



Isabella Lastomirsky is spending her senior year of high school in North Macedonia as part of the Kennedy-Lugar Youth Exchange and Study Abroad program. (courtesy photo)

Student spends year in North Macedonia

By Kaila Mellos

Scripps Ranch student Isabella Lastomirsky decided to take a leap of faith and leave everything she knew behind for a once-in-a-lifetime opportunity.

Lastomirsky was accepted into the Kennedy-Lugar Youth Exchange and Study (YES) Abroad program and chosen to go to North Macedonia for her senior year of high school.

"I've always loved learning about new cultures, but it's always been from the comfort of my own room and in my own city that I've lived in my whole life," Lastomirsky said. "I'd read about other cultures in my native language, English, and I realized that you can't learn about a new culture unless you're going to experience it and leave your comfort zone entirely."

Initially, the YES program was created for interna-

See **MACEDONIA**, Page 16

Picnic table dedicated to popular 'therapy' goose

By Ashley Shah

The late Louie the Goose, a most beloved goose and a local to Lake Miramar, was recently honored with a picnic table dedicated to him at the lake following his passing earlier this year.

After hearing about Louie's death, Scripps Ranch resident Kelly Allison decided to find a way to honor him.

"Louie was a special goose, and he meant a lot to people who came to the lake frequently. I wanted to do something that would help the community grieve through this," Allison said. "Originally, I wanted to do a bench. So, I put a GoFundMe out there for anyone who wanted to help with it."

She was able to raise \$1,700.

"Seventeen hundred dollars was the exact amount I needed for a picnic table," she said.

After talking with the City to get permission to place the table at the lake, Allison ordered the table in March from the company Outdoor Creations.

"Mindy [a friend] and I were able to get a plaque on the table that has a photo of him as well as the words 'For the love of Louie; he is forever in our hearts,'" Allison said.

The picnic table was delivered to the lake on Sept. 22.



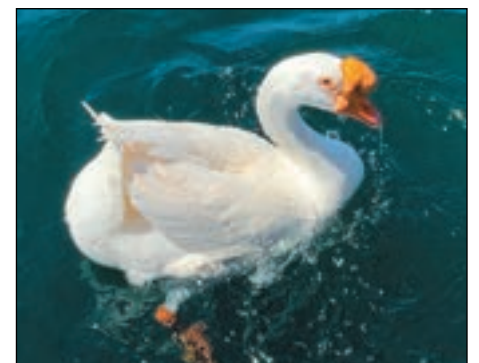
Mindy Dreisewerd formed a special bond with Louie the Goose after he brought her comfort by walking up to her as she visited Lake Miramar during a difficult time in her life. (courtesy of Mindy Dreisewerd)

"We are hoping to have a celebration now that the picnic table is installed. A lot of people have contributed to the picnic table, and I want them to see it," she said.

Louie passed away on Jan. 24 after what many believe was an encounter with a coyote. A celebration at the lake was held on Feb. 26 to honor Louie's life.

"We had a barbeque at

See **LOUIE THE GOOSE**, Page 13



Louie the Goose is seen swimming in the waters of Lake Miramar. (courtesy of Mindy Dreisewerd)

SR Farmer's Market sets Trick or Treat Day Oct. 27



Visitors to the Trick or Treat Day at the Scripps Ranch Farmer's Market & Family Festival on Oct. 27 will enter through a large black "witch" arch with steamers. (courtesy of SR Farmer's Market)

The Scripps Ranch Farmer's Market & Family Festival will hold a festive Trick or Treat Day for shoppers and children on Oct. 27 from 3:30 to 7:30 p.m.

Costumes are not mandatory, but Farmer's Market manager Bev Cassity said she would love to see visitors dressed up in keeping with the spirit of the season. She is also asking the Farmer's Market vendors to dress up in costume, which they have done for the Halloween event at the market in the past.

Those attending will be greeted by a 10-foot dragon that looks like it is flying on the grass at the entrance. In addition, visitors will walk through a large black arch with steamers hanging down to get into the market at the entrance.

Shoppers will see a number of Halloween-themed inflatable figures throughout the market as well.

"There will be a 6-foot-tall witch that the kids can get their picture taken in front of," Cassity said. "So, we're telling parents to bring their cameras and cell phones so they can take their own pictures. Take as many as you want."

Every vendor will be giving out free treats for the children.

"All the children should bring their Halloween trick or treat bags – bring big bags," Cassity said.

Music will be playing at the market, including Halloween-themed tunes for the children.

Kids can also look forward to an arts and crafts booth, a balloon artist, clown and face painter.

There will be at least 50 vendors at the Farmer's Market on Oct. 27.

"Don't eat before you come because there

See **TRICK OR TREAT**, Page 4

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NEWS UPDATES



Ballots have been mailed to San Diego County registered voters for the Nov. 8 Statewide General Election.

Ballots sent to registered voters

More than 1.9 million ballots were sent to San Diego County registered voters for the Nov. 8 Statewide General Election. Voters will also find their "I Voted" sticker inside the official ballot packet.

Voters can also take advantage of early voting at the Registrar of Voters office in Kearny Mesa. Hours run from 8 a.m. to 5 p.m. Monday through Friday. However, the Registrar encourages voters to take advantage of the convenience of voting by mail.

You can vote from the comfort of your home and return your voted ballot through the mail – no postage needed – or to any of the Registrar's official ballot drop box locations

around the county through Election Day. Remember to sign and date the return ballot envelope. Your signature is required for your vote to count.

Learn more about voting in the November General Election at sdvote.com, call (858) 565-5800 or toll free at (800) 696-0136.

STEP helps build playhouses for kids

Support the Enlisted Project (STEP) participated in a playhouse building day with Sentry Residential for Sentry Serves Day on Oct. 7. This year, a team of 30 Sentry staff members were set to build 10 playhouses at Support the Enlisted Project, 9915 Businesspark Drive in Scripps Ranch.

The playhouses were to be distributed later that day. These ready to use playhouses come equipped with an American flag and welcome home sign. The playhouses were given to 10 deserving pre-selected enlisted military families.

Sentry Residential's mission is to improve the lives of military families for generations through home ownership.

Support the Enlisted Project's mission is to assist junior active-duty enlisted mem-

Send Halloween costume photos

Send a special photo of your ghouls and goblins in their Halloween costumes for publication in the November issue of 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. 2.

bers, recently discharged Veterans and their families facing financial crisis to achieve long term financial self-sufficiency through counseling, education and emergency grants.

