



**SPORTS**  
Tennis  
CHAMPIONS!  
**PAGE 17**

# SCRIPPS RANCH NEWS

Volume 4 Issue 12 • November 2021

SCRIPPS RANCH  
**NEWS**

www.ScrippsRanchNews.com

ECRWSS  
PRESORTED STD  
US POSTAGE  
PAID  
PERMIT # 906  
SAN DIEGO, CA

POSTAL CUSTOMER



## TREE LIGHTING

The annual Scripps Ranch Girl Scout Tree Lighting will be at Jerabek Park on Dec. 5, 3-5 p.m. (Girl Scouts photo)

*Girl Scouts bring back the annual holiday event for Scripps Ranch*

By Kaila Mellos

The 39th annual Scripps Ranch Girl Scouts tree lighting event is back for in-person events and a toy drive benefiting Toys for Tots at Jerabek Park on Sunday, Dec. 5 from 3 to 5 p.m.

A different Girl Scout troop from Scripps Ranch hosts the event each year. Fifth grade Troop 3958 – with troop leader Marisa Fleizach – will be initiating the festivities this holiday season.

Santa will be there, and holiday inclusive songs will be sung.

These Scouts will also be completing their Girl Scouts Bronze Award by hosting the event.

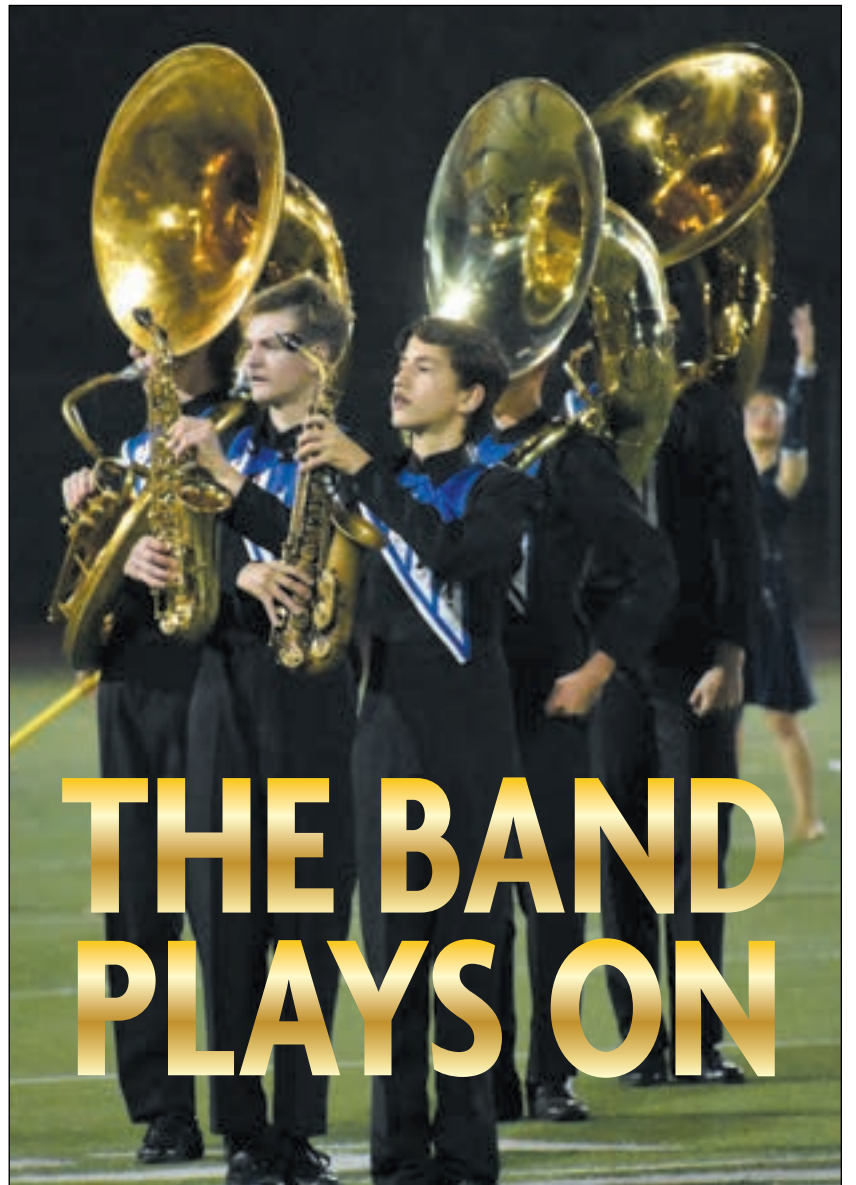
“[The Bronze Award] takes 20 hours to earn,” Fleizach said. “That started with choosing what we were going to do for our Bronze Award and all the pre-planning so far for this event. It also counts the day of the event with

See **TREE LIGHTING**, Page 12



The Scripps Ranch High School Marching Band and Color Guard performs at Falcons football games and earns top scores at tournaments.

Photos by  
John Gregory



## THE BAND PLAYS ON

### SRHS marching band strives for perfection

By Ashley Shah

The Scripps Ranch High School (SRHS) Marching Band and Color Guard came back strong from a year online.

On Nov. 13, the team went to the California State Band Championships (CSBC) semi-finals in

Irvine and placed third out of 11 Division 5A bands. The team was headed to the CSBC Division 5A Championships in Huntington Beach on Nov. 20.

“We are currently second overall in our division, which puts us in a really good place going into the semi-finals because only the top six schools in the division of

11 schools make it into finals,” said music director Russell Shedd before the Nov. 13 competition.

The band had three competitions in the regular season prior to the semi-finals.

It placed first overall in the first, which was held at Valhalla

See **MARCHING BAND**, Page 15



(Clockwise from top left) SRT 2022 directors Claire Simba, Charles Peters, Marti Gobel and Phil Johnson

## Scripps Ranch Theatre is back

Scripps Ranch Theatre (SRT) announced its reopening and will present a Welcome Back Celebration featuring musical and theatrical performances by some of its favorite performers on Dec. 4, 7:30 p.m. on the campus of Alliant International University, 9783 Avenue of Nations.

In addition, SRT announced its new season which will start in January 2022.

“We are delighted to invite our patrons back into the theatre with our Welcome Back Celebration on Dec. 4. A night of live songs and performances is a perfect way to cele-

brate our reopening with our community ... and pave the way for our compelling 42nd season which starts in January,” SRT Artistic Director Jill Drexler said. “We are excited about the stories we have to share in 2022, and the voices that will share them.”

The Welcome Back Celebration will feature performances by Kenny Bordieri, Jim Chovick, Susan Clausen, Jill Drexler, Melissa Fernandez, Yolanda Franklin, Marti Gobel, Jackie Ritz and Tara Sampson. Tickets are \$20 and can be purchased online at scrippsranchtheatre.org/showtickets.

### Scripps Ranch Theatre Season 2022

“Heisenberg,” Jan. 14-30; written by Simon Stephens and directed by Charles Peters. Amidst the bustle of a crowded London train station, Georgie spots Alex, a much older man, and plants a kiss on his neck. This electric encounter thrusts these two strangers into a fascinating and life-changing game.

“Love Song,” Feb. 25-Mar. 13; written by John Kolvenbach and directed Claire Simba. Beane, an emotionless, extreme introvert is burglarized by the pixie-ish Molly;

See **SR THEATRE**, Page 6



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

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

Happy Thanksgiving



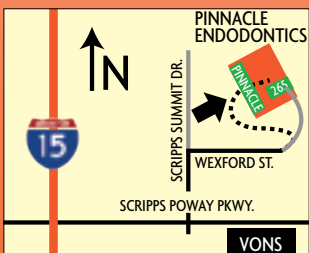
Helping retain natural teeth using advanced technology.

“The great people at Pinnacle go above and beyond.”  
-Matt

PINNACLE ENDODONTICS

10672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92131

AFTER HOURS EMERGENCY CARE 858-444-0600



Located in Suite 265 via West entrance of the Pinnacle Medical Building

Coaches and parents, scan and save our contact info for dental emergency needs.

SCRIPPS RANCH FIRE SAFE COUNCIL

# Keep your guard up during holidays

First of all, we would like to thank our generous sponsors for their donations to our only annual fundraiser. In particular, The Glen at Scripps Ranch, Filippi’s Pizza Grotto Mira Mesa and Valley View Casino, as well as many others for their generous donations. And thanks to all our golfers for their participation.

Congratulations to our first place winners: Don McCormick, Larry Adams and Rick Israel.

With the holidays coming up, remember to keep your guard up, pay attention and remember if you have candles burning, is your fireplace safe from spreading embers? Sometimes when we get caught up in what is going on we forget to be vigilant.

Understand how an ember environment can spread a wildfire to structures. Maintain your structure’s exterior and what the 0-5 foot zone is, and why it is important.

