

SIGNS OF THE TIMES



MESSAGE OF HOPE: This reassuring message appears along Erma Road near an office and commercial center. The positive sign is an obvious response to the COVID-19 crisis and other difficulties being experienced in the year 2020 - which will be over soon.



'TIS THE SEASON: An inflatable Christmas tree springs from a Scripps Ranch balcony.



SO LONG 2020: A whimsical illustration in the Miramar Ranch Elementary rock garden seems to sum up the entirety of 2020.



MONOLITH: A mysterious monolith appeared in the Scripps Ranch Marketplace shopping center Dec. 8, but was removed by a group that night. For more, visit the News page on ScrippsRanchNews.com.

HOME FOR THE HOLIDAYS MAP OF LIGHTS

Plan a holiday lights tour to view the entries in the 2020 Scripps Ranch News/24-7 Realty Home for the Holidays Lighting contest. Use the detailed map to plan your route throughout the Scripps Ranch neighborhoods.

PAGE 7

SCRIPPS RANCH PHOTO SHOWCASE®

PHOTO SHOWCASE: View the colorful photos from residents in the 2020 Scripps Ranch News Photo Showcase. Local amateur photographers sent in their best shots. **PAGES 8-9**



HOLIDAY LIGHTS: A fun and colorful light display, created by the homeowner especially for children, glows along Roxboro Court. See the Holidays section **PAGES 5-7**.



ROCKS FOR THE AGES: The painted rock garden at the northern corner of Erma Road in Scripps Ranch is flourishing and contains much-needed wisdom and humor for what has been a challenging year for most.

Photos by John Gregory

Librarian transferred, recounts memories

By Nick Ng

The Scripps Ranch community bid farewell to its head librarian, Trevor Jones, of Scripps Miramar Ranch Library last month. Jones, who had been the branch manager since June 2014, was transferred to College Rolando Library near San Diego State University.

“I could not have asked for a better library to work in,” Jones said. “The staff is amazing. They showed me the ropes around the library when I first started, and they have done a lot for me and the library over the years.”

With a background working at the New York Public Library and the North University branch in University City, San Diego, Jones said he loved being directly involved with library patrons and the Scripps Ranch community. He read to children during story time hours, talked to patrons about different kinds of books and personally reached out to seniors and families in the neighborhood to see what their needs were. This is beyond the typical job descrip-



Trevor Jones

tion of a librarian. “I’ve worked with adults but never with kids,” Jones said. “Over the years, I ended up doing quite a few story times by the windows about once a month. I have an absolute blast with the kids like reading books and singing songs.”

tion of a librarian.

“I have one of the greatest jobs in the world,” he said. Jones had invested in several programs that kept the Scripps Miramar Ranch Library more social among its patrons and staff than previous years, such as holding different art, history, reading and exercise classes. Even during the COVID-19 pandemic, Jones

was still active on social media to continue his engagement with the community. For example, he highlighted five books to read during the Halloween season on the library’s Facebook page with a touch of near-Shakespearean acting on camera to set the holiday mood. In fact, Jones had set up an annual “Haunted Library” every October with the teen counsel and library staff that ran from 5 p.m. to as late as 10:30 p.m. Due to the COVID-19 pandemic, the library did not hold the event this year; however, Jones is looking forward to a Haunted Library at the College Rolando location next year.

Jones also provided captions to every black and white photo around the library that provides a snapshot of Scripps Ranch’s history. He and some of the library staff conducted tours to explain each photo’s story and meaning, particularly those that relate to the Scripps and Meanley families.

“I set the bar pretty high,” Jones said. “I expect my successor to maintain the level of these events.”

See **LIBRARIAN**, Page 3

“Every tooth in a man’s head is more valuable than a diamond.”
—Miguel de Cervantes, *Don Quixote*

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.

“They took the best care of me! Thank you!”
— R.B.

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

AFTER HOURS
EMERGENCY CARE AVAILABLE

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.

TOYOTA
Of Poway

SERVICE SPECIALS

OIL CHANGE
only \$**24.95**^{+tax}
Up to 5 qts. Conventional Oil
only \$49.95 for **SYNTHETIC OIL**

TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires 1/15/21.

MAKE AN APPOINTMENT ONLINE FOR AN ADDITIONAL \$5.00 OFF

USE THE CODE “**SCRIPPS**” WHEN YOU BOOK YOUR APPOINTMENT

BUY 4 TIRES, GET THE WHEEL ALIGNMENT for FREE
\$109.95 value

PLEASE CALL FOR APPOINTMENT.

In stock tires only. Installation extra. 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 1/15/21.

TOYOTA
SERVICE DEPARTMENT

858-486-2900
ToyotaofPoway.com

13631 Poway Road, Poway, CA 92064

Service Hours: Monday-Friday 7:00am - 5:30pm • Saturday 8:00am - 5:00pm • Sunday Closed

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

Photographer
Justin Fine

Digital Content Manager
Suzanne Micheletti

Reporters
Kaila Mellos, Nick Ng, Ashley Shah, Bella Ross, 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 2020, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.

COMMENTARY

Shop local, support small businesses

There is no doubt that consumers in Scripps Ranch enjoy the services and merchandise from their local businesses within an easy walk or drive. The hospitality, friendly service and quality are exceptionally high.

Local, independent, family-owned businesses are the heartbeat of the American economy. Whether enjoying the personal one-on-one service or selecting the one-of-a-kind products, spending at local businesses is a preferred and enjoyable way to buy.



Scripps Ranch has a fantastic selection of independently-owned small businesses, including retailers, restaurants, health clubs and gyms, dance studios, realtors, lessons for students, and numerous services such as medical care, dental care, insurance – and so many more.

Supporting local businesses helps family business owners and the numerous Scripps Ranch employees depending on their jobs provided by these local business owners.

As a local, family-owned business ourselves, we know this year has been difficult, but the resilient business owners we support have done an incredible job finding ways to serve their customers and remain open.

Scripps Ranch News encourages all residents to spend their dollars with local businesses – whether by visiting or ordering online – and keep buying locally beyond this holiday season. Keep spending locally and keep your dollars in Scripps Ranch.



Miramar Reservoir

Miramar Reservoir: 60 years

The City of San Diego is commemorating the 60th anniversary of Miramar Reservoir while planning for the facility's important role in the City's future water needs.

Miramar Reservoir has served millions of San Diegans as part of the City's water system and as a popular recreational area. Now, the City plans to use the reservoir as part of its Pure Water system that will provide up to a third of San Diego's water by 2035.

Miramar was the last of the City's nine reservoirs to be created. Its construction was completed in 1960 as part of the second San Diego Aqueduct. Imported water is pumped from the aqueduct to the reservoir before it is treated by the adjacent Miramar Water Treatment Plant and delivered to customers.

When the Pure Water system comes online, Miramar Reservoir will switch from holding imported water to holding purified water that is received through a pipeline from the planned North City Pure Water Facility. The water will then go through a second treatment process at the Miramar Water Treatment Plant before being distributed to homes and businesses.

An estimated 100,000 people visit Miramar each year to enjoy jogging, biking, fishing, boating, picnicking and other activities. Visit sandiego.gov/reservoirs-lakes.

SCRIPPS RANCH NEWS

LIBRARIAN

Continued from Page 2

The Scripps Miramar Ranch Library has been closed since March 2020, but Jones hopes the events he had created will resume and bring people back inside once it is safe to do so.




"Currently, the library is open for pick-up service," Jones said. "People can place a book hold six days a week."

He encourages library patrons and the local community to support the Scripps Ranch Friends of the Library, a nonprofit group that helps keep the library running.

"They do all the fundraising for the SRL. If people want to do more with the library, start with Friends," Jones suggested. "They are the folks who make things happen, and it takes a village mentality to do this."

For more information, visit srfol.org. Follow story time and other events at facebook.com/ScrippsMiramarRanchLibrary.

STAY CONNECTED to your community

-  @scrippsranchnews
-  @scrippsranchnws
-  @scrippsranchnews

READY FOR BRACES?

We are fully open and ready for you!



Gilmore Orthodontics is committed to **keeping the community safe** with abundant precautions in place for in-person visits.

We also offer **virtual exams** for new and existing patients.

Start with braces or Invisalign **immediately after** your in-person or virtual office visit.

GILMORE ORTHODONTICS

Board-Certified
American Board of Orthodontics

858-433-7377 | www.gilmoreortho.com



DAVID S. GILMORE, DDS, MSD
RETIRED NAVY ORTHODONTIST

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

LEISURE

Wolff creates digital stage for music

Jam the Wire lets indie musicians publish their work



Scripps Ranch musician Steve Wolff created Jam the Wire, a music website providing independent musicians a place to publish videos of their work. (photo by Ralph LoVuolo)

By Bella Ross

Being a small, independent musician was already a tough gig before the pandemic wiped out in-person concerts, but a Scripps Ranch resident has big ideas for how to soften the cultural blow.