Local Rotary Club selling U.S. flags

Patriotism is a year-round celebration, and the Rotary Club of Poway-Scripps is selling American flags.

The flags are made in the U.S.A. and priced at \$35. You may purchase by contacting

See **NEWS UPDATES**, Page 4

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CITY COUNCIL DISTRICT 6 ELECTION 2022

Candidate Tommy Hough

By Jill Alexander

Tommy Hough is an environmental advocate, San Diego planning commissioner and former radio broadcaster. He hopes to be elected to the San Diego City Council District 6 seat on Nov. 8.

Running is nothing new to Hough as he ran unsuccessfully for the same position in 2018, against Chris Cate. Hough said he's running again,



Tommy Hough

and his focus is on the challenges San Diego neighborhoods, including Scripps Ranch, face now and before the COVID pandemic.

"For too long our District 6 council seat has been co-opted by downtown special interests, leaving communities without a voice fighting for them at San Diego City Hall. We need our roads rebuilt, we need housing people can afford, and we need parks and libraries res-

tored," he said.

Hough added that the district also needs to preserve canyons and open spaces, and if he wins, he will address these issues.

"I'm running for San Diego City Council because our community suffers from decades of deferred maintenance in the form of broken streets that must be rebuilt, ineffective and too few

transit options, needed streetlights, and persistent public safety concerns," he said. "We need effective planning now to manage how new housing is built so we're not adding more traffic to our congested streets, and now that we've lost our developer impact fees, we must lean on the city and developers to ensure new developments have more than adequate amounts of park space

See **TOMMY HOUGH**, Page 4

Candidate Kent Lee

By Jill Alexander

Kent Lee is a first-time District 6 City Council candidate and non-profit arts executive director of Pacific Arts Movement.

"We have the opportunity to build a stronger, more compassionate and more inclusive San Diego," Lee said. "There is so much work to be done to ensure representation, address inequities locally and beyond, and include voices that will help instill hope in our future. I'm committed to leading this charge."

The first-generation American with 15 years of non-profit management experience is a board member of the Mira Mesa Community Planning Group, co-chairs the San Diego API Coalition and is a member of the UC San Diego Chancellor's Community Advisory Board. Lee and his wife



Kent Lee

Phuong have two young children and live in Mira Mesa.

"As a father of two toddlers, in a home where my wife and I work to support our family, I know all too well the financial hardships we are all enduring with high gas prices, groceries and to keep a roof over our heads. Navigating us out of these tough economic times requires

community-trusted experience and leadership that will work hard for families, small businesses and all San Diegans," he said.

If elected, Lee said he will get to work on these challenges in the district – including Scripps Ranch – challenges such as fighting for strategic and common sense infrastructure needs by investing in streets, libraries and parks; increas-

See **KENT LEE**, Page 4

SCRIPPS RANCH

NEWS

DISTRICT 6 ELECTION FACTS

Scripps Ranch residents whose homes are within the new District 6 San Diego City Council boundaries will be able to vote for a new representative in the General Election on Nov. 8. Some residents are now in District 6 because new boundaries based on census population figures, and drawn by a redistricting commission, were approved. This resulted in some Scripps Ranch neighborhoods landing within District 6 while the rest remain in District 5, which is represented by Marni von Wilpert. Sitting District 6 Councilperson Chris Cate is termed out, thus an election is being held now between two candidates for the soon-to-be vacant seat in District 6.

- To view the City Council district boundaries, visit bit.ly/3LcQC6O and click + on the upper right corner to expand the map; or type in your address.

- For more about the election, visit sdvote.com.

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TOMMY HOUGH
Continued from Page 3

and services for new residents. But first, we must restore our infrastructure before it fails further.”

Hough is also running for San Diego City Council because San Diego is in the midst of a homeless crisis that needs solutions, with permanent supportive housing being key, he said.

Hough said he is also committed to fulfilling the Climate Action Plan, preserving the diverse environment, providing unleaded fuel at municipal airports, ensuring the implementation of Pure

Water, expanding rooftop solar access for those who want it, and capturing and treating stormwater so the area’s creeks, beaches and bays are no longer toxic during stormy weather.

Hough said he would like Scripps Ranch residents to know that he “stands with ratepayers rather than shareholders,” and that he believes in “neighborhoods first” with safe streets and sidewalks, healthy canyons, vibrant neighborhoods and restored infrastructure.

Hough added that he will do all in his power to address and focus on these issues if elected on Nov. 8.

KENT LEE
Continued from Page 3

ing housing attainability at all income levels, especially middle- to low-income housing; finding innovative ways to partner with the diverse small business community to spur economic growth; and addressing homelessness with compassionate solutions.

Street racing is also an issue in many city streets and local neighborhoods that needs to be addressed, Lee said, as well as understanding “more about fire preven-

tion and meeting the challenges related to wildfires in Scripps Ranch.”

Lee said he wants voters in Scripps Ranch to know he has been a 15-year resident in the district and wants to serve as a community voice for those young families with children like his, as well as all other residents.

“More than ever, I am a believer that we need to bring people together and bring common solutions to the problems we are facing. We shouldn’t be focused on politics alone but on solving important issues,” he said.

NEWS UPDATES
Continued from Page 2

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Once ordered, your flag can be delivered to you by a Rotarian or you may pick it up at the distribution center. Proceeds are used to purchase flags and support community service projects.

Soroptimist grant applications open

The Soroptimist Live Your Dream Awards program for women who serve as the primary wage earners for their families provides grants to offset costs associated with their efforts to attain higher education or additional skills and training. Recipients can use the award for tuition, books, childcare, carfare or any other education-related expense.

The Live Your Dream Award starts at the club level where Soroptimist International of Poway will provide up to 10 awards starting at \$1,000. Club-level recipients then become eligible for region level awards granted in each of Soroptimist’s 29 regions. Applications are avail-

able at bit.ly/LYDA-apply or by contacting Lauren Chin or Linda England at sipoway@soroptimist.net. Deadline is Nov. 15, 2022.



Mesa Town Center offers Halloween event

The public is invited to the free Halloween Trick or Treat event at Mesa Town Center on Saturday, Oct. 22 from noon to 3 p.m. The open-air shopping center is located at 8955 Mira Mesa Blvd.

Children can decorate a bucket at the Craft Activity area to use for trick or treating at participating merchant locations. During the three-hour event, participants may watch magic shows and get a custom created balloon ghost, cat or other shape to keep.

