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SCRIPPS RANCH
NEWS

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STATE CHAMPIONS!
SRHS FOOTBALL



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(photo by Justin Fine)



PHOTO SHOWCASE
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(photo by Alicia Summers)

HOLIDAY LIGHTING CONTEST MAP

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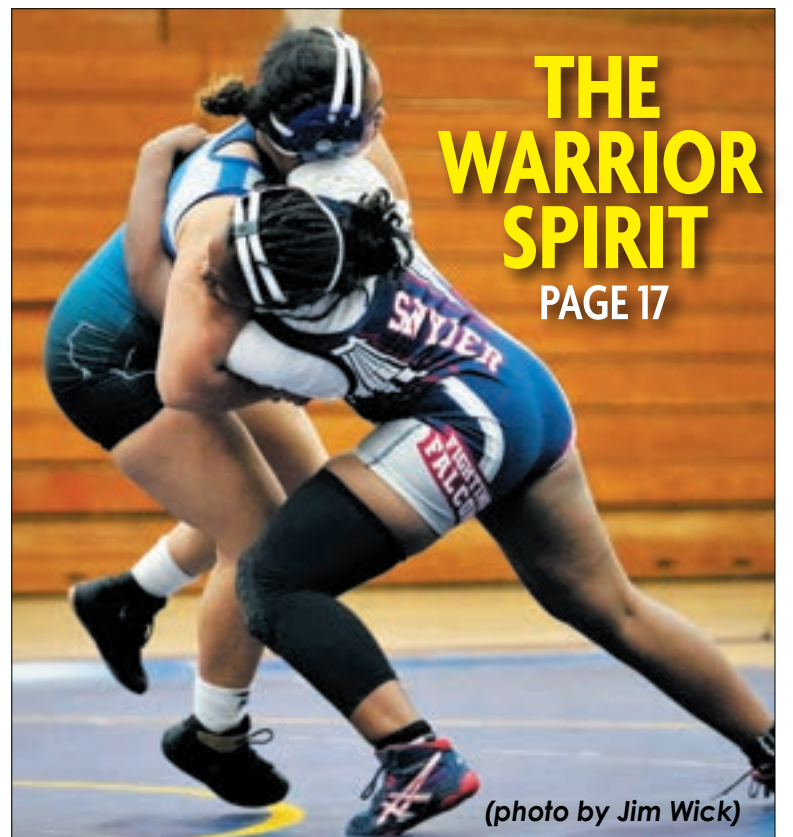
SANTA TIME: Girl Scouts enjoy some time with Santa Claus during the 39th annual Scripps Ranch Girl Scouts tree lighting and toy drive benefiting Toys for Tots at Jerabek Park on Dec. 5, hosted by Troop 3958. *(photo by Jim Wick)*

CIF CHAMPS AGAIN

SRHS FIELD HOCKEY

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(photo by Jim Wick)

THE WARRIOR SPIRIT
PAGE 17
(photo by Jim Wick)

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

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

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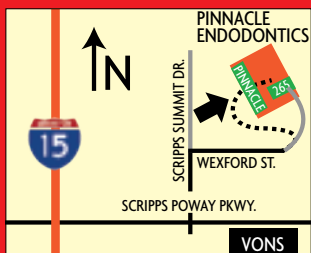
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SCRIPPS RANCH FIRE SAFE COUNCIL

‘Fire Safe 92131’ app being developed

By Dave Mason
Scripps Ranch Fire Safe Council

Scripps Ranch Fire Safe Council is looking forward to 2022 with what we think are exciting innovations for the new year.

In 2013, we unveiled a printed evacuation plan for Scripps Ranch to use in the event of our next wildfire. It’s available now at www.srfiresafe.org/information.

In 2022, we’re taking this information and putting it in the form of a free mobile app for your digital phone or tablet so you can have the information at your fingertips anytime, anywhere.

For the past year we’ve been developing “Fire Safe 92131” in conjunction with InnoVision Marketing Group of San Diego, a longtime San Diego advertising and marketing organization headed by CEO and executive director Ric Militi.

Upon its release in early January, you’ll have up to the minute wildfire information at your fingertips,



including wildfire danger status, up to the minute evacuation information and other pertinent content. The App will be available for both IOS and Android devices.

“Fire Safe 92131” has been designed for ease of use but Scripps Ranch Fire Safe Council will be providing free training information to Scripps Ranch residents to ensure that any questions on its use can be answered. “Fire Safe 92131” will be

updated as needed as more wildfire resources become available.

Scripps Ranch Fire Safe Council is dedicated to keeping our residents safe and informed, and we know this project will ensure that these efforts continue into 2022 and beyond.

All of us at Scripps Ranch Fire Safe Council wish you and your family Happy Holidays.

For more information, please visit our website at www.srfiresafe.org.

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Project saves 200 lives in 20 years

By Colleen McNatt

It took one precious life in 1999 to save nearly 200 lives today.