Jam the Wire, an independent music broadcasting website started by local musician Steve Wolff, is small but certainly progressive. The site depends on crowd-sourcing to cover the financials, giving independent musicians a place to publish videos of their work while bringing in some cash. Money earned through the site will also be distributed to charities.

While the music industry today is ruled by powerhouses such as Spotify and YouTube, Wolff said these outlets have never served the needs of smaller indie artists.

"I think I've made a total of \$30 bucks in four years of having my stuff on Spotify," Wolff said, noting these plat-

'It's been a super weird year, but not without its opportunities.'

—Steve Wolff

forms are overwhelmed with big-name artists. "So, you realize this isn't really a good business model for small, independent musicians who just want to record and write and release songs."

Wolff said allowing these artists to post content on Jam the Wire puts the power back in their hands.

This is a contrast from big-name streaming services, where "you're leaving your own destiny up to these companies and their algorithms," he said.

The website has hosted about 10 musicians since it launched in September, and Wolff said bringing on new talent is his top priority.

Among the artists currently on the site is Scripps Ranch resident Gregory Haddow, a local musician who described his vocals-free style as "soft guitar music."

"The whole process of creating a song ... it's a lot of work and it's very time consuming," Haddow said. "And when you have completed it, it's nice to just have one other avenue where you can publish your material and get feedback on the quality."

Before coronavirus struck, Haddow's weekends often included playing backyard gigs and performances for private parties. He said having the opportunity to post on Jam the Wire means more time to grow and develop his musical abilities.

"Right now, during the pandemic, this is a great opportunity for musicians to keep developing their core skills and publishing their material," Haddow said.

Wolff said he hopes the site can continue to expand in the following months, providing a niche outlet for smaller artists with original content.

"Obviously, for all of us, it's been a super weird year, but not without its opportunities as well as its challenges so far," Wolff said.

To listen to music on Jam the Wire or learn more about the website, visit JamTheWire.com.

SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

SAFETY IS OUR PRIORITY!

- Temperature Readings
- Staggered appointment times for social distancing
- Strict disinfection & sterilization

The time for new beginnings **is now.**

Let's get a **fresh start** on the new year!

Receive a **FREE HYGIENE KIT** with your new patient visit

NOW ACCEPTING NEW PATIENTS | myseasidesmiles.com

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

LOCATED IN SCRIPPS RANCH
12036 Scripps Highlands Dr., Suite 100
San Diego, CA 92131 **858.271.4200**

NEW FACEBOOK GROUP FEATURES ELF ON THE SHELF

A Facebook group called “Where’s your elf, Scripps Ranch” has sprung up for local residents who want to share fun images and antics of their home’s Elf on the Shelf.

This is the description for the page: “Share your elf’s crazy antics with other elf infested neighbors! For inspiration, emotional support, and entertainment.”

There are an impressive number of photos so far. Images include elves riding bicycles, ski mobiles, zip lining, wearing ugly Christmas sweaters, hanging from the ceiling and one fishing from a toilet.

The group just began. It appears to have been created Dec. 2 and it already had 127 members by Dec. 7. Christina Hersch is the admin.

While this is a private Facebook group, it’s not difficult to join. Search Facebook for Where’s your elf, Scripps Ranch.



Host a safe cookie exchange

(StatePoint) It may take a little extra time and creativity, but a holiday cookie exchange can be held virtually and it’s worth the effort, according to experts.

“There’s a famous quote, ‘If you do what you love, you’ll never work a day in your life.’ It’s so true for me as I find great joy in developing easy, flavorful recipes,” says Cindy Gilbert, McCormick Test Kitchen chef. “My friends have come to me for years requesting tips and tricks, and over 20 years ago, they anointed me the annual holiday cookie exchange leader. This past year has been challenging, but I knew I wanted to keep the tradition alive while following social distancing guidelines.”

Here are Gilbert’s top seven tips for hosting a virtual cookie exchange, along with her favorite delicious McCormick cookie picks.

1. Keep the virtual guest list small and local.

Your family and friends’ safety are the most important thing, and no one wants to bake a ton of cookies. Aim for five to 10 people.



With a little creativity and the perfect cookie recipe, you can reinvent your favorite baking traditions for a safe and festive holiday season. (copyright McCormick)

Gingerbread Men Cookies – No winter holiday is complete without gingerbread men. They’re cute and can be decorated with raisins, cinnamon red-hot candies or royal icing.

2. Invite cookie enthusiasts.

Invite people who enjoy being in the kitchen and welcome sharing their recipe secrets! Tell them they are going to be sharing the story behind their choice.

Red Velvet Crinkle Cookies – This tasty recipe comes from the confectioners’ sug-

ar, and the deep chocolate red color and taste add up to a cookie you will be proud to share.

3. Package cookies in separate portions.

Ask participants to package each serving in individual containers or resealable bags of six cookies per serving.

Easy Lemon Cookie Truffles – This is a perfect no-bake option. Lemon extract adds a bright citrus flavor to this easy four-ingredient treat that starts with store-bought sugar cookies.

4. Arrange the exchange.

About an hour before the virtual get-together, set up a table outside, in a cul-de-sac or school parking lot. Everyone can take turns grabbing their cookies quickly and safely. Or, arrange no contact porch drop-offs during a set time.

Holiday Meringue Cookies – These deliciously airy, light and low-fat meringue cookies are the perfect confection for any holiday celebration. Add your favorite food coloring for a festive twist.

See **COOKIE EXCHANGE**, Page 6



PEACE ON Earth

The Collins Family, and their staff, wish you and your family a blessed holiday season, full of laughter & fond memories!



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



Collins
FAMILY JEWELERS

Serving the San Diego community for over 41 years
858.578.6670 www.collinsfamilyjewelers.com

\$50 off ANY PURCHASE OF \$250-\$499	\$100 off ANY PURCHASE OF \$500-\$999
\$200 off ANY PURCHASE OF \$1,000-\$1,999	\$400 off ANY PURCHASE OF \$2,000-\$2,999
\$600 off ANY PURCHASE OF \$3,000 OR MORE	

*Must mention offer at time of purchase. Valid on new purchases only. Not valid on repairs, loose diamonds, diamond studs, estate jewelry, tennis bracelets or custom work. Cannot be combined with any other offer, Special Buys or discount. Some exclusions apply-see store for details. Expires 12/24/20.

Holiday hours!

Dec. 15-19 and Dec. 21-24
10am-4pm

Dec. 25-Jan 4
Closed for family time

Jan. 5, 2021

We will reopen for regular hours.



Scripps Ranch Theatre and Oceanside Theatre Company will provide an encore, filmed presentation of "A Christmas Carol: A Radio Play" free to the community Dec. 19 to Jan. 3. (courtesy photo)

'A Christmas Carol: A Radio Play'

Scripps Ranch Theatre (SRT), in conjunction with Oceanside Theatre Company (OTC), celebrate the holidays with "A Christmas Carol: A Radio Play."

Join these two theater companies from the studios of "WOTC Radio" for an encore presentation of this adaptation of Charles Dickens' classic tale of miserly curmudgeon Ebenezer Scrooge and his visit from the ghosts of Christmas past, present and future. An OTC original

adaptation, this is great fun for the whole family.

Watch this encore presentation free of charge as a holiday present from Oceanside Theatre Company and Scripps Ranch Theatre.

Originally, these two theatre companies planned to livestream the performance of "A Christmas Carol: A Radio Play" from the stage of the Brooks Theatre in Oceanside this year. Due to the current COVID-19 situation, the two companies have adjusted. Instead, they will provide a filmed version of the 2018 version of "A Christmas Carol: A Radio Play" for free to the community. This encore version was filmed Dec. 23, 2018. The production is available to watch Dec. 19 to Jan. 3 this year. This is the link: <http://scrippsranchntheatre.org/christmascarol2020>.

"Theatre looks so different this year and the San Diego theatre community has adjusted. We are looking forward to sharing some holiday tradition with our audiences of all ages in a safe way," said Ted Leib, OTC artistic director and director of "A Christmas Carol: A Radio

Play." "We are happy to join forces with Scripps Ranch Theatre once again to share this holiday classic."

Scripps Ranch Theatre is a professional theatre company located on the campus of Alliant International University and is celebrating its 41st season. Helmed by Artistic Director Jill Drexler, Scripps Ranch Theatre produces a five-show mainstage season in their intimate 128 seat space. SRT is a leader in the Southern California arts community in developing and producing new plays with its annual Out on a Limb Festival of New Plays. SRT has a thriving Educational Program that tours across San Diego Schools and also provides an annual summer camp in partnership with the YMCA. Visit scrippsranchntheatre.org.

West Coast Oral Surgery

Over 25 years with a history of excellence!



Schedule your consult today!