Bring a smartphone or camera to take pictures with FrankenStilt, a very tall, costumed character. No reservations needed. Everyone in the family will enjoy the Halloween Trick or Treat event at Mesa Town Center.



Vendors at the Scripps Ranch Farmer's Market & Family Festival Trick or Treat Day on Oct. 27 will have treats for the kids. (courtesy of SR Farmer's Market)

TRICK OR TREAT
Continued from Page 1

will be 20 different kinds of food booths to choose from,” Cassidy said.

Alfredo Hidalgo, one of the top flower growers in San Diego County, is back at the Scripps Ranch Farmer’s Market with a 20-foot display-booth. There are now five farmers offering fresh items at the market each Thursday.

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

FIRE SAFE COUNCIL
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History Lesson: The 2003 Cedar Fire, which was the largest fire in the history of California until the Paradise Fire, was caused by a lost hunter who started a signal fire just south of Ramona when night fell and he was terrified of being lost and alone in the wilderness at night. Even though he had a very valid reason for starting the signal fire, he was held responsible for the damage caused by the fire. Can you imagine the guilt he felt for causing the death of 5 people, including a firefighter, and responsible for burning almost 2,400 homes?

Don’t let the next fire disaster be your responsibility. Do not smoke in canyons!

SCRIPPS RANCH WELCOME CLUB

Welcome Club enjoys a variety of events this fall

By Denise Stewart

The autumn calendar of events for the Scripps Ranch Welcome Club holds a variety of day and evening activities for club members to enjoy.

Early in October, a pre-theatre potluck at a member's home celebrated the Scripps Ranch Theatre's new season. Welcome Club has a reputation for supporting local art performances and members were looking forward to this year's kick-off comedy. No doubt the tasty food and beverages beforehand prepared them to laugh a lot at "The Outsider."

The monthly evening general meeting at the Community Center during the second week presented a program of music. Elliot Lawrence, former Broadway entertainer currently appearing at the Hotel del Coronado, delighted the club with a jazz guitar performance. A social time followed.

Later in the month, the Gadabouts group ventured to the Birch Aquarium where they toured the facility and checked out the displays of

sea creatures including the pipe fish, sea horses and weedy sea dragons. The collection was certainly a unique visual experience for the group. After the aquarium tour the women enjoyed lunch together at Seasons 52 in University Town Center.

In addition to these special events, Welcome Club entertains its membership with a variety of routinely scheduled activities. Monthly, book clubs meet to share ideas about their current reading selections. Crafters gather to create projects from paper and other materials that bring them satisfaction. Bunco players roll the dice and share the fun of a friendly game.

Most weeks, the Trail Walkers gather three times to exercise and follow local scenic paths to good health.

Frequently during the year, daytime Coffees and evening TGI gatherings bring members and their guests together for relaxed experiences. Sometimes these events are outdoors, depending on the weather.

Welcome Club has been part of Scripps Ranch's so-

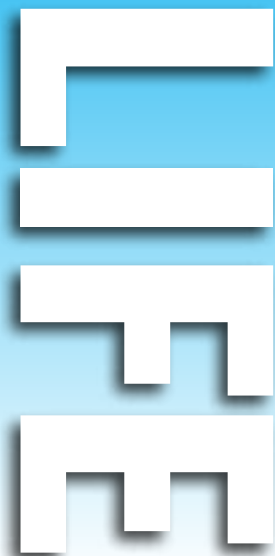


A TGI gathering brought together Welcome Club members and friends to enjoy a poolside potluck on a recent evening. (courtesy of Diane Rider)

cial life for more than 40 years. Members are very experienced and gracious at including newcomers and others wanting new social activities to the community.

If you are a new neighbor or have some free hours you would like to enjoy more, visit our website at scrippsranchnewelcomeclub.com. A member will greet you warmly.

SCRIPPS RANCH



Landscape expert addresses Garden Club

By Denise Stewart

Native landscaping, which naturally flourishes with a low water demand, is becoming the focus of many local gardeners. Lack of rain and the cost of piped-in water are encouraging a trend away from sprinkler dependent trees and shrubs toward plants that grow naturally on what Mother Nature provides for them.

Responding to the trend, Scripps-Mesa Garden Club's featured speaker this month is a local expert and author on the subject. Lucy Warren, a UCCE Master Gardener and horticultural chair on the board of Friends of Balboa Park, will share her knowledge on Oct. 25 in the Community Room of the local library. The meeting begins at 5:45 p.m. with a brief plant

share and social time. The Scripps Mesa Garden Club will meet again in November for a holiday potluck and resume its monthly schedule on the fourth Tuesday in January. Locals with an interest in gardening are invited to join the club. Dues are \$30 for the year. For additional information, visit scrippsmesagardenclub.com.



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VOSR

SR Auxiliary Unit helps with needed clothing

By Jill Alexander

If you've ever been rushed to an emergency room or had to admit a family member, you know it can be chaotic. There's always the chance that any clothing a person is wearing might be torn, ripped or stained.

But thanks to the Rady Children's Emergency Department Clothes Closet, individuals in need have access to new clothing.

"Patients and sometimes family members may come in with soiled or bloodied clothes, and in some cases, patients may have had their clothes cut off during an emergency procedure," said Amy Ryan, this year's Hospital Liaison for The Rady Children's Hospital – Scripps Ranch Auxiliary Unit. "New, unused clothing items are provided to these patients and families so they have something fresh and clean to put on when leaving the hospital."

The hospital's departments including Emergency, Trauma, Parent Centers, and Children and Adolescent Psychiatry Services all have access to the closet to get what a patient may need.

The Rady Children's Hospital – Scripps Ranch Auxiliary Unit is one of the hospital's 20 auxiliary units across San Diego that helps out.

"There are several auxiliary units throughout San Diego County, and they are all assigned a month to participate in this program. During our assigned month, our unit checks in with our point-of-contact at the hospital to see what items are needed. We then collaborate with our auxiliary members and supply the articles of clothing in need," Ryan said. "We typically need shorts, T-shirts, socks, underwear and beanies in sizes from kids to mens,



Personnel from Rady Children's Hospital receive clothing donations for patients from the Rady Children's Hospital – Scripps Ranch Auxiliary Unit. (courtesy of Rady Children's Hospital – Scripps Ranch Auxiliary Unit)

'New, unused clothing items are provided to these patients and families so they have something fresh and clean.'

