



SCHOOLS

WINNERS: The Scripps Ranch High School Marching Band and Color Guard recently earned an array of top honors at the Valhalla High School Field Tournament, and now prepares to host its own field tournament.

PAGE 11



SPORTS

POP WARNER SEASON: The Scripps Ranch Pop Warner Football and Cheer Association is in the midst of its 2021 season, and the bright fall sunshine provides a beautiful backdrop for all the action.

PAGE 15



HOMECOMING ROYALTY

Scripps Ranch High School Homecoming Queen Sarah Kogelman and King Dylan Kay were crowned at halftime ceremonies of the Homecoming football game against Morse High School on Oct 8. The Homecoming celebration was held in the school's quad the next night, Oct. 9. (photo by Justin Fine)



'Trick or Treat Day'

The Scripps Ranch Farmer's Market will hold a special "Trick or Treat Day" on Thursday, Oct. 28.

There will be a face painter, balloon artist, a caricature artist, Halloween inflatables, a picture booth and treats for the kids from every vendor. Children should bring trick or treat bags.

As always, there will be lots of booths with yummy food, wonderful farmers and great shopping.

The Scripps Ranch Farmer's Market is held from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newportia Cyder). Find extra parking across the street at the National University parking lot.

Send Halloween costume photos

Send a special photo of your ghouls and goblins in their Halloween costumes for publication in the November issue to *Scripps Ranch News* and to be posted on *ScrippsRanchNews.com*. Free!

Send a high resolution photo to info@scrippsranchnews.com. Be sure to include the names of those in the photo and the name of the photographer. Deadline is Nov. 5.

Newbreak Church: a good neighbor to Scripps Ranch High School

By Terry L. Wilson

Webster's Dictionary defines Samaritan as a benevolent person, or in the case of this story, an organization that embraces a community, eager to assist, providing a helping hand whenever the need arises. Newbreak Church in Scripps Ranch has been that friend to many, none more so than Scripps Ranch High School (SRHS).

"Newbreak Church has been providing donations

and assisting us for years; both during COVID times and prior to that. They consistently ask us, 'what can our congregation do to help?'" said Scripps Ranch High School clerk Laura White.

"As a church, we believe that we are in this community to help it," said Ashley Henson, Newbreak Church spokesperson. "The high school is across the street from us, and because I work in student ministries, the school was one of the first community groups that we

reached out to."

When the high school ran into a paper shortage, it turned to Newbreak Church for help, hoping for possibly a few dozen or so reams of paper.

"Before COVID, the school was running low on copy paper, which isn't provided by the district," White said. "So, the church responded with a mountain of paper. In fact, they packed a 15-passenger van with an entire pallet of colored copy paper."

See **NEWBREAK CHURCH**, Page 11



Volunteers from Newbreak Church deliver reams of paper to Scripps Ranch High School. (courtesy photo)

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 Halloween

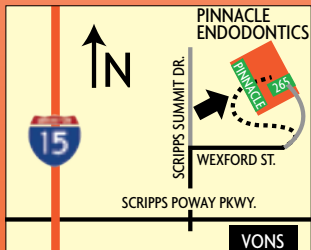


Helping retain natural teeth using advanced technology.

“Kindness and professionalism abound”
—Mary

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.

VETERANS DAY TRIBUTE

Former Navy pilot shares experiences

Honeycutt served his country as a naval aviator

By Terry L. Wilson

“I had a need for speed,” said retired U.S. naval aviator Commander Paul Honeycutt, borrowing the famous line from the movie “Top Gun,” starring Tom Cruise.

The big difference is that Honeycutt was a real life fighter pilot. Here, he describes his days in the cockpit of an F-14 Tomcat on actual missions.

“I was active duty from ’77 to ’84. Then I did 10 years in the Reserve, retiring in ’94,” he said.

Following 18 months of jet training in Texas, Honeycutt was dubbed an officer and a gentleman by the United States Congress, given a fresh set of wings for his chest and an officers rank for his shoulder.

“After I got my wings in ’79, I was assigned an F-14 and reported for duty in San Diego,” Honeycutt said. “I was assigned to my first fleet squadron, VF-213, the Black Lions. While I was there, we



Paul Honeycutt sits atop an F-14 fighter during his time as a naval aviator. (courtesy of Paul Honeycutt)

won the Gun (fighter) Derby, setting a record for the most hits on a target banner.”

In 1981, as tensions between the United States and Iran continued to escalate, Honeycutt was deployed to the Persian Gulf to participate in what would later

be called “The First Tanker War” during a time when Iran and Iraq were involved in armed conflict.

Next, Honeycutt was ordered back to San Diego at the famed Miramar Naval Air Station to train new Top
See **HONEYCUTT**, Page 3

TOYOTA
Of Poway



SERVICE SPECIALS

OIL CHANGE
only \$**19⁹⁵** +tax
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 11/22/21.

TIMING BELT
\$**50⁰⁰** OFF*
*at regular price (call for pricing)
Expires 11/22/21.

TOYOTA
SERVICE DEPARTMENT
858-486-2900
ToyotaofPoway.com

BUY 4 TIRES, GET THE WHEEL ALIGNMENT for FREE
\$109⁹⁵ 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 11/22/21.

13631 Poway Road, Poway, CA 92064

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

Art Director & Publisher
Jacqueline Gregory
jacqueline@scrippsranchnews.com

Photographers
Justin Fine, Jim Wick

Digital Content Manager
Suzanne Micheletti

Reporters
Colleen McNatt, Kaila Mellos,
Hector Trujillo, Terry Wilson

Advertising
John or Jacqueline Gregory
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.

Paul Honeycutt was a real life Top Gun fighter pilot

HONEYCUTT

Continued from Page 2

Gun pilots on advanced aerial combat tactics.

“I was assigned to VF-126, Bandits,” Honeycutt said. “We were the Aggressor Squad. We flew A4s, sort of like a Russian MiG, and we would teach the F-14 pilots how to dogfight. My job was to hone their air combat skills before they went on deployment, and that was a lot of fun.”

Although Honeycutt served in some very hot combat zones, he never had to test his dogfighting skills. But there was one time that had a very high pucker-factor.

“I was on the USS America in the Mediterranean doing exercises with the Nimitz. We did something called ‘Poke your fingers in Gaddafi’s eyes,’ which was a line in the sand Gaddafi called ‘The Line Of Death.’” Honeycutt said, referring to Muammar Gaddafi, the longtime dictator of Libya at that time. “He said, ‘You cross that line and we will kill you.’ So, every day our F-14s crossed the Line Of Death and Gaddafi would send out his MiGs, and as soon as we’d start to chase them, they would run away. We played that game of cat and mouse for a couple of weeks. Then I was redeployed back to San Diego.”

