



PERSONAL PARKING SPOTS

Many Scripps Ranch High School senior student drivers used incredible imagination, talent and fun colors to decorate their personal parking spots in the high school lot. The students bid on these reserved parking spots in this annual tradition to raise funds for senior class activities.

Photos by Lisa Shadburn



Holiday Concert is coming to Hoyt Park

Scripps Ranch Symphony in the Park will once again present the ever popular Scripps Ranch Holiday Concert in Hoyt Park on Sunday, Dec. 8, starting at 5 p.m.

Be prepared for holiday fun and infectious music by the The Christmas Tree-Oh!

Those attending can also expect a special guest, too: a jolly old fellow with treats for the youngsters! He usually arrives on a fire engine with lights flashing and sirens blaring. The atmosphere is always electric as the youngsters scream with glee!

Face-painters will be on



The arrival of Santa at the annual Holiday Concert is a Scripps Ranch tradition. (photo by Ralph LoVuolo)

hand, too, thanks to the Barron Team.

Bring a blanket and low back chairs, along with some hot chocolate.

This year's event is sponsored by Greg Wisniew, Certified Financial Planner.

Annual Tree Lighting scheduled for Dec. 7

The 43rd annual Scripps Ranch Tree Lighting will kick off the holiday season from 3 to 5 p.m. at Hoyt Park, 10711 Canyon Lake Drive, on Saturday, Dec. 7. The entire community is invited.

This year's event is presented by Junior Troop 3263.

Enjoy a bake sale, hot chocolate and crafts. Participate in the spirited holiday sing-along.

Donate a new, unwrapped toy to the Toys for Tots toy drive for children. The mission of the U.S. Marine Corps Toys for Tots Program is to collect the toys and distribute them as holiday gifts to less fortunate children in the community. Any Scout who



A happy Girl Scout enjoys the artificial snow at a previous tree lighting event. (courtesy photo)

brings a toy will receive a free patch.

Attendees may also donate gently used girls' clothing and accessories (excluding shoes) in little girls through junior sizes for the Girl Scout Troop 3958 girls' clothing drive.

In addition, youngsters might see "reindeer" and possibly spot Santa at the tree lighting.

New businesses open

Several new businesses have recently opened or are planning to open in Scripps Ranch:

- Poke House, offering a unique take on traditional Hawaiian poké, opened at 9872 Hibert St., Unit D-1 in the "Trader Joe's shopping center."
- Mendocino Farms restaurant opened in the Scripps Ranch Marketplace ("new" Vons shopping center, in the former location of El Pollo Loco at 10715 Scripps Pow-

ay Parkway.

- Hinar Dessert Bar & Cafe plans to open where Nutmeg Bakery was previously located in the Scripps Ranch Marketplace across from Public House 131 at 10755 Scripps Poway Parkway.
- Sai Japanese Bistro plans to open in the former location of 40N Pho & Grille in the Scripps Ranch Village Shopping Center, 9978 Scripps Ranch Blvd.
- Decca Bites restaurant See **NEW BUSINESSES**, Page 16

Plans underway for new Italian deli

By John Gregory

Tom Tarantino is planning to open Buon Cibo Italian Specialties – a fine specialty Italian market – in early 2025 on the ground floor of the LIVIA at Scripps Ranch apartment complex at the corner of Scripps Poway Parkway and Spring Canyon Road, 10380 Spring Canyon Road.

"It's going to be high end food that you're not going to find in a grocery store. ... 90 percent of it will be imported.

See **ITALIAN DELI**, Page 2



This rendering illustrates the interior vision for Buon Cibo Italian Specialties. (courtesy artwork)

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ITALIAN DELI

Continued from Page 1

That includes wines from different regions of Italy,” Tarantino said.

Scripps Ranch foodies will be able to find an assortment of ingredients to make all their Italian favorites, and hungry residents can pick up high quality meals that they may take home, heat and eat.

“We’re going to have all the products so they can make their own (meals), or we will have ready-made meals in the refrigerator that they take home and they just pop it in the oven to heat it up,” Tarantino said. “It will be homemade Italian food for one, two or four people. People can take it home, heat it up. It’s already pre-cooked, it’s not half-cooked. ... and it’s ready to go.”

Precooked meals from Buon Cibo Italian Specialties will include eggplant parmesan, pasta alfredo with chicken, meatballs, baked pasta, chicken pesto lasagna, regular lasagna, cheese lasagna and short rib.

“We’re going to have all different raviolis – freshly made. You take them home, you boil them and add sauce on top. We’re going to package all our sauces there,” Tarantino said.

Sauces will include Bolognese, pesto, marinara, alfredo and vodka sauce.

This market will have Italian items such as imported flour, canned tomatoes, anchovies and Italian tuna. Shoppers will find imported lunch meats and cheeses, homemade Italian desserts, Italian cookies and Italian sodas. There will be 10 different salads sold by the pound, including an anticipated favorite octopus salad. A selection of freshly made sandwiches will also be offered.

Plans include a back room where shoppers can find more than 45 restaurant quality wines available from all reg-

ions of Italy.

Buon Cibo Italian Specialties will also offer catering, and its event space will be available for groups to rent for parties, corporate events or special occasions in its authentic Italian setting.

The high-end Italian market will have both indoor and outdoor seating as well as designated parking spaces for customers.

“I’m excited to bring a little bit of Italy to Scripps Ranch because I’ve lived here for over 40 years. I love the area. I love the people. I think it’s going to be a perfect spot,” Tarantino said.

Visit BuonCiboSD.com.



POPPY BANK OPENS: Officials from Poppy Bank celebrate the official grand opening of its Scripps Ranch location on Oct. 25. The full-service banking facility is located at 10000 Scripps Ranch Blvd., Unit 102. (courtesy of Poppy Bank)

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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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Goats clear brush near Lake Miramar

By John Gregory

The sound a goat makes is called a bleat. It's somewhat high pitched and resembles something like a quick neh-heh-heh-heh-heh. It's normally not a sound heard in Scripps Ranch, but that changed in October as about 250 goats grazed near Miramar Reservoir along the downstream face of the western part of the dam – a part that faces away from the water.

The herd of goats was placed there around Oct. 14 with the mission of devouring the brush on the slope, according to Tim Breidenstein, reservoir maintenance supervisor for the City of San Diego.

