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# SCRIPPS RANCH NEWS

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## NEWS

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Create a festive atmosphere

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# SCHOOL OF ROCK

## is coming to Scripps Ranch

By John Gregory

Steve Peterson does not appear to be a loud, sloppy, rambunctious man. In fact, he seems rather calm, but he shares one important characteristic with Dewey Finn, the main character portrayed by Jack Black in the 2003 movie titled "School of Rock." Both have an unquenchable passion for rock 'n' roll music.

Peterson is hard at work preparing to open School of Rock Scripps Ranch at 12090 Scripps Summit Drive, the former location of Sanctuary Lounge.

Unlike the movie, School of Rock is a very real company – an international franchise – with a program, classes and teachers to help guide aspiring rock 'n' rollers through lessons in rock music.

"It started in 1998. It actually came out before the movie," Peterson said. "There are schools all over the world. It's very popular in Australia, South America, Europe."

Peterson said he began listening to rock 'n' roll when he was very young. He has played bass and guitar in several rock bands. The music has been a major influence throughout his life.

"It's so fun. There is so much energy and so much passion in rock 'n' roll. There is so much story," he explained. "It's part of our culture. It's part of what defines our lifetime in so many ways. You hear a song you haven't heard in 20 years and it makes you feel great."

Opening the local School of Rock franchise will be Peterson's first go at such a venture.

"I've been unwittingly preparing for this my whole life, honestly," he said. "I came from the high-tech world. I worked for Intel and Qualcomm, but I've always somehow

figured out a way to bring music into my work through different programs that I did with the big companies I worked for before. But now I get to do music full-time."

Peterson said Point Loma and Encinitas already have franchises. His daughter, Melanie, is already taking classes at one of them. He chose to open his School of Rock in Scripps Ranch for a couple of reasons.

See **SCHOOL OF ROCK**, Page 14



"Mosaic Path" by Erin Hanson

## Fall Colors

The striking painting above is titled "Mosaic Path" by contemporary impressionist Erin Hanson, a Scripps Ranch resident. It is one of 20 creations in her Fall Colors show, now on display at The Erin Hanson Gallery, 9705 Carroll Centre Road.

The collection focuses on Hanson's love for the unbridled hues of autumn. It includes pieces inspired by her travels through the East Coast, Kyoto, the Pacific Northwest and the southern parts of Canada. Hanson spent the fall of 2017 traveling to iconic autumn locales in search of premium fall colors at the very peak of the season change. She explored the furthest reaches of Acadia National Park and trekked through the East Coast from Maine to North Carolina. She then set out for Kyoto, Japan, for the ultimate in fall foliage. Visit [erinhanson.com](http://erinhanson.com).

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The staff at Scripps Ranch News extends warm wishes to all of our readers in hopes that each one will enjoy special times with family and friends during this wonderful time of year. Please see the special Holiday section on pages 10-11.

## The flower shack is back: STEM Floral Co. is now open

By Ken David

STEM Floral Co., located at 9992 Scripps Ranch Blvd. in the spot formerly occupied by Posies, opened Nov. 5 to provide Scripps Ranch and surrounding communities with a fresh take on beautiful flower arrangements.

Co-owned by Scripps Ranch native Madison Jones along with Andi Supergan, STEM offers flower arrangements, vase arrangements, flower crowns, corsages and boutonnieres

for student proms and other special occasions.

"We try to do custom-made arrangements," Supergan said. "Most flower shops have pre-made bouquets. We don't have anything like that. When a customer comes in, we ask what colors they are looking for, what style they like and if they like fragrance. Then, an arrangement is designed just for that person."

"I would say our style is funky and unique," Jones said. "We want every-

See **STEM FLORAL**, Page 2



Andi Supergan (left) and Madison Jones have opened STEM Floral Co. at 9992 Scripps Ranch Blvd.





The Glen at Scripps Ranch donated \$20,000 to the Scripps Ranch Fire Safe Council on Oct. 26. Those attending the presentation ceremony are (from left) firefighter Eddie V., Jessie Gates, Jerry Mitchell, Kristin Rayder, Richard Aschenbrenner, Karen Herreros and Sandy Wetzel Smith. (photo by Jacqueline Gregory)

## Fire Safe Council given donation

The Glen at Scripps Ranch marked Wildfire Awareness Month with a generous \$20,000 donation to the Scripps Ranch Fire Safe Council on Oct. 26.

The event, held at The Glen's offices at 9903 Businesspark Ave., marked the devastating Cedar Fire's 15th anniversary and served to remind San Diego about the importance of fire safety and preparedness. The Cedar Fire was a wildfire that burned 273,246 acres in San Diego County in 2003 and destroyed more than 300 homes in Scripps

Ranch alone.

This tragedy prompted the creation of the Scripps Ranch Fire Safe Council (SRFSC), which was formed in 2004. The purpose of the SRFSC was to take steps to prevent the Scripps Ranch community from losing homes in the event of the next wildfire.

The \$20,000 donation from The Glen will help the SRFSC provide 10 special fire equipment boxes to be placed strategically around the Scripps Ranch fire district for first responders in the event of wildfires. This

is the SRFSC's most current project. Equipment will include emergency vests, traffic cones, signs and flares that will be needed by city emergency crews to help with evacuations and traffic control in the event of a future wildfire or disaster.

The Glen is a new Continuing Life® retirement community coming soon to the Scripps Ranch area north of Marine Corps Air Station Miramar. Visit the Scripps Ranch Fire Safe Council at [srfiresafe.org](http://srfiresafe.org). Visit The Glen at [theglenatscrippsranchnews.com](http://theglenatscrippsranchnews.com).



All arrangements from STEM Floral Co. are made to order for each customer.

### STEM FLORAL

Continued from Page 1

one to feel like they're getting something special."

In addition to helping customers at the shop, STEM also takes phone orders and can deliver up to 25 miles away.

STEM is the first business venture for both women, but they bring a wealth of experience, having worked for years at Posies before that business' owner, Leigh Fischer, decided to close that longtime Scripps Ranch flower shop.

"Leigh trained us and gave us the love for being



The flower stand that once housed Posies has undergone a complete makeover.

florists and working in the flower industry," Supergan said. "She was such a hard worker, and when she said she wasn't going to continue having the storefront, she really supported us and said, 'You girls can do this if you wanted to.' So, we took a leap of faith."

Jones reported that community response to their soft opening the weekend before the official opening was good.

"People were so excited," she said. "Family and friends and the community all came in and wanted to see what we did with the shop."

Before opening as STEM Floral Co., the space received a substantial makeover, including a new roof, new insulation, expanded walls for more workspace, and new floors and workbenches.

Now, STEM is open for business with two owners ready to meet the community's floral needs with enthusiasm and their own style.

"Yes, we're young, but we care about this business so much, so we're ready to take this on completely," Jones said. "Hopefully, the community likes it and likes what we've done with the shop and continues to support us the way that they supported Posies in the past."

STEM Floral Co. is open Mondays through Fridays from 10 a.m. to 6 p.m.; and on Saturdays from 10 a.m. to 3 p.m. For more information, visit [stemfloralco.com](http://stemfloralco.com).

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# Teens promote self-expression through art

By Cynthia Kurose

The Scripps Miramar Ranch Library will host a community art show on Saturday, Dec. 8 at 3 p.m. in conjunction with the San Diego County-wide “One Book, One San Diego” reading program. Leading the planning for the show is a group of local teens who serve on the Scripps Library Teen Council. Through participation from the community, they hope to raise awareness about issues that matter to local residents of all ages.

According to the City of San Diego Public Library website, One Book, One San Diego is an annual reading program, now in its 12th year, whose purpose “is to bring together our community and encourage residents to join together in the shared experience of reading and discussing the same book.” The program is operated in partnership with KPBS, the San Diego Council on Literacy, and a host of San Diego-area universities and other educational institutions.

The annual book selection process begins in the spring



Members of the Scripps Library Teen Council volunteer their time to coordinate a number of events at the Scripps Miramar Ranch Library. They will host an art show on Dec. 8 in conjunction with the “One Book, One San Diego” reading program. (photo by Cynthia Kurose)

of each year, with nominations submitted by San Diego-area residents. Then the titles are narrowed down and decided upon by the One Book Advisory Committee. Books must meet eight selection criteria, primary among them: “Story (fiction or nonfiction) that is of high literary quality, and has a clear, compelling narrative and well-developed characters; Themes resonate with local and/or global communities, and people of all backgrounds; Inspires discussion, conversations, and action,” according to the website.

