



Love stories

Married couples living in Scripps Ranch have some interesting and romantic tales about their relationships. In honor of Valentine's Day this year, a few of these locals share their stories.

Peter and Shannon Horton

Married 5 years

Children: three boys

Best Valentine's Day

Our first Valentine's Day! We went to McCloud, California, and had dinner on a sunset train ride at the base of Mount Shasta. The next morning, we hiked to the beautiful McCloud waterfalls on a whim, and it turned out to be one of the most fun things we've done together. It was one of our all-time favorite weekends!

How did you get engaged?

After accidentally letting it slip that he'd bought me a ring, Peter was determined to surprise me with the proposal, which isn't easy when your girlfriend is expecting it. One evening at Sunset Cliffs, Peter got down on one knee, pulled the ring box out of his pocket a little too eagerly, and it flew out of his hand and over the edge of the cliff! We stood in horror as we watched it fall into the ocean. He didn't propose, and we quickly left. When we got home after a long, silent drive, I opened the door to find the condo completely transformed. There were candles



and roses everywhere, a table set for two, and a ring, the real ring sitting in a box. Sunset Cliffs was all a ruse so that I would be surprised by the proposal back at home. And I definitely was! We got married in 2012 at St. Greg's here in Scripps Ranch.

Lewis and Tabatha Kraft

Married 5 years

Children: two girls, another baby due in August

Best Valentine's Day

Valentine's Day is also my birthday so it's kind of a big deal in our house, and after being together for 14 years (since high school) we have had many memorable Valentine's Days together, but our favorite would have to be 2015.

It was the snowiest winter on record in New England, but fortunately a break in the blizzards allowed us to travel out to the mountains in New Hampshire. We stayed at a quaint little bed and breakfast on the edge of Lake Sunapee run by an Irish couple who retired from their jobs in Boston to live there.



We had a hot bowl of soup and a fire waiting for us when we arrived. What could be better than this? Their hospitality made us feel right at home.

The fresh powder made for great conditions for snow sports. The skiing was fantastic, although it was frigid cold at the top of the mountain. And we even tried out snow shoeing. We strapped on a pair of snow shoes (what are these crazy things?) and went hiking through the woods to the nearby lake. The lake was completely frozen over and had fishing cabins scattered all across it.

Then, that night another blizzard came through but we had dinner reservations so we ended up driving through the blizzard to get to the restaurant. It was definitely an adventure and one Valentine's Day that we will never forget.

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Buy Nothing is 'sprouting'

One of the most successful pages in the active Scripps Ranch social media universe is the Buy Nothing Scripps Ranch group on Facebook. In fact, it has grown so much that the members will soon be divided into three groups based on location. In Buy Nothing lingo, the Scripps Ranch group is "sprouting."

Some loyal Scripps Ranch members have expressed concern online about the upcoming change, but Lesleigh Helder, one of the experienced Buy Nothing admins, recently stated that local Buy Nothing members have nothing to worry about.

"Once it's all done, people will see that things aren't going to change," Helder said. "They're still going to have lots of stuff and meet lots of people and the warm, fuzzy feeling will still be there. It will be fine."

The Buy Nothing Project is a global online movement organized on Facebook pages for various communities. It's a private group, but residents living in communities such as Scripps Ranch can join locally by simply applying on Facebook. The attraction is that members may offer items they own to other nearby members free of charge. It's a convenient way to gift things that are not being used because those who are chosen to receive an item simply pick it

See **BUY NOTHING**, Page 2

SR Farmer's Market Weekly event is a business incubator

Billed as a weekly family festival, the Scripps Ranch Farmer's Market is the only event of its kind in Scripps Ranch that is produced and held locally every Saturday. Farmer's Market manager Beverly Cassity partnered with Ellen Browning Scripps Elementary School several years ago, and the Farmer's Market continues as a main fundraiser for that school to this day.

However, the Scripps Ranch Farmer's Market serves another, important purpose: it serves as a test tube for commerce. Vendors of all sorts offer their services and goods, hoping to not only make a profit each

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SCRIPPS RANCH FARMER'S MARKET

NEW HOURS:

10 a.m. to 2:30 p.m.
Every Saturday

10380 Spring Canyon Road



Buy Nothing Scripps Ranch admins include (top row, from left) Christina Hornedo, Lesleigh Helder; (middle row) Brenda Ruhl, Cynthia Kurose; (bottom row) Andrea Tarczy, Thao Bang and Marites Nguyen. Not pictured are Melissa Kwan and Jennifer Parker. (courtesy of Buy Nothing Scripps Ranch)

BUY NOTHING

Continued from Page 1

up. It's also a great way for members to gain items they need or want, at absolutely no cost.

Helders explained that regional Buy Nothing admins know through their experience that each group should have no more than 1,000 members. Scripps Ranch Buy Nothing has grown to more than 2,300 members. Sprouting into two groups would have left both groups beyond the limit from the start, so it was decided three groups would be necessary.

"We, the admins, thought, 'This is Scripps Ranch. We are so tight of a community. We are so awesome, we can do this.' We felt that way until just recently," Helder said. "Once we got to the 2,000 (member) mark, the feed on Facebook Buy Noth-

ing, it goes so fast and starts defeating its purpose of getting to know people. You become just a number."

To make the sprouting process possible, new Scripps Ranch admins have been recruited and are being trained. New admins include Christina Hornedo, Thao Bang, Melissa Kwan, Cynthia Kurose and Jennifer Parker. Veteran Scripps Ranch Buy Nothing admins are Helder, Andrea Tarczy, Marites Nguyen and Brenda Ruhl.