—Amy Ryan

etc., for example."

New items – never used – are paid for via allocated funds and "the auxiliary members get to be excited and get involved versus it just being a financial contribution."

Ryan said to think of the process as a "baby or wedding registry" in which people can go to Amazon.com, shop and buy what is on the list of needed items.

Once the items have been purchased and delivered, they are bagged and labeled in plastic bags by size. Then each item is stocked in the closet and ready to be pulled by the department when needed for a patient.

Much good has come out of the project. For instance, the program benefitted a boy who

recently came into the ER with a fractured and skinned-up leg. Ryan said his pants were ripped and the nurse had to safely cut them off and get them off around his injury.

"After he was ready to go home, the staff was able to utilize the donated clothes to provide him with some new shorts to go home in," Ryan said.

Currently, the donation closet is only for auxiliary members to participate, although there are other ways members of the community can get involved with the Rady Children's Hospital Auxiliary.

Volunteers participate in service projects such as Clothes Closet throughout the year and also host fundraisers that benefit departments, programs and services at the hospital.

The Scripps Ranch Rady's Auxiliary Unit, which has 30 active members, and 23 supporting members, holds meetings on the third Monday of every month. Follow them on facebook.com/rcha.scripps-ranch, or on the website rcha.scripps-ranch.com for more details on upcoming events.

Enter the 2022 Photo Showcase

Do you have a colorful or exciting photo you took in Scripps Ranch this year? If so, show it off in the 2022 Scripps Ranch Photo Showcase.

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

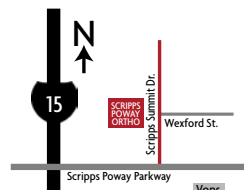
It's easy to enter: Email a photo you took in Scripps Ranch in the year 2022 to info@scrippsranchnews.com. Photos must be high-resolution, at least 300 dpi. Include the name and address of the photographer. Include the date and location the photo was taken.

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. There is no charge to participate. Deadline is Dec. 1, 2022.

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

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Home lighting contest is now open

The extremely popular Twenty Four Seven Realty-Scripps Ranch News Home Lighting Contest has opened for the 2022 holiday season.

Twenty Four Seven Realty is once again sponsoring this lighting contest that provided a festive experience for local residents the past two years. It has become a warm holiday tradition for all of Scripps Ranch to enjoy.

The Home Lighting Contest not only allows entrants a way to showcase their outdoor light decorating skills; it provides a convenient oppor-



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

tunity for those who appreciate holiday light decorations to tour the out-

door 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 in 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 ac-

cessible to the public for street viewing. When judging is complete, the top displays will be photographed.

The winners of the contest will be announced on ScrippsRanchNews.com in the morning of Jan. 1, New Year's Day. Photos of the winning displays will be published in the January edition of *Scripps Ranch News*.

Deadline to enter is Dec. 4, 2022. Contest rules and other specifics are provided on the online entry form. Those wishing to enter may fill in the form at scrippsranchnews.com/lighting-contest.

SUSTAINABLE SCRIPPS RANCH

Part 3: Fun, safe eBiking in 'the 15-minute city'

By Lynn Owens

Ebikes are fun, get you out of your car and help connect you to your Scripps Ranch neighborhood. For \$800-\$1,500 (or more, of course) you can find a good ebike to "take the hurt out of the hills" when visiting local friends, stores, service providers and recreation sites. But how to start riding your new ebike?

Think about safety. Buy and use a good helmet, front and rear lights, bell, basket and mirror. Practice starting and stopping, mounting and dismounting. Be aware: ebike riders' faster acceleration and speeds can surprise drivers and create extra danger. Adjust for difficult conditions: sunrise, sunset, dusk, fog, damp, darkness, crowds, children, pedestrians. Visit sdbikecoalition.org for more advice or Google "ebike safety tips" and follow them!

Start with extra-safe routes. Miramar Lake can be a good starter route, with little traf-

fic and small hills. However, you still need to watch out for cars on the shared road and in the parking lots, and for other travelers going faster or slower in either direction. "SoPo" (south of Pomerado), Sabre Springs and Meanley Drive on weekends have wide streets and light traffic. The Mercy Road Bikeway between Erma Road and Poway Road is car-free, but use extreme care crossing ScrippsPowayParkway—use the Walk button and stay highly vigilant for rushed or distracted drivers.

Plan your travel. For me, the best Scripps Ranch routes have dedicated bike lanes (most of Pomerado Road for example) or little traffic. Avoid or use extra caution for

- busy streets without dedicated bike lanes, such as Mira Mesa Boulevard
- freeway entrances and exits, even with traffic lights and marked crosswalks
- streets with lots of cars stopping, parking and starting; for example, near Star-

bucks, schools and parks as people arrive and leave

- narrow streets with lots of parked cars. You can't see when someone will open their door. Always stay at least 3 feet away from parked car doors.

- Parking lots where cars back up
- Crossing multi-lane streets with turning cars, because drivers aren't looking for you and may not see you.

Check out sdbikecoalition.org/events. They have Smart Cycling classes, bike maps and more.

Enjoy! Send your questions, comments, and ebike success stories to owens.lynn@gmail.com. Happy riding!

Upcoming event: Scripps Ranch resident Don Endicott presents Amazing World Of Bats: Nature's Tiny Fighter Jets. Friday, Nov. 4, 10 a.m., Scripps Ranch Library, 10301 Scripps Lake Drive.

Sustainable Scripps Ranch is a standing committee of the Scripps Ranch Civic Association.

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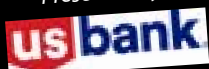
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SCRIPPS RANCH FARMER'S MARKET

Milk & Honey Bakery whips up yummy treats

By Jill Alexander

Some things just go together naturally like cheese and crackers, peanut butter and jelly, and milk and honey.

Milk & Honey Bakery happens to be the name of a popular business created by two San Diego sisters – Hannah Owens and Angela Owens.

“We had a few names and after a few weeks this just came to us, sweetness ... and it’s the land of milk and honey ... so it made sense,” said Angela Owens.

The sisters, who are the two youngest of five sisters, sell to many businesses in the county as well as appear regularly at farmer’s markets including the Scripps Ranch Farmer’s Market. All of their items are made from scratch.

