



LIFE

Lemonade stand photo contestants

PAGE 6



FALL FUN

Celebrate autumn with fun activities

PAGES 9-14



SPORTS

Fall action is underway

PAGES 18-19



Award-winning cheer teams from the Scripps Ranch Pop Warner Football and Cheer Association will perform all day during the Blue Angel Bowl Games and fundraiser on Sept. 28. (courtesy of Scripps Ranch Pop Warner)

BLUE ANGEL BOWL GAMES

By John Gregory

It seems activities halt for several minutes each year in September as San Diegans gaze skyward while the U.S. Navy Blue Angels flight demonstration team performs thunderous, breathtaking precision maneuvers over the city, highlighting the annual MCAS Miramar Air Show. The aerial acrobatics and noise can be a significant distraction, but the Scripps Ranch Pop Warner Football and Cheer Association takes advantage of the event to hold a fun-filled fundraiser while the nearby air show is underway.

The organization will hold its second annual Blue Angel Bowl Games and fundraiser on Saturday, Sept. 28. Aircraft from the show often fly over and near the stadium where the event is taking place all day long. The general public is invited to attend the Blue Angel Bowl Games events free of charge.

Scripps Ranch Pop Warner will host a handful of home football games – along with performances by the group’s cheer teams – throughout the day starting at 9 a.m. on the Scripps Ranch High School football field. Special activities will begin during an hour-long break between games at 2 p.m., one hour before the Blue Angels perform.

“At 2 o’clock we’re going to recognize some sponsors and we’re going to also have some local celebrities on the field,” said Sandra

See **BOWL GAMES**, Page 14



Players from Scripps Ranch Pop Warner will compete in home games throughout Sept. 28. (courtesy of Scripps Ranch Pop Warner)



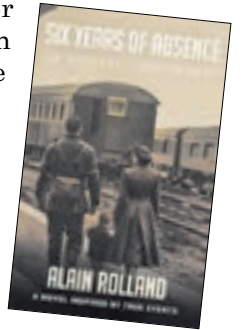
The U.S. Navy Blue Angels flight demonstration team (courtesy of Scripps Ranch Pop Warner)

Author publishes historical fiction

By John Gregory

Alain Rolland, a Scripps Ranch resident of 22-years, published his first novel: “Six Years of Absence.” This historical fiction is based on the extraordinary real-life experiences of his father who was a French soldier captured by the Nazis in World War II. His entire odyssey lasted six years.

The novel came about during the COVID pandemic when Rolland was somewhat confined to his home and had a bit of extra time on his hands.



“I was sorting through some old papers and came across pages from my dad which I didn’t know about. ... My dad passed away more than 30 years ago. He was in World War II and he never spoke about it,” Rolland said. “I found these pages he had written, and he basically described his journey through the war. It wasn’t in much detail. It was only a couple of pages.”

The writings described things that happened to his father along with some locations, dates and a few anecdotes, Rolland said.

Initially, Rolland typed up the text and shared it with his siblings. Then he began to realize the story could be an interesting novel if he filled in the gaps.

“The book is a fiction inspired by my dad’s journey through the war,” Rolland said. “I thought this was a good framework, a good basis for a novel. It starts with my dad being enlisted in 1939 in World War II and then going to war and being captured in Dunkirk and then going to (prisoner of war) camps and going through labor camps and forced labor.”

The story follows Alexandre – his father’s real name – who resides in Brittany, France, in 1939. War flares in Europe and Alexandre enlists in the French army. He is assigned to an engineer regiment. His unit is ordered to Belgium, then to Norway. But the Nazis already advanced too far in Norway and his unit returns to France and the beaches of Dunkirk to await evacuation to England. Unfortunately, Alexandre is among those who were left behind and was eventually captured by the enemy.

He is forced to walk to Belgium, then to the

See **HISTORICAL FICTION**, Page 15

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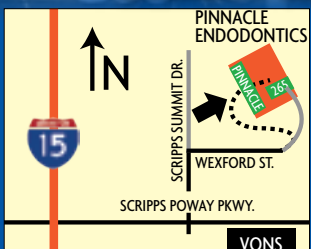
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SR FIRE SAFE COUNCIL

Time for a wildfire reality check

The 2024 wildfire season has already been severe, with significant fires in California, the Pacific Northwest and Canada, and now in Campo.

These extensive fires have led to widespread evacuations and poor air quality, with smoke reaching as far as New England.

Are you financially prepared for a wildfire?

Get finances and property ready for wildfires:

- Conduct an annual review of your insurance policy.
- Know what your insurance policy covers.
- Update policy after home improvements.
- Maintain insurance. The maximum federal grant for disaster recovery is \$33,000 – that is not enough to rebuild a home.

Make a home inventory – document your possessions before a fire occurs:

- Video or photograph your electronics, appliances and workout equipment. Note the

number of TV's, computers/tablets.

- Video or photograph contents of drawers and closets.
- Save receipts for major purchases. Store key documents in fireproof case. Keep home inventory video offsite or in the cloud.
- Describe your home's contents in video. Include price paid, purchase year and location.

- Remember to also video/ photograph what is in your garage.



Open house

Note on your calendar that Fire Station 37 is holding an open house on Saturday, Oct. 5, 10 a.m.-2 p.m., 11640 Spring Canyon

Road.

Golf tournament

Sign up and mark your calendar for the Scripps Ranch Fire Safe Council's annual golf tournament fundraiser set for Oct. 19 at Oaks North Golf Course.

Scripps Ranch Fire Safe Council, srfiresafecouncil@gmail.com, srfiresafe.org, (858) 201-3711.



Leslie Presutti

Presutti joins Arc of SD board

Scripps Ranch resident Leslie Presutti has joined The Arc of San Diego's new board of directors for 2024-2025.

The Arc of San Diego is one of the largest, most comprehensive service providers for people with disabilities in San Diego County, serving more than 2,000 children and adults with disabilities such as autism, cerebral palsy, and Down Syndrome each year.

The board of directors plays an integral role in governing and guiding The Arc of San Diego's mission of supporting and empowering people with disabilities to achieve their life goals.

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

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

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Construction and emergency personnel work around the site of a deadly trench accident on Aug. 28. (photo by John Gregory)

Tragic construction accident

A deadly construction accident in Scripps Ranch claimed the life of San Marcos resident Joel Olea Gomez, age 27, early in the morning of Aug. 28 on Hoyt Park Drive near Scripps Ranch Boulevard.

A trench reportedly 20-feet deep collapsed around 4 a.m., Aug. 28, as workers were involved with construction of the Pure Water San Diego project.

Library parking update

The parking situation at the Scripps Miramar Ranch Library continues unchanged. The first phase of the library parking lot expansion project is now complete, and the upper lot has reopened. As of this writing, no work has been done on the lower lot for more than three months due to some unexpected complicating factors, and the lower lot remains completely closed. To compound the situation, there is no access to the library from the overflow parking area on Meanley Drive.

Scripps Ranch Friends of the Library is attempting to advocate for an interim solution to these challenges. As parking at the library continues to be extremely limited, library visitors may wish to plan to visit the library when it is less busy. These times may include Mondays and Tuesdays, 11:30 a.m. to 2:30 or 3 p.m. and 6 to 8 p.m.; Wednesdays-Fridays, 9:30 a.m. to 2:30 or 3 p.m. and 5 to 6 p.m.; and Saturdays, 3 or 4 p.m. to 6 p.m.

