

SCRIPPS RANCH CONSTRUCTION



Construction of the controversial 264-unit mixed use joint occupancy apartment complex at 10380 Spring Canyon Road continues. This photo shows work at the rear of the complex. The Voice of Scripps Ranch organization was unsuccessful in halting the project after filing a lawsuit, but was awarded funds to drop the legal action, and continues to distribute the funds to community causes. See page 2 (photo by John Gregory)

CONSTRUCTION ZONES

If it seems there is a construction project site in just about every part of the main areas of Scripps Ranch these days, that's because it's true. A handful of projects are underway all at once. This edition features a brief Scripps Ranch construction update:

- SR Technology Park – **page 3**
- The Watermark – **page 4**
- The Hub – **page 5**
- Pure Water Program – **page 6**



Potholing work to survey underground utilities, part of the massive Pure Water Program, continues along Carroll Canyon Road. See page 6 (photo by John Gregory)



The Hub at Scripps Ranch, a mixed-use project at 9850 Carroll Canyon Road, is more than 50 percent complete and interior construction has begun. See page 5 (photo by John Gregory)

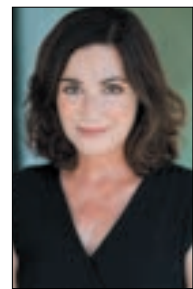


LIFE

The Imperial California Olive Mill brings a Mediterranean staple to the Scripps Ranch Farmer's Market each week.

PAGE 8

LIFE



Scripps Ranch resident Sandy Campbell performs in San Diego Rep's upcoming production of "Mother Road."

PAGE 11



LIFE

Scripps Miramar Ranch Library manager Matt Beatty describes how the library is getting back to normal.

PAGE 13



YOUTH

Students displayed their best smiles as parents photographed them before their first day of the 2021-22 school year.

PAGE 14

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

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

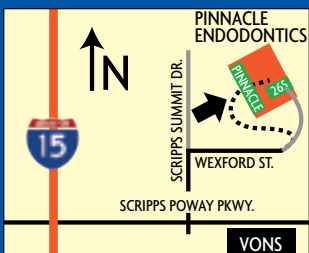


Helping retain natural teeth using advanced technology.

“Dr John made me feel completely relaxed.”
—Alan

PINNACLE ENDODONTICS
10672 WEXFORD STREET SUITE 265 SAN DIEGO, CA 92131

AFTER HOURS EMERGENCY CARE **858-444-0600**



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

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

Voice of SR reveals more allotments

By Colleen McNatt

Voice of Scripps Ranch (VOSR) has awarded nine community groups with \$216,000 in its first round of funding, representing more than half of its total allotment received after settling a lawsuit with developers in June 2020.

VOSR reviewed 37 community benefit suggestions since receiving the settlement funds to support the community, said Lorayne Burley, the group’s president.

“While some had to be denied due to liability or maintenance issues, overall cost or complex local/governmental approvals, many requests are doable and provide significant value to the community and surrounding areas,” Burley said.

The settlement stemmed from a lawsuit filed by VOSR aimed at blocking a major housing development from being built on seven acres of San Diego Unified School District property at 10380 Spring Canyon Road. The site used to be home to Innovations Academy, a charter school. The VOSR lawsuit did not ultimately block con-



While Voice of Scripps Ranch was unable to halt redevelopment of the former school site (above), it settled a lawsuit in which developers agreed to pay \$575,000 to Voice of Scripps Ranch in exchange for dismissal of the litigation. (photo by John Gregory)

struction at the former school property, but in exchange for dismissing the litigation, the developer, Monarch Group, gave \$575,000 to VOSR without admitting any liability. After legal fees and other costs were paid, VOSR had \$400,000 to spend on community projects, as required.

The community groups receiving the first round of VOSR funding are:

- \$20,000 for legal review of the Scripps Ranch Park and Ride
- \$10,000 for startup costs and operation of the Scripps Ranch Farmer’s Market
- \$10,000 to fund improvements at the Scripps Ranch Fire Station

- \$10,000 for Scripps Ranch Theatre productions
- \$50,000 for repairs and improvements to the Scripps Ranch Community Center
- \$1,000 for the Scripps Ranch Civic Association Scripps Ranch Fourth of July Parade
- \$5,000 for the Scripps Ranch Butterfly Garden improvements
- \$100,000 for a Scripps Ranch legal fund

Burley declined to elaborate at this time on the exact nature or purpose of the \$100,000 allocation for a Scripps Ranch legal fund.

Hearing their organization was one of the groups award-

See **VOICE OF SR**, Page 3

SERVICE SPECIALS

OIL CHANGE

only \$**19⁹⁵** +tax
Up to 5 qts. Conventional Oil

only \$39.95 for SYNTHETIC OIL

TOYOTAS ONLY. Valid at Toyota of Poway. Must present coupon during write-up. Not valid with other coupons. Not valid on previous purchases. Expires 10/24/21.

TIMING BELT

\$50⁰⁰ OFF*

*at regular price (call for pricing)
Expires 10/24/21.

BUY 4 TIRES, GET THE WHEEL ALIGNMENT for

FREE

\$109⁹⁵ value

PLEASE CALL FOR APPOINTMENT.

In stock tires only. Installation extra. Must present coupon during write-up. Some models are additional cost. Valid at Toyota of Poway. Not valid with other coupons. Not valid on previous purchases. Expires 10/24/21.

858-486-2900

ToyotaofPoway.com

13631 Poway Road, Poway, CA 92064

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

ScrippsRanchNews.com

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

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

Editor & Publisher
John Gregory
john@scrippsranchnews.com

Art Director & Publisher
Jacqueline Gregory
jacqueline@scrippsranchnews.com

Photographers
Justin Fine, Jim Wick

Digital Content Manager
Suzanne Micheletti

Reporters
Colleen McNatt, Kaila Mellos, Nick Ng, Ashley Shah, Hector Trujillo, Terry Wilson

Advertising
John or Jacqueline Gregory
info@scrippsranchnews.com

Phone
(858) 945-4465

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

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



Preliminary work is underway at the site of the future Scripps Ranch Technology Park, situated between Scripps Ranch Boulevard and Hoyt Park Drive. (photo by John Gregory)



These renderings reflect how the first buildings will appear at Scripps Ranch Technology Park. (courtesy of Murphy Development)

SR Technology Park breaks ground

By Colleen McNatt

The site of Scripps Ranch Technology Park is now active with workers preparing the ground. After years of inactivity at the empty lot adjacent to Hoyt Park, ground was broken this summer on the project's first two-story building, part of a 55-acre technology and life science complex.

The new structures will be located between Scripps

Ranch Boulevard and Hoyt Park Drive.

Murphy Development, which owns the property, is partnering with Alexandria Real Estate Equities (ARE) for this first build-to-suit parcel.

Murphy Development Company bought the property in 2014 from Intel, the Santa-Clara based semiconductor company. The purchase consisted of five lots of undeveloped land. The concept is to offer a state-of-the-art technology complex



that blends with the existing natural setting of the park, nearby wooded areas and Evan's Pond. When complete, the entire technology campus will include four office buildings, three parking

structures and outdoor space for biking, fitness and sports.

Scripps Ranch Technology Park will include an estimated 1,000,000 in square footage with state-of-the-art

See **TECHNOLOGY PARK**, Page 4

VOICE OF SR

Continued from Page 2

ed VOSR funding "was a very special thing for us," said Casey Tibbitts, executive director of Scripps Ranch Theatre.

The performing arts group postponed live performances in 2020 due to the COVID-19 pandemic and is planning to reopen in January 2022. Tibbitts has been in the leadership role with Scripps Ranch Theatre for less than a year. He said the grant funds will go directly to rising costs, including the crossover of paying actors as employees vs. independent contractors. Revenue is another uncertainty as patrons will be deciding whether to return to live theatre, Tibbitts explained.

