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# SCRIPPS RANCH NEWS



Volume 6 Issue 2 • January 2023

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## ‘Lucky Stiff’ promises twists and fun!

By Ashley Shah

**F**our vastly different characters under some peculiar circumstances – in competition for the same thing: \$6 million – encapsulates “Lucky Stiff,” Scripps Ranch Theatre’s first production of the new year.

Directed by Kathy Brombacher, this production is a comedy with musical components.

“Lucky Stiff” is really a farce. The comedy is exaggerated. Some of the reality is twisted,” director Kathy Brombacher said. “The musical theatre in this production is excellent. We worked really hard to find the best actors for the musical portion of this play.”

This production is driven by four main characters.

Harry Witherspoon, played by Cody Ingram, is to inherit \$6 million from his late uncle, Tony, played by Ralph Johnson, on the condition that he takes his uncle to Monte Carlo.

“Harry is an English shoe salesman, and his life is not interesting. He gets word that he might be able to receive this 6 million from an uncle he didn’t even have contact with. He starts his journey to Monte Carlo, and we get to follow this exciting and fast-paced journey,” Brombacher said.

In the event that Harry is not able to take his uncle to Monte Carlo, the \$6 million goes to the Universal Dog



Cody Ingram (from left), Ted Leib, Audrey Ward, Bryce Nicastro, Bob Himlin and Beatrice Crosbie perform in a scene from the Scripps Ranch Theatre production of “Lucky Stiff.” (photo by Ken Jacques)

Home of Brooklyn.

Annabel Glick, played by Kelly Durouin, is part of the Universal Dog Home of Brooklyn, and is on the hunt for the 6 million.

Alongside Annabel and Harry, Rita La Porta, played by Erica Weisz, Tony’s lover, is after the money. La Porta embezzled the 6 million from her husband, and blamed her brother Vinnie, played by Kenny Bordieri, for the miss-

ing money, leaving Vinnie hot on the trail for the money as well.

“We get to watch all of these characters on their journey for this money. It is comedic; it is exciting; it is a lot. But, throughout the play, there is also this aspect of a murder-mystery. We don’t know who killed the uncle,” Brombacher said.

In addition to the different themes in See **‘LUCKY STIFF’**, Page 13

## Girls Scout racers prepare for Powderpuff Derby

By Kaila Mellos

**P**reparations for the annual Girl Scout Powderpuff Derby in Scripps Ranch is fully underway. As the 2023 races are set to take place at Dingenman Elementary School on Feb 11, the event has become a completely Girl Scout run event, and the O’Day family has taken responsibility for it for the past few years.

“This derby is modeled after the Boy Scout Pinewood Derby event that revolves around a little seven-inch block of wood that you turn into a car,” said Ben O’Day,



Girls Scouts work on the construction of their race cars during a workshop held days before the Scripps Ranch Powderpuff Derby. (courtesy photo)

the event organizer and a local father of three Girl Scouts.

“It’s entirely a Girl Scout event now. A few other parents and I have been run-

ning the event for probably around 20 years now, and I took it over about five years ago. We have really focused on this being an event that’s designed to let kids and parents learn how to use tools to build this car. It is not entirely about how fast you can make a car, but it’s also about the experience of actually working with tools, which most kids don’t get a chance to these days.

There are about 125 Girl Scouts who have registered and are expected to participate this year.

With the \$15 registration, See **POWDERPUFF DERBY**, Page 9



# Scripps Ranch newspaper enters its fifth year

By John Gregory

The first year seemed like five years.

Now, it really has been five years since the first print version of Scripps Ranch News was published (December 2017). The fifth year of any new business is an early benchmark. Therefore, on behalf of my talented wife and business partner Jacqueline Gregory (art director), I am offering some insight into this community newspaper.

### Our story

Following longtime careers in media, we decided to start our own family business. So, we launched a boutique startup in 2017 named Seacoast Media Lab, LLC, with the intention of providing businesses with affordable custom digital media services.

One of the first projects was the creation of a community website (ScrippsRanchNews.com) as a showcase of what we could provide to businesses. We also considered this a gift to the community since we were posting original stories about Scripps Ranch on a daily basis. ScrippsRanchNews.com

### Scripps Ranch News:

*“The community paper that further enhances your lifestyle, kindles pride, stimulates your mind and strengthens connections to your community”*

was essentially an online newspaper, but we had no intention of starting a print paper. Quite the opposite.

Six months after starting the company, we created a print advertising piece promoting our digital services, and distributed it by direct mail. It was in the form of a small newspaper to gain attention.

Surprisingly, members of the community were actually taking photos of the print mailer and posting it on their social media pages, proclaiming that Scripps

Ranch had a new newspaper. No one takes a picture of a newspaper and posts it on social media. But sure enough, it was happening. This astounding reaction could not be ignored.

So, the print version of Scripps Ranch News was born. It is published on a monthly basis and distributed to all homes in the community by direct mail.

As the local media outlet, we feel Scripps Ranch News has done a world of good by publicizing worthy charitable events, providing emergency information in times of crisis and telling the stories of some incredible people who would have otherwise gone unnoticed.

### Overcoming setbacks

Publishing a newspaper is a lost art; and the printing process is a lost science. While our family business helps clients on projects beyond print, the newspaper takes up most of our time. We provided critical information to readers throughout the COVID-19 pandemic when businesses shut down in 2020. We overcame setbacks: two of our main com-

See **NEWSPAPER**, Page 4

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**SCRIPPS RANCH NEWS**

**ScrippsRanchNews.com**

The free community newspaper, neighborhood website and social media network for Scripps Ranch

Scripps Ranch News is published monthly and mailed directly to homes in Scripps Ranch.

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# Councilmember Kent Lee hits the ground running

By Jill Alexander

It's been about a month and a half since San Diego City Councilmember Kent Lee, representing District 6, has been in office, and it's no surprise his plate is pretty full.

However, he's pushing full steam ahead and said he is excited. So far, Lee acknowledges that while some are familiar with working at City Hall, many are new like himself.

"I'm trying to get a grasp of where I want to have an impact – both immediately and thinking long-range. The biggest thing that has happened to date for me is ramping up for the new year," Lee said.

Lee said that in the first meeting of the new year, he was given his committee assignments which were "helpful in getting a picture of what we are going to be working on outside of serving the constituents."

Needless to say, he's been busy out the gate – making sure to get the staff he needs to serve.

## Initial goals

Two big things off the bat Councilmember Lee said he wants to address include serving residents which "is a big part of what our City Council offices and Councilmembers do."

"I think a lot of people forget this because of all the legislative work that takes place. But actually, serving constituents and building the day-to-day structure comes in a few ways – communications and creating an infrastructure so we can communicate with residents," he said.

It's also important to let the community know when things are taking place and keep them apprised of what's going on.

"I also think we have a role in education and advocacy," he said.

An example of this, he said, is that the city is rolling out its new recycling program.

"Residents who receive trash service – depending on when and where they have trash collected – will be seeing green bins," he said. "This is an opportunity for us to get the word out and many will be surprised. I think also making City Hall more accessible and being a conduit is key."

## Scripps Ranch goals

Because of the redistricting in Scripps Ranch, Lee said,



City Councilmember Kent Lee

he hopes to work more closely with Councilmember Marni von Wilpert who represents San Diego's Fifth District.

"Even with the redistricting, we want to make sure we are serving the community as a whole and this means collaborating with councilmembers," Lee said. "This isn't like we're just drawing two geographical lines and taking some calls. We hope to have a partnership when passing requests, calls and info from the two offices to aid residents."

Other items Lee hopes to address in time include (and not just in Scripps Ranch), "regional issues, affordable housing, infrastructure improvements, especially in the Asian communities, as well as homelessness and maintenance in facilities such as the Scripps Ranch Library."

Lee noted that the Scripps Miramar Ranch Library, which opened in 1993, has not had its carpets replaced and is in need.

