranch High School (SRHS) was ranked second among top high schools in the San Diego Unified School District by U.S. News & World Report on April 23. The school was sixth among high schools in the San Diego metro area, 71st among California High Schools and 524th nationally with a 97.03 score out of 100. SRHS was ranked 161st nationally among STEM high schools.

"Students have the opportunity to take Advanced Placement® coursework and exams. The AP® participation rate at Scripps Ranch High School is 63 percent. The total minority enrollment is 63 percent, and 20 percent of students are economically disadvantaged," according to U.S. News & World Report.

These are the statistics U.S. News & World Report listed on its "Scorecard" for SRHS:

- Took at Least One AP® Exam – 63 percent
- Passed at Least One AP® Exam – 59 percent
- Mathematics Proficiency –
 70 percent
- Reading Proficiency 80 percent
- Science Proficiency 61 percent
- Graduation Rate -99 percent

Ranking Factors (How SRHS performed nationally and statewide):

- College Readiness Index Rank – 648 nationally; 89 statewide
- College Curriculum Breadth Index Rank – 517 nationally; 77 statewide
- State Assessment Proficiency Rank 764 nationally; 70 statewide
- State Assessment Performance Rank 2,268 nationally; 211 statewide
- Graduation Rate Rank 1,065 nationally; 80 statewide

As a student board member, Baldis will be expected to do what any other board member of San Diego Unified School District would do. However, votes by student board members are advisory only and do not count in an official tally for any issue requiring a vote by the board.

Student school board members attend board meetings, represent the student population in discussions, advocate for issues of concern to the student body and help guide the governance process of their school districts.

Baldis ran a social media campaign to help get voted into the position. On his You-Tube video, he described himself as extremely engaged in his school and community. He explained that he is a peer mentor on campus and is the president of his school's mock trial team.

"I've played soccer all of my life, and now I play on my school's varsity team, and run track in the off-season," he said.

He said that he founded Equal Kicks, a not-for-profit organization dedicated to collecting and donating soccer equipment to underfun'School is
more than just
academics; it's
about building
a supportive
community
where every
student can
thrive.'

—Quinton Baldis

ded communities. "This project stems from my belief that every student should have the opportunity to pursue their passions, regardless of economic barriers," he said. "We must support each student's ambitions, whether they be in athletics, the performing arts or academic clubs. School is more than just academics; it's about building a supportive community where every student can thrive. Let's work together to ensure that every student's dreams are nurtured and that our school truly serves as a stepping stone for future success."

Scripps Ranch High School has had the honor of having a student serve on the board in the past, which is rare since only two are selected each year. Former Scripps Ranch High School student Lea Nepomuceno served on the SDUSD board as a student member for the 2022-23 school year. She graduated from SRHS in the spring of 2023.

Nepomuceno was helpful in getting legislation passed that will benefit Baldis and future student board members because she voiced her position in favor of California Assembly Bill 275 which allowed school districts to begin paying their student board members. Nepomuceno testified before the Assembly Committee on Education in support of AB 275 in Sacramento.

Governor Gavin Newsom signed AB 275 and now school district boards and county boards of education have the option to compensate student board members for their work. The school board voted in December to pay its student representatives, who were previously only reimbursed for travel.

Student trustees on the SDUSD school board are now paid \$1,736 monthly. The law went into effect Jan. 1.





CONGRATULATIONS, GRADUATES!___



Congratulations Lorelei! We love watching you succeed in the classroom, on the field and on stage! Next stop middle school! We love you! Love, Mom, Dad, Siená & Sammy



Congratulations, Naomi! We're so proud of you, and can't wait to see what the future has in store for you as you study Business Administration at Cal Poly, San Luis Obispo! Love, mom and dad



Congratulations to our CCHS graduate, Charlie Abts! You have made us incredibly proud parents, and we are so looking forward to watching you excel at TCU! We love you! Mom, Dad, Emily and Chase

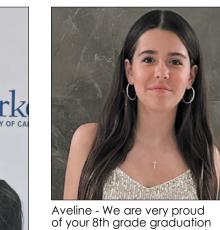


Congratulations on your High School Graduation Samantha! We are so proud of you & know you will do great things! Roll Dons! Go Toreros!

Class of 2024 Cathedral Catholic



Congratulations Maggie. We are so proud of you. Love, Ma, Da & Morgan



and your accomplishments in academics, leadership, sports, and the arts. You have brought much joy to our lives. Love, Maman, Daddy, Estelle, Mimi, and Nonna.



Congratulations Alyssa for completing your tour at Marshall Middle School!!! So proud of your achievements and look forward to seeing you grow even more at Scripps High! Love, Mom and Dad

Congratulations



Families congratulate their students who are graduating or being promoted.