Unlike many performing arts organizations that had to shutter entirely yet continue to pay for building space and other operating costs throughout COVID-19, Scripps Ranch Theatre is very nimble and utilizes a 118-seat space at Alliant University. Before the pandemic, Scripps Ranch Theatre would offer five productions each season from September through June. If public health protocols allow, the arts organization will curtail its shows to four next year with performances lasting three to four weeks instead, Tibbitts said.

"This represents the importance of community connections," Tibbitts explained about the VOSR

funding. "This is a new era for the theatre as we move to 2022."

With \$184,000 left in fund-

ing from the original lawsuit, community members and organizations are encouraged to apply for VOSR funding,

Burley said. Requests can be generated online using the "Benefit Suggestion Form" at voiceofscrippsranch.com.

SCRIPPS
RANCH
NEWS

Your kids can settle into to school...

...with a smile!



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

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

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

GILMORE ORTHODONTICS

Board-Certified
American Board of Orthodontics



INVISALIGN
PROVIDER
2021

858-433-7377

www.gilmoreortho.com



DAVID S. GILMORE, DDS, MSD
RETIRED NAVY ORTHODONTIST

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



This rendering of The Watermark displays an outdoor shopping experience with upscale retail and dining options complemented by open courtyards and fountains. (image courtesy of Sudberry Properties)

No construction visible

A Sept. 10 visit to the site slated for The Watermark project revealed no construction underway on the grounds in northwest Scripps Ranch bordered by Scripps Poway Parkway, Scripps Highlands Drive, Scripps Gateway Court and I-15. The project, being developed by Sudberry Properties, is in pre-development. A spokesperson for Sudberry stated that no updates about the project are available at this time. The Watermark will be a “mixed-use development combining 445,000 square feet of Class A office space with over 335,000 square feet of shopping, dining, entertainment and hotel” space, according to a Sudberry website. The Watermark will be anchored by Whole Foods Market. The local populace is anxiously awaiting completion of this project sometime in the future because it promises to include “a luxury theater with reclining seats and gourmet food options; chef-driven restaurants; coffee shops; bistros; and both national and local retailers,” according to an earlier report.

NEWS UPDATES

Fire Safe Council holds golf tourney

The Scripps Ranch Fire Safe Council invites all golfers and residents to a day of fun by entering the organization’s 14th annual Play to Protect Charity Golf Tournament. The event will be held Saturday, Oct. 23 at Eagle Crest Golf Club, 2492 Old Ranch Road in Escondido. A shotgun start begins at 8 a.m. The entry fee is \$125, and includes golf, cart and lunch. Form a team and get in on the fun. There will be lots of raffle prizes and auction items. Funds go toward supporting the Scripps Ranch Fire Safe Council which educates local residents about fire safety and helps prepare for the looming possibility of wildfires. To enter, call Karen at (858) 201-3711 or sign up at srfiresafe.org.

Rotary Club gears up for E-waste recycling

The Rotary Club of Poway-Scripps reminds residents to mark Oct. 23, Scripps Ranch Clean-Up Day, on their calendars as the day to get rid of junk. Members from the Rotary Club will assist with

the event as the club partners with Computers2Kids (C2K) to accept electronics for recycling. C2K accepts all working and nonworking electronics. Separate E-waste from items earmarked for the dumpster. This fall’s event takes place at the Scripps Ranch Community Center, 11885 Cypress Canyon Road, 8 a.m.-noon. Watch for signs directing participants to the location of the electronic recycling area.



Newbreak Church donated 2,400 masks to SRHS (courtesy photo)

Newbreak donates masks to SRHS

Newbreak Church learned that Scripps Ranch High School (SRHS) was running low on masks at its campus this school year, so its members donated 2,400 masks in early-September. Besides donating masks to the school, Newsbreak recently presented all SRHS teachers and staff with Welcome Back

Starbucks cards; and brought RomBomb burgers to teachers and staff as a treat for lunch. Just before the coronavirus shutdown in 2020, Newbreak Church donated a van-full of color paper to SRHS. Newbreak Church is literally a good neighbor to the school, being located just across the street from SRHS at 10635 Scripps Ranch Blvd.

SR Theatre is hiring

Scripps Ranch Theatre (SRT) seeks new employees.

Position 1: Graphic Designer/Publications Manager (part-time position. Salary commensurate with experience). Responsible for the organization, production and distribution of all SRT printed materials.

Position 2: Patron Services Manager position encompasses house and box office management. Part-time position averaging 15 hours/week; \$15,000 annual salary. Submit resumes to jobs@scrippsranchtheatre.org. Enter either Graphic Designer or Patron Services in the subject line.

TECHNOLOGY PARK

Continued from Page 3

LEED certified buildings. With the changing public health orders and social distancing protocols, the technology complex will offer indoor and outdoor collaborative work areas to accommodate employees throughout the day. The complex will also include 24-acres of hiking trails and open space for public use.

“Lab and tech are really exploding,” said Erinn Leonhardt of Murphy Development, adding that this business sector is moving to other areas of San Diego County, aside from Torrey Pines and Sorrento Valley.


The technology park’s aim is to attract strong companies looking to move their corporate headquarters or research and development division to the area.

“This project will benefit the community and bring high-paying jobs to Scripps Ranch,” Leonhardt said.

Murphy Development has been in operation since 1984 and is located in Otay Mesa. Leonhardt explained that new commercial projects typically involve intense planning with landscaping, in addition to the four walls of the buildings.

With the Scripps Ranch Technology Park, “the setting is beautiful naturally,” Leonhardt said. “It is one of one.”


The first building in this 55-acre park is expected to be completed in June 2022.



SEASIDE PEDIATRIC DENTISTRY & ORTHODONTICS

SAFETY IS OUR PRIORITY!

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



Now offering **BIOLASE** Laser Treatment

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




OFFERING:


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

myseasidesmiles.com

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

LOCATED IN SCRIPPS RANCH
12036 Scripps Highlands Dr., Suite 100
San Diego, CA 92131 **858.271.4200**



The Hub at Scripps Ranch is halfway complete

Sudberry Properties announced The Hub at Scripps Ranch is more than 50 percent complete as of Aug. 23.

Sudberry Properties has completed framing and interior construction has commenced at The Hub at Scripps Ranch, a mixed-use redevelopment project on 9.52 acres, located at the gateway to Scripps Ranch at 9850 Carroll Canyon Road, just east of Interstate 15. The Hub will feature 260 apartments and 10,700 square feet of retail/restaurant space.

New businesses

Leasing of the retail spaces is nearly complete. Starbucks has leased a 2,061-square-foot space and is scheduled to open in September. Pacific Dental Services has leased approximately 3,266-square feet and is expected to open in the first quarter of 2022. Big Cheech's Chicken N' Waffles and Sliders has leased a 2,063-square-foot space and is projected to open in spring of 2022. Matt Mosser of Retail Insite is responsible for retail leasing.

Leasing of the apartments

'The Hub at Scripps Ranch will offer contemporary, resort-style living that is unparalleled in Scripps Ranch.'

—Colton Sudberry

will start in September, with phased occupancy anticipated to begin in October. Potential tenants can register for updates at thehubatscrippsranch.com.

"The Hub at Scripps Ranch will offer contemporary, resort-style living that is unparalleled in Scripps Ranch," said Colton Sudberry, president of Sudberry Properties.

Amenities will include a landscaped pool and outdoor lounge area with a Jacuzzi, barbecues and a fire feature, a 2,053-square-foot fitness center, an indoor lounge with demonstration kitchen, a game room and a media screening room.

The Hub will feature one-



Framing is complete at Sudberry Properties' new redevelopment project, The Hub at Scripps Ranch, located on Carroll Canyon Road just east of I-15. The project will feature 260 luxury apartments, restaurants and retailers. (photo by John Gregory)

to three-bedroom apartments ranging from 614 to 1,391 square feet. Interior amenities include private patios or balconies (most locations), 9-foot ceilings, hardwood-style flooring in main areas, carpeting in bedrooms, fully equipped kitchens with GE Energy Star® stainless steel appliances, quartz countertops, and full-size washers and dryers. The smoke-free apartment community will be pet-friendly, with some breed restrictions in place.

