



Girl Scouts created holiday ornaments to be delivered this week to families that were victims of the recent wildfires in the Santa Rosa area. (photo by John Gregory)

Brightening Holidays

By John Gregory

The holiday spirit was in full swing as dozens of Girl Scouts from troops in the San Diego area visited the home of Scripps Ranch resident Lynette Rodenbaugh last month to create holiday ornaments. The hundreds of ornaments created by the Scouts will soon be delivered to families that were victims of the devastating wildfires that struck the Santa Rosa area in October. “We are going to be boxing

the ornaments and we are going to be taking them the second week of December up to Santa Rosa,” Rodenbaugh explained. “We know someone whose house was safe, but worked in a small school where 41 families lost everything in the Santa Rosa fires. So, we told them that we would have a box of ornaments for every family in their school that lost their home.”

By participating in this event, the younger Girls Scouts were eligible to earn an ornament-making patch.

The older girls were eligible to gain service hours.

The ornament-making project is nothing new to the Rodenbaugh family as this was the third time they have opened their home to Girl Scouts for similar ornament-making projects. Overall, the project was a time of bonding and creativity.

“It’s just a lot of fun,” Rodenbaugh said.

For the full story, visit ScrippsRanchNews.com or type bit.ly/2Av5zRZ into your browser.

Holiday concert

The annual Scripps Ranch Holiday Concert is probably the biggest event uniting the community during this festive season. The 2017 spectacle is set for 5 to 6:30 p.m. on Sunday, Dec. 10, in Jerabek Neighborhood Park, 10200 Scripps Trail.

The concert, produced by the Scripps Ranch Symphony in the Park organization, will feature a band playing holiday songs. Light sticks will be available for the kids and Santa Claus will pass out candy canes. This year, the annual community Tree Lighting, conducted by local Girls Scouts, will be held from 3 to 5 p.m.

Scripps Ranch Symphony in the Park is partnering with the Scripps Ranch Service Unit of the Girl Scouts, Troop 2865, for the tree lighting. Residents who witnessed the old holiday

tree being removed from the park recently need not be alarmed. The old tree was not in good shape and it was replaced with a fresh, healthy one thanks to funds provided by the Scripps Ranch Civic Association.

Once the Girls Scouts complete the tree lighting ceremony, the band will take over, fueling a warm holiday atmosphere.

The arrival of Santa, of course, is the highlight of the event, and it’s really something to witness. The children can hear the siren from a fire truck in the distance on the street above the park, and their excitement builds as the sound gets closer.

“Santa Claus comes and passes out candy canes,” said Rachel Votel, Sym-



See **CONCERT**, Page 2

Selfless tradition

Local family practices giving

By John Gregory

The Muschek family of Scripps Ranch is in its fifth year of a selfless tradition that involves collecting items and packing them up for distribution to the less fortunate each year around the holiday season.

This year, Victoria Muschek is asking those wishing to help to collect toiletries such as soaps, lotions, shampoo, conditioner, toothbrushes and toothpaste. Smaller items, such as those provided in hotel rooms, are best. Chile Peppers restaurant has agreed to serve as the collection point for the items this year. Simply drop off the donated toiletries in the big box at Chile Peppers, 10299 Scripps Trail, now through Dec. 18.

Those benefitting this year will be students attending the Monarch School in downtown San Diego. The school is specifically run to serve homeless youth of the city, and the young-

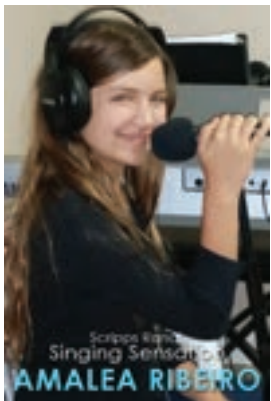


sters will be able to utilize the items following the holidays. That’s usually when supplies for the children are not as plentiful, Muschek explained.

The project normally gets underway right after Thanksgiving, Muschek said. Last year, the effort brought in 445 such kits for the homeless. Jerabek Elementary School adopted the project the last two years, and provided help with the sorting and packaging. This year the school is

See **SELFLESS**, Page 2

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John Gregory, editor and publisher

Jacqueline Gregory, design director and publisher

CONCERT

Continued from Page 1

phony in the Park co-chair. "What's really exciting is Santa comes down on Engine 37, lights going and everything. It's pretty cool. It starts there at the top ... It's really, really exciting."

Once the fire engine arrives, the firemen escort Santa into the park toward the bandstand. There, he hands out candy canes to the youngsters and listens to their wishes. He doesn't leave until long after each child has had their moment with the jolly old elf.