"They were doing some brush management for visibility on the dam for inspec-

FIRE SAFE COUNCIL

Prep is best to battle fear

If you look up the definition of fear, there are thousands of them. The best way to dispel fear is to be prepared; do everything you can to be prepared for whatever you fear. Here are 10 home preparedness tips to help you be prepared for a disaster of any type:

- Know how and where to shut off utilities (gas, water, electricity).
- Prevent potential hazards (secure heavy items, latches on cabinet doors).
- Surround your home with defensible space and fire-resistant plants and landscaping.
- Make your house fire resistant (roofs, walls, chimneys, deck, fences) and remove excess flammable junk around the house.
- Inspect your home for evacuation routes and potential hazards.
- Make a video/list of all possessions in your home with their make, model numbers, etc.
- Review your insurance coverage for adequate replacement costs.
- Check smoke/carbon monoxide detectors monthly, replace batteries regularly.
- Keep a battery-operated radio with extra batteries to stay informed.
- Store your home's disaster supply kit in an accessible location and take it with you.

Scripps Ranch Fire Safe Council, (858) 201-3771, srfiresafecouncil@gmail.com, www.srfiresafe.org



A herd of about 250 goats graze near Miramar Reservoir along the downstream face of the western part of the dam. (photo by Michael Thomas Stewart)

tion purposes, and to reduce the fuel load," he said. "They take all the weeds down ... It's something we felt would be a greater option than running a hand crew down there for the same number of days."

The herd was brought to the location by a company named ELM Goats.

"They are the ones that oversee them and watch them and make sure they are safe and take care of them," Breidenstein said.

A couple of canines were also seen on duty guarding the herd. A temporary, thin wire fence surrounded the herd to help keep the goats from wandering away.

The goats were on station for a cycle of about 15 days, clearing an assigned 8 acres of brush. The assignment was

especially important since late October and early November are critical times in the Southern California wildfire season.

"The goats will typically clear a half to one acre a day or so," Breidenstein said.

The herd was removed from the area of the reservoir the first week of November.

"They are just going on to their next job. I'm not sure where that is," Breidenstein said. "They did a great job. I'm very impressed with the work they have done."

So, don't be surprised if you are in the vicinity of Miramar Reservoir in the future and hear a goat's bleat.

"If this task goes well, it's likely we will bring them back on a somewhat annual basis. ... So far everything has gone well," Breidenstein said.



These goats were assigned the mission of devouring the brush on the slope. (photo by Marisa Fleizach)

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COMMUNITY GARAGE SALE

A shopper examines fashions available at one location in the annual Scripps Ranch Community Garage Sale, sponsored by San Diego Castles, and held across Scripps Ranch by participating homeowners on Oct. 12. (photo by Lisa Shadburn)



Welcome Club members joined ghosts and goblins to celebrate Halloween at their monthly coffee. (photo courtesy of SR Welcome Club)

SCRIPPS RANCH WELCOME CLUB

Holiday gatherings highlight events

By Denise Stewart

October had a spectacular ending for the Scripps Ranch Welcome Club's members at a Coffee at Mary Rea's home. About 45 women enjoyed a lavish brunch and the company of their friends along with the dozens of ghosts, skeletons and goblins that celebrate Halloween at her

home.

November has about 22 opportunities on the calendar for enjoying friendly events with the Welcome Club. Walking local trails, sharing books, making crafts, playing Bunco, sharing a festive coffee, enjoying a movie, lunching out, and gathering for the regular monthly meeting will all be keeping members busy having good times.

Near the end of the month, a potluck supper will add extra enjoyment to the month on the evening of the club's attendance at Scripps Ranch Theatre's performance of "Tiny Beautiful Things."

December has a variety of holiday celebrations booked, but the highlights are the annual Christmas Coffee and a special Gadabout event to a musical that will take place at the Lamb's Theater in Coronado.

The Welcome Club has been one of Scripps Ranch's community assets since the mid-eighties. Its focus is bringing together local residents to enjoy their leisure time with their neighbors. If that appeals to you, check the club's website at scripps-ranchwelcomeclub.com and get the contact information you can use to join the fun.

GARDEN CLUB

Gardeners resume meetings in January

By Denise Stewart

Local gardeners are busy in their yards all year, but they take a break from meeting at the library in December. It's time to set down their shovels and clippers, and to appreciate and evaluate their efforts for the last growing season. Then, with successes and challenges fresh in their minds, they can make their plans for the new year and the coming spring planting.

Meetings for the Scripps-Mesa Garden Club will resume on Tuesday, Jan. 28, 2025, at our local library Community Room at 6 p.m.

Meanwhile, if you are interested in learning more about the group and local gardens, visit the website at scrippsmesagardenclub.com.



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SCRIPPS RANCH WOMEN'S CLUB

Full lineup of upcoming social activities set

By Mary Rea
Publicity chair

Ghouls, goblins and witches, oh, my! From costumes to candy, Halloween was a fun and spooktacular time for the Women's Club. Several of our interest groups including Bunco, Bridge, Fun and Games, and Arts and Culture embraced the Halloween theme at their October events with lots of smiles, creativity and themed food and decor.



Several costumed members of the Scripps Ranch Women's Club partake in the club's Halloween Bunco gathering. (photo courtesy of SR Women's Club)



If it's Friday morning, it must be pickleball time for Women's Club members. Pictured are (standing from left) Renie Martin, M'Lu Colbourn, Connie Gallagher, Cathy Denis, Eileen Hennessey, Barbara Hanson, and (kneeling) Krissy Palmer. (photo courtesy of SR Women's)

Fun and friendship will be front and center along with community spirit as we celebrate the camaraderie shared by club members.

We had a full lineup of engaging social activities in the month of November. First and foremost was a tour of the majestic Hotel del Coronado. We learned about the rich

history of the hotel, including its storied past of presidents, movie stars and even ghosts. Thank you to Margaret Hardy from our Social Committee for organizing this fascinating tour accompanied by a delightful luncheon.

Another featured activity was a Pre-Theatre Cocktail Party at the home of our hosts Karyn Farr and Don Berkebile. Following the party, members attended the play "Tiny Beautiful Things" at the Scripps Ranch Theatre. We ended the month with

a light workout at Lake Poway by walking the scenic trail that rounded the lake.