Lily - we are so proud of you and how far you have come. We can't wait to see what comes next! We love you so much! Mom, Matt and Olivia

Congratulations on your 5th grade promotion, Clay! It's been an honor watching you grow, buddy. We are beyond proud of your achievements! Here's to your next adventure... middle school! Love you! Mama, Dada (and Em)



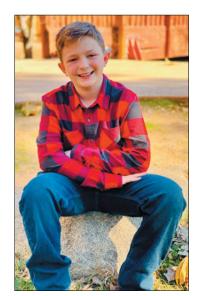
Daniel! Congratulations on your graduation! Best of luck on your new life at Grinnell College. We love you and are very proud of you. From Mom, Dad and Josh



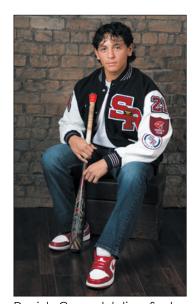
a big milestone graduating from elementary school. You completely rocked elementary and I am sure you will have a fantastic journey ahead in middle school. Wishing you all the best!!



Jordan - we are so incredibly proud of the young man you have become! Not just the baseball player, but also the scholar, the leader and friend. Having the chance to watch you continue your baseball career locally at Point Loma University will give us additional time to enjoy your talents for a few more years. Love, Mom, Dad and Taylor



Maddox Tanski - This year has been a series of accomplish-ments for you. Safety Patrol, qualifying for Seminar, BSA PL and excelling in Baseball. We can't wait to see what MS has to offer! We Love you!



Daniel - Congratulations Son! We are so proud of all your achievements and the man you have become. Stay true to yourself no matter how far you go and never lose faith. Love, Mom & Dad



(858) 536-4161

www.blackmountainplumbing.com • License No. 782799

HAPPY FATHER'S DAY SCRIPPS RANCH!



CONGRATULATIONS, GRADUATES!_



Hi Liam, we can't believe you're promoting to 6th grade soon! Keep up the good work and know that we're super proud of you! We love you! Mom and Dad



Congratulations Blake! We are all so proud of you and love you to the moon. Off to middle school! Love Mom, Dad, Taylor



Congratulations Drew on your 5th grade promotion! We are so proud of you and the caring, intelligent, helpful, leader that you are! We look forward to all of the amazing things to come in middle school! Love, Mom, Dad, and Luke

SCHOLFRECK SCRIPPS RANCH

ANNOUNCING SUMMER 2024 SEASONAL SHOW GROUPS

The Red Hot Chili Peppers (Saturday Rehearsals)

Come Funk Rock with us this summer with the magic of RHCP!

The Beatles vs. The Rolling Stones (Thursday Rehearsals)

The Beatles and The Rolling Stones are two of the groups who started this thing called rock.

I Want My MTV! (Tuesday Rehearsals)

Madonna, Duran Duran, Cyndi Lauper, The Cars, Billy Idol, ZZ Top, and The Police, among many others.

Nirvana vs. Pearl Jam (Wednesday Rehearsals)

Celebrate summer with the raw angst-infused spirit of the 1990s featuring the kings of the flannel era!

Black Sabbath vs. Deep Purple (Monday Rehearsals)

Let's get back to the roots of heavy metal with two of its most important forefathers!

Rehearsals start June 3rd!

CALL 858-757-ROCK to save your spot today!

SCHOOL OF ROCK | Scripps Ranch

12090 Scripps Summit Drive, San Diego, CA 92131 scrippsranch.schoolofrock.com

SRHS PROM

Continued from Page 1

board the ship.

A deejay will spin the tunes for the dance portion of the evening. Students put together a playlist and the deejay will mix them together.

This is a formal event and there is a dress code: suit and tie or tuxedo for the males, and gowns for the females (or something along those lines).

"We're hoping that they dress to the nines. So, no casual attire," Camp said.

Those planning to attend should start arriving at the dock between 4:15 and 5:30 p.m. They will start boarding at 5:30 p.m. But don't dare be late; the ship sails at 6 p.m. "We'll pull away from the dock at 6 p.m. and they will cruise the bay, and then we will return back to the dock at 9 p.m.," Camp said. "But the prom doesn't officially end until 10. So, if kids want to stay on the boat and continue dancing, they can. We'll just be at the dock."

Camp suggests that students carpool or get dropped off near the dock for prom. However, the ASB purchased a block of parking nearby for students who will be driving, and students may purchase parking passes in advance from the ASB.

Camp recommends prom attendees dine downtown at one of the many restaurants in the area before prom. She also suggests students take their prom photos near the harbor this year.

"Get there early. There's a gorgeous park across the street from where we are going to be boarding. So, that will be beautiful for them to go and take photos," Camp said. "Or, where we're boarding is right by the Midway Museum."

Deadline for purchasing prom tickets is May 31. Tickets are \$120 per person for students with an ASB card and \$140 per person for



Scripps Ranch High students attending the 2024 prom will cruise San Diego Bay on June 1. (courtesy of Hornblower)

those without a card. Prom forms for students and their guests are available in the attendance office, at the office front desk and at the ASB room. It's important that students clear all their unexcused absences, tardies, truancies, etc., before getting approved for prom attendance.