While getting or giving items is a great draw, there is a lot more to the movement. The biggest impression is the upbeat atmosphere. It's a shining example of how social media can bring out the best in people.

"I originally joined because of the concept of the group: getting to know your neighbors through things

that we already have ... gifting each other things and doing things for each other ... to interact with other people," Helder explained. "It's the strengthening of the community, that's what drew me in."

She explained that people first connect through their intent to gift or receive a product, but they often find something in common and soon begin to chat, often beginning friendships. It's not rare for members to come to the aid of someone in need or to begin a collection of items for a worthy cause.

"When you go to that page, it's like witnessing random acts of kindness daily," Helder said. "The way it makes you feel is amazing."

A much longer version of this story, as well as an update, will appear soon in the News section of Scripps-RanchNews.com.

Free enterprise thrives

MARKET

Continued from Page 1

week, but to also experiment with marketing and learn what customers want and what customers don't like. Beneath the surface, the Farmer's Market acts as a miniature business incubator, continuing this nation's tradition of free enterprise.

"This is their stepping stone to getting their own brick and mortar businesses," Cassity explained. "You come to a farmer's market and you put the time and energy in because you're actually talking to the consumers. ... You find out what they like, what they don't like. Are my prices too high? Are my prices too low? You're going to figure out exactly your niche: what is going to sell best; what the public wants most."

Cassity is not shy about of-

"You can use farmer's markets in many different ways. It's how people get used to someone saying, 'no' and not taking it personally."

— Beverly Cassity

dors that have stayed for years, but there is also a bit of turnover, which is to be expected. Some move on to other markets. Some decide they can't make it work. Some are so successful they outgrow the market and open a storefront.

"We've had many of them," Cassity stated. "One of the vendors that we have right now went on to open two restaurants, and decided restaurants weren't



fering advice to her vendors, often encouraging them to change their table displays or add more visual effects to gain attention. She is so honest that she sometimes lets vendors know that maybe this market is not right for them. She should know. Cassity has years of experience in the business world.

"You can use farmer's markets in many different ways," Cassity said. "It's how people get used to someone saying, 'no' and not taking it personally."

There is a base of ven-

his thing. He liked working with the public and actually talking to the customers."

Between 50 and 60 vendors offer their goods and services each week at the Scripps Ranch Farmer's Market. There is a selection of fresh produce, colorful flowers and as many as 14 food court vendors. In addition, the Farmer's Market has artisans, jewelry designers and clothing vendors. Others sell artificial turf, self-defense lessons, electric bicycles, hand-made soaps and candles.

The Market has new hours this year: 10 a.m. to 2:30 p.m. The Scripps Ranch Farmer's Market can be found each Saturday at 10380 Spring Canyon Road, in the Innovations Academy parking lot. Visit srfm.org.

For the full story, visit the Leisure section of Scripps-RanchNews.com.

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Local leader earns award

By John Gregory

Paul Honeycutt served his country as a Navy pilot flying the F-14 Tomcat. He continues to serve his community as a volunteer and he serves the youth of America as a Scoutmaster. He will soon receive the Silver Beaver Award, a Council-level distinguished service award of the Boy Scouts of America, during a special ceremony in February at St. Michael's Church in Poway.

The rare Silver Beaver Award is presented to select registered adult leaders who "implement the Scouting program and perform community service through hard work, self-sacrifice, dedication and many years of service." The Silver Beaver Award is the highest award presented at the Council level.

Honeycutt is the Scoutmaster for Boy Scout Troop 616, the oldest troop in Scripps Ranch, chartered

in 1971. Honeycutt is in his 14th year as an adult leader in the Boy Scouts. When he was young, he was a Boy Scout who earned the Eagle Scout designation with the Gold Palm.

As an adult Scout leader, Honeycutt has been awarded the Wood Badge for the 21st Century, the Scoutmaster Award of Merit, the Scout Leader's Training Award, the Scoutmaster's Key, the Order of the Arrow Vigil Honor, the James E. West Fellowship Award and the District Award of Merit, among other honors.

Honeycutt is also a dedicated, long-time community volunteer. The Scripps Ranch Civic Association named him Volunteer of the Year in 2013 and 2014, and Distinguished Volunteer in 2016. He continues to serve on the board of the Civic Association.

In 2016, Honeycutt received the President's Lifetime Achievement Award for his lifelong commitment to building a stronger na-

tion through volunteer service, signed by President Barack Obama.

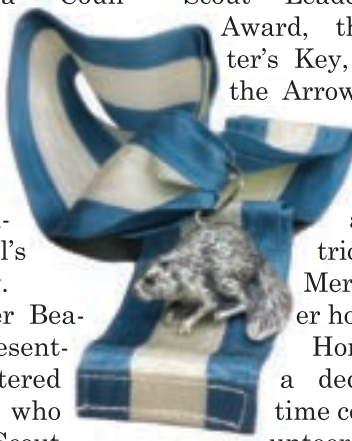
Honeycutt said his primary objective for the Scouts is to have fun, and those in his troop can expect an active experience, especially connecting with nature. His Scouts have kayaked along the Channel Islands and hiked for miles at the Philmont Scout Ranch along the Rockies in New Mexico. Honeycutt led a troop from the San Diego-Imperial Council to the Centennial National Jamboree in 2010.

"We've done some really fun, adventurous types of things. That's part of what keeps me in there. Also, it keeps me young," he said.

"Being with the youth and helping them advance and seeing them mature, helping them along the Trail of the Eagle, it's very rewarding," Honeycutt said.