Each branch library is individually responsible for deciding what type of pro-

gram or event it will host locally to promote community discussion surrounding the selected book. This year’s chosen title is “March: Book One” by Congressman John Lewis, Andrew Aydin and Nate Powell, which is based on Congressman Lewis’ lifelong struggle for civil and human rights.

High school senior Haley Nguyen is president of the Teen Council, and has been involved with the organization since 2015.

“We were invited by our branch staff to decide what our program for ‘One Book’ would be,” she said. “We chose to do an art show because ‘March: Book One’ is a graphic novel ... so we want-

ed to honor that through an art show that would be more interactive and allow people to express themselves, versus just having a movie showing or a book discussion.”

According to a flyer for the event, artists of all ages and skill levels are encouraged to participate, and all art mediums are welcome. In order to ensure relevance to ‘March: Book One,’ criteria for submission require that the artwork submitted either “honor the Civil Rights movement, celebrate non-violent protest, highlight a contemporary cause that you would march for, or any combination of the elements above.”

Melissa Giffen is the youth services librarian at the Scripps Miramar Ranch Library. In considering the book that was selected by the One Book advisory committee, she noted that it was relevant and timely.

“Any time the book has timely material in it, you get a lot more engagement from your community,” she said. “This is supposed to reflect our community and

See **SELF-EXPRESSION**, Page 4

# NEWS

## Mother battles cancer for second time

Longtime Scripps Ranch resident Sandra Dougherty defeated breast cancer about four years ago. Now, she is fighting a second round of cancer. Both of her sons play club soccer and the Poway Vaqueros, along with other soccer clubs in San Diego, are collecting funds to offset her expenses for food and treatment costs. A GoFundMe page has been established at [bit.ly/2TdeBnN](http://bit.ly/2TdeBnN).

## Daniel ‘Doc’ Jacobs awarded Bronze Star

Scripps Ranch resident Daniel “Doc” Jacobs received the Bronze Star during a ceremony held Nov. 9 aboard the USS Midway. Jacobs, a veteran of the U.S. Navy, received the medal for helping other wounded personnel after being severely wounded by an explosive device during a military tour in Iraq. Jacobs had his left leg amputated and he lost several fingers from the explosion. U.S. Representative Scott Peters, who played a major role in securing the honor, presented the medal to Jacobs.

## The Watermark reveals first tenants

The Watermark retail center, scheduled to begin construction at Scripps Poway Parkway and Scripps Highlands Drive in 2019, posted information about its first tenants. Besides Whole Foods Market, The Element Hotel by Marriott and The Lot luxury cinema, they include Sur La Table (cookware and classes), Sephora beauty products, Shake Shack, Home Goods, Cucina Enotica restaurant, Geppetto’s, Pacific Catch restaurant, Francesca’s and Philz Coffee. Eateries will include CAVA Grill, Urban Plates, Mikko Sushi and Frost Gelato. The Watermark is scheduled to open in the fall of 2020.

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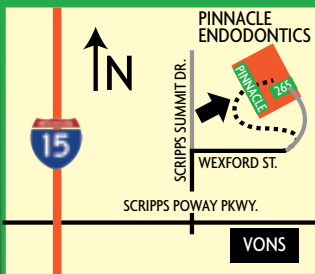
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## Local family spearheads holiday project

By Daniela Alvarez

As the holidays approach, the spirit of giving and helping approaches as well. Scripps Ranch resident Victoria Muschek and her family embody the true meaning of the holidays as they begin their seventh year collecting and packaging hygiene items for homeless youth in San Diego.

The Muschek family began this tradition after Thanksgiving seven years ago, when they all took a trip to the 99 Cents Only store and purchased hygienic products such as toothbrushes, shampoo and Band-Aids to put together “hygiene kits.”

After a couple of years of trial and error with handing out the bags to homeless people on the street, Muschek



Hygiene items sit ready to be sorted and packaged.

decided to partner with the San Diego-based nonprofit Monarch School. Established in 1987 in San Diego, the Monarch School is dedicated to breaking the barriers that hinder homeless students in becoming successful members of society. Monarch incorporates education with engagement.

“They approach everything with dignity,” Muschek said. “Most of these children and young people have lived in constant trauma, so the school treats and helps them as a whole individual.”

The San Diego County Office of Education and the California Department of Education reported more than 23,000 homeless students live in San Diego County. The pervasive issue of homelessness has united advocates and volunteers, like Muschek and her family, to find a solution.

“We can’t solve the problem right away, but we can do something and help others,” Muschek said. “If you’re in a position to give, then that’s what life’s about.”

Last year, Muschek and dozens of volunteers were able to put together approximately 500 hygiene kits, which lasted nine months for homeless students at Monarch. This year, Muschek hopes to create a year’s worth of kits.

Toothpaste, hotel-size toiletries, soap and toothbrushes are most welcome for donation.

Chile Peppers restaurant will again be the collection point for dropping off the donated items now through Dec. 18. Chile Peppers is located at 10299 Scripps Trail.

While Muschek faces the challenge of creating exposure for this project and for Monarch School, she still finds the work fulfilling and worthwhile.

“It’s definitely rewarding to be able to help children in a substantial way by giving them something that can last them for months,” Muschek said.

To learn more about Monarch School, visit [monarch-schools.org](http://monarch-schools.org). For questions regarding donations, contact Victoria Muschek at [bmuschek@san.rr.com](mailto:bmuschek@san.rr.com).

### SELF-EXPRESSION

Continued from Page 3

our community is, of course, going to have different viewpoints, and that’s great.”

In Giffen’s role, she advises and supports the Teen Council, but believes in allowing the student leaders autonomy to propose, develop and execute their own ideas, giving them an opportunity to experience a sense of ownership in their local library. In promoting the event, “the teen council has made an effort to say, ‘this is an inclusive event and as long as you’re being respectful, we would love to have your work,’” Giffen said.

Nguyen agreed that differing ideas will likely

come through in the artist submissions, and acknowledged that this event is intended to provide a platform for just that.

“There are a lot of different ideas in the community. At Scripps Ranch High School, there are a lot of things related to social justice that students are passionate about. The art show is an avenue for people to express themselves and also to observe what other people are thinking about,” she said.

Artist submissions are due by Nov. 25. For more information about the show, including how to submit art, or for general or membership questions about Teen Council, email [srlteencouncil@gmail.com](mailto:srlteencouncil@gmail.com).

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The Glen at Scripps Ranch is located off Pomerado Road on Chabad Center Driveway. Construction is set to be finished by October 2019. (photo by Laura Hogan)



The Glen at Scripps Ranch will have 400 residential living units in addition to a nursing health center.

# The Glen: a peek at the new retirement community

By Laura Hogan

The Glen will be Scripps Ranch's newest continuing care retirement community. The project is under con-

struction on a 53-acre site off Pomerado Road on Chabad Center Driveway. Once completed, there will be 400 residential living units in addition to a nursing health center.

Unit options will include

duplex villas with attached garage, garden terrace apartment-style flats and apartments attached to a central club house.

Management recently invited future and potential residents to attend a behind

the scenes progress update of what the community has to offer local retirees aged 60 and older.

Rick Aschenbrenner, marketing director at The Glen, said the community will boast a full activity program

with more than 250 activities a month coordinated by a professional program leader.

"Our people are fond of saying there are more things to do than time to do

See **THE GLEN**, Page 6



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## Local man leads GenerateHope foundation

By David Santillan

GenerateHope, a San Diego survivor recovery center, acquired a new home in Coronado to accommodate more survivors of human trafficking, according to GenerateHope CEO Dan DeSaegher, a Scripps Ranch resident.

The foundation GenerationHope held a fundraiser gala on Sept. 29 at the La Costa Omni Resort, announcing the launch of the new 14,000 square foot mansion transition home where survivors of human trafficking will live while on a program to recovery.

"I told everybody, 'that dropped out of heaven,'" DeSaegher said.

He said the 18-month renovation project initially caused a lot of stir in the local community, but managed to navigate through the criticism.

"We actually had the mayor of Coronado give a declaration (during the gala), declaring Sept. 29 as GenerateHope day," DeSaegher said.

GenerationHope was originally founded by San Diego clinical social worker

Susan Munsey and members of Harbor City Church in 2009.

The recovery center houses six survivors at a time who live with the "house moms," as part of an integrated program to help them recover from trauma.