Lee added that since redistricting has split the commu-

nity between two city council districts, it will take a lot of communication to make sure things run smoothly.

"It's not up to residents which office they should call to get what they need," he said. "What it comes down to is that there are two offices and over time we will be able to help residents determine which office is best for them. We will have a community representative that will be serving Scripps Ranch in place soon, but in no way are we losing a moment in addressing issues now."

Lee added, "It's a good reminder we have a lot of challenges as a city and, since I'm new, I hope to find a footing in terms of how to move quickly in getting things done and to make sure the quality of life is improved for residents. That could be from making sure streetlights are being replaced to installing new carpets in the library."

Lee assumed office on Dec. 10, 2022, and his current term ends on Dec. 10, 2026. He ran for election for San Diego City Council to replace termed-out Councilmember Chris Cate and won in the general election on Nov. 8, 2022, against Tommy Hough.

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NEWS

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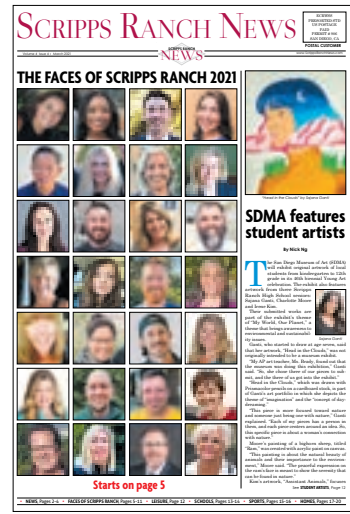
December 2017



January 2018



July 2020



March 2021



May 2022

## The newspaper provides many untold stories about local residents

### NEWSPAPER

Continued from Page 2

puters crashed, taking all of our vital data with them; our printer moved and we had to locate another; U.S. Postal Service increased its rates this week, causing a sizeable increase in our costs. Still, publishing your message in Scripps Ranch News remains the most effective and affordable way to utilize direct mail.

#### Publish an event in the paper

Educating local organizations about how to utilize the newspaper has been challenging. We don't charge for community announcements about upcoming events or accomplishments, as long as the item is not for profit. **Public announcements:**

Simply email the information to [john@scrippsranchnews.com](mailto:john@scrippsranchnews.com). We will follow up. Send at least three weeks before publication date.

**Story Ideas:** You don't have to write the story yourself. Email or phone in your story idea at least one month before the month in which you wish the story to appear. Provide the basic details and contact information for sources. If the story is approved, we will assign a reporter to contact you.

#### Updated news values

We understand that Scripps Ranch News is not the New York Times. We are not the community watchdog, and we don't have all the answers. We also realize that our job is not to bore people to death. We do what we

#### HOW TO GET NEWS INTO SCRIPPS RANCH NEWS

**Event Announcements:** Simply email the information to [john@scrippsranchnews.com](mailto:john@scrippsranchnews.com). We will follow up. Send at least three weeks before publication date.

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can to assure this paper remains a popular media ve-

hicle that offers a fresh, energetic reflection of the community. We think reading your local newspaper should be a joy, not a chore. This results in readers looking forward to receiving Scripps Ranch News in the mail. Furthermore, we don't intend to be a "good news" newspaper. However, this community produces a lot of positive stories. If you dig deep enough, you'll discover that this sleepy little suburb has interesting residents, each with a fascinating story. There's nothing wrong with showing readers their heroes.

#### More to come

There are more stories to be told, and we are planning innovative ways to present the news in the future.

We have resided in Scripps Ranch since 2003, have children attending Scripps Ranch High School – and are proud to live among the residents here. We have made connections with wonderful people through our work on the paper. Similarly, we hope Scripps Ranch News acts as a conduit for our readers to connect.

Finally, we thank all our fans and friends who have been so supportive of our newspaper. We thank all of our dedicated reporters and photographers. We thank all our advertisers and readers. We often hear about newspapers closing, and never hear about a newspaper launching and succeeding in these times. But it's happening and all of you have been part of this success.

ADVERTORIAL

# Helping Students Thrive As They Ready For College

This is a busy time for students; they've started their second academic semester and are preparing for AP and standardized testing in the spring. They are also planning for next year by considering which courses and activities will prepare them for college.

Sylvia Borgo, from DJ Educational Consulting, knows this cyclical pattern well; she has worked with teens for over 25 years.

"Students are hard workers. They are taking rigorous classes and nurturing their interests outside the classroom. A lot has changed since I applied to college, I only applied to two universities. These days I see students apply to an average of 8-15 universities, which comes with a lot more work for students and the adults supporting them."

College readiness can overwhelm many students and their families. "Families often mention that they don't know where to start. And, even though there isn't one prescriptive path that every student follows, there are several foundational elements that should be discussed."

Jaiden, a Scripps Ranch High



Sylvia Borgo

School senior, applied to universities last fall. "Sylvia was very helpful with my entire college application process. She helped me stay on track which alleviated some of the stress of applications. I knew she would give honest and helpful feedback on my work, and it's always awesome to have someone there who is also rooting for your success."

As the head consultant of DJ Educational Consulting, Sylvia helps students and families with college affordability, researching majors and application components. Following a college readiness plan helps students be intentional about their balanced college list and make the entire process manageable. Sylvia adds, "I take all my cues from

the student, they tell me what matters to them, and I simply help them present their strongest self on applications."

Sylvia holds a B.A. in Political Science and Communication Studies from UCLA and a Certificate in Educational Consulting from the UC Irvine. She is a member of the Independent Educational Consultants Association and the National Association for College Admission Counseling.

DJ Educational Consulting is currently accepting students from the graduating classes of 2025 and 2026.

### DJ EDUCATIONAL CONSULTING

Sylvia Borgo

Website:

[djeducationalconsulting.com](http://djeducationalconsulting.com)

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SCRIPPS RANCH WOMEN'S CLUB

# 2023 college scholarship applications now available



Recipients of the 2022 SRWC Scholarship Awards are (from left) Lily Frisbie, Priya Kamath, Melanie Spitzberg and Kayla Xu. (courtesy of SR Women's Club)

### General Scholarships

Each year, the Scripps Ranch Women's Club (SRWC) awards scholarships to female students graduating from Scripps Ranch High School (SRHS). This year, club member Sally B. Anderson is coordinating the process.

"The scholarships both recognize outstanding students and provide assistance in covering first year expenses," Sally explained.

In January, the SRHS Counseling Department will post the information about the scholarship. This information is also posted on the SRWC website. Applicants have until late March to submit all the documentation to the SRWC. Select Club members will review all applications and accompanying transcripts, letters of recommendation and personal essays to identify finalists to interview. The final selection will be made in early May, and the scholarships are awarded at the SRHS Scholarship Award Assembly at the end of the school year.

Successful applicants have a 3.5+

GPA, have applied to an accredited community college or university, demonstrate personal contributions to the community, and are active in school and/or community organizations. Last year, four scholarships were awarded to Lily Frisbie, Priya Kamath, Melanie Spitzberg and Kayla Xu.



Pictured are Melanie Spitzberg, recipient of the 2022 Kimbra Sellers Scholarship, and Brian Sampson who established the scholarship in honor of his late wife Kimbra Sellers, an active and longtime SRWC member. (courtesy of SR Women's Club)

### Business Scholarship

The Kimbra Sellers Scholarship is awarded annually to one female graduating senior currently attending Scripps Ranch High School, or living in Scripps Ranch, planning to pursue a career in business, and applying to either a two or four year college.

Coordinating the process is Club member Lynn Parke. The process is the same as that of the General Scholarships, including the late March deadline for submitting all documentation to the SRWC.

The successful applicant will have a 3.0+ GPA and part time work or volunteer experience providing practical ex-

perience and demonstrating personal initiative. Additionally, she will submit a brief essay about her interest in business.