Honeycutt was again selected for the Top Gun School. After receiving additional combat training, he returned to the Persian Gulf on the USS Enterprise.

He served a long and eventful career in the Navy, and he still considers landing a jet fighter on the deck of an aircraft carrier in the middle of an ocean during nighttime as the most tense, difficult and terrifying aspects of this time in the Navy.

“I flew nearly nine years, logging more than 1,800 flight hours and 200 carrier landings,” Honeycutt said. “One of our favorite sayings was, ‘We’ll fly for free during the daytime, but they don’t pay us near enough to land on a carrier at night.’”

A jet plane landing on a carrier moves from 150 mph to zero in the blink of an eye, making it one of the most dangerous maneuvers a pilot will ever face.

“Even if you go out one night and have a perfect landing, the next night is like you’ve never done it before,” Honeycutt explained. “Every night you’ve got sweaty palms and white knuckles.



Paul Honeycutt during his days with the VF-126 Bandits. (courtesy of Paul Honeycutt)



Paul Honeycutt stands on an F-14 while on cruise with the USS America in 1981. (courtesy of Paul Honeycutt)

It’s really scary.”

The need for speed runs in the family. For seven years, Honeycutt’s son, Christopher, has been following in his father’s jetstream, flying F-18 Super Hornets for the

Navy.

Paul’s daughter Lauren was a Navy nurse serving in Washington’s “Wounded Warriors Ward” where she met her husband who lost his legs in Afghanistan in

2011.

The Honeycutt military legacy goes back at least to WWII, when Paul’s father, a U.S. Marine, fought on Iwo Jima.

In civilian life, Honeycutt

is a financial advisor, and has received numerous high honors for his dedicated service as a community volunteer in Scripps Ranch and as a longtime, accomplished Scoutmaster.

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

DAVID S. GILMORE, DDS, MSD
RETIRED NAVY ORTHODONTIST

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

Farmer's Market: Enjoy a hearty favorite

By Terry L. Wilson

Meat pie has been called an Australian version of the American burger, but this tasty meat-filled pastry can be traced back to the Neolithic Period, around 9500 BC.

There was a time when this carnivorous nosh involved hunting, gathering and rubbing sticks together to spark a cooking fire. Today, satisfying that craving is as simple as a trip to the Scripps Ranch Farmer's Market for a visit to the Auntie Devi's Meat Pies booth.

"Auntie Devi's Meat Pies is a savory meal in a pastry shell," said marketing director Cheyne Mahelona. "My mom grew up eating and making meat pies when she lived in New Zealand. Her vision was always to find a way to make a living selling the pies using her own recipes."

Devi's dream to make pies for a living got its start after she moved to Hawaii and she began making homemade meat pies for friends and members of her son's rugby team.

"In order to follow her dream, my mom gave up a 30-year position as executive manager in the hotel industry and the San Diego Convention Center."

—Cheyne Mahelona

Devi and family relocated from Hawaii to San Diego where she began a career in the hospitality industry, but never gave up her dream of running a meat-pie empire.

"In order to follow her dream, my mom gave up a 30-year position as executive manager in the hotel industry and the San Diego Convention Center," Mahelona said. "The family got behind her, and all of us began making meat pies from her small home kitchen."

"Back in 2005, we had a tray that fit 12 pies, and



Auntie Devi's Meat Pies selection includes mince, steak, jalapeno and cheese, lamb and rosemary, and spicy chicken curry pie, in addition to vegetarian options. (courtesy of Auntie Devi's)

while that was cooking down we had to do that same process to get the next 12-pan ready. It took us more than 10 hours to make six-dozen pies, but it took less than an hour to sell out."

Devi focused on selling her pies at major rugby tournaments, and they quickly be-

came a fan favorite. She hit the big time while working The Rugby World Cup Sevens, considered the premier competition outside of the Olympics.

"In 2008, the business really took off," Mahelona said. "The International Rugby Sevens tournament was

held in San Diego. That's where mom got her foot in the door. Word of mouth about our pies spread and things got really busy. Once people started trying our product they would specifically buy tickets to the rugby tournament so they could come and get our pies."

Auntie Devi's menu offers a variety of 17 meat-pies including mince, steak, jalapeno and cheese, lamb and rosemary, and spicy chicken curry pie, in addition to vegetarian options.

Mahelona said customers can taste the difference because their pies are made from scratch.

"The quality of our pies is built in. We start with only the best meats, vegetables and spices; much of which we get locally," Mahelona said. "We believe in supporting small local businesses as the community supports ours as well."

Find Auntie Devi's Meat Pies at the Scripps Ranch Farmer's Market from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newtopia Cyder). There is plenty of parking across the street at the National University parking lot.



SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

SAFETY IS OUR PRIORITY!

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



OFFERING:

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

Now offering **BIOLASE** Laser Treatment
A quick and easy procedure for soft tissue (frenectomies) with little time and quick recovery

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



Enter the 2021 Photo Showcase

Do you have a colorful or exciting photo you took in Scripps Ranch this year? 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 *ScrippsRanchNews.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. 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. 1, 2021.

Email to: info@scrippsranchnews.com



Christian musical artist Taylor Tripodi performs on Sept. 17 under the stars at St. Gregory the Great Catholic Church. (photo by Lisa Shadburn)



A lively sign language interpreter rocks to the sounds of the evening. (photo by Lisa Shadburn)

OUTDOOR CONCERT

St. Gregory the Great Catholic Church invited the public to its free Summer Nights live outdoor concert series each Friday night in September on the church grounds, 11451 Blue Cypress Drive, featuring contemporary Christian music. Taylor Tripodi entertained the appreciative crowd on Sept. 17 while a sign language interpreter was enthralled by the melodies of the evening.

Home lighting contest is now open

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

Twenty Four Seven Realty is once again sponsoring this lighting contest that provided such a joyous experience for local residents last year, sparking a warm holiday tradition for all of Scripps Ranch to enjoy.

The “Home for the Holidays” Lighting Contest not only allows entrants a way to showcase their outdoor light decorating skills, it 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 who 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



It's not too early to consider entering this year's Twenty Four Seven Realty-Scripps Ranch News Home Lighting Contest.

for street viewing. When judging is complete, the top displays will be 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 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 scrippsranchnews.com/lighting-contest.

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!

The Exercise Coach

ACHIEVE THE RESULTS THAT MATTER MOST TO YOU

WITH NO MORE THAN TWO, 20-MINUTE SESSIONS PER WEEK

“CHANGING THE WAY YOU THINK ABOUT EXERCISE”



SCRIPPS RANCH STUDIO

2 FREE SESSIONS

First-time clients only. One promotion per person.

