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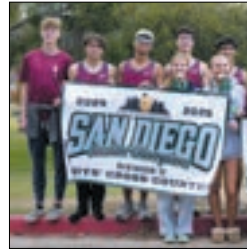
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**HOLIDAYS**

Get into the holiday spirit

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**SPORTS**

CIF-SD CHAMPIONS! SRHS cross country

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# SCRIPPS RANCH NEWS

Volume 8 • Issue 1 • December 2024



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**HOLIDAYS**

An interview with the Holiday Concert Santa

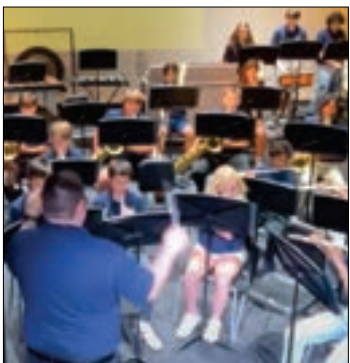
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**HOLIDAYS**

Plan your tour of holiday lights

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**SCHOOLS**

Music program is always in tune

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**HEALTH & FITNESS**

Have a healthy year in 2025

**PAGES 17-19**

## Santa Claus will visit the Farmer's Market

**T**he Scripps Ranch Farmer's Market & Family Festival will hold a special Winter Celebration featuring a visit from Santa Claus on Thursday, Dec. 19.

Santa will be available to visit with children and pose for photos from 3:30 to 7 p.m. Entrance to the event is free.

"Children will be able to sit on Santa's lap," Farmer's Market & Family Festival manager Beverly Cassity said. "You can even have your dog picture with Santa. Santa Claus is really, really good with animals."

Cassity encourages visitors, especially parents with their children, to bring their cameras and cell phones because there will be numerous opportunities to take holiday photos even beyond the photos with Santa. A 20-foot inflatable Santa climbing out of a chimney will be out front near the main entrance. Other holiday inflatables will be scattered throughout the market on this day. A giant inflatable slide for children will be on the grass outside Newtopia Cyder.

There will be candy canes for everyone, holiday music will be playing for the entire event and every vendor booth will be decorated and lit up, Cassity

said.

This will be a perfect time for last minute holiday shopping from the assortment of vendors selling their goods. Vendors will also offer a wide variety of food, and visitors can warm themselves up by purchasing hot chocolate from the "all pink booth" at the market.

"There will be 20-plus food booths with food from around the world," Cassity said, adding that six bakeries will also be selling holiday treats at the market.

"There will be 8-foot tables all down the middle of the market for families to sit and enjoy each other while they eat," Cassity said. "If it's a chilly night, you can order food to go (from the vendors) or you can take it to eat on Newtopia's heated patio or you can take the food inside Newtopia."

*The Scripps Ranch Farmer's Market & Family Festival is held every Thursday from 3:30 to 7:30 p.m. at 10045 Carroll Canyon Road.*



Santa Claus will be at the Scripps Ranch Farmer's Market & Family Festival on Thursday, Dec. 19. (courtesy of SR Farmer's Market)

## Youngster performs in Old Globe holiday production

By Jill Alexander

**B**esides celebrating the busy holiday season, Jerabek Elementary School student Aiden Granum, 10, is spending his time at The Old Globe Theatre appearing in "Dr. Seuss's How the Grinch Stole Christmas!"

In the popular musical, Max the Dog narrates how the mean and scheming Grinch tries to steal Christmas from the holiday-loving Whos of Whoville. But the Grinch discovers there is more to Christmas than what he ever thought.

Running now through Dec. 31, Granum appears as "Boo Hoo," the brother of Cindy Lou Who; "as part of the 'family cast,'" he said.

As a member of the "red team," Granum alternates in the role with another youngster, Christopher Smyres.



Aiden Granum (bottom row, far left) posed with the 2024 cast of the Old Globe's production of "Dr. Seuss's How the Grinch Stole Christmas!" (photo by Rich Soublet II)

"I'm in about 65 percent of the play," he said. "I started doing plays in preschool. My first was 'Lion King.' I like singing and dancing."

Granum said he auditioned in August and learned he landed the role of one of the four siblings in the musical shortly afterward.

"I like it. I get to hang out with friends I made in the

play, and I like singing and dancing a lot," he said. "I have three lines – one is I say, 'thank you, Mr. Grinch,' after he gives me a red wagon as a Christmas gift."

"It's been a great experience as the Old Globe is incredible with kids, and the director is fantastic. It's a big commitment but it's worth it to see him on stage, dance and learn



Aiden Granum (Brandon Colbert Photography)

from professional actors," Mom Pari Granum said.

Once the production has completed its run, Granum said he is already looking toward more acting. He has since auditioned for "Finding Nemo" and plans to try out for "Matilda."

When he isn't acting, Granum likes to play baseball as

See **OLD GLOBE**, Page 13

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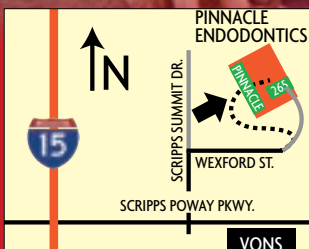
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**Be prepared for fire emergencies**

Here are some tips about how to prepare for possible fire emergencies in Scripps Ranch:

**Preparing for fire risks**

- **Stay Informed:** You will be advised of potential evacuations as early as possible. Listen to local radio or TV for updates from authorities.
- **Officials Decide:** Fire officials decide when and where to evacuate based on the fire, wind and terrain.
- **Law Enforcement Role:** Police enforce evacuation orders. Follow their directions right away.
- **Order & Warning:** These terms alert you to the significance of the danger. Other terms like "precautionary" and "immediate threat" might be used too.
- **Act Fast:** In severe wildfires, there is no time to waste. If advised to leave, do so without delay.
- **Don't Wait for Orders:** It's safer to leave before a mandatory order is issued.
- **Stay Alert:** You may be directed to temporary assembly areas to await transfer to a safe location.
- **Help Firefighters:** Don't return home until fire officials notify you that it's safe to do so.

**Returning home safely**

Don't get scammed after fires. Here are tips to avoid being victimized.

1. It is illegal for a public adjuster to advance money as an inducement to sign a contract.
2. Public adjusters may not offer referral fees in excess of \$100.
3. Public adjusters may not have an interest in contractor, demolition company or any entity making repairs to your property.
4. Public adjusters may not use a badge to rush you into signing a contract.
5. Be aware of anyone attempting to rush you into signing a contract.
6. Be aware of any contractor attempting to have you sign a contract or begin demolition.
7. Be aware of any attorney urging you to sign any documents.

Scripps Ranch Fire Safe Council, (858) 201-3771, [srfiresafe-council@gmail.com](mailto:srfiresafe-council@gmail.com), [www.srfiresafe.org](http://www.srfiresafe.org)

**Library update**

**Library parking:** The first phase of the Scripps Miramar Ranch Library parking lot expansion project is now complete, and the upper lot has reopened. Library visitors may note that some construction activity is occurring in the lower lot. This is, however, related to a valve replacement as part of the Pure Water Project which must be completed before work relevant to the parking lot expansion can resume. The lower lot remains completely closed to the public, and there is no access from the overflow parking area on Meanley Drive, so parking at the library continues to be even more limited than before. Visit [www.srfol.org](http://www.srfol.org) for more information.

The eventual completion of the parking lot expansion will add 47 more parking spaces to the original 70, plus a second exit to the parking lot with a traffic light.

**Note:** It is now possible to drive into the upper lot and return books to the outside book drop.

**Upcoming holiday closure dates** for the library are Tuesday, Dec. 24; Wednesday, Dec. 25; Tuesday, Dec. 31; Wednesday, Jan. 1; Monday, Jan. 20 (Martin Luther King, Jr. Day).