Lynn noted: "Each finalist will be interviewed by four Club members with business backgrounds who can offer perspective and advice, making it a fun exchange."

Last year the business scholarship was awarded to Melanie Spitzberg by Brian Sampson, Kimbra Sellers' husband.

For more information about the SRWC and Kimbra Sellers Scholarships, please visit [srwomensclub.org/our-community-support](http://srwomensclub.org/our-community-support).

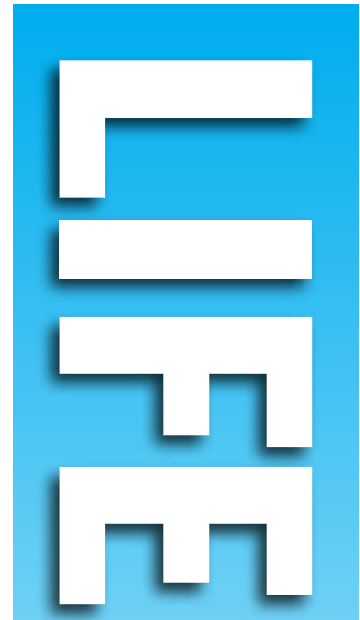
### Funding for STEM academic programs available to Scripps Ranch schools

The Scripps Ranch Women's Club (SRWC) makes annual financial awards to Scripps Ranch elementary and middle schools to support specific programs that encourage academic achievement. This year the Club is focusing on STEM programs that help our children develop strong analytic and observational skills.

Club member and STEM program coordinator Cindi Silady noted: "Even if the child does not become a STEM professional, engagement with these topics can foster greater curiosity and drive a lifelong passion for learning."

Cindi will work with Scripps Ranch elementary and middle schools to identify and recommend funding for one or more programs that encourage curios-

See **SCHOLARSHIPS**, Page 6



## Big book sale!

Don't miss the semi-annual mega book sale at the Scripps Miramar Ranch Library on Saturday, Feb. 4, 9:30 a.m.-3 pm. You'll find bargains on books for all ages; board and picture books for tots; easy readers; young adult books for teens; fiction and nonfiction for adults; antiquarian books and collectors' editions; plus CDs and DVDs. Fill the popular big yellow bag for a single low price or pay by the book. All proceeds will help support the library. The library is located at 10301 Scripps Lake Drive near Miramar Lake. Visit [www.srfol.org](http://www.srfol.org) or call (858) 538-8158 for information.

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Ellen Browning Scripps Elementary Principal Liz Sloan's secretary, Della Cause, receives the SRWC's donation to support their STEM program from Community Events Chair Cindi Silady. (courtesy of SR Women's Club)

## SCHOLARSHIPS

Continued from Page 5

ity and interest in STEM. These programs can take any number of forms, e.g., field trip, hands-on learning tools, robotics kits or something other defined by the school. SRWC funding can supplement existing STEM programs or be used to launch a new initiative.

To be considered for a 2023 award, requests must be received no later than April 15. Schools can submit a request for funding by using the SRWC Donation Application found at <https://srwomensclub.org/about-us>. Schools are asked to note STEM on the request and are encouraged to attach additional information to describe the initiative more fully. For additional information or to discuss a project, schools can also contact Cindi Silady at [cindi4realestate@gmail.com](mailto:cindi4realestate@gmail.com).

## SCRIPPS RANCH WELCOME CLUB

# Enjoyable events launch Welcome Club's new year

By Denise Stewart

The year 2023 is off to a fun start with Scripps Ranch Welcome Club activities already underway.

According to Trail Walkers leader Janelle Boustany, with the skies clearing and pathways drying out later in the month, the hikers resumed their routine and hit the trails again. Book club members took advantage of the storms and indulged in their favorite pastime. Most book groups met and shared their thoughts on the assigned title as well as their ideas about a variety of other literary experiences they enjoyed while avoiding the weather.

During the second week of '23, the first Coffee of the year was hosted by Rose Mack. A hearty turnout of members enjoyed the festivity of warm drinks, tasty pastries and congenial friends. There's no post-holiday slump among this crowd.

During the third week, the Gadabouts group, organized by Pam Savelsberg, went to enjoy the movie "Otto." Actor Tom Hanks is a big favorite among members, so a restaurant lunch and an enthusiastic review of the film followed the show.

The Bunco and Crafts groups met as usual. Weather doesn't factor with these ladies. It's all indoor fun.

February will continue with all the regular club activities and, in addition, a special live theater event is scheduled. A pre-theater party at Alan

Binks' home will gather a group to share a potluck supper before going to see "Lucky Stiff." It is the Scripps Ranch Theatre's first play of the new year. Bev Macho is using her finely tuned social skills to organize this event this theater season.

The Welcome Club's monthly meetings at the Scripps Ranch Community Center will resume in February. On the

second Monday, Paulette Millander will coordinate a purse exchange as part of the event. A short business session and a social time are included in the relaxed agenda.

Contact information for those who would like to learn more about this local women's social group can be found at [scrippsranchwelcomeclub.com](http://scrippsranchwelcomeclub.com). The door is always open to new friends.

## GARDEN CLUB

# New growing season, leadership, programs

By Denise Stewart

Susan Castellana has been named the new president of the Scripps-Mesa Garden Club. Her enthusiasm and talent in the hobby led the board of directors to select her from the membership to head the group.

The local gardeners meet most months on the fourth Tuesday evening at 6 p.m. at the Scripps Miramar Ranch Library Community Room. During the warmer weather they often have their meetings in nearby gardens.

The club strives to offer its members a variety of educational experiences in gardening. According to Program Chair Lynnell Hallock, the January 24 meeting featured a speaker on "How to Grow Sub-tropical

Fruits." Michael Letzring is a professional in the field and works at Balboa Park. This meeting was open to the community since it was organized by the library manager.

The speaker for February is Richard Lederer. Lederer, a local wordsmith, is the author of many books. He will speak about the language of flowers and how flowers got their names.

The speaker slated for March is Shital Parikh. She is a master gardener and will share her knowledge of companion planting and the techniques that make for healthy, attractive gardens.

For more information about the club, check the website [scrippsmesagardenclub.com](http://scrippsmesagardenclub.com). You will also find articles and photos about local gardens and our famous eucalyptus trees.



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SCRIPPS RANCH FIRE SAFE COUNCIL

# Prepare to shelter at work if need be

By Karen Herreros

Happy New Year.

We have talked a lot in the past about being prepared for wildfires but primarily based on your residence. For those of you working away from home in an office, there are some preparations that should be done there also. During an emergency, be prepared to shelter at work for at least 24 hours. Your work preparedness kit should include food, water and other essentials. You should also plan for your personal necessities such as prescription medications, comfortable walking shoes, etc., stored in a "grab and go" case.

**FOOD** – At least a three day supply of non-perishable, melt proof, calorie dense food items like en-

ergy bars, granola bars, dried fruit or MREs (meals ready to eat). Mess kits, paper cups, plates and plastic utensils, paper towels. If any of the food is canned, don't forget the can opener.

**FLASHLIGHT OR LANTERN** – You may be without power, plus batteries.

**FIRST AID KIT** – You don't need an EMT kit, just sufficient first aid supplies.

**MEDICATIONS** – Nonprescription pain relievers (aspirin, etc.), anti-diarrhea medications, antacids and laxatives. Prescription medication, three day supply.

**WHISTLE** – just in case you need to whistle for help.

**TOOLS** – Wrench or pliers to turn off utilities.

**CELL PHONE** – Cell phone chargers and backup power supply

**RADIO** – Battery or hand crank powered.

**DUST MASK** – To filter out air contaminants.

**PERSONAL SANITATION** – Moist towelettes, personal and feminine hygiene items, toilet paper, garbage bags and plastic ties to close bags

**DUCT TAPE** – Maintain your kit by keeping canned food in a cool, dry place. Store boxed food in tightly closed plastic or metal containers. Replace expired items as needed. Re-think your needs every year and update your kit as needs change.