Students on the prom committee are Evelyn Su, senior class president; Isabeau Triolo, senior class secretary; Kai Sarti Guerrero, ASB president; and Emily Acosta, senior class vice president.

The SRHS senior class held fundraisers to help pay for their prom. Camp said she encourages local businesses to contact the school to help sponsor future SRHS proms.

All the planning is about to come to fruition for the students.

"I'm excited for them," Camp said. "I really want every senior from Scripps Ranch High School who wants to attend their prom to attend their prom."

She is not the only one who is excited. The ship's captain sent a special message.

"On this special night, let the beauty of San Diego's coastline be the backdrop to your unforgettable prom," said Captain John Valente, one of the Hornblower captains. "As captain of this vessel, it's my honor to host you on this momentous occasion."







WITH PAID ENTRY



QUALITY ATHLETIC T-SHIRT

Live music local band • Ice cream & Food truck (vendors)

A 17' Tropical kids dry fun slide

SPONSORED BY 🤇





SCRIPPS RANCH DENTAL



YANNI'S BAR&GRILL









MERCER ADVISORS™

REGISTER TODAY @



May 2024 | Scripps Ranch News Scripps ranch News www.scrippsranchnews.com 13



Scripps Ranch Pop Warner and Cheer is accepting signups for the 2024 season. (photo by John Gregory)

Pop Warner signups are underway

By Hector Trujillo

The expectations are high for the new 2024 season after the Scripps Ranch Pop Warner JV cheer squad placed first in Division 1 Pop Warner Regional Competition and second place at Nationals in Las Vegas last season.

"Last year, we got to host the West Coast Conference Championship, which was a big deal for us," said Scripps Ranch Pop Warner and Cheer Public Affairs Director Sandra Atkinson. "Our 10U team also won the championship at the 44th Annual Parkwood Pop Warner Championships."

There are new deadlines coming up for the new Scripps Ranch Pop Warner season for both football and cheer. One of the most important ones is June 7, which is the only day that cheer can do uniform fittings. This is a requirement, and there will be a fee for those not making that date since it means uniforms will need to be expedited with a representative being used, and it becomes a longer process overall.

That date is also the close of registration for regular priced season fees and, although registration remains open until the end of July, there will be a fee added later because equipment and uniforms cost more to be expedited as well. Practice begins in August.

Atkinson assured parents that the football program follows strict guidelines for safety during the season.

"We definitely follow the protocol that Pop Warner institutes. They have some of the nation's most advanced safety measures," Atkinson said. "We do ask that football players buy their own cleats and mouth guards. We try and make sure there's no full-

See **POP WARNER**, Page 14



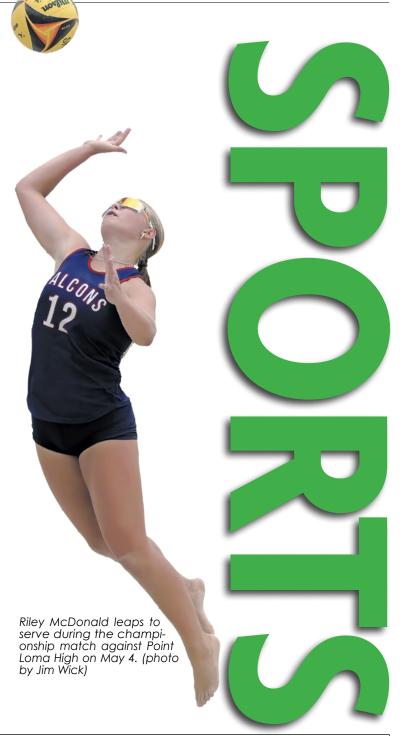
The Scripps Ranch High School womens beach volleyball team celebrates its 2024 CIF-SDS Girls Beach Volleyball Division 1 Championship. (photo by Jim Wick)

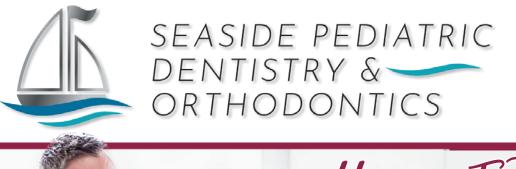
BEACH VOLLEYBALL TEAM WINS CIF-SDS CHAMPIONSHIP

he Scripps Ranch High School varsity womens beach volleyball team captured the 2024 CIF San Diego Section Girls Beach Volleyball Division 1 Championship after defeating Point Loma High School in the Final on May 4 in a 3-2 match at Miramar College.

The fourth-seeded Scripps Ranch High team started the postseason tournament with a bye before defeating fifth-seeded San Marcos High 4-1 on April 30. The team defeated eighth-seeded La Costa Canyon High 5-0 on May 2 in a semifinal match to advance to the championship match.

Scripps Ranch High School's team finished the season with an overall record of 11 wins and 5 losses. The team was under the direction of head coach Roni Hooper.