9820 Willow Creek Rd | Suite 103 | San Diego, CA 92131

Call or Text

858.673.1777

Salon Bruce Stuart: expert stylist is back!

By Colleen McNatt

Bruce Finkle doesn't just cut hair. For 45 years, the master stylist has been listening to his client's innermost thoughts and worries, and offering a friendly ear while they sit in his chair or rinse in his shampoo bowl.

That all stopped in March 2020, like so many other hair stylists whose businesses were shuttered due to the pandemic. Before COVID-19, Finkle's business, Salon Bruce Stuart, was operating at full capacity with 10 hair stylists. Today, he is alone in his Poway salon. Approximately 90 percent of his clients moved away due to the shutdown.



Master stylist Bruce Finkle, whose salon was once a fixture in Scripps Ranch, has opened Salon Bruce Stuart again to offer high quality, personalized service to customers. (Salon Bruce Stuart/Facebook)

individual texturing and use of color pigment in highlights versus toner. He got his first job in a unisex salon in Boulder, Colorado. His career has also taken him to hair shows and he has performed his cutting skills on stage, called platform work. Today, he prefers to create unique styles for everyday professionals in San Diego.

"The secret to creating a totally different line is 1/8th of an inch," Finkle explained about how a minimalist haircut can transform a look.

When Finkle meets a new client, it usually takes three visits (or haircuts) to correct and maintain a current style, he explained. During the haircut, Finkle will use multiple tools throughout the process, including different scissors and razors. He also serves as a curl expert.

"Trust is a big part of the business," Finkle stated, adding that his role is to understand what the client wants from a haircut. "I listen and deliver a customized cut per the client's wishes."

Salon Bruce Stuart is located on the second floor of 12307 Oak Knoll Drive in Poway.

Finkle is welcoming new clients with 55 percent discount off a haircut and all over color or haircut and highlights. For more information, visit @salonbrucestuart on Facebook or call or text (858) 945-0017.

'Trust is a big part of the business ... I listen and deliver a customized cut per the client's wishes'

—Bruce Finkle

"This is my last rodeo," Finkle said about his business recovery and his plans to rebuild his career – one client at a time.

This presents an extra layer of

health and safety precautions for clients who want to receive a haircut, now that he is working by himself in his salon.

His salon is unique. His clients can look out from expansive picture windows, relax under the cathedral ceilings and embrace the warmth from the fireplace in total privacy. Private parking is included at Salon Bruce Stuart. Clients can also bring their dogs to the appointment and Finkle will share tales of his 11-year-old English Labrador Oso.

Finkle's hair and beauty supply businesses have been centered

around the Scripps Ranch area since 1994. He remembers opening up his first store, Insight, in the Scripps Poway Parkway Shopping Center. Back then, clients would travel as far away as Los Angeles to receive a precision haircut and color. Many clients worked in the television industry, including on-air talent for ESPN and CNN. Musicians and models would also make the drive down to see Finkle and benefit from his technical cutting and empathetic ear.

Trained at Tony & Guy Academy in Long Beach, Finkle also studied in Italy and perfected his techniques in

RIDGEVIEW
ASSISTED LIVING - MEMORY CARE - SKILLED NURSING

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

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.

Local is lead in original play

Six years ago, four seniors who met at Osher Lifelong Learning Institute at UCSD decided to take on the project of writing an original musical play from scratch. Through many creative brainstorming sessions, they came up with the idea of writing about something similar to what they were doing. They wrote it about people living in an upscale senior living community who decide to write and stage an original musical to show that they're still vital.



Julie Eisenhower

Scripps Ranch resident Julie Eisenhower plays the female lead character.

The show, "Something in Preserve," will be

performed at the North Coast Repertory Theater on Nov. 17, 8 p.m. at 987 Lomas Santa Fe Drive, Suite D, in Solana Beach.

The story line includes a budding romance between a widower who's willing to love again and a widow who is afraid to set herself up for possible pain again after dealing with the long illness of her late husband. Another man and woman who are friends and attracted to each other cannot go forward because of his loyalty to a wife he still loves.

Complimentary tickets are available by emailing ilenehubbs@gmail.com.

Welcome Club stays very active

By Diane Rider

Members of the Welcome Club of Scripps Ranch have been taking advantage of the warm days to hold their activities out of doors as they regroup for the new normal.

One of the main events every year is the Salad Supper. This year, as a welcome back to members, the event was a complimentary catered Taco Supper. The setting was under the trees in the front gardens of the Scripps Ranch Community Center on Cypress Canyon Road. There was an array of beautiful raffle baskets created and donated by the many interest groups. The centerpiece flower arrangements by Lynnell Hallock were also gifted to members. George Cannon provided live guitar background music. Starlene Dahl, Paulette Millander and JoAnn Farmen headed the hard-working committee to create a festive and delightful evening.

All four book clubs are going strong. Book Discussion and Literary Group are meeting on Zoom as members have become quite adept with the technology and find some advantages to this



Welcome Club of Scripps Ranch chairpersons include JoAnn Farmen, Paulette Millander, Starlene Dahl and Lynnell Hallock. (courtesy photo)

platform. They are reading "American Dirt" by Jeanine Cummins and "Talking to Strangers" by Malcom Gladwell, respectively. Morning Book Club and Lit Fit combine their morning coffee with a patio setting and are reading "The Art Forger" by B.A. Shapiro and "Rules of Civility" by Amor Towles.

Bunco and Crafts have also reconvened. Crafts will be painting bird houses and pots this month. They used their creative talents to design matching tee shirts for the Taco Supper.

Trailwalkers can be spotted twice a week as they wend their way through the many beautiful paths here in Scripps Ranch. Gadabouts have begun to meet

at interesting locations that include lunch in an outdoor patio setting.

Summer evenings provided an opportunity for TGIs, which are potluck gatherings at someone's home. The TGIs are especially designed to include guests – friends, husbands, partners! Two of these events were held out of doors with great success.

An afternoon Coffee Klatch was planned for Oct. 14 as another opportunity to mingle and chat.

If you are interested in more information about the Scripps Ranch Welcome Club or are considering joining, visit our website at scrippsranchwelcomeclub.com. The website includes the monthly calendar and contact information.





BACK IN BUSINESS


Master Stylist
 with over 40 years of experience


Color & Designer Cuts
 advanced hair color theory

Fall Special

55% OFF

Haircut and full highlight or haircut and all over color

Offer valid Oct. 25th thru Nov. 30th only.