Completion of the expansion will add 47 more parking spaces to the original 70 as well as a second exit to the parking lot with a traffic light.

Check www.srfol.org for updates and more information.

Two men were trapped in an open trench as dirt collapsed and a large steel and concrete pipe fell. One worker was able to escape from the trench, but the other was killed.

The entrance to Hoyt Park Drive was closed for most of the day as workers and emergency personnel lifted the pipe, recovered the body, stabilized the trench and investigated the scene. Pure Water San Diego project work was halted as the division of Occupational Safety and Health of California reportedly investigated the tragedy.

Poll workers needed for election

By Tracy DeFore
County of San Diego
Communications Office

The Registrar of Voters is seeking additional poll workers for the November Presidential General Election. Poll workers play an essential role in elections and can serve their community while earning a stipend.



There is a particular need for poll workers who are bilingual in English and Chinese, Vietnamese or Filipino to work at vote centers located throughout the county.

In addition, the Registrar's office needs poll workers who are bilingual in English and Laotian at select vote centers in the region.

Federal law requires the Registrar's office to provide bilingual speakers and voting materials to voters who speak Spanish, Filipino, Vietnamese and Chinese.

State and County requirements mean there is a need for Arabic, Japanese, Korean, Laotian, Somali and Persian (Farsi and Dari) speakers at select vote centers across the county. With those requirements in mind, the Registrar's office is also recruiting poll workers who are bilin-

gual in English and at least one of these languages.

Under the Voter's Choice Act, vote centers have replaced traditional polling places. Vote centers open for an extended period before Election Day. Rather than a single day of service, poll workers are now needed to staff vote centers for up to 11 days in the two weeks before Election Day.

Poll workers who work at a vote center between Oct. 26 and Nov. 4 will receive a stipend of \$145 for each day of service. On Election Day, Nov. 5, poll workers will receive a stipend of \$240 due to the extended hours. Those who are designated as bilingual poll workers will receive an additional \$5 for each day of service at the vote center with an increase to \$10 on Election Day.

Applicants must be 18 years old, a U.S citizen and registered to vote in California, or lawfully admitted for permanent residence in the United States.

Applications are available at sdvote.com. For more information, call (858) 565-5800 or email pollworker@sdcountry.ca.gov.

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SCRIPPS RANCH

SCRIPPS RANCH WELCOME CLUB

Club's autumn schedule is full of entertainment

By Denise Stewart

Summer is fading, but autumn is making an amazing debut on the Scripps Ranch Welcome Club's calendar.

Morning coffees, regular exercise sessions, lunch outings, afternoon games, book club and craft group gatherings, an evening meeting, potlucks and TGI gatherings, are all entertaining the membership this month and will again during the coming months.

September's regular monthly meeting at the Scripps Ranch Community Center featured a presentation by a local resident and bird expert Dan Payne. He shared with the club his knowledge of the local feathered friends and also acquainted the group with many of the species that stop by our community during their annual seasonal migrations. Dan is the proprietor of our local Wild Birds Unlimited store. Learning how to attract birds to our yards and how to provide a healthy environment for our feathered friends made for an interesting evening.

The Gadabouts group led

New members of the club can make choices of which events suit their interests and fit their schedules.



At the September Welcome Club meeting, Dan Payne of Wild Birds Unlimited shared his knowledge of birds that live in and migrate through Scripps Ranch. (courtesy of SR Welcome Club)

by Pam Savelsberg returned for a second visit to the Lazy Dog restaurant in Mission Valley this month. Many of the ladies who lunched together also took advantage of the location and shopped to update their fall wardrobes.

The usual trail walks, Bunco games and book talks attracted the regular participants who take part in these activities monthly. New members of the club can make choices of which events suit their interests and fit their schedules.

A morning coffee gathering at Lynnell Hallock's home late in the month treated the ladies to a delicious brunch and friendly company all while enjoying her still beau-

tifully blooming backyard.

A TGI potluck in the Binks' backyard made for an enjoyable Saturday evening sharing dinner and pleasant conversations in the comfortable and unique gathering areas Alan has created on his large corner property.

The last planned evening event of September is the theatergoers' potluck at Sharon and Garry Hays's home. That festivity will precede the group's attending the first play of the Scripps Ranch Theatre's current season. The Welcome Club has been a regular supporter of our local theatre for many years. The raving reviews the play has had will, no doubt, draw an enthusiastic bunch to the TGI and the theatre afterwards.

The Welcome Club has two requirements for membership. The first is that you live locally. The second is that you show up and share the good times.

October will have an equally entertaining schedule of club activities. If being part of the Welcome Club appeals to you, visit scrippsranchnewelcomeclub.com

GARDEN CLUB

Flowers, feathers make good friends

By Denise Stewart

San Diego is known for its abundance of birds that live here permanently and for those breeds that travel through our region on their migratory routes each year.

The speaker on the topic for the Sept. 24 Scripps-Mesa Garden Club meeting was Dan Payne, owner of the Wild Birds Unlimited store in Scripps Ranch. He shared how and why birds are beneficial to our gardens, how to identify different birds and how to attract them to our backyards.

He also told us about how native and drought tolerant plants are beneficial to birds – and how birds are beneficial to plants.

There were questions from the audience about the topic and Dan was happy to answer them as part of his presentation.

The autumn Garden Club meetings begin at 6 in the evening on the fourth Tuesday of each month at the Scripps Miramar Ranch Library Community Room. Members and visitors are encouraged to share rides as parking at the library is currently challenging.

To celebrate and share their gardening successes this growing season, the club recently enjoyed a potluck supper at the home of Lynnell Hallock. Her garden wowed the crowd with its abundance and variety of beautiful blooms from her front curb to the top of the hill that encloses her backyard.

The environment was perfect for a lavish display of delicious dishes made of garden produce contributed by the members. The gathering of gardeners without their shovels and clippers made for a delightful summer evening.

The local Garden Club members are eager to share their knowledge and enjoyment of the hobby, so they have a website: scrippsmesagardenclub.com. They invite you to try it out.



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SCRIPPS RANCH WOMEN'S CLUB

Women's Club swings into the fall season

By Mary Rea
Publicity chair

The Scripps Ranch Women's Club celebrated the end of summer in a perfect way – a sunset picnic overlooking the Pacific Ocean at beautiful Cuvier Park in La Jolla. Thank you to Connie Gallagher from our Social Committee for planning a delightful summertime picnic accompanied by a gorgeous sunset!

Fall is in the air! The Women's Club is swinging into the fall season with a number of fantastic social programs and events. A high note for September was a behind-the-scenes tour of the Old Globe Theatre followed by a delightful luncheon in Balboa Park.

September was a great month for the theater. Not only did we tour the Old Globe, but our members and their guests attended opening night for the play "Fully Committed" at the Scripps Ranch Theatre. Opening night was highly entertaining as we enjoyed both a great comedy production and



Members of the Scripps Ranch Women's Club enjoy a sunset picnic at Cuvier Park in La Jolla. (courtesy of SR Women's Club)

the celebration after the play where we mingled with the talented cast and crew.

The Women's Club is growing by leaps and bounds and we are continually adding new programs to meet the interests of all of our members.

Recently, we added pickleball, a Coffee Klatch, Scrabble, and a new Book Group.