Wake up Scripps Ranch residents! You can make a difference if you get prepared now!

Wishing everyone safe and



happy holidays and Happy New Year.

For more information about the Scripps Ranch

Fire Safe Council, visit [srfiresafe.org](http://srfiresafe.org), email [srfiresafecouncil@gmail.com](mailto:srfiresafecouncil@gmail.com) or call (858) 201-3711.

PUBLIC MESSAGE

## Holiday Concert

Hi to everyone who’s involved with and who enjoys our Scripps Ranch Symphony in the Park.

We appreciate your support and how you make our concerts so much fun.

We had hoped to be able to resume the series with the Holiday Concert and our annual visit from Santa aboard Fire House 37’s ladder truck – but COVID is still too great a risk.

Please accept our apologies and best wishes for a wonderful holiday season to all of you.

Plan to join us next June when we return to Hoyt Park for a gala kick-off to the 2022 Symphony in the Park summer concerts!

We can’t wait, either!!!

—Scripps Ranch Symphony in the Park Committee

TOYOTA  
Of Poway



# SERVICE SPECIALS

**OIL CHANGE**  
only \$19.95<sup>+tax</sup>  
Up to 5 qts. Conventional Oil  
only \$39.95 for SYNTHETIC OIL

TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires 12/14/21.

**TIMING BELT**  
\$50.00 OFF\*  
\*at regular price (call for pricing)  
Expires 12/14/21.

**TOYOTA**  
SERVICE DEPARTMENT  
**858-486-2900**  
**ToyotaofPoway.com**

13631 Poway Road, Poway, CA 92064

**BUY 4 TIRES, GET THE WHEEL ALIGNMENT for FREE**  
\$109.95 value

PLEASE CALL FOR APPOINTMENT.

In stock tires only. Installation extra. Must present coupon during write-up. Some models are additional cost. Valid at Toyota of Poway. Not valid with other coupons. Not valid on previous purchases. Expires 12/14/21.

Service Hours: Monday-Friday 7:00am - 5:30pm • Saturday 8:00am - 5:00pm • Sunday Closed



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.

**Editor & Publisher**  
John Gregory

[john@scrippsranchnews.com](mailto:john@scrippsranchnews.com)

**Art Director & Publisher**  
Jacqueline Gregory

[jacqueline@scrippsranchnews.com](mailto:jacqueline@scrippsranchnews.com)

**Photographers**  
Justin Fine, Lisa Shadburn, Jim Wick

**Digital Content Manager**  
Suzanne Micheletti

**Reporters**  
Kaila Mellos, Ashley Shah Hector Trujillo, Terry Wilson

**Advertising**  
John or Jacqueline Gregory  
[info@scrippsranchnews.com](mailto:info@scrippsranchnews.com)

**Phone**  
(858) 945-4465

**Mailing address**  
9984 Scripps Ranch Blvd. #312  
San Diego, CA 92131

**Copyright & Licensing**  
The entire contents of Scripps Ranch News is copyrighted. Copyright 2021, Scripps Ranch News; Seacoast Media Lab, LLC. All rights reserved.



# SR Farmer's Market: Try Luna's LUNpias

By Terry L. Wilson

**T**he Scripps Ranch Farmers Market offers tasty treats from around the globe, and Luna and Rex Mortenson are among the market's newest vendors, offering delicious delights from the Philippines in the form of lumpias and more.

"I grew up in a Filipino kitchen alongside my dad as he created savory delicacies while I was learning my mom's baking secrets," Luna said. "My husband, Rex, and I are now sharing those tasty treats with everyone."

Lumpias are a crowd favorite, basically a Filipino egg-roll filled with pork, veggies and seasoning, directly from Luna's mom's secret family recipes.

"We have a variety of lumpias. There is a modern twist on the traditional lumpias – adding beef, turkey, vegan, a surf and turf, along with dessert lumpias that are filled with a brown sugar glazed banana," Luna said. "Another popular one is a twist on a churro. It has a

banana that's rolled in cinnamon and sugar. So, we have the savory and the sweet."

The Mortenson's ended up at the Scripps Ranch Farmers Market by accident. A casual drive turned out to be a stroke of good luck for the couple, and perfect timing for their growing business.

"We were looking for a Farmers Market. We wanted to move out of the commercial kitchen and expand our business," Luna said. "We saw the market and stopped. As luck would have it, they were looking for a new Filipino food vendor, and we jumped at the opportunity."

Prior to the COVID-19 pandemic, the Mortensons had careers outside of the kitchen. Rex was in solar; Luna was in applied behavioral analysis. But the events of 2020 changed the course of their lives forever.

"I could have never predicted how my passion for Filipino cooking and COVID-weary families that were desperate to add variety to their home cooking would collide," Luna said.



Churons are a banana lumpia rolled in cinnamon sugar. (courtesy photo)

Luna began a home-based business selling a few of her favorite foods to friends and neighbors. The word got out and soon she and Rex were side-by-side in the kitchen cooking up a storm till the wee hours, just to fill the growing numbers of orders.

"Luna was staying up to 4 a.m. preparing orders that kept getting larger every

day," Rex said. "So, I told her, 'Teach me your recipes and I'm going to help you.' Before that, the most I'd ever cooked was maybe Top Ramen."

Rex turned out to be a fast learner and an excellent cook, so he manned the stove while Luna focused on marketing the business.

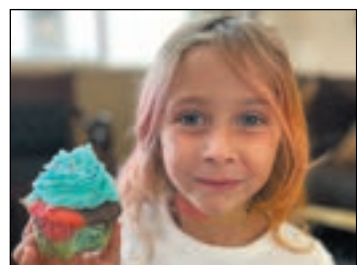
"To keep up with demand, I worked to streamline my

processes, source the freshest ingredients and create innovative new menu items like my incredibly popular pancit LUNpia cake, gorgeous ube treats and specialty dessert lumpias. And that's how Luna's LUNpias was born," Luna said.

"I'm amazed and grateful for the support and love of my family and community, whom I credit for the continued success of Luna's LUNpias," she said. "Food is truly the great connector, and I'm blessed to meet and reconnect with so many wonderful people from near and far doing something I love."

Luna and Rex quit their pre-COVID jobs, putting all their efforts into Luna's LUNpias. For orders or information, visit [facebook.com/LunasLUNpias](https://facebook.com/LunasLUNpias).

Discover Luna's LUNpias at the Scripps Ranch Farmer's Market from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newportia Cyder). There is plenty of parking across the street at the National University parking lot.



**HAPPY WINNER:** Giada Mirabella enjoys one of the dozen cupcakes from Sweet Treats By Jess Bakery, which was the prize for winning the 2021 Scripps Ranch News Lemonade Stand Contest. (photo by Giada's mom)

### Sunstreet Mortgage, LLC.

As your local lender, our goal is to make the home buying process as simple as possible!

We will work with you one-on-one to make your home buying experience effortless.

With an in-house team of processing and underwriting, we are a true one-stop-shop for your home buying needs.

Call today to take the street that leads you home!

(619) 319-5325

10650 Scripps Ranch Blvd. Ste. 108, San Diego, CA 92131

[sunstreetmortgage.com/contact-us/san-diego](https://sunstreetmortgage.com/contact-us/san-diego)

[sunstreetmortgage.com](https://sunstreetmortgage.com)

BR NMLS #1540765 | AZBK #0121829  
CA License # 41DBO-61255  
Equal Housing Lender



# Fall into the beautiful smile you've always wanted!

Get highly recommended orthodontic care in a kind and comfortable setting.

Check out our reviews on Google and Yelp! } 5 star ratings

Dr. Gilmore, Scripps Ranch's Board Certified Orthodontist, and his staff are highly respected in the community.

## GILMORE ORTHODONTICS

Board-Certified  
American Board of Orthodontics



858-433-7377

[www.gilmoreortho.com](https://www.gilmoreortho.com)



DAVID S. GILMORE, DDS, MSD  
RETIRED NAVY ORTHODONTIST

9870 Hibert St. D9, San Diego, CA 92131 (Located in the Trader Joe's Shopping Center)



# Coming Soon: Hunters of Hendrix

Rick Moreno announced the upcoming opening of Hunters of Hendrix – described as Scripps Ranch’s first craft coffee shoppe and independent marketplace.

Moreno and Ryan Kinnerup, the founders of Newtopia Cyder, spun off the new venture which will be located at 10045 Carroll Canyon Road. Paying homage to Scripps Ranch, the new establishment is named after Burt Elmer Hendrix, the foreman of the ranch of E.W. Scripps.

Moreno will partner with local suppliers that were established in San Diego to shape the culture within the Scripps Ranch community and to provide a venue to improve the well-being of residents through social engagement and art, according to the announcement.

Dark Horse Coffee, a local coffee bean roaster located in the heart of North Park, will supply an array of single origin coffee varietals for coffee connoisseurs to enjoy as an alternative to mainstream macro coffee.