Salon Bruce Stuart

(858) 945 0017

12307 Oak Knoll Rd
Poway, CA 92064

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

www.westcoastoralsurgery.com

Follow us:

9855 Erma Rd. Ste 100, San Diego, CA 92131



(courtesy of the Scripps Ranch Farmer's Market)

Don't forget about the Farmer's Market

By John Gregory

The “new” Scripps Ranch Farmer's Market is open and offers a wide assortment of foods and other items for sale including – yes – fresh produce and flowers from nearby California farmers.

It's important to remind folks that the Farmer's Market is open since it's easy to forget what we have right here in the midst of Scripps Ranch due to our busy lives and responsibilities.

But the Scripps Ranch Farmer's Market provides not only a temporary sanctuary from the stress of everyday life, it provides a solution to many daily dilemmas. Some of these include:

- What can I feed my family tonight?
- Where can I get healthy ingredients for family meals?
- Where can I take my kids to let them run off some of their energy?
- Where can my family go to just relax and take a breath?

Parents can take their children from school pick-up directly to the Farmer's Market. It's a good way to beat the later crowds, visit friends, and it provides the youngsters a nice break before they begin their homework.

The Scripps Ranch Farmer's Market is the only live, weekly “family festival” that takes place each week in this community. It even provides live music. It's an incredible bonus for those who live here.

There was a gaping hole in the culture of Scripps Ranch when the former Farmer's Market was forced to close

because the lot in which it was operating was scheduled for redevelopment and construction. The closure occurred in October 2018.

This year, the “new” Farmer's Market was able to open in May and did so with a large wave of approval from local residents who enjoyed the former market and wanted to keep that experience as part of their life here.

The former Farmer's Market held a Halloween celebration for children on its last day of operation in 2018. It was a wonderful day with a huge turnout.

Coincidentally, the “new” Scripps Ranch Farmer's Market is holding another special Halloween celebration, this time on Oct. 28. “Trick or Treat Day” at the Farmer's Market promises to be a great time for children as well as parents.

Fortunately, the Farmer's Market has been resurrected and its new configuration is popular. The vendors are high-quality and the selection is most impressive.

Plenty of parking: There is ample parking since Cabrillo Credit Union allows market customers to park in its lot to the east of Newtopia Cyder. Now, hundreds more parking spaces are also available across Carroll Canyon Road in the National University parking lot, and crossing Carroll Canyon Road to get to the market has not been a problem for shoppers.

The Scripps Ranch Farmer's Market is held from 3 to 7 p.m. each Thursday at 10045 Carroll Canyon Road (next to Newtopia Cyder).

SCRIPPS RANCH FIRE SAFE COUNCIL

2021 could be worst year for wildfires Select non-combustible outside accessories

The worst year in California's long history of fires was 2020. That was a year of unforgettable and awful superlatives. This year might be just as bad.

We have talked about defensible space, tile roofs and many more fire safe procedures. One we have not talked about is consideration of your outdoor furniture and accessories.

Evidence exists that many otherwise ignition-resistant homes have burned because of the homeowner's choice of outdoor furniture and accessories. When these items are placed near a structure, or on a deck, porch or patio, there is a risk that they will act as “kindling” and ignite your home during a wildfire.

Choose outdoor accessories made from non-combustible or ignition resistant material. A heavy rubber doormat (or decorative metal grate) is a better choice than natural fiber mats.



Choose outdoor accessories made from non-combustible or ignition resistant material that do not act as kindling during a wildfire.

Cast aluminum furniture is better than wicker or hardwood.

Also, did you know that the Burn Institute will provide free smoke detectors for seniors 62 years and older who own their own home in San Diego. Their trained

volunteers will install them to California State Fire Code specification.

For more information about the Scripps Ranch Fire Safe Council, visit sr-firesafe.org, email srfiresafe-council@gmail.com or call (858) 201-3711.

SUSTAINABLE SCRIPPS RANCH

Another world, another view

By Suha Chari
Sustainable Scripps Ranch

Having grown up in India, and only getting to the U.S. in my twenties, I've always been keenly aware of the world of difference between the two countries, in the normal lives of the people. This, even though I grew up in cities where running water, fans and cooking gas, along with telephones – and later – even TV, were all taken for granted.

So, after settling in San Diego, I count myself among those who lead a fairly simple life, with not much consumption of water, energy, etc. My pride extends to the food I grow, the soil I nourish and the advocacy I try to promote, for a healthier and safer environment.

What a shock and a pleasure it has been to me then, to be (visiting) among the mountain peoples of Yelagiri (in India), who lead what most folks would call an impossible life! The two kids next door come over each morning to read, write and play with the little toys I've



brought with me. They are grateful and appreciative of every little thing, and most of all, like all kids, for the undivided attention they receive.

Their mother works from the rooster's crowing (before dawn) to after dark, washing clothes by hand, cooking on a wood stove, keeping the surroundings clean, and the children sometimes help out.

Then there are the goats that the grandmother takes to graze in surrounding fields, the cows to be milked and the chickens to feed.

The children tell me that their grandfather makes things out of the wood that

he cuts from the forest.

The boy, Gokul, has chores of feeding the goats, while the girl, Krupa, sweeps the floors and lays down the mats for sleeping at night. They both also wash their own clothes.

Being from the city, this still seems like an idyllic life. It isn't just that these folks take good care of Nature and are very much part of it, but Nature equally holds them in her lap. I myself feel well supported by all that surrounds me: not just the people, but all the wonderful bird song, the various flora and fauna, the endless green in every direction, and the mountains all around.

The only question now uppermost in my mind is, can we, modern city folk, ever approach this kind of living? Will there be enough of this untold wealth to nourish the children of tomorrow, and can we make that happen?

For more information about Sustainable Scripps Ranch, visit scrippsranchnews.org/ssr or email SustainableSR@scrippsranchnews.org.

Students hope to launch new magazine

By Kaila Mellos

Sahithi Lingampalli and Lea Nepomuceno, two Scripps Ranch High School students, have launched a new club that will give students the chance to share some helpful pointers for their classmates.

The two have started what they are calling The Wing Magazine.

“Our magazine wants to give tips to managing stress or dealing with this academic competitiveness, while also giving you tips on how to improve your academic performance in general without becoming too stressed over it,” Lingampalli said.

“The purpose of the Wing publication is to serve as an outlet for self-help and lifestyle advice across the Scripps Ranch High School community. Ultimately, Sahithi and (my) goal as editors-in-chief is to present the opportunity for community within our high school,” Nepomuceno said. “Our publication at Scripps is the first to incorporate graphic design, writing, marketing



Lea Nepomuceno



Sahithi Lingampalli

and art within a club. We are promoting artistic expression in an inclusive environment with the goal of assisting fellow students on a for-student, by-student level.”