Scripps Ranch resident Ron McElliott, a civic champion, active sports enthusiast and fan, succumbed to cardiac arrest after finishing a 10K race. Although CPR was administered by two fellow race mates, a portable life-saving device – called an automated external defibrillator (AED) – could have treated his sudden cardiac arrest and very likely saved his life.

An AED is a device that can be used by the general public to help a person who is experiencing cardiac arrest. A cardiac arrest is different than a heart attack. The cardiac arrest is when the heart stops pumping and starts “fibrillating” an inadequate rhythm to pump oxygen-rich blood to the brain and other vital organs. The AED provides a shock to the heart with the goal of restoring the normal heart rhythm, like rebooting a computer. This critical equipment works in conjunction with CPR compressions that help circulate blood around the body. Time is crucial and the person loses 7 to 10 percent chance of survival with each passing minute.

Ron’s wife Karen was left a widow on that fateful day. She learned that an ambulance was assigned to the 10K race. It was equipped with an AED. Unfortunately, the ambulance was called away to a non-emergency event with the very life-changing device Ron needed so desperately.

These incidents of lives lost and lives saved have empowered Karen McElliott for the last 20 years. Like her husband, Karen was also active in the San Diego civic sector, and she leaned on these connections to honor her partner’s life and legacy with a passion to provide AEDs and educate the community about how to respond to cardiac arrest and save lives.

In 2001, the very program Karen helped spearhead, San Diego Project Heart Beat, launched as a stand-alone, city-run program that is managed by the San Diego Fire-Rescue Department. Last month, San Diego Project Heart Beat celebrated its 20th year by providing more than 10,000 AEDs to the community and



Karen McElliott and her husband Ron, whose fatal cardiac event inspired Karen’s work with AED access. (courtesy photo)

saving almost 200 lives, including three children while they were at school.

Although a city program, San Diego Project Heart Beat serves the entire county, also serving as a model to other regions nationwide and has received international recognition for its large public access of AEDs from the International Association of Fire Chiefs.

Maureen O’Connor is Project Heart Beat’s program manager. She fondly calls Karen “Queen of the AEDs.” The title may be tongue-in-cheek, but the organization’s work is serious and critical



Project Heart Beat Program Manager Maureen O’Connor and two students. (courtesy photo)

in saving lives, including Dr. Ken Anderson’s, another Scripps Ranch resident, who recently celebrated 11 years since his sudden cardiac arrest and life-saving event through the use of an AED provided through San Diego Project Heart Beat.

For years, AED equipment costs and fear of liability were roadblocks for regional groups in San Diego County. If there wasn’t a funding source identified, many nonprofit and community organizations would not consider equipping AEDs in

their programs. Costs can be shared by applying for grant assistance in which the nonprofit only pays 25 percent of the overall equipment cost. Other fundraising opportunities can also help defray AED costs. Liability risks have also waned.

“It’s the best form of life insurance you can buy,” O’Connor said regarding the return on investment of providing AEDs for public use.

In addition to providing AED equipment, San Diego Project Heart Beat trains
See **PROJECT HEART BEAT**, Page 4

SCRIPPS RANCH

NEWS

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Rhea Chhabra takes ahold of the ‘wheel’

By Ashley Shah

Rhea Chhabra, a senior at Scripps Ranch High School (SRHS), is in the process of creating a new way for teens to practice driving without an actual car.

Chhabra failed her driving test in January 2020. At the time, she faced a lot of anxiety in regard to returning behind the wheel.

“I wished that there was a way to practice different driving routes without being in an actual car. I wanted to create something that anyone could do from their home,” Chhabra said.

Around the same time, she had entered the TiE Young Entrepreneurs (TYE) program. The program teaches young entrepreneurs the basics of business.

“I entered this program because my brother had done it a couple years back. I have always had an interest in entrepreneurship for as long as I can remember. I always loved watching ‘Shark Tank,’” she said.

In the program, they were



Rhea Chhabra

tasked with creating an idea for a mock company.

“I was thinking about what kind of idea I could come up with, and that’s when it hit me that I could make a virtual reality driving simulator so that others like me who were experiencing anxiety about driving could find an alternative,” Chhabra said.

She named her mock company VirtuRoad.

When the program ended in May of 2020, Chhabra wanted to take VirtuRoad further.

In June of 2020, the team joined an incubation program, the REC Innovation Lab at San Diego Miramar College.

“Through this program, we have been able to access

“I have always had an interest in entrepreneurship for as long as I can remember. I always loved watching ‘Shark Tank.’”

—Rhea Chhabra

resources, and further our networking,” she said.

In September of 2020, the team partnered with 21iQLabs, a tech company.

“21iQLabs was able to provide us with offshore developers for the computational part of our company, and resources such as the VR headsets,” Chhabra said.