The Hub at Scripps Ranch

will include three- and four-story residential buildings and a leasing center with a terrace overlooking the outdoor recreation area. All four-story buildings have elevators. Some apartments have direct-access garages.

The Hub at Scripps Ranch is situated within walking distance of the Scripps Ranch Business Center and such employers as Teledyne API, National University and Gamma Scientific.

San Diego-based Sudberry Properties is a real estate development and management

firm specializing in retail town centers, mixed-use projects, master-planned communities, apartments, hotels and office/industrial properties. Since its inception in 1979, Sudberry Properties has developed approximately 12.6 million square feet of commercial and residential property with a market value exceeding \$2.5 billion.

The privately owned company has developed more than 5 million square feet of lifestyle centers and approximately 4 million square feet of office and industrial space.

Sudberry Properties also has completed or is in the process of building more than 2,500 apartment units. A few of the major projects under development in San Diego County include The Watermark and The Hub, both in Scripps Ranch, the Otay River Business Park in Chula Vista, the mixed-use El Corazon in Oceanside; and Civita, a 230-acre, walkable urban village in Mission Valley.

In Henderson, Nevada, the company is in the planning stage of a 102-acre live-work-play community called Henderson West.

Anniversary SALE

43 GREAT YEARS
and our store is celebrating!

10% OFF one-of-a-kind estate jewelry

15% OFF entire store inventory*

**Excludes diamond studs, loose diamonds, repairs, custom work, and previous purchases. Sale valid 10.1 to 10.31.21.*

FAMILY JEWELERS

Serving the San Diego community since 1978
858.578.6670 www.collinsfamilyjewelers.com
APPOINTMENTS & CURBSIDE PICK-UP AVAILABLE

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

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

Open Tuesday-Saturday, 10am to 3pm • Closed Sunday and Monday • 8220-A Mira Mesa Blvd., near Marshalls
Appointments & curbside pickup available Friend us on Facebook Follow us on Instagram Show us love on YELP

Preliminary Pure Water Program work begins

By Ashley Shah

The Pure Water Program, a \$1.5 billion project, is transforming the city of San Diego's use of water.

The project has two phases. The first one involves the Scripps Ranch area and is projected to finish in 2025. The second phase involves the central area of San Diego and is expected to be finished in 2035.

"When both parts are completed, it should generate over half of the city's water supply," said John Stufflebean, assistant director of Pure Water and Technical Services for the Public Utilities Department of the City of San Diego. "As of now, over 85 percent of the water we use is imported from the Colorado River. This will lessen our reliance on the Colorado River as it has proven to be an unreliable source for the future."

For decades, most of the water after leaving San Diego homes has gone to the Point Loma Wastewater Treatment Plant. The treatment plant uses a primary



This rendering shows the route of the North City Pure water pipeline. (courtesy of Pure Water Program)

treatment; however, due to national guidelines, it should be using a secondary treatment.

"Instead of upgrading to secondary treatment, we decided to do the Pure Water program. It will save us more money and water," Stufflebean said.

The Pure Water Program aims to take the water leaving homes to the already existing Water Reclamation Plant off I-805, to the Pure Water treatment plant just

across the street. Then, from the Pure Water plant, almost 8 miles of pipeline will be constructed leading to the Miramar Reservoir.

"After the water is pumped into the Miramar Reservoir, we will treat it and be able to pump the water all throughout the north areas of San Diego," Stufflebean said.

The approximately 8 miles of pipeline is the part of the program that directly interacts with Scripps Ranch. About a month and half ago,

crews started potholing from Hoyt Park to Scripps Ranch Boulevard to Carroll Canyon Road. Potholing is a procedure to locate and survey underground utilities for upcoming construction.

"We are potholing to make sure that we will be able to build this pipeline, and there is nothing in the way that shouldn't be. This work is happening at night to minimize disruption to these streets in the daytime," senior construction engineer

Steve Lindsay said.

Actual construction of the pipeline is projected to start in January or February 2022.

"Building the pipeline will take about four to six months. We will try to do 100 feet a night," Lindsay said.

At the moment, there is no work being done at Lake Miramar. However, the lake is still closed for boating and fishing, but open for all other activities.

"We haven't gotten the plans for Miramar. It should be at least another year until we work there," Lindsay said.

Prior to the beginning of this project, the city worked closely with working groups in areas that will be affected by this project.

"We are still working with working groups to try and minimize disruptions to residents in these areas. We are trying to make sure that this project does not cause that many problems for residents," Stufflebean said.

Residents can sign up for Phase 1 construction updates through the website purewatersd.org.



At Ridgeview Health Center,
Life Is Simply Better

JOIN THE
Rancher's Club
TODAY

Call today to schedule a tour and ask about our Rancher's Club for a special two-year rate lock.

1-858-251-8539
ridgeviewhealthcenter.com

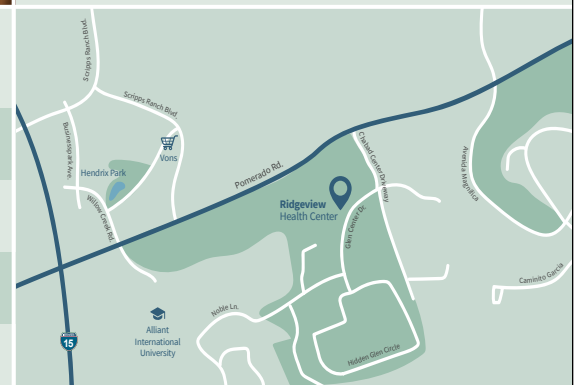
Ridgeview Health Center is a new, open to the public, care community providing living options in assisted living and memory care. Nestled among rolling hills and landscaped grounds in Scripps Ranch, we offer multiple levels of care all located on the same campus. At Ridgeview Health Center, you can have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



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

Benefits of Ridgeview

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



For the well-being of residents, Ridgeview Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change. State of California License #374604426.

#BlissfulLife



MONDAYS: Motown

Sample Artists: Jackson 5, Commodores, Stevie Wonder

TUESDAYS: 21st Century Rock

Sample Artists: Fall Out Boy, Vampire Weekend, Arctic Monkeys

WEDNESDAYS: KISS

THURSDAYS: David Bowie

FRIDAYS: Prog Rock

Sample Artists: Rush, Pink Floyd, Frank Zappa

SATURDAYS: Nirvana v Pearl Jam





FARMER'S MARKET: Yes, olives *are* fruits

By Terry L. Wilson

The Imperial California Olive Mill brings a Mediterranean staple to Scripps Ranch.

For more than 8,000 years, olives have been part of the human diet and each week that tasty fruit can be found at the new Scripps Ranch's Farmers Market.

"Our company is a family owned and operated business," said Imperial Olive Mill's marketing director Erica Barioni-Amos. "At our booth we have extra virgin olive oil in a variety of flavors and, of course, we have olives."

After just one taste of the Olive Mill products, you will know that there is something very special happening inside of those bottles and jars. The fresh-off-the-farm flavor is a treat for the most discriminating palate.

"We are an olive oil producer with more than 100 acres of olive trees," Barioni-Amos said. "At the mill we wash the olives, grind them and gently turn the paste to allow the oil and water to separate from the pomace. Then we use a centrifuge to polish the oil before storing in stainless steel tanks for racking. It just doesn't get any fresher than this, and you can taste the difference."

In addition to endless rows of olive trees, the farm has thousands of acres yielding a variety of other agricultural products.

Running this massive farm is more than a business, it's a family affair; a labor of love that has been passed from generation to generation.

"There are four generations that have been active farming and I'm fifth generation, and each generation brings something new to the table and I'm hoping that my children will be the sixth generation to run our farm," Barioni-Amos said.