COMPLIMENTARY ORTHODONTIC CONSULTATIONS



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



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

myseasidesmiles.com

POP WARNER

Continued from Page 13

speed head-on tackling and we're careful to teach the kids how to do these drills in order to keep them safe as they progress in their football career."

Among these safety measures are limiting contact to 25 percent of football practice, which comes out to only one day a week.

Those in flag football have to be between the ages of five and seven on July 31. The age range for players to participate in the tackle football program is eight to 14 years old.

Those participating in cheer flag are cheerleaders who do not compete and do not need to purchase competition uniforms because they only cheer at the flag games. Ages for those in cheer flag are five to nine years old.

The competition cheer program ranges from ages five to 14.

"We would love more involvement from the community in helping at our home games," Atkinson said. "They (volunteer positions) will be posted on our home page under events, and there's usually five to six games per year at Scripps Ranch High School."

Among the volunteer openings are concessions, merchandise, fundraisers, ticketing, gate security, announcer and master of ceremonies.

For more information, visit scripps ranch popwarner.com.

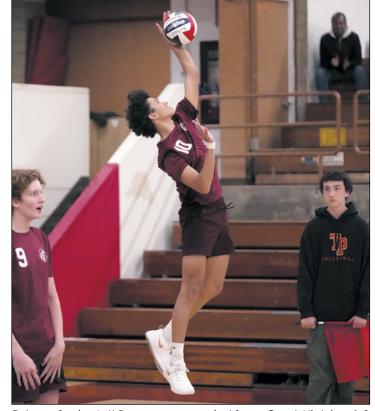
Mens volleyball team wraps up season

By Hector Trujillo

n what was a rebuilding year with only three seniors making up the 14-player roster, the Scripps Ranch High School (SRHS) mens volleyball team finished 23-17 overall and was eliminated from postseason play at the hand of Sage Creek High School on May 2.

The Falcons ended the regular season on a threegame winning streak with victories over San Dieguito Academy, University City High and San Marcos High before falling to the top-team in the county and fifthranked statewide Torrey Pines on April 30 in the opening round of the CIF-SDS Open Division playoffs. This set them up to play Sage Creek High in round two. The Open Division is the only one that has a double elimination postseason format for qualifying teams.

"We were playing some of our best volleyball at the end of the season," said head coach Kysen Olsen. "It was a privilege and honor just to be in the Open Division this year among the top-eight.



Falcons Senior Jett Reyes serves against Sage Creek High in a 1-3 loss on May 2 in the second round of the 2024 Boys Volleyball Championships Open Division. (photo by Jim Wick)

This was a rebuilding year because we graduated almost 10 seniors, and most were varsity caliber players that went on to go play at the next level."

The Falcons were led by the efforts of senior captain and four-year varsity player Jett Reyes who came up big throughout the season, particularly in matches that went the five sets like those against Canyon Crest Academy on March 7, Green Valley High School from Nevada on March 22, La Jolla High on March 29 and

Francis Parker on April 11 all of which ended in victories.

"I can't say enough good things about his leadership and the way he got after it this year," Olsen said. "Jett (Reyes) is hands down just an amazing athlete to watch. He's incredibly talented in regards to skills, and he did an amazing job fitting into the role of captain."

Scripps Ranch also finished the regular season winning six of its final seven games outscoring its opponents 14-4 in sets which included four shutouts during that span. The longest win-streak of the season was four games between March 28 and April 11 against University City, La Jolla, Mira Mesa and Francis Parker.

Olsen took over for Lance Taschner this year after being an assistant for the previous two seasons.

"It was nice to come in and play a new role after being an assistant for the last two years with the boys," Olsen said. "I'm definitely excited about what is yet to come because I see a bright future ahead."



- Week long full day schedule, 7:30am-5:30pm.
- Choose between traditional camps, themed camps, off-site day camps.
- Open to members and nonmembers
- Held at our Aviary club.





- Open to all skill levels
- Open to members only
- Held at our Trails club courts





Brochures available online at www.srsrc.com

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

Track & Field team shows skills

By Hector Trujillo

he Scripps Ranch High School (SRHS) track and field team left with its head held high after several noteworthy individual and team performances at the Western League Finals held on May 3 at University City High School.

"There were a lot of improvements from last year," said SRHS head track and field coach Kadrina Coffee. "My overall goal was ending the season strong and advancing."

Among the standouts were senior Amare Shaw who won the long jump event (23 feet) and sophomore Nathan Bamford who won the 1,600 meters (4:22.05). Intotal, 17 males and 12 females from Scripps Ranch High School qualified individually from the Western League Finals for the CIF San Diego Section D2 Championships which were also at University City High on May 11.

"I don't remember having 17 go into CIF last year for boys," Coffee said. "We may have had that many for girls, but they are definitely a stronger group this season with more determination and a stronger will."