VirtuRoad has been in product development since the beginning of this year.

“We are 80 percent done with our development, and we are hoping to have it accessible by summer of 2022,” Chhabra said.



Rendering of hardware components for the VirtuRoad virtual reality driving simulator. (courtesy image)

VirtuRoad consists of three main features: real world maps in the virtual reality world; driving scenarios, such as parallel parking that are guided through voice instruction; and the mobile app that helps with the written part of the driving test.

“When you receive VirtuRoad, it comes with three main components: the VR headset; the vehicle components, such as the gas and brake pedals; and you get the software,” she said.

Chhabra and her team were able to fund their com-

pany through friends, family and by winning competitions.

“We have competed in many entrepreneurship competitions. TYE hosted many as well as the REC Innovation Lab,” she said.

The team members are audition finalists for “Shark Tank.”

Not only is Chhabra heavily involved with VirtuRoad, she was recently nominated as Most Enterprising in the San Diego County’s 25 Most Remarkable Teens program, led by the San Diego County Public Defender’s Office.

She attended the ceremony in which nominees were honored on Nov. 10.

“The event was really fun because I was able to meet the other students that were nominated as well as government officials,” she said.

Chhabra is also involved with many organizations at SRHS, such as California Scholarship Federation, National Honor Society and Falcon Union.

She is a part of the top 1 percent of her senior class academically.

In her future, she hopes to attend a four-year university out of state studying cognitive sciences.

“I know that it may be hard in college, but I hope to continue VirtuRoad in college, and I am excited to see where we can go with it,” she said.

To keep up to date with VirtuRoad, visit virturoad.jimdosite.com.

PROJECT HEART BEAT

Continued from Page 3

6,000 to 7,000 people each year in identifying cardiac arrest signs and how to respond with “hands-only CPR” and AED implementation.

For more information about San Diego Project Heart Beat, including grant assistance, or to make a donation, visit sandiego.gov/sdprojectheart-beat.

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Presentation focuses on Scripps Ranch

By Kaila Mellos

The San Diego History Center in Balboa Park regularly hosts in-depth conversations about different communities. A recent talk on Nov. 9, presented by Linda Canada, was about Scripps Ranch and its beginnings. The event was presented on Zoom and titled “San Diego 101: Becoming Scripps Ranch.”

Canada is a volunteer and a member of the History Centers’ speaker’s bureau. She has been involved with the center for more than 20 years.

“I gave up the practice of law, which I had done in San Diego for about 13 years or so, and wanted to do something that was more like community service,” Canada said. “So, I went to the history center and I said, ‘What do you need me to do?’ I have an undergraduate degree in history but didn’t know a lot about San Diego’s history. I did many things there and ended up in my most recent position with them as a volunteer

‘E.W. Scripps was a bit of a character. So, it was fun to talk about his escapades.’

—Linda Canada



Linda Canada

and a member of the speaker’s bureau.”

Since then, she has hosted multiple speaking events expanding others’ knowledge of the history of some of the most historic communities, including Burlingame and downtown San Diego.

“I’ve been giving talks at The Glen, which is the independent senior living facility in Scripps,” Canada said. “At the end of one of my talks, one of the audience members came up to me and said, ‘Do you ever talk about Scripps Ranch?’”

While researching Scripps Ranch and the Scripps family, she found multiple

sources that wrote about the history and gave her ideas about what Scripps Ranch was like in its infancy.

“Most of the research was done with the help of several local historians who had already written books about the Scripps family,” Canada said. “Almost all of my research is drawn from either photographs that I found or material that the authors had already written about and gave me permission to talk about.”

Canada discovered a lot about the Scripps family and its history in Scripps Ranch.

“What I’ve found was that

the Scripps family itself had such a long history, and it didn’t originally start here in San Diego County,” Canada said. “The Scripps family had done things back east, and then E.W. Scripps, for whom Scripps Ranch is named, came out here with his sister. That was over a hundred years ago. They had a long history here of doing a lot of philanthropy, and E.W. Scripps was a bit of a character. So, it was fun to talk about his escapades.”

Canada does a lot of research about different communities through the History Center. If there is a specific place that would be of interest for a talk, Canada will do the research.

“If anybody has a church group, community group or a fraternity/sorority that they think would enjoy this talk, I would be happy to give it again. They can book it through the San Diego History Center,” Canada said.

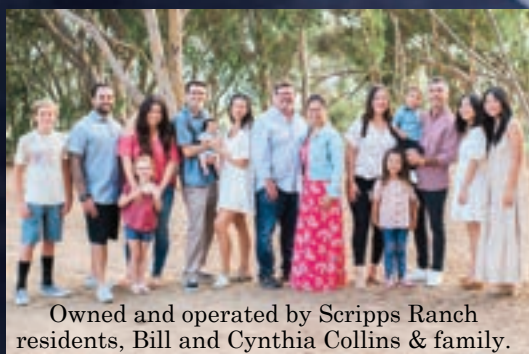
These talks help the History Center expand its audience and donations help keep it going. Visit sandieghistory.org.