Like many early farms, the Olive Mill got its start milking cows, then the family added ground crops like alfalfa. Next came produce. Then Barioni-Amos' father added olives to the menu.

"My dad, Don, started the tree side of our farming industry," Barioni-Amos said. "He began by growing jojoba, then we branched out adding citrus, lemons in particular. Around early 2000 we decided to plant our first set of olive trees. And yes, an olive is a fruit and it's very healthy for you."

Although Barioni-Amos See **OLIVES**, Page 11

The Imperial California Olive Mill offers an assortment of products to customers at the Scripps Ranch Farmer's Market each week. (courtesy of Imperial California Olive Mill)



SEASIDE PEDIATRIC
DENTISTRY &
ORTHODONTICS

COMPLIMENTARY
ORTHODONTIC
CONSULTATIONS



CHECK OUT OUR
PREMIER
PACKAGE!

Propel and custom bleaching trays included with your orthodontic treatment.

SPEED UP YOUR
ORTHODONTIC TREATMENT WITH



- Reduce treatment time by 50%
- Accelerated Tooth Movement
- Improved Predictability
- Optimal Aligner Seating
- Assistance in Retainer Wear



myseasidesmiles.com | 858.271.4200 | 12036 Scripps Highlands Dr., Suite 100, San Diego, CA 92131

Hope for the best, plan for the worst

By Terry L Wilson

A stroke, heart attack or serious injury can easily put a family into crisis mode, especially if that ailment requires long-term treatment.

To meet that need, Scripps Ranch resident Melanie Spalding has launched a business providing specialized professional care created to remove the burden and stress from family members in need.

“I have a new company called Passages Care Management,” Spalding said. “If you have a loved one at home, a grandparent, a mother, a father or maybe you are an elderly couple that needs help, my company is here to provide whatever services are needed.”

Spalding has a degree in social work from Nazareth College in upstate New York and worked with Rochester General Hospital in the emergency room, trauma, orthopedics and vascular departments. For the past decade, Spalding worked with a rehab facility in Poway.

“I have been a social worker and case manager for more than 25 years. I have dealt with hundreds upon hundreds of situations where I have families in crisis facing situations that they’ve never had to deal with before,” she said.



Melanie Spalding (courtesy photo)

the uncertain and slowly direct that person down a path best suited for their specific needs.

“It takes some effort, but I get them to talk about reality versus what they want,” Spalding said. “I take my time working one on one with the client, which can be difficult.

“So, I tell the family, ‘Let me be the bad guy.’ Let me figure out why they are struggling and we will eventually get down to the root of the problem. And then, step-by-step, I may be able to convince their loved one to come with me and visit a senior apartment. I’ve been very successful with this approach.”

Spalding has seen firsthand the trauma that impacts a family when they are faced with a worse case scenario like trying to move a mother or father living alone out of their house because it just wasn’t safe anymore. Her advice is to hope for the best but plan for the worst.

“Conversations about aging can be very difficult to have with your mother and father or your spouse,” Spalding said. “I’ve seen too many times where a family has not made plans, then suddenly they are forced to face a situation that nobody wants to deal with, so why not deal with it now?”

Spalding said she has lived in Scripps Ranch for 15 years.

“There is nothing I would love more than to bring my knowledge to a local level and help my friends and neighbors in the community,” she said.

For more information, visit passagesd.com.

‘Conversations about aging can be very difficult to have with your mother and father or your spouse.’

—Melanie Spalding

Negotiating with numerous home care facilities and insurance companies, plus the reams of red tape and an endless sea of forms, can be a daunting task even for a seasoned professional. Surfing through the complexities of this medical tsunami can easily overwhelm a concerned family member.

“When the unexpected happens, you have families that just don’t know what to do,” Spalding said. “They don’t know what options are available or what insurance will or will not pay for – and what I do is help to facilitate in that very complex, frustrating and stressful situation.”

One of the most challenging situations Spalding encounters is when an elderly client is living alone in an unsafe environment but refuses to leave or accept home care.

Dealing with difficult situations requires a special skill set, a unique ability to counsel





BACK IN BUSINESS

⇩

Master Stylist

with over 40 years of experience

⇩

Color & Designer Cuts

advanced hair color theory

Fall Special

55% OFF

Haircut and full highlight or
haircut and all over color

Offer valid Sept. 27th
thru Oct. 31st only.

Salon Bruce Stuart

(858) 945 0017

12307 Oak Knoll Rd
Poway, CA 92064

SCRIPPS PERFORMING ARTS
ACADEMY

OFFICIAL SCHOOL OF THE SCRIPPS BALLET THEATRE

Fall in LOVE with Ballet,
Acting, Singing & Dancing



\$50 off

REGISTRATION
with this ad. Not to be combined with
any other offer.
Expires 10/31/21







Now Registering for 2021-22 School Year & The Nutcracker!

**ACHIEVE THE RESULTS THAT
MATTER MOST TO YOU
WITH NO MORE THAN TWO,
20-MINUTE SESSIONS PER WEEK**

The **Exercise** Coach[®]

“CHANGING THE WAY YOU
THINK ABOUT EXERCISE”



GRAND OPENING!

2 FREE SESSIONS

First-time clients only. One promotion per person.

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

Call or Text

858.673.1777

Local resident performs for SD Rep

By Ashley Shah

Scripps Ranch resident Sandy Campbell will be performing in the San Diego Repertory Theatre's upcoming production of "Mother Road."

"Mother Road," written by playwright Octavio Solis, is inspired by John Steinbeck's novel "The Grapes of Wrath."

"This play is relatively new, which means most people haven't seen it yet, which is really neat for everyone, the actors and the audience," Campbell said.



Sandy Campbell (courtesy of Sandy Campbell).

'This is the first production back since the pandemic, and it's kind of emotional because for almost two years me and my colleagues couldn't do a thing.'

—Sandy Campbell

The play starts with William Joad, grandson of Tom Joad featured in "The Grapes of Wrath," and his quest to find the last descendant of the Joad family, so that he can bestow the family farm in Oklahoma to them. He finds the last descendant to be Martin Jodes.

"The nice thing about the show is that you can still enjoy it without reading 'Grapes of Wrath,'" Camp-

bell said.

The play follows the journey of the two relatives from California to Oklahoma. Throughout their journey, they come across people with different backgrounds who hope to start a new life in Oklahoma.

Campbell plays the part of a waitress named Ivy, who they encounter on the journey, as well as a police officer.

"This is the first production back since the pandemic, and it's kind of emotional because for almost two years me and my colleagues couldn't do a thing. Over the pandemic, I did some shows over Zoom, but it just wasn't the same. I am just so happy to be back," Campbell said.

Opening night is on Oct. 13 at 7 p.m.; however, previews begin on Oct. 7. The production's last day is Oct. 31.

The show will be held at The Lyceum Theatre in downtown. Due to the show

being held in-person, the San Diego Repertory will adhere closely to COVID-19 precautions.

"It is kind of scary coming back because we do not know how it will be now with the new procedures in place, but we are making sure that everyone feels safe so that we can do this show," Campbell said.

Campbell has been doing productions for years. She got her start in theatre after graduating from California State University, Long Beach with a degree in physical therapy in 1984.

"I got into theatre through singing. I grew up always singing and did it in high school. When I graduated from college, I had more time for theatre. I started in musicals, but have now done much more," Campbell said.

In 2005, she joined the Actors Equity, a union for professional stage managers and actors.

She has done many productions including some at the San Diego Repertory Theatre, Cygnet Theatre and La Jolla Playhouse.

"I love doing this because it takes comradery and creativity. It's bringing words off of the page and taking them onto the stage," she said.

Campbell still practices physical therapy; however, she has no plans to leave the theatre behind.

Tickets and more information about the San Diego Repertory Theatre are available at sdrep.org.

OLIVES

Continued from Page 8

spends much of her time on a computer, she is no stranger to getting up with the chickens to go to work.