Among the other notable Scripps Ranch standouts were: Senior Tiffany Stoughton, first place (59.63) and freshman Tegan Koranda, fourth place (1:01.02) in the 400 meters. Junior Thijs van Eldik Thieme, first place (1:57.70) in the 800 meters. Senior Luke Barajas, sixth place (22.97) followed by sophomore Nicholas Cheng, 14th place (23.52) and junior Ryan Stadtherr, 15th place (23.63) in the 200 meters. Junior Markell Martin, sixth place (52.32), Luke Barajas, seventh place (52.77), senior



Tristan Reyna gives it everything he has during relay competition at the Western League Finals. (photo by Jim Wick)



Zoe Cuarto twirls to launch the discus as she competes in the 2024 Western League Finals. (photo by Jim Wick)

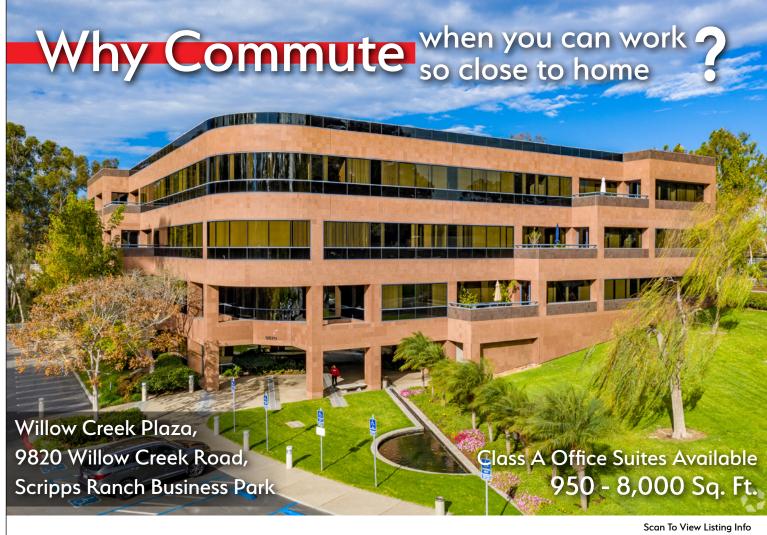
Marley Randolph, eighth place (52.84) and junior Ryan Stadtherr, ninth (52.93) in the 400 meters. Juniors Eyleen Bayer, seventh place (27.73) and Madeline Hanks, 13th place (28.35) in the girls 200 meters. The Scripps Ranch High girls team also finished second in the 4 x 800 meter relay with the boys finishing in third place at the same distance.

"They all want to go further and want to be on to the bigger stages," Coffee said. "As long as we can improve from year to year and get on those bigger stages, Scripps Ranch High School's name will be out there a lot more."

The 104th CIF State Championships will be held at the 10,000 seat Veteran's Memorial Stadium in Clovis, Calif., on May 24 and 25. The top individual and team performers from the CIF San Diego South Section Championships — held on May 18 at Mt. Carmel High School — will be among those advancing to the state championships.



ARENDSEN BRADDOCK





Contact Jim Laing 619 525 2909 jim.laing@cushwake.com





a neighborly company

HOME IMPROVEMENT MAINTENANCE REPAIR

PROBLEM SOLVED.

Say hello to Mr. Handyman® & goodbye to that "to-do" list!



What can our Home Improvement Professionals do for you?

Regardless of the size of your home, maintaining it can be a struggle. While you may not have the time or the tools to accomplish everything on your to-do list, what you do have is a local Mr. Handyman® with a reliable team of experts who offer handyman services with a Done Right Promise.

Expert Handyman Services Near You

When your to-do list gets out of hand, you need the help of a trusted local handyman. When you call Mr. Handyman you get a whole team of them, trained and experienced in a wide variety of home repair and improvement



Mr. Handyman can assist you with a full range of Home-Improvement, Home-Maintenance and Home-Repair projects.

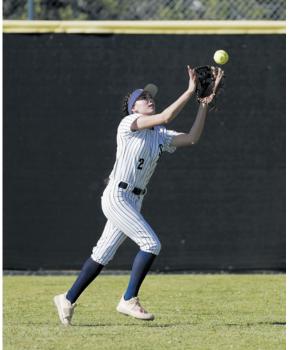


Our trusted and insured handymen can help! Whether you need a new floor or a new window installed, we have the knowledge and experience. You can depend on our Neighborly Done Right Promise





UP THE FIELD: Falcons lacrosse player Stephen Bousquet drives against a La Jolla High defender during a 9-8 victory on May 1. SRHS lost to Francis Parker on May 11 in the 2024 CIF San Diego Section Boys Lacrosse Championships Division 1 after defeating Grossmont High 15-5 on May 8. (photo by Jim Wick)



REGULAR SEASON ENDS AND PLAYOFFS BEGIN

The regular season for Scripps Ranch High's spring sports teams wound down and CIF-SDS post-season competition began, providing plenty of action.