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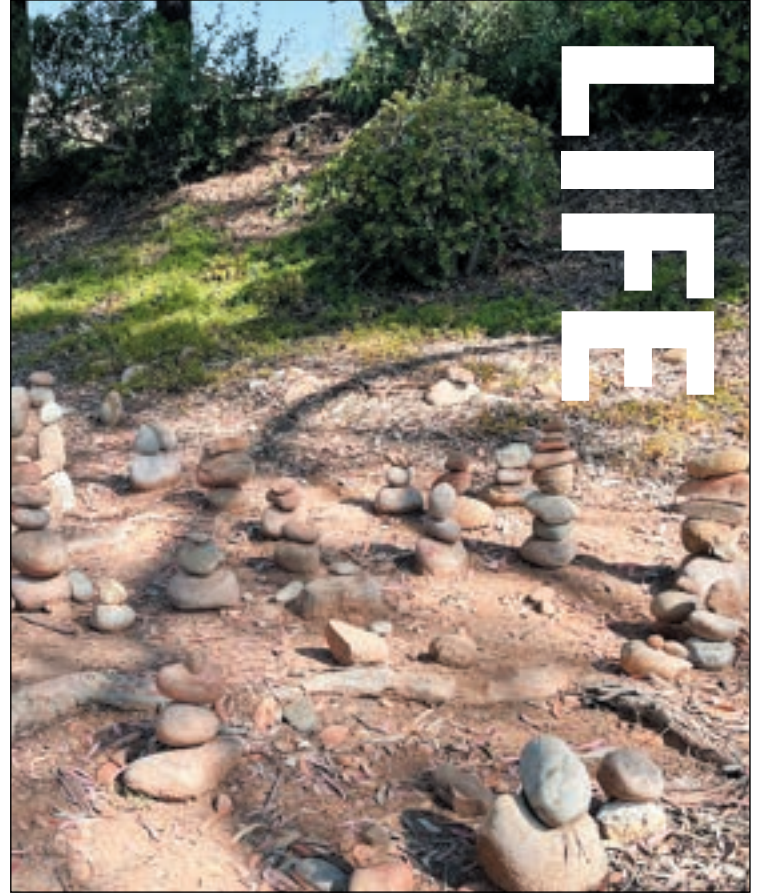
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This Google map provided by the Scripps Ranch Trails Committee designates the difficulty factor for each local trail: Green – easy. Blue – moderate. Red – difficult. (courtesy of SR Trails Committee)



Many of the trails in Scripps Ranch offer fun surprises such as this rock stacking exhibit. (photo courtesy of the SR Trails Committee)

# Explore the many local trails

There is a lot to do in Scripps Ranch and getting out in nature is no exception. There are more than 30 wonderful trails right in your own backyard.

Some trails have fun surprises like a swing, rock stacking exhibit and a large wooden mobile; and some people have seen teepee structures.

The Scripps Ranch Trails Committee was started in 2021 and consisted of Bill Simmons, Don Endicott and Scripps Ranch Civic Association committee chairs Rob Holmes and Helen Plutner. Throughout 2024, the Trails

Committee has helped maintain the different trail spaces through work on erosion control on trails #15 and #19; added and secured new bridges over ditches; added trail-head signs; and cleared trash and brush.

Want to help? Committee members as well as trail work volunteers are needed:

- The committee meets on a monthly or bi-monthly basis. (mostly on Zoom)

- Trail work is usually scheduled on weekends and volunteer availability.

- Tools in most cases will be provided.

- Scout troops, church groups and other groups are encouraged to work with us.

If you are interested in helping the community keep the trails beautiful and meeting our future goals, contact the Scripps Ranch Trails Committee: trails@scripps-

ranch.org.

Come out to explore the many trails and see what you can find. One of the structures you may find is pictured. Happy hiking in Scripps Ranch!

The Scripps Ranch Trails Committee is a subcommittee of the Scripps Ranch Civic Association.



Scan this QR code to access the map of Scripps Ranch trails.

## GARDEN CLUB Meetings resume in January with roses

By Denise Stewart

Scripps-Mesa Garden Club will resume its regular monthly indoor meetings in the Community Room at the local library on Tuesday, Jan. 28 at 6 in the evening.

The program will feature Master Gardener Beth Van-Bortel. She will describe the best choices of roses for San Diego gardens. Her talk will include how to winter prune, how to plan a rose garden and how to maintain it, according to the club's new Program Director Jackie Brown.

A brief business meeting and some social time will follow.

Local residents are invited to join the garden club. Just come to a meeting and provide your contact information along with the \$30 annual dues.

To learn more about gardening and the club's events, check the website managed by Brydon Bennet: scrippsmesagardenclub.com

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SCRIPPS RANCH WELCOME CLUB

## Welcome Club gathered to celebrate

By Denise Stewart

There are many reasons to celebrate in December, and the Scripps Ranch Welcome Club is taking advantage of the occasions by gathering together and enjoying festive events.

A Holiday Coffee was hosted by Karen Reilly and her team early in the month. The decorations in her home added sparkle to the buffet table laden with savory brunch dishes and seasonal goodies. While a Coffee at a member's home is a monthly club event, this one had a special warmth with so many friends gathered to share the season.

The second week of the month presented two ways for the club to celebrate. The first being the monthly meeting that featured a gift exchange and holiday sweets. The delicacies were prepared by Angela Picillo and Michelle Cyphers.

Many club members traveled that week to Coronado to enjoy a holiday musical at the Lamb's Players Theatre. The event was arranged by Pam Savelsberg, Gadabouts chair. Before the performance, most



Welcome Club President Bev Macho, Treasurer Anne Steele, Secretary Sue Cauble and club members JoAnn Farmen and Pat Tabidian enjoyed the club Coffee in JoAnn's garden. (photo by Diane Rider)

of the theatergoers went in smaller groups to dine in one of the seaside restaurants. Several did their annual spectacular Christmas tree check at the Del Coronado Hotel to bring a traditional close to the festive day.

The Welcome Club certainly knows how to have fun, but as they have for several years, the club again participated in the Armed Services YMCA toy drive. Each year they give a generous donation to the charity


to spread their holiday joy to military families. When the holiday season is over, the Welcome Club will continue its regular schedule of Coffees, Gadabouts, book clubs, craft groups, Mahjong, Bridge, Bunco playing, and hiking during the new year.

*If socializing with your neighbors appeals to you, check out the club's website to learn more about their doings and get contact information: scrippsranchwelcomclub.com.*

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## Free events at the library

The Scripps Ranch Library is hosting several special free programs for children, teens and families just in time for holiday break.

**Comic Art Creation Workshop:** Children ages 7 to 11 are invited to explore the art of comic storytelling in this workshop on Saturday, Dec. 21, from 3 to 4 p.m., led by comic art experts from Little Fish Comic Book Studio. Learn awesome secrets and tricks for making your own comics and how to improve your drawing skills, whether you like manga, super-heroes or Dog Man. Registration is required: sandiego.librarymarket.com and is open through Dec. 20, 3 p.m.

**Family Art Project 3D Paper Snowflake:** The entire family is welcome to learn how to make your own 3D Paper snowflakes on Saturday, Dec. 28, from 11 a.m. to noon. Visual artist Stacie Greene will show you how to make your own individual snowflake to celebrate the winter season. This program is presented in conjunction with the Family Arts Collaborative San Diego.

# Club members express community spirit

SCRIPPS RANCH WOMEN'S CLUB

By Mary Rea  
Publicity chair

**H**appy Holidays! The holiday season has arrived at the Scripps Ranch Women's Club. A tour of the Hotel del Coronado in November was enhanced by The Del's beautiful Christmas tree and the gorgeous decorations that adorned the hotel and grounds. This tour provided a festive start to the holiday season!

*Ultimately, our club affirms that giving to others is the true "magic" of the holidays and the most rewarding experience.*

In December, we gathered together at our Annual Holiday Party at Yanni's Bar & Grill for a delicious dinner buffet. The party offered a fun and festive celebration of the season and an opportunity to enjoy our friendships and time together. It was also the perfect time to express our community spirit by collecting and donating gifts and



Scripps Ranch Women's Club members pose for a photo at their tour of the Hotel Del Coronado. (photo courtesy of SR Women's Club)

gift cards to the residents at Hidden Valley House (HVH). It is our long-standing tradition to strive to brighten the holidays for the women and children escaping domestic violence at HVH. Ultimately, our club affirms that giving to others is the true "magic" of the holidays and the most rewarding experience.

Thank you to our Social Committee and other members who planned both the Holiday Party and the charitable giving event. Appreciation is also extended to our

many members who generously contributed to support the residents at HVH by bringing a little cheer to their holidays.

From food to décor, our various interest groups that met in December were in a holiday "state of mind." Active this month were Bunco Groups, Mahjong, Bridge, Book Groups, Pickleball, and Adventure Walks. Our two book groups, in particular, embraced the holiday spirit by planning special activities. "Ranch Readers"

enjoyed their Annual Holiday Luncheon and Book/Gift Exchange. Our other book group marked the holidays by reading "The Autobiography of Santa Claus" as told to Jeff Guinn. The various December interest groups were in a party mood and added to the holiday ambiance with gift exchanges and festive fun.

Plans are underway for the New Year with a traditional La Jolla Shores Beach Walk followed by a luncheon at Piatti's. And there is a great deal of excitement among our Arts and Culture group for viewing the Blue Gold Exhibit - The Art and Science of Indigo at the Mingei International Museum in Balboa Park. Lunch at the ARTIFACT restaurant will follow the exhibit tour.

Also in January, we will kick off our Community Giving and Scholarship Programs with information on eligibility, how to apply and upcoming deadlines. If you are interested in additional information regarding the Women's Club, please contact Lynn Parke, membership chair, at lparke@san.rr.com or visit our website at srwomensclub.org.

## Holiday Shopping

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-Matthew 1:21

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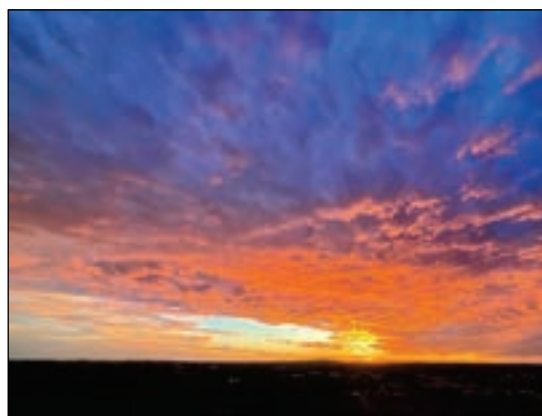
This **Red-shouldered Hawk** has taken residency for over a year in a grove of eucalyptus trees on Spruce Grove Place. The bird was perched on a tree branch adjacent to the second-story balcony of the master bedroom. (photo by Harvey Rogoff)

## 2024 PHOTO SHOWCASE

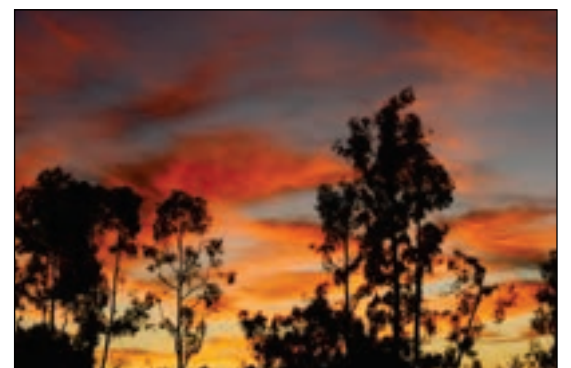
These colorful photos are the selected shots from among those sent by readers for this year's Scripps Ranch Photo Showcase. Thanks go out to all those who shared these wonderful images.



**Green Heron** at Miramar Lake (photo by Gerry Lehmann)



**Sunset** looking West from Miramar Lake (photo by Alan Cohen)



**Sunset** over Caminito Rio Branco in Timberlane (photo by Fiona Weaver)

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## Author will speak at local library

Scripps Ranch author Alain Rolland, featured in the September edition of *Scripps Ranch News*, will speak at the Scripps Miramar Ranch Library in the Community Room on Jan. 27, 2025, from 4 to 5 p.m. Rolland will speak about his recently published historical fiction book titled "Six Years of Absence – An Endless Confinement." The novel was inspired by true events and his father's odyssey in World War II.

He will talk about how, during the pandemic, he discovered a couple of hand-written pages from his dad narrating his journey through WWII that inspired him to write a fiction about the captivating six-year odyssey of a French soldier, Alexandre, from Brittany (France) to Pomerania (now Poland) in World War II. He will present his historical fiction, a testament to courage, resilience, friendship and love.



The Hutchins Consort will perform in the Scripps Miramar Ranch Library Center on Jan. 19. (photo courtesy of SRFOL)

## Hutchins Consort will perform at the library

The "Pleasure of Your Company" music series, sponsored by the Scripps Ranch Friends of the Library, welcomes the Hutchins Consort on Sunday, Jan. 19, at 2:30 p.m. in the intimate setting of the Scripps Miramar Ranch Library Center.

This string octet, performing on custom acoustically designed violin-family instruments – from the 18.5-inch treble to the 7.5-foot contrabass – brings rich sonority to their music, ranging from classical works to rock and jazz. Expect an eclectic and entertaining performance featuring pieces from many cultures and centuries.

There is no charge for the concert, although donations are appreciated to help continue the tradition of bringing fine musicians to perform on special Sunday afternoons for monthly concerts in the sought after venue of the library's Community Room.

Visit [srfol.org/music.htm](http://srfol.org/music.htm) for the schedule of monthly concerts and information about sponsorship opportunities.

Masks are recommended although not required.

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



## Give the Gift of Bird Feeding & Joy

With the hustle-bustle of the holidays in full swing, take some time to relax and enjoy the birds. Think of the joy you can share with friends and loved ones when you give the gift of bird feeding. Shop now for a bird feeder, bird bath or nature gift and you're sure to bring a smile!

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### BECKY'S GIFT

## There is still time to donate a toy

The Becky's Gift project has distributed toys to families going through cancer treatment at seven cancer centers throughout San Diego for 15 years. The purpose is to help the cancer patients undergoing treatment, so they won't have to worry about buying gifts for the youngsters in their life. Becky's Gift has been delivering toys to the seven cancer centers in San Diego, helping parents or grandparents getting treatment for cancer during the holiday season.

Becky's Gift will still be collecting through Dec. 15. Scripps Ranch residents may help Becky's Gift surpass its goal again of 1,500 toys this year.

Those who have not yet donated or would like to help out even more may still participate as Becky's Gift is still accepting new and

unwrapped toys.

### This is how you can help:

1) Quick and Easy shopping: Visit the Becky's Gift Amazon wish list by scanning the QR code attached to this article, or through the link on the Becky's Gift Facebook page ([facebook.com/BeckysGift](https://facebook.com/BeckysGift)).



2) Drop off a new unwrapped toy at one of the three Becky's Gift toy drive locations from now through Dec. 15. The locations are Fitness Quest 10 North (10625 Scripps Poway Parkway), Fitness Quest 10 South (9972 Scripps Ranch Blvd), and St. Gregory the Great Catholic School (15315 Stonebridge Parkway).

For additional information about Becky's Gift, contact Becky Walton ([beckywalton@san.rr.com](mailto:beckywalton@san.rr.com)) or Christie Jackson ([christie@jacksonlane.com](mailto:christie@jacksonlane.com)).

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*'The kids are all very good.'  
—Santa Claus*

Dan Kelley portrays Santa as he enjoys time by the fireplace. (courtesy photo)

## Portraying Santa for 56 years

By John Gregory

Santa Claus, also known as Saint Nicholas, often displays his saintly ways. Such was the case a few years back at the end of the Scripps Ranch Symphony in the Park's Holiday Concert in Hoyt Park. It was a cold December night, but the crowd was having fun and the band was on key as it performed an assortment of energetic holiday favorites.

The excitement was electric as Santa arrived on a fire truck with lights flashing and sirens blaring. The children in attendance were wild with glee and anticipation. A line formed as Santa made his way to an area near the stage

to hear the wishes of each child. The lengthy process continued as a light mist began to fall. The stage lights were eventually turned off and all the concert equipment was packed up. Most attendees were leaving. Now the park was empty except for Santa and a handful of children waiting to speak with him.

Those leaving the event walked along the Aviary Drive sidewalk. They could still hear Santa chuckling and speaking to the kids. A peek through the rain revealed Santa, dimly illuminated only by the park lights, patiently listening to every last child's wishes.

St. Nicholas recently took

time from his busy schedule for an interview:

"The kids are always very respectful, even the older ones," he said. "When they sit on my lap I ask them what they would like from Santa. It's interesting. The fads for toys change from year to year. Now they're into all the electronics, but they used to be into Matchbox cars and all that. Now it's much more sophisticated."

Claus has been at this for a long time – more than 900 years, he said.

"The kids are all very good. They're children. They ask for things. They are in awe – eyes huge," Claus said. "I tell them, 'oh, I know that one.' I See **PORTRAYING SANTA**, Page 13



Return to holiday classics such as a Hummingbird Cake, Coconut Cake or Christmas Cinnamon Cookies that even let the children get involved. (Culinary.net)

## Classic holiday desserts

*(Family Features)* If holiday gatherings have started to feel more overwhelming than celebratory, it's time to go back to the basics with seasonal desserts that are easy yet elegant.

Wow your crowd this year with a mouthwatering Hummingbird Cake or Coconut Cake that call to mind holidays past without requiring hours spent in the kitchen (like grandma used to do). Or for a classic take on an old favorite, these Christmas Cinnamon Cookies can even let the kiddos get involved – just make the dough, then have your little helpers use their favorite cookie cutters to make festive shapes before the oven does the rest of the work.

Find these recipes and more from "Cookin' Savvy" at [Culinary.net](http://Culinary.net).

### Hummingbird Cake

Recipe courtesy of "Cookin' Savvy."

- 1 spice cake mix
  - 1 cup sugar
  - 1 cup banana cream Greek yogurt
  - 3 eggs
  - 1 cup crushed pineapple
  - 1 cup crushed pecans
  - 1 cup all-purpose flour
  - 2 tablespoons melted butter
- Frosting:**
- 1 stick butter, softened
  - 1 package (8 ounces) cream cheese, softened
  - 1/4 cup heavy whipping cream
  - 5 cups powdered sugar
  - 1 package pecans (optional)

Heat oven to 350 F. In mixing bowl, mix spice mix and sugar. Blend in yogurt, eggs and pineapple. In separate bowl, mix pecans, flour and butter, then add to cake mixture.

Grease two 8-inch cake pans with butter. Pour half the mixture into each pan, then bake 45 minutes. Cool on rack before icing.

**To make frosting:** In mixing See **HOLIDAY DESSERTS**, Page 13

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photo by Ken Jacques

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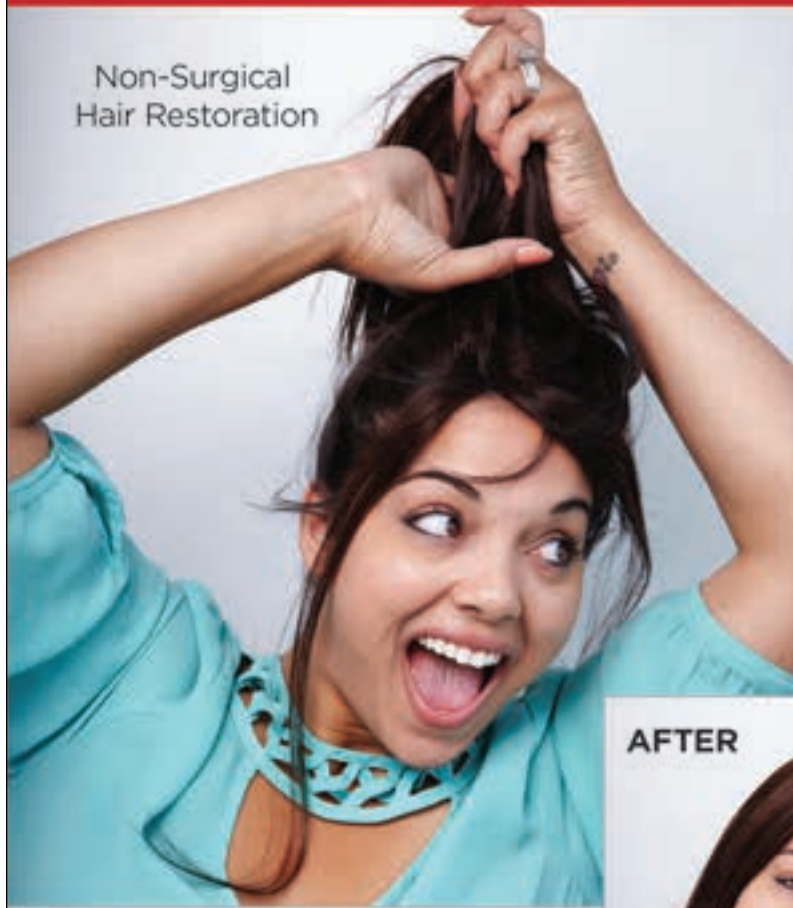


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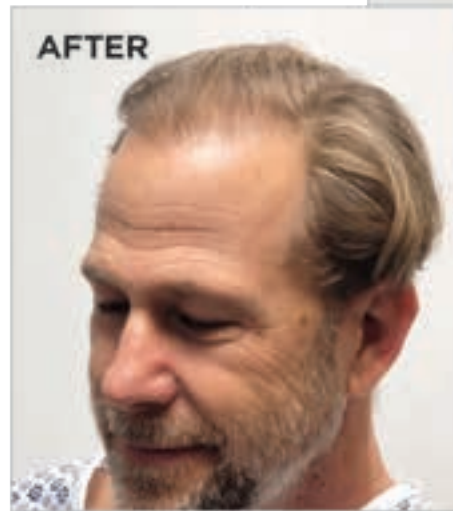


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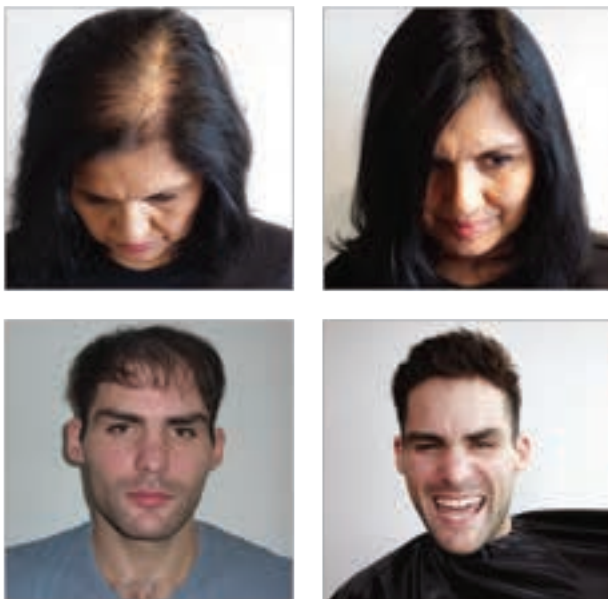


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# Plan your tour of the lighting contest displays

Numerous bright home holiday lighting displays are sparkling brightly across Scripps Ranch again this season. An assortment of these local homes with colorful outside displays have been entered in the 2024 Scripps Ranch News-Berkshire Hathaway Home Lighting Contest.

Boost your holiday spirit by planning a fun night-time driving tour to see these colorful outdoor displays. Select a night, invite family members, friends or a special someone, and take them on a festive tour of these wonderfully decorated Scripps Ranch homes with outdoor holiday lights.

Use the map below to plan your self-guided driving tour of brightly decorated homes throughout Scripps Ranch.

Visit [scrippsranchnews.com/map-of-lights](http://scrippsranchnews.com/map-of-lights) to view an updated online map of the entrants.

This year's event is made possible by Laura Kay Stephens, Real Estate advisor, and Megan Paige, Real Estate ad-

*Invite family members and friends, and take them on a fun tour.*

visor, both from Berkshire Hathaway HomeServices California Properties Luxury Collection.

Anyone who decorated the outside of their home in Scripps Ranch with a holiday lights display was eligible to enter the contest. Judges from Berkshire Hathaway HomeServices California Properties Luxury Collection will select the winners. The winners will be announced the morning of New Year's Day on [ScrippsRanchNews.com](http://ScrippsRanchNews.com). Photos and a story about the winning displays will be published in the upcoming January edition of *Scripps Ranch News*.

**Award Categories**

Four categories of awards



Anyone can organize their own fun holiday tour of the outdoor home light displays in the 2024 Scripps Ranch News-Berkshire Hathaway Home Lighting Contest by using the map below.

will be included this year: Norman Rockwell Award, elegant displays that accentuate and coordinate with the beauty and elegance of the home; Clark Griswold Award, the most over the top lighting display; Grandma Got Run Over (by a Reindeer) Award, reminds me of my childhood – best classic holiday lights; and It Takes a Village (group) Award, best decorated group of homes – Gather the neighbors! Judges

will decide which category each entrant is in.

Prizes are provided by Laura Kay Stephens and Megan Paige from Berkshire Hathaway HomeServices California Properties Luxury Collection.

This contest has a rich history. It was started in 2020 when the nation was under several restrictions as a result of the COVID-19 pandemic. Scripps Ranch residents were becoming a bit stir-crazy, so

they began decorating their homes with outdoor lights early that season as a fun and festive distraction. So, many residents jumped at the opportunity to enter this fun contest once it was announced. The result was a popular event in which people could show off their creative light displays, and anyone could view the many light displays on a self-organized tour from the safety of their vehicles. Today, the 2024 Scripps Ranch News-Berkshire Hathaway Home Lighting Contest is a celebrated holiday tradition in this community.

Thanks go out to the many residents who decorated their homes with outdoor lights this holiday season and entered this year's contest. A special thanks goes to Laura Kay Stephens and Megan Paige from Berkshire Hathaway HomeServices California Properties Luxury Collection for sponsoring this fun and popular Scripps Ranch event.

## Home Lighting Contest

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[Megan@meganpaigerealestate.com](mailto:Megan@meganpaigerealestate.com)  
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4. 11711 Aldercrest Pt
5. 11863 Sweetbriar Lane
6. 10921 Elderwood Lane
7. 10719 Charbono Terrace
8. 10418 Moselle Street
9. 10283 Rue Finisterre
10. 11808 Caminito Sanudo
11. 11626 Timberlake Drive
12. 10089 Mesa Madera Drive
13. 10307 Red Cedar Place
14. 10272 Aviary Dr
15. 10626 Arboretum Place
16. 10345 Caminito Surabaya



Follow the Google map at [scrippsranchnews.com/map-of-lights](http://scrippsranchnews.com/map-of-lights).  
The addresses are already entered for you; just follow from your current location.

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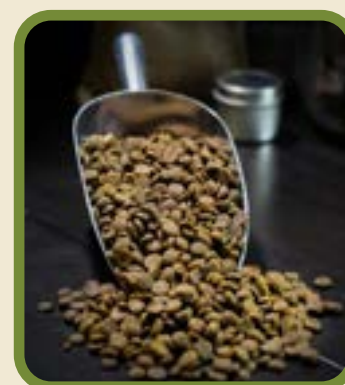
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Coconut Cake (Culinary.net)

**HOLIDAY DESSERTS**

Continued from Page 9

bowl, mix butter, cream cheese and heavy whipping cream. Slowly blend in powdered sugar.

Ice cake then decorate with pecans, if desired.

**Coconut Cake**

Recipe courtesy of "Cookin' Savvy."

- 1 vanilla or white cake mix
- 1 cup all-purpose flour
- 1 cup sugar
- 1 cup coconut Greek yogurt
- 1 cup milk
- 2 tablespoons melted butter
- 3 eggs

**Frosting:**

- 1 stick butter, softened
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup heavy whipping cream
- 5 cups powdered sugar
- 2-4 cups shredded coconut

Heat oven to 350 F. In mixing bowl, mix cake mix, flour and sugar. Blend in yogurt, milk, butter and eggs.

Grease two 8-inch cake pans with butter. Pour half the mixture into each pan and bake 45 minutes. Cool on rack before icing.

**To make frosting:** In mixing

bowl, mix butter, cream cheese and heavy whipping cream. Slowly blend in powdered sugar.

Ice cake, then pat shredded coconut gently into icing.

**Christmas Cinnamon Cookies**

Recipe courtesy of "Cookin' Savvy."

- 1 2/3 cups self-rising flour
- 2 1/2 teaspoons cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon cloves
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 2 tablespoons water (optional)
- 1 cup powdered sugar (optional)

In mixing bowl, combine flour, cinnamon, ginger, cloves, sugar, brown sugar and egg to make dough. If dough is too dry to form into ball, add water. Form into log and wrap in parchment paper. Refrigerate 1 hour.

Heat oven to 350 F.

Roll dough out and cut into shapes with cookie cutters. Place on cookie sheet covered in parchment paper and bake 8-10 minutes. Let cool on rack then dust with powdered sugar, if desired.

**NORAD tracks Santa's journey**

The North American Aerospace Defense Command (NORAD) continues its decades-old mission of keeping track of Santa Claus and his reindeer on their journey from the North Pole to every home in the entire world to deliver presents on Dec. 24, Christmas Eve.



Santa will land his sleigh on each roof, drop into each home and leave Christmas presents overnight. NORAD, buried deep within a shelter in Cheyenne Mountain in Colorado Springs, tracks Santa's incredible trek throughout the world.

NORAD's mission tracking Santa Claus on

Christmas Eve started more than 60 years ago. It started when a local Sears ad in a Colorado Springs newspaper had a big image of Santa and encouraged children to call a printed phone number to speak with Santa. Unfortunately, there was a typo, and the phone number was that of NORAD. That number led directly to the top secret red phone that was only used for global emergencies. More phone calls rang and, once the men at NORAD realized what was happening, they began answering the phone to let the callers know the progress of Santa's sleigh.

NORAD will continue its Santa Claus mission again this year. Visit [noradsanta.org/en](http://noradsanta.org/en).

**OLD GLOBE**

Continued from Page 1

does his older sister Emma, who is 12.

The fifth grader said people should come out to see the holiday production because, "It's a great play, energetic, and if you're looking for something fun, you should go to it."

This is the 27th annual pro-

duction of "Dr. Seuss's How the Grinch Stole Christmas!" with Globe resident artist James Vásquez directing again; and with Andrew Polec reprising his role as The Grinch.

"Dr. Seuss's How the Grinch Stole Christmas!" is playing on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe's Conrad Prebys Theatre Cen-

ter in San Diego's Balboa Park at 1363 Old Globe Way. Performances for the eight-week engagement run now through Dec. 31.

Visit [TheOldGlobe.org](http://TheOldGlobe.org) for a full schedule and online tickets. Tickets are also available by phone at (619) 234-GLOBE (234-5623), or in person at The Old Globe's Box Office in Balboa Park.

**PORTRAYING SANTA**

Continued from Page 9

tell them 'I can't promise, but I'll try.'

**Santa's helper: portraying St. Nick**

Dan Kelley, 75, has lived in Scripps Ranch for 44 years. He has been one of Santa's helpers, portraying Santa for 56 years overall. He has played Santa at the Scripps Ranch Symphony in the Park's Holiday Concert every year except the year it was rained out.

"I started (playing Santa) in college. I bought a suit, and it was not a very good suit," he said. "My girlfriend and I went to an old peoples' home

and I played Santa Claus and she came along. Now she's been my wife for 54 years."

Kelley was an officer in the Navy.

"I brought my suit with me when we deployed to Westpac during the Vietnam War," he said.

He portrayed Santa during a port visit to Subic Bay, Philippines.


Kelley has performed as Santa as many as 30 times a year, and he has never charged anyone. He has performed at juvenile hall, Las Colinas Detention Facility, some family parties, at his wife's bridge group, for some neighbors and at the Country Club of Rancho Bernardo in a

holiday parade of golf carts.

"I ride in the back of a golf cart. They have lights shining on me and I 'ho, ho, ho' and wave and they play Christmas music," Kelley said. "I ho, ho, ho for 18 holes."

Kelley has about five Santa costumes. Some are very traditional and some are avant-garde, he said. He has a new suit this year as well as new boots.


"I have a beard, and a mustache and pouch that I put on that's padded. ... I have boots," he explained. "My philosophy for being Santa is we have to take care of the children. ... Santa doesn't change."



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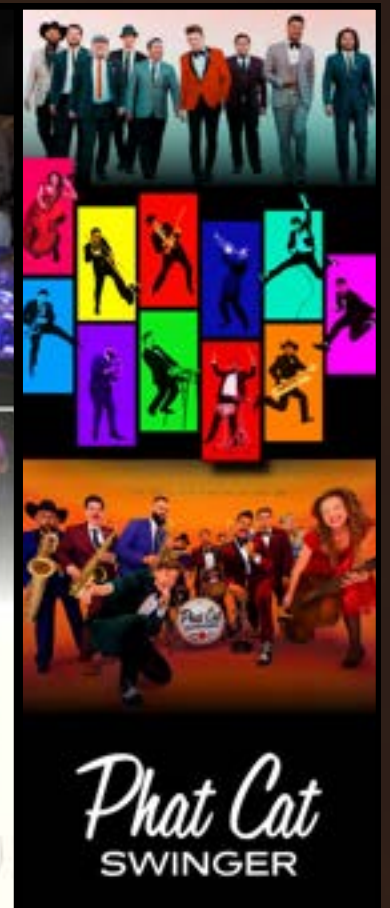
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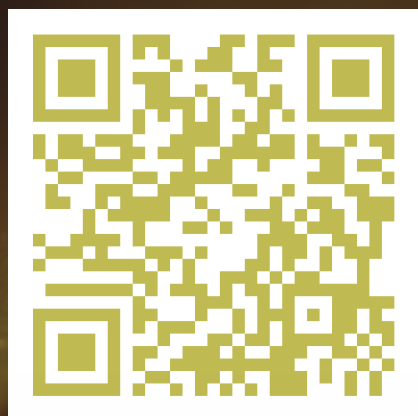
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## HOLIDAY EVENTS

**DECEMBER 13, 14, 15**

### 'The Nutcracker'

Scripps Performing Arts Academy presents an all-youth, full production of "The Nutcracker," Dec. 13 and 14 at 6 p.m.; and Dec. 14 and 15 at 2 p.m. Held at David and Dorothea Garfield Theatre at the Lawrence Family Jewish Community Center, 4126 Executive Drive.

[scrippsballet.com/academy](http://scrippsballet.com/academy)

### 'A Christmas Carol: A Radio Play'

The classic Charles Dickens story of Ebenezer Scrooge and the spirits that visit him unfolds in a retro style radio play! The audience will be inside the studios of radio station WSRT as nine actors portray dozens of characters to broadcast this timeless story, while an integrated soundscape and visuals enhance the experience. Great Holiday fun for the entire family!

[scrippsranchtheatre.org](http://scrippsranchtheatre.org)

**DECEMBER 14**

### Holiday Market returns to Petco Park

The San Diego Padres announced that the Holiday Market at Petco Park is open through Dec. 27. The fourth-annual event is returning bigger and better than ever in the all-new Gallagher Square featuring magical Christmas lighting displays, local artisan shops, seasonal food and beverage, Santa and other holiday characters and more. The Holiday Market at Petco Park will run for select nights from 4 to 10 p.m. Guests will purchase pre-designated entry time slot tickets for the experience. The event will be highlighted by walkthrough lighting displays, Candyland, Santaland featuring photo opportunities with Santa and live reindeer. Additional activities include a grand carousel, nightly snowfall, a train ride for kids, a 40-foot Christmas tree, food and drink.

[padres.com/holidaymarket](http://padres.com/holidaymarket)

### 'Nutcracker, Reimagined'

"Nutcracker, Reimagined" is Lynch Dance Institute's (LDI) annual holiday production full of joy, hope and possibility. Students also have an opportunity to participate in the annual end of



### THE GIFT OF SNOW

Youngsters swarm in delight as Santa Claus provides the gift of snow during the annual Scripps Ranch Tree Lighting celebration held at Hoyt Park on Dec. 7. (photo by Lisa Shadburn)

season showcase celebrating the tremendous amount of work that takes place at LDI throughout the year. Performances Dec. 14 at 2 p.m.; and Dec. 15 at 2 p.m. At the Joan B. Kroc Theatre, 6611 University Ave.

[lynchdance.com](http://lynchdance.com)

### Christmas in the Park

Poway's Christmas in the Park will be held at Old Poway Park. This is an old-fashioned holiday tradition that will take you back in time with caroling, live music, free children's crafts, model train displays, and so much more! Purchase tasty holiday treats, finish your Christmas shopping at the craft boutique, or board the Poway Midland Railroad for a night-time ride around the park. Free shuttles to and from the event will be available from two different locations: Poway City Hall Parking Lot, 13325 Civic Center Drive; and the Poway Adult School Parking lot, 13626 Twin Peaks Road. 3:30-8:30 p.m.

[Poway.org](http://Poway.org)

### Gaslamp Quarter Pet Parade

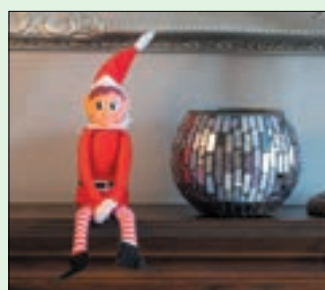
Get those ears perked and those tails wagging and prepare to unleash the holiday cheer in the Gaslamp Quarter with your furry friends! The Gaslamp Pet Parade, & Pups in the Pub Party returns to the streets of the Gaslamp Quarter on Dec. 14. The event is free to watch, so grab a spot at one of the patios along the parade route and be prepared for the best parade ever! Parade begins at 1 p.m. The Pups in the Pub Party at the Hilton San Diego Gaslamp Quarter runs from 2 to 4 p.m.

[Gaslamp.org](http://Gaslamp.org)

**DECEMBER 19**

### Winter Celebration at SR Farmer's Market

The Scripps Ranch Farm-



### Elf on the Shelf Facebook group

It appears that the fun, local Facebook page called "Where's your elf, Scripps Ranch" is active once again as the holiday season approaches. Local residents are sharing images and antics of their home's Elf on the Shelf – and the results are hilarious.

This is the description for the page: "Share your elf's crazy antics with other elf infested neighbors! For inspiration, emotional support, and entertainment."

To join the fun, search Facebook for Where's your elf, Scripps Ranch.

er's Market & Family Festival will hold a special Winter Celebration featuring a visit from Santa Claus on Thursday, Dec. 19. Santa will visit from 3:30 to 7 p.m. Entrance is free. 10045 Carroll Canyon Road.

**DECEMBER 27**

### Holiday Bowl Parade

The scenic, bayside streets of downtown San Diego will come alive with the Port of San Diego Holiday Bowl Parade presented by Kaiser Permanente! A long tradition of the Holiday Bowl, this exciting family event brings together world-class marching bands, magnificent floats, entertaining drill teams and a procession of enormous balloons – more than any other parade! Starts at 10 a.m. along Harbor Drive.

[holidaybowl.com/holiday-bowl-parade](http://holidaybowl.com/holiday-bowl-parade)

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## Marshall Instrumental Music grows and performs

By Ashley Shah

The Marshall Middle School (MMS) music program held its annual holiday concert on Dec. 12.

All the levels of band and orchestra, including beginning, intermediate and advanced band, performed at the MMS performing arts center.

The program's next concert will take place at the beginning of March.

"Our March concert is our pre-festival concert. The concert will be held at the MMS performing arts center. The band will perform at 5 p.m., and the orchestra at 7 p.m.," said Cameron Brown, MMS director of instrumental music.

The following festival is an evaluation for music programs at the middle school level in San Diego Unified School District and other districts.

"We host the festival here at MMS performing arts center. We just opened the registration for music programs to sign up. Last year, we had around 11 to 12 schools. However, we have



Members of the Marshall Middle School Advanced Band practice under the direction of Cameron Brown. (courtesy photo)

had up to 16 schools in the past," Brown said.

The last concert, the end of the year concert, will take place mid-May.

"Our end of the year concert is held at the campus, and around the same times, just like all of our other concerts," Brown said. "The end of the year concert is a great way for the students to show their progress from the school year."

Besides their concerts, the intermediate and advanced groups have the opportunity to participate in other festivals and seminars alongside other music groups from all over California.

"In April, our intermediate group will be competing in another festival in the Orange County area. After they are done competing, they

get to spend the rest of the day at Knott's Berry Farm,"

Brown said. "At the beginning of May, our advanced

group gets to participate in a workshop at Disneyland where they get to record Disney soundtracks to Disney footage. We get the clips back from that, and it's really nice to show it to the families."

There are more than 230 students across both band and orchestra this year.

"We have a little over half of the students in the band. Our beginning band has a full group with over 50 students," Brown said. "Our program has finally grown closer to the size it was prior to COVID-19 shutting down the schools."

Each level – beginning, intermediate and advanced – are based on skill, primarily,



Cameron Brown

**'Our program has finally grown closer to the size it was prior to COVID-19.'**

—Cameron Brown

as well as grade level.

"Most of our students start with beginning in sixth grade, and then move onto intermediate, and finally end with advanced. However, sixth graders can audition to be in intermediate. They do not have to do the beginning level," Brown said.

With so many students, the music program is constantly fundraising.

"We have been sending out small groups to carol by playing their instruments outside of local Scripps Ranch businesses that let them. There is a box where people can donate, or a QR code where people can Venmo," Brown said. "Additionally, all of our concerts are fundraisers. We charge \$5 for admission. The concessions that we sell at concerts and festivals are fundraising opportunities as well."

In addition to fundraising, the program always welcomes donations.

"We would be happy to take any unused instruments for our program. To get in contact with me, my email address is cbrown@sandi.net. If folks would like to donate as well, you can visit MMSIM.org/donate," Brown said.

This year continues to be a success for the music program at MMS.

"We have so many students interested in playing music, which is exactly what we love to see. We are going to continue growing and advancing as we have been," he said.

For more information on the MMS music program, visit [mmsim.org](http://mmsim.org).

## Band finishes eighth at State

The Scripps Ranch High School Falcon Corps and Color Guard finished in eighth place out of the 16 finest high school marching band teams in the state of California during the California State Finals on Nov. 23 in Huntington Beach, performing their show "The Raven."

Scripps Ranch High placed fourth in the SoCal Division 4A finals in Orange County on Nov. 16.

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# Health, Fitness & Beauty



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Try to take steps to limit your risk for cardiovascular disease. (photo courtesy of Shutterstock)

## Aim for an overall healthier lifestyle

*(Family Features)* The last decade has seen a surge in cardiovascular risk factors such as uncontrolled high blood pressure, diabetes and obesity, each of which raises the risks of developing heart disease and stroke. These trends are leading researchers to conclude that the prevalence of cardiovascular disease (CVD) will continue to rise.

More than 60 percent of U.S. adults will have some type of CVD by 2050, according to forecasted projections from the American Heart Association, which is celebrating 100 years of lifesaving service as the world's leading non-profit organization focused on heart and brain health for all. Additionally, total costs related to CVD are expected to nearly triple in that time to more than \$1.8 trillion.

The increase will be driven by an

older, more diverse population, but these risk factors are rising even among children.

“We recognize the landscape of cardiovascular health will change over the next three decades because of the coming tsunami of rising health care costs, an older population living longer and increasing numbers of people from under-resourced populations,” said American Heart Association volunteer Karen E. Joynt Maddox, M.D., M.P.H., FAHA. “Yet these are still leading causes of death and disability in the U.S.”

While continued systematic changes are needed in science, policy and health care, the majority of CVD is preventable at an individual level. You can help turn the tide on the dire outlook of CVD while improving your own health by following and encouraging others to

follow the American Heart Association’s “Life’s Essential 8.”

### Eat better

Aim for an overall healthy eating pattern including whole foods, fruits and vegetables, lean protein, nuts, seeds and cooking with olive and canola oils.

### Be active

Adults should get 2 1/2 hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes every day, including play and structured activities.

### Quit tobacco

Use of inhaled nicotine delivery products, which includes traditional cigarettes, electronic ciga-

See **HEALTHIER LIFESTYLE**, Page 19

## Take a rest from stress

*(Family Features)* Stress, the physical or mental response to external causes like overwhelming work assignments or difficult life moments, can add unnecessary pressure to your day to day living. While everyone feels stress from time to time, when left untreated or unrecognized, it can begin to wreak havoc in the form of anxiety.

Consider these strategies to combat stress from the National Institutes of Mental Health.

### Learn your triggers

Different events and situations cause stress for different people. Knowing what triggers your stress to kick in – mounds of office paperwork, important financial decisions or hectic mornings, for example – can help you plan and prepare for stress-inducing moments.

### Exercise and eat right

Maintaining physical health can be beneficial for mental health, too. Find time to do exercises you enjoy like walking, jogging, yoga or playing a sport. Identifying activities that bring you joy can make it easier to fit 30 to 60-minute workouts into your schedule without adding even more stress. Complement your workout routine with nutritional meals that help you stay on track with your fitness goals.

### Practice relaxation

Whether you find inner peace through journaling, breathing exercises, reading or some other form of slowing down, find what works for you and prioritize fitting it into your daily schedule. Relaxing activities help you slow down the pace of life, providing a chance to reset by doing something you enjoy.

### Get enough sleep

A lack of quality sleep can add to stress. Creating a bedtime routine can increase your sleep habits and help you achieve the expert-recommended 7-9 hours per night.