DeSaegher said he grew interested in joining the center after learning about his daughter's involvement with a missionary-led summer program in Romania that helped sex trafficking survivors.

DeSaegher was surprised by how aware his then 15-year-old daughter was about sex trafficking, adding that he was even more surprised when she told him it was a problem affecting San Diego.

"I said, 'no it's not, it's an international problem,' and she said, 'you're the dumbest dad ever,'" DeSaegher said.

It wasn't long after that conversation that DeSaegher decided to do his own research on sex trafficking, saying he was floored when he learned about San Diego's statistics.



Dan DeSaegher

According to a joint study conducted by the University of San Diego and Point Loma Nazarene University, sex trafficking is estimated to be an underground \$810 million industry, with San Diego being ranked number 8 nation-wide for trafficking activities.

GenerateHope's website estimates 8,830 to 11,773 victims are trafficked through San Diego alone, 98 percent of them being girls between the ages of 13 to 16-years-old.

"I didn't believe it at first, (the statistics) were too big," DeSaegher said. "Its buried right under our noses."

Now, DeSaegher is looking to make more San Diegans aware of the issue and the various ways they can help.

"The number one need in San Diego is prevention and education," DeSaegher said. "Today, I'm full of gratitude for the fact that San Diego is waking up and starting to really mobilize to address a problem that's really tough to talk about."

For more information, visit [generatehope.org](http://generatehope.org).



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Unit options at The Glen include duplex villas with attached garage, garden terrace apartment-style flats and apartments attached to a central club house.

### THE GLEN

Continued from Page 5

them in. There is a fitness program, an indoor pool, state of the art fitness center, spa and salon," Aschenbrenner said.

Residents also have the opportunity to serve on resident committees in which they have the chance to shape many decisions including what lectures, activities and food and drink are available on site.

Aschenbrenner explained that the community is built to accommodate current independent living residents with long term care built into their contract.

"Residents don't own the

unit and they don't rent it either. It's what's called a continuing care and residence care agreement. They are relieved of the burdens of owning property. People live better and statistics show that people in these communities tend to live longer," Aschenbrenner said.

Carla Van Den Hout, a current Clairemont resident and future Glen resident, said she is anxious for construction to finish. She said she is most looking forward to living in a new environment with new possibilities.

"I have lived in the same house for 30 years. As I'm getting more mature, I cannot live in a two-story home. I am excited to be

living in a welcoming community with people of my own age group," Van Den Hout said.

Van Den Hout, who has some health limitations, also expressed the comfort she will have living in a place where she can obtain reliable assistance if needed. Her Glen apartment will be located on the main floor where she will have easy access to anything she may need.

Final construction on The Glen is expected to finish in October 2019. According to Aschenbrenner, of the 400 available units, only 10 percent are still available. For more details, visit [theglenatscrippsranchnews.com](http://theglenatscrippsranchnews.com).



# Becky's Gift drive seeks donations

By Ken David

The ninth annual Becky's Gift project, which seeks to provide toys and other help during the holiday season to families affected by cancer, has begun collecting toys for children age 1-16 years. The goal this year is to collect 1,000 toys.

Anyone interested in donating new, unwrapped toys or gift cards for this year's effort can drop them off at Scripps Rock Dental, 12112 Scripps Summit Drive, Suite C; or St. Gregory the Great Catholic School, 15315 Stonebridge Parkway. Gift cards can also be donated.

Gifts gathered through the drive will be delivered to UCSD Moores Cancer Center, The Oncology Associates of San Diego, and South County Hematology and Oncology Center.

The gifts play an important role in helping people and families going through cancer treatment celebrate the holidays, according to Becky's Gift co-organizer Christie Jackson. She saw a close family friend struggle to celebrate the holidays while also spending money on cancer treatment, medicine, dealing with fatigue and worrying about the risk of getting sick while shopping.

"We saw that need. We saw the parents going through treatment, and if they're strapped, they can't give their kids the Christmas they think they should have," Jackson said. "My friend wanted her kids to go on with a normal life, but that was hard because you don't want to get sick and you're too tired. That's how it all came about."

Jackson, along with friend and co-organizer Becky Walton, put the word out to friends the first year and gathered 200 toys in a week. Encouraged by that success, Walton, Jackson and their supporters have kept the effort going for nine years.

Thank you notes demonstrate the impact the gift drive has for its recipients.

"Becky's Gift is truly a blessing at a time when cancer has taken over our family's life," said one patient who wished to remain anonymous.

"Going through cancer, the focus has been all on me. It's nice that Becky's Gift is available to be able to give my kids a toy," said



Volunteers help deliver gifts collected in a past Becky's Gift drive to the Moores Cancer Center. (courtesy of Becky's Gift)

another.

Jackson pointed out that Becky's Gift sometimes comes up short on donations for older kids, so keeping children age 14-16 in mind is appreciated.

In addition to dropping off

gifts at the locations mentioned earlier, anyone interested in donating or helping can contact Becky Walton at [beckywalton@san.rr.com](mailto:beckywalton@san.rr.com), Christie Jackson at [christie@jacksonlane.com](mailto:christie@jacksonlane.com) or visit [facebook.com/BeckysGift](https://facebook.com/BeckysGift).



Rotary Club of Poway-Scripps members helping with Becky's Gift drive are (front row, from left) Cecile Bowser-Robinson, Bobby Faaborg, (center) Shelley Zimmerman, Bill Stoudenmire, (back row) Pauline Getz, Karen Herrerros, Dan Singer, Jan Kane and Ben Greenway. (courtesy photo)

## Rotary Club helps with gift drive

The Rotary Club of Poway-Scripps is helping to collect toy donations to benefit Becky's Gift Toy Drive.

Their Becky's Gift drop off sites can be found at the dental office of Dr. William Racicot, 13206 Carriage Road, Suite. 105, and Mainstream Bar & Grill, 13385 Poway Road, in Poway; and at Chase Bank, 9994 Scripps Ranch Blvd. in Scripps Ranch. Toys should be new and unwrapped and suitable for babies up to teens aged 16.

The gift drive will be held through Dec. 15. Donations may be brought to any of the above locations.

Becky's Gift began in 2009 when Scripps Ranch residents Becky Walton and Christie Jackson witnessed

the difficulties of cancer patients not fully experiencing the holidays while undergoing cancer treatment. Due to the treatment, parents are often unable to shop for their children.

Becky's Gift collected more than 1,500 toys last year, which were distributed to patients among three cancer centers: UCSD Moores Cancer Center, The Oncology Associates of San Diego, and South County Hematology and Oncology Center.

The Rotary Club of Poway-Scripps was founded in 1951 and meets every Wednesday at noon at Mainstream Bar & Grill. The service club completes projects locally, regionally, and globally to enhance the quality of life worldwide.

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Peter, Shannon, EJ, Aaron and Judah Horton dressed as In-N-Out Burger employees.



Kamryn Sablad, 8, proudly sports her poodle skirt on Halloween. (by Catherine Sablad)



Brian and Cynthia Kurose dressed as Ghostbusters while son Andy stole the show as the Stay Puff Marshmallow Man.

## HALLOWEEN MEMORIES

Scripps Ranch neighborhoods were crawling with ghosts, skeletons, super heroes and characters of all sorts on Halloween night. Here are a few photos from readers sharing images of fun costumes from what was a night to remember.



Youngsters participate in a neighborhood pumpkin carving party. (by Melanie Potter)



These sisters had a "spooktacular" Halloween as Snow White (Julia Singh) and Thomas the Train (Victoria Singh). (by Oly Singh)



The choir from Ellen Browning Scripps Elementary School was on hand to perform.

## One last, great day

A huge crowd dressed in Halloween costumes enjoyed one last day at the Scripps Ranch Farmer's Market on Oct. 27. After 17 years, the market had to close because the San Diego Unified School District board will redevelop the property where it was held. Nevertheless, Farmer's Market manager Beverly Cassity was honored as locals gathered for a delightful celebration. (photos by John Gregory)



Beverly and Mike Cassity



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## Boy Scout completes garden project

By Anna Ruth Ramos

One Miramar Ranch Elementary School (MRE) alumnus paid it forward to his alma mater on his path to the Eagle Scout designation. The 17-year-old Francis Parker senior, Nikhil Kalita, is an Eagle Scout in the making and he orchestrated a garden box project at the MRE garden.

Kalita is a member of Scripps Mesa Troop 616, the first Boy Scout troop chartered in Scripps Ranch, according to Scoutmaster Paul Honeycutt.