This year has flown by, and holiday time is here! The Women's Club is looking forward to our annual Holiday Party at Yanni's on Dec. 8. Fun and friendship will be front and center along with community spirit as we celebrate the camaraderie shared by club members, as well as the opportunity to give back and reach out to those in need. The Women's Club has a wonderful holi-

day tradition – more than 20 years of giving and dedication to Hidden Valley House (HVH), a shelter for women and children escaping domestic violence. At our Holiday Party, we collect gift cards, new clothes, toys, books, and school and art supplies to brighten the holidays for the residents of HVH.

Looking ahead, we plan to welcome January with our annual La Jolla Shores Beach Walk and luncheon at Piatti's. A special outing is also being planned by our

Arts and Culture committee to visit the Mingei International Museum in Balboa Park for a viewing of the exhibit Blue Gold: The Art and Science of Indigo. Following the exhibit, a luncheon is planned at the Artifact restaurant at the Mingei.

If our many social occasions, interest groups, and community involvement appeal to you, please contact our Membership Chair Lynn Parke at lparke@san.rr.com or refer to our website at sr-womensclub.org.

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Furry friends highlight Halloween Pet Parade

The residents and team members at The Glen at Scripps Ranch hosted their annual Costume Pet Parade on Halloween, Oct. 31. Dozens of fur babies were dressed up to show their spooky, stylish and cute costumes. This annual event draws a huge crowd of seniors who set up seating along the route to enjoy their furry neighbors. The community also had treat stations along the way for the pets to enjoy.

Photos by Lisa Shadburn



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Photo Showcase deadline approaches

Do you have a colorful or exciting photo you took in Scripps Ranch this year? If so, show it off in the annual Scripps Ranch Photo Showcase.

Submitted photos will be published in the December edition of *Scripps Ranch News* and posted on ScrippsRanchNews.com.

It's easy to enter: Photos must be high-resolution, at least 300 dpi. Include the name and address of the photographer, as well as the date and location the photo was taken. Email a photo you took in Scripps Ranch in the year 2024 to info@scripps-ranchnews.com.

Rules: All photos must have been taken in the 92131 Zip Code area of Scripps Ranch within the year 2024. No Photoshop or other alterations allowed. Only amateur photographers are allowed to enter their photos. No professional photographers. By sending your photo, you agree to allow Scripps Ranch News to publish your photo in print, online or on social media or any other digital or electronic media. There is no charge to participate. Deadline to enter is Dec. 2, 2024.



Olivia is celebrating her trick or treating win, including a beanie baby. (Photo by Nisha)



Divya (5) and Meera (2) Littlejohn (Photos by Aarti Patel, mother and Jay Patel, grandmother)

HALLOWEEN COSTUMES

Festive trick-or-treaters and Halloween enthusiasts (including one pet) wore a variety of creative and colorful costumes as they celebrated the fun holiday in Scripps Ranch this season. Thanks go out to all *Scripps Ranch News* readers who sent in these fun photos!



The Holders doggo, Miss Bella, likes to wear her princess crown for Halloween and hoped to make the paper. (Photo by The Holders)



Logan Kelley, Otto Thomsen and Blake Cary (Photo by Kelly Cary)



Left to right: The Saucedo Family dressed as Pokemon characters – Talia (Charmander), Emmett (Pikachu), Miles (Squirtle) and James (Bulbasaur) Saucedo.



(photo courtesy of SR Farmer's Market)



(photo by Lisa Shadburn)



(photo courtesy of SR Farmer's Market)

FARMER'S MARKET TRICK OR TREAT DAY

Little ghosts and goblins, princesses, super heroes and entire families showed up in costumes to enjoy the Scripps Ranch Farmer's Market Trick or Treat Day for Halloween fun on Oct. 24.

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Harvest sides for a holiday feast

(Family Features) Don't let turkey and ham have all the fun this holiday season. After all, you know your guests are likely to have plates piled high with all their favorite festive side dishes.

These hearty solutions are inspired by harvest season, offering comforting taste and mouthwatering flavors to make your holiday meal truly memorable. There's nothing wrong with the classics – mashed potatoes, green bean casserole and the like – but these recipes from "Cookin' Savvy" can give your gathering a special seasonal spin.

Discover more holiday recipes by visiting Culinary.net.

Roasted Sweet Potatoes with Marshmallow Sauce

Recipe courtesy of "Cookin' Savvy"

Servings: 6-8

1/4 cup avocado oil
 1/2 stick butter, melted
 1 tablespoon garlic powder
 1 tablespoon onion powder
 Salt, to taste
 Pepper, to taste
 3 pounds sweet potatoes, sliced in circles
 Marshmallow Sauce:
 1 tablespoon butter
 2 cups mini marshmallows, plus additional for garnish, divided
 1/2 cup heavy whipping cream

Heat oven to 400 F.

In bowl, mix oil, melted butter, garlic powder and



Try these comforting side dishes to round out your holiday meals. *(Family Features)*

onion powder. Add salt and pepper, to taste. Add sweet potatoes and coat well. In baking dish, line sweet potatoes around pan in circle. Drizzle with leftover oil mixture. Bake 40 minutes.

To make marshmallow sauce: In skillet, melt butter and 2 cups mini marshmallows. Remove from heat and whisk in cream. Place in bowl and add additional mini marshmallows for garnish.

Place sweet potatoes on serving platter in same lined up fashion as they were in baking dish. Serve with marshmallow sauce.

Note: Recipe can be doubled for large crowds.

Sprouts and Squash Roast

Recipe courtesy of "Cookin' Savvy"

Servings: 6-8

1/4 cup avocado oil
 1/2 stick butter, melted
 1/2 cup grated Parmesan cheese
 1 tablespoon onion powder
 1 tablespoon garlic powder
 1 tablespoon thyme
 Salt, to taste
 Pepper, to taste
 1 package (12 ounces) frozen Brussels sprouts
 1 package (10 ounces) frozen butternut squash
 1 package (2 1/2 ounces) real bacon pieces
 1 cup pecans
 1/2 cup pumpkin seeds
 1/2 cup cranberries
 Heat oven to 400 F.

In bowl, mix oil, melted butter, Parmesan cheese, onion powder, garlic powder and thyme. Add salt and pepper, to taste.

See **HARVEST SIDES**, Page 10



HOLIDAY SHOPPING

Happy shoppers browsed through the many items offered by vendors at the festive Scripps Ranch Kiwanis Club Holiday Market and Bake Sale held Nov. 2 at Ellen Browning Scripps Elementary School. *(photo by Lisa Shadburn)*

Farmer's Market plans special holiday event

The Scripps Ranch Farmer's Market and Family Festival will hold its annual special Winter Celebration with Santa on Thursday, Dec. 19. Bring the kids and take photos for the holidays, explore the many booths, have dinner, have a drink at Newtopia Cyder, have a cup of coffee at Hunters of Hendrix, or just visit with fellow Scripps Ranch neighbors.