“We like to keep some of our menu items on a rotation to keep different options available for our customers,” Angela said. “However, we tend to always have our customer-favorite cinnamon rolls weekly. Those come in



(courtesy Milk & Honey Bakery)

three standard flavors: classic, apple pie and salted caramel pecan. Then we have a seasonal option from time to time as well. As for our other items, we have amazing lemon bars, cake slices, cheesecake slices, cookies and breads.”

Some of the crowd pleasers at the Scripps Ranch Farmer’s Market are cinnamon rolls, carrot cake, lemon bars, strawberry cheesecake, Tres Leches cake, and pumpkin bread.

“We love to try new things and think outside the box, so we often experiment with new ingredients to provide

great results that offer variety and uniqueness. We also ensure flavor development is a part of our process so that our goods don’t just look amazing but taste amazing, too,” Hannah, said.

The two sisters learned their trade from their mom, who was an avid baker, cake decorator and teacher.

“She taught us how to develop our baking skills when we were young. However, during the pandemic, the mandated shutdown made it hard to get some baked goods that we had been craving and led us to develop one of our most well-known items, our cinnamon rolls,” Angela said.

After some pandemic restrictions were lifted, the sisters shared their delicious baked goods with family and friends and began to receive feedback – that they should start selling their items.

They launched Milk & Honey Bakery in October 2020.

“Milk & Honey has given us the platform to develop and enhance our skills even

further. We are about to hit our two-year anniversary and have expanded to farmer’s markets, street festivals and local retail businesses around SD,” Angela said.

They enjoy being vendors at the Scripps Ranch Farmer’s Market because of “the community and the pleasant atmosphere. Bev and Mike, the market managers, are a joy and host an organized event,” Hannah said.

They also enjoy seeing families and individuals frequent the market because it allows them to get to know their customers personally.

“Many of them have become extended family. We are also very grateful to work alongside such friendly vendors,” Hannah said.

Down the road, they hope to have a storefront or several where they can continue to whip up and deliver sweet treats for patrons.

Visit the Milk & Honey Bakery booth at the Scripps Ranch Farmer’s Market, held from 3:30 to 7:30 p.m. each Thursday at 10045 Carroll Canyon Road.

SCRIPPS RANCH

LEISURE

ADVERTORIAL

Discover Addy’s Wine Boutique and Wine Down Wednesdays!

Addy’s Bistro is showcasing its wine boutique and curated wine collection. Relax while exploring the many treasures from Addy’s wine bar!

And check out the extensive retail wine collections. In-store gift baskets are available for all retail products.



Wine Down Wednesday

It’s here! Experience the enjoyment of Wine Down Wednesday at Addy’s from 4 to 7 p.m.

Each special Wednesday includes a nosh pairing.

UPCOMING SCHEDULE:

Oct. 26 – Roederer Estate Flight

Nov. 2 – Holiday Shopping Extravaganza

Nov. 9 – Duckhorn Merlot

Nov. 16 – Caymus Cabernet Sauvignon



Addy’s Bistro owner Denise Mary-Callander Stein will prepare charcuterie to pair with Wine Down Wednesday nights.

Nov. 23 – Copper Cane Pinot Noir

Nov. 30 – Zinfandels
This delightful restaurant

is open seven days a week for its gourmet breakfast and lunch fare, and features an amazing weekend brunch.

Join us Saturday and Sunday for brunch every weekend from 8 AM to 2 PM.

Addy’s, conveniently located at 13771 Danielson St., is known as “Poway’s Hidden Gem.”

Owner Denise Mary-Callander Stein also offers a signature and private reserve collection of jam and jelly flavors. In addition, customers may purchase a variety of signature caramels.

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PROGRAM

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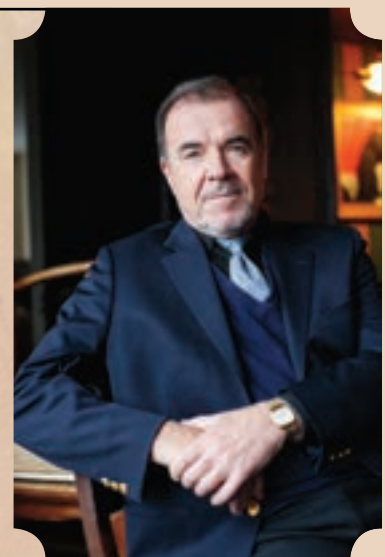
Piano Concerto No. 5 "the Emperor"

L. von Beethoven

Soloist: Misha Dichter

Piano Concerto in F G. Gershwin

Soloist: Misha Dichter



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Jazz trio will perform at library center

The Pleasure of Your Company” music series presents the exciting jazz trio of guitarist Peter Sprague, saxophonist Tripp Sprague and vocalist Rebecca Jade on Sunday, Nov. 13, at 2:30 p.m. in the informal and intimate setting of the Scripps Miramar Ranch Library Center.

There is no charge for the concert, which is sponsored by Scripps Ranch Friends of the Library with generous support from Jim and Jennifer Felix, although donations



Peter Sprague, Tripp Sprague and Rebecca Jade will perform Nov. 13 in the Scripps Miramar Ranch Library Center. (photo courtesy of SRFOL)

are appreciated.

Masks will be required for all audience members regardless of immunization status.

Scripps Miramar Ranch Library Center is located at

10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Visit srfol.org or call (858) 538-8158 for information.

LOUIE THE GOOSE

Continued from Page 1

the lake, and people came to speak about the effect Louie had on their lives,” Allison said. “I didn’t realize how many lives he had touched. There were women who said that Louie would walk them to their cars at night. If someone called his name, he would come out of the water to say hi.”

Louie was a white Chinese goose, a unique looking creature. Many called him a therapy goose because he seemed to often bring comfort and hope to lake visitors who were experiencing difficulty in their lives.

Mindy Dreisewerd, a frequent visitor to Lake Miramar, said she had a special connection to Louie.

“About six to seven years ago, I got laid off from work. I was in a deep depression, and one day I just needed to get out. I went to the lake. While I was sitting down, Louie came up to me, and the ranger told me that it was unusual for him to come up to people,” she said. “After that, I started going every day. It was this immediate bond with him. He gave me a reason to get out of bed. He loved me, and I loved



Louie the Goose appears to view a story about himself in the April 2019 edition of Scripps Ranch News regarding his return to the lake following recovery from a respiratory illness. (courtesy of Mindy Dreisewerd)



Louie enjoys a sunny rest on top of some wood chips at Lake Miramar. (courtesy to Mindy Dreisewerd)

him. Life isn’t the same without him.”