"I'm not an Eagle Scout yet. There's 21 merit badges. Eleven of them are Eagle-required ... I have all of the badges [and] I just need to do a few more nights of camping to get the Eagle Scout rank," Kalita said.

Scouts usually become Boy Scouts at sixth grade, but Kalita, who started in late middle school, worked hard to earn his merit badges.

"Those Eagle-required merit badges include citizenship in the nation, the world, the community, family life and all these aspects of life that are important," he said. "So, it teaches us a lot about everything. ... To be an Eagle Scout you have to do a project. There's a lot of requirements like the proposal, applications for fundraising, so you have to do all that paperwork beforehand."

Part of his garden project was funded by his parents and the other was made possible by a community fundraiser via Mira Mesa's very own Sharetea.

According to his proposal, his MRE planters have a five-part purpose: to avoid termites, to accommodate edible plants to be served in the cafeterias, to be more safe and accessible for students, to be useful in teaching healthy eating habits and responsibility, and to serve as a primary example for additional replacement planters in the garden.

"The problem with it was a lot of these plants get infested [with termites] and they can't be put in the cafeterias," Kalita said. "I went to Miramar Ranch [Elementary] when I was a kid and I moved to Francis Parker. So, I thought I could connect to it. I get to help this school that helped me out a lot when I was younger."

According to Kalita, the two-day project took seven hours each day and was accomplished at the end of August with the help of his



Nikhil Kalita chose garden box construction at Miramar Ranch Elementary School as his Eagle Scout project. (courtesy photo)

friends, fellow scouts and his scoutmaster.

Kalita also credits a lot of his work from the initial planning to execution to one mentor, MRE Garden Club Coordinator Eric Morgan.

"He was excited to come back to do something for the elementary school and he was very organized. He really cared about the project and he did an awesome job," Morgan said. "We've had people come out and do other projects for us and it seemed like they just are trying to get something done, but it seemed like he really cared about the project and he did an amazing job on it."

Scoutmaster Honeycutt had this to say about Kali-

ta's Eagle Scout rank acquirement process: "The first thing I always tell my Scouts is to have fun and be safe. The second is the standard Boy Scout message which is our motto: 'Be prepared.' Those messages apply to every Scout, not just Nikhil."

Graduating in 2019, Kalita said he plans to go to college in the East Coast and major in the arena of health and pre-med.

"[Being an Eagle Scout] means a lot. I've done a lot. It means helping my community and helping my family. Being a leader is what it means to be an Eagle Scout," Kalita said. "So, I think interacting with every person who's close to you is really important."

## Scout builds storage shed

A much-needed storage shed for athletic equipment appeared on the lower field at Miramar Ranch Elementary School (MRE) recently because yet another prospective Eagle Scout chose the school to benefit from his Eagle project.

Joshua Cox, a junior at Scripps Ranch High School, spent three Sundays building the shed, along with the help of a handful of vol-

unteers. Now, physical education coaches won't have to push a cart filled with athletic equipment from the upper playgrounds down a very long path to the lower field.

Joshua raised money for the kit, which he purchased from Lowe's Home Improvement. Fortunately, Lowes offered a significant discount and delivered it for free once the employees learned the shed was for his Eagle Scout project.

The kit weighed 400 pounds. The deck was built the first Sunday. Then the walls were built the next week, then the roofing was attached, the ramp completed and paint applied. Volunteers worked from about 8:30 a.m. to 4:30 p.m. each Sunday until it was completed.

The path to becoming an Eagle Scout is long and rigorous.

"This is the main project. They must plan. They have to budget. They must raise money for it. They have to meet with a counselor to get it approved," explained Felicia Cox, Joshua's mother. "It's kind of like being a project manager."

The finished project must be approved before Joshua goes before an Eagle board of review. He is hoping to finish the process by February.



Joshua Cox

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Local Girl Scouts hope to get people excited about the upcoming Scripps Ranch Girl Scout Tree Lighting on Dec. 9. (courtesy photo)

## Scripps Ranch Tree Lighting set

**H**o, ho, ho! Santa is on his way to Scripps Ranch and will be riding into town for the 36th annual Scripps Ranch Girl Scout Tree Lighting. This year's Tree Lighting will be Sunday, Dec. 9, from 3 to 5 p.m. at Jerabek Park and is hosted by Junior Troop 3154. The concert in the park will follow immediately after.

The event's theme will be "Winter Wonderland." It will again serve as a collection point for toys and games for Toys for Tots, and everyone who donates will receive an event patch.

Other festivities include winter themed crafts, winter wonderland and snow-

man décor, visits with Santa and carols sung by all levels of Girl Scouts.

Girl Scouts will also host a bake sale featuring a variety of tasty items from brownies to cookies and other festive treats and warm beverages. Those planning to attend are encouraged to bring a few dollars for these tasty treats which will be available for \$1 per item. The proceeds from this annual bake sale will benefit the Girl Scout SHARE program which helps fund girl scouting activities for girls who are unable to afford them.

This event is sure to put you in the winter season spirit!

# Holiday Events

### COMMUNITY FOOD DRIVE Nov. 26-Dec. 19

Dingeman Elementary School is starting a Community Food Drive and is encouraging all students and the community to bring in non-perishable food goods to help those in need. The Food Drive will run Nov. 26-29. All the food collected will be donated to San Diego Food Bank. Drop off items at the school, 11840 Scripps Creek Drive.

### KIDS' HOLIDAY SHOP Nov. 28-Dec. 7

Jenny's Penguin Patch Kids' Holiday Shop allows students at Ellen Browning Scripps Elementary School (EBS) to experience the joy of giving while secretly shopping for their families at kid-friendly prices, in the safety of their own school. Gifts start at 25 cents, with the majority \$10 and under. Students gain a sense of pride and independence while given the opportunity to earn, budget and pick out gifts for their loved ones. Held in the EBS library Nov. 28-Dec. 7.

### 'MIXED NUTS' Dec. 8-9

The Lynch Dance Institute

presents "Mixed Nuts" holiday dance performance. Enjoy this fresh take on the old holiday classic. Includes many dancers from Scripps Ranch. Shows are Saturday, Dec. 8 at 7 p.m.; and Sunday, Dec. 9 at 3 p.m. in the Joan B. Kroc Performing Arts Center, 6611 University Ave. Buy tickets at [bit.ly/2qO1TUc](http://bit.ly/2qO1TUc).

### 'THE NUTCRACKER' Dec. 7, 8, 15, 16, 21-23

The Scripps Performing Arts Academy in conjunction with the Scripps Ballet Theatre will perform Tchaikovsky's Full-Length Ballet "The Nutcracker." The production includes numerous performers from Scripps Ranch. Performances will be Dec. 7 at 10 a.m.; Dec 8 and 9 at 2 p.m.; Dec 15 and 16 at 2 p.m. at the David and Dorothea Garfield Theatre, 4126 Executive Drive. Buy tickets at [bit.ly/2zd23sR](http://bit.ly/2zd23sR). In addition, the Scripps Performing Arts Academy will present an abridged version at the Nutcracker Holiday Tea on Dec 21-23 in The Elizabeth Ballroom at The Fairmont Grand Del Mar, 5300 Grand Del Mar Court. For tickets to the Nutcracker Holiday

See **HOLIDAY EVENTS**, Page 11



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The excitement reaches a crescendo as Santa Claus arrives at the annual Scripps Ranch Symphony in the Park Holiday Concert. (photo by Ralph LoVuolo)

## Santa's arrival will highlight Holiday Concert

**S**anta Claus will be the guest of honor as he arrives on a red fire truck with lights flashing at Jerabek Neighborhood Park on Sunday, Dec. 9 for the annual Scripps Ranch Symphony in the Park Holiday Concert.

The musical portion of the event will begin at 5 p.m. with live, holiday-themed music. Children can expect light sticks and candy canes. Santa will arrive as the music begins to wrap-up. The event will officially end at 6:30 p.m.

The Holiday Concert draws a large crowd. The excitement builds as the music winds down near the end of the concert as the siren from the fire truck carrying Santa can be heard when the truck nears the park. Exuberant youngsters cheer loudly as Santa arrives and walks into the park. The jolly old elf stays around until he visits with each and every child in attendance.

Sharp HealthCare is the official sponsor of this year's holiday concert.