Scripps Ranch Symphony in the Park produces five concert events each season. The first four, running once

each month in June through September, are held in Hoyt Park. The Holiday Concert is the final event of the season. It is now held in Jerabek Park because the lawn at Jerabek Park is not as wet during December, Votel explained.

The organization started back in 1985, according to Votel. It used to be part of the Scripps Ranch Old Pros until about seven years ago when it became a not for profit entity. Scripps Ranch Symphony in the Park is funded through donations from members of the community and business sponsors. Usually a different business is the main sponsor for each indi-

vidual concert.

"We go out every year and do fundraising with all of our Scripps Ranch neighbors, as well as businesses," Votel said.

Art Moreau is the other co-chair working along with Votel. The Scripps Ranch Symphony in the Park committee has 22 members, and anyone wishing to get involved with the group can simply approach one of the current committee members at the next event.

We've been able to sustain it throughout all these years," Votel said. "We haven't had to cut back. In fact, we've done more enhancements. ... It really has come a long way."

SELFLESS

Continued from Page 1

involved in a different project and the Muschek family is working mostly on its own. Therefore, Muschek has opened up the project to the entire Scripps Ranch community, feeling confident that a large amount of involvement would ensue. She has been active on social media publicizing the effort this fall.

Once the last of the donated toiletries have been collected, they will be sorted and placed in paper bags for delivery.

The Muschek family includes two children who attend Scripps Ranch High School and one who attends

Jerabek Elementary.

"It kind of started out as, 'Hey, we need to give back,'" Muschek explained.

As people heard about the project, they realized they had items they could donate, so they helped out, and the effort grew.

"People have been really coming to the table with some great generosity," she said. "I am really so touched by the outpouring of support."

Local businesses have also donated in the past, including Scripps Rock Dental and Chile Peppers.

Muschek, who works as a marketing and communications specialist for Sharp Health Plan, said her company is assisting with col-

lecting items and employees will be allowed a few hours to help bag up the items once they are collected.

Muschek opens her garage for a few nights so volunteers can come over to help sort and pack the kits.

"Usually we have a night or two when we sort everything," she said.

Children normally volunteer and many of them create uplifting messages to slip into the bags for the recipients. Local Boy Scouts have also helped with the effort in past years.

Those wishing to help, or anyone who wants to contribute large donations or questions, may contact Victoria Muschek at bmuschek@san.rr.com.



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Kersey focuses on infrastructure

By John Gregory

District 5 San Diego City Councilman Mark Kersey has been focused on rebuilding the city's local infrastructure. Many of these projects are right here in Scripps Ranch.

"By far, we get the most complaints about streets and roads and sidewalks, some storm drain channels as well," Kersey said. "So, that has obviously been my focus in my five years on the City Council city-wide. ... They want to see their roads repaved, they want to see the sidewalks fixed and we've had some storm drain issues, and they want to see these corrected as well."

Kersey is the chairman of the city's Infrastructure Committee, which set about to get a grasp of the full extent of the backlog of projects in the city. The committee put together a five-year infrastructure investment plan, which did not exist before, Kersey said. The plan is a guide to how the projects are prioritized.

Kersey said this effort

brought about the passing of Prop H, "Rebuild San Diego," a ballot measure for a charter amendment that created a dedicated infrastructure fund into which the City deposits part of the sales tax growth that occurs as the city's economy expands. This money is earmarked for infrastructure projects. Now, projects are both underway and scheduled for Scripps Ranch.

"We've got road repair going on all over the place. We've been doing sections of Scripps Ranch Boulevard. We're going to do more sections of Scripps Ranch Boulevard in the upcoming year. We're doing Scripps Poway Parkway. ... And then some of the more residential streets as well. ... You'll see a lot of road repair," Kersey explained.

"We're seeing storm channel work as well," he said. "We had a couple of issues on Rue Chantemar, one of which is finishing up. The other will be done in the February-March time frame."

That storm drain channel collapsed and the city must



District 5 San Diego City Councilman Mark Kersey enjoys the view at the Scripps Miramar Ranch Library. (photo by John Gregory)

rebuild it, Kersey explained.

While Kersey was re-elected to City Council last year, he is running for the 38th State Senate District as a Republican, and the primary is next June.

To see more of this story, visit the News page on ScrippsRanchNews.com.

NEWS



Flag men direct traffic on Scripps Lake Drive near the intersection of Red Cedar Drive. (photo by Jessica Gregory)

Expect delays on Scripps Lake Drive

The latest phase of the City's Miramar Clearwell Improvements project is continuing along Scripps Lake Drive. Flag men will direct traffic on Scripps Lake Drive near the Miramar Lake entrance as necessary while work is underway.

The contractor has been working on Scripps Lake Drive east of Red Cedar Drive this week and will continue for approximately three weeks, according to the City. There are also plans to repave the area in front of the lake entrance around the Christmas holiday while school is out, and this is estimated to take one full day.