Louie will be missed by

the Scripps Ranch community and other visitors who were familiar with him.

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'Extreme Home Makeover' takes us back to TV in 2007

By Ashley Shah

The Vegas, a Latino family struggling to keep their mobile home from crumbling, take the audience through a week in their life in the form of a video submission to "Extreme Home Makeover," a popular television show at the time. This is the simple plot of the upcoming production of "Extreme Home Makeover," the new play that will be running in November at Scripps Ranch Theatre.

The play is written by playwright Makasha Copeland and directed by Olivia Espinosa.

"Reading this play, my initial connection was through the Latino family. I am a first generation Mexican-American," director Espinosa said.

This production has four main characters: the four family members of the Vega family.

Valentina, played by Tamarin Ythier, is the mother of the Vega family.

"She is an extremely hard worker. She would do anything for her family," Espinosa said.

Ramon Villa portrays Marco, Valentina's 16 year-old son.



Director Olivia Espinosa

"Marco is just a kid who's bearing the weight of the world on his shoulders. I can't say why, but he has to bear a lot while going to school," Espinosa said.

Lupe, played by Dani Diaz, is Valentina's 10 year-old daughter.

"She is everything you expect from a 10 year-old in the sense that she is hilarious. However, she also sees

'I hope that whatever background you come from, you see yourself on stage.'

—Olivia Espinosa

the struggles her family is going through," Espinosa said.

Lastly, Guadalupe, played by Leticia Bombardier, is Valentina's mother.

"She has strength and is grounded. She tries her best to keep the family grounded. She tries to let the kids be kids, and let the mom take care of herself," Espinosa said.

This production is set in 2007, in Texas.

"This play really takes you back to that time. There's VHS, and they record everything on a camcorder. It is a period-piece. It is interesting to have the perspective of 2022 looking back on 2007," Espinosa said.

Rehearsals started earlier this month.

"On the first day of rehearsals, we all read through the script, so we can

hear each other's voices together. We are hoping to have the playwright join us through Zoom as she is on the East Coast," Espinosa said.

This production has been performed only once before.

"We really want the playwright to be able to see and hear the actors together," Espinosa said.

She described challenges of performing this show.

"We essentially just get to see their VHS tape, which is just one cut after another. As a director, I love seamless transitions, and I want to make sure we do the cuts in the most seamless way," Espinosa said.

Opening night of this play is Nov. 12, and the show runs for four weekends. Closing night is Dec. 4.

As Espinosa has a personal connection to this production, she shared her hopes for the audience.

"I hope that whatever background you come from, you see yourself on stage, whether that's with the Vegas or the ABC producers. This play has comedy, but it also has drama and grief. I hope people will find something in themselves with that," Espinosa said.

To purchase tickets, visit scripps-ranchtheatre.org/showtickets.

ADVERTORIAL

Big Kitchen Remodel Question: Refinish, reface or replace your old cabinets?

For homeowners who want to modernize their old kitchen, the big question is, "Should I **refinish**, **reface** or **replace** my older cabinets?"

I recommend each case be reviewed based on the answer to several qualifying questions.

First, what are your main reasons for modernizing your kitchen?

- Eliminate the ugly and impossible-to-maintain tile countertops.
- Increase the food preparation space.
- Improve cabinet access and increase storage.
- Make my kitchen an inviting and exciting part of my home.

Are you planning on staying in this home for a long time?

- Yes, we have decided this is something we want for ourselves.
- Maybe, we might downsize in the next few years
- No, we will be moving soon.

Do the existing cabinets have high quality hinges, drawer guides and interiors?

- Not sure. Everything works but the house was built 25 years ago.
- No, the drawers are difficult to operate and the hinges are exposed.
- Yes, the builder used good materials and the only problem is the look.



Once a homeowner determines whether they should refinish, reface or replace older kitchen cabinets, the finished project can be both visually stunning and satisfying.

Do you have a budget allowance that may influence your choices?

- Yes, we are on a fixed income and can't spend our retirement to do this.
- We have no idea what the costs may be, so we have not developed a budget.
- We are prepared to do what it takes, but it has to be within reason.

My recommendations flow from the answers to these fundamental issues. For example, it doesn't make sense to put brand new granite countertops on top of broken down, 25-year-old cabinets. Sometimes the cabinets are still in good operating order

and **refinishing** is the right choice. That determination should be made after a professional inspects them inside and out.

The next step is to assess the workability of the kitchen layout: Do you have low hanging cabinets blocking the view into the adjacent family room? Do you have more than one way in and out of the kitchen? Is there adequate preparation and staging space to properly prepare and serve a meal? Can you reach into the corners of the lower cabinets to retrieve stored goods? Are the shelves properly secured and sealed from contaminants from canned foods or storage containers?

Finally, if you need to **replace** all or most of the appliances, including the sink and faucet, this may be the best time to make the corrections in the other aspects of the kitchen that constantly remind you that it was built 25 years ago.

Many companies advertise that they can **reface** your existing cabinets for half the cost of replacement cabinetry. This would be true if you did nothing other than re-dress the cabinets, but if you are going to **replace** the countertops, appliances, lighting and flooring, it may save you as little as 10 percent. That is because the majority of the cost in cabinetry is in the doors and drawers, all of which get replaced in a reface job anyway.

My advice is to consult a kitchen design professional before you make any major decisions regarding your kitchen project. The right decision will be much easier if you have reviewed all of your options.

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—Mathew Taft, President
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MRE Halloween Carnival returns Oct. 22

By John Gregory

The entire Scripps Ranch Community is invited to attend the Miramar Ranch Elementary School Halloween Carnival on the school campus from 11 a.m. to 4 p.m. Saturday, Oct. 22.

There is no entrance fee and tickets for the various activities will be sold during the event. Credit cards will be accepted at the ticket booths.

This carnival will feature carnival games, a bake sale, a pumpkin patch, a prize booth, a cake walk, laser tag, a DJ and dancing. A variety of food trucks will be on hand, and there is expected to be a vendor selling kettle corn and another selling shaved ice treats. Attendees can pay to have a shout-out to their friends over the PA system during the carnival.

The Haunted Hawk Trail will kick things off during a special preview night on Friday, Oct. 21, the night before the actual day-long carnival. The Haunted Trail is an outdoor activity on the school grounds held as a fundraiser for the Fifth Grade Promotion Committee. The Haunted Trail will be open from 5:30 to 8 p.m. Friday. There will be both a scary version and a “not-so-scary” version for younger children who might be frightened but still want to experience the Halloween-themed trail.