Have a wonderful and safe New Year.

For information about the Scripps Ranch Fire Safe Council, visit [www.srfiresafe.org](http://www.srfiresafe.org), email [srfiresafecouncil@gmail.com](mailto:srfiresafecouncil@gmail.com) or phone (858) 201-3711.

SUSTAINABLE SCRIPPS RANCH

# Regenerate and support organic agriculture

By Suha Cheri

A new year is upon us, and it's time for us to think of regenerating; enliven our lives, inspire our spirit, recharge our tired, frustrated minds, and replenish ourselves and the soil – the earth that sustains us.

Regenerative – this word, which used to be the purview of a very few, has now come into common parlance. That in itself is good news, but there's more:

As early as 1940s, J.I. Rodale began his research into organic agriculture, in an effort to regenerate the soil, and in turn, our health. The resulting Rodale Institute has led this effort for 75 years. With its research and



trials, it has proven that organic performs as well as, and often better than, conventional farming; that nutrient dense organic food can prevent and even reverse disease; partnered with schools and hospitals to grow organic, and trained

future farmers. The hope is that over time, this work can not only enrich our poor soils, but even mitigate the effects of climate change.

Since then, farmers in states like California have taken this message to heart. As of 2016, California had the most certified organic farms, with 2,713. Its 1.1 million acres represent 21 percent of all U.S. organic land.

Movements like Kiss the Ground have sprung up to spread the word and help farmers transition to life-giving regenerative agriculture (RA). RA has come to stay, and will perhaps turn the tide.

The USDA is now promoting organics. It is hoped

See **AGRICULTURE**, Page 9

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## AGRICULTURE

Continued from Page 7

that standards for RA will be agreed upon, and certification will ensue. At present, two nonprofits, ROA and ROC do this certification. The challenge is in educating the public, and removing the myths around organics and eco-farmed produce.

RA, true to its name, replenishes the soil, instead of depleting it, as in chemically supported farming. Some things we can do to ensure its growth:

Get to know the farmers we buy from, and make sure they do not use pesticides and/or chemical fertilizers.

Buy organic when possible, at least for the dirty dozen foods, found here: [www.healthline.com/nutrition/dirty-dozen-foods#the-dirty-dozen](http://www.healthline.com/nutrition/dirty-dozen-foods#the-dirty-dozen).

Grow what you can.

If you cannot compost, participate in a local program like Food2Soil.

When we begin to see that everything begins and ends with the soil, we will of course take care of our mother Earth, as she abundantly cares for us all, whatever and whoever we may be.

*Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association. To learn more about Sustainable Scripps Ranch, visit [scrippsranch.org/ssr](http://scrippsranch.org/ssr) or email [SustainableSR@scrippsranch.org](mailto:SustainableSR@scrippsranch.org).*

## POWDERPUFF DERBY

Continued from Page 1

each Girl Scout receives a derby car set that they must use to build the car that competes in the race. Each set includes a wood block, wheels and nails that must be used. No pre-cut cars or other pieces purchased online will be allowed in the race, along with cars from previous years.

“The rules we have set are: you’re supposed to use your original block of wood and not purchase a car, kit, or anything else that’s already pre-made. Along with that, there are just a couple of little dimension requirements: use the size of the block of wood you have, plus a couple of inches higher, but you can’t go too much wider or too much more narrow,” O’Day said. “The design is completely up to the girls, and they can add as much of their own stuff as they want. We’ve had a few people that just go purchase something that looks like a derby car and try to use it, and that defeats the point of this entire experience. So, we just encourage them to use the original materials, have fun with it, add as much extra stuff, but just keep it under five ounces.”

This derby is also not only for Girl Scouts. Family and friends of a registered Girl Scout can participate in the events as well.

Once the registrant receives the kit, there are workshops that the Girl Scouts and family members can attend to get help with building and checking that the requirements are being met on their derby cars.

“The girls can come to the workshop with an idea. Some of them are very far-fetched ideas, but it’s fun to get to talk through that process with them. I generally help the parent if they need it. Otherwise, a parent’s doing that with them and helping using the tools.



Girl Scouts, friends and family members watch a race during a previous Scripps Ranch Powderpuff Derby. (courtesy photo)

The reason the kids really like it and come to the workshops is they get to physically build something.”

There are four workshops that registrants can attend to build their cars: Workshop #1 is Jan. 28, 10 a.m.-2 p.m.; Workshop #2 is Jan. 29, 10 a.m.-2 p.m.; Workshop #3 is Feb. 5, 10 a.m.-2 p.m.; and Workshop #4 is, Feb. 6, from 3 p.m.-7 p.m.

The Girl Scouts and parents get to come up with and create design ideas that will wow the crowds at these workshops.

“I’m completely blown away by some of the designs and the finished products that come out of the kids and parents. It’s just phenomenal stuff,” O’Day said. “I’d say some of the most creative ones that we see are very realistic animals or food-themed cars. I think it would completely blow anyone away to see some of them. Some of them are just pure comedy, with how they make them as well. But I’d say very realistic food-themed cars have been a big trend.”

Once each car has been built and has passed the requirements, it is taken by O’Day and other volunteers until race day, when it will be raced in the specific heat it has been entered into. Three separate races are going on that day. Starting at noon, the race is open to friends and family. After that, at 1 p.m., the Daisies and Brownies race, followed by Juniors, Cadettes, and Seniors at 2 p.m.

Within these races are specific categories based mainly on design. The design categories are best food theme, animal theme, sports theme, Girl Scout theme, international theme, and most creative design.

Along with these distinctions, there are multiple top-placing awards for speed. Furthermore, every Girl Scout who participates walks away with a patch.

The official registration date has passed, but O’Day will accept late registrations until the first few days of February through email at [bpoday@gmail.com](mailto:bpoday@gmail.com).

ADVERTORIAL

# Pure Meal Prep San Diego: Live a Delicious Life

**H**appy New Year to all you healthy foodies who want a nutritious, convenient and more delicious food plan this year!

San Diego power couple Brett and Cassie Dudley founded Pure Meal Prep San Diego in 2018, following their passion for providing chef-curated, healthy organic gourmet meals delivered to your doorstep.

Brett is the executive chef of Pure Meal Prep, and Cassie is the director of marketing and operations, leading the way by providing concierge-level service to all of their clientele. Chef Brett was born and raised in Scripps Ranch and graduated from Scripps Ranch High School.

Chef Brett and our nutritionist work exclusively as your “personal chefs” to curate a Healthy Lifestyle Meal and Keto Meal plan with new recipes every week designed to help you achieve your 2023 health objectives.



They use only top-of-the-line products. They buy fresh organic produce, organic free-range chicken, top-of-the-line Prime Beef, and wild-caught seafood.

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risotto and chicken yellow curry over keto cauliflower rice. These mouth-watering meals will keep you nourished and energized throughout your day.

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APR. **8** 8PM

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**THE DRIFTERS**



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## Nutmeg featured on 'Diners, Drive-in and Dives'

By Patricia Overton

**N**utmeg Bakery and Café is being recognized nationwide after hitting the small screen on the popular TV show "Guy Fieri's Diners, Drive-Ins and Dives."

The episode titled, "West Coast Wonder" aired Jan. 9 on the Food Network channel featuring the Scripps Ranch bakery and cafe and two of their signature items; Bananas Foster French Toast and the La Havana Panini.

Currently, the restaurant is offering a special in which customers can try a little taste of both. With such quality sweet and savory choices on the menu, there is no wonder this bakery and cafe is turning heads.

Behind the face of Nutmeg Bakery and Café are owners Drew Hoffos, his wife, Michka, and her mother, Shirin Soroushia, who are thrilled that their bakery and café is being recognized and are humble about



Guy Fieri recently featured Nutmeg Café and Bakery on the Food Network's "Diners, Drive-Ins and Dives." (Food Network photo)

all the attention they have been receiving.