Both editors have started the club with the help of graphic design teacher Tom Eberman. Since the staff of the magazine will be working with a graphic design element, this was the perfect fit for the two to get assistance.

Lingampalli and Nepomuceno are both involved in aspects of the magazine. Lingampalli loves graphic design, and Nepomuceno has a journalism background as she writes for “The Stanford Daily.”

“We decided that the best way to do this would just be to combine both of our expertise and create another

‘We are promoting artistic expression in an inclusive environment with the goal of assisting fellow students on a for-student, by-student level.’

—Lea Nepomuceno

magazine,” Lingampalli said. “She’s good with writing and I’m good with graphic design and art and all of that. So, we also thought that the idea of a magazine would be more interesting to high school students as opposed to reading like a blog.”

They estimate that they will be printing around 200 copies for students and distributing them for free.

“We want to print around 200 issues and distribute them for free since we believe that this advice shouldn’t be paid for. But in order to get the funds to do all of that, we’re currently thinking of getting sponsors from local companies or businesses and having their logos in our magazine as a form to balance that payment,” Lingampalli said.

With this in mind, Lingampalli and Nepomuceno are ready to put in the time to make this a great source of information for students.

“It is likely that the Wing Magazine will be a hefty time commitment this year. Although I look forward to devoting my time to such a gracious community, getting the publication up and running will take time in order to ensure our staff is properly trained and confident in launching our very first publication,” Nepomuceno said. “Fortunately, we have received great feedback from the community – with numerous applicants and staff already on our team.”

For more information, visit lu.ma/scrippswing or email scrippswing@gmail.com.



SCRIPPS RANCH FARMERS MARKET

— YOU'RE INVITED TO THE —

HALLOWEEN CELEBRATION

AT THE FARMERS MARKET

Bring your treat bags to

Trick or Treat Day

Thursday, Oct. 28 3 to 7 p.m.

TREATS AT EVERY BOOTH!

FACE PAINTING

BALLOON ANIMALS

CARICATURES

HALLOWEEN INFLATABLES

PHOTO BOOTH

YUMMY FOOD ♦ WONDERFUL FARMERS ♦ GREAT 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.

PLENTY OF PARKING in the NATIONAL UNIVERSITY parking lot.

Happy Halloween

from Village Center Dentistry!

If your **sweet tooth** gets the best of you, we are happy to be of service!

-  Caring, professional environment
-  Serving the entire family
-  Conveniently located in Scripps Ranch



Dr. Santoro's sons, Nicholas Jenson and Andrew Joseph, are doggone ready to celebrate Halloween!

 Village Center
DENTISTRY

♡ Where everyone is treated like family ♡

Comprehensive & Conservative Care

Fillings • Crowns • Invisalign (clear braces)

Cosmetic Veneers • Pediatric Dentistry

Schedule appointments easily

Located in the heart of Scripps Ranch!

9982 Scripps Ranch Blvd. • 858-566-8510

www.thescrippsranchedentist.com • info@thescrippsranchedentist.com



Leaders of the Scripps Ranch High School Marching Band and Color Guard display their awards from the Valhalla High School Field Tournament. (photo by Andrew Vavrunek)

TOURNAMENT CHAMPIONS!

The Scripps Ranch High School Marching Band and Color Guard won top honors at the Valhalla High School Field Tournament, Oct. 16: 1st Place Visual Award, 1st Place Visual Effect, 1st Place Music Award, and 1st Place Overall – champion of the tournament. The team is preparing to host the Scripps Ranch Field Tournament, Oct. 30.



The Scripps Ranch High School Marching Band performs during halftime of the Homecoming game. (photo by John Gregory)

NEWBREAK CHURCH

Continued from Page 1

During the COVID restrictions, SRHS once again needed more paper, and once again Newbreak Church came to the rescue. Following a year of lockdown, the school staff reported back to work abiding by strict COVID distancing regulations. To welcome them back, Newbreak provided the faculty and staff with a coffee break: \$5 Starbucks gift cards for everyone.

“Because of the social distancing regulations, the staff couldn’t sit at the same table and have coffee with each other, so Ashley brought over the gift cards, which was greatly appreciated by

everyone,” White said. “I believe the church also provided Starbucks cards to some of our local elementary schools as well.”

Taking the social distancing dining concept to a new level, Newbreak Church contracted RomBomb Burger to cook hamburgers in the school’s outdoor quad for all of the teachers, providing a picnic atmosphere before the first day of school.

Facing a shortage of disposable masks for the nurse’s office and staff, the high school once again turned to Newbreak for assistance.

“We had been trying to get more masks through a government grant when Laura told me the school was in need of masks. So, instead

of waiting on the grant, we went ahead and purchased the masks for them,” Henson said.

“Ashley ended up delivering us 48 boxes of 15 disposal masks each,” White said. “It’s really quite amazing how quickly Ashley, and the Newbreak church, respond to our needs.”

On Oct. 29, Newbreak will hold a “Trunk or Treat” carnival in the church parking lot from 6 to 8 p.m. at 10635 Scripps Ranch Blvd. This will be a family friendly, fun, safe and free event for the public.

“People sign up, park in our lot and decorate their trunks with different themes,” Henson said. “We have games, booths and the kids get candy.”

Living in the Now, Preparing for the Future

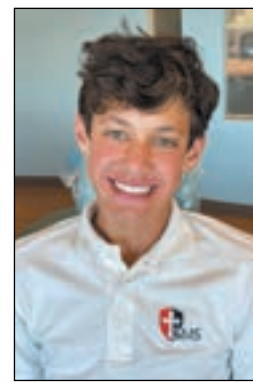
Learn how you can redefine your savings approach toward education and retirement. To learn more, call my office today.



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



Featured smile: Max

- ▶ We go above and beyond CDC and ADA guidelines for COVID-19 protection.
- ▶ All clinical staff has been vaccinated.
- ▶ 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 MAULIK, D.D.S.



12112 Scripps Summit Dr., Suite F • Scripps Ranch
858.527.0090 • www.ScrippsOrtho.com

SAINT GREGORY
THE GREAT
CATHOLIC CHURCH

11451 Blue Cypress Drive
San Diego, CA 92131
(858) 653-3540
info@stgg.org

Visit us online! www.stgg.org

Mass Schedule:
Weekdays 8:00 am
Saturdays 5:00 pm
Sundays 7:30 am, 9:00 am,
11:00 am, 5:00 pm

All are welcome!