Mutual Friend, a local vegan ice-cream creamery, will



provide made-by-hand cold concoctions for customers. Favorites include the velvet cake, cookies and cream, and hocus potion.

Skinny Donuts, a local vegan donut baker, will supply made-by-hand donuts to pair perfectly with different coffee styles. Spe-

cialties include the matcha and strawberry sprinkles donuts.

Pardytyme, a clothing designer based in Seal Beach, will showcase a variety of its original fashion style clothing line for those backyard barbecues or date nights out on the town.

In addition, Hunters of Hendrix is intended to be a venue to host events with local independent musicians, poets, photographers, non-profits and town-hall meetings.

Jan. 1 is the target date for all aspects of the new venture to be fully open, although some will be open sooner.

There's no place like home for the holidays!

LET US HELP YOU FIND YOUR FOREVER HOME TODAY

ROXANNE GOVARI  
619.778.0577  
ROXANNE@PEMBERLEYREALTY.COM  
PEMBERLEYREALTY.COM  
DRE# 0139244  
COMMITTED TO EXCELLENCE BECAUSE WE CARE

Happy Thanksgiving

We thank you for the opportunity to work together and for making us feel at home in our community.

**Dave Parker**  
Financial Advisor  
9968 Hibert St Ste 102  
San Diego, CA 92131-1035  
858-935-9080

edwardjones.com  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

## Betty Hock's art takes first place

Scripps Ranch artist Betty Hock won first place in the highly competitive November Members Show on display in the San Diego Watercolor Society gallery, 2825 Dewey Road in Liberty Station.

Hock's painting titled "Somewhere in Time" was selected by nationally known juror Barbara Tapp out of nearly 300 entries for this honor.



"Somewhere in Time" by Betty Hock (courtesy of San Diego Watercolor Society)

"I have a love for the chaos and abstractness in this painting. Although that takes a tremendous amount of calculation, the work is so free. The light source comes in from two directions, which is very pleasing. There is a motion between colors," Tapp said of the painting. "This is a true abstract without being obvious that it is so intentionally done, but with unintentional aspects that create a dynamic and exciting painting."

Hock is a native of New York City and a graduate of The City University of New York. After a teaching career at the community college level, she resumed the art education she had started years earlier. Her work has since been accepted into many juried exhibitions and has won numerous awards. Her paintings are in private collections throughout the U.S. and other countries. They explore mood and mystery inspired by the natural world. The images come from reality, but it's mostly imagination that fuels their creation. Working between realistic expression and abstraction, she often focuses on light to define the mood – to reflect a stillness, to capture a moment.

Hock's work can be found at [bettyhockfineart.com](http://bettyhockfineart.com).

The gallery exhibit will run through November and may also be viewed at [sdws.org](http://sdws.org).

Join us for

**CHORAL CHRISTMAS EVE**  
at 5 p.m.  
-OR-  
a quiet  
**CHRISTMAS MORNING SERVICE**  
at 9:30 a.m.

**REGULAR SUNDAY SERVICES**  
8 a.m. and 10 a.m.

**GOOD SAMARITAN EPISCOPAL CHURCH**  
4321 Eastgate Mall, San Diego, 92121

**goodsamchurch.org**

Ancient faith | progressive expressions | 15 minutes from Scripps Ranch



## Welcome Club sets festivities

By Denise Stewart

The Scripps Ranch Welcome Club has a long tradition of festivities for every season. This December, the ladies will be gathering at an Escondido tea parlor to celebrate the Christmas holiday.

Pam Savelsberg, who chairs the Gadabouts group, has made arrangements for a high tea with all the proper tastes and traditions of this special time. Seating is limited, so members need to contact Pam in advance to secure their place at the tea table for Dec. 8.

Another Welcome Club Christmas tradition is the annual support of the Toys for Tots charity. Members will be contributing toys or cash donations, so the children of our local military families have a merry celebration this holiday season.

In January, Scripps Ranch Theatre will be performing again after the lengthy hiatus demanded by the COVID

restrictions and the Welcome Club will be there to applaud the actors' return to the stage. Going to the local theater performances and enjoying cocktails and canapes beforehand has become another Welcome Club event that draws a festive crowd.

Coffee Klatches are another draw for members to gather and enjoy the company of friends. The delicious brunch dishes and baked goods always contribute to a very enjoyable morning. Diane Rider hosted this event in November as Welcome Clubbers launched their holiday season.

The Welcome Club has been a part of Scripps Ranch's social scene for more than 40 years. However, new members are greeted warmly and soon become part of this circle of friends. If you would like to learn more about the club and get contact information, check out the website at scrippsranchwelcomeclub.com.

# Laugh and learn with Richard Lederer

Language columnist Richard Lederer will make an appearance at the Scripps Miramar Ranch Library Center on Saturday, Dec. 4, at 11 a.m. for holiday fun.

Lederer will regale the audience with poems, puns and little known fun facts from his new holiday book "A Treasury of Christmas Humor."

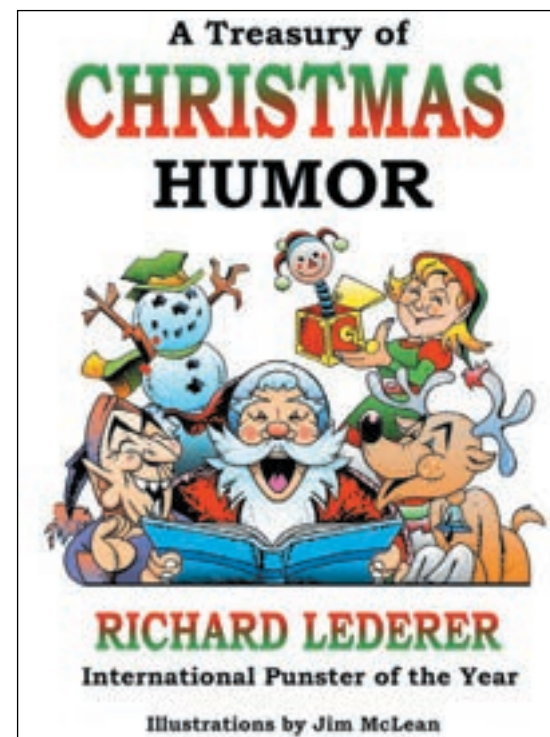
He'll also welcome questions on all matters linguistic – from puns to punctuation, from pronouns to pronunciation, from phrase origins to phraseology. This entertaining and educational program should appeal to adults as well as children ages 10 and up.

Founding co-host of "A Way with Words" on KPBS Public Radio, and an entertaining speaker, Lederer has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.

He is the author of more than 50 books about language, history and humor, including his best-selling "Anguished English" series and his current titles, "A Treasury of Halloween Humor," "A Treasury of Christmas Humor," "Literary Trivia" and "A Pleasury of Word & Phrase Origins."

He will sign books from his large bibliography. Lederer will donate all profits from the sale of his holiday books during his appearance for the benefit of the Scripps Miramar Ranch Library.

Shoppers may also get a head start on holiday shopping while supporting the library



"A Treasury of Christmas Humor" by Richard Lederer

by ordering "A Treasury of Christmas Humor" through Dec. 31 online: [www.srfol.org](http://www.srfol.org).

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive across from Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Call (858) 538-8158 or visit [srfol.org](http://srfol.org) for more information.



## Black Friday

# DISCOUNT 20% OFF

\*Some exclusions apply. See store for details. Sale valid Friday, Nov. 26, 2021 only.

your purchase on Black Friday\*

## Small Business

# SATURDAY

# GIVEAWAY

with minimum purchase

\*\*Valid on Saturday, Nov. 27, 2021 only.



FAMILY JEWELERS

Serving the San Diego community since 1978  
**858.578.6670** [www.collinsfamilyjewelers.com](http://www.collinsfamilyjewelers.com)  
**APPOINTMENTS & CURBSIDE PICK-UP AVAILABLE**

- We are a full service jeweler with a large selection of bridal
- No obligation watch and jewelry repair/design estimates
- Complimentary inspections of your jewelry
- We buy old diamonds and precious metal jewelry



Owned and operated by Scripps Ranch residents, Bill and Cynthia Collins & family.

**Open Tuesday-Saturday, 10am to 3pm • Closed Sunday and Monday • 8220-A Mira Mesa Blvd., near Marshalls**

Friend us on Facebook

Follow us on Instagram

Show us love on YELP





**OWL**  
be home for the  
**HOLIDAYS**

Downy  
Woodpecker

**\$10 OFF**  
Purchase of \$50 or more\*

\*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 11/19/2021 through 12/12/2021.

**\$15 OFF**  
Purchase of \$75 or more\*

\*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 11/19/2021 through 12/12/2021.

**\$20 OFF**  
Purchase of \$100 or more\*

\*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 11/19/2021 through 12/12/2021.