This fun, festive version of the Farmer's Market usually features decorations, events and activities for the kids, holiday photo opportunities, food and holiday music. There is always plenty to do and see for everyone and every age at this merry event.

Shoppers can pick up last-minute gifts for those on their holiday lists.

The Scripps Ranch Farmer's Market and Family Festival is held each Thursday from 3:30 to 7:30 p.m. at 10045 Carroll Canyon Road.



A child poses with a giant teddy bear at a past holiday event at the Scripps Ranch Farmer's Market. *(courtesy of SR Farmer's Market)*

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Roasted Sweet Potatoes with Marshmallow Sauce can give your gathering a special seasonal spin. (Family Features)

HARVEST SIDES

Continued from Page 9

Cut Brussels sprouts in half, if desired. Add Brussels sprouts and butternut squash to oil mixture and coat well. Place on lined cookie sheet and bake 20 minutes.

In large bowl, mix bacon pieces, pecans, pumpkin seeds, cranberries and roasted sprouts and squash. Mix well and place in serving bowl.

Note: Recipe can be doubled for large crowds.

Herbed Wild Rice and Apples

Recipe courtesy of "Cookin' Savvy"

Servings: 6-8

- 4 tablespoons butter
- 1 tablespoon minced onion
- 1 apple, chopped
- 2 packages (8 ounces each)

- long-grain wild rice
- 2/3 cup apple juice
- 1 package (2 1/2 ounces) real bacon pieces
- 1 tablespoon rosemary
- Salt, to taste
- Pepper, to taste
- 2/3 cup pecans
- 2/3 cup cranberries
- Garlic and herb cheese spread, for garnish (optional)

In skillet over medium heat, sauté butter, onion and apple pieces. When apples soften, add rice, apple juice, bacon pieces and rosemary. Season with salt and pepper, to taste. Cook about 10 minutes.

In large bowl, mix pecans, cranberries and rice mixture. Place in serving dish and crumble herbed cheese on top, if desired.

Note: Recipe can be doubled for large crowds.



Herbed Wild Rice and Apples offer mouthwatering flavors to make your holiday meal truly memorable. (Family Features)

Becky's Gift is in its 15th year

Becky's Gift started in 2009 and has been distributing countless toys to families going through cancer treatment at seven cancer centers throughout San Diego. The purpose is to help the cancer patients undergoing treatment, so they won't have to worry about buying gifts for the youngsters in their life.

Volunteers with the project will start delivering the toys Thanksgiving week, but toys will still be collected through Dec. 15.

Those who have not yet donated or would like to help out even more may still participate as Becky's Gift is still accepting new and unwrapped toys.



Becky's Gift volunteers deliver presents to Moores Cancer Center in San Diego so that patients undergoing treatment won't have to worry about buying gifts for the youngsters in their life. (photo courtesy of Becky's Gift)

This is how you can help:

- 1) Quick and Easy shopping: Visit the Becky's Gift Amazon wish list by scanning the QR code attached to this article, or through the link on the Becky's Gift Facebook page (facebook.com/BeckysGift).
- 2) Drop off a new unwrapped toy at one of the three Becky's Gift toy drive locations from now through Dec. 15. The locations are Fitness Quest 10 North (10625 Scripps Poway Parkway), Fitness Quest 10

South (9972 Scripps Ranch Blvd), and St. Gregory the Great Catholic School (15315 Stonebridge Parkway).

3) Become a toy drive host: You may host a toy drive at you place of work, school or in your own neighborhood.

Email bekywalton@san.rr.com or christie@jacksonlane.com. Becky's Gift will deliver flyers and a collection box to you.

For additional information about Becky's Gift, contact Becky Walton (beckywalton@



Becky's Gift Amazon Wish List (ships free & directly to Becky's Gift)

san.rr.com) or Christie Jackson (christie@jacksonlane.com).

Holiday season at the library

Grace's Book Nook

Grace's Book Nook is all decked out for the holidays! The used bookstore in the Scripps Miramar Ranch Library, open Mondays through Saturdays during library hours, stocks a variety of nearly new books for all ages

and tastes at amazing prices – a great place to shop for stocking stuffers.

Holiday and Christmas books are now available plus cards and jigsaw puzzles. Shop early for the best selection.

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dren's and young adult books as well.

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See LIBRARY, Page 13



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Scrooge visits Scripps Ranch

The classic Charles Dickens story of Ebenezer Scrooge and the spirits that visit him unfolds in a retro style radio play as Scripps Ranch Theatre presents “A Christmas Carol: A Radio Play,” running Dec. 13-15.

The audience will be inside the studios of radio station WSRT as nine actors portray dozens of characters to broadcast this timeless story, while an integrated soundscape and visuals enhance the experience. It makes for great holiday fun for the entire family.

Tickets are \$30 each, \$10 for students with ID. Buy tickets at scrippsranchtheatre.org/a-christmas-carol.

The production will be held on the campus of Alliant International University, 9783 Avenue of Nations.

Enter the annual Holiday Home Lighting Contest

The extremely popular Scripps Ranch News–Berkshire Hathaway Home Lighting Contest is underway for the 2024 holiday season, sponsored this year by Laura Kay Stephens, Real Estate advisor and Megan Paige, Real Estate advisor, both from Berkshire Hathaway HomeServices California Properties Luxury Collection.

These sponsors make it possible to conduct the annual Scripps Ranch lighting contest that has provided such a fun and festive experience for local residents the past four years. It has become a warm holiday tradition for all of Scripps Ranch to enjoy.

Anyone whose home is within Scripps Ranch and decorates the outside of their home with holiday lights this season is eligible to enter the contest. Prizes – provided by Laura Kay Stephens and Megan Paige of Berkshire Hathaway HomeServices California Properties Luxury Collection – will be awarded to the top entrants.

AWARD CATEGORIES

Four categories of awards will be included this year: Norman Rockwell Award,



Consider entering the fun and festive 2024 Scripps Ranch News–Berkshire Hathaway Home Lighting Contest.

elegant displays that accentuate and coordinate with the beauty and elegance of the home; Clark Griswold Award, the most over the top lighting display; Grandma Got Run Over (by a Reindeer) Award, reminds me of my childhood – best classic holiday lights; and It Takes a Village (group) Award, best decorated group of homes – Gather the neighbors! Judges will decide which category each entrant is in.