BI LYNCH
DANCE
INSTITUTE

BALLET
MIGHTY
MINI MOVERS
CROSS-TRAINING
ADULT DANCE+
FITNESS



MUSICAL THEATER

BOYS BALLET
YOGA
BROADWAY JAZZ
DANCE COMPOSITION
CONTEMPORARY

P
R
E
B
A
L
L
E
T



The SRHS varsity field hockey team's most dramatic victory came Oct. 9 against Archbishop Mitty High School in an overtime shootout win. (photo by Jim Wick)



The players on the SRHS varsity field hockey team strive to continue their quest for another CIF San Diego title. (photo by Jim Wick)



The SRHS varsity field hockey team is a very balanced squad full of players who contribute toward the group's overall success. (photo by Jim Wick)

Field hockey team continues winning ways

By Hector Trujillo

The uncertainties that everyone involved in sports has had to deal with over the last 18 months due to the COVID crisis have apparently not been a total distraction for the Scripps Ranch High School varsity girls field hockey team this season.

The team started off the season red hot going undefeated in its first 11 matches (10 wins and one draw) with the best performances coming at home against La Costa Canyon High School on

Sept. 10 where the players won 5-0, and in the following match on the road against San Pasqual High School where they came away with a dominant 7-0 win.

The most dramatic victory would come on Oct. 9 against Archbishop Mitty High School from San Jose. The squads had to go into an overtime shootout after finishing tied in regulation 1-1. SRHS eventually came away with the shootout victory.

"The season is going good so far," head coach Jane Morrill said. "We have our ups and downs like any oth-

er team, but overall, the chemistry and discipline are there."

For obvious reasons, the team did not have much of a season last year, only being able to play nine games and finishing with a 5-4 record overall and 4-2 in league play.

The team practices every day and is a very balanced squad full of players who contribute their specific talents on the field to help them be competitive regardless of the quality of their opponent.

Among the most notewor-

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

"The beauty of this team is that on any given day anyone can score, whether they are a starter or not," Morrill explained.

Morrill has been coaching since 1995, taking two years off in 2017 and 2018.

She played multiple sports in high school and has always had a passion to win, whether it be as a player or coach.

"When I came out to Scripps, they needed a coach, so I decided to jump right in," she said.

The team still faces some challenging regular season games, including a Nov. 1 road contest at La Jolla High. The players hope to continue their quest for another CIF San Diego title, just as they have done during the previous two years in which they played full seasons.



(858) 536-4161



www.blackmountainplumbing.com • License No. 782799



(Photo by Jim Wick)



(Photo by Jim Wick)

SRHS X-country

Runners on the Scripps Ranch High School cross-country team are making an impressive showing this season. Seen here during the Western League Cluster #1 meet held on Oct. 6, the SRHS mens varsity team took first. The SRHS womens varsity team took second place behind first-place Cathedral Catholic. The SRHS season continues into November.

Water polo team overcomes obstacles

By Hector Trujillo

Among challenges the Scripps Ranch High School (SRHS) varsity boys water polo team dealt with this year was finding a head coach and putting the team together after falling behind a few weeks compared to other teams in the county.

“We have played some tough teams in La Jolla High School and Francis Parker,” said new head coach Brad Oestreich. “The team is continuing to learn about themselves and learning to play as a team with a new coach. As far as expectations, I entered the season wanting to make the most of the cards we have been dealt.”

The first-year coach, a father of two, played water polo and swam for Scripps Ranch High School from 1996 to 1999. He was drawn to the sport because he liked the highly physical, active and fast paced game, something that his team – which consists of three seniors, seven juniors, two sophomores and five freshmen – can attest to. One of his main objectives was for the team to be able to play as many games as possible, all the while building and developing to compete not just this year, but for future years as well.

One of the most dramatic games this season saw the team defeat Santa Fe Christian 13-12 with only three seconds left in overtime on Sept. 25. The team suffered three consecutive losses, but then gained a victory in a 14-7 rematch with Santa

Fe Christian and a 12-5 win against La Jolla Country Day.

“It isn’t only about winning. The wins are nice but the development of water polo players and learning life lessons through the sport is the ultimate goal,” he said.

The three seniors are Mason Miller, Michael Drobeck and senior captain Hovik Sinanyan. Connor Ducharme serves as junior captain.

All the players are finding ways to contribute, whether it be junior Anush Salaniwal and sophomore Kai

Sarti-Guerrero using their talents to protect the cage, or all the freshmen helping in the preparations for the next game. Everyone is adding their own value. The team practices five days a week, two hours a day at the Ned Baumer Pool at Miramar College.

Despite not playing a full season last year because of COVID protocols, the coach and players are optimistic that they can benefit from what has been learned during their early season non-league games.

“Our objective is to walk See **WATER POLO**, Page 14



FITNESS QUEST 10
#1 Gym in San Diego

Services

Personal Training
Group Training
Sports Performance
Pilates | Yoga
Massage | Stretching
Memberships

TAKE BACK YOUR HEALTH!





“We are committed, dedicated professionals offering unwavering positive attitudes that use health and fitness to transform the body, mind and spirits of our clients.”

  @FitnessQuest10

 9972 Scripps Ranch Blvd. 92131

 (858) 271-1171



The Scripps Ranch High School varsity girls volleyball team finished second in its annual Scripps Ranch Volleyball Tournament held Sept. 24-25. (photo by Jim Wick)

VB team sees success

By Hector Trujillo

The Scripps Ranch High School (SRHS) varsity girls volleyball team concluded another impressive regular season and showed everyone what it takes to bounce back from a year in which the team was not allowed to play a normal high school season due to the COVID-19 pandemic.

Re-establishing team chemistry and camaraderie was undoubtedly the priority for both the coaching staff and players in 2021.

“We were only allowed to play for one month in March,” said head coach Roni Hooper. “It had been so long since they had all played together.”

Despite starting off the season with a road loss at Eastlake, the team bounced back and rattled off five straight wins. The longest winning streak of the season was eight matches which included a home game against Eastlake in which SRHS was able to avenge its early season loss in dominant fashion. The Lady Falcons remained among the best in the San Diego Division 1

Section all season-long with impressive wins against Westview and Rancho Bernardo, which are top ranked teams.

“I had high expectations for this team because of the seniors we have. I have been looking forward to their senior year for a long time and was disappointed they did not get a full junior season,” Hooper said.

Hooper has been the head coach at SRHS since the 2015 season. Prior to that she was the assistant under Ronni Olsen for five years. She also played for Olsen and was a Lady Falcon herself, winning back to back CIF championships in 2003 and 2004.