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New SRHS principal takes the helm



Nicole DeWitt began her first day as principal of Scripps Ranch High School on Nov. 6. (photo courtesy of Nicole DeWitt)

By John Gregory

Nicole DeWitt took over as the permanent principal of Scripps Ranch High School (SRHS) recently. She came to Scripps Ranch from Valhalla High School where she served as an assistant principal in the Grossmont High School District.

DeWitt said she will take a steady approach as she begins her reign. She is focused on the need to unify all those involved with the high school, hoping to get everyone pulling in the same direction.

“I just feel that we need to find a way to unify everyone — whether it’s staff, students, parents, community members — to be really proud of our school and our accomplishments,” she explained. “So, figuring out a way to really make everybody on the same team and really from the same place, that’s going to be my primary focus when I first start.”

As a new principal, DeWitt realizes that listening is a key to understanding the needs of the school.

“I think my primary focus in coming in is on that climate and culture piece, and just trying to make sure

Nicole DeWitt

- Master’s degree, National University
- Double bachelor’s degree, University of Redlands
- Married to Randy DeWitt, a high school teacher
- Two children, ages 8 and 11
- Originally from Whittier
- Attended Murrieta Valley High School
- Loves The Beatles, all genres of music
- Hobbies include yoga and camping

that everybody has a voice and then that voice is heard and that we’re taking into consideration everybody’s needs,” she said.

DeWitt has some very positive impressions regarding the quality of education at the school. She noted that she has a few close friends who live in Scripps Ranch and have elementary school-aged children attending schools here. Therefore, she said, she knows about the high degree of education available and the high

expectations.

“I already know they have a very strong reputation for academic excellence, that they are a very close-knit community,” she said. “I’m just really looking forward to being more a part of that community and learning more about all of the different strengths that all the stakeholders bring to the Scripps Ranch High School community. I’m definitely looking forward to this adventure.”

Having worked as an assistant principal for several years, DeWitt has been involved in running numerous programs that help students both academically as well as emotionally. She has also had responsibilities directly involving enforcement of rules. So, how would her former students describe her?

“I think that they would say that I’m tough but fair, and that I do care a great deal about them,” she said. “I definitely have established some strong relationships with students at Valhalla even though I have had to have disciplinary conversations with them. But I think they know that I’m trying to come from a good place.”

For the full story, visit ScrippsRanchNews.com or bit.ly/2hM34iZ.

Mustang Theatre: more than meets the eye

By John Gregory

Marshall Mustang Theatre productions are good, but there’s a lot more to the process than meets the eye. For instance, while the musical theater class was involved in the production of “Elf the Musical, Jr.” in mid-November, an entirely different cast of Marshall Middle School student actors from the standard theater class was nearly three weeks into rehearsing the department’s next play.

The Musical Theater class performs in two musicals each year, one in the fall/winter semester and one during the spring semester. The regular the-

ater class puts on two full-length, two-act shows per year. The technical theater classes work on each of the musicals and the full-length shows.

Each sixth-grade class is involved in a performance in front of other classes, and the students invite their parents to attend. This usually happens in the seventh week of their nine-week class rotation. The students perform in a one-act show usually no longer than 45 minutes.

“Each of the year-long classes, the regular theater class and the musical theater class, they each do two major productions a year,” Russell explained.

“It’s always crazy when the show comes together; the sets the lights, the sounds, the actors,” He said. “These middle school students come in and (say), ‘Yeah, I want to memorize lines, learn choreography, work with a vocal director to sing, pull costumes together, work with set changes, work with microphones, handle expensive equipment and not damage it.’ It all comes together and it’s amazing every time.”

Obviously, Russell doesn’t back down from complex challenges

“It’s a huge and seemingly insurmountable amount of work. ... I honestly look forward to it,” he said. “Producing theater is always like a giant, endless puzzle to solve. You always have to latch on to the victories and feel good about when you just figured out how to make something work that you never thought would work.”

The program’s next pro-



Student actors perform in the recent production of “Elf the Musical, Jr.” (courtesy of Jeff Russell)

duction is a two-act comedy called “Mutually Assured Destruction, 10 Plays about Brothers and Sisters.” Set to run Jan. 23-26, 2018, it consists of 10 individual connected scenes. The technical theater class will build 10 small living room sets.

The recent production of “Elf, Jr.” was a 60-70-minute play written for young performers. It is based on the “Elf” movie that starred Will Ferrell as Buddy, the elf.