FLY BALL: Jayde Armenta of Scripps Ranch High catches a fly ball in a 10-0 shutout of Valley Center High on April 29. SRHS was scheduled to play Coronado High on May 14 in the first round of the 2024 CIF-SDS Softball Championships Division 3. (photo by Jim Wick)



DOUBLES: Justin Larson (left) and Andrew Saluta compete in a doubles match against Canyon Hills High in a close 8-9 loss on April 25. SRHS defeated Clairemont High on May 6 in the first round of the CIF-SDS Badminton Team Playoffs, then beat Canyon Crest Academy on May 7 before being eliminated by Patrick Henry High on May 9. (photo by Jim Wick)



ONE ON ONE: McKenna Durkin of SRHS races against a Cathedral Catholic High defender in a loss on April 29. Scripps Ranch defeated San Marcos High 12-9 in the first round of the CIF-SDS Girls Lacrosse Championships Open Division and was set to play Torrey Pines High in a semifinal match on May 15 at press time. (photo by Jim Wick)

ORDS&PICTURES



SILLY FUN

Players enjoyed a rollicking fun day adorned in costumes as the Scripps Ranch Softball Association held its annual Softballfest on April 14. The event featured a team parade, a home run derby and afternoon softball games. Teams dressed in costumes and earned prizes for best use of theme and team spirit. (photos by Lisa Shadburn)



Poway Symphony Orchestra presents 'Classical Gems'

he Poway Symphony Orchestra (PSO) will conclude its 20th anniversary concert season with "Classical Gems," presenting a program of music that displays lyricism, elegance and expressive power in the spirit of the Classical period. The concert will take place May 26, at 4 p.m. in the Poway Center for Performing Arts.

Noted pianist Ching-Ming Cheng will be featured as guest soloist for the Piano Concerto in A minor, Op 54 by Robert Schumann. Cheng, an award-winning music professor and chair of the music department at California State University, San Marcos, has performed as soloist with numerous ensembles locally, nationally and internationally.

The concert, under the direction of John LoPiccolo, music director and conductor for PSO, will also include the Overture to "Marriage of Figaro" by Wolfgang Amadeus Mozart and Symphony 104 in D major, known as "The London Symphony," by Franz Joseph Haydn.

"I wanted to end our 20th Anniversary Season on a light and happy note, and this program of joyful classical music will do just that," LoPiccolo said. "We're thrilled to welcome Dr. Cheng as soloist. Her virtuosity will bring Schumann's beautiful piano concerto to full brilliance for our audience. We're so fortu-

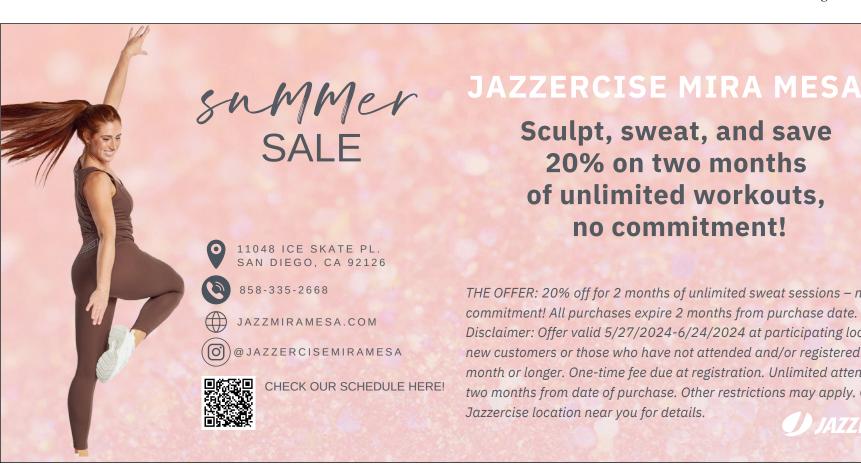


Dr. Ching-Ming Cheng

nate to have her joining us as we close out our season with this gorgeous piece – the only concerto Schumann wrote for piano."

Cheng has been a recipient of the Top Music Teacher Award from Steinway & Sons every year since 2016. In 2023, she was inducted into the Steinway & Sons Teacher Hall of Fame, a prestigious designation recognizing the work of North America's most committed and passionate piano educators.

Tickets are on sale at the Poway Center for the Performing Arts website, powaycenter.com, or by calling the box office, (858) 748-0505. Visit powaysymphonyorchestra.org.



Sculpt, sweat, and save 20% on two months of unlimited workouts, no commitment!

THE OFFER: 20% off for 2 months of unlimited sweat sessions – no commitment! All purchases expire 2 months from purchase date. Disclaimer: Offer valid 5/27/2024-6/24/2024 at participating locations for new customers or those who have not attended and/or registered in one month or longer. One-time fee due at registration. Unlimited attendance for two months from date of purchase. Other restrictions may apply. Contact the Jazzercise location near you for details. JAZZERCISE.