Among the most stand-out performers in 2021 are seniors Gala Trubint, who has committed to University of Southern California; Olivia Johnson, who has committed to Arizona State University; and Olivia Pennington, who has yet to commit.

Unlike 2020 in which the team did not get to play in any tournaments or playoffs, the team expects to make a deep run this time around. The last full season was in the fall of 2019 and the team qualified in the open division, which is the highest division, for playoffs. That team also played in the state playoffs.

WATER POLO

Continued from Page 13

off the deck, win or lose, with our heads up after each game by playing the best water polo we can and giving 100 percent each game. If we do that, the wins will come our way,” Oestreich said.

The team closes its season with final games coming at home against La Jolla Country Day on Oct. 26, followed by a road game against University City on Oct. 29.

“I couldn’t imagine being one of the student athletes and not being able to play a sport they loved because an adult wouldn’t step up and coach,” Oestreich said. “COVID has already had a great impact on their time in high school. I made the call and here I am today, working with these 17 water polo players. I believe we are all learning from this experience. The guys are teaching me so much and, hopefully, they are learning a little something from me.”

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



POP WARNER FOOTBALL

The Scripps Ranch Pop Warner Football and Cheer Association continues its Fall 2021 season this month. Photos here are from the Scripps Ranch Pop Warner 10u team 16-0 victory over Valley Center on Oct. 9 in Scripps Ranch on a bright fall day. (photos by John Gregory)



STAY CONNECTED
to your community

Follow
SCRIPPS RANCH NEWS
on social media



@scrippsranchnews



@scrippsranchnws



@scrippsranchnews

Visit our website:
scrippsranchnews.com



3 CLASSES AND GLOVES
only \$**29.99**

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

Call
858-695-8427
for more details

We look forward to seeing you soon!



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



SRHS FOOTBALL

The Scripps Ranch High School varsity football team remained undefeated through mid-October. It earned its most recent victories against Point Loma, 48-14; Morse, 54-8; and Christian High, 41-23. SRHS was set to host Mira Mesa on Oct. 22 at press time. The Falcons have a big-play passing attack, reliable running game and a swarming defense. SRHS is scheduled to play at Canyon Hills High on Oct. 29. (photos by Justin Fine)



ADVERTISE WITH SCRIPPS RANCH NEWS – We make it easy!
 Take advantage of our **Holiday Discounts!** Lock in your rates for 2022!

SCRIPPS RANCH NEWS Delivered by direct mail, but **priced much lower** than mailing printed ads on your own!
info@scrippsranchnews.com • (858) 945-4465

Decorate for a howling good Halloween

(Family Features) Costumes and candy may be mainstays of Halloween, but decorating is a fun way to set the mood and add a little extra excitement in the days leading up to the holiday. These spooktacular ideas can help dial up the drama and delight for all ages.

Pumpkins aplenty

A traditional glowing jack-o'-lantern may be one of Halloween's most recognized icons, but pumpkins can be used in plenty of other fun ways. You can dress them up with glitter and ribbon for a more elegant look or group a series of pumpkins in varied shapes and colors for a seasonal centerpiece. You can even give a pumpkin a coat of chalkboard paint and count down the days until Halloween.

Creepy kids' crafts

Get little ghosts and goblins into the Halloween spirit with hand-made decorations that make your seasonal decor equal parts sweet and spooky. Fold a black piece of construction paper down the middle and trace a child's hand and wrist, with the wrist extending over the folded edge. Cut along the traced line, leaving the fold intact, and when you unfold the paper, you'll have a bat to decorate. Add eyes and attach string to the top of the wings to hang and display.

Gross and ghoulish

Some of the best Halloween displays have some-

thing in common: attention to detail. Get creative with your props and decorations to incorporate some unexpected attention-grabbers like brains in a jar. Place bunches of cauliflower in a clear glass container and cover with water died red.

Spooky serving

If you're entertaining for Halloween, incorporate spooky decor with your food and drinks to keep the theme going throughout the party. Use cauldrons as serving bowls and skeleton hands as serving spoons. Add plenty of cobwebs and other spooky accents to the table, and search for easy recipes that fit your theme. One fun idea for kids is baking sugar cookies in fun Halloween shapes and serving them with a selection of food-safe syringes pre-filled with colored frosting.

Ghostly greetings

All the tricks and treats indoors make for plenty of good spirit, but don't forget to set the scene outside, too. Dressing up your front door



Get creative with your props and decorations at home to incorporate some unexpected attention-grabbers. (courtesy of Getty Images)

lets visitors know they're in for a real treat. A haunted graveyard scene or a spooky spider den with lots of crit-

ters dangling from fake cobwebs are sure to show all who dare to enter that a howling good time lies ahead.

Find more frightfully fun ideas to make your home Halloween ready at eLiving-today.com.

HOMES


Geneva
 FLOORING
 WOMAN OWNED & OPERATED



*Been staring at that floor for months?
Call now for a change of scenery!*

Now is the time to have something to look forward to.
Have the home of your dreams!

Visit our showroom or schedule an in-home consultation with samples.

LIC#801132

Luxury flooring for
Every home, every room,
every aesthetic.



SHOWROOM OPEN

Visit our new website with complete list of products.

Genevaflooring.com

(858) 547-8069

9360 Activity Road, Suite D
San Diego, CA 92126



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

sunstreetmortgage.com

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



Upgrade your home with brick and stone

(Family Features) Choosing the right materials is an essential step in planning a home remodel or renovation. Options like brick and stone can add style, comfort and beauty to homes.

With a diverse array of colors, textures and sizes to choose from, there are options to suit practically any design aesthetic, whether it's traditional, contemporary or somewhere in between. Because brick and stone materials provide strength, permanence, sustainability and beauty, it's possible to balance function with appearance.

Before choosing your brick or stone material, it's a good idea to explore the vast color options, varying textures and sizes. You might even consider combining different materials to create accents that add interest and support the design of your home.

If you like the idea of incorporating brick or stone into your design but are not sure where it fits, consider these popular choices:

Accent Walls: If you're concerned about overpowering a room, an accent wall is a simple way to add the ap-



From island accents to backsplashes and beyond, the options are plentiful for introducing brick or stone into kitchen design. (Glen-Gery)

pealing look of brick or stone in moderation. The wall can add character and dimension that either stands out or blends into the overall design, depending on the colors and textures you choose.

Kitchens: From island accents to backsplashes and beyond, the options are plentiful for introducing brick or stone into kitchen design. Whether you're going for a modern look or something more traditional, quality is a top priority in high-use areas like the kitchen. Choose materials from a reliable source like Glen-Gery, which

offers more than 600 brick and stone products in a vast variety of sizes, textures and colors.

Bar Surrounds: This feature tends to be a focal point in its own right but adding brick or stone can make your bar area a real showstopper while capturing the color tones of the rest of the room.

Archways: Defining the transition from one space to the next adds an architectural design element that can either carry your design theme from one room of the house to the next or signal a transition toward a new motif, depending on the material you choose.

Find more ideas for a home upgrade using brick or stone at glengery.com.

Benefits of Brick

Resilience: Brick is incredibly resilient. It's weather and storm proof. As a result, it's better able to withstand the diverse weather conditions across North America from natural disasters to extreme heat in fire prone regions. Brick is also termite resistant.

Low Maintenance: Brick does not require any paint-



Defining the transition from one space to the next by using archways adds an architectural design element that carries a theme from one room to the next or signals a transition toward a new motif. (Glen-Gery)

ing, coating or varnishing in order to maintain its aesthetic and durability.

Fireproof: Brick is non-combustible and doesn't assist the spread of fire, making it ideal for building in wildfire-prone areas. Clay bricks normally don't suffer any structural damage after a fire and can be re-used, even as load bearing walls.

Design Flexibility: Brick comes in styles to suit any building project and is a popular material choice among architects and designers because of its design flexibility, strong structural capabilities and intricate detailing.

Noise Cancelling: Whether between rooms within a home or from outside noise, brick provides sound insulation.

Durable: Brick is long-lasting. Unlike other man-made

materials, brick doesn't get tired, so your brick home remains weather- and age-proof over time.

Energy Efficient: Brick is a high-density material, meaning it can effectively absorb and store heat energy to help keep your home cooler in the summer and warmer in the winter. Its ability to average temperature extremes can make a noticeable difference in comfort while also reducing energy bills.

Natural: Brick is manufactured from naturally occurring materials and does not emit volatile organic compounds as many lightweight products do. With virtually no emissions and high thermal mass, brick is also a good choice for health-conscious homeowners with acute allergies or sensitivities to weather.



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

*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



© Keith Denny, APC



The kitchen deserves special attention to make it a welcoming space where you can enjoy spending time. Nearby, you can make your fireplace stand out while also adding an intimate touch by using brick or stone. (Glen-Gery)

Rooms perfect for adding focal points

(Family Features) You don't have to be a design expert to create an inviting living space, but with some simple tricks, you can create a home that looks like it's been styled by a pro.

One way to make a room feel more inviting and comfortable is identifying a focal point to anchor the decor and create a natural, beautiful flow. Without a focal point, a space can feel awkward and disjointed.

These inspirational ideas for using focal points in three popular living spaces can add comfort and beauty that makes you feel right at home.

Kitchen

As the heart of the home, the kitchen deserves special attention to make it a welcoming space where you can enjoy spending time. Depending on your design, you'll discover there are numerous ways to incorporate a focal point in a kitchen, whether it's bold cabinetry, an island featuring a natural stone countertop or stand-out appliances that make a statement.

The wall space is also a smart place to draw visual attention. An accent wall is an option if you have the space, but the backsplash is another spot where you can make a big impact.

Living Room

The main function of a fireplace is to provide warmth, but it's also a perfect element to use to create a focal point that exudes comfort and style. Make your fireplace stand out while also adding an intimate touch by using brick or stone.



The bathroom presents numerous options for a focal point, from an intricate wall material to vibrant lighting fixtures. (Glen-Gery)

As an alternative, you can accent a fireplace with a bold wall treatment. Floor to ceiling brick or stone converts an average wall into an eye-catching focal point, giving a room a natural, yet striking, edge.

From handmade to glazed bricks and everything in between, Glen-Gery's line of more than 600 brick and stone products offers a diverse array of colors, textures and sizes, providing homeowners the ability to emphasize their focal points while also reflecting their desired design aesthetic.

Bathroom

It may be one of the smallest living spaces in a home, but the bathroom sees enough traffic that it's worth making it a visually appealing place to be. Even with a diminutive footprint, the bathroom presents numerous options for a focal point, from an intricate wall material to vibrant lighting fixtures and everything in between. Given their relative size, the shower or tub may be a practical focal point. The vanity offers similar appeal. If you prefer a scaled but equally impactful approach, consider highlighting a smaller element, like a stunning vessel sink, or an

unexpected element such as a brick or stone accent wall.

Find more ideas to suit your style at glengery.com.

Create a look that's uniquely you

Your home, and more specifically its style, should be a reflection of your personality. Consider a few ways to get started:

Set the mood

Give careful consideration to the overall mood and atmosphere you want to create for your home, both inside and out. Consider contrasting options like a sleek modern masterpiece or a relaxing coastal-inspired sanctuary. Weighing these kinds of options helps point you in the right direction to find the perfect color scheme and textures.

Mood-board magic

Look to magazines and online resources like social media and design blogs for ideas and styles that resonate with you. Browse freely and dream big at first but be sure to review regularly to identify a common denominator.

Ultimately this can help you articulate exactly what you want. You can also explore how different products work in your home by using a virtual designer, such as Glen-Gery's Picture Perfect.

The real deal

To get a real-life feel for your new space, visit model homes and design centers, and look closely and critically at the colors and materials used. This can provide a tangible sense of how those styles may work in your home.

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
www.abinjury.com



4640 Massachusetts San Diego, CA 92116

- One of a Kind Historic Estate in the heart of University Heights
- This home is typically only on the market once every 30 years!
 - Originally built in 1905 by Thomas Kneale.
 - 5 Bedrooms and 3 Bathrooms in the main house.
 - 2 Additional 1 bedroom 1 bathroom units.
 - A pool and spa, fruit trees, an herb and rose garden, an aviary, a play structure, a koi pond, two large car garages, and plenty of parking with room left over for more!

Call us today to schedule your showing!



ROXANNE GOVARI

(619) 778-0577

roxanne@pemberleyrealty.com
www.pemberleyrealty.com, DRE# 01319244
Committed to Excellence Because We Care!



Use the Qr code below for a virtual tour of the Estate!



www.KnealePark.IsNowForSale.com

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

REALTY

TWENTY
FOUR
SEVEN

Home for the Holidays

lighting contest

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!

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

To Enter Go To:
ScrippsRanchHolidayLights.com
by December 13, 2021



Laura
Stephens

Realtor®
858.245.6475
02082318



Robyn
Flint

Realtor®
858.414.1153
02129556



Troy
Moritz

Broker
858.598.4441
01959350



Felicity
Hunter

Realtor®
858.444.5973
01912094



Julianne
Super

Realtor®
858.598.4441
01959350



Josh
Nottingham

Realtor®
858.900.1300
01295227