(858) 536-2900

www.westcoastoralsurgery.com

Follow us:



Wisdom Teeth
Dental Implants
TMJ Disorders
Corrective Jaw Surgery
General Anesthesia
Extractions
Bone Grafting
Facial Trauma
Distraction Osteogenesis
Sleep Apnea Surgery
Jaw Reconstruction
Oral Pathology

9855 Erma Rd. Ste 100, San Diego, CA 92131

OWL
be home for the
HOLIDAYS

Downy
Woodpecker

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

Wild Birds Unlimited
Nature Shop

10549 Scripps Poway Pkwy. #B-3, San Diego, CA 92131
(858) 271-8457 • www.wbu.com/sandiego

\$10 OFF

Purchase of \$50 or more*

*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 12/16/2020 through 12/30/2020.



\$15 OFF

Purchase of \$75 or more*

*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 12/16/2020 through 12/30/2020.



\$20 OFF

Purchase of \$100 or more*

*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 12/16/2020 through 12/30/2020.



\$30 OFF

Purchase of \$150 or more*

*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 12/16/2020 through 12/30/2020.



COOKIE EXCHANGE

Continued from Page 5

5. Request the recipes.

Ask guests to provide a recipe card in their individual packages, or as the host, you can compile the recipes and share through email.

Double Ginger Gingersnaps – A personal favorite of Gilbert's, these are a ginger lover's dream! Ground ginger and crystallized ginger make the flavor pop on these cookies, which are crispy on the outside and chewy inside.

6. Share stories via video conference.

Many guests like to tell the stories behind their cookies. By scheduling time to connect, you will likely hear some heartwarming or hilarious anecdotes and maybe even some helpful tidbits.

Sugar Cookie Thumbprints with Spiced Jam – Inspired by a bakery treat, this holiday twist on a classic uses cinnamon or ginger-spiced jam.

7. Have fun.

Take time to ask how everyone has been and give them a chance to share what other traditions they're planning this year. While the party is about cookies, it is also about connecting, having fun and picking up a few new recipes to try.

Pecan Cookie Balls – These buttery melt-in-your-mouth cookies, also known as Mexican Wedding Cakes, make a great addition to any holiday cookie exchange.

Find these recipes and more by visiting McCormick.com/CookieExchange.

Tour lighting contest displays

A wonderful assortment of home holiday lighting displays are sparkling brightly in Scripps Ranch. Several homes with these brilliant displays have been entered in the 2020 Scripps Ranch News-24/7 Realty "Home for the Holidays" Lighting Contest.

Boost your holiday spirit by planning your own family driving tour to see these festive outdoor lights. Use the map below to organize your viewing route.

Anyone with a home in Scripps Ranch who decorated the outside of their home with holiday lights was eligi-

ble to enter the contest. Judges from 24/7 Realty selected the winners. The winners will be announced Christmas morning on ScrippsRanchNews.com. Photos and a story about the winning displays will be published in the upcoming January issue of Scripps Ranch News.

The prizes are provided by 24/7 Realty. These are the contest categories and prizes:

Norman Rockwell Award

A truly elegant display that accentuates and coordinates with the beauty and elegance of the home. \$250 gift card to Home Depot.

The Clark Griswold Award

The most over the top lights with lighting displays and motion. \$100 gift card to Amazon.

The Nostalgia Award

Reminds me of my childhood. \$50 gift card to Public House.

Misfit Toy Award

Best use of inflatables. \$25 gift card to the French Oven Bakery.

Grandma Got Run Over Award – Funniest

\$25 gift card to Nutmeg Café.

The Sparkle Award

Twinkliest lights. \$25 gift card to Board and Brew.

DOUBLE-YOU Catering & Classes



Chef Tina Hunter, owner and Scripps Ranch resident, is offering the following services:

COOKING CLASSES/PARTIES
(small groups)

PRIVATE CHEF

DROP OFF CATERING

DINNER PARTIES

LIVE MOBILE SUSHI BAR

GIFT CERTIFICATES AVAILABLE!

She is a Certified Culinarian, trained in Classical French, International and American Regional Cuisines. Menus are customized.

Instagram: @sdsushigirl

Facebook: DoubleYouCateringandClasses and Scripps Ranch Cooking Classes

Email: Cheftinahunter01@gmail.com

619-764-3454 (message for quick response)

I've been rolling since 2004!



SCRIPPS RANCH NEWS & TWENTY FOUR SEVEN REALTY

present

Home for the Holidays

lighting contest

Know Where To Go To See The Lights!

1. 11231 Vandemen Way
2. 11484 Swan Lake Dr
3. 11418 Winding Ridge Drive
4. 11592 Aspendell Dr
5. 11959 Trail Crest Pl
6. 11356 Village Ridge Rd
7. 11671 Spruce Run Dr
8. 11711 Aldercrest Point
9. 11205 Gatemoore Way
10. 10810 Ashlar Pl
11. 10921 Elderwood Ln
12. 11391 Legacy Canyon Pl
13. 11358 Merritage Ct
14. 11334 Merritage Ct
15. 11235 Deprise Cove
16. 100431 Rue Finisterre
17. 10182 Pinycastle St
18. 10221 Pinycastle St
19. 10222 Pinycastle St
20. 12736 Fairbrook Rd
21. 11808 Caminito Sanudo
22. 9710 Caminito Joven
23. 11945 Handrich Dr
24. 11666 La Colina Rd
25. 10021 Connell Rd
26. 10690 Oakbend Dr
27. 11862 Arborlake Way
28. 12116 Charbono St
29. 11626 Timberlake Dr
30. 10414 White Birch Dr
31. 9940 Dichondra Ct
32. 10272 Aviary Dr
33. 10203 Caminito Surabaya

SCRIPPS RANCH PHOTO SHOWCASE®



Capti Derek Woodman, a resident at The Glen at Scripps Ranch, grew this rose in the West Resident Garden. (photo by Roger A. Gee)



LEAN, GREEN MACHINE: A tiny praying mantis stands atop a leaf, ready for another exciting day in nature. (photo by Trung La)



A plant stands tall at the corner of Spruce Run Dr and Spring Canyon Dr. (photo by Sumedh Bahl)



Lake Miramar (photo by Riley Crider)



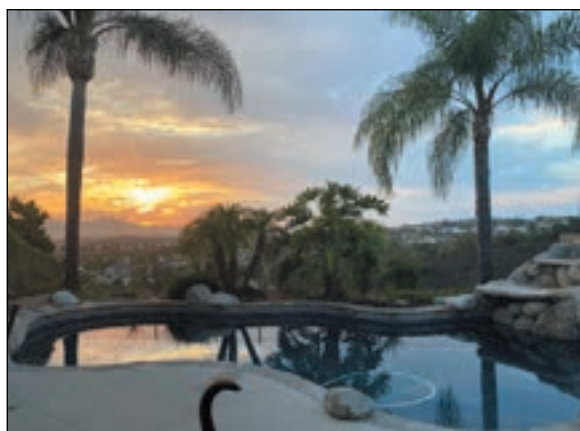
"Fall in the Ranch" (photo by Louise Bendinelli Roup)



A local resident found this two-foot long Western Diamondback snake hiding in his garage! (photo by Harvey Rogoff)



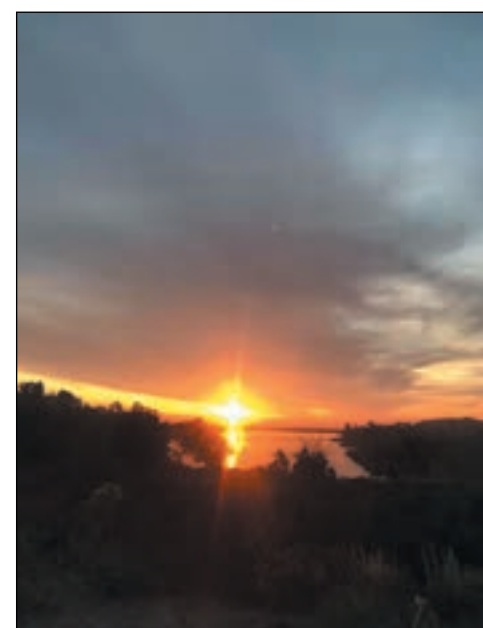
The beginning of the hiking trail off Semillon and Avenida Magnifica (photo by Jennifer Robinson)



Waking up early enough to see the sunrise has its rewards – even the dog is wagging its tail in approval. (photo by Lori Shelton)



Ranger proudly enjoys time at Lake Miramar. (photo by Dana Beisel)



Sunset over Lake Miramar taken from Lakeview Park (photo by Joan Lovell)

BLACK MOUNTAIN PLUMBING
 (858) 536-4161

SUPPORTING
SCRIPPS RANCH

www.blackmountainplumbing.com • License No. 782799



Jaclyn Macatee (#8) and Taryn Norberg (#15) celebrate a goal in the 3-0 shutout of Point Loma HS on Jan 28, 2020. (photo by John Cary)

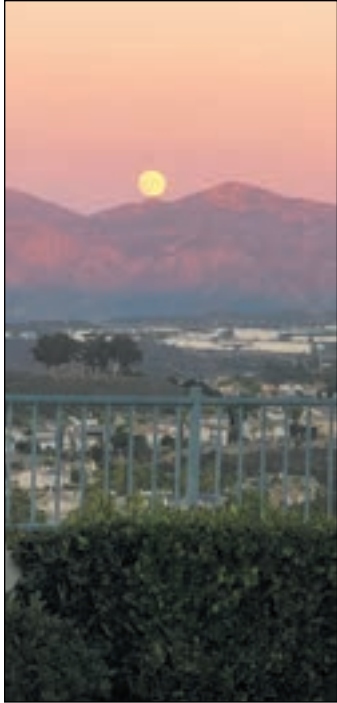
A rose in bloom (photo by Debbie Jefferson)



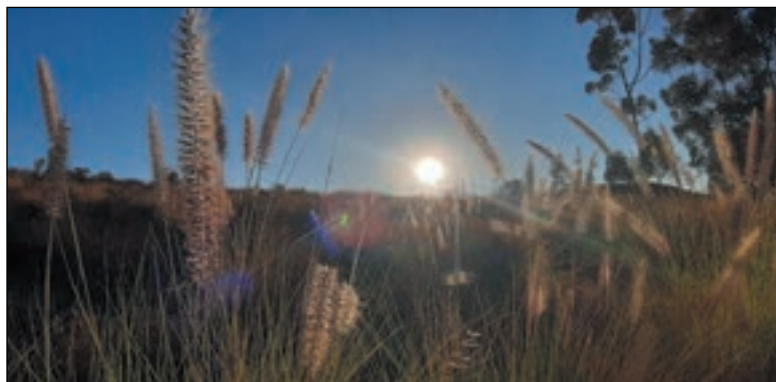
Raindrops shine on Tesla roof at sunset. (photo by Deborah Jefferson)



John James (JJ) Bridges represents living overseas in Japan and Alana Bridges honors her family from El Salvador during Cultural Heritage Day at St. Gregory the Great Catholic School. (photo by Gloria McKearney)



Backyard view facing Mt. Woodson (photo by Richard Danziger)



Rising sun over Cypress Canyon Park Drive (photo by Keshav Gopinath)

Happy Holidays!

We are proud to service you and your referrals in selling and buying real estate.

Call Us Today!!!
ROXANNE GOVARI
 619-598-1424
 roxanne@pemberleyrealty.com
 www.pemberleyrealty.com

Featured smile: **Levi**

- We go above and beyond CDC and ADA guidelines for COVID-19 protection.
- Proud sponsor of local schools and sports
- Experienced, friendly staff
- Personalized attention
- All types of braces and Invisalign offered
- We treat adults and children.

SCRIPPS POWAY ORTHODONTICS

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

Garwood Attorneys wishes you a very safe and happy holiday season!

GARWOOD
 ATTORNEYS
 Your Advocate for a **New Life.**

Specializing in
 DIVORCE, CUSTODY, SUPPORT & MEDIATION

We will handle the details – you just handle your life.

GARWOODFAMILYLAW.COM
 1450 FRAZEE ROAD, SUITE 501 • (619) 692-8100

Serving the Scripps Ranch Community since 1987! **858.586.7834** **SCRIPPS PERFORMING ARTS ACADEMY**

WINTER REGISTRATION NOW OPEN!

Large Bay Doors & Vented Skylights

Scripps Performing Arts Academy is more than a ballet school; we offer a nurturing, non-competitive environment that encourages each student to become the best that they can be without compromising their technical & artistic development.

There is another Option! Come Try Us!

All Programs offered with limited class sizes, 9-12 sq. feet social distancing, fresh air AND Online options!




Ballet * Pointe * Progressing Ballet Technique Conditioning * Jazz * Lyrical Jazz * Contemporary * Modern * Tap * Hip Hop * Musical Theatre * Private Vocal Instruction

ScrippsPerformingArtsAcademy.com

HAPPY *Holidays*

from Village Center Dentistry!

Best wishes for a wonderful holiday season and a new year filled with **smiles**.

-  Child-friendly office
-  Serving the entire family
-  Conveniently located in Scripps Ranch



Dr. Santoro and her sons, Nicholas Jenson and Andrew Joseph, are ready for the magic of Christmas!



 *Village Center*
DENTISTRY

♡ *Where everyone is treated like family* ♡

Comprehensive & Conservative Care

Fillings • Crowns • Invisalign (clear braces)

Cosmetic Veneers • Pediatric Dentistry

Schedule appointments easily



A journey to freedom: ‘No Way Back’

By Ashley Shah

The year was 1981, post-revolution Iran, a time of uncertainty for many in which more than 2 million people fled the country in search of a better life.

Mahshid Hager, a resident of Scripps Ranch, recounts her experience as a young girl confused by the conflicts in her country, Iran, in the play “No Way Back.”

“No Way Back,” released on Nov. 14 for online streaming, is a solo show performed by Jessica John and directed by Fran Gercke, presented by The Roustabouts Theatre Company.

The play begins with Hager as early as five-years old describing her thoughts and conversations as she grows older and watches her life in Iran fall apart.

She quickly takes the audience back to a happier time in life before the revolution and war with Iraq prior to bringing us along on the brutal and painful journey from Iran to Turkey and then finally Germany.

“Once we arrived in Germany, we didn’t have time to process and we were still in survival mode. We were trying to build a new life and establish ourselves,” Mahshid Hager said. “We didn’t have time to talk about the journey and that’s how trauma works because you’re still in survival mode and you don’t have time to process.”

Hager stayed in Germany from 1981 to 1991. She came to the United States in December 1991 on a student visa. After completing her undergraduate and graduate degrees in America, she became a therapist. In 2009, Hager began training in somatic experiencing therapy.

Somatic experiencing therapy is a body based, naturalistic approach to healing trauma.

“I was in training and it all just came back to me. I had tried writing about my experience in years prior, but my language would just fail me and I would get flooded with emotion, so I never finished it,” Hager said.

In 2016, Hager began trying again to recount her journey out of Iran.

“I really wanted to share my experiences because I thought it would be helpful for those suffering with mental illness or (for) other refugees. For the first time, the story just flowed on its own. It was five pages long and in a poem format. I was



Mahshid Hager

surprised because this time it was so raw and emotional,” Hager said.

After showing the piece to her friend, Marni Freedman, part of San Diego Writers Ink., she submitted it into a contest in 2017 called “Memoir Showcase.”

“That was the first time that I had ever published my story. There were 10 finalists and I ended up being one. I got a lot of positive feedback on the piece,” Hager said.

Phil Johnson of Roustabouts Theatre noticed Hager’s piece in 2017. He approached her with the idea of making it into a solo show, and she accepted.

“I had to learn how to be a playwright. It took about a year, but by 2018, I entered it in the Roustabouts solo show contest and won first place,” Hager said.

In 2019, Johnson asked Hager to revisit the piece and expand it. The play was set to be performed in full in September this year.

“At the beginning of this year, when the pandemic hit, I thought that it would be over. However, in summer Phil contacted me and told me he had a director and actress set up. It just felt right at that point to hand it off so it could be performed,” Hager said.

The play spans about an hour and is performed solely by Jessica John.

“It’s uncanny how good Jessica is at using different mannerisms and language. She never misses a beat. She performs it through my eyes, but she plays all the parts that include my mother, father and more,” Hager said.

Hager explained the main purpose of publicizing her story.

“I think there is a huge misconception about refugees. We have this image of them in our heads, but we have to understand that these people don’t just leave their homes because the grass is greener on the other side. There are circumstances that are just so bad that they are forced to leave their home,” Hager said. “Most refugees are really leaving everything behind that includes their family, lifestyle, assets and more. How we receive these people really matters because it will determine if these people will eventually become productive members of society.”

If more opportunities
See **NO WAY BACK**, Page 12

SCRIPPS RANCH





WE ARE OPEN & WE GOT THIS!

✓ OUTDOOR TRAINING

✓ COVID COMPLIANT

*Give the Gift of Health
and buy a gift card for..*



*Try one of our amazing
intro offers..*

BUY 6 GET 3 FREE

**PERSONAL TRAINING
SESSIONS**

2 WEEK TRIAL

**UNLIMITED CLASSES & USE
OF THE FACILITY**

QUESTIONS? CALL US! (858)271-1171


@FITNESSQUEST10


(858)-271-1171 | FITNESSQUEST10.COM 9972 Scripps Ranch Blvd. San Diego, CA 92131

SR Women's Club continues to stay active

By Bella Ross

Members of the Scripps Ranch Women's Club (SRWC) have remained active amid the pandemic, hosting online and in-person events as "a great way to break up the pandemic fatigue."

'Until we can get back to our regular activities later in 2021, we'll pursue safe, socially-distanced events ...'

—Donna Apprill

Club newsletter editor Lynn Parke said socially distanced outdoor events, including a beach walk and Turkey Trot, allowed members to see one another in person after being limited to virtual meetings until late summer.

"It was very fun. People said this was great to be able to connect again, to see each other again," Parke said.

While a small group of members have been comfortable meeting in open-air spaces with masks on, others have chosen to remain in isolation and continue to stay active through a virtual book club and other events.

One virtual event that brought



The Scripps Ranch Women's Club enjoyed a beach walk at La Jolla Shores in October. Pictured are (from left) Lynn Parke, Paula Marone, Donna Apprill, Patti Beaver, Sally Anderson, Angie Lanning and Annie Lanning. (courtesy of Scripps Ranch Women's Club)

together members was a cell phone photo contest in which everyone in the organization was invited to send shots of what they were doing to stay busy during the pandemic.

"Until we can get back to our regular activities later in 2021, we'll pursue safe, socially-distanced events, including a Zoom gourmet cooking class, small group outdoor happy hours and walks at the Japanese Friendship Garden, and other inter-

esting sites," Social Committee Co-chair Donna Apprill said.

The group also remained active through charitable giving, a practice that is central to the Scripps Ranch Women's Club mission.

In August, the club honored three Scripps Ranch High School women – Shravya Sanigepalli, Nicole Poirier and Kyla Yu-Swanson – with scholarship awards following a series of Zoom interviews.



Outgoing Scripps Ranch Women's Club President Susan Barnett (left) passes the gavel to incoming President Erica Berick. (courtesy of Scripps Ranch Women's Club)

"These are amazing, focused young ladies and they were very appreciative of their SRWC scholarships," Scholarship Committee Chair Laura Wright said.

Heading into the holidays, the group planned a Holiday Happy Hour, including a gift card drive for the Hidden Valley House domestic violence shelter, as well as socially distanced secret Santa exchanges.

Learn more at srwomensclub.org.

SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

COMPLIMENTARY ORTHODONTIC CONSULTATIONS

The time for new beginnings **is now.**

Let's get a **fresh start** on the new year!

SAFETY IS OUR PRIORITY!

- Temperature Readings
- Staggered appointment times for social distancing
- Strict disinfection and sterilization

SPEED UP YOUR ORTHODONTIC TREATMENT WITH PROPEL

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

- Reduce treatment time by 50%
- Accelerated Tooth Movement
- Improved Predictability

- Optimal Aligner Seating
- Assistance in Retainer Wear

myseasidesmiles.com | 858.271.4200 | 12036 Scripps Highlands Dr., Suite 100, San Diego, CA 92131



Jessica John as "Young Mahshid" (courtesy of Mahshid Hager)

NO WAY BACK

Continued from Page 11

arise, Hager would be open to expand on this story.

"This piece had really taken a life of its own. It was just supposed to be a short story, but I am grateful with all that's happened. I would love to do more with the piece if I can," Hager said.

She is currently working on a memoir that will include this piece.

"My biggest inspiration are refugees and the millions of young children who are not able to live their lives in their homes. This story has really shown me how impactful it is to share these experiences," Hager said.

The show has been extended through Dec. 20. Tickets to stream "No Way Back" can be found at theroustabouts.org/nowayback.

Seniors Corner: Missing senior year

By Ashley Shah

Seniors at Scripps Ranch High School (SRHS) provide their thoughts about missing “Friday night lights” as well as other traditional activities – and describe how they are coping with distance learning.



Shea Richardson-Pepper
Four-year lacrosse player

“I miss the dances and I’m nervous about not being able to have Prom. I really miss the football games too. It’s not so much about the game, but the people you’re with and the memories being made,” Shea Richardson-Pepper said.

She explained her experiences and struggles with virtual learning.

“It’s crazy to think that I’m a senior this year because it doesn’t feel like we’re in school anymore. I move from my bed to my desk to do work. Right now, it’s hard to make friends ... because we’re not really interacting with anyone anymore,” she said.

As a member of the varsity lacrosse team since sophomore year, she shared her disappointment in losing her season.

“Last year our season was cut short, so we only got to play like four or five games. Lacrosse is a big aspect of my life and most of my closest friends play it. Not having my senior sea-

son with my team hurts,” Richardson-Pepper said.

Despite her struggles, she remains optimistic about these trying times.

“As unfortunate as the situation is, I’m still really grateful to have what I have. I think it’s easy to focus on what we can’t do, but you really have to think of the bigger picture and that is that we’re a part of something historical now,” Richardson-Pepper said.

She is also a part of the SRHS yearbook staff.

Outside of school, she plays for San Diego Wave lacrosse and works at Chili’s.

She plans to attend a four-year university and play Division III lacrosse.



Steven Lancia
Captain of the varsity baseball team

“I miss watching the games. Some of my friends are on the football team, so it’s kind of a bummer that I can’t watch them play and cheer them on,” Steven Lancia said.

He shared his differing experiences regarding virtual learning.

“I like having only three classes now and not going to every class every day. The quarter system feels more efficient to me,” Lancia said. “However, I feel like it’s super hard to communicate now with teachers. It feels like everything is hidden behind a screen. You just can’t substitute the in-person experience

because we can’t just talk to our friends in the halls anymore.”

He hopes to have his senior baseball season this year.

“I want to win Western League again. We did that two years ago and I’m sure we would’ve done it again last year if our season didn’t get cut short,” he said. “I’m hoping to just practice and see the team again. They really become like your family.”

Outside of SRHS, Lancia plays for Trosky Baseball.

He hopes to commit to the University of California, San Diego to play Division I baseball.



Olivia Mann
Four-year cheerleader and pole vaulter

“I miss cheering at the games and rallies. The whole team is really close and I miss just meeting up with them and getting to practice and prepare,” Olivia Mann said.

She conveyed the positives and negatives of virtual learning.

“Just staying interested is hard because you’re not in a classroom and there are a lot of distractions around you at home. It’s hard because of the lack of interaction as well. I feel like it’s less stressful virtually though, so that’s nice,” Mann said.

As part of the pole vault team, she explained her feelings of missing her

season.

“It’s sad that I’m going to be missing both of my senior seasons. I’ve been a part of both teams for all of my four years and I was really looking forward to having this last season. I’m hoping that we can have somewhat of a season, but we just don’t know yet,” Mann said.

At SRHS, she is involved in the clubs Letters of Life and Pioneer Women.

Outside of school, she dances at SoCal - Dance.

Mann plans to attend a four-year university.



Grady Pond
Captain of the varsity lacrosse team

“It’s definitely a big bummer that we aren’t having football games this year. It’s definitely hard for the seniors on the football team who were looking forward to their last season. I feel bad for the freshmen because they aren’t able to experience those games,” Grady Pond said.

He shared his struggles about online learning.

“I miss the social interaction between students and teachers. Not having that face-to-face interaction makes it hard looking at it from a student’s perspective,” he said.

But, he described the benefits of virtual learning.

“I like how I can set my schedule. It makes it easy. See SENIORS CORNER, Page 14

SCRIPPS RANCH SCHOOLS

Openings for schools and sports delayed

Dec. 1 was the day statements announced the delay of in-person classes at San Diego Unified School District (SDUSD) campuses and also the delay of the California Interscholastic Federation (CIF) 2020-21 high school sports season.

SDUSD announced that plans to gradually open campuses to students were postponed and distance learning will continue longer into 2021: “Due to ongoing health concerns related to COVID-19 and the safety of our students, staff and community, we have decided to continue with online learning for the majority of students through the first part of the new year. However, appointment-based, in-person instruction will still be available on campus for students with the greatest needs through Phase 1. ... We plan to reassess the public health conditions and provide an updated timetable on Jan. 13.”

The CIF announced that high school sports will not be allowed to proceed with full practices or competitions until after Jan. 1: “Due to the continued surge in COVID-19 infections, the California Department of Public Health has postponed the issuance of its updated youth sports guidance. The California Interscholastic Federation does not expect the CDPH will issue any guidance allowing for schools to return to full practice and competition until after January 1, 2021, at the earliest. Thus, all full practice and competition start dates are officially on hold until updated guidance is issued.”

Sweet Treats
BY JESS

Custom cakes, cookies & more!
Place your holiday order.

@sweet.treats.byjess
@sweet.treats.byjess2020
sweet.treats.byjess2020@gmail.com

Hot Chocolate Cake

LYNCH DANCE INSTITUTE
(858) 282-9911
lynchdance.com

Teachers face distance learning challenges

By Kaila Mellos

Scripps Ranch public schools, like many all over the county, have been moved to only online learning platforms as San Diego remains in the purple tier. All schools are still learning how to make this work for their teachers and students.

"It has absolutely changed my perspective," said Timothy Leonard, a Scripps Ranch High School English teacher. "I've been more or less utilizing the same fundamental aspects of teaching for 13 years now: my presence, my voice and tactile engagement. Now, however, I feel like both hands are tied behind my back."

The online learning platform has not been the easiest to adjust for everyone, including the teachers who are using it to engage their students.

According to Zoom, daily

meeting participants' usage shot up from around 10 million in December 2019 to more than 300 million people in April 2020. The use of online platforms, like Zoom, to teach, has helped this number rise. However, it has cut out the connections in-person teaching can create between other students and the teachers.

"The learning environment is a lot quieter. This is not a good thing, in my mind," said Andrea Bowers, a Scripps Ranch High School English teacher. "Before, I could tell students were thinking about what we were doing because I could hear their conversations. Now when I join a breakout room, it is awkwardly quiet when I pop in."



Timothy Leonard

The online platforms create solitude for the students and make it hard to retain information and pay attention during classes.

"In many ways, it is harder to keep the students' attention on the lessons," said Casey Nakanishi, a fourth-grade teacher at Ellen Browning Scripps Elementary School. "We have lots of interruptions with rogue (and not so rogue) pets, baby siblings and life at home."

For teachers and students, it has been challenging to grow used to this setting. Some students have lost the motivation to continue with school during this time because it seems hard to imagine what will happen after this time. Students' mental health has also be-



Andrea Bowers



Casey Nakanishi

come a concern for teachers and schools.

"Our counseling department and school psychologist has a Zoom conference with those that are struggling," Bowers said.

"We still have a school counselor available on an appointment basis when needed," Nakanishi added. "We have also started teaching SEL (Social Emotional Learning) lessons once a week that center around acknowledging your feelings and what you can do with them."

It has been a challenge for kids in all grade levels to adapt to the new way to continue learning, some more than others. There are many steps to take before it can be back to the way it was pre-COVID.

SENIORS CORNER

Continued from Page 13

ier to get things done when you have more control over the day," Pond said.

He explained how the teachers have been helping.

"I think the teachers are trying really hard to make everything really inclusive and they've been very comforting. They're doing their best to keep us interacting with them," Pond said.

Outside of school, Pond participates in the volunteer organization Lion's Heart and plays for the Rotten Cheeseburgers club lacrosse team.

Pond hopes to attend San Diego State University and study political science.



Melina Dimitropoulou

President of Peer tutoring, member of Science Olympiad

"What I miss most is just seeing my friends. It's just hard to interact with anyone right now," Melina Dimitropoulou said. "I'm missing interacting with my teachers more directly. Virtual learning has been pretty hard to get accustomed to."

As president of Peer Tutoring, Dimitropoulou shared her challenges and experiences of running a club virtually.

"It was hard at first to get people to sign up for peer tutoring and send out the right links. It was new for us to be tutoring through Zoom," she said. "Things have worked themselves out though and we're able to tutor more people as well now since we don't have to physically be at school."

Dimitropoulou, a four-year member of Science Olympiad, explained her concerns for this season. Their competition will be in March and held virtually.

"Right now, we've been studying alone. I'm a little nervous to see how the competition will play out because a big part of the competition is being able to communicate with your partner directly," she said. "I think there will be a way for us to message our partners during the competition, but it's not the same."

Outside of school, Dimitropoulou ice skates at the San Diego Ice Arena.

She plans to attend a four-year university to study computer science.

Lic. No. 782799

Col. 3:17



Established 1993

Many take their plumbing for granted...
we never do!

-Black Mountain Plumbing

GET \$20 OFF

Your next plumbing repair
with Black Mountain Plumbing

*Not valid with any other offer.

Follow Us!



Plumbing Services

- Water heaters
- Diagnosis & Repair
- Remodel & Repipe
- Water Filtration Systems
- Plumbing Camera Service
- Drain Cleaning
- Leak & Pipe Location
- Litigation Support



PLUMBING-HEATING-COOLING
CONTRACTORS ASSOCIATION



Instant Online Booking!

(858) 536-4161 • www.BlackMountainPlumbing.com

9909 Hibert St., Suite E, San Diego, CA 92131

SIGN UP FOR SCRIPPS RANCH E-NEWS
IT'S FREE – A WEEKLY NEWS REPORT DELIVERED TO YOUR INBOX!

Includes the Scripps Ranch Weekend® report.

SIGN UP AT
scrippsranchnews.com/signup

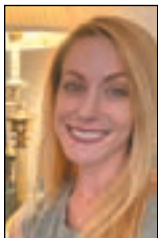
Some concerned about mental health issues

By Kaila Mellos

As San Diego County experiences rising case numbers of COVID-19, forcing many businesses to shut their doors again, schools that already moved back into phase one are remaining open.

“We are concerned by the continued spread of the virus in San Diego County but encouraged by the work of our educators and other employees to keep students safe at this difficult time,” said John Lee Evans, board president of District A for San Diego Unified School District (SDUSD).

While the SDUSD Board of Education is worried about the virus, some students have trouble with these transitions, both back in-person and over Zoom. There has been a trend of students failing classes and becoming disengaged in classes held over Zoom.



Julia McKane

Teachers are worried about students’ mental health during this time and have noticed some not adjusting well to the new system.

“I have identified some mental health issues, and I have had to refer some students to counselors,” said Judy Hillegas, a psychology teacher at Scripps Ranch High School (SRHS). “I do notice more depression through ‘blank faces’ and minimal body language. However, it is very challenging. Students have tech issues and don’t have a camera on. Is it a tech issue or something else?”

Classes on Zoom miss the connection for both the teacher and the student. It is harder for teachers to help students when there are issues.

“I have noticed more of my students are wanting more time on Zoom than we have to offer,” said Julia McKane, a special education teacher for moderate to severe students at SRHS. “My students ask if we can Zoom on the weekends and days off. It has proven difficult for me to implement the same boundaries during the pandemic, so I have created additional clubs for students to be engaged in.”

McKane, like many other teachers, is trying to keep students engaged and have

See **MENTAL HEALTH**, Page 16



Call
858-695-8427
for more details

Give the
GIFT OF HEALTH
in 2021

3 Classes AND Gloves
only \$**29.99!**

- Intense cardio workout
- No experience necessary
- All fitness levels welcome
- KIDSboxing on Saturdays and Sundays
- Owned by a Scripps Ranch resident
- Showers available
- Increased safety and cleaning measures in place – 100% compliant with CDC guidelines

We look forward to seeing you soon!



www.CKOmiramar.com

7094 Miramar Rd., San Diego, CA 92121
Follow us on social media @ckomiramar

TOGETHER BRINGING **BIG SMILES** TO THE WORLD!

kits
-for-
kids
is back!

Scripppy's
fun club



Join us this
holiday in
helping
children
in need!



Join us from December 1st through December 31st – for every patient we see, we will match an Oral Health Kit to give to children in need.

scrippysfunclub.com

CALL TODAY (858) 284-4765

Conveniently located next to Trader Joe's in Scripps Ranch, 9840 Hibert St., Suite B-4

MENTAL HEALTH

Continued from Page 15

some sense of normalcy in an online setting.

Not only is distance learning making it easier for students to fall behind, but for students with special needs, it is making it harder to learn and stay engaged, especially with a lack of special education assistants and teachers in the district right now.

Individual education programs (IEPs) are made at the beginning of each school year and are set to be fulfilled throughout the year. With classes over Zoom, it is making this more complicated.

"IEPs are being met by collaborating with the Student Success Team (general edu-

cation, related service, para-professionals, school psychologist, family)," McKane said. "Related service staff will join our Zoom class and do a full-group activity, and then continue to a breakout room for their separate setting. Accommodations are being met by having staff members in each class with students to guide and support."

Keeping in mind that each student has a set team, there are vacancies in some staffing positions. According to SRHS, there are two vacancies in the Special Education program teaching staff that have not been filled. With those vacancies come more challenges in keeping up with all the students.

Happy Birthday!



Happy 5th birthday Chase! You're truly a miracle baby and our favorite person in the whole world. We love you infinity! Mom & Dad.



Happy 9th Birthday Charlotte! We love you and your creativity and spirit. We are so proud of you. Love Mom, Dad and Lucas.

If you know someone having a birthday in January, you can send a message and photo to Scripps Ranch News and we'll share it on the special day on our Facebook and Instagram pages – and publish it in the next issue of Scripps Ranch News. Send your birthday message (25 words maximum) along with a photo and the birthday date to info@scrippsranchnews.com.

CLASSIFIED ADS ONLY \$10

for 40 words or less.

Automotive, Pets, Services, Business, Hobbies, Employment, Lessons, Real Estate, Rentals, almost anything.