Russell usually double-casts most roles so he can get more students involved. This year the musical theater class was a little challenging when it came to casting “Elf” because the class consists of 28 girls and one boy. Surprisingly, the one boy did not play Buddy. Instead, the starring role was played by Jaelyn Owens and Jessica Pham. The role of Jovie, the main

See **THEATRE**, Page 5

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SCRIPPS RANCH
NEWS

Falcons Marching Band flies high



Leaders of the Scripps Ranch High School Marching Band display trophies earned during an earlier competition. (photo by John Gregory)

The Scripps Ranch High School (SRHS) Marching Band had an incredibly successful season of competitions this fall, and its showing on Nov. 18 at the California State Band Championships (CSBC) in Huntington Beach was equally impressive. In fact, it was fantastic.

With a score of 85.4, SRHS placed second in the division finals. Falcons soloist Andrew Pak took home the Soloist Award and a \$500 cash prize.

For the first time in more than 15 years, SRHS advanced to the Grand Championships which took place later that same evening. SRHS placed ninth in the Grand Championships, and the Falcons Marching Band earned the Viewer's Choice Award.

Led by Music Director Russell Shedd, this was a spectacular effort by the band members, drill team, band coaches and parent volunteers, most of whom put in a 21-hour day. Student call time was 5:30 a.m. Saturday morning. The group returned to Scripps Ranch at 2 a.m. Sunday.

Saturday's CSBC was the top event for what has been a very eventful season. On Oct. 7, the SRHS Marching Band performed in nearly

SRHS advanced to the Grand Championships.

flawless fashion as it captured the top trophies in its 20th Annual SRHS Marching Band & Color Guard Tournament on the home campus football field. SRHS won the AAAA Division and earned top overall Music Performance, best Visual Performance, top Music Effect Performance and was the overall Tournament Champion.

The Falcons Marching Band placed second out of 15 schools competing in its division during the CSBC Semi-Finals competi-

tion with a score of 86.9 on Nov. 11 in Orange County. The Falcons qualified to compete in this weekend's CSBC Division Finals, performing with such skill that the band was invited to participate in the evening's Grand Championships.

Countless hours of hard work and dedication have led the students to this season's unforgettable accomplishments. Earlier this year, Shedd explained that the band members put in about seven hours in a week; after school on Tuesdays and Wednesdays, Thursday evenings and sometimes extra rehearsals, in addition to class time during the days.

Elaine Rosen contributed information and writing for this article.



THEATRE

Continued from Page 4

female love interest, went to Jerry Mansfield and Lilly Laatz. The role of Walter Hobbs, the grumpy father, was played by Danny Vladi and Ione Pennell.

Students in the technical theater classes are completely immersed in the department's productions.

"We actually build physical sets. We construct them, we paint them. They are directly involved in the design process," Russell said. "They design a lighting plot for the show. They work with me to hang and focus the lights. Then, during the actual shows, they do all the set changes. ... We actually have 32 wireless microphones. So, I have students who are turning these on and off and adjusting them during the production as well."

Russell earned a College Career and Technical Education credential which allows the school to use advanced equipment. "Our



Mustang Theatre students utilize up to 32 wireless microphones. (courtesy of Jeff Russell)

lighting control board is the same lighting control board that's used at the Old Globe Theatre in Balboa Park," He said. "I always feel lucky

that I do this job. I wouldn't want to do anything else."

See the full version of this story in the Schools section of ScrippsRanchNews.com.

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Holiday Events

DEC. 8

The Scripps Ranch Swim & Racquet Club presents “**North Pole at the Club,**” a holiday celebration for club members. Meet and take pictures with Santa and Mrs. Claus. There will be kid games, a Gingerbread Jumpee, art projects, a Christmas movie at dusk and a hot chocolate station with sweet treats. 4-7 p.m. at 9875 Aviary Drive.

DEC. 9, 10, 23

Scripps Performing Arts Academy presents “**The Nutcracker,**” in conjunction with the Scripps Ballet Theatre. Performances will be held at the David and Dorothea Garfield Theatre on Dec. 9 and 10 at 2 p.m.; and in The Elizabeth Ballroom at The Fairmont Grand Del Mar, on Dec. 23. Tickets: bit.ly/2AdBNjz. For tickets to the Holiday Tea at the Fairmont Grand Del Mar, call (858) 314-2020.

DEC. 9 and 10

Lynch Dance Institute presents “**Mixed Nuts and Holiday Revue,**” a holiday production showcasing the students of Lynch Dance

Institute. Members of the Creative Performing Media Arts choir will also perform. Dec. 9 at 7 p.m. and Dec. 10 at 3 p.m. in the Joan B. Kroc Theatre, 6611 University Ave. Visit bit.ly/2zChyJl.

DEC. 10

Scripps Ranch Tree Lighting ceremony, produced by local Girl Scouts, 3-5 p.m., Jerabek Neighborhood Park, 10200 Scripps Trail.