FUN HOLIDAY SELF-TOUR

The Home Lighting Contest not only allows entrants a way to showcase their outdoor light decorating skills, it provides a convenient opportunity for those who appreciate

the beauty of holiday light decorations to tour the outdoor home displays.

Scripps Ranch News will publish a map of entry locations in the December edition of the newspaper – and will provide updates online. Anyone can use the map (either the printed or online version) to plan a fun viewing tour of the exteriors of brightly decorated Scripps Ranch homes.

ENTRY RULES

- All entry displays must be accessible to the public for street viewing.
- Deadline to enter is Dec. 11, 2024.
- Those who enter agree to keep their outside holi-

day decorations up and lit through Dec. 25, 2024.

- Those who enter must email a photo of their outside holiday display to info@scrippsranchnews.com. Contest entrants should fill in the contest entry form online first, then email the image of their lighted outdoor display afterward.

- When judging is complete, the top displays will be officially photographed. The winners of the contest will be announced on ScrippsRanchNews.com on the morning of Jan. 1, New Year’s Day.

- Photos of the winning displays will be published in the January edition of *Scripps Ranch News*. Those who enter agree that photos of their outside holiday home displays may be published in *Scripps Ranch News* and ScrippsRanchNews.com.

- Those who enter agree that their home address may be published in *Scripps Ranch News* and ScrippsRanchNews.com.

- Contest rules and other specifics are provided in the online entry form.

- Those wishing to enter may fill in the form at scrippsranchnews.com/lighting-contest.

Home Lighting Contest

TO ENTER THE CONTEST, VISIT [SCRIPPSRANCHNEWS.COM/LIGHTING CONTEST](http://scrippsranchnews.com/lighting-contest)

AWARD CATEGORIES:

Norman Rockwell: Elegant displays that accentuate and coordinate with the beauty and elegance of the home

Clark Griswold: The most over-the-top lighting display

Grandma Got Run Over (by a Reindeer): Reminds me of my childhood, best classic holiday lights

It Takes a Village (group): Best decorated group of homes. Gather the neighbors!

Check the December issue of Scripps Ranch News for a map of where to see the lights.

SPONSORED BY

Laura Kay Stephens
Real Estate Advisor |
cell: 858.245.6475
LauraKayStephens@bhhsca.com
DRE# 02082318

Megan Paige
Real Estate Advisor
cell: 619.518.6143
Megan@meganpaigerealestate.com
DRE# 01890248

Happy Holidays!

LUXURY COLLECTIONSM

To our Fitness Quest 10 clients, members, and the citizens of Scripps Ranch,



As we step into another season of gratitude, I want to take this moment to recognize the heart and soul of our journey - YOU. Since 2000, Fitness Quest 10 has been more than just a gym; we've become a cornerstone of health, wellness, and transformation right here in Scripps Ranch. Your loyalty, trust, and belief in our mission have allowed us to grow and evolve, and we couldn't be more grateful for this incredible community that has welcomed us for nearly 25 years.

This year has been one of great accomplishments, made possible by the dedication of our amazing team. While there have been many milestones, our biggest win was expanding our footprint in Scripps Ranch by opening Fitness Quest 10 North in the new Vons shopping center on Scripps Poway Parkway. This exciting new chapter allows us to serve more of our community and continue our mission of changing lives.

To our outstanding team at Fitness Quest 10, you are the backbone of our community. Every day, you bring energy, passion, and commitment to creating a space where everyone feels empowered and supported. Without your dedication, none of this would be possible.

Our core values—Serve, Grind, Radiate, Team, Growth-Minded, and Connect—reflect the spirit we see in our clients, members, and staff alike. Together, we continue to inspire, uplift, and make a difference, one day at a time.

Thank you, Scripps Ranch, for your unwavering support. Here's to many more years of health, fitness, and community.

With deepest gratitude,
Jeff Bristol
Owner, Fitness Quest 10
www.fitnessquest10.com

Fitness Quest 10 South
9972 Scripps Ranch Blvd
(858) 271-1171

Fitness Quest 10 North
10625 Scripps Poway Pkwy
(858) 397-2045



HOLIDAY EVENTS

NOVEMBER 20



Christmas Celebration

SeaWorld San Diego invites guests to experience its annual Christmas Celebration, running daily through Jan. 5. The park transforms into a spectacular winter wonderland filled with more

magical moments than ever, including exciting new holiday entertainment. Experience dazzling new Christmas shows, with the debut of Happy Harbor Holiday featuring fan favorite character Winston the Walrus, watch an all-new festive parade and capture picture-perfect moments amidst acres of beautiful decorations.

seaworldsandiego.com

'Dr. Seuss's How the Grinch Stole Christmas!'

The Old Globe presents its 27th annual production of "Dr. Seuss's How the Grinch Stole Christmas!" The production will run



Andrew Polec as The Grinch in "Dr. Seuss's How the Grinch Stole Christmas!" (photo by Jim Cox)

through Dec. 31 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe's Conrad Prebys Theatre Center in San Diego's Balboa Park. This is a whimsical musical based on the classic Dr. Seuss book, "Dr. Seuss's How the Grinch Stole Christmas!", featuring classic holiday songs like "Santa for a Day" and "You're a Mean One, Mr. Grinch." Max the dog narrates the tale of how the mean and scheming Grinch tries to steal Christmas from the holiday-loving Whos of Whoville. But the Grinch discovers there is more to Christmas than he bargained for. Audiences will delight in how the Grinch learns the magic and meaning of Christmas. The theatre will once again be transformed into the snow-covered Whoville, right down to the last can of Who-hash.

TheOldGlobe.org

DECEMBER 7

Frosty Fun Run & 5K

The inaugural Scripps Ranch Frosty Fun Run & 5K and Holiday Craft Market will be on Saturday, Dec. 7, brought to you by the Miramar Ranch Elementary School FFA. Support and connect with your community for this family friendly event! Strollers, ugly sweaters, holiday costumes and Christmas jammies are welcome. The Frosty Fun Run and 5K will take place at Miramar Lake. It will begin and end at the side parking lot on the west side of the reservoir. Starting gun is at 8:30 a.m. for the 5K, and 9:15 a.m. for the 1-mile Fun Run. The course will feature water refilling stations, music, and a photo opportunity. T-shirts will be given to all paid entrants. After the run, visit Miramar Ranch Elementary for a Holiday Craft Market 9 a.m.-noon. Grab some food and hot cocoa from a vendor or two, and stroll through the Holiday Craft Market.