SCRIPPS RANCH



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GARDEN CLUB Poisonous snakes get gardeners' attention

By Denise Stewart

The Scripps-Mesa Garden Club will meet on Jan. 25 in the Scripps Ranch Library Community Room at 5:45 p.m.

The meeting will feature guest speaker Patrick Brady on the topic of ridding gardens of snakes and other unwelcome guests. Brady has been advising on the poisonous snake problem for many years in Poway and knows the techniques of making plant areas safe from them.

Those interested in learning more about the Garden Club may visit scrippsmesagardenclub.com. Articles about gardening can be found there as well as information on the club's activities.

Walk through the history of jazz

Internationally acclaimed multilingual vocalist and recording artist Allison Adams Tucker and her trio return to the informal and intimate setting of the Scripps Miramar Ranch Library Center on Sunday, Jan. 16, at 2:30 p.m.

The public is invited for a musical walk through the history of jazz and how it has touched the world – from the advent of swing and the Big Band era to Latin jazz and the birth of the bossa nova, and the ever-evolving Great American Songbook.

Adams Tucker has been hailed by critics as “an astonishing singer with impeccable pitch and crystal clear diction,” with a voice as “supple as silk and smooth as cashmere.”

Also featuring pianist Melonie Grinnell and bassist Justin Grinnell, the trio celebrates the reopening of the “Pleasure of Your Company” concert series sponsored by Scripps Ranch Friends of the Library with a program of “world jazz with urbane cool.”

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

The Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Visit srfol.org or call (858) 538-8158 for information.

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WELCOME CLUB

Ready for year of good times

By Denise Stewart

The Scripps Ranch Welcome Club closed out 2021 with a Grand Tea and a Holiday Party that both made a festive end to the year's social calendar. But Welcome Club members have never rested on their laurels, so they are continuing their interest groups in January and planning on more festivities in the coming year.

Janelle Boustany, Trail Walkers chair, is continuing the exercise group.

"The trail walkers are hiking the local trails twice a week. We often have five or six hikers and we have been enjoying the treks through Hoyt Park, up to Hendrix Pond and over to Evans Pond. Most hikes are three miles. Great company, pleasant conversations and exercise are all part of a healthy morning," according to Janelle.

"We have a number of new hikers, and new walkers are always welcome," she added.

'We will be delighted to hear from you, and we will be happy to respond to your inquiries.'

—JoAnne Farmen

Book discussion group members have chosen their reading selections for the next few months and are enjoying the quieter days at the beginning of the new year to engage in their hobby.

Some of the card groups are meeting this month as well as Bunco players and crafters. A share of these groups meets during the day while others gather in the evening.

Plans for the theatergoers are underway now that our Scripps Ranch Theatre has announced its schedule for the spring season. A new coordinator will be setting the dates for attending the performances and organiz-

ing the party gatherings that happen before the plays. These events draw both the club members as well as their companions for friendly and tasty evenings.

Coming up in February at the monthly meeting at the Community Recreation Center, the Welcome Club will celebrate its anniversary of friendship and fun for the women of Scripps Ranch. A traditional birthday cake will add a sweet touch to the art activity planned for the group's entertainment.

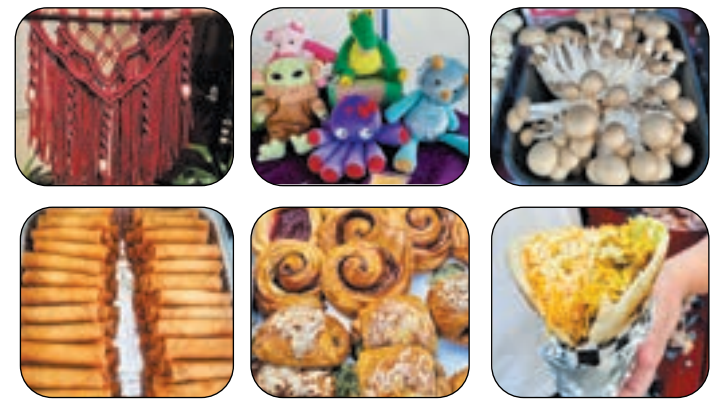
A new board game group is forming within the club. Members who enjoy playing Mexican Train, Rummy, Scrabble and the like will be gathering monthly to sharpen their skills and to enjoy an evening's entertainment.

More information and contacts are available at the club's website scrippsranch-welcomeclub.com.

"We will be delighted to hear from you, and we will be happy to respond to your inquiries," said JoAnne Farmen, club president.



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SUSTAINABLE SCRIPPS RANCH

Villagers move with the land, wind and waters

By Suha Chari
Sustainable Scripps Ranch

Suha Cheri describes her observations as she visits a mountain village in India:

There are no roads to speak of, at least none with names. So, how does the 4 year old merrily skip along narrow trails to show me an uncle's woodworking, a grandma grazing goats in a far off field, and the secret hangout of peacocks far beyond the paddy fields? I feel I couldn't find these with a map in my hand.

Yesterday, the whole family extended next door. One lady created the biggest kolam ever – a floral design, with rice flour. Is it a wedding, I wonder? There is a buzz of activity, with several voices in conversation. It's hard to make out what

they're saying. Someone gathered firewood, others prepared and cooked the food as the children ran around and swung in the hammock fashioned with a sari. Later, I learn that it was a feast for the harvest deity, to ensure a good harvest.

This morning, there's a mound of grain outside their home, and piles and piles of what looks like green hay. Granny is skillfully separating the grain from the chaff while other adults tease out more grain from the partly wet hay. Grandpa is spreading out the last of the rice to dry before passing it on to his wife to sift. The whole scene brings to mind a well-orchestrated opera.

The hills are alive. I am intimately, intensely aware of that, though often puzzled by birds that sound like fighting cats!

It's exam time. Some children study intently, while others seem to be either confident or despairing of ever learning English. Speak to them of the Earth and its origins, and watch their eyes light up. Some know the trees in detail; others, the rocks and insects. They live in and with the seasons. One morning, I'm intrigued seeing a student break off a twig from a Neem tree to use as a toothbrush. Most of all, every one of them is acutely aware and curious about any and all personal interactions. Be it smooth or contentious, none of them shies away from one.

Rain, floods or shine, the men and women here seem to move with the land, wind and waters. The dignity with which they greet and accept everything is truly miraculous and Zen-like!

To learn more about Sustainable Scripps Ranch, visit scrippsranch.org/ssr or email SustainableSR@scrippsranch.org.



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Focus through a bubble (photo by Alicia Summers)

2021 PHOTO SHOWCASE

These colorful photos are the selected shots from among those submitted by readers for the 2021 Scripps Ranch News Photo Showcase. This year's showcase features a wide array of beautiful photos by some very talented Scripps Ranch photographers. Thanks go out to all who shared these wonderful images.



Lightning show over Scripps Ranch (photo by Jamie John)



Foster puppy takes a quick break to smell the flowers. (photo by Maureen Fonseca-Ford)



Peeking at the sunset at Lake View Park (photo by Joshua Bottomley)

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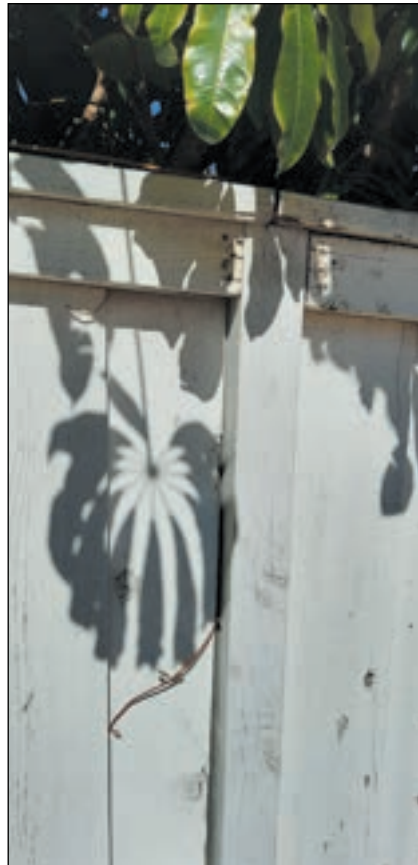
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The leaves cast a perfect shadow on the fence. (photo by Keshav Gopinath)



A 10 year old boy from Los Angeles feeds lettuce to the goslings during a visit to Lake Miramar with his grandfather. (photo by Harvey Rogoff)

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The sun sets over Scripps Ranch. (photo by Bobbi Best McArdle)

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A female Allen's hummingbird feeds her week-old chicks (photo by Sandeep Dhar)



Moonrise of the Hunter moon from Sycamore Canyon Park (photo by Nathalie Gras)

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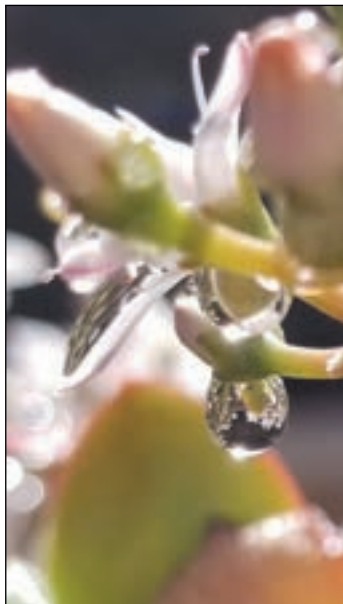
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The morning dew sets on a vibrant bottle brush bush. (photo by Debbie Jefferson)



"Nature's Wash" (photo by Louise Bendinelli Roup)



The moon peeps through a hole in the clouds. (photo by Keshav Gopinath)



Sunrise view over the pool (photo by Eric Johnston)



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Elf on the Shelf Facebook group

A fun, local Facebook group called “Where’s your elf, Scripps Ranch” is active once again as the holiday season arrives. Local residents are sharing images and antics of their home’s Elf on the Shelf – and the results are hilarious.