Scripps Ranch Symphony in the Park Holiday Concert, 5 to 6:30 p.m. in Jerabek Neighborhood Park, 10200 Scripps Trail. Holiday music, light sticks, candy canes and Santa Claus.

DEC. 13

Scripps Ranch High School **Winter Symphonic Band and Choir Concert,** Theater, 6:30 p.m.

DEC. 14

Scripps Ranch High School **Orchestra Holiday Concert,** Theater, 6:30 p.m.

DEC. 16

Dance & Company is holding a **Holiday Open House.** The Performance Crew will be performing their holiday set. Treats and beverages available. All dancers and family members welcome.

DEC. 18

Last day to contribute toiletry items to the Muschek family effort to create special kits for homeless students at Monarch School. Donate small items such as soaps, lotions, shampoo, conditioner, toothbrushes, and toothpaste. Drop off at Chile Peppers Mexican Eatery, 10299 Scripps Trail.



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Focusing on the people, product, process

By John Gregory

Omar Abdullah took ownership of Bruski Burgers & Brew, 9844 Hibert St., in September. Since then, he has been concentrating on his people and consolidating a quality selection of items the restaurant will offer.

Abdullah said he grew up in the restaurant business, as his father owned an Italian restaurant. Abdullah himself owned a couple of sandwich shops in San Diego before going to work for General Atomics for about 10 years. This year, he decided to jump back into the restaurant business with his purchase of Bruski Burgers & Brew.

His father always said that the people come first. Therefore, Abdullah is working on three main things at his new establishment: the people, the product and the process.

“My main focus is going to be on the people and, of course, that also includes the customers,” he said. “So, our team, our people, will take care of our customers and, in turn, everyone gets taken care of.”

The product is second on

his list, and this involves the menu.

“It seems like the menu got a little overgrown,” he said. “We’re revising our menu to the best hitters — the most popular offerings that we have, whether it’s the food menu, the beer menu or the wine menu.”

The name Bruski Burgers & Brew speaks volumes when it comes to priorities, he said.

“Our burgers are what are popular and, of course, our beers,” he explained. “The cyclical effect of these craft beers — San Diego is well-known for the craft beer industry here. So, we’re going to continue featuring these beers and the customers love it. They don’t want the same old beer. They like to try and taste new things.”

Abdullah said he has given free range to a couple of his managers to work with the vendors to get the most popular beers, the kinds his customers will like.

Another area he is looking into is his appetizer list.

“A lot of our customers come in just for an appetizer and a beer,” Abdullah explained. “A couple will sit at a table and just enjoy

an appetizer — and they’re good-portion appetizers, so you can share them.”

Abdullah has a sweet tooth, so he’s considering the creation of a good dessert menu. He mentioned one possibility: an oversized chocolate chip cookie with a scoop of ice cream in the middle. That would be a treat that could be shared.

He also wants to run a few promotions to get involved in the community to help worthy causes in San Diego. For example, his staff is working on a concept called “Woof Wednesdays.”

“On Wednesday, when you bring your four-legged family member — your pet — with you, we’re going to contribute 10 percent of your total ticket to an animal shelter or humane society,” he said. “We have a lot of clients who walk down with their pets. We offer the pets a water bowl because by the time they get here, they’re thirsty.”

Abdullah has also asked his staff to look into other causes to help support, especially for the holidays.

“I’m glad to be here and I’m glad to be part of the community,” he said.



Bruski Burgers & Brew owner Omar Abdullah (second from left) stands next to staff members Michael, Mackenzie and Nadia. (photo by John Gregory)

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Local spots to watch football

Football fans might not think Scripps Ranch is a hotbed of pigskin viewing activity when it comes to grabbing your friends and heading out to watch the games. But there are places right here where you can order a snack, drink a few cold ones, catch some games and jaw with your buddies.

Ballast Point Scripps Ranch has every normal day of football covered, with a football special each Thursday, Saturday, Sunday and Monday during the regular season. Grab a whole pizza pie baked in the Ballast Point Pizza Kitchen and fill a 64-ounce growler for \$30. This special is good from open to close on these days. Games are on Direct TV. Ballast Point Scripps Ranch is located at 10051 Old Grove Road.

Bruski Burgers and Brew features the full NFL Package on its televisions and has a decent turnout for the games on Sundays. Some of the regulars who use this place as their hangout include a group of Tampa Bay Buccaneers fans and another group of New Orleans Saints fans. Bruski Burgers and Brew doesn't normally offer pitchers of beer, but on Sundays it does. Pitchers of Coors Light are available all day on football Sundays. In addition, Bruski offers breakfast on Sunday mornings for the hungry football

enthusiast. Bruski Burgers and Brew is located at 9844 Hibert St.