65318982335111043.

weebly.com

Cat-themed gift exchange

Members of the Facebook group Reals House Cats of

Scripps Will hold a cat-themed gift exchange and raffle from 8 to 9:30 a.m. on Dec. 7 at the Scripps Ranch Community Center, 11885 Cypress Canyon Road.

DECEMBER 13, 14, 15

'The Nutcracker'

Scripps Performing Arts Academy presents an all-youth, full production of "The Nutcracker," Dec. 13 and 14 at 6 p.m.; and Dec. 14 and 15 at 2 p.m. Held at David and Dorothea Garfield Theatre at the Lawrence Family Jewish Community Center, 4126 Executive Drive.

scrippsballet.com/academy

DECEMBER 14, 15

'Nutcracker, Reimagined'

Lynch Institute's (LDI) annual holiday production is full of joy, hope and possibility. Students also have an opportunity to participate in the annual end of season showcase celebrating the tremendous amount of work that takes place in LDI throughout the year. Performances Dec. 14 at 2 p.m.; and Dec. 15 at 2 p.m. at the Joan B. Kroc Theatre, 6611 University Ave.

lynchdance.com

LIBRARY

Continued from Page 10

Pop-up sale

Don't miss the upcoming second Saturday pop-up sale on Dec. 14, from 10 a.m. to 2 p.m., which will feature an expanded selection of books, media and more.

Your tax-deductible donations of gently used books are always welcome and help provide new books and media as well as program support for the library. The Book Nook is completely staffed by volunteers and is the largest ongoing fundraising activity

of the Scripps Ranch Friends of the Library. There are currently openings for volunteers interested in covering weekly or biweekly 2½ hour shifts in the Book Nook. If you are interested in possibly joining the team of enthusiastic volunteers, contact booknook@srfol.org to learn more.

Upcoming holiday closures

Nov. 28 (Thanksgiving); Nov. 29; Nov. 30, (termite fumigation); Dec. 24 (Christmas Eve); Dec. 25 (Christmas Day); Dec. 31 (New Year's Eve); Jan. 1 (New Year's Day)



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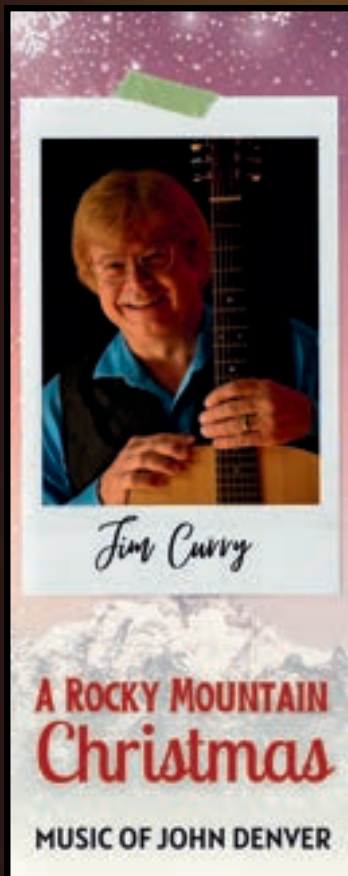
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15498 Espola Rd, Poway, CA 858-748-0505 PowayOnStage.org

Author publishes historical romance novel

By John Gregory

Scripps Ranch author Alex A. Kecskes recently published an intriguing historical romance titled "Healer, A Novel."

His book not only keeps readers guessing about the mysterious main male character; it also reveals fascinating details about the development of medical technology and provides a bit of romance.

Kecskes, who has resided in Scripps Ranch for two years, has a deep interest in the themes of his novel, and this propelled his detailed research to gain facts rounding out his story. Additionally, a popular television series provided even more inspiration for his efforts.

"I really enjoy the 19th century and I liked (the TV show) 'Dr. Quinn, Medicine Woman,'" he said.

Kecskes was enthralled by the lead character's struggles to be accepted as a female physician, he said.

"I thought, what if someone like 'Dr. Quinn, Medicine Woman' – struggling to heal people and be accepted – what if she met this very, very extraordinary physician who had these interesting abilities? And that's what got me to create 'Healer, A Novel,'" he said. "I like the fact that medicine was coming of age. It was a nascent technology back then. ... Why not do something different? Why not do a 'what if?'"

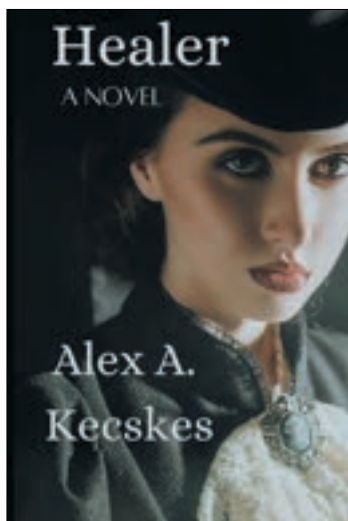
'As the story unfolds, the reader will get it.'

—Alex Kecskes

Kecskes wove a fascinating tale: In 1888, Rene Sakin is attending Columbia Medical College. But she loses both her parents during her senior year and is expelled for using laudanum, a derivative of opium.

"She wants to continue her medical career. She wants to save lives, but New York society just won't accept her, and the medical community won't accept her. So, she heads west to this mining town in Tennessee called Sewanee," Kecskes explained. "She meets this good looking guy, Charles Noble. He's enigmatic. He's reclusive. He doesn't want to reveal any of his secrets as to how he heals people."

Rene is constantly trying



Alex A. Kecskes

racter.

Kecskes had previously written numerous articles about medicine, medical machines and devices, and new technology that is being developed. So, he included several interesting tidbits about medicine and its development in the book.

"There are some interesting things about the future of medicine that the reader will find absolutely stunning. ... I take some imaginative leaps into medical technology which I think the reader will find very enlightening," he said. "I go into a little bit of medicine back then and I treat the reader to a little bit of history. Medicine back then was just coming of age. ... I found some interesting things. Some field surgeons would smoke cigars and hold

scalpels in their teeth while operating on a patient. They had some so-called cures for flu that were a little bit unconventional. One cure was scattering onions about the patient's room to draw the flu into the onions. Another one was rectal injections of eucalyptus oil and drinking pine tar."