UPCOMING EVENTS

'Our Town'

The award winning Stagehouse Theatre at Grossmont College wraps up its 2023-2024 season with Thornton Wilder's Pulitzer Prize-winning drama, "Our Town." This is an American classic unfolding the simple, yet profound story of a love affair set in the mythical village of Grover's Corner, New Hampshire. Performances run through May 25. Tickets (619) 644-7234.

Stagehousetheatre.com

'The Butler Did It'

PowPAC presents "The Butler Did It," a comedy by Walter and Peter Marks, playing through June 9.

ALL IN 1 MAINTENANCE SERVICES

paint - drywall - electrical - plumbing

lock replacement - grab bars - TV mounting

thermostat & smart doorbell installation

Call us today for a free estimate at 619.348.5984

or visit us online at www.allin1maintenancesd.com

for a complete list of our services.

WE ARE BONDED, LICENSED & INSURED

The scene is the set where Anthony J. Lefcourt, writer and director, is rehearsing his new play, a classic whodunit (in which all the characters are named Butler) with which he hopes to regain the success that has eluded him in recent seasons.

powpac.org

'Stir'

The Old Globe presents "Stir," a play about family food, and healing. Two siblings, separated by distance and circumstance, meet to share their mother's favorite recipe. What starts as a simple project leads to surprising connection as they reminisce and reveal secrets of their own. This tender comedy invites audiences to grab a seat at the table and savor the possibility of reuniting with loved ones after a long time apart. Runs through May

theoldglobe.org

MAY 24

Tech and Art

Tap into the digital world! Join a new cohort of the Museum of Contemporary Art San Diego (MCASD) lifelong learners every Friday starting May 24. Learn about the history of watercolor paintings, focusing on techniques and modern applications. Then, create digital drawings using the ProCreate app on iPads provided by MCASD. Join a welcoming community, enjoy guided tours in ocean-view galleries and make art over coffee and tea. No prior art experience is required.

mcasd.org/events/ reflections-digitalart

Melonie Grinnell Jazz Trio

Melonie and Justin Grinnell are a dynamic piano-bass duo and married couple who have played music together since they met, more than 20 years ago. They often perform music in the jazz tradition, but even when they don't, listeners can hear music infused with their inter-



BIG NUMBER

Young actors belt out a song during a big musical number as Scripps Theatre Arts presented "Seussical Jr." at the Poway Center for Performing Arts May 3-5. (photo by Lisa Shadburn)

active, improvisatory and energetic approach. Adding another layer of depth to their ensemble is drummer Richard Sellers, whose keen sense of musical intuition navigates between the piano and bass. All members of the trio are music educators serving in the San Diego area. La Jolla Music Society at The Conrad, May 24.

theconrad.org

MAY 25

Lecture on the Move

Explore the intersections between performance and the Caribbean with Maru

OFFERING:

Conscious Sedation

Hospital Privileges

I.V. Sedation

lospital

Lopez, a Puerto Rican jewelry artist, educator and craft researcher; and Dr. Jade Power-Sotomayor, a Cali-Rican educator, scholar, and performer. Capacity is limited to 25 participants. Museum of Contemporary Art San Diego.

mcasd.org/events/ lecture-on-the-move

'Fat Ham'

The Old Globe presents the 2022 Pulitzer-winning, Tony-nominated sensation "Fat Ham," a fresh and funny take on Shakespeare's "Hamlet." During a Southern family cookout, Juicy is confronted by the ghost of his father, who demands revenge for his murder. But Juicy has enough on his plate. James Ijames's remarkable play uses uproarious humor and profound insight to explore the conflict between what you owe your family and what you owe yourself. Performances begin May 25 and run to June 23.

Theoldglobe.org

May 31

Bruce Liu, piano

Enjoy a piano concert by

31, at 7:30 p.m. in the

Bruce Liu on Friday, May

Baker-Baum Concert Hall,





& ortho treatment

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









7600 Fay Ave., La Jolla. Bruce Liu took the classical music world by storm in 2021 when he won the first prize at the 18th Chopin International Piano Competition in Warsaw. Performances around the globe followed, as well as an exclusive recording contract with Deutsche Grammophon. Bruce Liu has performed at Carnegie Hall, the Théâtre des Champs-Elysées in Paris, Royal Festival Hall with the Philharmonia Orchestra, Vienna Konzerthaus, BOZAR Brussels, Tokyo Opera City and Sala São Paulo. His La

See **UPCOMING EVENTS**, Page 19

Jolla Music Society debut brings an exciting program

UPCOMING EVENTS

Continued from Page 18

showcasing his awe-inspiring technique.

TheConrad.org

JUNE 8

Knife sharpening

Seven Oaks Woodworking Club in Rancho Bernardo will sharpen knives, serrated knives, scissors and non-powered gardening tools on Saturday, June 8, from 9:30 a.m. to 3:30 p.m. at 16789 Bernardo Oaks Drive. Pick up same day or Monday, June 10.