"Our farm operation is located in the Imperial Valley, and since I live here in Scripps Ranch, I commute to work, which takes about two hours," she said. "I do most of the digital marketing but I'm also out in the field during harvest time."

Since Barioni-Amos is a Scripps Ranch resident, the weekly trip to the Farmer's Market doesn't take quite as long as the trek to Imperial Valley. She says it's one of the highlights of her week; she loves the atmosphere and hanging out with the other vendors.

"We love being part of the Scripps Ranch Farmers Market family," Barioni-Amos



A treasure of olives is harvested at the Imperial California Olive Mill farm. (courtesy of Imperial California Olive Mill)

said. "We have had a wonderful time there. We meet great people and we have gotten a customer base following. Those are our die-hard customers that come back every week. So, it's an event that we look forward to every week."

Barioni-Amos and her

olives will be waiting to greet you at the Farmer's Market on the produce side of the venue. Visit imperial-olive.com.

The Scripps Ranch Farmer's Market is held every Thursday, 3-7 p.m. at 10045 Carroll Canyon Road near Newtopia Cyder.

COMING SOON:

Trick or Treat Day

with all of our vendors!

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

TREATS AT THE BOOTHS!

SCRIPPS RANCH FARMERS MARKET

COME CHECK OUT OUR NEW VENDORS!

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

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

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

SAINT GREGORY THE GREAT

CATHOLIC CHURCH

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

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

All are welcome!

New owner runs West Coast Oral Surgery

By Nick Ng

There's a new doctor running the show at West Coast Oral Surgery in Scripps Ranch. Dr. Mehdi B. Matin, who has been with the team since 2019, now oversees the operations and staff of the 30-plus-year-old practice.

After working at West Coast for more than a year, Matin was attracted to the practice's state-of-the-art technology and techniques as well as the local community.

"I felt that West Coast Oral Surgery is one of those practices [where] patient care, satisfaction and treatment quality comes first," he said.

Matin earned his Doctor of Dental Surgery degree with honors from the University of California, San Francisco. He later specialized in oral, jaw and facial surgery at the University of Washington.

Matin also taught and mentored dental students and surgical residents at Harborview Medical Center and the University of Washington School of Dentistry

in the 2010s.

He likes the blend of the art and science of dentistry, medicine and surgery, which motivated him to take an extra year of anesthesia fellowship and surgical internship.

"That was such a valuable training which gave me more in-depth knowledge and experience in the field of anesthesia that allows me to provide all levels of anesthesia to my patients safely," he said.

The previous owner, Dr. Andrew Chang, sold West Coast to Matin.

"Not only is he a phenomenal surgeon and is from the best dental institution in the country, [he's] always well-liked by his team members and patients," Chang said, referring to Matin. "Having observed his surgical skills, he would be the perfect candidate to take over West Coast Oral Surgery."

The COVID-19 pandemic did not slow down business at West Coast, but the staff had faced a shortage of personal protective equipment (PPE) and had to adapt to

'Not only is he a phenomenal surgeon and is from the best dental institution in the country, [he's] always well-liked by his team members and patients.'

—Dr. Andrew Chang

changing guidelines.

"Thankfully, we were able to provide emergency treatments to our community safely by incorporating necessary precautions, getting PPEs and other required supplies from local and state agencies, and helping our patients and referring doctors," Matin said.

Originally called San Diego Center for Oral and Facial Surgery, Chang had given the practice the current brand name about 10 years ago, but the practice has been there since the building was constructed in

the 1970s.

"It was the birthplace of some of the best oral surgeons who are now practicing throughout San Diego," Chang said. "A lot of them got their start at that practice."

Chang became a full partner at the practice in 1998, took over all business aspects and eventually changed the name to West Coast Oral Surgery.

He retired, but he has been mentoring other oral surgeons and assisting dentists in Scripps Ranch and Mira Mesa during the COVID-19 pandemic, such as setting up protective Plexiglass at their front desks.

Matin would like to see West Coast Oral Surgery expand its scope of practice while maintaining the high standards of care.

"We spend a lot of time training our staff and bringing new technology to our practice to make surgical experience as comfortable as possible," he said. "I am thrilled to be part of this amazing community and serve our patients."



Let's combat climate change together

By Lynn Owens
Sustainable Scripps Ranch

"The greatest threat to global public health is the continued failure ... to keep the global temperature rise below 1.5 degrees C and to restore nature ... The science is unequivocal: a global increase of 1.5 degrees C above the pre-industrial average and the continued loss of biodiversity risk catastrophic harm to health that will be impossible to reverse."

—A joint editorial statement from 220 of the world's leading medical and public health journals in Sept. 2021.

Here's our Sustainable Scripps Ranch mission statement from 2009: "To create more sustainable lifestyles and community through education, advocacy, and application of sustainable practices such as energy, water and environmental conservation."

Hmmmm, how are we doing?

Education and Application: We've learned and done a lot. We ran low-water landscape tours, green energy workshops, zero-waste trainings, sustainability hacks and more. Scripps Ranch advanced many important household sustainability trends in our yards, houses, solar rooftops, water, vehicles, food, waste streams and recycling, and so much more.

But, we've skimmed on **Advocacy.** The world's climate is degrading faster than Scripps Ranch is improving, and all our best local improvements are not and will never be enough to turn the tide.

Writer, historian and activist Rebecca Solnit: "Personal virtue is an eternally seductive goal ... individual acts of thrift and abstinence won't get us the huge distance we need to go in this decade."

Furthermore, she notes it was the oil companies and their PR firms that did much to advance the idea of our personal "footprints."

See **CLIMATE CHANGE**, Page 13

LI LYNCH DANCE INSTITUTE

Mixed Nuts,
a beautifully
unexpected
holiday tradition.

Register now!
lynchdance.com

New library manager restarting programs

By Kaila Mellos

The Scripps Miramar Ranch Library is slowly getting back to normal after partially reopening to the public again in July.

For six months now, the library has been run by a new manager: Matt Beatty.

“I’ve been a manager for the past 25 years at different libraries; First in Philadelphia and then I came to San Diego public libraries in 2001,” Beatty said. “I’ve spent most of my time managing the Ocean Beach Library, but I also managed the North Park, University Heights and Malcolm X libraries.”

Under new management by Beatty, the library will restart its old programs and start some new ones as well.

“In January, we will be starting our concert series again. In October and December, we’re having appearances by Richard Lederer,” Beatty said. “Also starting again, children’s story hour, which we have every 10 weeks.”

Another thing the library has started in partnership with the Scripps Ranch Friends of the Library and the Sustainable Scripps Ranch group is a “seed li-



Scripps Miramar Ranch Library Manager Matt Beatty (courtesy photo)

Humorous word wizard **Richard Lederer** presents Halloween poems and puns from his book on Oct. 16, 11 a.m.

brary.” This is an index of fruit, vegetable or flower seeds that can be requested and taken to plant.

Since the July reopening, COVID-19 precautions have been taken very seriously by the library staff.

“We’re requiring masks until at least the end of September. We don’t know how long that will last now,” Beatty said.

The hours of the library have also changed since the reopening: “11:30 to 8 Monday and Tuesday, and then 9:30 to 6 Wednesday through Saturday. Those aren’t the same hours we

had before COVID and a lot of people don’t know that,” Beatty explained.

The library was still being supported by the community throughout the COVID-19 closure.

“I just want to say that I’m thrilled to be at the Scripps Ranch library. It’s exciting to have a chance to work in such a community,” Beatty said. “Here, there are a lot of serious readers and we have had many people, throughout the last several months of the pandemic pick up their holds, even while we were closed. We appreciate your business.”

CLIMATE CHANGE

Continued from Page 12

Pressure is needed at every level: city, county, state, federal and beyond. For example, even within forward-thinking California, energy companies including SDGE are pushing back on rooftop solar, community energy and other policy decisions intended to advance climate goals statewide and beyond.