Proceeds from the trail go toward the fifth grade promotion ceremony, the end-of-year celebration party for the fifth graders and to help fund the traditional “gift” which is something each fifth grade class donates to the school during promotion.

“After a two-year hiatus, we’re excited to bring this back,” said Kevin Werner, this year’s Halloween Carnival chair.

The carnival, which Werner believes was first held in 1972 or 1973, was not held the last two years because of the COVID pandemic.

Werner did not seem to be phased by the enormous task of pulling together such a large production following its two-year absence.

“It takes a lot of different people and I’m amazed at the skills that people have. ... These people come in and they create this trail and they put things together,” he explained. “We all use our talents on what we have and really pull together ... Just making sure this is a fun



MIRAMAR RANCH ELEMENTARY

(logo by Isabella & Tara Detchemendy/www.gulldesign.co)

event for all the kids and the community – that’s what we’re looking for.”

There were many volunteer positions to be filled this year including subcommittee chair positions.

“We basically got them all filled. ... A lot of people stepped up and said, ‘I want to be part of this. I want to be part of the fun and really keep this tradition alive,’” Werner said.

Since the last carnival, most of the parents involved before are no longer at the school since their students moved on to middle school. But Werner and other vol-

unteers were able to get a hold of some past volunteer chairs for information and advice.

Werner wanted to thank all this year’s volunteers for their countless hours of work to bring this event to fruition.

The carnival supports the Miramar Ranch Family Faculty Association (FFA) which funds many programs for the school such as a music program, an arts program and a drama program.

Not only is the planning required for such a gigantic project complicated, the logistics are also immense.

MIRAMAR RANCH ELEMENTARY HALLOWEEN CARNIVAL

Saturday, Oct. 22
11 a.m.-4 p.m.
10770 Red Cedar Drive

HAUNTED HAWK TRAIL

Friday, Oct. 21
5:30-8 p.m.

“Because school is in session, we have to turn this around very quickly. So, we’re going to be working very hard Friday night to back everything out and then we’ll be there early Saturday morning,” Werner said. “We have rentals coming in; we have vendors coming in; we have sponsors coming in; we have a lot of different people coming in. We’ll have a lot of hands on deck. Not only do we have our chairs, but we have a lot of day-of volunteers that will be available to help out with the entire process. We’ll have up to 100 volunteers at any one time.”

Warner looks forward to a large turnout.

“I just want to welcome the entire community to come and just check it out,” he said. “Have a good time ... Come out and be part of this really important community event.”





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MACEDONIA

Continued from Page 1

tional high school students to live and study in the U.S., but the program was expanded in 2009 to include YES Abroad for American high school students to study overseas. For the 2022-2023 academic year, YES Abroad had programs going to Bosnia and Herzegovina, Bulgaria, Ghana, India, Indonesia, Jordan, Malaysia, Morocco, North Macedonia, Senegal, Thailand, and Turkey.

Lastomirsky is one of 65 students competitively chosen from a nationwide search for this program. When a student is selected, those leading the program decide what the best fit is for the student's study abroad trip.

"You're allowed to choose a preference, but they ultimately decide the best country in which they think you'd be a good fit. I would have loved to go to the Philippines or Bosnia and Herzegovina," Lastomirsky said. "But I'm really happy to be in Macedonia. It's been wonderful. The people are hospitable, the food is great and I've enjoyed all the different experiences."

Lastomirsky has been in North Macedonia for a little less than two months. She is currently staying with a host

family and is completely immersed in the culture there.

"I've been adapting well, for the most part. It's a big change, but when you're with people willing to take you out and show you around and be very welcoming to you, it makes things a bit better," she said. "Going out now means I get to see something new or try something I walk past on the street ... I'll say, 'I want to go here,' and then we'll go there. I don't know where I am, and seeing new things with people who know where they are has been fun because they're teaching me a lot. I like seeing the different sites, meeting strangers and talking to them in the little Macedonian I know."

Lastomirsky knew no Macedonian before leaving for North Macedonia and has been learning one step at a time there.

"I didn't speak any Macedonian other than I knew how to say hello, good day, and my name is. I also learned a few letters from the Cyrillic alphabet. Still, I went in not knowing anything, and just wanted to see what would happen. Now I'm speaking sentences, so it just takes time."

Taking this opportunity to go to North Macedonia, Las-



Isabella Lastomirsky (left) is honored with the opportunity to wear traditional clothing during her student exchange year in North Macedonia. (courtesy photo)

tomirsky had to leave behind her American senior year at Scripps Ranch High School with friends and family, and the experiences she would have had. But, in turn, she is getting to make new friends and have new experiences – and this makes her mother proud.

"Her dad and I told her to weigh the pros and the cons," said Ana Borja, Lastomirsky's mom. "They were both equal for her, being in high school – and her friends and her loved ones are not going to see her for a long time. But then the pros for her career-wise, [are] being a lot more confident and worldly. Her dad and I know there's a sadness we feel. But at the same time, excitement for her career and future and this experience has outweighed our sadness."

new experiences.

"I want to travel more. This made me realize I don't know if I could stand being in one place for so long doing an office job. I want a job that will allow me to travel and see more places in the world because I think that's something I value in my life," she said.

This whole experience for Lastomirsky has changed her life. She hopes it will encourage others around her to leap out of their comfort zone in the future to learn about the world from a different perspective.

"I encourage all high schoolers who are even remotely interested in applying for the study abroad YES program because, especially when you're younger, you get to go out and experience everything with the local high schoolers," Lastomirsky said. "I think it's just such an incredible experience to be able to do this at such a young age and being able to do it at the funding of the State Department, so you don't have to worry about the cost of travel or the price of schooling because that's all taken care of for you. But it just changes how you think about people and the world and how you view your community and what you value in life."

Lastomirsky mentioned that her friends also highly encouraged her to take this opportunity. She still gets to talk to them during lunchtime at Scripps Ranch High School despite the time difference.

"They encouraged me to go," Lastomirsky said. "They thought this would be a wonderful opportunity, and they knew that this is what I was interested in life. So, they pushed me to go for it, and I'm really glad they did that because I'm happy that I'm here, and it feels like it was the right decision."