7oaksrb.com

JUNE 10

Villa Musica summer camps

Villa Musica, San Diego's Community Music Center serving San Diegans of all ages, announced its 2024 Summer Camps. Summer camps run from June 10 to Aug. 2 and serve students from ages 5 to 16. Villa Musica Summer Camps for young and aspiring musicians provide a nurturing and exploratory environment for musical growth. Camps are tailored by mixing the classic summer camp fun with independent learning and musical expertise. Villa Musica will also be offering a free Mariachi Camp for intermediate violin, guitar, trumpet and voice students ages 12-17. Villa Musica is a nonprofit organization that makes music accessible through education, performance and community engagement.

villamusica.org

JUNE 12

County Fair

The San Diego County Fair will run June 12-July 7 at the Del Mar Fairgrounds. Closed Mondays and Tuesdays.

sdfair.com

JUNE 14

'The Color Purple'

New Village Arts present the groundbreaking production of the iconic musical "The Color Purple." The San Diego professional premiere in the heart of Carlsbad Village, 2787 State St., will run June 14-July 21.

newvillagearts.org

JUNE 16

Celeste Barber

Celeste Barber, the multitalented actress, writer and



Little blue penguin chicks at Birch Aquarium at Scripps Institution of Oceanography at UC San Diego (Birch Aquarium at Scripps/Jordann Tomasek)

irch Aquarium at Scripps Institution of Oceanography at UC San Diego announced it hatched five little blue penguin chicks this season. These adorable additions mark a significant achievement in the aquarium's dedication to penguin care and conservation efforts. During their first months behind the scenes, the chicks acquired important life skills including how to eat, socialize and swim. Around the 3-month mark, each chick "graduated" and joined the rest of the colony. The aquarium offers daily penguin talks and feedings where guests can discover what makes these seabirds so special.

aquarium.ucsd.edu

comedian, has captivated millions as the "Australian Queen of Comedy." She announced her North American "Backup Dancer Tour" which will make a San Diego stop at Balboa Theatre on Sunday, June 16.

In what marks her third international tour and second US tour, Celeste said she is "excited to tell some jokes, relive some awkward memories, and high kick my way across the stage.' She previously toured "Celeste Barber: Fine, Thanks" internationally throughout 2022 and 2023, culminating with a special filmed at the Sydney Opera House that was released on Netflix in 2023.

LiveNation.com

JUNE 21

Kool & the Gang

Kool & the Gang will return to The Rady Shell at Jacobs Park with fan-favorite hits such as "Celebration," "Cherish," "Jungle Boogie" and "Summer Madness."

theshell.org

JUNE 28

XOMG POP!

XOMG POP!, the all-girl pop group created by JoJo and Jessalynn Siwa, is set to embark on a thrilling nationwide tour this summer. Produced by Live Nation, Siwa Presents XOMG POP! LIVE Tour will make a San Diego stop at The Observatory North Park on June 28. Highly successful pop group XOMG POP! was created from JoJo Siwa's Emmy-nominated hit TV show Siwa's Dance Pop Revolution, where JoJo and her mom Jessalynn hand-picked the nation's top singers and dancers to become pop music's next big sensation.

LiveNation.com



FIRE SHOW

A fire knife dancer entertains the crowd at the Polynesian Stage during the SeaWorld fire show, which was a special event featured as part of the Seven Seas Food Festival held through April 28. (photo by Lisa Shadburn)







boxoffice@powpac.org | 858.679.8085

Tix Available Online at www.PowPAC.org!

Our 43rd Season has just been announced! **BECOME A SEASON TICKET SUBSCRIBER**

to receive guaranteed tickets at discounted prices to all regular season shows, along with your choice of seat location and preferred performances (subject to availability).

Visit PowPAC.org for more information!

FUNCTIONAL MEDICINE For A Youthful, Healthy Body

www.FunctionalMedicineSanDiego.com

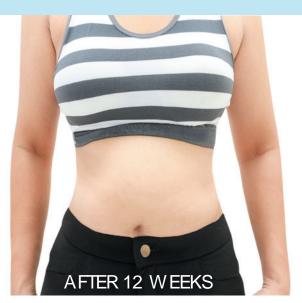
ROOT CAUSE MEDICINE

Ozempic - Statins - Blood Pressure Meds - Sertraline

-ARE TOXIC WITH DANGEROUS SIDE EFFECTS-

RESTORE / REBALANCE YOUR BODY NATURALLY





WHO CAN BENEFIT FROM FUNCTIONAL MEDICINE

- Diabetes
- Thyroid Issues
- Weight Gain
- Fatigue

- Auto Immune
- Skin Issues
- Digestive Problems
- Anxiety

- Hormones
- Menopause
- Bloating

LOOK BETTER. FEEL BETTER. FUNCTION BETTER.



SCAN FOR A QUICK 3 MIN. VIDEO ON HOW WE DO IT



\$49 CONSULTATIONS - FILL EXTREMELY FAST

CALL: 858-264-1400 OR TEXT: 858-800-2705 TO RESERVE

Expires on June 24, 2024

HEALING THE WAY GOD IN TENDED