Scripps Ranch Symphony in the Park is a 501(c)(3) non-profit organization that

organizes and holds free summertime concerts for the community once each month from June through September. The annual Holiday Concert in December is the last concert of the year, closing out the Scripps Ranch Symphony in the Park season. Those wishing to learn more or wanting to contribute to Scripps Ranch Symphony in the Park may visit

symphonyinthepark.org.

Those planning to attend the Holiday Concert should dress in warm clothing and arrive early to find parking. Visitors may bring low-backed chairs to sit in and picnic baskets are allowed. Pets and plastic tarps are not allowed.

*Jerabek Neighborhood Park is at 10150 Avenida Magnifica.*

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### HOLIDAY EVENTS

Continued from Page 10

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**GIRL SCOUT TREE LIGHTING**  
Dec. 9

Annual Scripps Ranch Girl Scout Tree Lighting, Sunday, Dec. 9, 3 to 5 p.m. at Jerabek Park. Free.

**HOLIDAY CONCERT**  
Dec. 9

Annual Scripps Ranch Symphony in the Park Holiday Concert featuring live music, candy canes and a visit from Santa Claus; Jerabek Park on Sunday, Dec. 9, 5-6:30 p.m. Free.



# THE SCRIPPS RANCH



Luke Monday portrays Georg and Taylor Magee plays Amalia in the Scripps Ranch Theatre production of "She Loves Me." (photo by Ken Jacques)

## SR Theatre presents 'She Loves Me'

"She Loves Me," a warm romantic comedy with an endearing innocence and a touch of old-world elegance, is now playing through Dec. 16 at Scripps Ranch Theatre.

Shop clerks, Amalia and Georg, work together – and don't see eye-to-eye. This euphoric romantic comedy follows their story as they each respond to a lonely-hearts advertisement and their lives intertwine. The score is filled with some of the most iconic songs in the musical theater canon including "Vanilla Ice Cream," "She Loves Me" and "Will He Like Me?"

"She Loves Me" is directed by Ted Leib. Musical direction is by Terry O'Donnell and choreography is by Marc Caro-Willcox.

The cast includes Cassandra Bleher, Josh Bradford, Danny Campbell, Joseph Grienberger, Steve Lawrence, Taylor Magee, Luke Monday, Kailey Brenna O'Donnell, Andrew Paiva, Tara Brown-Sampson, Tanner Vidos, Marc Caro-Willcox, Krista Wilford and Eden Young.

For tickets and show times, visit [scrippsranchntheatre.org](http://scrippsranchntheatre.org).



Members of Active Scripps Ranch Singles enjoy a toast during a visit to a winery. (Courtesy of Steve Wolff)



A monthly group hike is usually one of the events offered by Active Scripps Ranch Singles. (Courtesy of Steve Wolff)

## Local singles group keeps an active schedule

By Terry L. Wilson

Created by Steve Wolff and Barb Leon, the Active Scripps Ranch Singles (ASRS) was designed as a singles activities and support group geared to Scripps Ranch residents 40 to 60 years of age.

"We selected that age range because our group tends to be a bit more on the active side," Wolff said. "Our activities include hiking, boogie boarding, snorkeling and dancing at various clubs. As a rule, individuals in their 60s and older generally prefer less strenuous social gatherings and they need a social group of their own in Scripps.

"The name we chose was selected to separate us from that group. We didn't want to step on their toes, so we created the moniker Active Scripps Ranch Singles. We thought that would give people the impression that our group doesn't just sit around hav-

ing afternoon tea. We want them to know that we're actually going out and doing things."

The ASRS made its debut in 2016 after Wolff ended a 10-year relationship. After jumping back into the deep end of the dating pool, Wolf eventually came up with an alternative way for singles living in his backyard to meet their like-minded unattached neighbors.

"I was starting to get back into the singles scene in San Diego and I kept bumping into people that were from Scripps Ranch," Wolff said. "I found this interesting. Because when you live in Scripps Ranch you have this impression that Scripps Ranch is all about helicopter parents, families and kids' sports."

Wolff saw a need to help local singles of a specific age range to meet new faces by creating a variety of activities that would fit their interest and lifestyle.

"I got a few people together;

we sat down and began tossing around the idea of forming a Scripps Ranch singles group," he said. "We learned that there was once a group like ours, but all they did was sit around at Filippi's and eat pizza once a month."

As appetizing as pizza can be, the idea of a pepperoni posse whose only desire was to decide what kind of topping they wanted on their pie wasn't spicy enough for Wolff.

"I knew we wanted something different, something that would appeal to our age group and interests," he said. "So, we formed a group to do just that."

First, they began outlining a selection of activities that would attract Scripps Ranch singles. Then they went about promoting the new club.

"That's basically how it got started," Wolff said. "As we grew, Barbara and I became co-presidents. We decided to have one member of each sex as organizers. It's

grown to the point where we now have an Organizing Committee to deal with promotion and activities."

The latest head count tallies 130 members, but Wolff said that the club has more women than men. He encourages men to check out the group, but emphasizes that ASRS is not a dating club, and it's only open to residents of Scripps Ranch. Members, however, are allowed to bring guests.

The ASRS has two to three regular events every month. Examples of events are a Miramar Lake walk, an I Need A Drink party, plus live music outings along with a potluck and game night at a private home, just to name a few.

Wolff is a transplant from across the pond and a popular local musician. Learn more about that by visiting [wolfflive.com](http://wolfflive.com). For information regarding the ASRS, email [activesrsingles@gmail.com](mailto:activesrsingles@gmail.com).

## Welcome Club sets many festivities to close out the year

By Denise Stewart

The Scripps Ranch Welcome Club has a December calendar full of end of year events.

The fun starts at the Holiday Coffee, to be hosted by Past-President Karen Reilly on the morning of Dec. 5. Karen has a talented team of co-hostesses with JoAnn Farmen, Anne Steele and Liz Erickson preparing to fill the table with delicious brunch dishes and seasonal desserts. Hostess Karen requests that, for this event, all calorie counters be left at home.

The regular monthly Welcome Club business meeting at the Community Center on the evening of Dec. 10 will be a short one to allow ample time for festivities which include the traditional voluntary gift exchange



Coffee with the Welcome Club on a lovely autumn morning makes a great start to a day. Pictured are Sandy Desmond, Pernille Frandsen, Marty Salkin, Carol Ceserone and Sheri Smith

and holiday refreshments.

On Dec. 16, the highlight of the holiday season will be a Dinner Dance at the Country Club of Rancho Bernardo. A lavish selection of small bites will be passed during the cocktail hour, and a choice of dinners will follow. While guests mingle

and dine, DJ Scott "Yo" Rider will again be enhancing the experience with music selections tailored to the crowd. Favorite tunes after dinner always do a great job of bringing the celebrants to the dance floor.

Book readers, Bridge players, Bunco rollers, Craft-

ers and Trailwalkers have their own smaller gatherings through the month to pursue their interests and celebrate with their regular members.

The Welcome Club is a Circle of Friends that started back in the mid-'80s and continues to provide a social network for local women, newcomers and older-timers alike. The club is all about enjoying pleasant experiences together and sharing the good times.

Should you want more information about the group, check out the website [scrippsranchnwelcomeclub.com](http://scrippsranchnwelcomeclub.com). There, you will find names and phone numbers that you can use to contact club members. Also, this newspaper's website provides a look at Welcome Club's activities over the last few months.





Chatime San Diego recently opened at 9870 Hibert St., Suite D-6. (courtesy of Chatime San Diego)

## Chatime is now open

Chatime San Diego is now open for business at 9870 Hibert St., Suite D-6, in the same shopping center where Trader Joe's is located.

Chatime is the world's largest teahouse franchise. It's based in Taiwan and its

stores serve an assortment of tea, boba tea, milk tea, smoothies and health drinks.

Chatime is unique because ingredients for its drinks are all imported directly from Taiwan.

Two San Diego partners, who did not want to be identified, own and run this newest franchise. They chose the location because of its proximity to Scripps Ranch High School, Miramar College, Trader Joe's and the nearby restaurants in the shopping center. The owners also chose Scripps Ranch because they heard it's a great community where residents are friendly.



## Garden Club will meet next in 2019

By Denise Stewart

Members of the Scripps-Mesa Garden Club will be taking a holiday hiatus and reconvening in the new year. Meanwhile, a schedule of speakers and activities is being planned for 2019. A new panel of officers will lead the group then.