How to multiply our advocacy power? Unite our advocacy with others. Here are a few resources to check out:

- North County Climate Change Alliance: NCCCAAlliance.org
- Citizens Climate Lobby: CitizensClimateLobby.org – San Diego chapters in both Central and North County; North County Inland coming soon
- San Diego County Climate Action Network: SD-

climatenetwork.org – excellent monthly calendar of local events

- www.SanDiego350.org – one of the oldest and most focused climate change groups

Please email us with your own ideas and stories of activist groups you think are making a difference, and tell us what you’re doing to help: SustainableSR@scrippsranch.org. Visit our website for more resources and ideas: scrippsranch.org/ssr.

The day will come when you can't be there with your loved ones. But if you plan your estate right, you can be there for them.

Experienced Attorney
Affordable Wills, Trusts & Estate Plans

Free Initial Consultation
(442)877-2784
Or schedule online at
keithdennyapc.com/free

Find answers at keithdennyapc.com

Give your home the protection it deserves.

Your home is where you make some of your best memories, and that’s worth protecting. We’re here to help.

LET’S TALK TODAY.



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



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



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



BEST DEAL

Plumbing, Heating & Air, Inc.

Contractors Lic. 770827

In the plumbing business
for 50 years

Owned and operated
here in the community

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

Good Quality Work
at Reasonable Prices
Licensed and Insured

(858) 578-7808

10796 Charbono Terrace • San Diego, CA 92131

FIRST DAY OF SCHOOL



Jaxson Winter – 8th grade at Marshall Middle School (MMS), Travis Ridgway – 9th grade at Cathedral Catholic School, Ethan Ridgway – 7th grade at MMS, Luca Reuter – 7th grade at MMS, Lia Reuter – 6th grade at MMS, Leyla Ridgway – 6th grade at MMS, Lila Abbott – 6th grade at MMS, Grace and Gianna Johnson – 8th grade at MMS, Caroline Abbott – 8th grade at MMS and Alexis MacInnes – 8th grade at St. Gregory the Great Catholic School (Photo by Catherine Ridgway)

Scripps Ranch parents sent these photos of their students as they were about to begin their first day of school for the 2021-22 school year.



Daelen Davis is in 8th grade at Marshall Middle School. (photo by Christina Davis)



Gretchen Do on her first day of TK at EBS (photo by her dad Howie Do)



Sofia Nocella, 4th grade, and Samantha Nocella, TK, celebrated the first day of school at Jerabek Elementary with festive balloons. (photo by Kim Nocella)



Drew Bidermann, 3rd grade, and Luke Bidermann, 1st grade, at EBS (photo by Kristi Bidermann)



Vivian King, 12th grade at Scripps Ranch High, and Stella King, 4th grade at Jerabek Elementary (photo by Christine King)



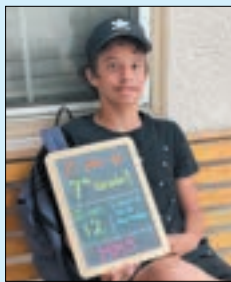
Kamryn Sablad – 6th grade at Marshall Middle School (photo by Catherine Sablad)



Charlotte Stepien, 3rd grade and Jack Stepien, kindergarten at Jerabek Elementary



Leo – 5th grade and Giada – kindergarten at EBS Elementary



Vinny is in 7th grade at Marshall Middle School.



Carmen – 11th grade at Scripps Ranch High School

(photos by Mom (Donna Mirabella))

LEMONADE STAND CONTEST

These are the entries in the 2021 Scripps Ranch News Lemonade Stand Photo Contest. While the decision was very difficult because all the kids and their stands looked fantastic, Giada Mirabella is the winner and will receive \$25 worth of treats from Sweet Treats by Jess Bakery. Many entrants donated part of their proceeds to worthy causes.



The Lemonade Stand Contest winner is Giada Mirabella. (photo by Giada's mom)



Lily Mae Osentowski (3 years old) and her older brother Thomas Osentowski (4.5 years old) (photo by Kelly Osentowski)



Ava Barber and Lorelei Fleizach (Photo by John Barber)



Maya and Alia Phan, Katie Todd and Lexi Hanks (photo by Sheena Phan)



Aria and Gavin Rider (photo by Diane Rider)

Phoebe Dummer (11) and Hope Dummer (10) (photo by Kirsten Dummer)



Colin and Riley Ryan and Xavier and Ariana Torres (photo by Jennifer Ryan)



Tejas Kannan, Kiaan Parikh and Harshiv Shukla (photo by Nikunj Shukla)



(858) 536-4161

SUPPORTING
SCRIPPS RANCH

www.blackmountainplumbing.com • License No. 782799



The Falcons wrestling team did well at the San Diego City Championship in May. Those placing included Ryan Bethel, first place, 128 lbs.; Jun Melchior, first place, 154 lbs.; Ryu Pitts, second place, 134 lbs.; Danny Abdin, third place, 115 lbs.; and Alex Villalobos, fourth place, 147 lbs. (courtesy photo)



Teddy (left) and Jeff Bristol of Fitness Quest 10 both earned college scholarships for wrestling. (courtesy photo)

SCRIPPS RANCH SPORTS

Proponents describe benefits of wrestling program

By Ashley Shah

The Scripps Ranch High School (SRHS) wrestling team is already gearing up to start the new season.

The team is in the pre-season, and the regular season starts Nov. 6, according to head coach John Kreitzer. They practice Mondays, Wednesdays and Fridays from 6:30 to 7:30 p.m. doing strength and conditioning. They also practice Tuesdays and Thursdays from 4:30 to 6 p.m.

“Anyone can come and join,” Kreitzer said.

They have 18 wrestlers for pre-season, but they should have about 40 in the regular season.

‘I think it teaches you a very strong work ethic, which is super important on all fronts.’

—John Kreitzer

Kreitzer hopes to get the wrestlers into pre-season competitions in October.

“I think that doing more and more competitions is a great way to learn and grow. You are able to see different styles and you get more experience,” he said.

Kreitzer is working on building a strong foundation for the team.

“I am trying to focus on underclassmen and first year wrestlers that are sophomores. I think they are the foundation for the program. I want to get them in as many competitions as possible so that they can get a good feel for the sport,” he said.

The team has its own wrestling room this year.

“I am really happy that the wrestlers have a dedicated room. It is something

they can take pride in,” Kreitzer said.

Wrestling is a co-ed sport. “So far, I have three girls on the team. I think it’s great. I’m hoping to get them in a lot of competitions. I think the future of wrestling is with girls,” Kreitzer said.

He shared his goals for this season.

“I want to have a state qualifier. We have some powerhouse wrestling schools near us, and it’s a long way to get there, but I know we can do it,” Kreitzer said. “I also want to fill a roster. The

best part of wrestling is that anyone can do it because we have different weight classes.”

Coach Kreitzer has been with the team since the 2017-2018 season.

“We are always looking for more coaches and wrestlers. We rely heavily off of fundraising, and we’re always looking to grow as a program,” he said.

Kreitzer has always had a love and passion for wrestling.

“I grew up wrestling, but I broke my back when I was

wrestling in high school and had to give it up. I started coaching and have been doing it for years. By only being able to coach, it has given me a different lens than someone who is able to actually wrestle,” he said.

He described the benefits of the sport.

“I think the biggest takeaway is self-discipline. I think it teaches you a very strong work ethic, which is super important on all fronts. I always have my kids write three goals for

See **WRESTLING**, Page 16



FITNESS QUEST 10
#1 Gym in San Diego

Services

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

TAKE BACK YOUR HEALTH!





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



@FitnessQuest10


9972 Scripps Ranch Blvd. 92131


(858) 271-1171

Martial arts students place in competition

Hard-working, dedicated, disciplined and focused are all adjectives which describe the students of Evolution Martial Arts, a Soo Bahk Do studio located in Scripps Ranch. Soo Bahk Do is a traditional Korean martial art that is practiced around the world.