The opportunity to be on the show came about when the owners, who are fans of the show themselves, were sent an email from the production company. Thinking it was spam, it almost got deleted. It was only after calling the production company that they found out it was the real deal. After a long process, Nutmeg was selected by Guy Fieri him-

self from a group of about 12 restaurants.

The filming, which had to be kept secret and lasted three days, was quite the memorable experience for both Michka and Drew.

"He's funny and very professional, and knows what he is doing and what he wants," Drew said when asked what Guy Fieri was like in person.

"The crew is super nice and fun. They come from

all parts of the country and meet in one spot. They were just so friendly and made us feel very comfortable," Michka said.

The couple is very happy with how it turned out.

"It was fun to watch and just wished it kept going. Also, happy because in the end, everybody was surprised and didn't know how many steps it takes in making everything. Now everyone knows what we go through and that we don't buy things frozen," Michka said.

As a matter of fact, the owners have stayed true to their roots by only buying local and organic produce. The excitement of being featured on the show was well timed, especially after almost closing the Scripps Ranch location after the COVID threat when many restaurants struggled to keep their doors open. But now, Nutmeg is managing to bounce back stronger than ever.

"We've kind of just been  
See **NUTMEG BAKERY**, Page 12

ADVERTORIAL

## Happy New Year and Welcome Back to Addy's Bistro!

**A**ddy's Bistro, conveniently located at 13771 Danielson St. in south Poway, offers a family friendly atmosphere for all. This delightful restaurant offers gourmet breakfast and lunch fare. It's open seven days a week, with a full menu offered every day.

Each week, expect new breakfast, lunch and salad specials that can complement any of the amazing homemade soups or delicious baked goods from the fresh-bake display case. With a variety of specials and fun items available, you'll be sure to enjoy your dining experience. Guests can also enjoy a glass a wine with lunch, too! Featuring wines from around the world, ask your server about the fabulous wine menu during your next visit, or check out the extensive retail wine collection with the best prices in town.

After your meal, explore the many treasures Addy's has to offer. A fine variety of family recipe jams, jellies and signature caramels that are perfect gifts for that special someone! The selection includes freezer jams, award-winning marmalades, private reserve jams, chutneys and sauces.



Addy's Bistro offers a relaxing atmosphere, a delightful selection of wines and delicious fare at the noshing table during its weekly Wine Down Wednesday events.

You can even sample the jams with your breakfast entree.

Swing by the Bistro and let us help you!

### Wine Down Wednesdays returns

Addy's is proud to invite

you back to experience the enjoyment of Wine Down Wednesday from 4 to 7 p.m. The last Wednesday of every month, wines will be featured from around the world. Reservations are recommended due to limited seating, and minimum

outdoor seating due to the chilly season. Call to reserve your table today!

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Bring a friend to Addy's. Buy one meal and get 1/2 off if you bring a friend to the restaurant.

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Join us Saturday and Sunday for brunch every weekend from 8 AM to 2 PM. Our Breakfast Menu is served all day. The fabulous Mimosa flight and weekend special Eggs Benedict are fan favorites for all.

### Cooking classes coming soon & Custom Cakes!

Addy's is planning to offer cooking classes soon. Stay tuned for details, or visit [addy.com](http://addy.com). Addy's now offers custom cakes and baked goods. Schedule an appointment for a consultation today for your upcoming event.

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

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**NUTMEG BAKERY**

Continued from Page 11

single-mindedly focused on doing what we do, and we're going to always make stuff from scratch, always buy organic greens and shop local no matter what," Drew said. "We've been doing this for 10 years and we've never changed and then this happened, and it just happened organically which makes it mean so much more."

The creation and the success behind the family business seems to be the combination of all three owners coming together and doing what they know and love



Nutmeg Bakery and Cafe owners Michka and Drew Hoffos (left) with infant Hazel, and Shirin Soroushia. (courtesy of Nutmeg Bakery)

best.

"We weren't trying to be trendy. We were trying to do things the right way because we have kids, we want them to eat healthy," Michka said. "My mom taught me about eating organic and healthy my whole life. She's gluten-

free, which is what inspired her to open a bakery that had gluten-free items. Drew brought the food and it's accidental magic how it all came about."

So, what is their favorite dish from the menu? Michka's favorite is the quiche, which they make in-house and is served with an organic salad. Drew's favorite is the shakshuka, which is an Israeli dish that he prefers with carnitas and avocado.

Since the show aired, there has been quite the increase in customers with people coming from as far as Temecula, Alpine and all over the coast.

**Cedric Catipon cooks up some exotic dishes**

By Jill Alexander

Cedric Catipon loves to feed other people.

The 29-year-old is an associate server at a fine dining restaurant in the San Diego area as well as the owner of Juanbachi.

"Juan is a common name in my home country, the Philippines, and 'Bachi' is short for Hibachi which is a Japanese grilling method," he said.

When he isn't working a 30-40 hour week at the restaurant, he is selling a fusion of Hawaiian, Japanese and Filipino eats at the Scripps Ranch Farmers Market on Thursdays.

"Some of what I sell includes beef short ribs (kalbi) which are famous in Hawaii, but I combine it with my Filipino marinade and finish it off with my Japanese sauce," he said.

What makes Juanbachi eats different from the rest?

"My menu consists of food that I have loved eating/ordering my whole life from different restaurants, street food vendors, etc. and now



Cedric Catipon offers this tantalizing salmon dish as part of his Juanbachi menu at the Scripps Ranch Farmer's Market. (courtesy photo)

I'm sharing my experiences through my small food business," Catipon said.

All the recipes are his own and he's "happy and proud that he has the opportunity to share those recipes with everyone to enjoy."

In 2020, Catipon began selling Filipino dishes from home as his small businesses and customers would pick them up; however, then came the pandemic and the business lost traction.

"So, I moved to Colorado from San Francisco because I couldn't find a job that pays well," he said. "Because of COVID, everything was closing down in the restaurant industry. When everything was starting to go back to normal, I got the opportunity to move to San Diego and I took it."

He tried to sell Filipino food from home again, but it was the same case; it would pick up for a few days but then stop.

"That's when I realized I needed to be out there sharing my food with everyone. I developed my menu to consist of food that I really, really loved and showed it to a few people," he said. "I brought it to work to get feedback, and everyone who got to try the food loved it!"

And Juanbachi was born.

**On the menu**

Today, he sells a plate that comes with the customer's choice of sides between fried rice, white rice, salad or half and half, one choice of meat for \$13.99, and a combo that comes with the customer's choice of side between fried rice, white rice, salad or half and half, and two choices of meat for \$15.99. All orders come with stir-fried veggies. He also has specialty items that are not included in the plate/combo option like the beef

See **EXOTIC DISHES**, Page 13

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# Courtly Noyse in concert

The “Pleasure of Your Company” music series will welcome back Courtly Noyse on Sunday, Feb. 12, at 2:30 p.m. in the Scripps Miramar Ranch Library Center.

Garbed in period costume, this lively ensemble will play a variety of Renaissance period replica instruments and may also cast their instruments aside and burst into six-part vocal harmony. Experience their trademark blend of humor, imagination and versatility as you enjoy a delightful afternoon of Renaissance music.

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

Masks will be required for all audience members regardless of immunization status. The 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](http://www.srfol.org) or call (858) 538-8158 for information.

## ‘LUCKY STIFF’

Continued from Page 1

the production, the play is set in the early 1990s, giving it another unique aspect.

“It is nice to have a different time period because it gives the play a little bit of a look. The fashion is different; there are no cell phones; we’re in a simpler time,” Brombacher said.

This production has been in the works since July of 2022.