The Garden Club meets at the Scripps Ranch Library in the Community Room on the fourth Tuesday of most months at 5:45 pm. The gatherings start with a plant share and then move on to a short business session followed by a presentation by gardening and plant professionals. Topics such as enriching local soil, irrigation, propagation and garden design were all highlighted this year.

Later on in the year, when local gardens are flourishing, evening tours to these sites are on the agenda. Learning first hand from local successes is valued by the group. Club members continue to be amazed and enlightened by what is growing in local backyards.

If plants and growing things interest you, come join the Scripps-Mesa Garden Club and learn more about your hobby. Contact the current leader at lab@san.rr.com.

## Concert series presents piano duo

The "Pleasure of Your Company" music series presents the Grigorian-Gubenko Piano Duo on Sunday, Dec. 9, at 2:30 p.m. in the Scripps Miramar Ranch Library Center. The program will include Tchaikovsky's "Nutcracker Suite" as well as works by Dvorak, J.S. Bach and Debussy.

Comprised of Anna Grigorian and Natasha Gubenko, the Grigorian-Gubenko Piano Duo was the winner of the 2017 Cal State Fullerton Piano Duet Competition. Grigorian and Gubenko have performed extensively since forming in 2016, including multiple venues in San Diego and Orange County.

Both pianists lead busy piano teaching careers, with their students performing at state and national competitions and festivals. They enjoy sharing their love and knowledge of music with their audiences and students alike.


Meet the artists and mingle with fellow music lovers at a complimentary post-concert reception.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library, although donations are appreciated.


Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Blvd. Visit [www.srfol.org](http://www.srfol.org) or call (858) 538-8158 for information.



The Grigorian-Gubenko Piano Duo, consisting of Anna Grigorian and Natasha Gubenko, will perform live in the Scripps Miramar Ranch Library Center on Dec. 9. (courtesy of SRFOL)



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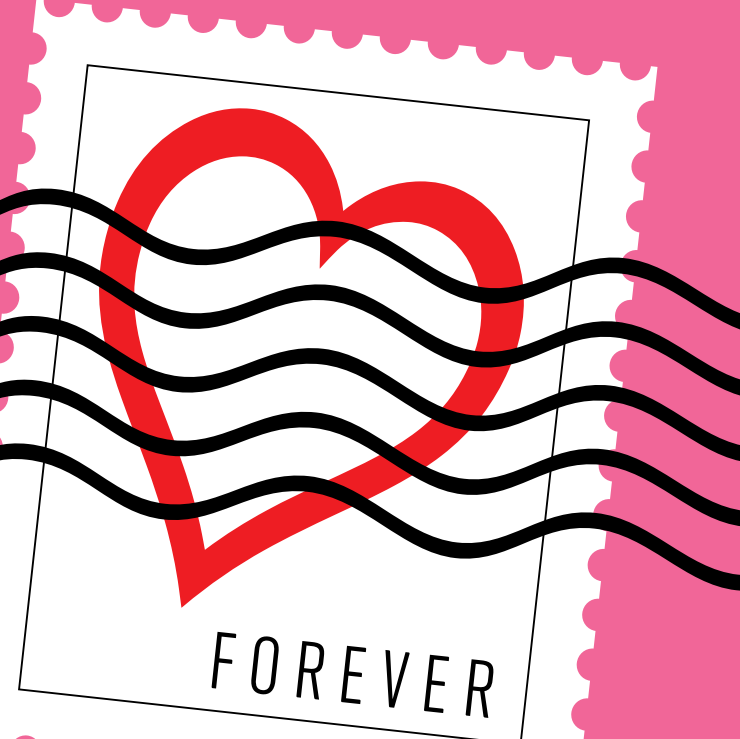
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## Women's Club builds connections

By Mary Ann Harper

The holiday season is upon us with anticipation of festive times and the joy of giving. Scripps Ranch Women's Club members are part of that spirit of giving. The accompanying photo shows the Women's Club members who attended a November fundraiser benefitting Hidden Valley House Shelter.

In addition, on Dec. 5, the Scripps Ranch Women's Club will host a holiday gathering also to benefit the Hidden Valley House Shelter. This catered cocktail party will feature a performance by Royce's Voices singing seasonal songs. Attendees of this event are invited to donate toys and women's items for the children and mothers at the Hidden Valley House Shelter.

In keeping with our focus on giving, some Scripps Ranch Women's Club members volunteer on their own time throughout the year in a myriad of organizations that give back to the community. These organizations include Adopt-a-Family, Scripps Ranch Friends of the Library, Children's



Scripps Ranch Women's Club members attended a November fundraiser benefitting Hidden Valley House Shelter. (courtesy of Scripps Ranch Women's Club)

Hospital, Scripps Memorial Hospital, Meals on Wheels, Scripps Ranch Theatre, Build a Miracle, the Food Pantry and local school volunteering. Club members have commented that they were not sure how to begin the process of volunteering, but through other club members they learned of these opportunities and decided to jump in! This volunteering, of course, is always a choice.

Giving back to our community is only one aspect that resonates with members of the Scripps Ranch Women's Club. Much of what we do is about having fun! In the course of a month, activities can range from enrichment outings, bridge and bunco

groups and a book club, to happy hour, coffees and pre-theater parties. Both new and long-time Scripps Ranch residents are invited to join the Women's Club to share camaraderie with others and enjoy new experiences.

If you are looking for ways to have a good time, meet new friends and possibly give back to your community, Scripps Ranch Women's Club can help you make those connections! To learn more about joining the Women's Club, contact Connie Curran at (858) 775-7703; or Denise Hampton at (858) 361-7118. More information on the Women's Club can be found at [sr-womensclub.org](http://sr-womensclub.org).

## SCHOOL OF ROCK

Continued from Page 1

"This is a great community. ... This area needed one," he said. "This is what I want to do with the next 20 years of my life. I want to grow a community of young musicians who can play and have fun with rock 'n' roll. In a lot of ways, it's extending a legacy of the music that I grew up loving."

Peterson is hoping to open his school in December, but much remains to be done, including securing the business permits and licenses.

When School of Rock Scripps Ranch does open, it will offer classes for everyone. Children can start as young as age 4, but the core programs start at age 7 and run through age 17. There will be a program for adults as well.

Experience is not necessary. One of the programs – Rock 101 – is for beginners.

"We get them up to speed and once they graduate from Rock 101, we put them into a program called the Performance Program," Peterson said.

Students in the Performance Program will perform in a seasonal show. For example, Melanie Peterson recently performed



Steve Peterson, with daughter Melanie, promotes School of Rock Scripps Ranch, which he hopes to open before the end of the year. (photo by John Gregory)

in a seasonal show featuring music by Jack White of the White Stripes. She prepared for three months and learned six songs. She spent each week learning music and practicing the songs. By the time the show came up, she had all the music down, Peterson said.

Melanie has signed up for another show in the Performance Program. This one is themed "One Hit Wonders," and she will have four months to prepare. This time she will get to play guitar, bass and might sing, Peterson explained.

School of Rock Scripps Ranch will offer lessons in guitar, bass, drums, keyboards and vocals. Students will have the opportunity

to occasionally perform at established venues in San Diego where rock fans regularly go to hear live rock 'n' roll.

While Peterson is an experienced rock musician, he plans to hire other professionals to teach his students. He will have his hands full coordinating the operation.

In the meantime, Melanie thinks she would like to pursue a career in rock. Her father hopes that she will one day teach students at his School of Rock in Scripps Ranch.

Those interested in learning more about School of Rock Scripps Ranch can visit [bit.ly/2qGtEhn](http://bit.ly/2qGtEhn) or email Steve Peterson at [Speterson@schoolofrock.com](mailto:Speterson@schoolofrock.com).

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**FANTASTIC SEASON!**

Players on the Scripps Ranch High School varsity field hockey team went all-out to earn a tremendous amount of victories, including 13 shut-outs in the regular season. (photos by John Gregory)

## Field hockey team demonstrates leadership, winning ways

By Laura Hogan

The women's varsity field hockey team at Scripps Ranch High School continued to dominate throughout the season. With an outstanding 22-2 regular season record, the team was ranked seventh in the Western Region by Max Field Hockey.

The team beat Westview in the quarterfinals and Torrey Pines in the semifinals to earn a place in the CIF San Diego Section – Open Division championship game against San

Pasqual, scheduled for Nov. 17 as of press time.

Dani Castro, head coach, said she thinks the remarkable ranking was wonderful, but she would like to be number one.