Following a career as a Naval aviator, Honeycutt retired from the Navy and has built a career as a financial advisor with Honeycutt, Smith & Associates.

Both his daughter and son have followed in their father's footsteps, graduating



NEWS

Paul Honeycutt will receive the Silver Beaver Award, a special distinguished service award of the Boy Scouts of America. (courtesy of Paul Honeycutt)

from college with military scholarships. His daughter, Lauren, served five years as a Navy nurse. His son, Christopher (also an Eagle Scout) is training to fly the

F-18 Super Hornet for the Navy at NAS Lemoore in Fresno.

For the full story, visit the News section of Scripps-RanchNews.com.

Girl Scouts top sellers announced

The top sellers of fall products for the entire Scripps Ranch Service Unit of Girl Scouts have been announced.

Maddie Delia of Troop 3955 was the number one seller with a total of \$938 in sales. Vianca Nguyen of Troop 2067 Maddie Delia was the second-best seller, raising \$759. Acacia Burriss of Troop 8861 finished as the third best seller, moving \$750-worth of products. Adelyn Gergurich of Troop 3152 was a very close fourth with \$744 in sales.

The top-selling troops in Scripps Ranch were Troop 2864 in first place with 13 girls selling a total of \$4,521. Troop 4548 was second with 15 girls selling a total of \$3,781. Troop 3955, with nine girls selling, finished third by raising \$3,541.



Vianca Nguyen Adelyn Gergurich

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A focus on culture and enrichment

By John Gregory

Gail Faber, the president of Ellen Browning Scripps (EBS) Elementary School's Academic Fundraising Partnership (AFP), can be described as energetic and ambitious.

Faber, a full-time mortgage loan officer for EverBank with 20 years in the business, has a son in third grade at EBS and a daughter in sixth grade at Marshall Middle School. She somehow finds the time to lead the EBS AFP and has been involved for the last seven years. Now she is in the first year of a two-year term as AFP president.

While the school has many programs to enrich students' education, Faber has still more programs she is planning to develop. She has some innovative ideas. A couple of these are just concepts right now.

"My goal is not to fundraise, my goal is to build a community," she said. "When you build a community, then you'll get the fundraising behind it."

Faber explained that her children attended a preschool that had a very good support system built into it. She wants to eventually do the same at EBS. For instance, if a family experiences a death or a serious illness or needs help, she wants the school community to have a way to offer real support.



Students enjoy a lesson during the EBS After School Enrichments program. (courtesy of Gail Faber)

"There are military people. There are people who don't have family in town who really just need that extra hand every once-in-a-while," she said. "I'm trying to set up a committee that if someone did lose somebody or if something happened, that they can count on the families at EBS to be able to help out."

Faber recently met with a group of fathers to talk about getting the men more involved in school programs and fundraising. From this sprouted a concept about holding an event to celebrate the many cultures at EBS. The event might involve parents and students bringing different foods representing their cultures to school so other students can sample them.

"EBS is interesting because we have a lot of different cultures here," Faber explained. "How do you get everybody to come together

for the sake of the kids and the school itself?"

As the president of the AFP, she is surprisingly easy-going and approachable.

"I'm all about listening to people's opinions and seeing how to make the school better," she said.

That's not to say Faber thinks EBS has shortcomings; quite the opposite is true.

"We have excellent teachers in every single grade. You're not really concerned about who you get," she said.

Under Principal Liz Sloan, EBS was named a California Gold Ribbon School In 2016. In short, the school did an outstanding job of implementing Common Core.

Faber named off a list of several programs at EBS that supplement classroom learning. A new program

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Gail Faber is the Academic Fundraising Partnership president at Ellen Browning Scripps Elementary School. (photo by John Gregory)

Kindness is cool at Jerabek school

Jerabek Elementary School held another successful Kindness Week Jan. 8-12, ending with a big outdoor rally featuring special guest Deven Sideroff of the San Diego Gulls hockey team.

Students celebrated the Jerabek culture of kindness which includes kindness to friends, family, schoolmates, their bodies, their community and the environment. Teachers facilitated creative kindness-focused activities in class such as

art projects, thoughtful discussions, meditations and music.

Beyond the focus on kindness throughout the week in the classrooms, the program featured peer-to-peer interaction. The students had opportunities to practice kindness each day with one another. The children were encouraged to be aware of acts of kindness and give each other Caught Being Kind cards

when they witnessed acts of kindness. Students could redeem their cards at the end of each day for kindness bracelets.

Kindness Week originated from an idea by Laura Stephens, a Jerabek parent volunteer and the leader of Kindness Week.

"A couple of my friends and I were talking, and we just really wanted the kids to be able to focus in on approaching the world with kindness because of that being such an issue in our world now," Stephens explained. "So, we just got together and decided we wanted to really make it a primary focus in the school and find ways for the kids to keep it on their minds all year long, not just when



Students and volunteers staff an Appreciation Station where students could turn in their Caught Being Kind Cards for colorful bracelets. (courtesy of Laura Stephens)

it's spoken about once-in-a-while."

Stephens said the first one held last spring was so popular that a request came about to hold Kindness Week again this school year, and now the school's

Family Faculty Organization is sponsoring it. Kindness Week is intended to be held a total of three times this school year. One was held in October and the next is scheduled for April 9-13.

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Exhibition Night is a big student showcase

By John Gregory

Innovations Academy students showcased impressive projects during Exhibition Night one evening shortly before winter break.

This is a charter school and its curriculum centers around project based learning. A program such as the one at Innovations Academy is not for everyone, but it might be a better fit for students who are not thriving under conventional methods of teaching.