Needless to say, Women's Club members are looking forward to a great club year with our usual focus on enriching friendships and providing fun and stimulating activities.

Our dedicated Social Committee, led by Patti Beaver, curated an exceptional slate of programs for the coming year to appeal to our mem-

bers. For example, there will be a wine tasting at the Cordiano Winery in October and a tour of the Hotel del Coronado in November. Another favorite group is our Arts and Culture Group which is planning outings in the next few months ranging from opera to viewing public art in Chicano Park and enjoying museum trips.

Our foodies are never forgotten because all of these social activities are replete with wonderful luncheons and special treats.

The Club's many interest groups gather on a regular basis and provide both new and long-standing members with fun and engaging social activities. There are Bridge, Bunco and Book groups, as well as a very entertaining Fun and Games Group that plays different games each month and brings lots of smiles and laughter. Mahjong has emerged as one of our most popular activities. And, we have monthly walks and nature hikes that allow us to enjoy the great outdoors. Of course, the very best part of our club is spending time together!

If you are looking to expand your social circle, enhance your friendships, and enjoy the stimulation of a variety of social activities, the place for you is the Women's Club. For further information, please contact our Membership Chairperson Lynn Parke at lparke@san.rr.com or visit our website at srwomensclub.org.

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Maya Parrison, Tyler Parrison and Claire Oestreich sold lemonade, cake pops and Croc charms at their lemonade stand. (courtesy photo)



Eliana and Joshua Collins, and Allison Green offered free brownies with every cup of lemonade purchased. (photo taken by Jessica Collins)



Haylee (7), JP (6) and Isaiah (2) offered free lemonade and chocolate chip cookies to the many friendly neighbors and friends who stopped by. (photo by grandmother Beth Charbonnet)



Ainsley and Everly sold lemonade and cookies at their mobile lemonade stand at a playground. (photo by Joy Dominick)



Cian Hennigan, Ivy Jacobs, Dena Mansoor and Kasra Mansoor hosted a lemonade stand and were thrilled to have the fire department stop by to taste Alien lemonade – it's out of this world delicious! (photo by Christina Hennigan)



2024 LEMONADE STAND CONTEST

These photos of adorable Scripps Ranch children were submitted for the 2024 Scripps Ranch News Lemonade Stand Contest. This year's winners are Eliana and Joshua Collins, and Allison Green, earning a delivery of delicious cookies from Sweet Treats by Jess Bakery. A big thanks goes out to everyone who participated!

PAID POLITICAL ADVERTORIAL

Scripps Ranch: It's Your Turn to Decide

Many Scripps Ranch residents have been anxiously waiting to finally have a voice. The Scripps Ranch community was scheduled to vote for their San Diego Unified School Board (SDUSD) Trustee in 2022, but they were redistricted off the ballot. Finally, after six years, they get to choose more of the same, or something better.

SDUSD Scandals in Recent Headlines

Recent SDUSD headlines are disturbing. Federal investigators found 253 cases of student and staff sexual harassment claims went improperly investigated and the Superintendent's recent firing due to sustained sexual misconduct claims. An anticipated \$100 million budget deficit causing more than 400 teacher and staff layoff notices (many later rescinded after six weeks of uncertainty) last spring. State testing showed that district-wide, 57% of students failed to meet math and 46% failed to meet English grade-level



Dr. Crystal Trull

standards. Finally, we learned that \$11.5 billion in school bond money was spent on faulty air conditioning in many schools with the recent heat wave.

SDUSD Needs a New Voice

The Scripps Ranch community can vote for more of the same or something better. As Trustee, Dr. Crystal Trull will apply more than 20 years

of management and leadership experience working with nonprofit boards and organizations by offering solutions. She aims to hold the district accountable, focusing on academics, wise spending, and student wellness.

As a mom of three children who attend SDUSD schools, and as an educator herself teaching graduate students at University of San Diego and University of California, San Diego, she supports open book curriculum and transparent communication between school and home, not book bans or secrets. She wants accountability and open discussions, not decisions made behind closed doors. She will prioritize funding on proven literacy and math programs, AP and GATE, Special Education, and the Arts – student needs, not adult-driven projects like real estate developments.

It's time for change. Every Scripps Ranch resident, with or without kids, is impacted by schools, because it's your taxpayer dollars and your neighborhood. Your vote

matters. Vote for students and your community on Nov. 5. Vote for Crystal Trull, SDUSD Board of Trustees – District A.

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SCRIPPS MIRAMAR RANCH LIBRARY

Authors will visit Scripps Miramar Ranch Library

The month of October will include two special author events for adults and two special author story time events for children at the Scripps Miramar Ranch Library.

• Visit the library on Tuesday, Oct. 1, from 4 to 5 p.m. as author Thomas Wing discusses the origins of his novel “Against All Enemies,” the publishing process and his journey as a writer, followed by a Q&A. “Against All Enemies” is a Silver Finalist for the Amer-



ican Writing Awards, a Firebird Award Winner for Best Military Fiction and a North American Book Awards Bronze Medal Winner for Military Fiction.

• On Tuesday, Oct. 8, from 4 to 5 p.m., *The San Diego Union-Tribune* language columnist and humor author Richard Lederer and comic-book publisher/writer/historian Chris Ryall present a colorful discussion of world history, both real and fictional, as seen on the pages of their latest books. They will discuss Lederer’s “American History for Everyone” and Ryall’s “The Mighty Marvel Calendar Book: A

Visual History” and his “Origins of Marvel Comics Deluxe Edition.”

• On Saturday, Oct. 5, at 10 a.m., visit the library for a special story time and craft with author Rachell Abalos where she’ll read her book in the Philippines” and share a nipa hut craft. This book is recommended for ages 4-8. Bookmarks and bookplates will be given to attendees, and craft supplies will be distributed on a first-come-first-served basis. Books will be available for purchase on-site for the author to sign/personalize.



• On Friday, Oct. 18, at 10 a.m., the library will host an exclusive story time event with Pulitzer Prize-winning novelist Viet Thanh Nguyen. Viet is a Vietnamese-American author and USC professor and English department chair whose debut novel, “The Sympathizer,” won the Pulitzer Prize for fiction. Viet’s children’s book “Simone” is a beautiful picture book, illustrated by Minnie Chan, with an unforgettable story of a

Vietnamese-American girl whose life is transformed by a wildfire. When Simone is awakened by her mom as a wildfire threatens their home, it is the beginning of a life-changing journey. This picture book has been described as “stunning.” Books will be available for purchase on-site for the author to sign/personalize.



Resounding Joy hosts Oct. 5 concert

Music therapy nonprofit Resounding Joy will present its sixth annual Living Your Dreams fundraising concert Saturday, Oct. 5. This annual event will highlight the talents of the Sounds of Service band, comprised of military veterans who have transformed their lives through Resounding Joy’s military music therapy program.

This year’s concert will take place on Oct. 5, from 5 to 8:30 p.m. at a private residence in Scripps Ranch. All proceeds will benefit Resounding Joy’s military music program. This will directly support individual and group music therapy sessions for veterans, active-duty service members, first responders and military-connected families.

“Our veterans have not only found healing through music therapy but have also rediscovered a sense of purpose,” said Kerri Fox, executive director and CEO of Resounding Joy. “This concert is a celebration of their resilience and an opportunity to extend the transformative power of music therapy to more of our nation’s heroes. We are immensely proud to showcase their talents and invite the community to join us in supporting this vital cause.”

The Sounds of Service program, Resounding Joy’s largest initiative, is dedicated to serving military personnel, veterans and first responders. The annual Living Your Dreams concert serves as the program’s premier event, featur-



Resounding Joy will hold its sixth annual Living Your Dreams fundraising concert Saturday, Oct. 5, at a private residence in Scripps Ranch. (courtesy photo)

ing the band’s performances of both popular covers and original compositions. This event not only demonstrates the impact of music therapy on the lives of those who serve, but will also helps fund additional music therapists for the program that currently has 50 people on the waiting list.

“As board chair, I’ve had the privilege of witnessing the remarkable growth and transformation our band members have undergone through music therapy,” added Resounding Joy board chair Sylvia Imm. “Watching them perform is truly inspiring and serves as a powerful reminder of music’s ability to change lives.”

Information and tickets are available at resoundingjoyinc.org/living-your-dreams-2024.

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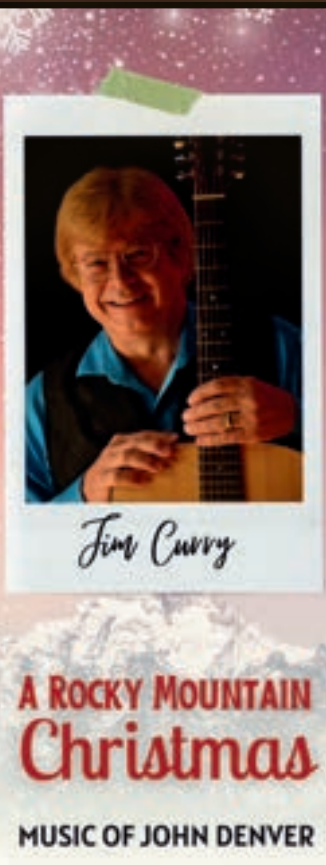
**ETERNAMENTE:
Dia de los Muertos**

October 6
2:00pm



FRANKIE AVALON

November 2
7:30pm



Jim Curry

**A ROCKY MOUNTAIN
Christmas**

MUSIC OF JOHN DENVER

December 7
7:30pm

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**Peking
ACROBATS**

January 17
7:30pm

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**Rancho Bernardo
Sunrise Rotary**



BLIND BOYS OF ALABAMA
featuring
Shemekia Copeland

February 23
4pm



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Pete The Cat
March 15, 2:00pm

Phat Cat Swinger
April 11, 7:30pm

**Back To The Garden
Beatles Alone Together**
March 29, 7:30pm
& March 30, 4:00pm

**Broadway's Next Hit Musical
The Phony Awards**
May 17, 7:30pm

Billy Nation
May 31, 7:30pm

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

Fall FUN



A walnut apple pear crisp combines fall favorite fruits in a sweet and simple dessert. (Culinary.net)

Fruit fall flavor for dessert

(Culinary.net) Comfort food typically calls to mind soups, stews and hearty meals meant to warm you up on a chilly day. However, you can also turn to tasty treats as a way to end a cold day on a hot note.

For example, warm fruits baked into a crisp dessert provide an easy, heartwarming option for putting a smile on loved ones faces when the

weather turns south. This walnut apple pear crisp combines two fall favorite fruits in a sweet and simple yet flavorful nibble.

Start by mixing the walnut crisp topping separate from the soul of the recipe: the apple pear filling. Then layer in a cast-iron pan and bake for an easy treat that cooks while you enjoy dinner with

See **FALL FLAVOR**, Page 11

Club hosts 24th Oktoberfest

The Scripps Ranch Swim & Racquet Club will hold its 24th annual Family Oktoberfest on Saturday, Oct 5, 4-9 p.m. at the 9875 Aviary Drive location.

The Zeitgeist Oktoberfest Band will once again perform live from 4 to 8 p.m. on the basketball court stage. The group plays fun German, polka, Oktoberfest and all kinds of party music, and leads the Chicken Dance and stein-holding contests.

A costume contest with a \$200 Club Credit Grand Prize will be held about 7:15 p.m. in front of the stage. Young and old are encouraged to dress up.

A craft beer and wine garden will also be open for attendees 21 years of age and older. At least five different food trucks will be available onsite.

Games and entertainment will include a four-person rock wall and two person extreme jump; inflatable 18-



The Zeitgeist Oktoberfest Band will add to the festive atmosphere during the annual Scripps Ranch Swim & Racquet Club Family Oktoberfest celebration on Oct. 5 at the Aviary Drive club location. (photo by Lisa Shadburn)

foot slide; four-person wrecking ball game; hand-led pony rides; jumpee; 12 player foosball table; five different carnival games; Hoop San Diego basketball arcade and entire area of larger than life board games; guess the pumpkin's weight; and shuffleboard in beer garden.

Oktoberfest is a membership benefit. Guests are welcome when accompanied by a club member. Guests are \$13 per person, or they may use a guest pass from a club member. Guest passes are available at the Aviary Drive location front desk.

Visit srsr.com.

Trick or Treat

at the
SCRIPPS RANCH FARMERS MARKET

MARK YOUR CALENDARS Thursday, Oct. 24th
3:30 to 7:30 p.m.

DON'T MISS OUT on this fun family event!

1. Have the kids bring their Trick or Treat Bags. Every vendor will have treats for the kids.
2. A Balloon Artist & Face Painter will be on site.
3. Have your picture taken with the Giant Flying Dragon & the ginormous witch.
4. Pumpkin pies, cookies & more Fall treats.
5. Lots of New Vendors.

****The Market will be closed on Oct. 31st.****

Contact Bev at (858) 603-3178.

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

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FALL FUN EVENTS

SEPTEMBER 25



The cast of "Agatha Christie's Murder on the Orient Express." (photo by Jim Cox)

'Murder on the Orient Express'

Get ready for a glamorous and enthralling journey in this adaptation of "Agatha Christie's Murder on the Orient Express." On a train traveling through Europe, a wealthy American tycoon is found dead in his compartment; the door locked from the inside. Enter world-famous detective Hercule Poirot, who must navigate a train full of suspects and solve the murder before the killer strikes again. With humor and romance, audiences will experience a thrill ride in a spectacular production whose gorgeous designs and innovative staging are a true knock-



DOLPHIN ENCOUNTER

A playful dolphin interacts with guests during a recent visit to Dolphin Encounter at SeaWorld San Diego. Dolphin Encounter gives guests an opportunity to interact up-close with the aquatic mammals. Guests also learn about dolphin care and the enrichment activities that these beautiful animals enjoy, including playtime with toys. (photo by Lisa Shadburn)

out. Plays through Oct. 13 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe's Conrad Prebys Theatre Center in San Diego's Balboa Park, 1363 Old Globe Way.

TheOldGlobe.org

SeaWorld Spooktacular

SeaWorld San Diego is celebrating Halloween with the return of Spooktacular, featuring all-new family-

friendly trick-or-treating fun which is included in park admission. Guests will set sail on a pirate-themed adventure filled with interactive activities, a thrilling candy quest and the lively tunes of a Pirate Sea Shanty Band. Enjoy enchanting moments during story time with talking skulls and capture magical memories with friendly Halloween mermaids. With more

See **FALL FUN EVENTS**, Page 12

FALL FLAVORS

Continued from Page 9

the family. In the end, the crunch of the crispy walnut crust provides a savory contrast to the sweetness of the fruity filling.

Find more comforting dessert recipes at Culinary.net.

Walnut Apple Pear Crisp

Total time: 1 hour, 5 minutes
Servings: 4

Walnut Crisp Topping:

1 1/2 cups California walnuts, divided
1/4 cup all-purpose flour
1/4 cup brown sugar
1/2 cup quick-cooking oats
1/2 teaspoon ground cinnamon

1/2 cup butter, chilled and sliced into pieces

Apple Pear Filling:

4 apples, peeled and sliced into 1/4-inch slices
3 pears, peeled and sliced into 1/4-inch slices
1/2 cup granulated sugar
2 tablespoons cornstarch
1 teaspoon cinnamon
1/8 teaspoon salt
1 tablespoon lemon juice
ice cream (optional)
caramel sauce (optional)
Heat oven to 350 F.

To make walnut crisp topping: In food processor, pulse 1 cup walnuts until finely ground. Set aside in separate bowl. In food processor, pulse remaining 1/2 cup walnuts until chopped. Set

aside.

In medium bowl, combine ground walnuts, flour, brown sugar, oats and cinnamon. Cut butter into mixture until coarse crumb forms.

To make apple pear filling: In large bowl, toss apples, pears, sugar, cornstarch, cinnamon, salt and lemon juice.

Pour fruit mixture in bottom of 12-inch cast-iron pan.

Layer walnut crisp topping mixture over fruit.

Bake 45 minutes, or until fruit mixture is hot and bubbly and topping is golden brown.

Top with ice cream and caramel sauce, if desired.



Student athletes on the Scripps Ranch High School cross country team will serve a full breakfast as a fundraiser at Applebee's Restaurant in Mira Mesa on Sunday, Oct. 2 from 8 to 10 a.m.

SRHS cross country pancake breakfast set

The Scripps Ranch High School Cross Country Boosters are sponsoring a Pancake Breakfast fundraiser at Applebee's Bar & Grill in Mira Mesa, 9480 Mira Mesa Blvd., on Oct. 13 from 8 to 10 a.m. The public is invited to have a delicious breakfast including pancakes, eggs, sausage, orange juice and coffee. The student athletes will serve the breakfast.



The tickets are \$15 per person. Sixty percent of the money raised during this event will go toward the Falcons cross country team.

Those wishing to attend may purchase tickets through the QR code displayed here or at <http://bit.ly/3XuR60k>.

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FALL FUN EVENTS

Continued from Page 11

trick-or-treat stations than ever before, and a charming pumpkin patch, there's no shortage of festivities for everyone during this daytime event. SeaWorld Spooktacular runs every Friday, Saturday and Sunday through Nov. 3.

seaworldsandiego.com

SEPTEMBER 27

A Night at the Opera

For those who love opera music, St. Bartholomew's Episcopal Church in Poway is presenting its annual Cabaret Night on Friday, Sept. 27, 7 p.m., this time with an opera theme which will bring together talented vocalists from the San Diego area for an evening of Mozart, Puccini, Verdi, Wagner, Massenet, and much more. 16275 Pomerado Road in Poway. Suggested donation of \$20, or \$10 for students.

sfbartsmusic.org

Howl-O-Scream

Howl-O-Scream at SeaWorld San Diego is returning Sept. 27 and running on select nights through Nov. 2. Howl-O-Scream offers a full night of fear with haunts,



Trick or Treat at Farmer's Market

The Scripps Ranch Farmer's Market & Family Festival will hold a Trick or Treat Day for shoppers and children on Thursday, Oct. 24, from 3:30 to 7:30 p.m. Costumes are encouraged. Shoppers will see a number of Halloween-themed inflatable figures throughout the market. Parents can take photos of their kids in front of the giant flying dragon or the enormous witch. Vendors, most adorned in costumes, will give out free treats for the children. All the children should bring their Halloween trick or treat bags. Other activities will be available for children as well. The Scripps Ranch Farmer's Market & Family Festival is located at 10045 Carroll Canyon Road.



spine-tingling thrills, shows, coasters, speakeas-

ies, food and more. Around every corner, in every nook and cranny, are all-new and enhanced scares and scenes that even the bravest souls will be unsettled by the night's horrors.

seaworld.com/san-diego/events/howl-o-scream



Pianist Dmitry Kirichenko will perform live in concert on Oct. 20, in the Scripps Miramar Ranch Library Center. (photo courtesy of SRFOL)

FREE SUNDAY LIBRARY CONCERT

"The Pleasure of Your Company" concert series, sponsored by Scripps Ranch Friends of the Library (SRFOL), welcomes back celebrated pianist Dmitry Kirichenko on Sunday, Oct. 20, at 2:30 p.m. in the Scripps Miramar Ranch Library Center.

His playing, described by Paris music critic Claude Taelman as "warm sensitivity heightened by his delicate touch and great technical mastery," is a perfect match for the library's fine Schimmel piano.

His program, which will include works by Mozart, Schubert and Chopin, is offered in memory of basketball great Bill Walton, one of Dr. Kirichenko's piano students (who incidentally would come to hear his teacher perform at this library).

A graduate of the Moscow and Odessa conservatories, Dr. Kirichenko has performed throughout Europe and the United States. This concert was rescheduled from his previously planned performance last winter which was canceled due to illness.

There is no charge for the concert, although donations are appreciated.

Due to the current surge in COVID cases, masks are recommended, although not required.

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

Visit srfol.org/music for the schedule of monthly concerts and information about sponsorship opportunities.

OCTOBER 4



Embodied Pacific

On Oct. 4, Birch Aquarium at Scripps Institution of Oceanography at UC San Diego will unveil its latest exhibition blending art and science into one unique experience with Embodied Pacific: Ocean Unseen. The exhibit invites you to explore Scripps Institution of Oceanography and Indigenous science through the eyes of contemporary artists. These installations offer guests the chance to engage in scientific exploration through immersive, interactive experiences. Collectively, the exhibition asks us to consider how ocean science technology is not just about "high-tech" but also very much about the tools we use to shape our understanding of the ocean's unseen mysteries. Eighteen artists across 10 projects come together in one immersive exhibition.

aquarium.ucsd.edu

See **FALL FUN EVENTS**, Page 14



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FALL FUN EVENTS

Continued from Page 12

Kristin Chenoweth

The Poway OnStage 35th anniversary gala event features show-stopping selections from "Wicked," "Glee," "You're a Good Man, Charlie Brown" and more. The Emmy and Tony Award-winning actress and singer Kristen Chenoweth dazzles audiences with her powerhouse vocals and delightful stage presence in a magical evening. Poway OnStage is in the Poway Center for the Performing Arts, 15498 Espola Road, Poway.

powayonstage.org

OCTOBER 25



Halloween Aglow

Halloween Aglow returns to Birch Aquarium at Scripps Institution of Oceanography at UC San Diego for two nights of Halloween fun with an educational twist. The event takes place Oct. 25 and 26 from 6 to 8:30 p.m. Modeled after Oceans at Night, the aquarium's popular adults-only event, Halloween Aglow celebrates the wonders and mysteries of the ocean after dark in a fun family-friendly atmosphere. After the sun goes down, the aquarium will transform into a glowing nightscape featuring live music, a costume contest and trick-or-treat stations. Advanced reservations required.

aquarium.ucsd.edu/events/halloween-aglow



KIWANIS CLUB PREPS FOR HOLIDAY MARKET

The Kiwanis Club of Scripps Ranch is getting ready to hold its second annual Holiday Market & Bake Sale. The event will be held from 9:30 a.m. to 2 p.m. on Saturday, Nov. 2 at Ellen Browning Scripps Elementary School, 11778 Cypress Canyon Road. There is no admission fee for shoppers, but donations to the club will be accepted.

The proceeds will go toward club funds that benefit children in the San Diego community.

There is already a wide assortment of handmade items from scheduled vendors this year, including jewelry, baskets, pet items, woodworking, candles, quilts, children's clothes and soaps.

Holiday craft vendors are still being accepted. Vendors must make their own items. Interested vendors may contact Sue Lloyd, suelloyd7@gmail.com.

The bake sale goods are all made by local Kiwanis Club members. There will also be a raffle for a basket containing various items made by the participating vendors.



Paul Maley (photo by Ron Logan)

'Poe & His Progeny'

Write Out Loud, an organization founded to inspire,

challenge and entertain by reading literature aloud for audiences of all ages, announces "Poe and His Progeny," at the Villa Montezuma Museum in Sherman Heights, 1925 K St., on Oct. 25, 26, 31 and Nov. 1. Join Edgar Allan Poe and his guests, Mary Shelly, Paul Laurence Dunbar, Guy de Maupassant, and others, for the retelling of "The Fall of the House of Usher,"



It's not too early to consider entering this year's Scripps Ranch News Home Lighting Contest.

Enter the Home Lighting Contest

Some might say it's much too early to think about this year's winter holidays. But we know for a fact that, for some Scripps Ranch families, it's never too early. That's why we are providing this early announcement about the extremely popular Scripps Ranch News Home Lighting Contest for the 2024 holiday season.

This annual lighting contest has provided a joyous experience for local residents in the past years, sparking a warm holiday tradition for all of Scripps Ranch to enjoy.

The Scripps Ranch News Home Lighting Contest not only allows entrants a way to showcase their outdoor light decorating skills, it provides a convenient opportunity for those who appreciate holiday light decorations to tour the outdoor home displays.

Scripps Ranch News will publish a map of entry locations in the December edition

of the newspaper – and will provide updates online.

Anyone whose home is within Scripps Ranch and decorates the outside of their home with holiday lights this season is eligible to enter the contest. Prizes will be awarded to the top entrants.

Judges will drive to the properties in the contest to view the lighted displays. All entry displays must be accessible to the public for street viewing. When judging is complete, the top displays will be photographed.

The winners of the contest will be announced on ScrippsRanchNews.com and photos of the winning displays will be published in *Scripps Ranch News*.

Deadline to enter is Dec. 4, 2024. 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.

"Frankenstein," "A Tress of Hair" and more, while immersed in the stunning Victorian backdrop of the Villa Montezuma. Experience the gripping imagery

of Gothic masters of the mysterious, shared by some of San Diego's most talented performers. writeoutloudsd.com/poe-and-his-progeny

BOWL GAMES

Continued from Page 1

Atkinson, Scripps Ranch Pop Warner public affairs director.

San Diego Mayor Todd Gloria is expected to be among the dignitaries along with some former NFL players, NFL trainers and more government officials.

A dunk tank will be a big part of the festivities. The crowd will watch as Pop Warner players try to dunk their coaches.

A face painter will be on hand for the kids all day and the Kona Ice truck will be there serving cold treats.

The concession stand will be open with Chick-Fil-A sandwiches being the featured menu item. A live grill run by a grill master will also be cooking all day long. Beverages will include sports drinks, sodas, water, tea, coffee and hot chocolate. All proceeds go to help fund Scripps

Ranch Pop Warner.

Perhaps the highlight of the event will be the conclusion of the Dice Roll Fundraiser, which is underway.

"We're doing the Dice Roll on the field ... and the winner will win \$500," Atkinson said. "They (entrants) do not need to be present to win the \$500. All they have to do is click on the link in our social media profile – either on Facebook or Instagram – and submit a sponsorship ticket. All you have to do is submit a ticket for \$20 to enter for the \$500 drawing."

The Dice Roll is being run by a charity organization called Charity Valet. Every ticket entrant will be sent a unique dice combination and entered to win the grand prize in advance. The dice will be rolled four times. Whoever has the four numbers from the rolls will win.

"The (Pop Warner) board of

directors officials will be on the field ... to roll the dice. We will Facebook live (stream) the dice roll in front of the audience and the numbers will be reported online, and the person who wins will get an email that they won," Atkinson said.

"In order to buy a ticket, you have to select a team member's name so that (credit) goes toward someone in the organization," she added.

The Pop Warner team member who has the most tickets in the system at the end of the fundraiser will win \$100 and will also receive a \$25 gift card to Public House 131 restaurant.

Learn more and enter the Dice Roll at charityvalet.com/srpwdiceroll24.

Scripps Ranch Pop Warner is seeking more vendors to participate in the Blue Angel Bowl Games event. Visit scrippsranchnews.com.



SCRIPPS RANCH FARMER'S MARKET

Authentic Italian fare to feed the soul

By Jill Alexander

If you've been craving truly authentic Italian food, you should head over to the Scripps Ranch Farmer's Market on Thursdays to find Giammarino Italian Specialties.

The food is so tasty that one little boy, around 6 years old, (under the supervision of his parents) rides his bike with training wheels to the stall and orders the ravioli himself.

"It's so cute. He comes every week and loves the ravioli," said owner Nancy Wasko, 60.

Wasko and her daughter, Amanda Crabtree, 27; and son-in-law, Brandon Crabtree, 29; started Giammarino Italian Specialties about three years ago and have been at the Scripps Ranch Farmer's Market for about six months.

"I have a background in the restaurant industry," Wasko said. "My parents had three Carl's Jr. fast food franchises. I worked at the Solana Beach location. After my daughter was born, the locations were sold since it was a lot of work 24-7."

Besides the Scripps Ranch Farmer's Market, customers can find Giammarino Italian Specialties at two breweries and at other special events throughout the year.

"We use all family recipes and make everything," Wasko said. "They are recipes that my dad's side of the family handed down as well as those of my grandparents and great grandparents ... they were all from Sicily."

Wasko's family name is Giammarino, and even though her father died a few months after starting the business, "He



Meatballs with pasta from Giammarino Italian Specialties (courtesy photo)



Italian rice balls – also known as arancini – are a favorite dish from Giammarino Italian Specialties. (courtesy photo)

helped us get the recipes; many were written in Italian, so he had to translate them."

Her mother, age 92, has visited the business on various occasions, and "she approves."

While they offer everything from lasagna and meatball sandwiches to fried zucchini, the specialty is Italian rice balls – also known as arancini – made from risotto-like rice, mozzarella and parmesan cheeses. The balls are then deep-fried, tossed in more parmesan and served with

meat or marinara sauce on the side.

"What you get is a serving of two meatballs twice the size of a golf ball. You can easily make a meal out of it," Wasko said.

All food is prepared at a commercial kitchen rented near Mira Mesa Boulevard, pressed out, and then brought to the market, event, and/or brewery.

"Then we cook everything on-site at the location," she said.

They chose the Scripps Ranch Farmer's Market after its manager came by when they were at another market.

"Bev told us about the market, and we had never been there," she said. "It was a smaller one and we liked it. It's intimate and we've gotten to know the friendly customers; and Bev is super easy to work with and keeps us posted on stuff," Wasko said.

Wasko said she is happy for now doing the markets and the breweries as well as many of San Diego's major events, but her family may be interested at some point in opening a restaurant.

Her personal Italian dish favorite?

"The rice balls ... they were always a staple at our house as an appetizer," she said. "They are made in lots of ways and grandma put meat or fish inside hers, but for the markets, we just kept it simple with cheese."

Prices for the items range from \$8 to \$12.

"Our food is affordable and all high-quality," Wasko said.

Visit Giammarino Italian Specialties at the Scripps Ranch Farmer's Market, held each Thursday from 3:30 to 7:30 p.m. at 10045 Carroll Canyon Road.

HISTORICAL FICTION

Continued from Page 1

Netherlands and is then transported by ship to prison camps in Pomerania. The Russian army eventually liberates the prisoner of war camps as the Red Army advances and Alexandre's dramatic journey back to France begins.

"When he left in 1939, my oldest brother was just three months old. When my dad came back ... my brother was six years old. ... That's six years of missing your family," Rolland said.

"I think it's true to the places that he went to and the timing as well. But then I built all the characters

around him. ... There are a lot of historical events in it," Rolland said. "I basically followed his footsteps because I personally didn't know the places he went."

His father was born in a small town in Brittany on the west coast of France and never traveled before the war.

"He ended up being in the east part of France, which was the first time he had ever been out of Brittany. So, I don't know these places either," Rolland said. "I had to do a lot of research to find out about the places he went to on the east part of France, but also Belgium and he went to the Netherlands. ... and to what was called Pomerania at that

time. Now it's part of Poland."

While Rolland's extensive research of history, geography and culture of the time are included, he also employed clever techniques to round out the tale.

"I tried to find anecdotes or things that were unique to these places so I could put them in the book as well," Rolland said. "I invented a lot of events around that. There are a couple of anecdotes in the book like when he was in forced labor in Pomerania, when he was a prisoner of war. ... So, he was playing tricks on the farmers because they were supporting the Nazis ... and things like that."

He also injected additional

personality into his characters.

"I tried to make some of the characters more funny. ... I was trying to balance the darkness of the time with some of the jokes," he explained.

The last part of the book describes the liberation of Europe by the allies, as well as Alexandre's liberation from a prisoner of war camp by the Russians, and his journey home, including all his observations. The author makes it clear that the Nazis retaliated against civilians in France once D-Day had begun, and that the Red Army was not without its share of atrocities as well.

In addition, he hopes the story raises awareness of the efforts so many made to save the world during WWII, and also sounds the alarm that history often repeats itself.

Alain Rolland was born and raised in Brittany, France. He earned a Ph.D. in pharmaceutical sciences, and has worked in the pharmaceutical and biotechnology industry for three decades in the United States.

His book was published in French and in English. It is available as an e-book or paperback. Find "Six Years of Absence – An Endless Confinement" at Amazon, Barnes & Noble and most places books are sold. Visit alain-rolland.com.

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FIRST DAY OF SCHOOL

Parents sent in these memorable and fun photos of their students on the first day of school for the 2024-25 school year.



Phoebe Wilson, 2nd grade, and Maia Wilson, 5th grade, both at Jerabek Elementary School. (photo by Rob Wilson)



Divya Littlejohn is entering kindergarten at Jerabek Elementary School. (photo by Aarti Patel, mother)



Cody Do, 5th grade, and Evan Do, 2nd grade, at Jerabek Elementary School (photo by Alma Do, mom)



Mikaela and Matthew Weng, Kindergarten at Jerabek Elementary School (photo by Michael Weng, dad, and Kimberly Krieg, mom)



Addy Miller - Happy First Day of School, Sophomore year @SRHS. Mom and Dad love you!



Ansh Desai, 3rd grade, and Veer Desai, preschool, at Monterey Ridge Elementary (photo by Nikita Desai)



Shay, 4th grade; Cori, 3rd grade; and Reece, Kindergarten; Trzcinski at Miramar Ranch Elementary (photo by Natalie Trzcinski, mom)



Leila (8th grade) at Marshall Middle School and Cora (5th grade) at Jerabek Elementary School (photo by Allyson Pehau)



Taylor Cary, 12th Grade, Scripps Ranch High School (photo by Kelly Cary)



Andrew Cary, 12th Grade, Scripps Ranch High School (photo by Kelly Cary)



Blake Cary, 6th grade, Marshall Middle School (photo by Kelly Cary)

MRE Halloween Carnival is set

By Ashley Shah

Miramir Ranch Elementary School (MRE) will hold its annual Halloween Carnival on Oct. 19.

The carnival will be held from 11 a.m. to 4 p.m. at the MRE campus.

“The entire community is encouraged to come. The more people the better,” carnival Chairman Kevin Werner said.

The event will have carnival games, a haunted house and other activities.

‘We will have laser tag, inflatable axe throwing, new things at the DJ booth.’

—Kevin Werner

“Every year, we try to introduce new things. Last year, we introduced a ‘witch nose picking’ game, which was a success. This year, we will be introducing another new game, which will be a surprise,” Werner said. “After playing the carnival games, the kids will either be able to redeem a ticket at the prize booth, or will receive a consolation prize like candy.”

The carnival’s haunted house will have a preview night for MRE students on Friday, Oct. 18 at the elementary school.

“The haunted house is run by our fifth graders. They will be setting it up and performing in it. The preview is paid. During the carnival, you will use carnival tickets to get in. The haunted house serves as a fundraiser for their end of the year graduation party,” Werner said.

There is no entry ticket needed to get into the carnival. However, for carnival games and other activities, tickets will be used.

“The tickets are about \$1.25 each. You can buy them at the carnival, or pre-order online. We accept cash, debit or credit card, and PayPal,” Werner said.

In addition to the carnival games and the haunted house, there will be some new activities.

“We will have laser tag, inflatable axe throwing, new things at the DJ booth,” Werner said.

However, some activities will carry on in tradition.

“This is our 51st carnival. We have been doing the Cake



of Fortune since the beginning, and will be continuing that this year,” he said. “We assign a number to each kid, and then spin a wheel and whatever number it lands on, the kid with the number gets to pick out a cake from the cakes given to us by families at the school.”

There will also be a costume contest.

“All kids are encouraged to dress up in their costumes at the carnival,” Werner said.

Options for food will be available at the carnival as well.

“We are going to have a taco truck, Kona Ice, and New Break Church will be helping us out with our barbeque station as a low cost option,” Werner said. “This year, we will have a Dippin’ Dots station, which will be new.”

This carnival serves as the biggest fundraiser for MRE.

“Even though the carnival is only one day, we plan for it all year. We spend hours

upon hours on it. We start making games and renting them in spring. We solicit donations in the summer. We put everything together in the fall to make this happen,” he said. “It’s a long process, but it’s well worth it. It is a heart-warming event to see everyone come together.”

More than 100 volunteers help out with this event.