“We started putting out notices in July. We did callbacks for months. This is a character-based play, so we needed to make sure that the actors were really great, and that they could sing. I am so happy with the team that we have. It was worth the wait,” Brombacher said.

They began rehearsals in November of 2022.

“We took a little break for the holidays, but we’ve been back since early January,” Brombacher said.

Opening night of this production is on Jan. 28. The show will run for four weekends at the Scripps Ranch Theatre through Feb. 19.

“We have done this production in conjunction with the Oceanside Theatre Company (OTC), so after the play runs for its four weeks in Scripps Ranch, it will run for three weeks at the OTC,” Brombacher said.

Tickets for the show can be bought online at [www.scrippsranchntheatre.org](http://www.scrippsranchntheatre.org).

“I’m hoping that this play can take the audience out of their everyday lives. To laugh, to applaud, it really takes you out of your life and into the theatre. You definitely have to bring your sense of humor for this, and it is great for all ages. This play really reminds you of humanity,” Brombacher said.

Visit [scrippsranchntheatre.org](http://scrippsranchntheatre.org).

## EXOTIC DISHES

Continued from Page 12

shawarma rice (Filipino style). For drinks, he makes taro horchata (dairy-free), mango milk, and strawberry milk.

“I have been selling at Scripps Ranch Farmers Market since October 2022, and that market is very special to me because it gave me my very first opportu-

nity to finally be an official business,” he said. “It motivated me more than ever to continue improving my recipes and the experiences I share with my customers, from the order-taking process to enjoying the food they ordered.”

His long-term goal is to open a restaurant but for now, he’s OK with managing and cooking for Juanbachi, and working full-time

at a fine dining restaurant in downtown San Diego.

“I have been in the food and beverage industry for at least 10 years now and I have a degree in hospitality management. I am right where I want to be,” he said.

Visit

# ANNOUNCING SPRING 2023 SEASONAL SHOW THEMES

**Funk vs Disco!**  
(Mondays)

**The Beatles!**  
(Tuesdays)

**The Big Four!**  
(Wednesdays)  
*Metallica, Megadeth,  
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**Pink Floyd!**  
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**Radio Rock!**  
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**MMS MUSICAL THEATRE CLASS:** The Marshall Middle School musical theatre class put on an original winter musical on Jan. 10th and 11 called "Thank you, Next," featuring musical numbers choreographed by Marshall theatre students. The production focused on the process of selecting a show for the class's next production, which will be "Seussical the Musical" this spring. (photo by Lisa Shadburn)

## EBS Elementary among Distinguished Schools

**E**llen Browning Scripps Elementary School in Scripps Ranch was selected for the California Distinguished Schools Program this year, joining a list of exemplary schools from across the state to receive the prestigious distinction.

The list of 2023 awardees was announced by State Superintendent of Public Instruction Tony Thurmond. The award program is celebrating its return this year after being temporarily suspended during the COVID-19 pandemic.

"California Distinguished Schools represent examples of not just excellent teaching, learning and collaboration, but also highly successful, data-driven school efforts ranging from professional development for educators to mental health and social-emotional wellness strategies to address the needs of students and families," Thurmond said. "Their innovation and hard work have helped to ensure their students can heal, recover and thrive – even in

the toughest times."

To select California Distinguished Schools, the California Department of Education (CDE) uses data reported through the 2022 Dashboard, including assessment results, chronic absenteeism, suspension rates and socioeconomic data.

Since its inception in 1985, the California Distinguished Schools Award remains one of the important ways to celebrate exceptional schools, districts, teachers and classified employees for their innovation, talent and success in supporting students.

The exceptional elementary schools recognized this year are illustrative of the hard work, dedication and resilience shown by educators and schools across the state after communities struggled for multiple years with urgent effects to physical and mental health and unprecedented challenges to delivering education.

The California Distinguished Schools program recognizes schools for their excellent work in one of two categories: closing the achievement gap and achieving exceptional student performance. Elementary schools and middle and high schools are recognized in alternate years. Therefore, awardees hold the title for two years. Each year, two of California's Distinguished Schools awardees are eligible to become a National Association of Elementary and Secondary Education Act (ESEA) Distinguished Schools Awardee.

## SRHS musicians recently honored

The following students from the Scripps Ranch High School Music Program were recently selected to All-State and All-Southern music ensembles:

**All-Southern Symphonic Band** – Olive Pacal (bassoon); and Yun Guan Seo (trumpet)

**All-Southern Wind Ensemble** – Elena Xu (flute)

**All-Southern Symphonic Orchestra** – Andres Rodriguez (French horn); and Ellen Min (viola)

**All-State Concert Band** – Vincent Yu (trumpet); and Elena Xu (flute)

**All-State Wind Symphony** – Andres Rodriguez (French horn)



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SRHS senior goalie Julien Thibault guards the net. (photo by Jim Wick)



SRHS sophomore Pierce Nelson controls the puck. (photo by Jim Wick)

## Hockey team seeks playoffs

By Hector Trujillo

The Scripps Ranch High School roller hockey team looks to close out strong and earn another postseason run as it enters the second half of its season.

The Falcons made it all the way to the championship match in 2022 but lost in overtime.

“We got a few new kids so, depth-wise, we’re doing great,” said head coach Greg Friedman. “We’re still pretty much the same team minus not having the top goalie in the league, which makes a big difference because she was winning a bunch of games for us.”

The five-time champion Falcons won back to back championships in 2019-20, with a 41-1 record over that span.

Scripps Ranch got off on the right foot this season after defeating Escondido Charter High School 11-2 on Nov. 28 at the Escondido Sports Center.

The team has gotten all-around great performances so far this season, but it’s the play of defenseman Emile Thibault along with that of forwards Garion Barber and Julian Thibault that have really stood out.

While the absence of Tori Fraser in front of the net has had a noticeable impact, the team has remained competitive throughout.

“The goal is to win the league, make the playoffs and improve game to game,” Friedman said. “The league got a little tougher this year with a few players from other teams. We’ve got like five really good teams up there, but we have most of the same players, so they know what to do to get to the finals.”

The league is currently divided into Metro North and

South divisions, with the top 12 advancing to the playoffs in March.

The most notable Scripps Ranch roller hockey alumni is Chad Ruhwedle, who played defenseman for the Pittsburgh Penguins of the NHL, helping lead the team to the Stanley Cup in 2017.

The Falcons will play a total of 18 regular season matches this season with their home games taking place at Kit Carson Park in Escondido.

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SRHS sophomore guard Ree Ree Davis drives against an Imperial High School defender on Jan. 7. (photo by Jim Wick)



SRHS junior forward Michelle Kramer heads to the bucket against Holtville High on Jan. 16. (photo by Jim Wick)

## Basketball team is on winning pace

By Hector Trujillo

The Scripps Ranch High School womens basketball team is having another impressive season and is currently on pace to end with a better winning percentage than the remarkable 2022 season.

Last year, the Lady Falcons ended up winning 77 percent of their games while finishing 24-7 overall.

Scripps Ranch opened up this season with three straight victories which included a 70-21 blowout of Crawford High School, followed by wins over Mira Mesa and Fallbrook.

“We’re coming off a season where we lost our leading scorer and low post,” said head coach James Stewart.

“We will most likely be competing with Academy of Our Lady of Peace and Cathedral Catholic for the league title.”

Scripps Ranch suffered its first defeat on Nov. 26 versus San Marcos High School but followed that up with a dramatic 71-65 double-overtime home victory over Poway on Nov. 30.

“Our goals are the same,” Stewart said. “We have to win league and get a high seed in the playoffs.”

After back to back loses to Del Norte and then Westview High School, the Lady Falcons were able to rebound by winning eight in a row. That streak ended on Jan. 7 with a 45-37 loss to Imperial High School. But the team was again able to get back in stride thanks to back to back victories over Cathedral Catholic and then Lincoln High School.