Perhaps the highlight of the book for readers is the mystery of the identity of Charles Noble.

"That's the big 'ah-ha' moment ... As the story unfolds, the reader will get it," Kecskes said. "He has special powers and advanced techniques. I don't want to give it away, but you'll find out if you read the book."

Kecskes was born in Germany and arrived in the U.S. at age 5. He served in the United States Marine Corps and graduated from Long Beach State University.

"Healer, A Novel" is available on Amazon on Kindle, paper back and hard back. Readers in Scripps Ranch are welcome to email the author and he will meet them at the Scripps Miramar Ranch Library to sign their copy of the book. Email: akcreative-works2@gmail.com.

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SCRIPPS RANCH FARMER'S MARKET

Company produces 3D statues of customers

By Jill Alexander

If you've ever wanted a miniature 3D replica of yourself, a loved one or even a pet, you're in luck. Shrunken 3D San Diego, a franchise of the national Shrunken 3D brand, brings this unique service to the Scripps Ranch Farmer's Market on Thursdays. Their tagline says it all: "Fully mobile 3D scanning photo booth! Imagine a team arriving at your event to capture unforgettable moments in high-definition 3D."

Friends and business partners Mary Morin and Jessica Terry launched this venture in July and have been serving the local community since September. Their friendship began a few years ago when they chaperoned their sons' sixth-grade European trip.

"We were paired as roommates and just clicked," Morin said. "Afterward, we stayed close, working out together and building a great friendship."

After retiring from the Navy, Morin teamed up with Terry, who has business experience, to bring Shrunken 3D

to Southern California.

"We wanted to start something new and exciting," Morin said. "Jessica has experience in property rentals, and we both loved the idea of creating memories for people in such a unique way."

With a 17-foot trailer equipped with LED lights, 95 cameras and four projectors, Shrunken 3D's setup lets them create high-quality 3D scans at various events including the market.

Once you step inside the trailer, the attention to detail becomes apparent as its advanced tech captures 180 images from every angle, creating a full 3D rendering of the subject. The image is sent off to be refined and enhanced with textures that mimic clothing and other details, followed by a visit to the 3D printer to produce a color statue ranging from 3 to 9 inches tall.

"It's a cool way to capture a memory of yourself. You get a little statue of yourself, complete with whatever you're wearing or holding," Morin said.

They've even customized statues for businesses, adding

logos or QR codes, and helped one child create a miniature of himself holding a Venmo code for his lemonade stand.

Statues range in size from 3 to 9 inches, with prices between \$93 and \$306, depending on size and the number of subjects (up to two people plus a small child or pet that is no taller than the tallest person can be added). Each order takes 3-5 weeks to complete due to the detailed design, texturing, and color printing process, which happens in Chicago.

The women enjoy setting up at the Scripps Ranch Farmer's Market because "The people and management are wonderful, and it's a great location," Morin said.

Visit *Shrunken 3D San Diego*



Shrunken 3D San Diego is a mobile 3D scanning trailer equipped with LED lights, 95 cameras and four projectors. (courtesy photo)

at the Scripps Ranch Farmers Market, held 3:30-7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

Left Coast Quintet to perform at library

"The Pleasure of Your Company" concert series, sponsored by Scripps Ranch Friends of the Library (SRFOL), presents the Left Coast Quintet, performing music for woodwinds – from classical to jazz, Broadway, movie themes, pop covers and more on Sunday, Dec. 15, at 2:30 p.m. in the Community Room of the Scripps Miramar Ranch Library.

SRFOL thanks Sharon and Garry Hays for their generous sponsorship of this concert.

There is no charge for the concert, although donations are appreciated to help continue the tradition of bringing fine musicians to perform on special Sunday afternoons for monthly concerts in the library's Community Room, a sought after venue. Visit <https://srfol.org/music.htm> for the schedule of monthly concerts and information about sponsorship opportunities.

Masks are recommended although not required. Scripps Miramar Ranch Library



The Left Coast Quintet will perform live Dec. 15 in the Community Room of the Scripps Miramar Ranch Library. (courtesy photo)

Center is located at 10301 Scripps Lake Drive near Miramar Lake. Visit www.srfol.org or call (858) 538-8158 for information.

NEW BUSINESSES

Continued from Page 1

plans to open in the former location of Big Cheech's Chicken, Waffles and Sliders, 9810 Carroll Canyon Road, Suite 102.

- Poppy Bank, a full-service banking facility, opened at 10000 Scripps Ranch Blvd., Unit 102 in the "old" Vons shopping center.

- YogaSix opened in the Scripps Ranch Marketplace shopping center at 10755 Scripps Poway Parkway, Unit 755-A.

- Surfside Fish House restaurant, serving an array of affordable seafood, opened several months ago in the Scripps Ranch Marketplace at 10585 Scripps Poway Parkway, Suite D.

- El Viejo Seafood restaurant plans to open at 9837 Mira Mesa Blvd.

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- 1 Make exercise a priority.
Come to our 7am Thanksgiving class!
- 2 Start your first course with a glass of water followed by a leafy green salad to bulk up your stomach.
- 3 Try not to over indulge. Make half of your plate vegetables and chew your food thoroughly.
- 4 Focus on fruit for dessert to keep it light.
- 5 Enjoy your holiday and tell your loved ones how much you appreciate them as we appreciate all of you!

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Marching band success continues

By Ashley Shah

The Scripps Ranch High School (SRHS) marching band, the Falcon Corps and Color Guard, competed in the California State Band Championships So Cal Division 4A Finals in Irvine on Nov. 16, performing their show “The Raven.” (Results were beyond deadline.) State finals are scheduled for Nov. 23 in Huntington Beach.

“The division finals consist of teams from both Northern and Southern California. They take the top six winners across divisions 4A, 5A and 6A, and then they will take the next top ten scores across the divisions. There are only 16 teams that can make it to the State Finals,” SRHS music director Russell Shedd said.

The divisions are based on how many students are in the team.

“We are in division 4A, which has teams that range from 70 to 100 students. We have 89 students on our team this year,” he said.

Prior to competing in the division finals, the band competed in three other tournaments.

“We just held our Falcon Invitational earlier this month. We did a great job with our invitational this year. ... We had a ton of parent volunteers,” Shedd said.

The Falcon Invitational took place on Nov. 2. There were 11 marching bands, including the Falcon Corps.