“We do have around nine committee chairs for this event that really help to kick-start the carnival, such as the games chair, sponsor chair and more. In addition, we rely on the parents of the students to help out at the event,” Werner said. “But mainly, we have over 100 high school students that come and run the games and activities for the event. They are our lifeline. It is amazing to see alumni that come back to support the elementary school.”

Each year, the carnival has had a turnout of around 1,500 members of the community.

“We are always looking to have more members of the community join us,” Werner said.

For more information, visit halloween.miramiranch.org.



‘THE BOOK STORE’

Scripps Ranch High School student actors perform a joyous, high energy scene in Falcon Playhouse Theatre’s production of “The Book Store,” which ran Aug. 7-9. The students rehearsed throughout the summer to prepare for the show, which featured a variety of eccentric characters in a beloved community bookstore. (photo by Lisa Shadburn)

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SRHS field hockey looks toward strong season

By Hector Trujillo

After starting the regular season with back to back nail-biting 1-0 victories over La Costa Canyon and La Jolla High School, the Scripps Ranch High School field hockey team looks to make another run into the playoffs. Scripps Ranch also hopes to use the experience from last season, when it finished 15-9-1 overall before falling in the quarterfinal round to Canyon Hills, in order to help propel the team with about two thirds of the season remaining.

“It’s early and we’ve had lots of opportunities, so hopefully they fall as the season goes on,” said head coach Elizabeth Jacobs.



Sammy Ippolito maneuvers against a Canyon Crest Academy defender during a 1-0 victory on Aug. 28. (photo by Forrest Photography)

The first chance at revenge for the Lady Falcons will come on Oct. 4 when the team travels to face Canyon Hills before the rematch at home

on Oct. 23.

“We play them twice because we’re in the same league,” Jacobs said. “This year we’re also traveling up

to Northern California to play three teams up there, so all three of those should be good competition as well. It’s always good to get up there and play someone a little bit different. Every other year we go up there, or a couple of them come down here.”

Those three matches will be on Oct. 18 versus St. Ignatius College Preparatory School, followed by a meeting with Archbishop Mitty High School and Los Gatos High School both on Oct. 19.

Scripps Ranch is led by seven seniors including the talented Brooke Griffin, Natalie Piper, Ava Schramm and Zoe Allen, along with the efforts of sophomores Abby Martin and CJ Ippolito.

“A big goal of ours last year was to come out hard in the

first quarter and so we’re putting a bigger emphasis on that,” said Jacobs, who is in her third year as head coach after serving as assistant coach on and off for the past 15 seasons.

Of the 13 remaining games left for the Lady Falcons, only four will be at home starting with the one against University City High on Sept. 25, then versus Cathedral Catholic High on Oct. 9, followed by the second meeting against Canyon Hills, and then a match versus The Bishop’s School on Oct. 30.

Scripps Ranch closes the regular season on Nov. 1 in the rematch against Cathedral Catholic, which they defeated both times in 2023, including a dramatic 2-1 overtime road win.

Fitness Quest 10 hosts seniors competition

By Kaila Mellos

For the fifth year, Fitness Quest 10 is partaking in the San Diego Senior Games Master’s 50+ Fitness Competition. Hosted by the gym on Sept. 29, the Scripps Ranch fitness business hopes for another year of big turnout.

“The San Diego Senior Games is a nonprofit that’s been around for three or four decades, and it has a whole wide range of sports that people 50 plus can participate in, from basketball to track and field, to pickleball. There’s like about 20 sports,” said Jeff Bristol, owner of Fitness Quest 10. “We proposed to the organization that a fitness event for the senior games be created five years ago now, and we picked 10 events to host.”

The 10 categories that have been part of the fitness games include the kettlebell box squat, barbell bench press, overhand straight arm hang, broad jump, Dynamax ball overhead toss, 300-yard shut-

tle run, concept 2 rower, jump rope, prowler push and med ball slams.

On Sept. 29, the fitness competition begins at 8:45 a.m. with the event kickoff, followed by each of the 10 different categories from 9 to 11 a.m. Once all the categories are finished, winners will be awarded medals in a ceremony that will take place from 11:15 to 11:45 a.m.

There are two separate categories for men and women to compete in, along with different age ranges that pair equal competition. Age ranges span from 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, 80 to 84, 85 to 89, and 90 plus.

“There are 10 events that men or women that are 50 or over can participate in, and you can choose any of the events that you want to participate in. You can do three events or five or seven or all 10, however many you want to do,” Bristol said. “We’ve grown every year. Last year, we had 95 athletes aged 50 to 91 years compete.



Participants in a previous San Diego Senior Games Master’s 50+ Fitness Competition gather at Fitness Quest 10. (photo courtesy of Fitness Quest 10)

It’s an amazing environment and event where people are encouraging and supportive, and you see people challenging and testing themselves.”

Although this is termed a San Diego competition, many travel to compete and display their hard work in training for these events.

“We have people who travel from other places, from L.A. and other parts of California, and even other states, to participate in our fitness event,” Bristol said. “Anybody who lives in San Diego or

anywhere can compete in any of the San Diego Senior Games events. Out of the 95 athletes who competed last year in our event, less than half of them are members of Fitness Quest 10. But we have a big group of people that do from here.”

While registration ended on Sept. 14, Bristol mentioned that last-minute sign-ups are possible for those who want to show off their skills. Those who registered within the window paid a registration fee of \$45 plus a sports fee of

\$20. Registration includes a T-shirt and medals for participating in events.

“We have about 70 people or so signed up right now,” Bristol said. “Every year, we’ve gone up in attendance, so we are going to really try to beat that 95 we had last year, and that’s the goal.”

As for the past four years of competition, Bristol said the best part of getting to host this competition is seeing the camaraderie and friendships made between fellow competitors.

“People are just here supporting each other, having fun, and smiling and cheering on each other,” Bristol said. “I went to the Olympics in Paris, and they talked about the Olympic spirit, and all these people from different countries come together and have this great time. I want to compare this to all the camaraderie I experience during the fitness competition. It’s great.”

Contact Fitness Quest 10, (858) 271-1171.



ATTACK SUMMER CLASSIC CHAMPS

The Scripps Ranch Soccer Club girls 2014 White competitive soccer team won the championship in the 2024 Attack Summer Classic tournament held Aug. 17-18 at the SoCal Sports Complex in Oceanside. (submitted by Omid Rajaei)



RISE CUP WINNERS

The Girls 2014 Red Scripps Ranch Soccer Club team won the 2024 Rise Cup on Aug. 25 in Oceanside. The team coach is Sam Tawfik and Peter Ko is the team manager. (photo by Peter Ko)



Scripps Ranch High's Kennedy McCabe strides downfield around a San Marcos High defender during a varsity flag football loss on Sept. 5. (photo by Jim Wick)

AUTUMN SPORTS ARE UNDERWAY

Fall sports teams from Scripps Ranch High School have started their 2024 seasons, already providing plenty of action.



Falcons running back Ryan Stadtherr shoots like a missile through the El Capitan High defense during a 20-7 victory on Aug. 30. SRHS was undefeated 4-0 as of press time. (photo by Jim Wick)



Mila Gehlen of SRHS rises high for a return as the volleyball team played The Bishop's School on Aug. 23. (photo by Jim Wick)



Falcons water polo player Ishan Nahar focuses intently during action against Steele Canyon High on Sept. 6. (photo by Jim Wick)



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