Send your ad to:
info@scrippsranchnews.com



SRHS club promotes social justice for unity

By Hector Trujillo

The year 2020 has undoubtedly left a lasting impression upon the nation's psyche in many ways, while at the same time, becoming a call to action for some. Among those making a difference are Scripps Ranch High School (SRHS) students who recently announced the creation of a Social Justice Club.

"The killing of George Floyd and the rise of the Black Lives Matter movement made me realize that, although I may not be white, I am still privileged," said club President Victoria Denosta. "My eyes opened to the covert racism plaguing my high school and my community, ultimately sparking my interest in activism."

The club's main objective is to promote social justice in order to achieve a more united community. Club members hold discussions regularly to help raise awareness to achieve this objective while spreading information about resources and opportunities within the community.

"Since we started this club, there has been an overwhelming amount of support from the Scripps Ranch community," said club Vice President Alexis Sarabia. "We were lucky enough to start this organization with the help of some of our close friends and our teacher,



Several members of the Social Justice Club at Scripps Ranch High School help during a shopping run for donations for mutual aid organizations. Those pictured are (from left) Reki Fikre, Priya Kamath, Lara Cokic, Vice President Alexis Sarabia, Noah Hampshire and President Victoria Denosta. (Courtesy of Victoria Denosta)

Heather Francisco. Teachers, students, parents and friends have all expressed their interest and willingness to help our cause."

The club has 70 members and is growing, along with hundreds of followers on Instagram: @socialjusticescrippsranchnews.

Denosta, a senior, is verbally committed to play softball at Massachusetts Institute of Technology (MIT) and plans on majoring in political science, as well as double majoring or minoring in a STEM discipline such as environmental science and engineering.

"I needed to accomplish something meaningful in the fight against oppres-

sion," she said.

"I want to clarify that the Social Justice Club at SRHS only holds discussions and raises awareness for different opportunities to make a difference," she added.

There is a community organization called Social Justice Scripps Ranch that was created as an outlet for the members of the SRHS Social Justice Club so they can hold events like fundraisers and donation drives that are completely separate from the high school in order to comply with the guidelines of the school district and school administration. Next, the club is planning a donation drive for Father Joe's Villages in January.

CLASSIFIEDS

HEALTH & BEAUTY

Shannon Behan Massage

Home appointments now available. I strictly adhere to CDC and CAMTC guidelines. Visit my website shannonbehanmassage.vistaprintdigital.com for more information about my services or call 858-437-4676 to schedule an appointment with Shannon.

CORE MASSAGE THERAPY
CORE Myofascial therapy helps improve alignment through improving the state of fascia. The technique uses moderate pressure in a slow-motion, and releases tension and adhesions from the layer of fascia and musculature. \$50 for 30-minute session, \$80 for 60-minute session, 90 minute session is \$120. I offer a 20% discount for sports teams, dance teams, or athletic teams. Especially great for athletes wanting to improve performance. I am a specialist in Structural Integration using the Roling© method and CORE Myofascial by XPE Core Sports. I recently helped athletes prepare for the 2020 NFL draft combine. Regular

massage is \$75 for 60 min and \$90 for 90 min.

PERSONAL TRAINING

Fitness x Floyd, LLC.

NASM Certified Personal Training for family members of all ages. Private Gym. Private Outdoor Training Space. Virtual Training. 30 & 60 min. options starting at \$30+. Scripps Ranch Resident & Owner, Gwen Floyd (619) 867-9670 Fitnessxfloyd.com

PLUMBING

Best Deal Plumbing, Heating & Air

(License #770827) For all of your plumbing needs, water heaters - same day service, toilets, faucets, water pressure regulators and drain stoppages. Scripps Ranch residents Tom & Paula Conlon: (858) 578-7808.

CUSTOM SUSHI PLATTERS

Customized Sushi Platters delivered in SR

Includes: chopsticks, napkins, wasabi, soy sauce and natural ginger. Sauce options: dyna-

mite sauce, eel sauce, siracha and ponzu. Please place order by Wednesday evening to ensure the highest quality and freshness of ingredients. Specialty items upon request. Free delivery throughout Scripps Ranch - Lunch delivery starting at 10:00am and Dinner 4:00pm Saturday & Sunday minimum \$75 purchase required. Instagram - @sdsushigirl. Payments through PayPal, Venmo and CashApp. Chef & Owner Tina Hunter, Double-you Catering & Classes, Certified Culinarian and Servsafe Manager 619-764-3454 (message me for a quick response) I've been rolling since 2004.

TRAVEL SERVICES

Travel Advisor, Scripps Ranch
In these uncertain times, dreams of travelling to exotic destinations are never diminished. Keep those dreams alive and contact Jayne Gomes at Cruise Company of So Cal. We have travelled to over 75 countries and are here to assist you. Pricing is excellent now so plan ahead. Call 858-271-7303.



While you may not be making your usual visit to relatives or throwing your annual bash, there are many creative ways to make the most of the season and create happy memories for years to come.

Boost holiday cheer at home

(StatePoint) Many Americans will be unable to celebrate the holidays with their extended family and friends in person this year, making it all the more important to boost holiday cheer at home. Here are a few festive ideas for getting into the holiday spirit during this socially distant season.

Don't skip out on the decorations

You may not be hosting any houseguests, gatherings or big meals, but this shouldn't be the year to skip out on the full-scale decorating you typically enjoy. Lights, trees, garlands, stockings and wreaths can evoke favorite memories of past seasons and invite hope for future ones all season long. You can even set up a

video conference to enjoy the camaraderie of decorating with far-off loved ones.

Deck the halls with music

Add a digital piano to your holiday-scape to help elevate the mood with Christmas carols and other seasonal tunes. Consider Casio's line of PX-S console digital pianos, which have a striking design that fit any room, décor and mood. A glossy top panel and uni-body case evoke a luxurious acoustic grand in a sleek case that's barely larger than the keys themselves. Integrated Bluetooth audio lets you connect your device wirelessly to the musical keyboard, so you can play all your favorite holiday music through its powerful stereo amplification system.

Add favorite aromas

Now that you have the sights and sounds of the season covered, don't forget its delicious scents. Your nose will know the holidays have arrived when you bake that first batch of gingerbread cookies or light candles in scents like evergreen and peppermint. You can even try simmering a pot of water and add aromatic ingredients to it such as cloves, cinnamon sticks and rosemary.

Send season's greetings

Set aside an afternoon to compose and send holiday cards. This end-of-year tradition allows you to reconnect with the people you care about most and can help lend the season a touch of normalcy.



This is a great time to list

The real estate market has had its ups and downs in 2020. When COVID hit in March, the market all but came to a standstill. But that changed in the summer – and buyers are now out in full force, driving major increases in both home sales and home prices, and ushering in one of the most active fall markets in recent history.

According to data from the National Association of REALTORS®, in October, existing home sales were up nearly 27 percent from October 2019.

And all of that growth? It's projected to continue through the holidays and into the new year.

“With news that a COVID-19 vaccine will soon be available, and with mortgage rates projected to hover

around 3 percent in 2021, I expect the market's growth to continue into 2021,” said Lawrence Yun, chief economist for the National Association of REALTORS®, in a recent article for REALTOR® Magazine.

So, what does that mean for you? Buyer demand is extremely high right now, which is driving up sales, competition and prices – so, if you've been thinking about selling your home, now is a great time to make a move.

If you are looking to buy and/or relocate, you are not alone. A recent survey from LendingTree found that nearly half (46 percent) of respondents were planning to relocate in the next year – and that number was even higher for people who

See **TIME TO LIST**, Page 18

Brought to you by

TWENTY
FOUR
SEVEN **REALTY**

to find your local agent go to
www.247realty.com



Dave Parker
Financial Advisor

9968 Hibert St Ste 102
San Diego, CA 92131-1035
858-935-9080

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



SCRIPPS RANCH RESIDENT

Laura Stephens
Real Estate Advisor

C: 858-245-6475
lauras@247realty.com

DRE: 02082318 DRE: 02082304

Gratitude is a gift anyone can give – any day of the year. I am grateful for you, Scripps Ranch!

Excellent Service,
Real Estate Expertise
and Kindness

Laura is your **kind** of realtor!



Give your home the protection it deserves.

Your home is where you make some of your best memories, and that's worth protecting. We're here to help.

LET'S TALK TODAY.



Dave Murphy, Agent
Insurance Lic#: OB07853
12121 Scripps Summit Dr.
San Diego, CA 92131
Bus: 858-621-6681



Renee Murphy, Agent
Insurance Lic#: OB65148
12121 Scripps Summit Dr.
San Diego, CA 92131
Bus: 858-566-7100



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
1708137 State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX



BEST DEAL

Plumbing, Heating & Air, Inc.

Contractors Lic. 770827

In the plumbing business
for 50 years

Owned and operated
here in the community

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

Good Quality Work
at Reasonable Prices
Licensed and Insured

(858) 578-7808

10796 Charbono Terrace • San Diego, CA 92131

Care for window condensation

(StatePoint) If you take a look at your home's windows and doors in winter, you may notice condensation. As temperatures drop, it often appears on the inside and outside of these surfaces.

Here's what you need to know about why condensation occurs, when it matters and what you can do about it:

Interior condensation

When the heat is on inside the home in wintertime, a certain amount of humidity feels good – we breathe easier, our skin is less dry and there's less static in the air. This is fine usually, but when temperatures outside get extremely low, problems can arise. Under these circumstances, humidity can generate condensation on your windows – whether they're old or new – and this should be managed.

While there's no problem with condensation on the window glass itself, (except for the fact that visibility can be obscured) that condensation could affect wood trim around the windows and lead to mold and rot. Perhaps even worse, it could be an indicator that condensation is also occurring within your walls, which can lead to unhealthy mold.

Unfortunately, the most common sources of home humidity are everyday parts of life, including showers, cooking, doing laundry and even fish tanks. However, if you see condensation on your windows, there are two actions that experts recommend. One, if you have a humidifier, turn it down. The second, use a dehumidifier.

Exterior condensation

Exterior condensation occurs when the dew point temperature approaches the outside air tempera-



This winter, pay attention to your home windows, glass doors and other surfaces. Understanding the ins and outs of interior and exterior condensation can help you address potential issues. (copyright Youril/stock, Adobe.com and ProVia)

ture. When the air is saturated and can't hold any more moisture, water vapor forms droplets on surfaces – including your roof, siding, windows and doors.

If you have energy-efficient windows, you may notice exterior condensation occur more than you did when you had older, less energy-efficient windows that allowed warmth from inside the home to reach the outside glass pane and dissipate the condensation. Unlike with interior condensation, there's nothing to worry about in the case of exterior condensation. Moisture on the outside pane of glass is normal and a good sign that your windows are functioning correctly to prevent warmth from reaching the outside glass. The condensation will dissipate when the outside air temperature rises.

Next steps

If there's no condensation on the exterior of your windows but there's moisture on adjacent exterior surfaces, this would be a good indicator that it's time for new

windows. Also, if you get constant internal condensation on your windows in very cold weather and your humidity is low, then upgrading to a more thermally efficient window would be a good idea.

Look for high-performing replacement windows with the latest technological advances that offer maximum efficiency and comfort. Third-party recognition for a particular brand or product is a strong indicator that you're investing in a quality product. A recent "Remodeling" magazine survey of remodeling contractors ranked ProVia vinyl windows as number one in window quality in part because of their features that are tested against the most stringent requirements for air and water infiltration.

TIME TO LIST

Continued from Page 17

can work remotely (64 percent).

The biggest factors driving relocation decisions included:

- A desire to reduce living expenses (44 percent);
- Feeling their current home was too small (27 percent); and
- Looking for different features in a home (27 percent)

So, what does that mean for you? If you've been thinking about selling, with so many Americans considering relocation in the near future, many of those people are going to be in the market for a new home – making now a great time to list.

Whether thinking of buying or selling, it is a big decision and navigating the process successfully will be a breeze with your agent by your side.



Get **professional images** of your athlete in action by scheduling your event today!

[f](#) [t](#) [i](#) @justinfinephoto

justinfine.com | justin@justinfine.com

Five tips for decorating with table lamps

(StatePoint) Many people underestimate the power of lighting to set the mood and introduce different design elements into their home's interiors. As a result, they often make the mistake of relying solely on overhead fixtures to light their homes.

To get that cozy, homey feel, be sure to incorporate table lamps into your design scheme using these tips and trends from Eyely.com:

Use color

Table lamps can be a good way to add bold pops of color or complement the existing palette. Think about whether you want each lamp to act as a focal point or to quietly blend in.

Consider size

Make sure that what you're buying is actually meant to sit atop a table. Table lamps should be between 24- and 31-inches high and at eye level when you're sitting next to them. This comes in handy if you're using the lamp as a reading light. Those on the shorter end of the range are ideal for bedrooms, whereas taller lamps work best in living rooms and other spaces. You'll also need to note the size of the base – if it's too wide, it may not leave room on the table for books, coasters and decorative pieces.

Think purpose

There are many different types of lampshades and each offers its own benefits. An opaque or dark shade is good for minimizing glare if you're watching television. A less opaque shade will provide more light and give off a warm glow.

Pair up

Table lamps usually look best in pairs. If you have a long table, you can place a lamp on either end and then place additional decorations in the center of the table, or, use matching end tables on either side of a sofa to accommodate your twin lamps.

Define your space

Do you decorate around a theme such as farmhouse or mid-century design? Lighting can help you define the look. For example, if you're a bohemian type who prefers a minimalist style, shop for fixtures with an eclectic design and clean, simple lines. For mid-century modern rooms, look for clean lines and vintage-inspired finishes.

Mixing rustic and modern finishes can add a modern edge to a traditional space.

To get you started, consider these recommendations from Eyely.com:

To simultaneously harken the past and beckon the future, consider the Alani 34-inch Metal LED Table Lamp, which is evocative of 1960s futuristic space race-inspired design but plated in a modern brass finish.

Flank a table, sofa, or adorn bedside tables with a set of two, such as the Max 27-inch Glass Triple-Sphere LED Table Lamps. Glass blown into a trio of orbs, the look is completed with a matching finial and linen drum shade.

Whether adding a conversation-worthy lighting feature to an otherwise serious room, or completing a menagerie of animal-inspired decor items, the blue and white owl-shaped Kai 16-inch Ceramic Mini LED Table Lamp will give your home a touch of chinoiserie and woodland whimsy.

For more design tips, visit Eyely.com.



Redecorating? Be sure to include lighting that completes the look and feel of your interior spaces. (StatePoint)

Geneva
FLOORING
WOMAN OWNED & OPERATED

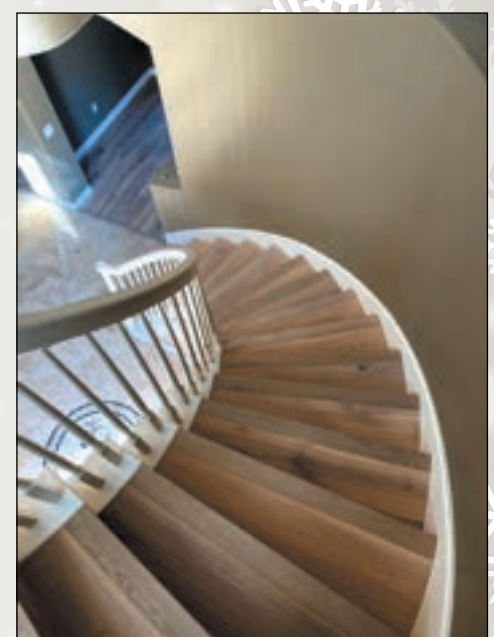
*Been staring at that floor for months?
Call now for a change of scenery!*

Now is the time to have something to look forward to.
Have the home of your dreams!

We are following the ADA social distancing guidelines and offer private showroom or in-home consultations with samples.

LIC#801132

Luxury flooring for
Every **home**, every **room**,
every **aesthetic**.



**SHOWROOM
OPEN**

Visit our new website with complete list of products.
Genevaflooring.com

(858) 547-8069

9360 Activity Road, Suite D, San Diego, CA 92126

REALTY

TWENTY
FOUR
SEVEN

Start The New Year With A

New Home

Stonebridge Luxury <i>in escrow</i> 	Over Asking <i>in escrow</i> 	Stonebridge Estates <i>in escrow</i> 
15671 Via Santa Pradera Representing Buyer	10424 Crosscreek Terrace Representing Seller	13137 Bella Rosa Representing Buyer

PB Condo \$10K under <i>in escrow</i> 	Scripps Ranch <i>sold</i> 	Mira Mesa <i>in escrow</i> 
4944 Cass St. #408 Representing Buyer	10455 La Vita Court Represented Seller	8838 Flanders Drive Represented Buyer Off Market

Scripps Ranch <i>sold</i> 	Scripps Ranch <i>sold</i> 	4S Ranch <i>sold</i> 
11573 La Colina Represented Seller	10029 Connell Road Represented Seller	16917 Vasquez Way #71 Represented Buyer

Rancho Penasquitos <i>in escrow</i> 	Luxury Listing <i>in escrow</i> 	Multi Unit \$80K under <i>sold</i> 
15005 Palomino Mesa Representing Seller	15795 Bacara Court Representing Seller	Oceanside Investment Represented Buyer

Call Now for our buyer and seller incentives!



Brittany Fuller 858.414.7703 02072851	Josh Nottingham 858.900.1300 01295227	Robyn Flint 858.414.1153 02129556	Felicity Hunter 858.444.5973 01912094	Julianne Super 858.598.4441 01959350	Ryan Williams 858.692.5354 01920458	Laura Stephens 858.245.6475 02082318
---	---	---	---	--	---	--