Director Christine Kuglen

"I think the advantage is the passion and motivation," said Innovations Academy Director Christine Kuglen. "Sometimes children in a conventional model don't really understand why they're doing what they're doing. ... Here, doing a project, we're applying skills from almost every subject area."

Exhibition Night was the culmination of first semester projects. These are six to eight-week projects that allow students to explore a big question in a deep way, according to Kuglen.

"We don't give grades the same way (as conventional schools)," she said. "We believe that final products can look like a lot of different things, not just an essay or problems on a math test, but really demonstrating what you learned in some other format."

One eighth grader made a series of public service announcements. Some of the kindergarten students put on a presentation of songs they learned in a variety of languages. Another class presented a detailed documentary-style video.

"Projects are not the only

things we do. ... We still have math time and writing time," Kuglen explained. "We still do some conventional things. The way we teach them is different. Most everything they do is hands-on. So, we like kids to do role play and readers theater, we do a lot of performance. So, kids are learning the same material but in a different way."

Some of the students in sixth grade set up presentations outside in the garden space under the illumination of spotlights. Exhibits highlighted challenges faced by early humans, and some of the solutions they had for those challenges. There were hands-on demonstrations of tools used to make fire, early stone tools and a temporary shelter made from found materials. Sixth-grade teacher Keith Fowler, who was overseeing the outside exhibit, explained the advantages of learning through such projects.

"The real-life connection is a huge part of the learning because when you know that you have to create an interactive, hands-on exhibit where you are the expert and you are the docent in your own museum, then it gives you that impetus to really research powerfully and to think dynamically about how we can engage our visitors," he said.

"You find that you can actually trust students ... to create amazing projects more than you thought that you could," he added. "When you set them lofty goals and you put them in

groups and you trust them and set high standards for the final product, what they come up with and create is sometimes quite amazing."

Jennifer Franklin was attending Exhibition Night to see her eighth-grade daughter's display. Her daughter's class was studying the colonial period of America and her daughter built a replication of an early printing



Jennifer Franklin

EBS teachers volunteers to hold a public speaking class.

Faber said the school is trying to involve members of the community as After School Enrichments instructors. Right now they are seeking someone to teach Spanish.

"It gives them a different



Sixth-grade teacher Keith Fowler beside student Gavin Dunn, who proudly displayed a primitive yet sturdy temporary shelter. (photos by John Gregory)

press.

Franklin's son, now a high school junior, also attended Innovations Academy, starting in the fifth grade. She described the advantages the school offered him.

"He is really advanced academically, but needed more social support than he was finding in a traditional school," Franklin explained. "I was hopeful that project based learning would allow him to work at whatever level he needed to accomplish his academic goals, and that was the case. Even more important was the social-emotional curriculum that's part of every day at Innovations that really supported him to make more friendships than he's been having at a traditional school."

avenue if they don't want to go into the S.A.Y. program. Or, instead of going to the Swim & Racquet Club, they (parents) can keep them here and buy an extra hour more of school," she explained.

For the full story, visit the Schools section of ScrippsRanchNews.com.

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FABER

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that just began is called EBS After School Enrichments. The program begins right after school and lasts for an hour. So far, the program offers instruction in yoga, hip-hop dance, ukulele, guitar and an assortment of sports. One of the

Pastel Bakery is a sweet treat

By John Gregory

Walk in the door of Pastel Bakery, 12205 Scripps Poway Parkway, and you will get the feeling the owner is a perfectionist even before you sample any of the fresh-baked goods.

It's a modern store featuring black and pink walls, some with murals, combined artfully with displays of old-fashioned rolling pins, glass jars and fine china. It's not an easy look to pull off, but owner Joann Leo has done it tastefully.

Pastel Bakery offers a selection of fresh-baked cakes, cake by the slice, pastries, cookies, custom cakes and bread loaves, but it also carries some sandwiches and salads.

"We are equally proud of everything. I don't sell anything at the bakery that my family and I don't love," Leo said.

Don't expect the goods from Pastel Bakery to be created using any preservatives, fat-free ingredients, substitutes or artificial sweeteners.

"We believe in cooking with whole ingredients. We truly stand behind good products. We don't do anything weird to it," she said. "It's just as if you're cooking at home, how your grandmother did it. Just multi-

ply by several batches. But we do start with good products."

In fact, Leo purchases fresh ingredients from local vendors as much as possible. Her strawberries come from Carlsbad and Ramona, and she gets her eggs from Ramona. Her dairy products come from within the state.

The bakery's ingredients for cupcakes are an example of the whole products used in their baking. "We do cupcakes with either butter cream, cream cheese icing or chocolate ganache," Leo explained.

"The cakes are a specialty," Leo said.

In fact, one of the cakes was featured prominently in the June 12, 2017 episode of "My Super Sweet Sixteen" on MTV. That episode of the show centered around Scripps Ranch resident Jana Mauricio-Lee who had a party at the Hotel Coronado, but it also displayed a three-layer cake created by Pastel Bakery.

In addition, Pastel Bakery was rated highly by the Zagat guide, was featured in Modern Luxury Magazine and was voted one of the top 5 San Diego bakeries on the San Diego A List.

The bakery can handle any order for catering, birthday parties or weddings. Most of the cakes are decorated by



Joann Leo



Delicious treats made with whole, natural ingredients are on display for customers at Pastel Bakery. (photo by John Gregory)

Leo's decorating staff under her watchful eye.

Leo said she has always had a passion for baking.

"I have been baking a little after I started walking," she laughed. "I've always had a love for food."

Leo and her family have resided in Scripps Ranch for 17 years. She has two children, a son who attends Miramar Ranch Elementary School and a daughter in high school. Leo stated that her bakery provided 1,000 slices of cake for Marshall Middle School's promotion ceremony last year, a portion of which was donated by the bakery.

"I think what sets us apart is that we serve in the community that we live in, so our accountability is to the Nth degree," Leo explained. "So, we really can't mess up and we are very proud of our products on account of the people who eat our products are our neighbors, literally our neighbors."

Afternoon of jazz at the library

The entire community is invited to an afternoon of jazz with the Rob Thorsen Trio on Sunday, Feb. 11, at 2:30 p.m. in the informal and intimate setting of the Scripps Miramar Ranch Library Center.

This award-winning group will perform a variety of music including classic jazz and original compositions. In addition to acoustical bassist Rob Thorsen, the band includes pianist Hugo Suarez and drummer Richard Sellers. Together, they integrate many different music styles that contribute to their modern jazz sound. From Duke Ellington to Wayne Shorter and Miles Davis, the Rob Thorsen Trio weaves together a unique sound that honors the jazz masters while inspiring a fresh approach



The Rob Thorsen Trio will perform on Sunday, Feb. 11 in the Scripps Miramar Ranch Library Center.

to jazz.

There is no charge for the concert, which is sponsored by Scripps Ranch Friends of the Library, although donations are appreciated. The event is part of "The Pleasure of Your Company" music series.

Meet the musicians at a complimentary reception

following the concert.

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Boulevard. Visit sr-fol.org or call (858) 538-8158 for information and a complete schedule of events.



Pastel Bakery offers a variety of fresh-baked cakes, cake by the slice, cookies, pastries, custom cakes and bread loaves. (photo by John Gregory)



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Celebrate Chinese New Year

Most have heard the idiom “bull in a china shop,” but on Feb. 10 there will be a lion in a jewelry shop to celebrate Chinese New Year.

Scripps Ranch residents Bill and Cynthia Collins, owners of Collins Family Jewelers, will host a Chinese New Year celebration at their store, 8220-A Mira Mesa Blvd. (near Marshalls), featuring lion dancing on Feb. 10. Part of this event includes a large, colorful costume lion running through their jewelry store.

“One of the lions will run through the store to chase away remnants of last year, bad or good. ... It’s like a cleansing of the store,” Cynthia explained. “We go inside, being the owners, and run through. The lion dances all the way through. ... They come back out and then there are fire crackers at the entrance to scare off any evil spirits from the past year.”

Up to three lions are expected during the event. A troupe of high school-aged performers will be inside the costumes. Others will perform on drums and some

will present the Collins family with a banner for the new year. Youngsters can also feed the lions. Red envelopes will be available for attendees who want to make monetary donations to the troupe. They can place a few dollars in the envelopes and place them in the mouth of a lion.

Collins Family Jewelers will also make a donation to the performers for their scholarship fund.

The Collins family has held this event for about five years, according to Cynthia.

“It’s really been gratifying to do this year to year,” she said. “It’s our gift to the community because it’s not often you can have lion dancing in your own community. ... We are really pleased people have learned to expect it here every year. Culturally, it’s great to let the kids see this.”

While the official Chinese New Year will be on Friday, Feb. 16 this year, the Collins Family Jewelers event will be held on



will perform martial arts demonstrations.

Following the lion dancing through the store, and the fire crackers, the group



Bill and Cynthia Collins, owners of Collins Family Jewelers, will host a Chinese New Year celebration at their store on Feb. 10. (photo courtesy of the Collins family)

Saturday, the weekend before to make it more convenient for families to attend. This will be the Year of the Dog.

The Chinese New Year celebration at Collins Family Jewelers will begin at 9:30 a.m. on Saturday, Feb. 10.

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LOVE

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How did you get engaged?

When we got engaged, Lewis was still in graduate school at Vanderbilt and we lived in a tiny apartment in Nashville. We were right in the middle of cooking dinner when, all of a sudden, Lewis disappeared into the bedroom. When he came back he kept mentioning a piece of jewelry that I had in my jewelry box. He was saying, “I bet you don’t even have it anymore!” But instead of going to the bedroom to show him that I did in fact still have this piece of jewelry, like he had thought I would, I just got mad. I didn’t understand why he kept bringing this up. After he kept on about this, I finally ran off to my room to prove him wrong. Well, in its place was my engagement ring and when I turned around, Lewis was on one knee. I burst into tears! I had waited 9 long years for that one simple question! Was I dreaming?



Brett and Judi Schreyer
Married for 11.5 years
Children: two sons

Best Valentine’s Day

Our best Valentine’s Day as a couple was in New Hampshire when we spent the weekend at a B and B in the White Mountains. We became friends with the owners and went back there several times after that.

How did you get engaged?

Brett surprised me one night when I came home from a night class. He was dressed up, had candles going, Van Morrison’s “Moon Dance” playing and champagne. He got down on one knee and everything. (This, by the way, was shortly after the worst Valentine’s Day, where I had hoped he’d propose but did not!) Lol.

Thad and Jennifer Krebs
Married for 18 years
Children: two daughters

Best Valentine’s Day

We are usually pretty low-key about Valentine’s Day, so our best was probably our first together. We went out for a fancy dinner at the Chart House in Solana Beach overlooking the ocean, and walked on the beach together afterward.



How did you get engaged?

For our engagement, we were visiting Jen’s parents’ lake house in Heber Springs, Arkansas. We took a boat out onto Greer’s Ferry Lake at night time, found a nice quiet little cove, lit candles on the boat and had a couple cocktails, and Thad proposed there.



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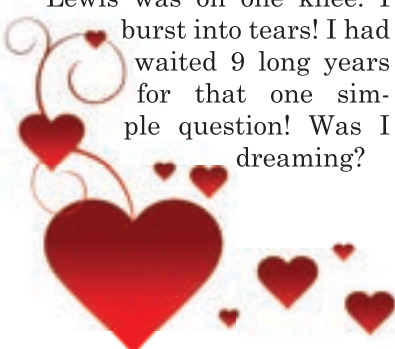
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Meet your neighborhood brewer

By John Gregory

Off the beaten path looms a man in a dark beard who concocts beverages in huge metal vats. He wears clothing marked with a sinister emblem, and his libations seem to have cast a spell over those who have sampled them.

This mysterious wizard is named Darrel Brown and he is the owner of Savagewood Brewing Company. His wizardry involves brewing beer and his exotic ingredients include hops, barley and other natural components.

Brown purchased the business last fall from O'Sullivan Bros. Brewing Co. which used to operate out of the same location at 9879 Hibert St., Suite F.

While the name Savagewood seems most intense, Brown could not be more affable. He and his family live in Scripps Ranch not far from the brewery, and his children attend local schools. "Brewing beer for me ... I just want to make something that people like to drink ... and say, 'Wow, that's good,'" he said.

So far, it appears he is succeeding. Brown said all his beers have gotten a very good reception.

"My blonde is still a top seller, but the first three IPAs I brewed here and served, I can't keep it on the shelves. So, they're doing really well," he said. "The vanilla cream ale, people love it."

Brown emphasized his desire to make Savagewood Brewing Co. a local, neighborhood brewery. He wants to make it a family friendly environment, following the trend of many modern breweries with tasting rooms.

"We have kids. We want families to be comfortable," he said.

Brown explained that he brought in low seating tables to accommodate children, added craft soda on tap and provides crayons.

But what about that scary looking logo he chose? Well, even the origin of the logo has ties to his family. Brown explained that he has family members who are First Nations natives in Canada.

"They are wood carvers and artists, and they do the totem poles and the masks and stuff like that," he said.

"I'm Asian on my Mom's side. So, I wanted to take those two cultures and mix them together. I figured: Savagewood; you want to think like wood and fierce and savage. What better way than to find a mask design carved out of wood?"

Brown said he drew a rough sketch, then worked with an artist to perfect the logo.

But what about the name Savagewood?

"I started to put together the plan to open up a brewery last year. I'm going down the road, getting all the paperwork together and business plans, but I couldn't come up with a name," he said. "I find this picture of my dad one day when I was cleaning out the garage."

Brown said that photo was taken around 1982, about the time when his father was a rookie officer working for the Los Angeles Sheriff's Department.

"I was giving him a hard time about it because he had on typical 1980s shorts, a really tight T-shirt, a trucker hat, a big giant cop mustache. Classic 1982 cool guy cop," Brown said. "I was

See **BREWER**, Page 10



Darrel Brown, owner of Savagewood Brewing Company. (photo by John Gregory)



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'Outside Mullingar' is full of Irish wit

By John Gregory

"Outside Mullingar" is a play involving four characters in the Irish countryside. Scripps Ranch Theatre has rolled out this production full of wit and humor, and is presenting it on Fridays, Saturdays and Sundays through Feb. 18.

Director Kathy Brombacher provided a delightful description of the story, written by American playwright Patrick Shanley, who created the plot based on a trip he took to Ireland to observe his family's roots.

"It involves two families: A father and son who live on a farm, and a mother and daughter who live on an adjacent farm," Brombacher explained. "These are people who have grown up and live in the countryside.

"They have an ongoing feud between the families over land. The father and son live on a farm where the access to get into the

farm is blocked by gates because there's a strip of land that belongs to the adjacent farm."

Part of the story is about the land feud, but the biggest part of the story is the romantic attraction between one family's daughter and the other family's son. Perhaps it can be described as a miniaturized Irish version of the Hatfields and McCoys, but with clever barbs and banter.

"They have never acknowledged that they were interested in each other as they were growing up, but as their mother and father reach the age where they're talking about turning over their farms to their children, they (the children, now adults) rediscover that attraction to each other," Brombacher said. "But there's so much more that comes in between."

All four characters are very interesting individu-

als; very close to their families, their faith and the land, she said.

"There is philosophy about life and there's great, prickly adversarial kinds of things going on between people," Brombacher explained. "And there's humor. They love laughing ... and they love making fun of everything around them because there is so much rain, and they are surrounded by cattle and sheep. They become very witty characters to listen to. ... They have a bit of Irish whiskey or Guinness and they tell wonderful stories."

The four actors pulling off these challenging roles include Dagmar Fields, who plays Aoife Muldoon, the mother; and Vanessa Dinning who plays Rosemary Muldoon, the daughter. Jim Chovick plays Tony Reilly, the father; and Stephen Schmitz portrays Anthony Reilly, the son.

Besides directing a play that only involves four characters, and the challenges that come with helping actors master an Irish lilt, Brombacher

Scripps Ranch Theatre

presents
'Outside Mullingar'
through Feb. 18

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Jim Chovick (from left) portrays Tony Reilly, Dagmar Fields plays Aoife Muldoon and Vanessa Dinning plays Rosemary Muldoon in the Scripps Ranch Theatre production of "Outside Mullingar." (photo by Ken Jacques)

said preparing the set was interesting because the play revolves between two places: Tony's farmhouse and the Muldoon kitchen. Brombacher credits scenic designer Bob Shuttleworth with doing an incredible job building sets with little pieces of Ireland injected within the cramped quarters of the stage.

Overall, Brombacher stated that she feels fortunate to be involved in this production with a script of such depth.

"It's been great uncovering the layers in the script," she said. "The actors have been very thoughtful and imaginative in building that feeling of life in the families."

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The French Oven draws big crowds

By John Gregory

Yves Fournier is possibly the hardest working man in the bakery business.

That's the impression one gets when observing him within his kitchen at The French Oven Bakery & Café, 10299 Scripps Trail, Suite E.

This man personally runs the kitchen each day, hustling back and forth as he prepares the items.

"I'm there at 3 o'clock in the morning and I don't go home before 10 o'clock," he said.

The place has been packed since he recently opened his bakery. Two assistants helped him in the back one day in December, yet it was a challenge for them to keep up with the demand. Watching them work in unison was similar to seeing a well-choreographed ballet. In spite of the pressure, Fournier remained calm and cool. He maintains a very pleasant demeanor, perhaps adding to his bakery's popularity. The three workers staffing the counter were also very pleasant while keeping track of multiple orders in the front of the bustling shop.

"I feel very fortunate. ... Everybody's so excited," Fournier said. "It's good to put a smile on their face, but they come already with a big smile, so that makes it easy for me."

Crowd favorites so far include the chocolate croissant, the ham and cheese croissant, the fruit tart and the quiches, Fournier said.



Yves Fournier

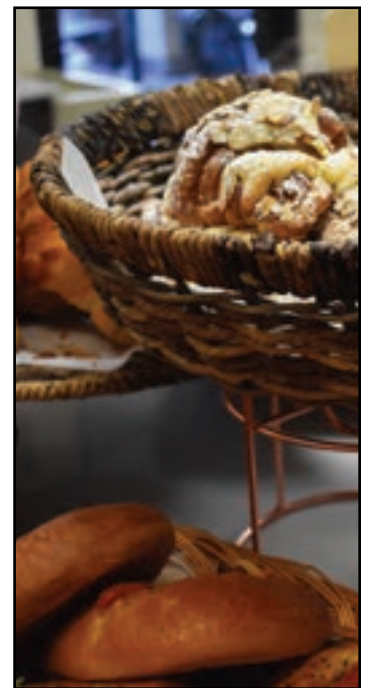
Fournier tries to stay true to the European style of baking, using the finest ingredients including the best flour and butter he can get his hands on.

"I try to be very traditional with very high quality," he said. "It's very important to do a good, quality job. I'm trying to do that every day."

Opening a business in a static location is a definite risk but Fournier has defied the odds so far as lines of customers have formed at his front counter since day 1 of opening.

"I've decided to take a leap of faith and try it, and it seems like it's working out so far," he said. "The response since we opened has been tremendous and very encouraging."

Fournier is a fifth-generation baker with 30 years of experience as a chef. Although he worked in his family's bakery as a youngster, he was attending school for another career. He said he wasn't certain about what he wanted to do with his life when one day he was placed on a waiting list for school. He went back to help his family at the bakery and eventually began attending chef school where he was able to gain his certificates in half the time it



A delicious assortment of high quality pastries and baked items await customers at The French Oven Bakery & Café. (photos by John Gregory)

took other students.

Fournier has worked for Le Meridien Hotel in Coronado, the Ritz Carlton in Rancho Mirage, the Fairmont Hotel in San Francisco and the Hyatt in downtown San Diego. Most recently, Fournier was employed as the executive baking and pastry chef instructor for the San Diego Culinary Institute.

Fournier always wanted to open his own bakery. This venture began about a year ago when he started baking from his home and offering goods as a pop-up bakery. Word caught on and his new-found popularity helped build the customer base that now visits his brick and mortar bakery.

For the full story, visit the Leisure section of ScrippsRanchNews.com

SAVAGEWOOD BREWER

Continued from Page 8

giving him a hard time and he goes, 'Oh, I was under cover at the time. My name was Lance Savagewood.' ... He was totally kidding, but that's my dad's humor. It just hit me like a lightning bolt. Savagewood Brewing, that's a perfect brewery name."

Now, Savagewood Brewing Company has arrived and Brown is putting his plans into action. Producing an assortment of craft beers on a regular basis for his customers is a top priority.

"My flagship beer is the blonde ale. I did that (for) non-craft drinkers or people who might have preconceived notions about this beer or that beer. ... It's a good entry beer, and then I can step them through oth-

er styles," Brown explained. "So, I can go from blonde to the ESB, a good malty beer. Or I can go to a stout or I can go to a cream ale or a light IPA. I can take them



all over the place, but I kind of want to be that gateway into craft brewing."

Brown said he likes to keep the inventory fresh,

moving types of beer in and out, and he always has something on special each night.

"Because we really want to be Scripps Ranch's neighborhood brewery, if you work or live in 92131, you get a 10 percent discount at all times," Brown said.

Brown had a dream of creating a large brewery with bottling facilities and tasting room, and he began drawing up plans. Then he heard about the O'Sullivan Bros. facility being for sale last year.

"When this came up, I thought this was a good first step," he said.

Brown said he still hopes to begin work on another, larger location in Rancho Bernardo in the spring.

For the full story, visit the Leisure section of ScrippsRanchNews.com

Young gymnast has incredible talent

By John Gregory

The sky is the limit for Chloe LaCoursiere, a 12-year-old Scripps Ranch girl who has demonstrated an incredible knack for gymnastics at a very young age.

LaCoursiere began learning gymnastics at Poway Gymnastics at age 5. By age 6 she entered her first competition, and it was not a small competition.

"Her very first competition was in San Diego at the Town & Country Hotel as a Level 2," explained Tony Salmeri, Poway Gymnastics owner and head coach. "It was the National State Games of America, not just the state games for California. ... It was the National State Games for all of the states and was hosted in San Diego, and she was the national all-around champion for her age division."

LaCoursiere's success in her very first competition back in 2011 brought amazement as well as the realization that she had some very special abilities.

"Honestly, we were putting her in the meet just so she could get her feet wet and learn how to compete, and she showed us



Former Russian national gymnastics champion Valeri Liukin, now a USA national team coach and coordinator, stands next to Chloe LaCoursiere. (photo courtesy of Poway Gymnastics)

she knew how to compete," Salmeri said.

LaCoursiere has continued training and competing, and has her sights set high.

"She has a goal to be on the national team," Salmeri said. "That goal is followed up by wanting to make an Olympic team. She has the potential to go as far as she wants in gymnastics."

Teresa Barnard, her coach at Poway Gymnastics, described LaCoursiere's strengths as her flexibility and "her beautiful body lines that she can show."

LaCoursiere is still learning and she improves constantly, gaining more abil-

ity in different aspects of gymnastics.

"I would say, right now, balance beam is probably her strongest event, but in years past, bars has been her strongest event," Barnard said. "As we go year to year, it differs a little bit according to what she's required to do."

LaCoursiere has attended camp at the national training center in Karolyi Ranch, Texas, seven times.

"Every trip she's gone, she's improved," Salmeri said. "She's impressed the national staff and she's moved up in the ranks while she's been there. ... There's 60 kids at the camp and those are the top 60 kids in the entire nation."

At the end of the Nov. 16-19, 2017 session, LaCoursiere was recognized for her physical ability. Out of 60 of the nation's top young girl gymnasts at the camp, she was awarded a third-place medal in the strength testing.

"She got a medal for how much she's improved," Salmeri said. "Three medals were given out and she got one of the three medals out of 60 kids."

Both her parents were upper-level athletes in college. Her mother, Yvette, was a

track and field athlete while attending the University of California, San Diego. Her father, Terry, was on the wrestling team at the University of Arizona.

Beyond her natural ability, LaCoursiere is also extremely dedicated.

"It can't be stated enough that she's only 12 years old," Barnard

explained.

"She puts in seven hours a day, most days. That's incredible, the amount of time and effort she puts into this sport."

While LaCoursiere said she just likes competing, there is a lot more to it. She must maintain a hectic schedule to continue her performance at the level she has attained. When she has a practice, it's a very involved practice. First, she spends about a half-hour warming up, then a half hour of strength and conditioning. She spends between a half-hour to 45 minutes on each piece of equipment or routine: vault, bars, bal-

ance beam and floor exercise.

She ends the session with 20 minutes of flexibility training: stretching, lifts and bridges.

Flexibility and exceptional lines are Chloe LaCoursiere's strengths. (photo courtesy of Poway Gymnastics)

In spite of her early success, LaCoursiere is still a youngster who seems fairly grounded. She is quick to credit her 9-year-old sister, Kate (also a gymnast), for helping her put everything in perspective on those tough days when things don't go right.

"My sister really helps me," LaCoursiere said. "Whenever I come home from a bad practice, she always cheers me up."

For the full story, visit the Sports & Fitness section of ScrippsRanchNews.com

Little League president begins first year

Marcus Armstrong is well into preparing Scripps Ranch Little League for the upcoming season, serving his first year as its president.

"It's a way for me to give back to the kids in Scripps Ranch and volunteer some time," he said.

Armstrong estimated that last year the local league consisted of more than 600 players and approximately 50 teams throughout Scripps Ranch; and he admits serving as president is nearly a full-time job. He must attend a monthly board meeting, a district meeting once a month, and any other ad hoc meetings the board might have developed. He must answer emails and correspond with parents about such subjects as registration, practices and their experiences at games. Armstrong is quick to give credit to the many Scripps Ranch Little League board members who, he says, contribute

"just as much as I do, if not more."

Scripps Ranch Little League divisions include T-Ball (ages 4-6), Rookies (ages 6-7), MAPS (machine pitch; ages 7-8), Lower Minors (ages 8-10), Upper Minors (ages 9-11), Majors (ages 10-12), Intermediate (ages 12-13), Juniors (ages 13-14), Seniors (ages 15-16) and Challenger (for players with physical or mental limitations; ages 5-18).

"My responsibilities are to ensure that our league is following all the Little League International rules," Armstrong explained. "I'm the main point of contact between our district reps, Little League International and our board, and also our parents. ... But also, I'm ensuring that our players have the best experience possible."

While the main period for signups has ended for the spring season, Armstrong

said registration never really closes. The league will try to find a team in the appropriate age division for any late registrants. Final players assessments are being held this weekend, according to the league's website.

Clinics for coaches and scorekeepers are set throughout February. Opening Day is scheduled for Feb. 25 at Jera-bek Neighborhood Park.

Armstrong, who has two sons who have played Little League ball, said he has enjoyed baseball his entire life.

"For me, Little League has always been that team aspect, but also a way to have fun with my friends and ... play a sport that I love and, hopefully, these kids will love as well," he said.

For the full story, visit the Sports & Fitness section of ScrippsRanchNews.com.



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