Chili's Grill & Bar in Scripps Ranch has NFL Ticket and can show a large selection of pro games on its many TV screens. While it doesn't have the huge crowd for NFL games it had when the Chargers were still in San Diego, this place has happy hour all day on Sundays during the football season, including \$1 off mugs of beer and margaritas, as well as discounts on appetizers. Chili's Bar & Grill is located at 10184 Scripps Poway Parkway.

Filippi's Pizza Grotto has the NFL Package on its televisions in its bar area and has a good crowd for pro games on Sundays. Four different games can be shown at once and the selection is made by the guests in attendance. The fans reportedly still make up mostly a Chargers crowd. Filippi's Pizza Grotto is located at 9969 Mira Mesa Blvd.

Little Italy Bar and Grill draws its share of football fans and offers some specials on drinks and munchies. It has happy hour on Saturdays and Sundays from 9 a.m. to 5 p.m. The word is that this place attracts a small group of New England Patriots fans. Little Italy Bar and Grill is located at 10006 Scripps Ranch Blvd.

Discover pasta in pizza bowls

Perhaps the most unique hidden secret in this community is the Cesarina booth appearing each Saturday at the Scripps Ranch Farmer's market. It's not only a treasure for foodies, it's a great find for regular fans of Italian food who just want to take their pasta on the go.

Essentially, Cesarina offers all kinds of authentic pasta in an Italian sauce of your choosing, and serves it in a bowl made of baked pizza dough. Once you finish eating the pasta, you can break apart the bowl and dip it in the remaining sauce. It's fresh, hand-made pasta served in custom-made pizza bowls.

But the Cesarina pasta booth is so much more. It serves high-quality, all-natural, authentic Italian cuisine with no waste.

Niccolo Angius and Cesarina Mezzoni are the founders of this small business. Hailing from Rome, this charming couple moved to the United States about two years ago. They are planning to get married and hope to one day open a restaurant.

These two put hours of preparation into their items. They make everything fresh themselves — everything — and it's all natural, created



Niccolo Angius and Cesarina Mezzoni offer freshly-made pasta served in edible cups from their Cesarina booth in the Scripps Ranch Farmer's Market. (photo by John Gregory)

from the finest ingredients.

"As for produce, we only buy local and we mostly buy from farmers who actually work in a farmer's market," Angius explained.

The tomatoes, basil and root vegetables all come from California. They make their own sauces, pasta and pizza bowls.

"All of the pasta is 100 percent vegan. ... We have some vegan and vegetarian options, and we also have some meat-lovers options," Angius said. "We have meatballs. We have Bolognese, which is the meat ragu. We have alfredo, which we serve with bacon. We have our classic margherita bowl, which is the one with fresh marinara sauce and mozzarella."

They prepare the food in a commissary kitchen, then transport it to the Farmer's

Market where they finish the process. It's a complicated task.

"I have to make the dough that has to raise for five hours," Mezzoni explained. "Then I have to do a second raise in the fridge for 12 hours. Then I take it out of the fridge, two hours over here, then we can work with the dough. Then we (form it into a cup) ... Then put it in the oven; it's hard to get the perfect shape, the perfect quantity, the right texture."

Creating the sauces also takes great care and detail. "The Bolognese sauce, it takes five hours to cook," Mezzoni said.

Find Cesarina Pasta online at cesarinapasta.com.

The Scripps Ranch Farmer's Market is open for shoppers from 9 a.m. to 1:30 p.m. every single Saturday at 10380 Spring Canyon Road.

It's 'The Season of Love' at the theater

By John Gregory

Scripps Ranch Theatre's production of "Season of Love," a world premiere play, is entering its final weekend.

"It's a new play written by a local playwright named James Caputo," explained "Season of Love" director John Tessmer. "He has ingeniously wedded four different scenes together. They were all written independently and now he has connected them in a way that makes sense and should be interesting for the audience."

The first scene involves a man looking for his internet date, and unintentionally meeting another woman instead.

The second scene is about two women of different generations who meet in a funeral home. "That's maybe not the happiest of times, but the fact that they meet each other is an uplifting thing," Tessmer said.

The third scene involves a couple whose marriage is



Sherri Allen portrays Jane, and Paul Morgavo plays Anthony in the Scripps Ranch Theatre production of "The Season of Love." (photo by Ken Jacques)

on the fritz. They meet in a restaurant to discuss the terms of their upcoming divorce as well as their rocky relationship.

The final scene is about two homeless people, a man and a woman, and is set late on Christmas Eve. The two wake up in the same alleyway and, through destiny, they find a connection on Christmas morning.

Seven actors bring this dynamic play together: Eric Poppick, Jill Drexler, Julie Clemmons, Paul Morgavo,

Grace Delaney, Rhiannon McAfee and Sherri Allen.