Out of the five remaining regular season matches, four of them will be on the road starting with a game versus Patrick Henry on Jan. 27. Scripps Ranch then travels for a rematch against Cathedral Catholic on Jan. 31 before a home game versus Lincoln High School on Feb. 3. The final two matches will be on the road against Mater Dei on Feb. 4 and then the team will close out the regular season taking on Academy of Our Lady of Peace on Feb. 10.

The Lady Falcons have been guided by the performances of senior guard Jacqueline Riddle, who leads the team in assists and rebounds, along with junior Michelle Kramer who leads the team in scoring.

“We are also looking forward to continued success with freshman Clare Valentine and junior Daniela Sexenian growing every game providing a defensive presence,” said Stewart, who has been at the helm since 2011.

During his tenure, the Lady Falcons have only had two losing seasons including the shortened one in 2020 which was severely impacted due to the COVID pandemic.



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# Soccer team looks to close season strong

By Hector Trujillo

**W**ith only four games left in the regular season, the Scripps Ranch High School mens soccer team looks to finish just like it started by imposing a style of play which helped it win five of their first seven matches.

**‘Our objective is to make the playoffs and compete for a league championship in the Eastern League.’**

—Hans Witzell

The Falcons bounced back from a season opening 2-1 loss to perennial powerhouse Rancho Bernardo High School to defeat the next three opponents, which included a dramatic 2-1 victory at Escondido High School on Dec. 8, followed by a one-goal win over Bonita Vista on Dec. 13. “We have a pretty good balance of players, but still need

to be more consistent to put a stamp on our season,” said head coach Hans Witzell.

Despite suffering a 4-0 setback versus University City in the following game, Scripps Ranch was once again able to recover by winning two of the next three including a 1-0 victory over rival Mira Mesa High School on Dec. 20.

“Our objective is to make the playoffs and compete for a league championship in the Eastern League,” Witzell said. “All the teams in the Eastern League seem to be fairly similar, so it would be an extremely competitive league.”

The most impressive performance for the Falcons undoubtedly came on Jan. 10 with a 7-1 home blowout over Patrick Henry High School to open league play and improve the Scripps Ranch record to 6-3 overall. This season has been a dramatic turnaround compared to 2021-22 when the Falcons did not earn their first win until the 11th match with a 3-1 victory over Granite Hills.

Among the players who have contributed the most to this notable improvement are



Senior Ethan Duffy controls a header against Hoover High. (photo by Jim Wick)

senior forward Brett Woodworth who has created the best chances for the offense.

The final stretch for Scripps Ranch starts at home against Chula Vista High School on Jan. 31. This will be followed by three league matches starting on Feb. 2 versus Hoover High School, Crawford High School on Feb. 7 and then closing out the regular season against San Diego High School on Feb. 9.

The Falcons ended the 2021-22 season strong, losing only one of their final four games. If they can do the same this time, they will be in a great position to make a run in the postseason and perhaps makes this a season that will not soon be forgotten.



Falcons senior Jordan Toerien focuses on the ball during a match against Hoover High on Jan. 17. (photo by Jim Wick)

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SRHS senior Jaiden Wick races down the field with the ball during a match against Patrick Henry High on Dec. 14. (photo by Jim Wick)

## SRHS hopes to sweep Mira Mesa

By Hector Trujillo

With only five games remaining in the regular season, the Scripps Ranch High School (SRHS) womens varsity soccer team looks to sweep rival Mira Mesa High School for the first time since the 2019-2020 season when they face each other on Friday, Jan. 27 at SRHS.

The first meeting between the two sides ended in a dramatic 2-1 comeback road victory by the Lady Falcons after trailing 1-0 at halftime. It was the second win of the season for Scripps Ranch, with the first coming on Dec. 6 in a road match versus Rancho Bernardo High School.

The first half of the season was marked by several close games, many of which ended in draws starting with the season-opener against Grossmont High School on Nov. 30. The others were versus Helix High School on Dec. 9, San Dieguito Academy High School on Dec. 12, Bishop's on Dec. 16 and Steele Canyon on Jan. 4.

"We've been playing pretty well considering we have lots of younger players on



SRHS senior Spencer Mountain executes a header against Patrick Henry High. (photo by Jim Wick)

the team this year," said head coach Larry Pernicano. "We're still trying to find our way scoring goals. We always work from the back and go forward."

Pernicano has been the head coach for three decades and led the team to the 2018 CIF San Diego Section Division I Girls Soccer Championship.

Two of the losses Scripps

Ranch High School suffered over the first 10 games this season came on Dec. 7 versus Temecula Valley, which was ranked among the top five of the nation in 2022; and then against the top-ranked team in San Diego, Westview High School, on Jan. 6.

"We're working on the connection between our midfield

See **SRHS SOCCER**, Page 19

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SRHS sophomore Annalise Hickman takes a large stride to strike the ball in a game against Rancho Bernardo High on Jan. 16. (photo by Jim Wick)



SRHS senior Bridgett Colletto throws-in the ball during action against Rancho Bernardo High. (photo by Jim Wick)

**SRHS SOCCER**

Continued from Page 18

and our forwards,” Pernicano said. “First thing you have to do is create the opportunities and then you have to focus on finishing those shots and putting them on frame.”

The Lady Falcons have many players contributing valuable minutes including seniors Bridgett Colletto, Sofia Dautz, Chloe Ellermeier, Kate Hoover, Natalie Krebs, Cassidy Lacey, Noelle Mingo, Spencer Mountain, Daniela Ventimiglia and Jaiden Wick, along with sophomore Katherine Ellermeier and sophomore goalkeeper Leah Northcote.

After the rematch against Mira Mesa, Scripps Ranch closes out the season with a home game against San Diego High School on Jan. 30, a road match versus University City on Feb. 3, a home game against Academy of Our Lady of Peace on Feb. 8, and a road match versus Patrick Henry High School on Feb. 10 which will be the third meeting between the two teams this season.

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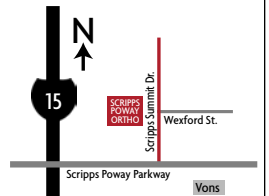
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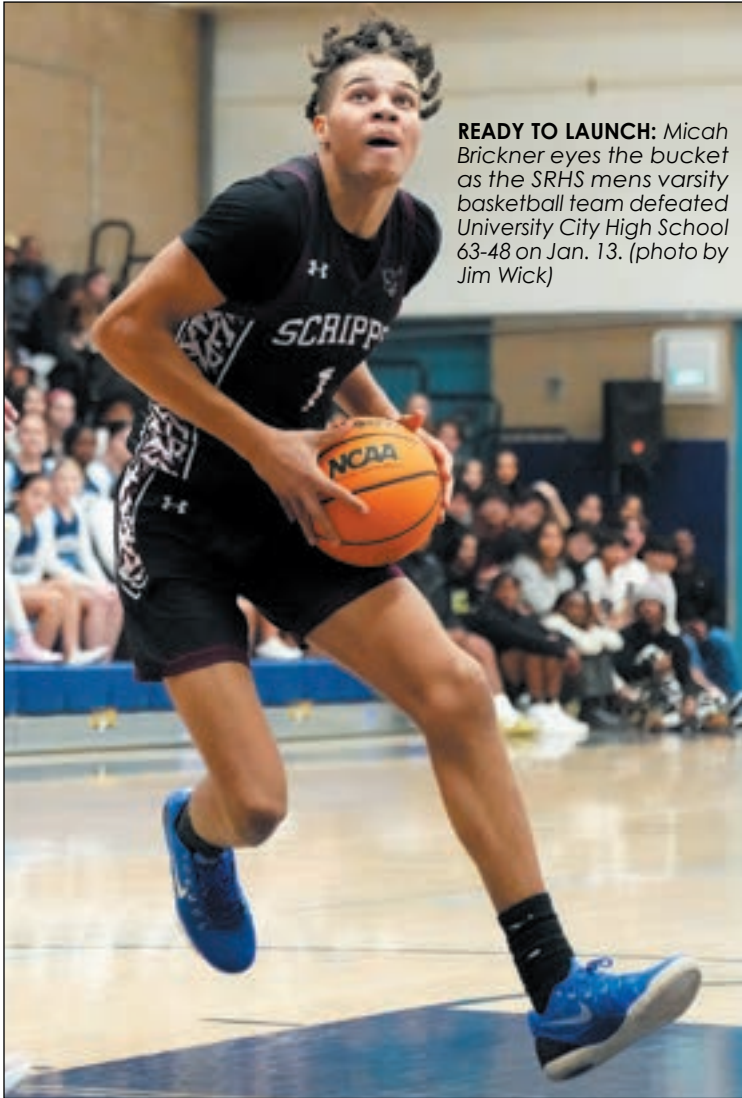
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**READY TO LAUNCH:** Micah Brickner eyes the bucket as the SRHS mens varsity basketball team defeated University City High School 63-48 on Jan. 13. (photo by Jim Wick)