“This was the first year in 20 years that we experienced rain during the invitational. We had a 20-minute rain delay for our show, and we did not have our usual electronics. We still ended up performing well, thankfully,” he said.

The invitational takes several months of planning. There were more than 50 parent volunteers helping with the event this year.

“We are so thankful to have a strong volunteering culture within the parents, and many donations to make this event possible,” he said.

The other two tournaments this season were successes as well for the team.

On Oct. 29, they competed in their first tournament in Escondido, and right before division finals, they competed in Temecula on Nov. 9.

“We won our division at the Escondido tournament,” Shedd said.

Last season, the Falcon Corps made it to the State Finals.

“We were in a smaller division last year, but we still



Members of the Falcon Corps and Color Guard percussion section perform during halftime of a Scripps Ranch High football game. (photo by Jim Wick)

ended up doing great. We placed second in our division, 3A. We placed fourth overall,” he said. “I am hoping to be able to make it again. We have a younger group this year, but they have worked really hard. Our show is more cohesive this season. We have more staff working with the marching band as well.”

Alongside the marching band, SRHS has a variety of other music programs.

“We have some programs that are primarily course-based, and others that are after-school activities,” Shedd said.

Orchestra (50 students), percussion ensemble (20 students), and concert band (55

students) are all courses at SRHS. The jazz band (15 students) is an after-school activity.

“What is nice about the different music programs at SRHS is that even though they have different class times and such, they all come together for concerts,” Shedd said.

The winter concert for SRHS will include all of the music programs, except for the marching band. The concert will take place on Dec. 11 and 12 at SRHS.

“The winter concert usually sells out. Our auditorium fits about 300 people, and we fill that up for the concert. It is a great event for our music program,” he said.



SCHOOLS

‘THE CANTERVILLE GHOST’

The Scripps Ranch High School Falcon Playhouse delighted audiences with a spooky and comedic production of “The Canterville Ghost” Oct. 24-26, featuring Jaden Richardson in the title role as the ghost himself. (photo by Lisa Shadburn)



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SPORTS



Alp Utsukarci fires a shot during a victory against Valley Center High on Nov. 5. (photo by Phuong Vu)



Evan Long battles against Valley Center High defenders on Nov. 5. (photo by Phuong Vu)

Water polo team has incredible season

By Hector Trujillo

The Scripps Ranch High School mens water polo team's post-season run came to an end in a 2-13 loss to first-seeded San Pasqual High School on Nov. 11 in a CIF-San Diego Section Boys Water Polo Championship Division 3 semifinal match. The Falcons defeated Valley Center High 15-3 in the first round on Nov. 5 and beat Rancho Buena Vista High 8-6 in a quarterfinal match on Nov. 8 to get to the semifinal.

Scripps Ranch finished an impressive 2024 regular season with a 10-8 record and 4-2 league record, which earned it the fifth seed in the CIF-SDS playoffs.

This is the first winning

regular season for the Falcons since 2017 when it finished 16-15 overall before losing in the opening round of the CIF-San Diego Section to Santana High School.

"We're always wanting to peak at the end of the season," said head coach Brad Oestreich. "This was the first year we had enough guys to run a novice team also."

Scripps Ranch had 37 players forming part of the team this year with several standouts including captains Lucas Knowles, Alp Utsukarci and Evan Long.

Despite having started off slowly after losing three of their first four matches, the Falcons bounced back by winning their next four and outscoring the opponents 56-17

during that span.

"This was my first full-circle freshman-to-senior year," Oestreich said. "I was really happy with the outcome of the season this time with big wins against very tough opponents. We got so much community support, particularly from the parents and other students."

Despite having suffered back to back losses to University City High on Oct. 8 and Del Norte High on Oct. 17, Scripps Ranch managed to regain its form with another four-game winning streak thanks to victories over Mira Mesa High, Canyon Hills High, West Hills High and Valley Center High, with the last two coming during tournament play on Oct. 25.

The Falcons followed up those performances the following day with an 8-5 win over Hilltop High before falling in overtime 7-6 to San Pasqual High in the tournament championship.

"It was a fantastic game, and the kids continue to grow," Oestreich said. "It just shows the growth of the team. We're playing well and learn things from every game that we play."

Despite finishing with back to back losses at the hands of University City High and La Jolla High School, the Falcons ended up earning a home match to open post-season play against 12th-seeded Valley Center at home, earning victories to advance in postseason play.



EYES DOWNFIELD: Falcons quarterback Parker Armstrong reads the defense as he hands off to Tristan Reyna while Alex Carleton blocks during a 15-26 loss against Torrey Pines High in the first round of the 2024 CIFSDS Football Championship Division 1 playoffs on Nov. 8. (photo by Phuong Vu)



ALL THE WAY TO FINALS: The SRHS women's varsity tennis team made it to the CIF San Diego Section Division 1 Championship Finals before suffering a defeat to La Jolla Country Day on Nov. 2. To get to the finals, the team defeated San Marcos High, Vincent Memorial Catholic and Academy of Our Lady of Peace. (photo by Jim Wick)

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GOING LOW

SRHS sophomore Sammy Ippolito reaches low to capture the ball during a 2-1 victory against La Costa Canyon High on Nov. 7. Scripps Ranch lost a tough match 1-2 against La Jolla High in a semifinal contest on Nov. 12 in the 2024 CIFSDS Field Hockey Championships Open Division. (photo by Jim Wick)



GOING HIGH

Scripps Ranch High School sophomore Riley McDonald skies while returning a shot during a semifinal match against La Jolla Country Day on Nov. 6. The SRHS womens varsity volleyball team advanced to the semifinal bracket of the 2024 CIFSDS Girls Volleyball Division 2 Championship before being defeated 2 sets to 3 at the hands of La Jolla Country Day. It was an exciting contest as Country Day started the match winning the first 2 sets. Scripps Ranch came back to tie it at 2 sets each before losing the last set. Scripps Ranch battled its way to the semifinals by defeating Mt. Carmel High on Oct. 30 in the first round, then beat San Pasqual High on Nov. 2. The team ended the season with an impressive 22-12 record. (photo by Phuong Vu)



LEADING THE PACK: SRHS cross country runner Jada Kim leads the team at the Mt. SAC Cross Country Sweepstakes Oct. 26 in Walnut, Calif. The SRHS womens team won the Western League Championship on Nov. 6; the mens team took second. The CIF-SDS championship race was Nov. 16, beyond deadline. (photo by Jim Wick)



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