"The Season of Love" is performed in the Legler Benbough Theatre on the campus of Alliant International University, 9783 Avenue of Nations. Performance times are Friday and Saturday at 8 p.m. and Sundays at 2 p.m.

Read the complete story at ScrippsRanchNews.com or enter bit.ly/2zyWDe5 in your browser.

For upcoming plays, visit scrippsranchtheatre.org.

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Talented team enters season

By John Gregory

Coach James Stewart will field a deep team as the Scripps Ranch High Lady Falcons varsity basketball team takes the court.

The Lady Falcons have been Western League champions two years in a row.

“We’re filling out the roster with young players that are sure to play and are coachable,” Stewart said.

Guard Kitty Chau, an All-Western League player the past two seasons, is one returning player. “She’s very dynamic; a great defensive player,” Stewart said.

The team’s lead guard, Kayla Camerino, is also returning. Two years ago, she was an All-Western League selection and she earned Honorable Mention last season. Another guard, Virali Patel is a three-year starter who is also back this season. Patel shoots well and her defensive play is also very good, Stewart said. Julia Pettington, a 5-foot, 8-inch forward, is another top



The Scripps Ranch High School women's varsity basketball team is loaded with talent as it enters the 2017-18 season.

returner.

Stewart is enthusiastic about three freshmen players with great potential. McKaila Daza, a point guard, is one of them. “She’s really quick,” he said. “She’s going to be a really good freshman player this year.”

Forward Kaila Williams is another freshman with great potential. “She can score inside; good rebound-

er,” Stewart said.

Freshman Macie Kinne is a 5-foot, 8-inch shooting guard who should also help the team, Stewart said.

Upcoming tournaments include the Westview Tip-Off Classic on Dec. 15, and the Aztec Christmas Classic, running Dec. 27-30.

To read the full story, visit the Sports & Fitness section on ScrippsRanchNews.com.

Undefeated season for Lady Falcons!

By John Gregory

Members of the 2017 Scripps Ranch High School (SRHS) varsity girl’s golf team earned the right to bask in the glory of victory. This is a season they will never forget.

The Lady Falcons completed an undefeated regular season, 22-0, the first time in school history. The team is also the 2017 Western League Champion, capturing that title for the first time in school history. In addition, The Lady Falcons finished second in the CIF D1 Golf Championships.

The varsity team consists of Kathleen Keomahavong, Napua Glossner, Ruhee Pandit, Mia Hernandez, Franchesca Garcia, Nikhita Gopal, Zoe Lynch, Hannah Matteson, Jolina Bui and Mia Roach. Six of these players received 2017 All Western League honors. They are (first team) Keomahavong, Pandit and Hernandez; (second team) Gopal, Garcia and Glossner.

To top it off, Keomahavong was named the 2017 Western League Player of The Year. She is the team’s best scorer.

“Kathleen is one of those consistent golfers,” said Todd Wilson, head coach. “It’s always in the fairway, it’s always on the green.

Doesn’t really make any mistakes.”

This team is so loaded with talent that Wilson chuckles when he talks about it: “We are REALLY deep,” he said.

Nikhita Gopal is the team captain and the team’s number 6 scorer. “She has the ability to step up when she’s needed to step up,” Wilson said. “When it’s crunch time, she’s definitely somebody you want out there for your team. ... When CIF comes around, she definitely shines and she’s a great leader.”

Sophomore Napua Glossner is the number 2 scorer on the team. “She hits the ball a mile. ... She’s fun to watch,” Wilson said. “She’s the type that hits it further than any girl in the county. She’s going to be something special.”

The third best scorer on the team is Ruhee Pandit, who also competes in Junior World Championships and is ranked. “She’s just a



Lady Falcons earning 2017 All Western League honors are (from left) Ruhee Pandit, Kathleen Keomahavong, Franchesca Garcia, Mia Hernandez, Nikhita Gopal and Napua Glossner. (photo courtesy of SRHS Athletic Dept.)

phenomenal golfer, too,” Wilson said.

Mia Hernandez is the team’s fourth leading scorer. “She’s a fantastic athlete. I mean, on any other team in the county, she’d be their best player,” Wilson said.

Franchesca Garcia, the team’s number 5 scorer, is an incredibly steady golfer, according to Wilson. “She’s another golfer that doesn’t hit it a real long way, but she just finds a way to score,” he said. “Very good short game.”