Evolution is headed by Robert Maderazo – a certified master instructor. Students at Evolution have

been training anywhere from one month to eight years and their ages range from five up to 20 years old. In July, 15 students from the Scripps Ranch-based studio competed in the second Soo Bahk Do (SBD) Virtual National Competition where more than 400 competitors from across the United States participated. Out of the students who competed from Evolution Martial Arts, all 15 placed

first, second or third in their respective divisions. Three of the competitors were newly promoted black belts, and all three took first place within their divisions.

“I am most proud that my students have shown their dedication to their training and that they had the courage to compete,” Master Maderazo said. “It’s not about winning, it’s about the student’s hard work, dedication, commitment, discipline and the ability to stay focused.”

Although COVID made training this past year a lot more challenging, Master Maderazo and his students trained online and outside, all while keeping safety top-of-mind and were sure to wear masks and socially distance themselves in the utmost safest manner. Whether training online or in-person, the students at Evolution demonstrated their dedication and commitment to improving their martial arts techniques – and it paid off in a big way.

Both the instructors and students plan on continuing their training to improve as



Several students of Evolution Martial Arts placed in the second Soo Bahk Do Virtual National Competition. Robert Maderazo is their certified master instructor. (courtesy photo)



Get **professional images** of your athlete in action by scheduling your event today!

@justinfinephoto

justinfine.com | justin@justinfine.com

martial arts practitioners and examples of model community partners, and to also apply the dedication and hard-work toward school

and their life-long goals.

Evolution Martial Arts shares space with Evolve Fit & Nutrition, 10035 Carroll Canyon Road, Suite G.

WRESTLING

Continued from Page 15

the season, and I make sure that we stick to them and work on it,” Kreitzer said.

Jeff Bristol, general manager of Fitness Quest 10 in Scripps Ranch, also shared his beliefs about wrestling as a beneficial sport.

“I feel like sometimes wrestling gets a bad reputation, but personally, it taught me a lot and it resonates with me,” he said.

Bristol, and his brother, Teddy, grew up wrestling.

“I think another benefit of wrestling is that it is a great foundational sport. It teaches you mental strength, physical strength, flexibility, balance, and more that can be used in a lot of other sports,” he said.

Both attended universities on scholarships to wrestle.

‘At the end of the day, wrestling is just fun and it’s a great exercise.’

—Jeff Bristol

“Wrestling for me and my brother was able to provide us opportunities that we probably wouldn’t have had. We were able to get scholarships to go to good schools,” Bristol said.

He has coached at both SRHS and Poway High School.

“There’s a lot of good things that come out of being on that mat alone when you compete. It really teaches you humility, leadership and self-confidence. A lot of sports, you’re out there with a team, but being alone and competing makes you learn these valuable traits,” he said.

At Fitness Quest 10, Bristol has been able to get students involved in the SRHS wrestling team.

“At the end of the day, wrestling is just fun and it’s a great exercise,” he said.

Find more about SRHS wrestling: srfalcons.org.

Lic. No. 782799

Col. 3:17



Established 1993

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

-Black Mountain Plumbing

GET \$20 OFF

Your next plumbing repair with Black Mountain Plumbing

**Not valid with any other offer.*

Plumbing Services

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



Follow Us!



Instant Online Booking!

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

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



Scripps Ranch High traveled to La Jolla for an incredibly exciting contest on Aug. 27 and came away with a hard-fought victory in a high scoring 52-51 battle. (photo by Justin Fine)

EARLY SEASON SUCCESS

The Scripps Ranch High School (SRHS) varsity football team is off to a remarkable start with victories over Elsinore High (42-7), San Diego High (42-14), La Jolla High (52-51) and San Pasqual (56-20). Next, SRHS will host Point Loma High on Oct. 1 at 7 p.m.; and Morse High on Oct. 8 for Homecoming at 7 p.m.



Scripps Ranch High School put on a show of skills in the team's season home opener as it defeated the San Diego High School Cavaliers 42-14 on Sept. 3. (photo by Jim Wick)

All-star team has incredible run

By Hector Trujillo

A historic run for the 10U Scripps Ranch Little League (SRL) All-Star team concluded after the team became the first in the history of the league to win Sectionals and make it to the Southern California State tournament in that age bracket where they finished fourth overall.

"We are so proud of these boys and coaches, and how they represented (SRL) throughout the All-Star season," said new league Pres-

ident Avi Barat. "They put in a tremendous amount of work and effort, and we could not be more proud of their accomplishment."

The team, made up of 13 All-Stars, was under the stewardship of manager Lance Taschner and assistant coaches Matt Green and Kevin Hamilton.

In order to achieve their unprecedented performance, the team started off its journey by being crowned District 32 champions, which had a total of 10 teams competing. This oc-

curred thanks to an unforgettable victory against Point Loma, allowing them to advance to Sectionals. There, they played in a four-team tournament and beat the District 31 champion 4S Ranch in the Sectional championship game, which allowed them to advance to the Southern California State tournament. The state level tournament is as far as any 10-year old bracket is allowed to compete, and it was where they had to face off against teams from all

See **ALL-STAR TEAM**, Page 18

HAMILTON ARENDSSEN PERSONAL INJURY ATTORNEY

AUTO, BIKE & MOTORCYCLE ACCIDENTS
WRONGFUL DEATH CASES



619-804-2781

FREE CONSULTATION

ARENDSSEN **AB** BRADDOCK

SCRIPPS RANCH
RESIDENT

harendsen@abtrialattorneys.com
www.abinjury.com



Dreaming up the ideal retirement is your job. Helping you get there is ours.

To learn more about why Edward Jones makes sense for you, call my office today.



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

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



What is your home worth? Use the QR code or link below to find out!



https://bit.ly/3zGSYWG

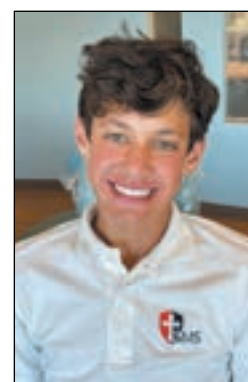
Just sold! \$150,000 over Asking Price!

- But Wait! That is not the whole story!!
- We helped with donations, painting, prepping, taking pictures, virtually staging minimally staging, planting flowers, cleaning the yard, gardening, making a video, etc.
- We sold the house with multiple offers way above what has been done before! We have a happy seller and super delighted buyers!

Call us today and see what we can do for you!



ROXANNE GOVARI
(619) 778-0577
roxanne@pemberleyrealty.com
www.pemberleyrealty.com, DRE# 01319244
WHO YOU WORK WITH MATTERS!



Featured smile: **Max**



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

- ▶ We go above and beyond CDC and ADA guidelines for COVID-19 protection.
- ▶ All clinical staff has been vaccinated.
- ▶ Proud sponsor of local schools and sports
- ▶ Experienced, friendly staff
- ▶ Personalized attention
- ▶ All types of braces and Invisalign offered
- ▶ We treat adults and children.

Fitness Quest 10 hosts 50+ Fitness Competition

By Ashley Shah

Fitness Quest 10 held the Master's 50+ Fitness Competition in association with the San Diego Senior Games on Sept. 19.

The event included 10 different fitness competitions, which involved kettlebell box squat, barbell bench press, straight arm dead hang, farmers walk, keg toss, 300 yard shuttle run, concept 2 rower, jump rope, prowler push and med ball slams.

'This event is a good test of their strength, agility, power, flexibility and more.'

—Jeff Bristol

"I think the most popular events would be prowler push, med ball slams and the bench press," said Jeff Bristol, Fitness Quest 10 general manager.

Registration for this event began in late June and closed on Sept. 12 through the San Diego Senior Games website.

"People registered by age bracket and gender. The age bracket starts from 50 to 54, then 55 to 59, and so forth," Bristol said.