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

To join the fun, search Facebook for Where’s your elf, Scripps Ranch.

Tour lighting contest displays

Once again, a bright assortment of home holiday lighting displays are sparkling brightly in Scripps Ranch. Numerous residents whose homes are decorated with outside displays have been entered in the 2021 Twenty Four Seven Realty-Scripps Ranch News “Home for the Holidays” Lighting Contest.

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

Visit scrippsranchnews.com/map-of-lights/ to view an

updated map of the entrants.

Anyone with a home in Scripps Ranch who decorated the outside of their home with holiday lights was eligible to enter the contest. Judges from Twenty Four Seven Realty selected the winners. The winners will be announced the morning of New Year’s Day on Scripps-RanchNews.com. Photos and a story about the winning displays will be published in the upcoming January issue of Scripps Ranch News.

Prizes are provided by Twenty Four Seven Realty. The contest categories are:
Norman Rockwell Award – An elegant display that ac-

centuates and coordinates with the beauty and elegance of the home.

The Clark Griswold Award – The most over the top lights with lighting displays and motion.

The Nostalgia Award – Reminds me of my childhood.

Misfit Toy Award – Best use of inflatables.

Grandma Got Run Over Award – Funniest.

The Sparkle Award – Twinkliest lights.

“Lights – It Takes a Village!” – Best decorated group of homes.

“To the Beat of your Own little Drummer Boy” – Unique and WOW!



Home for the Holidays

lighting contest

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See the Google map at:
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12. 11358 Merritage Court
13. 10222 Pinycastle Street
14. 10182 Pinycastle Street
15. 10431 Rue Finisterre
16. 12398 Rue Fountainbleau
17. 9710 Caminito Joven
18. 10697 Sauterne Place
19. 12116 Charbono Street
20. 10501 Medoc Court
21. 10531 Medoc Court
22. 10418 Moselle Street
23. 10810 Ashlar Place
24. 10883 Sunset Ridge Drive
25. 11320 Lake Rim Road
26. 10424 Pinecliffs Court
27. 10026 Wildlife Road
28. 11666 La Colina Road
29. 10089 Mesa Madera Drive
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Farmer's Market: custom jewelry for a cause

By Terry L. Wilson

Among the many vendors at the Scripps Ranch Farmers Market is Abby Williams and her Social Change Butterfly booth, offering one-of-a-kind custom made jewelry at discount prices.

"I am a tinkerer; I like to use a lot of different things. I never waste anything," Williams said. "I have literally used paper clips for wire pieces. I do wall hangings and I like to use a lot of natural items like wood, glass and shells."

Other items include hand-made dried sage bundles from Mexico; essential oils; healing gemstones; trendy beaded chokers; and large blue shell earrings; peach coral and freshwater pearls.

"I like to refinish things, and it sort of goes with my Social Change Butterfly concept, because it's all about transformation. You can make anything beautiful if you just put some love into it. I like to see the possibility of beauty in things. I guess I'm a bit of a hippy that way," she said. "I am an artistic person and have always needed an artistic outlet. Making custom jewelry fills that creative need, and at the same time it allows me to make a difference in the world."

With each necklace, each pair of palm leaf earrings, every shell bracelet, and each chunky freshwater pearl pendant sold, a percentage of the profit goes directly into Williams' pet project in Mexico.

"My company, Social Change Butterfly, came about because I wanted to see social change happen, and at the same time make really cool jewelry to help finance those changes," Williams said. "Fifty percent of those profits are donated to Lantern Hill in Mexico, a non-profit founded by my husband and me," Williams said.

"In 2007, my husband and I moved to Ensenada, Mexico, where we founded Lantern Hill, a feeding and education program for the children that were living in poverty there," she explained.

The project focuses on an agricultural area where people have children that lack an education, and end up working the fields in order to feed their families.

"Our goal was to offer an opportunity for kids to stay in school, which included feeding them, too. You can't educate anyone on an



(courtesy of Social Change Butterfly/Facebook)

empty stomach," she said. "We picked Mexico because I was a Spanish major in college and always wanted to do something in Latin America. My husband and I had worked with several volunteer groups in Ensenada, and that's why we established our non-profit there. Our goal was to raise enough money to keep children in school, and hopefully they will go on to high school and college."

As we approach Christmas, the Social Change Butterfly booth offers shoppers an opportunity to spread some good tidings toward the Lantern Hill project by taking advantage of Williams' discounted prices and handcrafted jewelry.



(courtesy of Social Change Butterfly/Facebook)

"Honestly, I have items for as little as \$10 up to \$75, and my special is if you buy two pairs of earrings you get a third pair for free. That's three pairs for \$20," Williams said. "I have two \$20 gemstone bracelets and lots of other bargains including holiday ornaments. I also do a lot of special orders. So, stop by my booth."

For more information about Abby's Social Change Butter-

fly, visit the Facebook page facebook.com/socialchange-butterfly or email social-changebutterfly@gmail.com.

Social Change Butterfly can be found at the Scripps Ranch Farmer's Market, held from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newportia Cyder). There is plenty of parking across the street at the National University parking lot.

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SPORTS



(photo by Jim Wick)



(photo by Justin Fine)



(photo by Jim Wick)



(photo by Justin Fine)

STATE CHAMPS!

It was a game that will not be forgotten.

Not only did the Scripps Ranch High School (SRHS) football team capture the 2021 CIF 2-A Football State Championship by defeating Wilcox High 31-28 on Dec. 11, the team won the game in grand fashion – in an

incredible last minute, come from behind victory. Efforts like this tell a lot about the character of a team.

The Falcons seemed to have the game in the bag with a 21-0 lead at halftime on this sunny afternoon at Saddleback College in Mission Viejo – except two more quarters remained. Incredibly, the Wilcox Chargers from Santa Clara gained four touchdowns and four extra points while holding the Falcons to one second half field goal as the game waned into the fourth quarter. SRHS was behind 24-28 with less than three minutes remaining. The Falcons gained possession and the offense drove downfield to score a TD and extra point with 27 seconds left to lead 31-28. The Chargers turned to the passing game to get a quick score, but the Falcons defense intercepted to seal the victory.

It was a historic season: Falcons head coach Marlon Gardinera and his staff have taken SRHS football to new heights. Not only is this the only season that the SRHS football team won a State championship, it is also the only time SRHS has ever been in the State football playoffs. This was the first season the SRHS football team won the CIF-San Diego Section Football Division 2 Championship in the school's history. While Gardinera always promotes his players' academic goals, the team has achieved its goals on the field as well. Not bad for a football program that has not always been known for its winning record – until the past few years.



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SRHS female wrestlers in action vs. Mira Mesa on Dec. 8. (photos by Jim Wick)



A WARRIOR SPIRIT

By Hector Trujillo

Sophomore Tatum Viramontes is one of the 10 girls on the Scripps Ranch High School wrestling team. She has wrestled in previous seasons and there is every reason to believe this will become a very memorable season for her and the rest of the team.

“I am very impressed with the whole lot of them,” said head coach John Kreitzer. “At this point of the season, I think we have one or two that could make it to the state championships if they continue to improve at their current rates.”

There are currently 14 weight classes for female wrestlers that range from 101 to 235 pounds, but this sport is more than just defeating an opponent on the mat, it is also about developing skills that make one successful in the long run as well.

“This sport teaches all student-athletes so much about themselves,” Kreitzer said. “They learn about self-discipline, tenacity, hard work ethics, resilience, and setting and achieving goals. They learn about leadership, self-defense and physical fitness.”

Kreitzer is one of the many voices who contend that girls
See **WRESTLING**, Page 18



(photo by Jim Wick)

FIELD HOCKEY CHAMPIONS AGAIN!

The Scripps Ranch High School varsity field hockey team won the 2021 CIF-SDS Field Hockey Open Division Championship title by defeating Torrey Pines High School 1-0 on Nov. 20.

To get to the championship game, Scripps Ranch defeated Cathedral Catholic 8-2 in the first round on Nov. 16, and beat Canyon Crest Academy 2-1 in the semifinal round on Nov. 18 – all in the same week.

Scripps Ranch High School has captured the championship in the last three full seasons.

Is it too early to call this program a dynasty?

Not at all!

See **FIELD HOCKEY**, Page 18



(photo by Jim Wick)



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The SRHS womens basketball team defends against Poway on Dec. 3 in a 45-49 loss, but the team earned victories over Mission Vista High on Dec. 4, and against Canyon Crest on Dec. 7. SRHS has a full slate through December. (photo by Jim Wick)



The SRHS womens varsity soccer team started the season with a 5-1 victory against Grossmont on Nov. 30 (above). The team will get a decent break until Jan. 4 when it travels to Mission Bay High for a game. (photo by Jim Wick)



The SRHS mens basketball team is making a good showing in the early part of the 2021-22 season with a 6-2 record as of press time. The Falcons face a hectic schedule with games running often throughout December. (photo by Jim Wick)



The SRHS mens varsity soccer team is fighting to gain victories in this early part of the 2021-22 season. The Falcons next face two opponents on the road: San Marcos, Dec. 17; and St. Augustine, Dec. 21. (photo by Jim Wick)

FIELD HOCKEY

Continued from Page 17

Head coach Jane Morrill, her players and all those involved have built a potent program that is highly ranked statewide and nationally season after season. Furthermore, graduating players often find their way to universities – many of them being top rated academic institutions – by way of scholarships.

Top players this season include seniors Kelsey McGrattan, Melanie Spitzberg and Riley Blemker who are the captains, along with Allyson Turfler and Julianne Sue. Their goalkeeper, Kaelynn Del Monte, has also been a bright spot in the line-up with her quick reflexes and agility.

The team had its ups and downs this season, but the players persevered to overcome the challenges and gained the CIF-SDS title once again. In addition, the field hockey team remains a bright spot for Scripps Ranch High School athletics by consistently being a highly respected team with intelligent, talented and well-coached players able to compete and gain victories against just about any high school team in the country.

WRESTLING

Continued from Page 17

wrestling should have been around from the beginning since female wrestlers have a warrior spirit and are not afraid of tough challenges, along with learning how to overcome adversity. Female wrestling was added as an Olympic sport back in 2004 and had been growing in terms of popularity with female mixed martial arts.

“Female college wrestling is growing exponentially across the country. Our girls have real shots at earning college scholarships for wrestling,” Kreitzer said. “Our Scripps Ranch girls are tough. They are putting in the work, even more impressively than most of the boys, and I am super excited about where they will end up.”

Female wrestlers can wrestle male wrestlers when they participate in duals or tournaments where there are not female-only brackets. Besides Viramontes, other Scripps Ranch High female wrestlers to keep an eye out for this season are sophomores Kayla Lincoln and Shaelon Hutchinson. Both wrestled in an off-season amateur wrestling tournament in Las Vegas on Oct. 16 and 17, with all three turning in impressive performances.

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CHAMPIONS!

The Scripps Ranch Pop Warner and Cheer Association 12u football team defeated Coronado 7-0 on Nov. 20 to capture the 2021 West Coast Conference Championship. The game was tight, but Scripps Ranch kept plugging away with a grinding running game and stingy defense to gain the victory. (photo by John Gregory)



Young water polo team takes on challenges

By Hector Trujillo

The Scripps Ranch High School girls water polo team is off and swimming this season after already playing the first three matches against Santa Fe Christian, Mission Bay and La Jolla High.

“We have an awesome group of young women that are dedicated to improving their skills individually and as a team,” said head coach Brad Oestreich. “I feel we have outstanding team chemistry.”

The next match is scheduled for Jan. 4 against University City High School, the same team they fell to by a score of 13-5 to end last season when Scripps Ranch had a 5-10 overall record (3-2 in league games).

The team’s toughest competition this season is expected to be Mission Bay, which they will play again on Jan. 25; and Patrick Henry High School, which they play on Feb. 1.

“This year we are young and looking to continue to develop,” Oestreich said. “Most teams we are playing have been together for years and have been working with their coaches for years. Our goals are to continue to play high quality water polo and represent Scripps Ranch High School to the best of our abilities.”

The varsity team captains are senior Charlotte Moore with junior Sydney Deitz and sophomore Olivia Dummer. Freshman Hailey Demarest and junior Anna del Lorrell serve as JV captains.

One of the biggest obstacles for the season is getting pool space since the City of San Diego shuts down the Falcons normal pool – Ned Baumer Swimming Pool near Miramar College – for a month right in the middle of the season. This makes it a struggle to find pool space for the girls team to practice and turns into a disadvantage versus schools that have their own pools.

This year’s varsity squad



The Scripps Ranch High School girls water polo team. (courtesy of Brad Oestreich)

will be looking to seniors Lily Frisbie and Sydney Deitz to protect the goal, with the field players consisting of a younger group.

“There is a younger group of sophomores that have outstanding water polo skills that will be our field players,” Oestreich said. These players include sophomores Emily

Konold, Abbey Leader, Chloe Kuperstein and Susan Pollard. Juniors Stella Tocanao and Michelle Avergoon will also have responsibilities as they play in the field.

The team currently works out five days a week in an outdoor pool, and practices consist of a swim set, skills work and scrimmaging.

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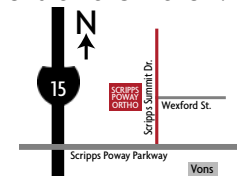
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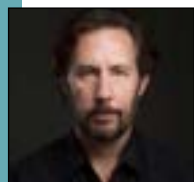
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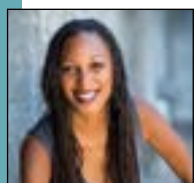
January 14 - 30

Written by Simon Stephens
Directed by Charles Peters

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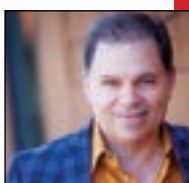
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by Simon Stephens



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(adult language)

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