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SRHS Boys Basketball



SPORTS & FITNESS

UPCOMING GAMES

Dec. 15	4:30 p.m.	Eastlake High
Dec. 16	6 p.m.	Ramona High
Dec. 18	6 p.m.	Escondido High
Dec. 22	6 p.m.	Valhalla High
Dec. 23	4:40 p.m.	at San Diego High
Jan. 3	5 p.m.	at Serra High
Jan. 5	7:30 p.m.	at Coronado High
Jan. 9	5 p.m.	Point Loma High
Jan. 12	7:30 p.m.	Morse High
Jan. 19	7:30 p.m.	at Christian High
Jan. 23	5 p.m.	Mira Mesa High
Jan. 26	7:30 p.m.	Coronado High

FALCON ON THE FLY

Falcons player Daniel Cox brings the ball up the court as he searches for an open teammate during a Nov. 24 scrimmage against Del Norte High School. The Scripps Ranch High School Varsity boys 2017-18 basketball season is now officially underway. (photo by Ralph Lovuolo)

F45 arrives in Scripps Ranch

F45 Training Studios Scripps Highlands is a new fitness studio opening soon at 9872 Hibert St.

F45 Training is based on three pillars: innovation, motivation and results, according to Johnny Castillo, project general manager and partner.

“We use a data base of over 3,000 exercises. ... It’s constantly changing,” Castillo said.

The workouts are in a class, and two instructors are always on-hand to pro-

vide personal training even though it’s in a group setting. Each participant will get personal attention. Additionally, the classes last 45 minutes, so they are efficient.

“The motivation part is that you are working out with your peers,” Castillo explained. This model is very community based. People come and develop relations with other people in the gym.”

Learn more about F45 at bit.ly/Scripps2.



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Young team takes the field

By John Gregory

Larry Pernicano, head coach of the Scripps Ranch High girl's soccer program, is looking forward to directing a team with many young players and loads of talent.

"This year, it's going to be a very young team, probably the youngest team I've had in 26 years," Pernicano said. "I have eight freshmen that made varsity. So, it's going to be a challenge for them to step up."

It won't take the younger players long to fit in to the system, he said.

"They're very good players and they're all coachable," he explained.

Among the returners are four captains: Lauren Beall is a senior captain who plays either defense or midfield. Senior captain Kristina Leone plays either outside mid or forward. Starting goalie Marina Luttrell is a junior captain. Captain Abigail Stewart, another junior, plays midfield and forward.

The Lady Falcons employ about three main systems, and they adjust depending on their opponent, according to Pernicano.



Scripps Ranch High girl's soccer players control the ball in Nov. 28 action against West Hills High. (photo by John Gregory)

"We usually start off with a 4-3-3 system and then we go from there," He said. "We adjust depending on who we're playing. We play everything on the ground that we can. Everything is a one-two touch. Speed of play with the Astro-turf is very fast, so you have to have technical players that can play with the speed of the play. And we do."

The team is scheduled to play at West Hills High in Santee on Monday, Dec. 11 at 7:15 p.m. Then the team has two home games, one against Poway on Dec. 12 at 5 p.m. and the next against Eastlake High at 5:30 p.m. on Dec 14.

See the full story in the Sports & Fitness section of ScrippsRanchNews.com.



A runner for the Jr. Pee Wee Falcons breaks loose against the Vista Panthers during the D3 Championship game. (photo by Ralph LoVuolo)

Exciting Pop Warner season comes to a dramatic finish

The Jr. Pee Wee Falcons fell to a tough Vista Panthers team, 8-12, in the Pop Warner D3 Championship football game on Nov. 18 at Scripps Ranch High School to close out what was a fun and eventful season of football action for Scripps Ranch Pop Warner.

The game was a tight, hard-fought contest as the Jr. Pee Wee Falcons were leading with a little more than two minutes left in the fourth quarter. The Falcons attempted a pass and the

quarterback came under pressure as he threw the ball. Unfortunately, a Panthers player intercepted the pass and ran it back for a touchdown. That play was the deciding factor, sealing the game and eventually leading to a victory for the Vista Jr. Pee Wee team.

The Jr. Pee Wee Falcons team earned its place in the playoffs following a tremendous regular season.

In the first round of playoff action, the Falcons Jr. Pee Wee team shut out Rancho Penasquitos, 42-0 on Nov. 4. Last weekend, the Jr. Pee Wee Falcons scored two touchdowns in the fourth quarter to defeat the Temecula Golden Kodiaks, 14-0 on Nov. 11 at Scripps Ranch High School. Because of that victory, the team earned its place in yesterday's D3 Championship game at Scripps Ranch High School.

Chocolate Bowl victory

In other Pop Warner action, a strong Falcons Mitey Mites team defeated the Carlsbad Lancers 40-21 for a win in the Chocolate Bowl in Murrieta on Nov. 4.

Second round action

Two other Scripps Ranch Pop Warner teams fought all the way to the second round of post season play before suffering defeats in the playoffs on the same day, Nov. 11. The Pee Wee Falcons lost to Torrey Pines, 14-24, and the Jr. Varsity Falcons lost to the Poway Raiders, 0-31.

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