More than 80 competi-



Fitness Quest 10 in Scripps Ranch hosted the 2019 Masters 50+ Fitness Competition (above) and hosted the 2021 version on Sept. 19. (Courtesy of Fitness Quest 10)

tors registered. More than 40 were from the San Diego area, around 33 being from Fitness Quest 10 specifically. Around 30 were from California, but not San Diego, and two were from out of state.

"When we had this event in 2019, we had people driving hours to come down for these competitions," said Trish Williams, event co-commissioner to Fitness

Quest 10.

Around 50 percent of competitors were under 60, and the rest were spread out over the age brackets. There were two competitors from the 85-89 bracket.

"Out of the 10 competitions, you could pick and choose which ones you wanted to compete in. You didn't have to do it all if you didn't want to," Bristol said.

The award ceremony was

held after the competitions ended.

"I want to congratulate everyone who participated. These events are challenging and people had been preparing for them," Bristol said.

This is Fitness Quest 10's second year holding this event.

"We held it for the first time in 2019, then the pandemic hit, so we couldn't in

2020. But we began planning then for this year," Williams said.

Williams, and her husband, Stan, brought the fitness competition to Fitness Quest 10.

"In 2017, Stan had been looking for fitness competitions in San Diego. He found one in Chula Vista, but it was too small," Williams said. "He met Kirsten Cummings, the executive director of the San Diego Senior Games at that event, and she asked what gym we went to. In 2018, she reached out to us and asked if we could do the event at Fitness Quest 10. We talked it over with Jeff, and we held it in 2019."

About 50 people participated in 2019.

"I think the most important thing with this event is that we are encouraging people to stay healthy and fit. We are encouraging people to challenge themselves. This event is a good test of their strength, agility, power, flexibility and more," Bristol said.

Fitness Quest 10 plans to hold this event annually each fall.

"We definitely want to do more community events, hopefully every couple of months. It's just nice to see everyone coming together for a good reason," Bristol said.

ALL-STAR TEAM

Continued from Page 17

over Southern California, including those from Los Angeles and Orange County. The SRL 10U All-Stars won their first game, lost their second game in closely contested fashion, but came back to win their third game against Parkview Little

League from Chula Vista, making them the best 10U team in San Diego County along with their fourth place position overall.

This performance was reminiscent of the one achieved by the 2018 SRL Intermediate All-Star team which made it all the way to the Little League World Series, and was also managed by

Lance Taschner.

"It was very similar in the fact that we had phenomenal hitting," Taschner said. "One through nine, we would go out there and crush the ball. We were constantly putting up runs and we had solid pitching depth. We could throw different pitchers out there at any time and it reminded me a

lot of that team."

Among the most noteworthy performers were Aaron Tinoco with his two grand slams in one inning; Colin McArthur who also had a two home run game of his own at the state level competition; JD Engler and Brody Perkins who served as the two go to pitchers helping carry the team to victories

in several games; Ethan Neville who had a couple of home runs of his own at the district level; and last but not least, Chase Taschner who came in to pitch in a bases-loaded situation, also at the district level, where he was able to strike out the batter, allowing his team to eventually win the game in extra innings.

West Coast Oral Surgery

Over 25 years with a history of excellence!



Schedule your consult today!

(858) 536-2900

www.westcoastoralsurgery.com

Follow us:



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

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

We're seeing an increase in face-to-face team building!



Mention "Take It Outside" and get **\$100 off**

on our Urban Challenge Scavenger Hunt, Team Olympics, Minute to Win It Team Challenge, Good Deeds Bus Experiment, The Secret Spots Drive By or Charity Bike Build.

To reserve a private adventure for your co-workers, a birthday party or family outing...

619-917-6037 or Menkin@WhereTours.com

Showcasing Secret San Diego since 2003!

WHERE TOURS.COM GROUPADVENTURES.COM

Steps to design a dream closet

(Family Features) Whether you're a stylist with an eye for fashion who chooses each garment carefully or the laid-back type who can rock the first outfit you find each morning, the closet provides a location for inspiration. Turning bland closet space into a truly eye-catching room calls for a little planning and DIY creativity.

Plan it out

Creating the perfect closet space begins with your ideas. Think about the details such as how you want the space to look and the amount and type of storage you need. Envision everything from colors and finishes to the physical shape.

Focus on practicality

Once you've dreamed up your ideal closet, compare your ideas with the space you have available and adjust your plans to fit your footprint and budget. This step allows you to get creative with ways to maximize your space and use every available inch to create a closet that gives you the function and aesthetic you desire.

Keep it organized

A beautiful closet likely won't mean as much for you if it isn't functional, and organization is a key to true functionality. Keep your space organized in a stylish manner with an option like the ClosetMaid Revolution Storage Ottoman, a convenient, easy-to-assemble, multi-use piece designed for

closets or any area of your home. Able to hold up to 12 pairs of shoes, its rotating design maximizes storage for functional appeal.

Remain detail-oriented

It's not just the structure that can bring your dream closet to life; little touches can add up in a big way. Upgrade your light fixture, for example, and look for other ways to personalize the space for a look that's all yours, such as shelving to display treasured photos or keepsakes, or a spot on the wall for a vision board to draw inspiration as you begin each day.

Change up the color

Introduce light and personality into your closet with rich color and style. Add accent color on the walls behind your clothes or incorporate color with the structural elements. On-trend finishes can help make the space pop by complementing the colors of your wardrobe.

Visit closetmaid.com to find more DIY closet inspiration.



HOMES

A beautiful closet likely won't mean as much for you if it isn't functional, and organization is a key to true functionality. (ClosetMaid)

Geneva
FLOORING
WOMAN OWNED & OPERATED

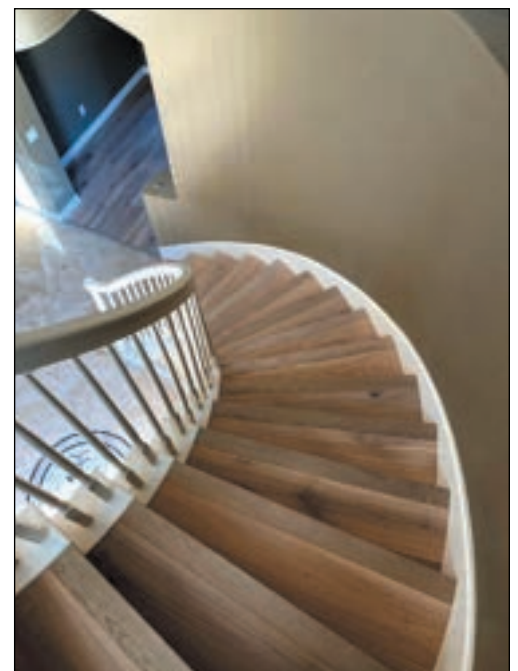
*Been staring at that floor for months?
Call now for a change of scenery!*

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

We are following the ADA social distancing guidelines and offer private showroom or in-home consultations with samples.

LIC#801132

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



SHOWROOM OPEN

Visit our new website with complete list of products.

Genevaflooring.com

(858) 547-8069

9360 Activity Road, Suite D
San Diego, CA 92126



Sunstreet Mortgage, LLC.

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

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

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

Call today to take the street that leads you home!

(619) 319-5325

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

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

sunstreetmortgage.com

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



REALTY

TWENTY
FOUR
SEVEN

over \$240million
sold this year

Your local experts,
living and working in
your community

Call today for our incentives!



Laura
Stephens

Realtor®
858.245.6475
02082318



Robyn
Flint

Realtor®
858.414.1153
02129556



Troy
Moritz

Broker
858.598.4441
01959350



Felicity
Hunter

Realtor®
858.444.5973
01912094



Julianne
Super

Realtor®
858.598.4441
01959350



Josh
Nottingham

Realtor®
858.900.1300
01295227

CA BRE: 02101304

Real estate agents are licensed by the state of California affiliated with 24/7 Realty. 24/7 Realty is a licensed real estate broker licensed by the state of California and abides by equal housing opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to accuracy of any description. All measurements and square footages are approximate. This is not intended to solicit property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage