

Riding center brings joy to many

Ride Above Disability Therapeutic Riding Center shares heartwarming stories of Scripps Ranch riders who are participating in the program

By Patricia Overton

Ride Above Disability (RAD) Therapeutic Riding Center, located in Poway, has something to celebrate this holiday season and every season for that matter. With heartwarming stories coming from this riding center, Scripps Ranch riders are participating in rewarding experiences.

RAD founders Allie Sarnataro, Katie Cram and Wayne Jackson first opened their doors in 2014 with the hopes of creating an alternative therapy program to help make a difference in the lives of their riders, as well as to provide an affordable program for families in need. They have accomplished exactly that. What began with 13 students in their program and two horses, has now grown to more than 70 students and 12 horses, with 45 people currently on a waitlist.

What makes RAD so special is that it has become much more than just a riding center, but a place that has embraced the community – including many Scripps Ranch families – and it is where friendships and life-long memories are being made. Along with the power of horses for healing, and a group of dedicated staff and volunteers, riders, regardless of their age and disability, are able to come together and grow within this program and learn everything there is to know about horses.



Eva Forgeron is all smiles as she participates in a session at Ride Above Disability Therapeutic Riding Center. (courtesy of Ride Above Disability)

RAD focuses on individual training with lessons tailored to fit the needs of each rider. The horses are also handpicked for each student – specially trained and must pass a three month trial before being put into lessons.

RAD even has a show team for those interested in competing in local shows around the community. They not only give pri-

ivate lessons but group lessons as well, making this an activity for the whole family.

RAD is proving that there is a certain magic between the horses and riders, and that being around the horses comes with endless benefits. To express how the riders are developing in her program, Sarnataro shared some stories about

See **RIDING CENTER**, Page 14



The Scripps Ranch Farmer's Market will be decorated with festive inflatable figures on Dec. 22. (courtesy of SR Farmer's Market)

Farmer's Market plans festive day on Dec. 22

The Scripps Ranch Farmer's Market & Family Festival will be full of holiday cheer and fun Christmas vibes with a special festive day for shoppers and children on Dec. 22, from 3:30 to 7:30 p.m.

Farmer's Market manager Bev Cassity said the market will be decorated in keeping with the spirit of the season. Shoppers will see a number of Christmas-themed inflatable figures throughout the area.

"We're going to have holiday blowups everywhere," she said. "Have your photo taken with the giant teddy bear."

In addition, there will be an abundance of candy canes for everyone in attendance.

The Scripps Ranch Farmer's Market & Family Festival has numerous booths with fresh food of all kinds. The Dec. 22 Farmer's Market is a perfect time to get those last minute holiday gifts. A wide variety of vendors offer a selection of goods from clothing to jewelry to wooden bowls, home goods and pet treats. Plus, local foodies have numerous opportunities to shop for fresh ingredients for their special holiday meals since several farmers offer fresh items at the market each Thursday.

The Scripps Ranch Farmer's Market & Family Festival is located at 10045 Carroll Canyon Road.

HOLIDAY MESSAGE

We, the publishers of Scripps Ranch News, wish everyone a safe, happy and memorable holiday season. We hope all of you are able to spend time with your loved ones. Please take time to savor the spirit of the holidays and reflect on the blessings of the past year.

There is so much to be thankful for this season. Fortunately, we live in neighborhoods that seemingly remain safe and far from strife for the most part. This community provides a world of opportunities – especially for our children. For this we are particularly grateful.

We offer our sincere appreciation to our readers, advertisers and all who have supported us as the printed version of Scripps Ranch News reaches its fifth anniversary with this edition. We have enjoyed bringing the stories of local residents – many previously untold – into your homes. It has been our honor to serve Scripps Ranch by providing a fresh perspective, and we look forward to improving and expanding our coverage in the years ahead.

Furthermore, we wish all of you peace, hope, good health and progress in the new year.

Sincerely,

John & Jacqueline Gregory, publishers

Page is purrfect for cat lovers

By Ashley Shah

If you're a cat lover looking for a place to post photos of your cats, or to look at photos of other cats in the community, the Real House Cats of Scripps Ranch Facebook page is the place to be.

The page was started around five years ago by Scripps Ranch resident Jessica Pearson.

"The page was created not only to feature cats in the community, but also to share cat stories and tips," said JL Nuss, admin of the page.

While the group may have started small, there are currently almost 900 members who are part of the page.

"Anyone is welcome to the page as long as they are a resident of Scripps Ranch,"



The new Real House Cats of Scripps Ranch cat calendar has arrived.

Nuss said.

The page serves as a way for cat lovers

See **CAT LOVERS**, Page 10

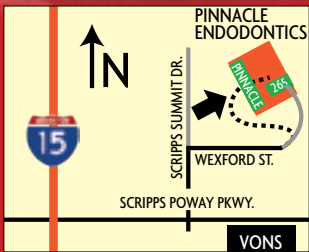
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Obituary: Martin J. Jaquez

Sept. 15, 1959-Nov. 4, 2022

Martin J. Jaquez, 63, tragically passed away Friday, Nov. 4, 2022, in a sudden car accident. He leaves his wife Kellie C. Jaquez with whom he shared 33 years of marriage. He was born Sept. 15, 1959, in Worcester, Mass., a son of the late Joseph T. Jaquez and Patricia Marie Rice.

He graduated from high school in Worcester, Mass., in 1977 before attending Boston University where he graduated with a Bachelor of Science in Electrical Engineering in 1981. He continued his education at the University of Southern California, receiving a Master of Science in Electrical Engineering degree in 1982. After graduating from USC, Martin worked as a design engineer and research scientist for Bell Telephone Laboratories and Brooktree Laboratories. He later pursued a second successful career in patent law – graduating Magna Cum Laude from the University of San Diego School of Law in 1992 with Dean's Honors and as a member of Law Review.

Although his studies and career path moved him away from his Massachusetts upbringing, Marty remained a devoted New



Martin J. Jaquez

England sports fan – passing on his dedication for the Patriots and Red Sox to his two daughters. Marty was known to enjoy the finer things life had to offer – and could frequently be found tanning at Del Mar Beach, practicing his golf game in Torrey Pines, and occasionally wagering at the nearby racetrack. A committed husband and father – Martin was heavily involved in raising his two daughters – coaching his daughters' softball teams and participated in several dance recitals. The life of every party, he will be deeply missed by his friends, family, colleagues and all who knew him.

In addition to his wife, he leaves two children, Nicole and Casey Jaquez of San Diego, Calif.; his brother Michael Jaquez and his wife Jackie and their son of Dylan of Oceanside, Calif.; Patrice Lyons and her husband John and their daughters Jessica and Casey of Worcester, Mass. In addition to his parents, he was predeceased by his brother Mark Jaquez in 2018.

A Catholic funeral service was scheduled Dec. 12 at St. Gregory the Great Catholic Church, followed by a Celebration of Life reception at the Jaquez family home.

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Pure Water project impacts lake activities

As the City of San Diego continues to make progress on one of the largest infrastructure projects in the City's history, there will be temporary impacts to some water activities at Miramar Reservoir.

For the safety of residents and visitors, water activities at Miramar Reservoir will be suspended now through early 2023 due to pipeline construction work for the Pure Water Program. Shore areas, including picnic and barbecue areas, paths and shore fishing, will remain accessible to the public during the project.

Water activities will be suspended again in mid-



Water activities at Miramar Reservoir will be suspended through early 2023 due to pipeline construction work for the Pure Water Program. (photo by John Gregory)

2023 during a second phase of the pipeline project. During these two construction periods, boats, canoes, kayaks and float tubes will not be allowed.

The 1-mile pipeline at Miramar Reservoir will include pipeline assembly on barges on the surface of the reservoir before being sunk and permanently installed underwater. The first phase of construction includes the completion of tunneling into the reservoir (now to early 2023) and the second phase, starting mid-2023, will include the construction of the pipeline on the reservoir.

"This pipeline project is a crucial part of the Pure Water Program that will be vital to providing drinking water in the future," said Juan Guerreiro, director of the City's Public Utilities Department. "We are focused on limiting the impacts to our facilities while this work is underway, and we appreciate the public's patience during the construction phases."

The project team will work to minimize inconveniences associated with traffic, construction noise and large construction equipment, but the public should plan extra

time for parking when visiting the reservoir.

Pure Water San Diego is the City's phased, multi-year program that will provide nearly half of the City's water supply locally by 2035. Pure Water will use proven purification technology to clean recycled water and produce safe, high-quality drinking water. The program offers a cost-effective investment for San Diego's water needs and will provide a reliable, sustainable water supply.

The City is committed to providing up-to-date information about construction activities. Notices will be regularly posted on scripps-ranch.purewatersd.org.

Contact purewatersd@sandiego.gov or (833) 647-7973 with questions about the City's Pure Water Program and the subaqueous pipeline project, and a team member will get back to you within one business day.

For more information about Miramar and the City's other eight reservoirs, visit the City's Reservoirs and Lakes webpage at sandiego.gov/reservoirs-lakes.

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NEWS

Fire Safe Council

We have talked a lot about being prepared in case you need to evacuate your home. How about those of you who go camping? Have you considered being prepared for an evacuation under those circumstances?

Some safety tips to consider at the campground: Only make a fire in a fire pit – a pit that has already been dug out (or you dig it) and is surrounded by a metal ring or large rocks that can help prevent a fire from spreading. Regularly clear and maintain the vegetation that may be near your campfire location. A well maintained fire pit will help keep the fire contained to the established area and less likely for a wildland fire to occur.

Good campfire safety reminders: Always check fire conditions before starting a campfire. Always properly extinguish a campfire. Ensure a campfire is never left unattended.

Be prepared in case an evacuation does occur. Take a look around and determine potential evacuation routes. Be aware and alert.

Last but not least, talk to the campground staff for any advice they have for you in case of an evacuation. Oh, and don't forget to make sure you have plenty of gas in your vehicle in case there is a delay in getting out and are not sure how far you may have to go to safety.

Hope you all have a wonderful holiday and Happy New Year!

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VOSR

Enjoy a festive menu for holiday celebrations

(Family Features) Creating a holiday menu doesn't have to be hard. The key is focusing on dishes that can please loved ones of all ages and palates. Find more holiday recipe inspiration at Culinary.net.

This Spinach Christmas Tree Salad offers a festive option that adds a seasonal presentation to the table. Find more at FreshExpress.com.

Servings: 6
2 packages (5 ounces each) Fresh Express Baby Spinach
1/2 cup dried cranberries, divided
1/3 cup pistachios, divided
1/2 cup feta cheese, divided
1 red pepper, cored, cut into thin strips
1 large apple, thinly sliced, cut into star shapes

Dressing:
1 cup whole berry cranberry sauce
3 tablespoons cranberry juice
2 tablespoons balsamic vinegar
2 tablespoons honey
1/4 cup olive oil
1 tablespoon light brown sugar
1/4 teaspoon salt

In large bowl, toss baby spinach with 1/4 cup dried cranberries, 1/6 cup pistachios and 1/4 cup feta cheese. Transfer to Christmas tree cake mold. Neatly arrange spinach leaves to create smooth surface.



Spinach Christmas Tree Salad (Family Features)

Arrange red pepper strips, trimming as needed, to create garland. Arrange remaining dried cranberries, remaining pistachios and remaining feta cheese as "ornaments" on top of spinach. Create tree topper with one apple star; place remaining apple stars around "tree."

To make dressing: In blender, process cranberry sauce, cranberry juice, balsamic vinegar, honey, olive oil, brown sugar and salt until smooth.

Potato side dishes: Visit eatwisconsinpotatoes.com to discover more recipes fit for serving your loved ones.

This rich, festive Cranberry Cheesecake combines classic flavor with a homemade cranberry compote-

infused layer above a crust sweetly made using C&H Light Brown Sugar and graham crackers. Top with fresh and sugared cranberries, rosemary sprigs and whipped cream for a tempting treat. Find more sweet eats at chsugar.com.

Prep time: 45 minutes
Cook time: 1 hour, 15 minutes

Cranberry Compote:
2 cups fresh cranberries
1 cup C&H Light Brown Sugar
1/4 cup freshly squeezed orange juice
1 teaspoon freshly grated orange zest

Crust:
2 cups graham cracker crumbs
6 tablespoons unsalted butter, melted
3 tablespoons C&H Light Brown Sugar
1/4 teaspoon salt

Cheesecake:
3 packages (8 ounces each) cream cheese, at room temperature
2 cups C&H Organic Raw Cane Sugar
3 tablespoons all-purpose flour
2 teaspoons pure vanilla extract
1/4 teaspoon salt
4 large eggs, at room temperature
1/2 cup sour cream, at room temperature
1/2 cup cranberry compote
fresh cranberries, sugared cranberries, rosemary sprigs, whipped cream

Cranberry compote: In



Cranberry Cheesecake (Family Features)

medium saucepan, bring cranberries, brown sugar, orange juice and orange zest to boil. Lower heat and simmer 10-15 minutes, or until most cranberries burst. Remove from heat. Cool completely at room temperature then transfer to bowl; refrigerate.

Crust: Preheat oven to 350 F. Butter 8-inch springform pan and line bottom with parchment paper. Set aside.

In medium bowl, mix cracker crumbs, butter, brown sugar and salt. Press crumb mixture into bottom of prepared pan. Bake 15 minutes. Remove from oven and set aside. Reduce oven temperature to 325 F.

To make cheesecake: In bowl of electric mixer

fitted with paddle attachment, beat cream cheese at medium speed until smooth. Add cane sugar and beat 2-3 minutes. Scrape sides of bowl as needed. Add flour, vanilla and salt. Beat 1 minute until incorporated.

Add one egg at a time, mixing until incorporated. Add sour cream and mix 1 minute. Scrape sides of bowl as needed. In medium bowl, mix half of cheesecake batter with 1/2 cup cranberry compote.

Wrap springform pan with aluminum foil and place in large roasting pan. Pour cream cheese and cranberry mixture into prepared pan. Top with remaining cream cheese batter. Place roasting pan in oven and add hot water to 1-inch of springform pan. Bake 1 hour, 15 minutes, or until cake looks set in center. Remove from oven and rest 1 hour. Refrigerate in pan overnight.

Decorate cake with fresh and sugared cranberries, rosemary sprigs and whipped cream.

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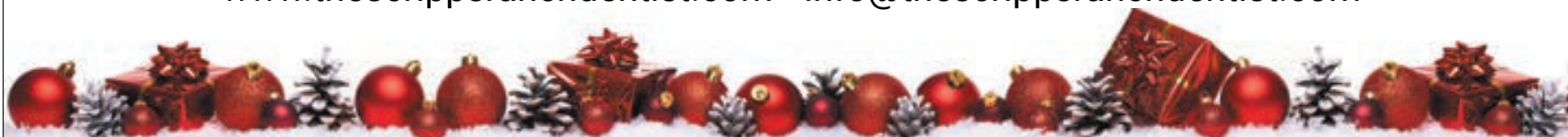
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Plan your tour of the lighting contest displays

A bright and festive assortment of home holiday lighting displays are sparkling brightly in Scripps Ranch again this season. An abundance of local residents whose homes are decorated with outside light displays have been entered in the 2022 Twenty Four Seven Realty-Scripps Ranch News "Home for the Holidays" Lighting Contest.



Anyone can organize their own fun holiday tour of the outdoor home light displays in the 2022 Twenty Four Seven Realty-Scripps Ranch News "Home for the Holidays" Lighting Contest by using the map below.

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

Visit scrippsranchnews.com/lighting-contest to view an updated map of the entrants.

Organize your own driving tour of these displays. Select a night, invite family members and friends, and take them on a fun tour of these wonderfully decorated Scripps Ranch homes with outdoor light displays.

Anyone who decorated the outside of their home in Scripps Ranch with a holiday lights display was eligible to enter the contest. Judges from Twenty Four Seven Realty will select 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 edition of Scripps Ranch News.

Prizes are provided by Twenty Four Seven Realty. These are the contest cate-

gories for prizes:

Norman Rockwell Award – An elegant display that accentuates and coordinates with the beauty and elegance of the home.

The Clark Griswold Award – The most over the top lights.

The Nostalgia Award – "Reminds me of my childhood." Best classic holiday lights.

Grandma Got Run Over Award – Funniest or best use of inflatables.

"It Takes a Village!" – The best decorated group of homes.

This contest has a rich history. It was started in 2020 when the nation was under several restrictions as a result of the COVID-19 pandemic. Scripps Ranch residents were becoming a bit stir-crazy, so they began decorating their homes with outdoor lights early that season as a fun and festive distraction. So, many residents jumped at the opportunity to enter this fun contest once it

was announced. The result was a popular event in which people could show off their creative light displays, and anyone could view the many displays on a self-organized tour from the safety of their vehicles. Today, the Twenty Four Seven Realty-Scripps Ranch News "Home for the Holidays" Lighting Contest has become a celebrated hol-

iday tradition in this community.

Thanks go out to the many residents who decorated their homes with outdoor lights this holiday season and entered this year's contest. A special thanks goes to Twenty Four Seven Realty for again sponsoring this fun and popular Scripps Ranch event.

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Home for the Holidays lighting contest

See the Google map at: scrippsranchnews.com/lighting-contest

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SCRIPPS
RANCH

LEISURE

Drummer Ryan Hunter: he's got the beat

By Kaila Mellos

Scripps Ranch musician Ryan Hunter had an opportunity of a lifetime to kick-start his dream. The Grossmont Community College student is working toward making that dream a full-time opportunity.

"I've basically been hitting the drums my whole life," Hunter said. "I got my first toy drum kit when I was probably about three and I just went from there. I got my first real drum kit after playing on a family-friend's when I was in fourth grade."

Hunter started playing jazz, funk, Latin and blues music with heavy metal influences.

"I played for about two years, just getting down stuff by myself," Hunter said. "Then I got my teacher, and he taught me for another year or two. My biggest inspiration is Danny Carey from Tool, specifically. But even though I play a lot of metal, I also play loads of pop. I have to balance it out some way."

In November, Hunter had the chance to put his skills

to the test for his very first full-set live performance with singer-songwriter Kendra Checketts. Hunter has been working as the official drummer for Checketts since April and has loved the opportunity.

"It was exhilarating, and it was unbelievably fun. Overall, the energy on stage was really fun," Hunter said. "The crowd was definitely feeding it back to us

on stage almost like it was a symbiotic relationship between the music we're playing on stage and the crowd – and it's just a great feeling."

Hunter not only works with Checketts in her band, but also works on the side with a few other musical talents to further practice his skills. He has been working on an unreleased project that is expected to come out in the spring of 2023 with one of these other talents – which he must not reveal at this point, he said.

"We're completely unre-

leased, but we've been writing for about a year, and we'll be dropping our first album next year in the spring," Hunter said. "It'll

be a nice 12-song album we've been together – writing and recording two to three days a week."

Another musical talent Hunter works with is Tea Janee, a new Spotify artist with almost 68,000 monthly listeners. He has been a drummer on a



Ryan Hunter

few of her songs.

"She just released her first song that I'm on and it's her first ever single. It was released two months ago, and it's called 'You Like to Play with Fire,'" Hunter said. "It already has almost 165,000 streams on Spotify."

Janee still has a few more songs Hunter participated in that have yet to be released.

"I will be playing shows with her and doing any more recording she needs," Hunter said. "Along with 'You Like to Play with Fire,' I did

a couple other songs with her that she's not releasing yet and it's just a bunch of different things going on for me that I am really excited for."

Besides his musical career, Hunter hopes to graduate from Grossmont Community College with a major in technical theatre with a focus on set construction and design. He works at The Old Globe in Balboa Park as a prop artisan, helping him embrace that side of his dreams.

To follow Hunter's journey, follow along on Instagram @ryan.hunter.drums.



Pianist Dmitry Kirichenko will perform live Jan. 15, 2:30 p.m. at the Scripps Miramar Ranch Library Center. (courtesy photo)

Kirichenko
performs live

The "Pleasure of Your Company" music series will welcome back celebrated pianist Dmitry Kirichenko on Sunday, Jan. 15, 2:30 p.m. at the Scripps Miramar Ranch Library Center.

His program will include works by Chopin, Schubert and Beethoven. His playing, described by Paris music critic Claude Taelman as "warm sensitivity heightened by his delicate touch and great technical mastery," is a perfect match for the library's fine Schimmel piano. A graduate of the Moscow and Odessa conservatories, Kirichenko has performed throughout Europe and the United States.

There is no charge for the concert, which is sponsored by the Scripps Ranch Friends of the Library with generous support from Sharon and Garry Hays, 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 Boulevard. Visit www.srfol.org or call (858) 538-8158 for information.

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Vendor offers treats and clothing for pets

By Jill Alexander

Many Scripps Ranch Farmer's Market customers regularly stop by Timothy Mapes' booth on Thursdays to see the latest fashions for their fur babies. Mapes is the owner and founder of A*SLoB-BRiN Pet Bakery & Gifts, maker of homemade, all-natural baked goods and jerky for pets. He also has personalized clothing and accessories for pets and dolls, also sold at his booth.

For 18 years, Mapes has been using only human-grade ingredients minus the salt and other chemicals typically found in commercial treats and dog foods. The result is popular, healthy dog snacks and treats.

With great love and care, Mapes bakes and creates healthy snacks at his East County residence, using the recipes he has perfected via researching and developing over the last 18 years.

"I didn't venture out until so many people started asking me to make it for them," said Mapes, the Scripps Ranch Farmer's Market assistant manager.

Years ago, he had a special needs dog that wasn't able to digest chemicals, so he needed to take all the



The A*SLoB-BRiN Pet Bakery & Gifts booth at the Scripps Ranch Farmer's Market offers a selection of homemade, all-natural baked goods and jerky for pets. (courtesy photo)

preservatives out.

He's been selling ever since and said Scripps Farmer's Market is a terrific place to sell because, "Scripps Ranch Farmer's Market clients are the best ... They have been coming to me for years and love putting up their pets on the table to try on the latest outfits. It's like playing dress-up; the pets and the owners love it. And of course, they love the treats."

Formerly in the food services and beverage industry, Mapes now works at creating all the wonderful items that dogs and cats simply "eat up."

Prices range from \$5 to \$12 for pet snacks. Jerky

varieties include chicken, beef jerky and more, along with baked goods.

Mapes always has the food dehydrators turned on at home where he is whipping up batches of delicious items that have helped turn this into a full-time job. He does dabble a bit in real estate but said for now the pets are his priority and he may have to get a bigger location at some point if sales continue to climb.

Oh, and if you're wondering about the business name, it's an acronym for his many beloved rescue pets, past and present. A*SLoB-BRiN uses the rescue pets' first initials and is filled in with a few vowels to help with the pronunciation. He currently has one dog but remembers all fondly:

A is for Andy
S is for Sampson
L is for Lukus
B is for Bridget
B is for Buddy
R is for Ricky (a rabbit)
N is for Nikki

Visit Tim Mapes' booth at the Scripps Ranch Farmer's Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.



Tim Mapes

CAT LOVERS

Continued from Page 1

in the community to bond, and it also serves as a way to fundraise for the Feral Cat Coalition (FCC).

"The FCC has helped my family, personally, with our feral cats, and they help many more people with their cats. We thought it would be a good idea to help them as well," Nuss said.

The page has two fundraisers for the FCC: the cat calendar, and the cat themed gift exchange.

"The cat calendar has been going on for about four years. This year, we posted on the page in early November for community members to send their cat photos that they want included in the calendar, and how many calendars they want. We give them about a week to submit their photos so that the calendars can be done by Thanksgiving," Nuss said.

This year, there were 120 orders for cat calendars.

"We include all photos that are submitted. I'm not sure about this year, but last year we had about 168 photos submitted that we included in the calendar," Nuss said.

All of the proceeds from the cat calendar are donated to the FCC.

"I have seen the photos for the cat calendar, and they are great. There are some serious ones, some funny

ones, some close-ups. There are just a ton of great photos," Nuss said.

The second fundraiser is the cat themed gift exchange which will be held Dec. 17.

"The gift exchange will occur on my driveway. People will be able to bring their cat themed gift during the window of time, and leave with a gift that someone else brought. You are allowed to take as many gifts as you bring. At the time when you bring your gifts, you can also buy raffle tickets for the prizes we will be giving out," Nuss said.

The prizes are cat-themed, and are made by people in the community, or they are bought by people in the community and donated. All of the proceeds from the raffle tickets go to the FCC.

"We have really seen the amount of people who participate in these fundraisers grow. They are just a great way to have people in the cat community come together while also giving to an organization that helps us out," Nuss said.

Alongside the cat-themed gifts and prizes, they are also collecting recyclable bottles and cans to help raise more money for the FCC.

For more information, visit [facebook.com/groups/273744863114547](https://www.facebook.com/groups/273744863114547) or search Real House Cats of Scripps Ranch on Facebook.

ADVERTORIAL

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Wine Down Wednesdays return

Wine Down Wednesdays will resume on Jan. 11. Following the holiday break. Experience the enjoyment of Wine Down Wednesday at Addy's from 4 to 7 p.m.

December schedule

We will be closed from Dec. 24 through Jan. 2 so

that all of us will be able to spend some quality time with our families during the holidays. We look forward to seeing everyone's beautiful faces in 2023 beginning Jan. 3 when we will be open again.

Holiday wishes

To all our customers: Thank you for your support this past year, and for making 2022 such a success at Addy's. We are especially grateful for our customers from Scripps Ranch who have been really wonderful.

Operating Addy's Bistro has proven to be an exciting and gratifying experience. Not only have we been able to provide quality cuisine, we have also met so many great customers. This has been a truly compelling journey – and one close to my heart since Addy's is named after my lovely granddaughter.

Have a happy, healthy holiday season and a bright New Year!

– Denise Mary-Callander, owner, aka Addy's "Meme"

Hours

Open Mondays - Fridays, 7 AM - 3 PM; Saturdays - Sundays 8 AM - 2 PM. Wine Down Wednesdays: 4 - 7 PM.

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Couple proves it's never too late for love

By Dave Dunn

When Charles Lee and Tammy Chen moved to The Glen at Scripps Ranch, a San Diego retirement community, they both resolved to never have a romantic relationship. But the 82- and 75-year-old, respectively, say love has magical power and celebrated their wedding reception in November with more than 100 guests at The Glen.



Tammy and Charles Lee slice their wedding cake during a reception at The Glen at Scripps Ranch before a crowd of more than 100. (photo by Ping Won)

‘To people of any age, keep trying to find love but don’t rush into anything.’

—Charles Lee

Despite the odds of the pandemic increasing strain on marriages and the low rates for remarrying after age 75, the Lees laugh, play games and adventure together like newlyweds who are half a century younger. “Our Chinese and educa-

tional backgrounds are what initially sparked our relationship,” said Charles Lee. “Then the similar interests in sports, exercise, going to church and travel ... love just took over, and it’s the ultimate power in the universe.”

After their first date at The Glen – dinner at Tammy’s apartment home on New Year’s Day in 2020 – the two grew to be inseparable. They became table tennis enthusiasts (Charles admits he often loses to Tammy), go on daily walks,

swim in the pool and enjoy various other activities at the retirement community.

After attending college in Taiwan, both eventually moved to the U.S. Charles earned his Ph.D. and taught entrepreneurship at the Ivy League level and then California universities. Tammy worked in business management. Both raised families, became widows, and had kids and grandkids, who salute their new union.

“To people of any age, keep trying to find love but don’t rush into anything,” Charles said. “Get to know, understand, accept and tolerate each other.”

The two popped champagne, cut the cake and did a waltz for their first dance surrounded by friends and a community the couple says made it all possible.

“It’s heartwarming to see residents here discover new passions, try new activities, make new friends and even find love in some cases,” said Brad Logsdon, marketing director at The Glen. “The possibilities are endless, and it’s a pleasure to be a part of it.”

IMPORTANT DATES

- DECEMBER 18**
Hanukkah begins
- DECEMBER 19-JANUARY 2**
SDUSD Winter Break
- DECEMBER 24**
Christmas Eve
- DECEMBER 25**
Christmas Day
- DECEMBER 26**
Kwanzaa
- DECEMBER 31**
New Year’s Eve
- JANUARY 1**
New Year’s Day
- JANUARY 3**
SDUSD schools back in session
- JANUARY 16**
Martin Luther King Jr. Day
- JANUARY 22**
Lunar New Year
- FEBRUARY 2**
Groundhog Day



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#BlissfulLife

SUSTAINABLE SCRIPPS RANCH

Move forward, carrying the wisdom of the past

Glaciers are melting, forests are being depleted, fires and floods abound, and around the world, young people fear for their future. It has finally hit home to most of humanity that the world as we knew it, may no longer be.

For years, prophets and visionaries have been sounding the alarm, warning of impending doom if we didn't

change our ways. Now, there are countless organizations dedicated to 'fighting' climate change, loss of biodiversity, inequality, social injustice and more. Yet, we hurtle toward the inevitable – a world descending into chaos, with increasing hostility, food insecurity and wider gaps between rich and poor.

In this scenario, what does being sustainable mean? Is

that what we need, and is that all we want?

Let's look at it from the perspective of those needs and wants, from the ground up:

We all want to live in a community where we belong.

We all want to make our unique contribution to that community, and beyond.

We also want to enjoy our lives, whether it be finding

joy in our daily chores, attending various performances, or expressing ourselves in creative ways.

We now know that our health and wellness are intricately entwined with the health and safety of the soil, water and, indeed, the planet itself. Hence, it's time to consider what sort of living can incorporate these needs and wants without exacerbating the planetary imbalance underway.

Every time I've asked myself this question, the inevitable answer is, "Live like your grandparents!"

I cannot count the number of times I've also heard, "We can't go back to the past."

For years, we've looked to modern technology to save us from the consequences of our own ill-considered actions. Now, at the brink of planetary catastrophe, that is no longer promising.

Instead, let's move forward, carrying with us the *wisdom* of the *past*: dry clothes outdoors; cook our own meals; eat more fresh foods; grow what we can; capture and use rainwater;



If we can do all this in ways that have minimal impact on all life and non-life, we may preserve the planet's beauty and grandeur for generations to come.

while using the power of the sun traveling mindfully; and getting to know where our food and water come from.

If we can do all this in ways that have minimal impact on all life and non-life, we may preserve the planet's beauty and grandeur for generations to come. Thus, instead of treating it as a resource, we become integral cells in this great organism, helping it and all of us thrive and flourish.

To learn more about Sustainable Scripps Ranch, visit our website at scrippsranchnews.com or e-mail SustainableSR@scrippsranchnews.com.

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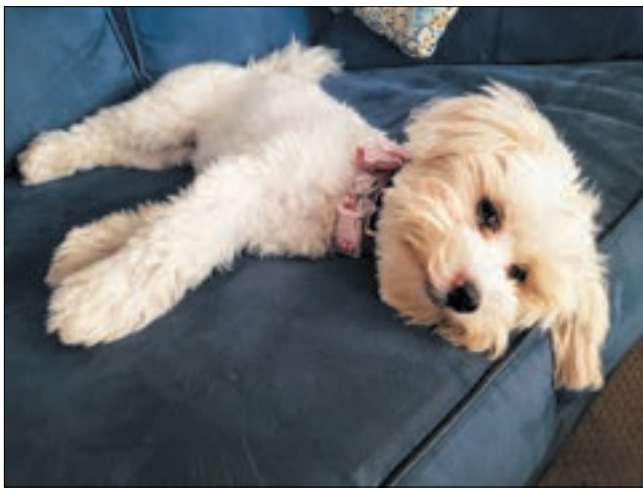
Sunset over Scripps Ranch (photo by Bev Cassity)



Miramar Lake (photo by Armando Bracamonte)

2022 PHOTO SHOWCASE

These colorful photos are the selected shots from among those sent by readers for this year's Scripps Ranch Photo Showcase. Thanks go out to all those who shared these wonderful images.



(photo by Maureen Fonseca-Ford)



(photo by Maureen Fonseca-Ford)



(photo by Maureen Fonseca-Ford)



Senior Car parade (photo by Maureen Fonseca-Ford)



SRHS Graduation (photo by Maureen Fonseca-Ford)

Christmas Eve
AT NEWBREAK CHURCH

3:30 PM • 5:00 PM
CANDLELIGHT SERVICES

NEWBREAK.CHURCH/CHRISTMAS

RIDING CENTER

Continued from Page 1

a few of her local Scripps Ranch riders:

Eva Forgeron is 9 years old.

“She looks forward to her Thursday lessons with Camille, who she loves to do everything with. Not only has Eva made a new friend, but her mom, Emily, has also been able to connect with other parents at the center. The friendship has now extended outside the ranch with Eva inviting Camille to her birthday party,” Sarnataro said.

“Eva has become much more social, confident, brave and fearless. Her balance and coordination have also improved,” Sarnataro said.

Michael Dendel is 24 years old and has been riding with RAD since the beginning.

“He loves horses and he rides every Saturday, and looks forward to his lessons. He was a bit nervous in the beginning but now rides independently with one person assisting him,” Sarnataro said. “He loves when people watch and cheer him on. He’s now learning more than riding and is learning to take care of the horses and has really embraced the whole horsemanship aspect of therapeutic riding as well.”

Seth and Madelyn Novak are siblings, ages 11 and 14.

“Seth started off mostly ... with a leader at first working on more advanced rid-



Madelyn Novak maneuvers her horse during a riding session. (courtesy of Ride Above Disability)

ing skills, how to connect with his horse using his legs. He’s grown more confident within himself and is now able to do all the tasks that the instructor asks of him. He is now completely independent and likes to work with the horses on the ground as well, learning how to exercise, groom, lead and bathe the horses,” Sarnataro said.

“Madilyn was a natural from the moment she started. She is a very quick learner and loves every horse she

rides. She is very balanced and light in the saddle. She is working on control of her horse and using her natural aids to help guide,” Sarnataro said. “Madilyn recently was able to try cantering for the first time and she did amazing. Horseback riding has increased Madilyn’s confidence, riding skills and social skills as she gets to ride with peers her age.”

Anyone interested in the program is welcome to visit and take a tour. Learn more at radtrc.org.



Seth Novak atop his mount at Ride Above Disability Therapeutic Riding Center. (courtesy of Ride Above Disability)

ADVERTORIAL

Perfect time? Re-think your New Year's resolution

Is this the perfect time?

I am not talking about losing weight, increasing savings, or spending more time with family ...

This is a perfect time to make a resolution to remodel your worn-out kitchen!

Like many people, you have probably been waiting for years, looking for just the right time.

This New Year is a perfect time!

Why now?

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—*Mathew Taft, President
Kitchen Barn, Inc.*



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Two SRHS students among Remarkable Teens

Vedant Nahar and Lea Nepomuceno, both Scripps Ranch High School (SRHS) students, were among the honorees when the San Diego County Public Defender's Office recognized the 25 Most Remarkable Teens in San Diego County during its fifth annual awards ceremony on Nov. 10 at the San Diego Central Library.



Scripps Ranch High School (SRHS) students Vedant Nahar and Lea Nepomuceno are among the 25 Most Remarkable Teens in San Diego County. (County of San Diego Communications Office)

The 25 teens were selected from a pool of more than 155 nominees after virtual interviews and a review of supplemental materials by a panel from the Public Defender's Office. The 25 Most Remarkable Teens in San Diego County are set apart from other teen award honorees because students selected to be "Most Remarkable" are not only talented, but are driven to succeed, overcome adversity and are passionate about civic issues or projects.



Vedant Nahar

Here is more information about the honorees from SRHS.:

Vedant Nahar, 16, Scripps Ranch High School junior, won the Most Enterprising award. He is the CEO of a startup company called MedAlert. He led his team from a basic idea to the development of an iOS/Android app. MedAlert is a task management app that allows nurses to create, claim and delegate tasks using tablets. No longer constrained by paper and having to convey information verbally, nurses can use the app to communicate in real time, avoiding errors in patient care and drug dispensing. Under Nahar's leadership, the MedAlert team won the Best Healthcare Pitch and placed in the Blue Ocean Entrepreneurship Competition, the most prestigious high school entrepreneurship competition in the world. Nahar and his team were invited to pitch MedAlert to investment groups such as the NuFund Investment Angels.

Nahar reveals his competitive spirit athletically as well as academically. He is a club and varsity swimmer and a second-degree black belt in taekwondo.

Lea Nepomuceno, 16, Scripps Ranch High School senior, received the award for Social Justice.

In 2019, Nepomuceno co-founded Youth for Juvenile Justice Reform – interviewing more than 200 formerly incarcerated individuals in efforts to educate youth on

the criminal justice system. Through the organization, she has collaborated with artists and been featured as a panelist on the VIBE Movement's "What's Color Got to do with it? Dismantling the School-to-Prison Pipeline" series in 2020 as well as Youth Summit NYC 2021.

Nepomuceno is also the youngest member of the University of Southern California's Prison Education Project. Nepomuceno created the podcast "Evidence for Change," in which she interviews alumni from the Johns Hopkins Center for Gun Violence Solutions Summer Youth Institute.

Evidence for Change has more than 15,000 listeners.

In 2022, Nepomuceno was invited to President Biden's signing ceremony of the bipartisan Safer Communities Act alongside the nation's leading activists and policy-makers on gun violence prevention.

"San Diego youth are acting as leaders, innovators, activists and trailblazers throughout the county," said Public Defender Randy Mize. "Demonstrating courage, spirit and tenacity, these 25 teens are leading the way to a successful future with creative, smart solutions both for their lives and our commu-



Lea Nepomuceno

nity."

The Most Remarkable Teen program recognizes San Diego youth ages 13-19 for their contributions and efforts in 25 categories including environmental advocacy, arts and culture, technology, civic involvement, entrepreneurship, courage to overcome adversity and other outstanding accomplishments.

In partnership with the San Diego Public Library, the awards event was held at the Shiley Special Events Suite at the City of San Diego Central Library. Elected officials presented the awards. Among them were San Diego City Council President Sean Elo-Rivera, President Pro Tem Monica Montgomery Steppe, Councilmember Marni von Wilpert, Councilmember Joe LaCava and Councilmember Raul Campillo. San Diego Mayor Todd Gloria opened the evening with welcoming remarks.

—Tracy DeFore
County of San Diego
Communications Office

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Marshall music program is in tune and performing

By Patricia Overton

The Marshall Middle School (MMS) orchestra and band are tuning their melodies for some upcoming performances this school year. The holiday season kicked off with a winter concert Dec. 8, with students back on stage and showcasing the outstanding skills.

“Last year was still tentative with all the restrictions and not knowing what was possible to plan for. This year there’s a lot of enthusiasm and energy building with the students knowing that we are going to have live concerts. The intermediate and advanced classes are planning on doing their regular trip. Everything is somewhat back to normal.” said Cameron Brown, MMS director of instrumental music.

Brown is pleased with all his classes this year and the rate at which the students are advancing. A special thanks go to Joshua Way, principal at MMS, for helping pay for smart music subscriptions, giving students the opportunity to further learn new music and develop their skills.

“Both our admin and the MMO have supported us greatly and they do so every year,” Brown said.



Students in the Marshall Middle School music program perform in concert. (courtesy photo)

In addition, the MMS Instrumental Music Boosters organization (MMSIMB) was recently created. It will help maximize the power of donations to the music department, including providing greater transparency and the ability to hold online and restaurant fundraisers. For more information, visit mmsim.org. Donations may be made at bit.ly/3VBfg6X.

With steady support, and under the leadership of Brown, the MMS music program will continue to provide the right tools for students, giving them everything they need to thrive.

The next scheduled concert with performances from students in both intermediate and advanced classes is set for March 2.

Cyberknights headed to first championships

Cyberknights, a local First Lego League (FLL) team comprised of six fifth-graders from Dingeman Elementary School is gearing up for the SoCal Championships to be held on Dec. 17.

The team includes Reva Yalamanchili, Anisha Majumder, Ria Johari, Naitik Gajjar, Siddhartha Chinniah and Neel Bhole. It came together in early September. With a tight timeline of two months, the team met three to four times a week to plan and execute robotic missions, and conceptualize and develop an innovation project. Under the guidance of team coaches Gaurav Gajjar and Minal Tapar, the six enthusiastic fifth-graders left no stone unturned in preparing for the FLL Super-Powered competitions.

The team’s robotic design underwent several iterations with meticulous attention to documentation. For their innovation project, the team members chose to give back to their community by coming up with a proposal that utilized Dingeman Elementary School’s cafeteria food waste to power microbial fuel cells as a means of generating clean energy.

Feedback from experts at UCSD and USC helped propel the team in the right direc-



The Cyberknights are prepared for the SoCal Championships to be held on Dec. 17. (courtesy photo)

tion. By the time the qualifiers rolled around in early November, the team members were ready to shine. They came away with the Best Innovation Project award at the SoCal Qualifying Tournament and most recently were recognized as the Runner-Up Champions at the SoCal Regionals. The team is headed to the SoCal Championships on Dec. 17 at UC Riverside. With renewed vigor, they remain focused on fortifying their innovation proposal, alongside improving their robotic performance.

Their optimistic outlook and commitment to improvement continue to fuel their motivation.



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Christmas Mass Schedule:

December 24:
4:00 pm, 6:00 pm, 8:00 pm, 10:00 pm

December 25:
7:30 am, 9:00 am, 11:00 am

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Members of the SRHS women's cross country team display the championship banner after winning the D2 CIF San Diego Section Championship on Nov. 12. (photo by Jim Wick)

Women runners win CIF!

By Hector Trujillo

The Scripps Ranch High School (SRHS) women's cross country team won the 2022 Division 2 San Diego Section CIF Championship at the finals that took place at Morley field on Nov. 12 and also competed in the State Finals held in Fresno on Nov. 26.

It was the first cross country title for the Lady Falcons since 1997.

"We were ecstatic that the girls performed so well and worked really well together as a team," said SRHS cross country assistant coach Eileen Quinn. "In fact, as they were coming in the home stretch, the second girl caught up with the first girl and they high-fived each other as they sprinted to the finish. It was really exciting."

Those two runners were sophomores Addy Richardson and Ally Van Duren who finished fifth and sixth, respectively, with senior Michaela Martin finishing in 10th place.

The men's team saw two of its runners, senior Ken Belt and junior Oliver Cannon, also qualify to compete at the State meet alongside the seven girls representing Scripps Ranch High School.

During the State meet at Fresno, the women finished in 18th place out of 24 teams in their respective section, while finishing as the top team from San Diego.

"Michaela (Martin), Ally (Van Duren) and Chloe (Ellermeyer) were the three that came in across the line first and they had great races," Quinn said.

As for Ken Belt and Oliver Cannon, they finished in 107th and 122nd place, respectively, as they competed against more than 200 runners which included the top three in the country.

The Falcons varsity teams competed in a total of 11 competitions this season, not including the State meet.

"This year we've had a lot of injuries just like a lot of

the teams across San Diego. So, for them to come back and perform at that level and win was just amazing. It was really fantastic," Quinn said.

SRHS kicked off the first official day of practice on Aug. 8 without having the services of some key runners from 2021, with a total of 30 males and 25 females.

The month of September served as preparation for league competition which included the annual South Bay Invitational in Bonita, followed by the Mt. Carmel Invitational at Morley Field and the Dana Hills Invitational in Dana Point the last week of September. League competition began in October.

Team optimistic for possible repeat

By Hector Trujillo

The defending CIF Division IV State Champion Scripps Ranch High School (SRHS) men's basketball team looks for a repeat performance from last season.

Despite no longer having the services of multi-sports star athlete Jax Leatherwood, who will attend the University of Nevada, there is still optimism they can achieve the feat with so many games still left in the season.

"We have five transfers that came in and three returning players from last year," said head coach Brock Flint. "We feel pretty bullish about our chances."

Despite not having six players available at the start of the season, the Falcons managed to get their first win on Nov. 22 against Eastlake High School in dominating fashion by a score 61-45.

Among the players who will be instrumental in making a run for back to back titles are senior captain Jaiden Schube, senior Jona Dawson, junior Rowen Wimmer, along with junior transfer Kai Brown and senior transfer Micah Brickner.



Jaiden Schube drives past a Victory Christian Academy defender during a 62-56 Scripps Ranch High School victory on Dec. 6. (photo by Jim Wick)

"Defensively we'll see some more pressing and some more man than last year because of different personnel," Flint said.

"We have the Torrey Pines tournament circled on our calendar because that's when our full team will finally be here," Flint said. "That weekend will be a big test for us with some really good open

division teams here in San Diego."

Flint was named D4 coach of the year in April of this year.

The 2022 Torrey Pines Holiday Classic basketball tournament begins on Dec. 23 and also goes from Dec. 27 through the 30th. This will be the 32nd edition of

See **BASKETBALL**, Page 18



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Scripps Ranch High School freshman wrestler Micah Kollmeyer competes at the Carlsbad Wrestling Invitational Tournament on Dec. 3. (photo by Jim Wick)

Wrestlers look to reach new heights

By Hector Trujillo

Scripps Ranch High School (SRHS) male wrestlers kicked off the 2022-2023 season with a good showing at the Carlsbad Wrestling Invitational Tournament held at Carlsbad High School on Dec. 3.

The Falcons finished in the top half (10th place overall) of the 21 competing schools. Brawley High School earned the top spot overall.

The Scripps Ranch team was made up of 13 male athletes that included junior varsity and first-year wres-

‘What I expect from this year’s team is to continue to improve and continue to work hard...’

—John Kreitzer

head coach John Kreitzer.

In the varsity 145 pound weight class, Jack Hamilton won a 7-5 decision over Johnathan Kaiser of Steele Canyon. Hamilton won first-place despite being a sophomore competing against varsity competition.

In the 138 pound weight class, Garrett Elliot beat out Julian Lorello of San Marcos High School in a nail-biting 6-5 match to earn third place. Grant Hancock won by no contest over Christian Maldonado of San Marcos in the varsity 132 pound weight class to earn his third

See **WRESTLERS**, Page 19

tlers coming out with one first-place finish and two third-place finishes.

“It was real positive and I was actually very impressed with what we did do,” said

BASKETBALL

Continued from Page 17

the nationally-sanctioned high school basketball tournament played annually in San Diego.

The Falcons have 18 total games remaining in the regular season, including tournament play, with league competition starting on Jan.

6 at home versus Mira Mesa High School. That game will be followed by a road game at Madison High School on Jan. 10 with Scripps Ranch then playing back to back road games against University City and Lincoln High School on Jan. 13 and 14, respectively. The Falcons return home to take on Coronado High School on Jan.

20, travel to take on Cathedral Catholic High on Jan. 24, followed by a rematch against Mira Mesa on Jan. 27. The team returns home on Jan. 30 to face Madison High. Scripps Ranch closes out the regular season against University City High on Feb. 3, Del Norte High School on Feb. 4 and Coronado High School on Feb. 10.



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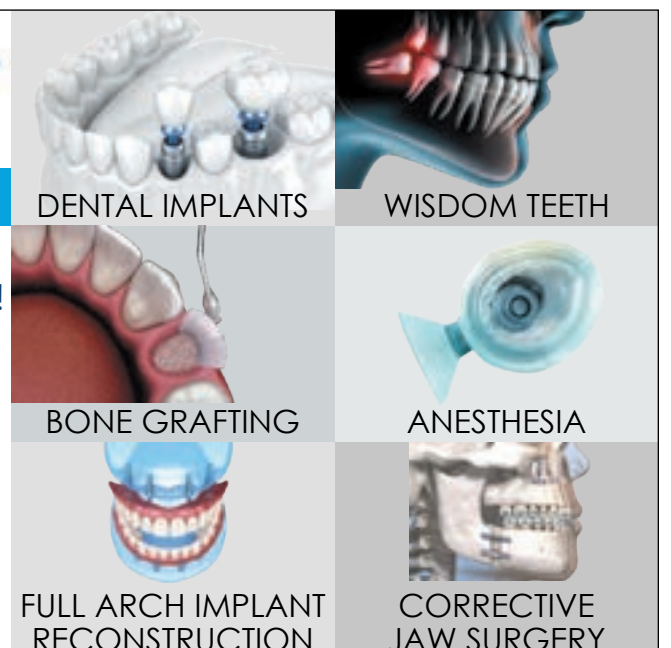
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Womens water polo team strives for success

By Hector Trujillo

The Scripps Ranch High School (SRHS) womens varsity water polo team looks to have a bounce back season now competing in the San Diego CIF Section Division 3 after winning only one game last year.

That move paid dividends right off the bat as the Lady Falcons won their first match against West Hills 11-7 in a non-league road match on Nov. 30.

“We’re definitely hoping for a better finish this year,” said head coach Brad Oestreich. “Moving down to division three, which also changed our league, gives us a lot better opportunities. We also had a lot of younger players last year, and had three graduate.”

In the following game against Mission Bay High School on Dec. 2, Scripps Ranch took it down to the wire but fell 12-10, with the match being decided in the final two minutes. Despite the loss, the result was a



Scripps Ranch High goalie Sydney Deitz makes a save against Mission Bay High on Dec. 2. (photo by Jim Wick)

marked improvement from last season when Scripps Ranch was defeated by a combined scoreline of 26-7 in the two games versus Mission Bay High.

“Our hope is to finish high in league and continue to develop players while getting these girls through high

school,” Oestreich said.

Juniors Olivia Dummer, Chloe Kuperstein and senior goalie Sydney Deitz will be players to watch this year as the team continues to improve during practices and home games at Ned Baumer Aquatic Center in Miramar College.



Scripps Ranch High School's Abbey Leader fires the ball during a tight match against Mission Bay High in a 10-12 defeat on Dec. 2. (photo by Jim Wick)

Oestreich is a father of two who played water polo and swam for Scripps Ranch High School from 1996 to 1999. He is thankful to his employer, Tandem Diabetes Care, for allowing the flexibility to continue coaching.

“My company allows me to coach. I am not a Scripps Ranch High School employee other than coaching,” he said. “They give me the opportunity to coach six months of the year.”

The Lady Falcons have eight games remaining in their schedule starting with a road game on Jan. 4 against

University City, which accounted for their lone victory last season, followed by another road game on Jan. 10 versus High Tech SD as the first league game of the year. Scripps Ranch then travels to take on Ramona on Jan. 13, followed by a home league match versus Canyon Hills on Jan. 17, closing out the season with four more scheduled league games against Academy of Our Lady of Peace on Jan. 19, High Tech SD on Jan. 24, Canyon Hills on Jan. 31 and a rematch with Academy of Our Lady of Peace on Feb. 2.

WRESTLERS

Continued from Page 18

place spot.

Scripps Ranch will take part in five dual meets this season along with several tournaments which include six tournaments for the SRHS female team. This will be the second year that Scripps Ranch has a women wrestling team competing.

“Girls wrestling in San Diego is really booming,” Kreitzer said. “Last year there was a total of three tournaments we could go to in this area, and this year we’re going to six of the seven that are available.”

Among the returners from last season are Masters qualifier junior Kayla Lincoln who captured fifth place in the varsity 145 pound San Diego Section Girls Wrestling Division 1 Championships held in early February.

On the mens side, Jack Hamilton will be joined by senior Garrett Elliott and junior Noah Harris as the returning Masters qualifiers from last year.

“We lost five seniors from last year, so that’s a huge loss to any high school program,” Kreitzer said. “What I expect from this year’s team is to continue to improve and continue to work hard to fill in the gaps for the ones that left.”

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OPENING GAME VICTORY: Scripps Ranch High School sophomore Tommy Fraser skates past an Escondido Charter High defender during an 11-2 Falcons roller hockey victory on Nov. 28. (photo by Jim Wick)

SPORTS ROUNDUP

This array of photos depicts some of the events involving Scripps Ranch teams as the autumn sports seasons wound down and the winter sports schedules got underway.



DEFENSIVE BATTLE: Kate Hoover focuses on a pass as the Scripps Ranch High School womens varsity soccer team battled to a rare 0-0 tie against Grossmont High School on Nov. 30 in a game that featured some incredible defensive plays by both teams. (photo by Jim Wick)



(photo by Lisa Shadburn)

SOFTBALL MEDALISTS: Scripps Ranch softball 8u and 10u players competed in the Carlsbad Sunset Classic Tournament Nov. 4-6. Pictured are the players of the game from Scripps Ranch's two 10u tournament teams: (Above) Emery O'Brien, Evelyn Whitney, Amelia Greenspan, Naomi Shadburn. (Below) Emerson Meyer, Embrey Slates, Izzy Carrasco, Natalie Hoffman.



(courtesy of Scripps Ranch Softball Association/Anna Carrasco)



BASKETBALL CHAMPIONS: The Marshall Middle School girls basketball team captured the San Diego Unified School District championship in their division on Nov. 5. (photo courtesy of Raoul Martinez)

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SAN DIEGO

WORDS & PICTURES

Ohayon earns outstanding honor

By Ashley Shah

Michael Ohayon, a senior at Scripps Ranch High School (SRHS), is an outstanding member of the school's Falcon Corps and Color Guard.

Ohayon was awarded the Outstanding Soloist award at the California State Finals for marching bands on Nov. 19.

"Typically, the award is given to a soloist in the band, but this time it was given to a member of the guard, Michael," said Kathie Foley, a family friend and parent of a former member in the SRHS color guard.

There were teams from all over California at the California State finals. Each was the best from their divisions.

"Out of all of the people from different divisions and places in California, Michael received the award," Foley said.

Alongside the award, he received a \$500 scholarship.

"Michael has got to be one of the most hardworking kids I know. The improvement that he has made since he started guard to now is so great. He really deserved that award," Foley said.

"It is definitely a really cool honor, and I'm really proud of it. However, it is a lot in part due to my coaches and the people around me that I was able to achieve that award," Ohayon said.

Ohayon's color guard career began in the winter of his first year of high school. Unfortunately, due to the pandemic, Ohayon's first season was short-lived.

"I took a small break after my first season got cut short, but the summer going into my junior year, I started again," Ohayon said.

Going into his junior year, he joined Pacific Crest, a team associated with Drum Corps International, a non-profit organization that is dedicated to marching bands.

"The program began in June, and we trained in Los Angeles for a couple weeks, and then we toured around the nation. It is a 70-day program," Ohayon said.

In the fall of his junior year, Ohayon re-

started his experience in the SRHS marching band.

"Even though I had already done Pacific Crest, it was still a big learning experience when I joined the SRHS marching band. I was learning the ropes of everything," Ohayon said.

He continued winterguard in his junior year, which is from January to April.

This past summer, Ohayon went back to Pacific Crest for another season. In the fall, he started his last season in the SRHS marching band as co-captain.

"Getting to be co-captain this year has been a really great experience. It is definitely a lot of work behind the season, but is fully worth it," Ohayon said.

He will continue winterguard at SRHS this winter season.

Besides winterguard at SRHS, he has joined an independent winterguard team called Emerald.

"This is my first season in it. I will continue it until April when championships happen. It has been hard to manage both teams, but I have been able to get accommodations from both teams, and it has been working out," Ohayon said.

He spends about 30 hours per week in the thick of the season practicing. The countless hours that he has put into guard do not seem to be ending any time soon.

"This summer coming up, I will be doing Drum Corps International again, but this time with the Santa Clara Vanguard. They have won many times, and I am excited for my experience with this team," he said.

As a graduating senior this year, Ohayon plans to attend a four-year university in which he will continue guard.

"A lot of schools do not really have guard teams, but no matter where I go, I will join an independent guard team so I can continue it," he said.

"Guard is really an art form. There is no perfect in it, but you can always get better, and that is what I love. It has been such a fun experience, and I have met so many people through this. I can't wait to keep doing more," Ohayon said.



SDCC WINTER CONCERT: The San Diego Children's choir (SDCC) performed its winter concert to a packed audience at the Lincoln High School Performing Arts Center on Dec. 3. SDCC provides vocal music training to children ages 1-18 at locations throughout San Diego. (photo by Lisa Shadburn)



HONOR CHOIR: The Dingeman Elementary Honor Choir performed holiday classics for the La Jolla Women's club on Dec. 5. Along with vocal music, the performance also featured students playing the ukulele. (photo by Lisa Shadburn)



THE MUSIC MAN: Residents from Scripps Ranch and surrounding communities performed in the Metropolitan Educational Theatre Network's production of "The Music Man" at the Poway Center for the Performing Arts. The show ran Nov. 9-11 and 13. (photo by Lisa Shadburn)



Michael Ohayon (center) is flanked by his coaches: Gio Ayon (left) and Kat Welsch. (courtesy photo)

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UPCOMING EVENTS

DECEMBER 15



(photo courtesy of Fleet Science Center)

'Train Time'

The Fleet Science Center presents "Train Time," a new documentary film now showing in the Heikoff Giant Dome Theater at the Fleet Science Center in Balboa Park. The Fleet Science Center invites visitors on a stunning journey across the North American continent with "Train Time." The film reveals the hidden inner workings of a modern railroad. Runs through Jan. 5. fleetscience.org

Wild Holidays

See the Safari Park in a whole new light! Take a holiday expedition of light and travel through places that glow and twinkle with holiday cheer. Hol-

iday tunes set the mood, and seasonal food treats tempt you throughout your journey. Wild Holidays is scheduled on the following dates: Dec. 17-23, 26-31; and Jan. 1. bit.ly/3VK6Zhp

DECEMBER 17

Pet Parade

The Gaslamp Pet Parade & Pups in the Pub Party returns to the streets of the Gaslamp Quarter Dec. 17 at 1 p.m. After the parade, guests are invited to stroll to the second annual Pups in the Pub Party at the Hilton San Diego Gaslamp Quarter, 2-5 p.m. Attendees can enjoy craft beer, complimentary goody bags, live music, boutique shopping, games for pups & peeps, photo ops, and more! gaslamp.org/news/gaslamp-quarter-pet-parade

DECEMBER 18

SD Bay Parade of Lights

"FantaSEA on the Bay" is the theme for the 52nd annual San Diego Bay Parade of Lights set for Dec. 18. More than 100,000 visitors to the shores of San Diego Bay will witness a procession of approximately 80 lavishly decorated boats. The procession will start

at 5:30 p.m. and will follow the predetermined parade route. The parade takes approximately one hour to one and a half hours to pass any given point along the parade route. sdparadeoflights.org

DECEMBER 21

'The Nutcracker'

"The Nutcracker" is the classic Victorian-era story of the adventures of Clara, the Nutcracker Prince, Herr Drosselmeyer, and the Sugar Plum Fairy told through a magical theatrical experience to Pyotr Tchaikovsky's famous score. Young and old alike will be captivated by Elizabeth Wistrich's choreography, the exquisite costumes, and grand sets. Let your childhood dreams return and inspire you to imagine a bygone time. City Ballet at the California Center for the Arts Escondido. artcenter.org

DECEMBER 22



Candlelight Tour

The oldest house in the historic Gaslamp Quarter is illuminated and decked with holiday cheer! Follow your guide through each festively decorated room as they share the history of some beloved Christmas traditions and, in true Victorian fashion, a few ghostly tales! Dec. 22, 4 p.m. bit.ly/3hfIDSg

DECEMBER 28

Holiday Bowl Parade

The scenic bayside streets of downtown San Diego's Harbor Drive will come alive at 10 a.m. with the Port of San Diego Holiday Bowl Parade presented by Kaiser Permanente! This family event brings together world-class marching bands, magnificent floats, entertaining drill teams and a procession of enormous balloons – more than any other parade! holidaybowl.com/holiday-bowl-parade.

Holiday Bowl

The University of Oregon and University of North Carolina have accepted invitations to play in the annual SDCCU Holiday Bowl. The bowl game is scheduled for Dec. 28 at 5 p.m. It will air on FOX and be the first football game ever played in



"A Joyous Celebration" is a dazzling production performed as part of SeaWorld San Diego's Christmas celebration, running through Jan. 8. (photo by Lisa Shadburn)

SEAWORLD CHRISTMAS CELEBRATION

Bring your family together for the eye-catching spectacles, priceless traditions, and fun-filled surprises of SeaWorld San Diego's Christmas Celebration. See dazzling new Christmas shows or meet Santa and Rudolph. Feel the snow falling and watch the sky light up with holiday fireworks. Find photo-perfect moments across acres of beautiful decorations, including a towering 30 foot, twinkling Christmas tree and a music-activated tunnel of lights. Runs through Jan. 8.

seaworld.com/san-diego/events/christmas

downtown San Diego's Petco Park.

JANUARY 7



From Sea to Shore

From sea anemones to hermit crabs, there is no shortage of life in San Diego's tide pools. Starting Jan. 7, nature lovers will have the opportunity to explore local tide pools with a naturalist from Birch Aquarium at Scripps Institution of Oceanography at UC San Diego with the return of Tidepooling Adventures. aquarium.ucsd.edu.

JANUARY 12

The Links at Petco

The San Diego Padres announced that The Links at Petco Park presented by Lexus, the original and best nine-hole ballpark golf experience, will return Jan. 12-22, 2023. Golfers will have the unique opportunity to take shots onto the playing field from various tees along an unrivaled course within the ballpark. The course will consist of a combination of signature holes from years past,

including an on-field shot from the playing field, along with new themed holes and the opportunity to win different prizes. Golfers will be escorted by their own dedicated caddy. Upon completion of their round, golfers will finish their day in The Loft located in the Western Metal Supply Co. Building, which will be transformed into The Links clubhouse. padres.com/thelinks

JANUARY 14



Davina and the Vagabonds

LJ Music Society

The La Jolla Music Society's year begins with the bluesy, blustery, bawdy and irresistibly fun Davina and The Vagabonds, who have carved a niche in the blues world with high-energy live performances and rollicking compositions. They'll take over The JAI space for two shows on Jan. 14, at 6:30 and 8:30 p.m. Cabaret-style seating with table service for food and beverages by Giuseppe's at The Conrad makes the perfect atmosphere for this fun and intimate show. TheConrad.org

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