Lastomirsky has been attending iHigh Virtual Academy as a senior and expects to graduate in January, with the graduation ceremony being held in June 2023. She is currently applying to colleges for global marketing based on her

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#BlissfulLife

Womens tennis team strives to defend title

By Hector Trujillo

After an up and down start to the season, the Scripps Ranch High School womens varsity tennis team will look to defend its CIF-SDS Girls Tennis Team Division 1 Championship starting on Oct. 24.

Despite the fact that the team no longer has seven seniors from last year, the Falcons have managed to remain competitive throughout and hope to find their stride once playoffs arrive.

“We had a big win against La Jolla High School and that was great. They beat us the first time,” said head coach Karyn McCartney.

The first match between the two schools was in the season opener on Sept. 13. Scripps Ranch got its revenge at home on Sept. 29, winning 80-72 in games.

The 2022 regular season has seen the Falcons take on five schools including Cathedral Catholic, Patrick Henry, Point Loma, Academy of Our Lady of Peace and La Jolla, rotating between home and away matches.

“This is sort of a rebuild year,” McCartney said. “I have a very positive group of girls. They try hard and they fight. We’re right in the middle and that’s what happens when you have a rebuild year.”

This is McCartney’s second season at the helm after leading the team to its first tennis championship in 28 years. The third-seeded Scripps Ranch defeated the top-seeded Vincent Memorial High School from Calexico in the final held at Barnes Tennis Center in Ocean Beach.

“The best part of it is the kids,” McCartney said. “Getting to know them and knowing what they’re about. We work hard together and we figure it out to be the best players that we can be.”

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

Among the standout players so far this season for Scripps Ranch are junior Shreya Bharath and senior Shivanshi Sharma. Both were instrumental in last year’s title run.

The league individual matches kicked off on Oct. 17 and will conclude on Oct. 22. CIF team playoffs will start a couple days later, concluding on Oct. 29. CIF individual competitions go from Nov. 1 to 5, with CIF State Regionals taking place Nov. 18 and 19.



Karina Ford focuses on a forehand shot. (photo by Jim Wick)



The 2022 SRHS womens tennis team. (courtesy photo)



Siya Kochar executes a backhand return. (photo by Jim Wick)

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Quarterback Blake Baker evades tacklers while leading the Scripps Ranch Pop Warner Football and Cheer Association 11u team to a 28-6 victory over the Escondido Savage Wolves on Oct. 1. (photo by Lisa Shadburn)

FALL SPORTS

The weather has been spectacular during the early days and nights of autumn in San Diego as Scripps Ranch athletes give their best for their teams. Here are some of the most colorful shots from the past weeks. See more action photos on the Sports page at ScrippsRanchNews.com.



Embrey Slates delivers a pitch in the 10u division during the Scripps Ranch Softball Association fall ball season in which players advanced their skills while competing against teams from leagues throughout North San Diego County. (photo by Lisa Shadburn)



Carter Broadhead leads the SRHS JV male runners as the Falcons cross country team competed in the Western League Cluster #1 meet on Sept 29. Next, SRHS will compete in the Western League Cluster #4 meet at the Morley Field City Conference Course on Oct. 27. (photo by Jim Wick)



Kaelynn Del Monte fires a shot as Emi Okuna looks on during the SRHS varsity field hockey 9-0 victory against Patrick Henry High on Oct. 3. Scripps Ranch will host Cathedral Catholic on Oct. 19 and Bishop's on Oct. 21, both at 4 p.m. (photo by Jim Wick)



Jake Northcote makes a save as the SRHS mens beach volleyball teams play St. Augustine on Oct. 6. The Falcons Team 1 won 2-1, Team 2 won 2-0, Team 3 won 2-1, Team 4 lost 1-2 and Team 5 won 2-1. (photo by Jim Wick)



Falcons running back Ryan Stadtherr cuts to break through a group of defenders during Sept. 30 action as the SRHS varsity football team fell to St. Augustine 17-28. The Falcons will play at Madison High on Oct. 21 before returning home to play Cathedral Catholic on Oct. 28 at 7 p.m. (photo by Jim Wick)

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Big Brothers guide young Falcons

By Hector Trujillo

The Scripps Ranch High School (SRHS) Big Brothers and Little Brothers program is one that makes a positive difference with a Scripps Ranch Pop Warner Football student athlete being paired with a high school student athlete.

This allows each to foster a personal connection which includes attending each other's games in order to provide not just encouragement but also mentorship in various areas including grades, behavior and fundamental principles of how to be successful later on.

'Football gives you an opportunity to teach very unique lessons.'

—Marlon Gardinera

"They talk about all the principles and things we teach at the high school, trying to give them a heads up of what's important," said SRHS head football coach Marlon Gardinera. "We try to accentuate that link to make it more valuable and more meaningful along with making it more personal, because those guys and gals will eventually be Falcons."

Gardinera, who is a former Pop Warner coach and football director, has been coaching at SRHS for six years, although the program itself started long before his arrival.

As part of the program, the school holds an annual Pop Warner Football Night, with its most recent iteration having occurred on Sept. 2. That was when the Pop Warner players got a chance to run on to the field alongside the varsity players before the game. In this case, it may have provided Scripps Ranch a valuable touch of good luck as the team went on to beat Patrick Henry 21-14 for its first win of the season.

"It was the same for me at Pop Warner as it is in the high school," Gardinera said. "When you're coaching kids, it isn't really just about football. Football gives you an opportunity to teach very unique lessons and, when you have good coaches, that happens when they're as little as five all the way through



SRHS football players encourage Young football players from Scripps Ranch Pop Warner and teach them skills on the field for the Big Brother-Little Brother Player MatchUp Program. (photo by Phuong Vu)

the time they get out of high school."

A star athlete during his time playing football and baseball at Mission Bay High School, Gardinera had the honor of playing baseball for head coach Dennis Pugh. He then went on to play at San Diego Mesa College before moving on to Oklahoma State and was a late-round draft pick of the Houston Astros.

"Football is about hard-work, discipline, accountability, commitment and dealing with adversity," Gardinera said. "It's about learning what the true meaning of 'team' is and learning how to compete. As we tell our kids at the high school level, that recipe works in everything you do. So, football is one of those places where they get to exhibit each and every one of those skills."



SRHS football player Benjamin Stephens (left) was matched with Scripps Ranch Pop Warner Football player Royce Ryan in the Big Brother-Little Brother Player MatchUp Program. Benjamin has attended some of Royce's games to encourage him, and stays in regular contact. (photo courtesy of Laura Stephens)

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