"I think it's great for the program, and it's certainly a testament to how hard the girls work. Even before the season started, they were working. It's also a testament to their ability and a representation of what we should strive toward. The girls have a passion and a love for the game that drove them to this success," Cas-

tro said.

As the team recently suffered a difficult loss to Serra High School, arguably their biggest rival, Castro said the team felt humbled, and she personally found it difficult to find the silver lining. However, she said losses fuel the fire to do better and focus on what is to come in the post season.

"The team will need to put in the hard work and prepare properly for the post season. Preparation will include doing the right things the right way and not focusing on what the other

team is doing, but rather strengthening what we do really well. We're going to take it one day at a time," she said.

But one of the team's biggest victories came on Oct. 26 in an away game when Scripps Ranch earned a 1-0 over-time victory against this very same Serra High team. That was the first time a Scripps Ranch High varsity team defeated Serra since 2012. Serra was ranked in the top 25 in the entire nation and was number 1 in the state before

See **FIELD HOCKEY**, Page 16

SPORTS

### Little League registration opens

Registration for the Scripps Ranch Little League Spring Season is now open. Complete your registration no later than Dec. 18. Registrations received after this date will be accepted on a space available basis and charged a \$40 late fee. Visit [scrippsranchll.org](http://scrippsranchll.org).

### Local teams place in softball tournaments

The 14U and 12U Gold fall ball teams from the Scripps Ranch Softball Association came in second at the North County Winterball Association Tournament held in Escondido over the weekend of Nov. 10. Earlier this month, the Scripps Ranch Softball Association 10U Gold fall ball team came in second at the Sunset Classic Tournament held in Carlsbad the weekend of Nov 3.

### SRHS sports teams finish very successful seasons

The Scripps Ranch High School **varsity girls volleyball team** finished an impressive season with a tough 3-0 loss to Los Alamitos in the second round of the CIF Division 1 State Volleyball Championships on Nov. 8. The team made it to the semifinals in the CIF San Diego Section Volleyball Championship Open Division before losing to Torrey Pines. The team defeated La Jolla 3-0 in the quarterfinals. • The Falcons **cross country teams** won the Western League Championship at Morley Field on Nov. 7. Both the girls and boys cross country teams finished first at the Hoka 2-Mile Nationals in October. • The SRHS **girls golf team** finished runner-up in CIFSDS Div. 1 Golf Championships. Earlier, the team won its third straight San Diego City Conference Championship.



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The Scripps Ranch High School field hockey team won a game and lost a game to Serra High, the state's no. 1 ranked team. (photo by John Gregory)

## FIELD HOCKEY

Continued from Page 15

Scripps Ranch beat them last month.

Overall, Castro was pleased with the season. She said she is tremendously proud of the seniors who guided the young team to success and prepared them well for the future.

"The end of the season is always so bittersweet. The seniors are great people and come from great families. I'm in a unique position to see their growth in becoming leaders of the community and leaders of the family. I just feel very blessed to be in this position," Castro said.

With the seniors graduating, the team will lose a

number of their star players including Megan Connors, who was named by Max Field Hockey as California's pre-season player of the year. However, there will be other players to watch for next season, including Erin Burgess, junior, who served as the team's goalkeeper and skillfully blocked strokes against Serra.

Castro said she hopes members of the community are inspired by the team's success and encouraged parents to involve their children in the sport.

"If their daughter wants to play, I hope she will pick up a stick and get out and get some training. Field hockey is really a great way to get involved in the community."

# Wrestling team sets sights high

By Ken David

The Scripps Ranch High School coed wrestling team's season began Nov. 17, and head coach John Kreitzer hopes it's the start of the Falcons' return to prominence in the sport.

"We'd like to get Scripps Ranch wrestling back on the map in San Diego, San Diego County and even at the state level," Kreitzer said.

He noted that from the early to mid-2000s, the school's program was strong. In 2007, The Falcons won city and league championships and were CIF Division II champions.

"There was a kids' (wrestling) program that fed into the high school, and the high school had several qualifiers for the master's tournament and even a few qualifiers for the state tournament," Kreitzer said.

No wrestlers from Scripps Ranch High have qualified for state meets for the last three years, but the coach sees signs that things are turning around.

Last season, then-freshman Ryan Bethal took first place in the 120-pound weight class at the San Diego County Freshman Wrestling Tournament. Additionally, three varsity Falcons wrestlers qualified for the Masters Tournament, including returning wrestler Chaz Hallmark. Bethal is also on the team

again this year.

"We are very excited to have him back as a returning wrestler," Kreitzer said. "If you're going to build a program, you've got to build it from the younger guys and hope to improve the older guys as well. Having a freshman win the county championship was awesome."

An assistant coach last year, this is Kreitzer's first year as head coach. He said he started wrestling as a six-year-old growing up in Kansas, progressing through wrestling camps and school programs.

He brings some 30 years of coaching experience to Scripps Ranch High, starting as an assistant while he was still in college. He coached kids' programs in Kansas, and then in North Carolina when he was stationed there as a U.S. Marine. Kreitzer retired from the Marines as a chief warrant officer.

The team's assistant coaches also bring a wealth of experience to the mat. Nick Fisher grew up in Fresno, a hotspot for wrestling, and was a nationally ranked grappler at Cal Poly San Luis Obispo. Teddy Bristol was an All-American at NCAA Division II Grand Canyon University. Justin Viramontes is an active-duty Navy corpsman and was a successful high school wres-

tlar in Stockton, California, and Andrew Palmes — the longest tenured coach on the staff — is a Scripps Ranch High alumnus and was also a successful high school wrestler.

"Having a five-person staff with that caliber of wrestling experience is just amazing," Kreitzer said.

"I think we're really going to be able to do great things for the wrestlers and with the wrestlers and for Scripps Ranch High School."

League matches for the team begin in January, and the coach said they are still seeking wrestlers, especially in the 185 and 205 weight classes.

"It's a great sport. It instills self-discipline like no other sport," Kreitzer said. "Whether it's managing your weight or making it to the practices, and it's not an easy thing getting your body slammed from spot to spot and staying with it. We've got some kids on the team who show us they've got the mettle to do it, they just need some instruction, and I think with the coaching staff we have and the family support we have, we're going to get 'er done."

Learn more and follow the wrestling team on the [srfalcons.org](http://srfalcons.org) website or the [SRHS Wrestling Facebook page](https://www.facebook.com/SRHSWrestling).



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## SR Softball Association sign-ups underway

By David Santillan

After having a successful season last spring, the Scripps Ranch Softball Association is looking forward to recruiting more girls for next season.

The association had roughly 270 girls participate on teams last spring, with 120 of them participating in the All Stars tournament. Additionally, all of the Gold Star softball teams in the association went to the Softball State Tournament, a first in the association's history. But, aside from the talented players in the association, board member and coach Daniel Tarantino is proud of the mentorship the girls have received, and the teamwork skills they've learned through their involvement.

"Overall it's been a great year for us. We've had a lot of accomplishments," Tarantino said.

As the fall ball season comes to an end, the association is looking to sign up girls ages 5-14 for the spring season, regardless of skill level.

Tarantino said that last year they had a brand new 11-year-old who had never played before, but all the coaches were accommodating in helping her learn the game.

Tarantino got involved with the association as a way to give back to his community, having previously played baseball in high school. Now he and his wife are volunteer coaches.

One of the things Tarantino likes about coaching is the comradeship and seeing his players working together.



Girls on Scripps Ranch Softball Association teams learn softball skills and teamwork, and receive mentoring from older players. Registration for spring season is underway.

"When you work as a team, you win as a team," Tarantino said. "That's probably one of the biggest highlights."

One of the programs that helps teach girls teamwork and leadership is Junior Umpire, which allows older girls to umpire the younger girls.

The association also works with the local high schools to host clinics, giving the softball players the opportunity to mentor the younger girls while helping them improve their softball skills.

"A lot these (younger) girls, especially the new ones, they don't know what lies ahead of them, so it's good to have those (older) girls that now play at a higher level," Tarantino said.

Tarantino mentioned that the older girls in the league also have the opportunity to become "big sisters" to the younger girls during the All

Stars season.

"We're trying to have that mentorship all the way through that program," Tarantino said.

In addition to the mentorship, Tarantino said the association also gives out scholarships to girls who are graduating from high school as another way to give back to the Scripps Ranch community.

"It's more than just softball, it's kind of a whole experience of getting to know everyone in the league and making new friends," Tarantino said.