**\$30 OFF**  
Purchase of \$150 or more\*

\*MUST SHOW COUPON. One coupon per visit. Valid only at the Scripps Ranch location. Offer not valid on 20 lb. bags of seed, previous purchases, gift cards, sale items, DSC memberships or other WBU offers. Offer valid in-store only 11/19/2021 through 12/12/2021.



BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

Wild Birds Unlimited  
Nature Shop

10549 Scripps Poway Pkwy. #B-3, San Diego, CA 92131  
(858) 271-8457 • www.wbu.com/sandiego



Artistic Director Jill Drexler

**SR THEATRE**

Continued from Page 1

and he falls in love. His high-powered sister and her husband, Beane's self-appointed caretakers, are suspicious. But Beane's newfound joy is contagious. In the end, Beane is transformed and transforms those around him.

**"The Taming,"** April 8-24; written by Lauren Gundersen and directed by Marti Gobel. In this hilarious, raucous, all-female "power-play" inspired by Shakespeare's "Shrew," contestant Katherine has political aspirations to match her beauty pageant ambitions. All she needs to revolutionize the American government is the help of one ultra-conservative senator's aide on the cusp of a career breakthrough, and one bleeding-heart liberal blogger who will do anything for her cause. Well, that and a semi-historically-accurate ether trip.

**"I Hate Hamlet,"** May 20-June 5; written by Paul Rudnick and directed by Phil Johnson. Andrew Rally is a TV actor with a failing series and a chance to play the dream role of Hamlet. When the ghost of the famous Shakespearean actor John Barrymore appears for the sole purpose of convincing Rally to accept the role, he has to choose between Shakespeare and a new TV deal worth millions. Enter a beautiful girlfriend clinging steadfastly to her chastity and a glamorous agent.

**Out On A Limb: New Play Festival,** July 2022. The Season concludes with the Out On A Limb New Play Festival featuring brand new original short plays chosen from submissions and fully produced over two weekends in July.

SRT vaccination policy: All patrons, including children, attending SRT performances must either show proof of full vaccination against COVID-19 or proof of a negative COVID-19 PCR test taken in the prior 72-hours. All patrons must wear masks while inside the venue.

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



GLOVES REQUIRED

Call  
**858-695-8427**  
for more details

Give the  
**GIFT OF HEALTH**  
for 2022!

**3 Classes AND Gloves**  
only **\$29.99!**

- Intense cardio workout
- No experience necessary
- All fitness levels welcome
- Owned by a Scripps Ranch resident
- Showers available
- Increased daily cleaning and sanitation measures in place

**We look forward to  
seeing you soon!**



**www.CKOmiramar.com**  
7094 Miramar Rd., San Diego, CA 92121  
Follow us on social media @ckomiramar



# Enter the 2021 Photo Showcase

Do you have a colorful or exciting photo you took in Scripps Ranch this year?

If so, now is your chance to show it off in the 2021 Scripps Ranch News Photo Showcase.

Submitted photos will be published in the special December Holiday Issue of Scripps Ranch News and also posted on Scripps-

RanchNews.com. There is no charge to participate.

**It's easy to enter:** Email a photo you took in Scripps Ranch in 2021 to [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com). Photos must be high-resolution, at least 300 dpi. Include the name and address of the photographer. Include the date and location the photo was taken.

**Rules:** All photos must have been taken in the 92131 Zip Code area of Scripps Ranch. No Photoshop or other alterations allowed.

Only amateur photographers are allowed to enter their photos. No professional photographers.

**Deadline:** Dec. 3, 2021. Email to: [info@scrippsranchnews.com](mailto:info@scrippsranchnews.com)

## SUSTAINABLE SCRIPPS RANCH

# Induction cooktops reduce GHG emissions

By Larry Peranich  
Sustainable Scripps Ranch

The COP26 climate conference in Glasgow, Scotland, has been in the news, with many countries pledging to achieve net-zero greenhouse gas (GHG) emissions by 2050. California has an even more ambitious target of net-zero by 2045.

The California Air Resources Board states that residential and commercial buildings accounted for 10.5 percent of GHG emissions in the state in 2019. These GHGs are mainly due to use of natural gas and other fuels for heating, cooking and water heating. (The GHGs from the electricity used by these buildings is tracked separately.) While significantly less than the 40 percent of emissions is due to transportation, emissions from buildings will need to be decreased dramatically to meet the 2045 target.

There are two ways to reduce future emissions from buildings: (1) require new buildings to be energy effi-

cient and use only electricity, and (2) retrofit existing buildings with better insulation and electric appliances.

Requiring new, electric-only buildings will prevent an increase in GHG emissions. However, it does nothing to reduce the emissions from the much larger number of existing buildings that use natural gas. We need to figure out how to retrofit the existing residential and commercial buildings over the next 30 years to eliminate their emissions.

New, electrical induction cooktops will help overcome one of the main impediments to electrification; many people really like their gas stoves. Induction stoves have the advantage of gas stoves, quick temperature response when a user changes a setting, without the disadvantages of indoor air pollution and GHG emissions. (Studies have shown that children who live in homes with gas stoves are more likely to have asthma and/or wheezing than children who live in homes with electric stoves.)

You can try an induction cooktop for three weeks for

free by contacting the Electric Home Cooktop Program at <https://www.ehomecooktops.com/>. My wife and I did this, and we really enjoyed cooking with it. I particularly liked that it allows you to select a cooking temperature instead of a power level.

The San Diego Building Electrification Coalition was recently formed to help homeowners and owners of commercial buildings determine the most cost-effective and convenient way to gradually reduce natural gas usage. They have information on induction stoves, high-efficiency heat-pump water heaters, heat pumps for heating and air conditioning, as well as how to save money on electrical wiring. For more information on the San Diego Building Electrification Coalition, go to <https://sdbec.org/>

Sustainable Scripps Ranch is looking for new committee members and suggestions for lectures/speakers.

For more information about Sustainable Scripps Ranch, visit our website at [scrippsranch.org/ssr](https://scrippsranch.org/ssr) or email [SustainableSR@scrippsranch.org](mailto:SustainableSR@scrippsranch.org).



Serving the Scripps Ranch Community since 1987!

## SCRIPPS PERFORMING ARTS ACADEMY

OFFICIAL SCHOOL OF THE SCRIPPS BALLET THEATRE

**Give the Gift of Dance!**  
4 Dance Lessons for One Student for \$25  
\*New Students Only. Available for Purchase 11/26 to 12/24.

**HOLIDAY SPECIAL!**  
Begins 11/26

**Tickets Now on Sale for The Nutcracker!**  
858.586.7834 ScrippsBallet.com

SALON *Bruce Stuart*

**Fall Special**  
**55% OFF**

Haircut and full highlight or haircut and all over color  
Offer valid Nov. 22nd thru Jan. 1st only.

**BACK IN BUSINESS**

Master Stylist  
with over 40 years of experience

Color & Designer Cuts  
advanced hair color theory

**Salon Bruce Stuart**  
**(858) 945 0017**  
12307 Oak Knoll Rd  
Poway, CA 92064

GET SPECIALTY FOODS FOR YOUR HOLIDAY PARTIES!

SCRIPPS RANCH FARMERS MARKET

FIND UNIQUE HOLIDAY GIFTS ALL IN ONE PLACE

Support our farmers while taking care of your holiday shopping!

**The "NEW" Scripps Ranch Farmers Market**  
Every Thursday from 3 to 7 p.m.  
10045 Carroll Canyon Road, San Diego 92131  
Contact Bev at **(858) 603-3178**.

Please join us in thanking those who made the New Farmers Market possible.

**EASY PARKING** in the NATIONAL UNIVERSITY parking lot.





GIVE YOURSELF THE GIFT OF A *dream retirement* THIS HOLIDAY SEASON.

**At The Glen at Scripps Ranch, residents enjoy:**

- A calendar packed with over 250 activities each month
- On-site amenities, including a fitness center and indoor pool, a movie theater, a library and more
- Pickleball, tennis and bocce courts
- Restaurant-style dining featuring chef-prepared meals
- Peace of mind knowing they have priority access to long-term care, should they ever need it



**Call 1-858-251-9296 to complete a tour and we will send you home with fresh-made cookies. Schedule your tour today!\***

\*Must be 60 or older and complete a tour with a Residency Counselor to redeem. While supplies last. Offer expires 01/31/2022. For the well-being of residents, The Glen strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change.





(courtesy of Scripps Ranch Farmer's Market)



(courtesy of Scripps Ranch Farmer's Market)

# TRICK OR TREAT DAY

Happy children in costumes, parents and pets enjoyed a sunny, warm afternoon and evening as the Scripps Ranch Farmer's Market held its special "Trick or Treat Day" on Oct. 28. The Farmer's Market is held from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road.



(courtesy of Scripps Ranch Farmer's Market)



(photo by John Gregory)



(photo by John Gregory)



(photo by John Gregory)



(photo by John Gregory)



**Saint Gregory the Great Catholic Church**  
 11451 Blue Cypress Drive  
 (858)653-3540 • info@stgg.org • web: stgg.org

**Christmas Mass Schedule:**

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

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

**Come home for Christmas, ALL are welcome!**

## Give your home the protection it deserves.

Your home is where you make some of your best memories, and that's worth protecting. We're here to help. **LET'S TALK TODAY.**



**Dave Murphy, Agent**  
 Insurance Lic#: 0B07853  
 12121 Scripps Summit Dr.  
 San Diego, CA 92131  
 Bus: 858-621-6681



**Renee Murphy, Agent**  
 Insurance Lic#: 0B65148  
 12121 Scripps Summit Dr  
 San Diego, CA 92131  
 Bus: 858-566-7100



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL 1708137  
 State Farm Florida Insurance Company, Winter Haven, FL  
 State Farm Lloyds, Richardson, TX





Daddy Qiang Qi is a basketball player, mother Dolly Zhu is a thief, big brother Austin Qi is the knight, and little brother Lucas Qi is the Transformer Bubble Bee.



Celine Esme Nguyen as Beetlejuice and Oliver Jude Nguyen as Spider-Man (photo by Créer Atelier)



The Fiero Family as Despicable Me – Minions are Jackson, Sawyer and Darlene with Arturo as Vector (photo by Francia Caalaman)

### ANOTHER SPOOKY HALLOWEEN

Scripps Ranch came alive with spooky ghosts, goblins, superheroes and other spectacular characters on Halloween as trick-or-treaters roamed their neighborhoods once again. Thanks go out to all Scripps Ranch News readers who sent in these colorful photos!



Samih Najdi is ready to monkey around on Halloween. (photo by Raya Fakh)



James and Talia Saucedo took "The Pumpkin Brothers" trick-or-treating for the first time and they had a blast! (photos by Caroline Nalezny, left, and Talia Saucedo, right).



Jacob, Natalie, Will and Stephanie Hoffman went all out with a Jurassic Park theme.



Valerie Ramachandran is excited about Halloween. (photo by Elena Garcia – mother)



Malie Stephens looks angelic for the Halloween festivities! (photo by Laura Stephens)



Colin as Link from "Zelda: Breath of the Wild" (photo by mom Jennifer Ryan)



Riley as Uma from Disney's "Descendants" (photo by mom Jennifer Ryan)



Teddy dressed up as a Scripps Ranch construction worker (photo by mom)

**BLACK MOUNTAIN PLUMBING**

www.BlackMountainPlumbing.com • License No. 782799

THANKFUL FOR **SCRIPPS RANCH**

**(858) 536-4161**



# HOLIDAY EVENTS

## 'THE NUTCRACKER'

Dec. 4, 5 at 2 p.m.

The Scripps Ballet Theatre and Scripps Performing Arts Academy proudly present their 33rd annual all-youth production of the full length ballet "The Nutcracker," featuring dancers ages 3 to 19. Based on the timeless Holiday tale by E.T.A. Hoffmann, this classic tells the story of a young girl named Marie and her magical adventure one holiday evening. See in person at Creative Performing Media Arts, 5050 Conrad Ave. This beloved holiday tradition will also be live-streamed. Tickets: scripps-ballet.com/academy.

## 'SHE'S AT THE LIBRARY'

Through Dec. 5

Scripps Ranch resident Carly Salway stars in the new holiday play "She's at the Library" by Dori Salois. The play offers a different look at the Christmas Classic "It's A Wonderful Life." What was Mary's life without George and what happens when he shows up?

See **HOLIDAY EVENTS**, Page 12

# Becky's Gift toy drive is underway

The 12th Annual Becky's Gift Toy Drive to help families fighting cancer during the holiday season is underway.

Thanks to the Scripps Ranch community, this non-profit effort has surpassed all its goals each year and successfully delivered loads of toys to five local cancer centers in San Diego: UCSD Moores Cancer Center, UCSD Koman Breast Cancer Infusion Center, Oncology Associates of San Diego, South County Hematology Oncology Center, and the Kevin H. Cook Infusion and Oncology Center.

Those going through treatment of cancer during the holidays face an emotionally, physically and financially difficult time. Becky's Gift allows families affected by cancer to choose a toy for their children or grandchildren during the holidays while undergoing treatment. This way, cancer patients may focus on their treatment and health, and will not have to worry about the pressures of the season. They will know their child or grandchild will have a gift.

Anyone wishing to donate



Christie Jackson (left) and Becky Walton (second from left) deliver toys to Moores Cancer Center with the help of UCSD nurses. (courtesy of Becky's Gift)

a present will help Becky's Gift surpass the goal of 1,000 toys this year.

Becky's Gift volunteers hope to start delivering toys Thanksgiving week. Those wishing to help may donate new, unwrapped toys for children ages 1-16 years old. Monetary donations and gift cards are also accepted.

Toys can be dropped off at Scripps Rock Dental, 12112 Scripps Summit Drive, Suite

C; or St. Gregory the Great Catholic School, 15315 Stonebridge Parkway; or contact Christie Jackson at christie@jacksonlane.com or Becky Walton at beckywalton@san.rr.com to arrange a gift pick up.

Toy collection will continue until Dec. 17.

Visit the Facebook page [www.facebook.com/Beckys-Gift](http://www.facebook.com/Beckys-Gift) or the website [www.beckysgifts.org](http://www.beckysgifts.org).



# Home for the Holidays *lighting contest*

Winners will get fantastic local prizes and a year of bragging rights!!!

## 2021 Categories

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

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

**The Nostalgia Award**  
Reminds me of my childhood

**Misfit Toy Award**  
Best use of inflatables

**Grandma Got Run Over Award**  
Funniest

**The Sparkle Award**  
Twinkliest lights

**"Lights - It Takes A Village!"**  
Best decorated group of homes, gather the neighbors!

**"To The Beat Of Your Own Little Drummer Boy"**  
Unique and WOW!

Look out for a complete map of where to see the lights this holiday season in the December issue of Scripps Ranch News!

To Enter Go To: [ScrippsRanchHolidayLights.com](http://ScrippsRanchHolidayLights.com) by December 15, 2021



**SCRIPPS RANCH**  
**GIRLS FAST PITCH**  
**SOFTBALL**  
SIGN UP NOW FOR SPRING SEASON  
EARLY BIRD PRICING UNTIL DEC. 6TH

SCRIPPS RANCH SOFTBALL ASSOCIATION

**SRSOFTBALL.ORG**  
INSTAGRAM.COM/SRSOFTBALL92131/  
FACEBOOK.COM/SCRIPPSRANCHSOFTBALLASSOCIATION/

*Mixed Nuts* 2021

**LI** LYNCH DANCE INSTITUTE  
Directors, Alexandra Dickson and Timothy Lynch

Joan B Kroc Theater  
December 11-12 @2pm

*Mingle Jingle*  
*Give For Good*  
Fundraiser  
December 11th

lynchdance.com

**West Coast Oral Surgery**  
Over 25 years with a history of excellence!

Wisdom Teeth  
Dental Implants  
TMJ Disorders  
Corrective Jaw Surgery  
General Anesthesia  
Extractions  
Bone Grafting  
Facial Trauma  
Distraction Osteogenesis  
Sleep Apnea Surgery  
Jaw Reconstruction  
Oral Pathology

Schedule your consult today!  
**(858) 536-2900**

Follow us:

www.westcoastoralsurgery.com | 9855 Erma Rd. Ste 100, San Diego, CA 92131

**Everyone needs a Will.**  
**In California, almost everyone needs a Trust.**

Call today for your  
**Free Initial Consultation**  
**(442)877-2784**  
or schedule online at  
**keithdennyapc.com/free**

**Experienced Attorney**  
**Affordable**  
Questions? Get answers at  
**keithdennyapc.com/answers**

## Enter the Home Lighting Contest

The Twenty Four Seven Realty-Scripps Ranch News Home Lighting Contest has opened for the 2021 holiday season.

Twenty Four Seven Realty is again sponsoring this lighting contest that provides a joyous experience for local residents and a warm holiday tradition for all of Scripps Ranch.

The Home Lighting Contest not only gives entrants a way to showcase their outdoor light decorating skills, it also provides a convenient opportunity for those who appreciate 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 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 Twenty Four Seven Realty – will be awarded to the top entrants.

Judges will drive to the properties in the contest to view the lighted displays. All entry displays must be accessible to the public for street viewing.

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 issue of Scripps Ranch News.

Deadline to enter is Dec. 13, 2021. Contest rules and other specifics are provided in the online entry form. Those wishing to enter may fill in the form at scripps-ranchholidaylights.com

## HOLIDAY EVENTS

Continued from Page 11

This fun feminist take on Mary's life depicts a woman's point of view. Which life will she choose? Sal-



Carly Salway

way plays Mary (the Donna Reed role in the film). This Point Loma Playhouse production runs now through Dec. 5 at the historic Point Loma Assembly, 3035 Talbot St. in Pont Loma. Tickets: pointlomaplayhouse.com.

## 'MIXED NUTS'

Dec. 11, 12

The Lynch Dance Institute presents "Mixed Nuts," a holiday multi-dance genre performance. Enjoy this bold twist on the holiday classic – an unabridged, somewhat unhinged version of "The Nutcracker." Includes many dancers from Scripps Ranch. Shows are Saturday, Dec. 11 at 2 p.m. with the "Mingle Jingle" inaugural fundraiser following the show; and Sunday, Dec. 12 at 2 p.m. in the Joan B. Kroc Performing Arts Center, 6611 University Ave. Tickets: mixednuts.bpt.me.

## TREE LIGHTING

Continued from Page 1

hosting it. It is also tradition to tell the next troop who hosts it what goes into it and tips. We have a whole binder that we update on what we did, the budgeting and stuff like that. So, they have a hand in the whole process of the planning and executing this."

This year, Troop 3958 has planned the toy drive, a bake sale, an appearance by Santa, arts and crafts, and singing around the tree by individual troops. The bake sale will benefit the S.H.A.R.E program, which helps girls who want to become Girl Scouts with the financial aspects of joining.

"It's just really fun and it's a free event for Scouts to get together, hang out and spread some holiday cheer," Fleizach said. "Since last year we weren't able to have the event in-person, every-

one's very excited to have it this year."

The goal for the toy drive is to bring in 100 new and unwrapped toys that will be donated to Toys for Tots. Anyone can donate these gifts. Girl Scouts or Boy Scouts who donate can receive a special personalized tree lighting patch.

Since COVID precautions are still in place, those attending the event will be required to wear masks if they are within six feet of others.

This event is also dedicated to the late Bob and Gaye Dingeman. Bob was known as "Mr. Scripps Ranch" for his dedicated work as a volunteer and leader for this community. Gaye was always supportive, helpful and encouraging to many in Scripps Ranch.

"They were always a big part of the event and obviously can't be here this year, but they always loved to be a part of it," Fleizach said.





The Marshall Middle School advanced symphony orchestra and band during class. (courtesy of Cameron Brown)

# Marshall Middle School music returns

By Ashley Shah

After spending a year in virtual learning, the Marshall Middle School (MMS) music program is back and ready to perform.

The upcoming winter concert was set for Dec. 9, however, this year the student musicians will present a re-recorded performance.

“There’s a lot of restrictions at the moment for holding an in-person event. We would have to have the concert outside, and to get

the lighting, sound and other logistics down would be very difficult,” said Cameron Brown, MMS director of instrumental music.

The band will record the performance during the week of Dec. 6, and it will be published before winter break.

Besides the winter concert, the music program will also have a “pre-festival” performance around late February or early March.

“Festival is like our evaluation event where we play for a panel of judges, and they rate the quality of the performance. I like to have a pre-festival concert so that the students can get out their jitters and get a chance

*‘My overall goal each year is just to have as many kids move onto the next level because they end up loving it.’*

—Cameron Brown

to perform before the actual event,” Brown said.

The last concert of the season will be in either late May or early June.

“I always like to have an end of the year concert where we play popular music from

TV shows or video games. It’s just a nice way to end the year,” Brown said.

The logistics for the next two performances has not been determined due to the ever-changing climate of the pandemic. Brown described the challenges the program is facing.

“All of the students are wearing masks. The wind players have to wear playing masks that only allow for their mouthpiece to be used. Percussionists occasionally have to share mallets, so they sanitize before and after using things that are shared. There is a lot of effort going into keeping each

See **MMS MUSIC**, Page 14

S  
C  
H  
O  
O  
L  
S

## SCHOOL NEWS

### Mutual Aid Drive set for December

The Scripps Ranch Social Justice Club at Scripps Ranch High School (SRHS) will host its second Mutual Aid Drive from Dec. 6 to 17. Last year, the online Mutual Aid Fundraiser raised \$1,600, which was donated to five San Diego organizations, ranging from Free Soup San Diego to the San Diego Fridge Projects.

This year, as the drive transitions to an in-person setting, the group will collect canned and non-perishable goods. All collected goods will be donated to the San Diego Food Bank and San Diego Fridge Projects.

The group plans to place collection baskets in SRHS classrooms, along with locations accessible to other Scripps Ranch residents such as the Scripps-Miramar Ranch Library. Scripps Ranch residents are encouraged to get involved.

For the latest updates, follow @socialjusticescrippsranch on Instagram.

### Chabra among Most Remarkable

Scripps Ranch High School student Rhea Chabra was among students honored by city and county leaders in San Diego County’s 25 Most Remarkable Teens program, led by the San Diego County Public Defender’s Office. Members of the Public Defender Youth Council selected the honorees from among the nominations sent to the program. Those selected were honored during a ceremony held at the San Diego Central Library on Nov. 10. Chabra, 17, was selected in the Most Enterprising category.

Lic. No. 782799

Col. 3:17



Established 1993

Many take their plumbing for granted...  
**we never do!**

-Black Mountain Plumbing

**GET \$20 OFF**  
Your next plumbing repair with Black Mountain Plumbing  
*\*Not valid with any other offer.*

## Plumbing Services

- Water heaters
- Diagnosis & Repair
- Remodel & Repipe
- Water Filtration Systems
- Plumbing Camera Service
- Drain Cleaning
- Leak & Pipe Location
- Litigation Support

Follow Us!



**Instant Online Booking!**

**(858) 536-4161 • www.BlackMountainPlumbing.com**

9909 Hibert St., Suite E, San Diego, CA 92131



**MMS MUSIC**

Continued from Page 13

other safe,” Brown said. “I also did not hold a fall concert this year, even though I usually do with my intermediate and advanced kids. I just wanted to keep things simple and roll back into the habits comfortably without a concert on the horizon.”

Brown had to make some changes in the structure of the classes offered. Despite the changes, the Marshall music program is still up in its number of members.

“Across all of my four classes, there are about 130 students, which is less than the usual, but it is still pretty good ... overall our numbers are still high,” Brown said.

As the music program bounces back from the year online, Brown explained his process, as well as his goals.

“We’re taking it a little easier this year, but only because I want them to build a great foundation, rather than trying to focus on harder music,” he said. “I just want to get them back to playing, and learning to love it. My overall goal each year is just to have as many kids move onto the next level because they end up loving it.”

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

# Curtain rises again for Falcon Playhouse

By Ashley Shah

Patrick Garcia, the technical theatre teacher for the Scripps Ranch High School (SRHS) Falcon Playhouse of eight years, has been planning the comeback of the Falcon Playhouse.

“The curtain has risen. I want to relaunch the passion for live theatre. The students need it,” Garcia said.

The theatre program was not able to hold performances in-person throughout most of last year due to the COVID-19 school shutdown.

“We held performances over Zoom throughout the year. We did ‘Almost Maine’ in the fall, which involved mostly two people per scene. So, it was easier to pull off something like that on Zoom. We also did ‘Ten Two,’ which follows the same format as ‘Almost Maine,’” Garcia said.

“We had to work through many challenges with the Zoom format. For the backgrounds, we used the same virtual backgrounds, so it looked like they were in the same place. We had to work through sound difficulties and things of that nature as



Students perform on the Falcon Playhouse set of “Working.” (courtesy of Falcon Playhouse)

well.”

At the very end of the year, the Playhouse was able to do one performance that was in-person.

“When we were able to return back at the very end of the year, we performed outside, and then broadcasted the live outdoor performance,” Garcia said.

During September, Falcon Playhouse held its first show of the season with Marshall Middle School.

“The performance was done outside, similar to our play in the spring of this year,” Garcia said.

The next performance,

the “Good Doctor,” will be performed outdoors in the amphitheater outside the engineering building from Dec. 2 to 4.

“Everyone has been casted, and we have already started rehearsals,” Garcia said. “Doing everything outdoors has posed a lot of challenges, such as making everything secure, the lighting and constructing things outside in an uncontrolled environment.”

Garcia explained the challenges they have had to face due to the restrictions from the pandemic.

“In class, we have been

distancing ourselves when we rehearse. We always wear masks. We discussed using clear masks to see their facial expressions, but decided against it. After each set changes, we wipe everything down. We can no longer share costumes,” Garcia said.

The performance of “Good Doctor” will be available for anyone to watch live.

“This will be the first time in over a year where the audience will be able to enjoy a performance in its entirety, and the students will finally have a live audience that they can see,” Garcia said.

The Playhouse’s third performance, the musical “Beauty and the Beast,” will be in March 2022. The final performance of the season, “Radium Girls,” will be in June 2022.

“We are going to test out how this show goes, and how the policies regarding COVID go to decide whether the performances will be able to be viewed live like this one, or whether they will be streamed,” Garcia said.

In addition to their performances, in January and

See **CURTAIN RISES**, Page 15



At Ridgeview Health Center,  
*Life is simply better*

MEMORY CARE IS  
*now open*

ASSISTED LIVING COMING SOON

Schedule an Assisted Living tour now  
to lock in your rate for two years.

1-858-290-4794  
[ridgeviewhealthcenter.com](http://ridgeviewhealthcenter.com)

Ridgeview Health Center is a new, open to the public, care community providing living options in Assisted Living, Memory Care, Skilled Nursing and Rehabilitation. Nestled among rolling hills and landscaped grounds in Scripps Ranch, we offer multiple levels of care all located on the same campus. At Ridgeview Health Center, you can have enhanced peace of mind that your loved ones will *Live Better*.



We are dedicated to making a difference in the lives of residents and their families. Our goal is to maximize the physical, cognitive, social and spiritual potential of all our residents.

Continuum of *Care*

- ✓ Assisted Living
- ✓ Memory Care
- ✓ Skilled Nursing
- ✓ Short-Term Therapy
- ✓ Life Enrichment



#BlissfulLife



State of California License #374604426.

For the well-being of residents, Ridgeview Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change.





The Scripps Ranch High Marching Band and Color Guard is known for its quality sound and precise performances. (photo by John Gregory)

## MARCHING BAND

Continued from Page 1

High School on Oct. 16. On Oct. 30, it competed in a competition the band hosted at SRHS, and placed second overall, and first in its division. Their last competition of the regular season was Nov. 6 at Great Oak High School in Temecula. The team placed fourth overall, and second in its division.

“We have had two great runs this season. We have won two out of three competitions for our division, so we’re hoping to win some more,” Shedd said.

“My main goal this year was to be successful and make it to finals. We have made state finals the past five years,” he said.

Due to the switch to in-person after a year of virtual learning, Shedd has made some adjustments.

The team’s show this year is called “City of Lights.”

“The theme kind of centers around Paris in the ‘40s,” Shedd said.

“We have definitely simplified our show this year. It is shortened, and some of the material we are playing is stuff we have seen before, but I just wanted to keep things simple since we are just coming back from on-



SRHS music director Russell Shedd addresses the Marching Band and Color Guard following a victorious performance at the Scripps Ranch Field Tournament. (photo by John Gregory)

line learning,” Shedd said.

The marching band and color guard teams combined this year make up about 100 students.

“That’s a little lower than in years past. I think it’s going to take a couple years for us to bounce back from COVID,” Shedd said.

After the competition season is over, the music department will prepare for its winter concert set for Dec. 15 and 16. The concert will be held outdoors.

“We have had many performances outdoors, so having it outdoors this year

won’t be too much of a difficulty since we are familiar with that type of performance,” Shedd said. “I like to make the winter concert like a festival, so we will have food trucks and sort of like a photo booth.”

The SRHS music program is self-sustained financially.

“The district gives us very little, so we fundraise all of the time. We do dinner nights and sell iced tea. The concerts are also fundraisers. We are always in need of donations,” Shedd said.

For more information, visit [srhsmusic.com](http://srhsmusic.com).

“The pool has gone down, just a bit, but I have a really strong core group. We will have just over 40 students for the ‘Good Doctor,’ which is really great,” Garcia said.

The Falcon Playhouse relies on ticket sales and fundraising to keep the program afloat.

“We are currently running a SnapRaise fundraiser. The fundraiser helps pay for the materials we use to build. I am also trying to replace our sound system because it is really old,” Garcia said.

For more information, visit [falconplayhouse.com](http://falconplayhouse.com).

## CURTAIN RISES

Continued from Page 14

April of 2022, the Playhouse will hold improv shows.

“One of my goals is to do an improv show with all of SDUSD,” Garcia said.

Currently, the program has a stable group of members.

## HAMILTON ARENDSSEN PERSONAL INJURY ATTORNEY

AUTO, BIKE & MOTORCYCLE ACCIDENTS  
WRONGFUL DEATH CASES



**619-804-2781**

FREE CONSULTATION

ARENDSSEN **AB** BRADDOCK

SCRIPPS RANCH  
RESIDENT

[harendsen@abtrialattorneys.com](mailto:harendsen@abtrialattorneys.com)  
[www.abinjury.com](http://www.abinjury.com)



Featured smile: Julianna

- ◆ Our comprehensive orthodontic plans will help you smile with confidence.
- ◆ Your neighbor’s preferred orthodontist
- ◆ Proud sponsor of local schools and sports
- ◆ Experienced, friendly staff
- ◆ Personalized attention
- ◆ All types of braces and Invisalign offered
- ◆ We treat adults and children.

SCRIPPS POWAY  
**ORTHODONTICS**  
CHRISTOPHER MANNING, D.D.S.



12112 Scripps Summit Dr., Suite F • Scripps Ranch  
858.527.0090 • [www.ScrippsOrtho.com](http://www.ScrippsOrtho.com)



**BEST DEAL**  
Plumbing, Heating & Air, Inc.

Contractors Lic. 770827

In the plumbing business  
**for 50 years**

Owned and operated  
here in the community

- Water Heaters/Same Day
- Disposals and Drains
- Toilet Repairs/Installs
- Water Pressure Problems
- Faucet Repairs and Installations

Good Quality Work  
at Reasonable Prices  
Licensed and Insured

**(858) 578-7808**

10796 Charbono Terrace • San Diego, CA 92131



# SPORTS

**FALCONS ADVANCE:** The Scripps Ranch High School varsity football team defeated the Central Spartans 27-7 in the quarterfinal round of the 2021 CIF-SDS Football Division 2 Championships on Nov. 12. The Falcons are the second seed and (at press time) were set to host Rancho Bernardo in a semifinal game on Nov. 19.



Photo by Justin Fine

## BOYS BASKETBALL SRHS coach optimistic as new season begins

By Hector Trujillo

The Scripps Ranch High School boys varsity basketball team, which kicked off its home opener against Santana High School on Nov. 17, looks to bounce back from its lackluster performance from last year as the league found itself gripped in the height of the COVID pandemic.

"This season is shaping up to be an amazing year," said head coach Brock Flint. "It's one of the deepest teams we've had in a decade. Once the team gels, it will be a heck of a squad. We have high goals, as we expect to compete for the league title and also make a deep run in the playoffs."

The Falcons have eight returning players from last season along with several new talented additions to the team.

*'I love these young men and who they are becoming.'*

—Brock Flint

The full schedule this year includes several Division 1 and 2 opponents including Mission Hills and Cathedral Catholic, with the team facing off against rival Mira Mesa High School twice; first on Dec. 13 and then at home on Dec. 23.

"Last season was a big challenge for us. It was the first season for our new coaching staff, who were all hired just a few short weeks prior to the season starting. We were implementing an entirely new system," Flint said.

The other complicating factor was that the COVID pandemic forced sports to overlap and limited practice times, which caused players to miss the season.

Among the players who will be a key to the team's success are senior Caden Flint and junior Jaiden Schube, who are not only good at scoring baskets, but also play tough defense. Other noteworthy players are senior guards Jared Balaoing and Chase Weber, with center Jax Leatherwood being a tough match-up for opponents along with newcomer Lamont Wilkerson.

"Scripps Ranch boys basketball hasn't been a force to be reckoned with in quite some time, but we are working hard to change that," Flint said. "Cultures don't change overnight or even in a season, but these young men, our amazing coaching staff and several key contributors in the community are working relentlessly to make sure we build something to be proud of for years to come."

Flint studied sports and coaching in college along with playing competitively for many years.

"I love these young men and who they are becoming. And coaching is a platform that you can use to teach them how to grow and take life on." Flint said.





SEASIDE PEDIATRIC  
DENTISTRY &  
ORTHODONTICS

**SAFETY IS OUR PRIORITY!**

- Temperature Readings
- Staggered appointment times for social distancing
- Strict disinfection & sterilization



Now offering  
**BIOLASE**  
Laser Treatment

A quick and easy procedure for soft tissue (frenectomies) with little time and quick recovery

**OFFERING:**

- Conscious Sedation
- I.V. Sedation
- Hospital Privileges at Rady's Children's Hospital

myseasidesmiles.com

- Complete dental care for ages 1 & up
- Using the best dental technology
- Come meet our friendly and welcoming staff
- Military discounts

WE HAVE MOVED

to a larger facility

(in the Scripps Ranch Marketplace near Vons)

10549 Scripps Poway Parkway, Suite E  
San Diego, CA 92131 **858.271.4200**



myseasidesmiles.com







(photo by Jim Wick)



(photo by Jim Wick)

# CHAMPIONS!

## Tennis team wins CIF-SDS

By Hector Trujillo

The Scripps Ranch High School girls varsity tennis team won its first ever CIF-SDS Girls Tennis Team Division 1 Championship in the 28-year history of the school after dominating Vincent Memorial Catholic High School 13-5 in the final held on Oct. 29 at Barnes Tennis Center in Ocean Beach.

“We just started the season strong. I have a strong line of singles that worked really hard and have been on the team before,” said head coach Karyn McCartney.

The team played a total of 13 matches, finishing with a record of 10-3, which earned them the third overall seed in the championship tournament and a first round match-up with Valhalla High School which they won handily 18-0, earning them a quarterfinal round matchup with La Jolla Country Day. This turned out to be much more competitive than the first round for the Falcons, but the players still managed to get through with an 11-7 victory.

“I tried really hard to encourage them that they were okay and to do the best they can and give it their all,” McCartney said.

Then, Scripps Ranch played Cathedral Catholic High School in the semifinals – facing that team for the third time this season – coming out with the 11-7 win, which was the same score from their previous two matches against the Dons.

The championship match against top ranked Vincent Memorial from Calexico saw the team play some of its best tennis since the first round blowout victory, winning the title 13-5.

Among the most notewor-

thy performers this season for the 12-player team were Tess Gunatilake, Shreya Bharath and Shivanshi Sharma. The doubles were more of a team effort which included the pairings of Rachana Raghavendra and Lorena Ford along with Emily York and Lauren Gaddis. Gunatilake and Sharma were teamed up for the CIF doubles tournament but were bounced out in the quarterfinals with Bharath suffering the same finish in

the singles.

“I knew some of the girls prior, but it was great to see the girls at the beginning of the season ... getting to know them, getting to know their skill level, their personality and things they need to work on,” McCartney said.

McCartney played all four years at Tustin High School prior to moving on to Orange Coast College where she earned the number 1 ranking in the state.



(photo by Jim Wick)



## FITNESS QUEST 10

### #1 Gym in San Diego

THANK YOU SCRIPPS RANCH!



**Our team at Fitness Quest 10 is grateful for YOU! This January, we celebrate 22 years in Scripps Ranch. We could not have done it without your love and support. We are honored to serve our community and will continue to spread positivity and use health and fitness to transform lives. Much love and gratitude, The Fitness Quest 10 Team**



@FitnessQuest10


9972 Scripps Ranch Blvd. 92131


(858) 271-1171





Photos will be published in the December issue of Scripps Ranch News and also posted on ScrippsRanchNews.com.

- Email a high-resolution photo taken within the 92131 Zip Code area of Scripps Ranch in 2021 to info@scrippsranchnews.com.
- Open to amateur photographers only.
- Include the name and address of the photographer.
- Include the date and location photo was taken.
- No Photoshop or alterations allowed.
- Deadline: entries must be submitted by Dec. 3, 2021.

Send photos to info@scrippsranchnews.com.



**FALL BALL:** Scripps Ranch Softball Association teams celebrated the final weekend of the fall ball season with a friendly tournament on their home field on Nov. 7, followed by a celebration with players and families. (photo by Lisa Shadburn)



(photo by Jim Wick)

**SRHS CROSS COUNTRY:** The Scripps Ranch High School cross country team competed in the Western League Championships at Morley Field on Nov. 10. The mens varsity team placed second. junior Ken Belt (third), senior Samuel Stevens (eighth) and sophomore Oliver Cannon (ninth) were in the league's top 15 male finishers. The SHRS womens varsity team placed third. Michaela Martin (sixth) and senior Samantha Nauman (12th) were among the league's top 15 female finishers. The CIF-SDS Championships were set for Nov. 20 at Morley Field.



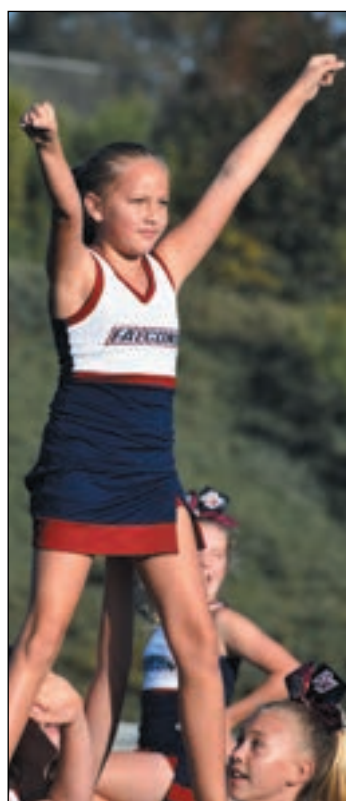
## ADVERTISE WITH SCRIPPS RANCH NEWS

### We make it easy!

Take advantage of our **Holiday Discounts!**  
Good for December and January  
**Lock in your rates for 2022.**



info@scrippsranchnews.com  
(858) 945-4465



**POP WARNER CHEER:** The Pee Wee Cheer team from the Scripps Ranch Pop Warner Football and Cheer Association performs precise halftime routines, rouses the crowd at games and forms a lane for the players to pass through afterward. (photos by John Gregory)





## Pop Warner team goes to title game

The Scripps Ranch Pop Warner 12u football team won a thrilling 32-28 semi-final contest against Rancho Hills on Nov. 13 (top left). The Falcons fought back to take the lead in a nail-biter. On Nov. 6, Scripps Ranch defeated Murrieta 21-0 in a quarterfinal game (above and bottom left). At press time, Scripps Ranch was set to host the Coronado Islanders in the Nov. 20 championship. (photos by John Gregory)

## SPORTS UPDATES

### Little League registration

Registration for the 2022 Spring Little League baseball season is open. Assessments will be held in mid- to late-January. Games will commence in early February. Check the website for additional information: scrippsranchll.org.

### Softball registration

Registration for the Scripps Ranch Softball Association spring season is now open. Discounted early registration prices are available now through Dec. 6. The Scripps Ranch fastpitch recreational league is for all skill levels and is an opportunity for girls to improve their softball skills, make new friends, develop team building skills and have fun. Visit [rssoftball.org](http://rssoftball.org).

### Field hockey championships

The Scripps Ranch High School varsity field hockey team is in the 2021 CIF-SDS Field Hockey Open Division Championships. The team opened with an 8-2 first round victory vs. Cathedral Catholic on Nov. 16 and was set to host Canyon Crest in the semi final round on Nov. 18 as of press time.

### Glossner wins match play

Scripps Ranch High School (SRHS) varsity golfer Kiana Glossner, a junior, won the San Diego City Conference Match Play Golf Championships at Torrey Pines Golf Course. SRHS senior Isabella Ranches finished in fourth place.

# A 20-MINUTE WORKOUT THAT REALLY WORKS



*"I have lost over 30 lbs of body fat and have gained significant strength with just two, 20-minute workouts a week! I've never been a real exerciser and I now enjoy coming to the studio!"*

- Candace B.

**LOSE FAT. BUILD STRENGTH.  
GET FIT IN JUST TWO 20-MINUTE  
WORKOUTS A WEEK!**

**ANY AGE, ANY FITNESS LEVEL.**

**GET 2 FREE SESSIONS CALL 858.673.1777**

9820 Willow Creek Rd | Suite 103 | San Diego, CA 92131 | [ExerciseCoach.com](http://ExerciseCoach.com)





Jill Drexler, SRT  
 Artistic Director

SEASON  
**42**

*Scripps Ranch Theatre  
 invites you to our*

**Welcome Back  
 CELEBRATION**

**December 4, 2021 at 7:30pm**

**J**oin us for an evening of songs and stories as we joyfully welcome back our patrons to the theatre!

The evening will feature performances by Kenny Bordieri, Jim Chovick, Susan Clausen, Jill Drexler, Melissa Fernandez, Yolanda Franklin, Marti Gobel, Jackie Ritz and Tara Sampson.

Tickets are \$20 and can be purchased online at [scrippsranchtheatre.org/showtickets](http://scrippsranchtheatre.org/showtickets).



**HEISENBERG**

January 14 - 30

Written by Simon Stephens  
 Directed by Charles Peters

**LOVE SONG**

February 25- March 13

Written by John Kolvenbach  
 Directed by Claire Simba



**THE TAMING**

April 8 - 24, 2022

Written by Lauren Gunderson  
 Directed by Marti Gobel

**I HATE HAMLET**

May 20 - June 5, 2022

Written by Paul Rudnick  
 Directed by Phil Johnson



**OUT ON A LIMB**

New Play Festival

July 2022

OOAL Festival Producer: Charles Peters



Purchase season tickets online at [ScrippsRanchTheatre.org](http://ScrippsRanchTheatre.org) or contact **Lana Cross**, SRT Patron Services Manager 858-395-0573.

**[ScrippsRanchTheatre.org](http://ScrippsRanchTheatre.org)**

\* All patrons must either show proof of full vaccination or proof of a negative PCR test taken in the prior 72-hours.  
 \* All patrons must wear masks at all times while inside the theatre.