**UP THE COURT:** Falcon Kai Brown drives around defenders during Jan. 6 roundball action against Mira Mesa High. It was close at first, but SRHS blew it open in the second half for an 80-57 victory. (photo by Jim Wick)



**FIELD DAY:** Coach David Graner does some painting as the Scripps Ranch Softball Association hosted Field Day on Jan. 7. Volunteers made improvements to the Cypress Canyon fields in anticipation of the 2023 spring softball season. (photo by Lisa Shadburn)

# Jaguars capture regional soccer championship

By Scott Nyberg

The Scripps Ranch Soccer Club (SRSC) Jaguars captured the girls' Fall 2022 Regional Tournament Championship on Nov. 12. During the 1-0 victory over Poway, striker Abby Murphy scored the game-winning goal with just one minute remaining in regulation.

In the preceding semi-finals game, Olivia "O.G." Percy scored a pivotal goal in the second half, enabling Scripps to defeat Rancho Bernardo 1-0, paving the team's path to the tournament championship.

The Jaguars remained undefeated during the fall recreation soccer season with an 8-0-2 record and captured the regional title. Doing so earned them the number one seed for the post-season tournament, where goalkeeper Sailee Caffrey and the team's dominant defense shut out two consecutive opponents.

Led by Murphy and anchored by

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two-time SRSC All-Star Autumn Nyberg and standout halfback Violet Holland, the Jaguars' offense outscored the competition a combined 23-8, possessing the best goal differential among the nine-team regional league. Additionally, the Jaguars' defense allowed no goals in 60 percent of their games.

This marked the second championship for co-coaches Scott Nyberg and Shannon Holland, whose 2008-2009 girls rec team captured the



The Jaguars Fall 2022 Regional Tournament Champion team includes (top row, from left) coach Scott Nyberg, Autumn Nyberg, Abby Murphy, Jenna Casali, Sienna Slayen, Stella Maatta, Sailee Caffrey, Violet Holland, Addison Lyda-Savich, Coach Shannon Holland, (bottom row, from left) Chandra Patel, Katie Trujillo, Kaila Knight, Olivia Percy, Danae Richardson and Olivia Fusi. Leena Venkatesh is not pictured. (photo courtesy of Scott Nyberg)

SRSC division championship in Fall 2019. The coaches continued their tradition of including fun activities that powered team spirit and kept the team energized, such as blasting tunes from a boom box (which sometimes sparked dancing), face paint-

ing and rewarding team wins with multiple pizza/ice cream/donut parties and an epic water balloon fight.

The Fall 2023 season kicks off in August and registration begins in April. To register, visit [scrippsranhsc.com](http://scrippsranhsc.com).



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The "Nostalgia" award winner (photo by Justin Fine)



The "Norman Rockwell" award winner (photo by Justin Fine)

## 2022 Lighting Contest winners

The 2022 Twenty Four Seven Realty-Scripps Ranch News "Home for the Holidays" Lighting Contest completed its third season in December. Another dazzling array of homes decorated in outside light displays continues to grow, brightening Scripps Ranch neighborhoods, enhancing a festive holiday spirit in this community and even building goodwill for Scripps Ranch which is becoming known as a must-see location for viewing wonderful holiday lights.

Here are the winners:

**The Nostalgia Award:** "Reminds me of my childhood." Best classic holiday lights. The "Nostalgia" award winner at 11334 Merritage Court, titled "Disney Christmas," was submitted by Geoff Bowles.

This family decorates the exterior of their home with Disney themes each year.

"'Frozen Land' usually takes all the blues in the center of the house, and we have 'Cars Land' to the right of the house, and then to the left of the house is 'Minions' and 'Toy Story.' So, it's a different mix of fun Disney and 'Minions' characters," Bowles explained. "It's all about making kids smile and seeing families have fun out there."

The Bowles, who have resided in the home since 2005, began decorating before Halloween. Their son, Preston, 15, helped with the procedure.

"Every year I add a new land. So, this year I added 'Monsters University Land' and then a selfie station," Bowles said.

"There are a lot of people that say thank you; that they love bringing their kids every year. There are people

who come every single night to see it," he said. "A lot of times we'll do a fire pit out there and just start talking with people."

**Norman Rockwell Award –** An elegant display that accentuates and coordinates with the beauty and elegance of the home. The "Norman Rockwell" award winner at 11231 Vandemen Way, titled "Monroe Xmas Lights," was submitted by

Jeff Monroe.

"I always like to make everything coordinate. ... It's kind of like a running theme," said Monroe, whose family has resided at this address for 23 years. "What has made it easier is the LEDs (lights). You don't trip as many fuses."

He starts decorating about one week before Thanksgiving each year. He does most See **LIGHTING CONTEST**, Page 22



The "Clark Griswold" award winner (photo by Justin Fine)

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The "It Takes a Village" award winner (photo by Justin Fine)



The "Grandma Got Run Over" award winner (photo by Justin Fine)

**LIGHTING CONTEST**

Continued from Page 21

of it, but his wife, Alicia, helps with stringing lights around their palm trees.

"I like the look and feel and spirit of it," Monroe said.

Another gratifying aspect is that those viewing the outside display often shout compliments when passing by – and some have left notes of thanks and even gifts at their home.

**The Clark Griswold Award** – The most over the top lights. The "Clark Griswold" award winner at 9940 Dichondra Court, titled "Ohana," was submitted by Jeremy Sturch.

The "Clark Griswold" award, named after a character in the holiday movie "National Lampoon's Christmas Vacation," is a fan favorite.

"It's actually my favorite movie so, it's very fitting," Sturch said. "It's a little nostalgic for me."

He described his decorating strategy.

"I'm mainly just trying to light the house up as much as possible without being too gaudy," he said. "Just about every surface of the front of the house is covered in lights, as well as the fence."

The LED lights are programmable to music, and they can change color on a rotating scheme. Sturch built a pulley system to erect lights on a 27-foot pole to appear as a tree. There was a lighted arch with figures at the front of their garage so visitors could take selfies. A bubble machine provided winter snow.

The Sturch family has been decorating their home since they moved to the house in 2017. This season they began decorating right after Thanksgiving. The children helped. Asher, 12, put the lights on the roof by himself. Quinn, 10, helped straighten the strands of lights and tested them.

**It Takes a Village!** – The best decorated group of homes. The "It Takes a Village" award winner in the neighborhood around 10345 Caminito Surabaya was submitted by Kevin Ronchetto.

**Grandma Got Run Over Award** – Funniest or best use of inflatables. The "Grandma Got Run Over" award winner at 11239 Vandemen Way, titled "Christmas@ Vandemen," was submitted by Ashish Srivastava.

Thanks go out to the residents who entered this year's contest. Special thanks go to Twenty Four Seven Realty for again sponsoring this fun and popular Scripps Ranch event.

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