Girls from Scripps Ranch and the local surrounding communities will be able to register now for the spring season on the association's website, with player assessments occurring in early January.

To register, visit [srsoftball.org/srsoftball](http://srsoftball.org/srsoftball). Click the REGISTER button at the top right corner of the homepage.

## Registration is open for Youth Lacrosse

Registration is now open through the end of December for the spring season of Scripps Ranch Lacrosse Association youth lacrosse. Register early as space is limited.

### Boys grades 1-8

The boys season runs February through May. Practices are during the week at Marshall Middle School and games are on the weekends throughout San Diego County. New this year is the option to buy discounted new equipment through SRLax or rent equipment to minimize the cost to new lacrosse families.

The boys program offered free weekly clinics every Sunday in October. Nearly 70 Scripps Ranch boys



participated and received hands-on experience including cradling, passing, catching and shooting. On Dec. 11 and 12, Russ Olsen, the new director of the boys program, will provide instruction to the boys during P.E. at Marshall Middle School. A middle school clinic will also take place on Sunday, Dec. 16 for interested and registered spring players. It is so exciting to see the youth program grow!

For more updates about this program, visit us on

Facebook at Scripps Ranch Boys Lacrosse, [srlax.org](http://srlax.org), or email Carl Stepnowsky at [cstepnowsky@ucsd.edu](mailto:cstepnowsky@ucsd.edu) for more information.

### Girls grades 3-8

The girls fall off-season has been a great success. Girls spring season runs February through June. Practices are at Marshall Middle School and games are throughout San Diego County. Check out [www.srlax.org](http://www.srlax.org) or email Greg Alioto at [galioto@laxware.net](mailto:galioto@laxware.net) for more information.

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# THE HOME

## How to create a holiday atmosphere at home

(StatePoint) Creating festive cheer at home for the holidays is easy and fun. Here are some great ways to transform your space into a winter wonderland.

• **Get cozy:** During the holiday season, decorate with comfort in mind. Light the fireplace. Add throw pillows to sofas. Turn off overhead lamps and use soft lighting instead. Consider how texture and warmth can contribute to your holiday decorating scheme.

• **Add some flora:** Holly, poinsettias, mistletoe – decking the halls with traditional holiday plants adds color and vitality to side tables, mantels, dining areas and staircases. Those with pets and small children should take heed, as certain plant species are toxic – so avoid these plants or be sure they are displayed well out of reach of curious children and animals.

• **Fire up the oven:** There's no better time of year to roll up your sleeves and knead out some dough. One of the best ways to create a holiday atmosphere is with scent, and the aroma of baking cookies, cakes and other



Preparing your home for the holiday season takes a little thought and energy, but the end result is a cheerful and warm atmosphere to make memories while spending time with loved ones. (copyright Jacob Lund/stock. Adobe.com)

holiday desserts will do the trick. If you're worried about having all those extra sweet treats around the house just before kicking off your New Year's resolutions, consider volunteering to bring dessert to potluck and parties you attend this season or donating the product of your labors to a holiday bake sale raising money for a charitable cause.

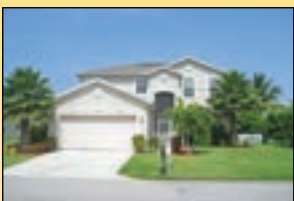
• **Make music:** Get the holiday cheer going in your home by making music.

Now you can get the sound of a 9-foot concert grand piano with the Privia PX-160, a portable digital piano, making it easy to gather round for a sing-along of all your favorite seasonal tunes in any room of the house. Its 88-key Tri-Sensor Scaled Hammer Action keyboard simulates ebony and ivory-textured keys and its speaker system opens to the front but is also ported to the back, to deliver a big

projected sound to all your holiday celebrants.

• **Screen festive flicks:** From "It's a Wonderful Life" to "Home Alone," keep your favorite holiday films playing all the time to create a festive holiday atmosphere, or host a special movie night and select a few classics. With the right projector, you can turn any room of the house into a home theater experience.

See **HOLIDAY**, Page 19



### Home prices cooled in October

Despite the competition in the resale home market, San Diego County saw a slowdown from rising prices in October, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of REALTORS® (SDAR). "The temperature of home prices seems to be cooling, which may lead to a period of calm for the rest of the year," said SDAR President Steve Fraioli. "However, the strength of the economy and the strong job market remains great news for buyers and industries related to real estate."

### Scripps Ranch home sales for October 2018

Single family homes sold: **16**

Median price of single family homes sold: **\$970,000**

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In a few easy steps, you can light up your home for a warm and welcoming holiday season. (StatePoint)

## Illuminate for the holidays

(StatePoint) 'Tis the season of friends, family and entertaining! If you're planning on hosting guests – whether for an entire week of family fun or a one-night celebration – now's the time to get your home in the holiday spirit.

"Preparing a home for the holidays doesn't have to require adding extensive decorations or undergoing a total remodel to update favorite spaces," said Jennifer Kis, director of marketing communications for Progress Lighting. "Small changes through lighting can create a festive and comfortable environment with minimal effort and investment."

Here are three easy tips to try:

**Update Entryways and Foyers.** Your entryway is your opportunity to make an exceptional first impression and set the tone for the rest of the interior. Add drama to your foyer with a grouping of striking, oversized pendant lights in lieu of a traditional chandelier.

**Pay Attention to Shared Spaces.** Popular spaces where friends and family are likely to gather most during the holidays include great rooms, living rooms and dining areas. A large statement chandelier in a common living space creates a focal point and ensures there is enough illumination for card

### HOLIDAY

Continued from Page 18

Select a portable projector for the holiday season that will sense ambient light in the room and automatically adjust the projection accordingly, so you won't need to blow out candles or unplug holiday lights. Those from Casio's SLIM Series are lightweight and portable, combining a laser and LED light source to create a high-brightness mercury-free projector that uses half the amount of power per unit than its traditional lamp-based counterparts.

games, movies, and coffee and cocoa by the fireside.

**Illuminate Walkways.** Simple outdoor lighting techniques can improve a home's appearance and offer functional features during the holidays and beyond. Added illumination will improve safety and enhance security, while bringing a new bold look to the front of your home. To create instant curb appeal, hang a large lantern on either side of your front door, or install a post lantern at the front of your walkway. For more design inspiration and to view on-trend lighting collections, visit [progresslighting.com](http://progresslighting.com).

## Simplify your holidays this season

(StatePoint) It can be easy to feel overwhelmed by the chaos of the holiday season – from perfecting your home décor to searching for gifts for everyone on your list to creating a delicious holiday menu.

To help simplify the holidays, Dollar General has easy tips, so you can spend more time enjoying the most magical time of the year.

**Deck the halls:** Get festive this season by creating a holiday wonderland in your home. Pick a color theme like red and green or blue and silver – whatever best fits your taste. Carry the theme throughout your home as you decorate the tree, holiday table, mantle and gifts. Consider adding a wreath to greet guests as soon as they arrive, as well as candles. With varieties like salted caramel and amber spice, those from Dollar General's private brand True Living will capture the scents of the season. Small touches like a table runner or a floral centerpiece can also make your home feel like the perfect holiday escape during this busy season.

**Holiday meal prep:** Cooking for a big crew can cer-



Keep your sights on the essentials. Plan ahead this year and enjoy the extra time celebrating the season with friends and family. (copyright nuzza11/stock.Adobe.com)

tainly be stressful. This year, use digital recipes to help you plan for the big event. Holiday sweets are always a favorite, so consider gifting your favorite desserts. If you plan to spend a lot of time prepping for a big holiday party or just a special dinner for your family, don't forget the snacks to tide everyone over as you await the main course. For snacking you can feel great about, consider wholesome choices like roasted almonds or granola with less sugar.

**Don't forget the giftwrap:** Get creative with your gift trimmings by choosing a unique theme for each person on your list. With so many wrapping paper, gift bag and ribbon options, you can make every gift as special as the

person receiving it.

**Gift-giving:** The holidays are the perfect time to gather with friends and loved ones to exchange presents in celebration of the season. If you're worried about finding something affordable for everyone, consider shopping on a discount website, like Dollar General. With deals throughout the store on picture frames, books, candles, coffee mugs and more, you can treat everyone on your list without breaking the bank. Plus, they are offering an instant 25 percent savings on any qualifying toy purchase of \$75 or more through Dec. 24, 2018. New customers automatically receive a digital coupon for \$1 off their first purchase of \$1.01 or more.

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