See **TAKE A REST**, Page 19



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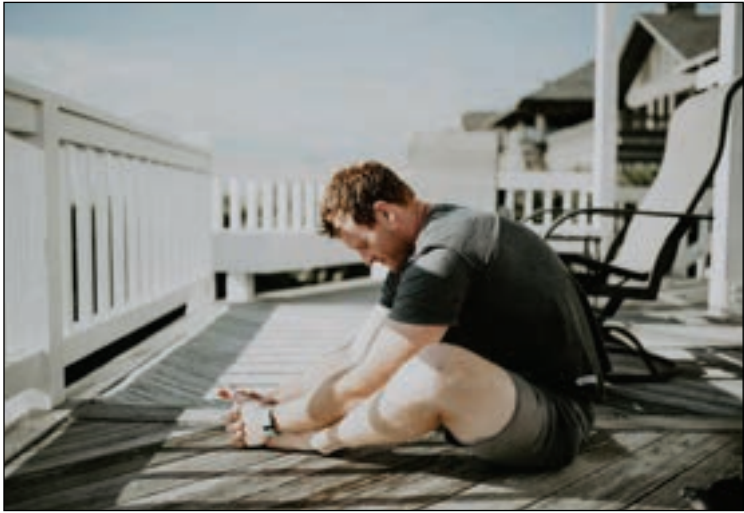
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Take time for yourself and consider these strategies to combat stress. (photo courtesy of Unsplash)

# Consider super foods for great diet

*(Family Features)* The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

**Green Tea** – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

**Rosemary** – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

**Almonds** – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

**Fatty Fish** – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

**Bananas** – This easy, portable snack is loaded with essential potassium, which regulates the nervous system.



Improve health or take preventative measures with recommended natural super foods. (photo courtesy of Getty Images)

**Bananas** also offer loads of vitamin B-6, which aids immunity and metabolism.

**Whole Grains** – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

**Eggs** – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

**Spinach** – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent

clogged arteries and protect against prostate and colon cancers.

**Soy** – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

**Dark Chocolate** – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

Find more health-conscious tips at [eLivingToday.com](http://eLivingToday.com).

## TAKE A REST

Continued from Page 17

Put away electronics, which can interfere with your ability to calm your mind, and find an activity that puts you at ease like reading a book or listening to relaxing music. Ensure your bedroom is optimized for comfort by making it cool, dark and quiet.

## Create a network of support

Everyone experiences stress. Reach out to family members and close friends you can lean on in stressful and frustrating moments. Share your feelings and encourage others to do the same, which can increase trust and help everyone in your circle cope in a positive way.

Find more tips for your mental health at [eLivingtoday.com](http://eLivingtoday.com).

## HEALTHIER LIFESTYLE

Continued from Page 17

rettes and vaping, is the leading cause of preventable death in the U.S.

## Get healthy sleep

Most adults need 7-9 hours of sleep each night. Children require 10-16 hours for ages 5 and younger, including naps; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

## Manage weight

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI) is a useful gauge. Optimal BMI is less than 25, but less than 18.5 is considered underweight. You can calculate it online or consult a health care professional.

## Control cholesterol

High levels of non-HDL, or “bad,” cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.

## Manage blood sugar

Most of the food you eat is turned into glucose (or blood sugar) your body uses as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

## Manage blood pressure

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High

blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Find more ways to manage your health in the new year and beyond at [heart.org](http://heart.org).



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# Pop Warner cheer team competes at Nationals

By Ashley Shah

The Scripps Ranch Pop Warner (SRPW) Junior Pee Wee cheer team went to compete in the Pop Warner National cheer tournament on Dec. 12 in Orlando, Florida.

"We are so excited to have our Junior Pee Wee team make it to nationals for Pop Warner this year, since last year we did not have a Junior Pee Wee team," said Sandra Atkinson, Scripps Ranch Pop Warner public affairs director and secretary of the board of directors.

The Junior Pee Wee team was able to make it to nationals by placing second at the Pop Warner regionals tournament, which took place on Nov. 17 in Long Beach.

"The Junior Pee Wee team was able to make it to regionals by placing second at the local championship at the beginning of October, which is their first competition of the season," Atkinson said. "We sent all of our cheer teams to the local competition, which includes our flag cheer team and JV cheer team. Our JV team almost made it to regionals, but placed third, which



Members of the Scripps Ranch Pop Warner Football and Cheer Association cheer squads practice routines, cheer at football games, compete in competitions, make friends and have lots of fun. (photo courtesy of Scripps Ranch Pop Warner)

is commendable. The flag cheer teams do not place, they just get ribbons for participating."

To qualify for any competitions, whether it be regionals or nationals, teams have to place first or second within their division and bracket groups.

"The divisions and brackets are created based on skill level, and number of athletes per team, which is decided by the cheer director and West Coast Conference. Our Junior Pee Wee and JV are

division one, medium sized bracket teams," Atkins said.

While the JV cheer team did not qualify for the Pop Warner regional tournament this season, the squad is competing in the regionals competition for JAMZ, a separate organization from Pop Warner, on Dec. 15 in Anaheim.

"Last year, our JV team actually placed second at JAMZ nationals. We are happy that the JV team will be able to compete at another

tournament. It is a fun experience for the athletes to be able to compete out of state with teams outside of San Diego," Atkinson said.

While the national competitions mark the ending of a season, there was and continues to be lots of dedication and volunteer hours to support this organization.

The organization, Pop Warner Football and Cheer Association, is a non-profit, youth athletic program. The local program was established in Scripps Ranch in 2006.

"This program is a great way for young athletes who are enthusiastic about football and cheer to get involved at the ages 5 to 14. The program allows for these athletes to learn in a safe and welcoming environment so that they can advance to the high school level," Atkinson said.

There were 174 athletes across the football and cheer teams, with nearly 100 being football players.

"The football teams are based on age and skill level. We can have athletes that play at a higher level, but we cannot have athletes play at a lower level than their age," Atkinson said.

This fall season the football teams consisted of a flag football team, ages 5-7; and tackle football teams, ages 9-13: 10U, 11U, 12U, and 13U.

"The cheer teams are divided up into larger groups by their age. We pair the cheer teams to cheer for a specific football team on Saturdays so that they can get some more practice time in," Atkinson said.

This season, the cheer teams consisted of the flag cheer team, ages 5-7; Junior Pee Wee cheer team, ages 8-10, which cheered for the 11U tackle football team; and JV cheer team, ages 11-13, which cheered for the 13U tackle football team.

Each individual football and cheer team has approximately 20 athletes.

"These athletes practiced one to two days a week at the local park. The football teams compete every single Saturday for 10 weeks, then they can advance to playoffs, and then regionals and nationals," Atkinson said. "Our 10U and 11U teams actually were able to make it to the playoffs this season, but did not advance to regionals."

With so many players, competitions and volunteers, there are several different fundraising efforts to be able to send these athletes to competitions.

See **CHEER TEAM**, Page 22



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# CIF-SD CHAMPIONS! SRHS cross country team soars

By Hector Trujillo

The Scripps Ranch High School (SRHS) mens and womens cross country teams were crowned CIF-San Diego Section Division II champions at Morley Field on Nov. 16, which also qualified the teams for the CIF State meet on Nov. 30 held at Woodward Park in Fresno.

The SRHS womens team finished in the top 10 overall at the state competition with junior Jada Kim leading the team with a time of 18:34.

Kim was a huge part of the team's success this season, winning two races and finishing fourth overall at Morley Field, just missing the school record by three seconds, while sophomore Ellie Cannon also finished under 19 minutes.

Junior Ben Stephens was first for the boys team with a time of 15:51, just eight seconds from breaking the school record.

Scripps Ranch competed this season in the same league as schools such as Cathedral Catholic High, which went undefeated as



The Scripps Ranch High School womens and mens cross country squads each captured the CIF-San Diego Division 2 Championships at a meet held at Morley Field on Nov. 16. The teams also competed in the CIF State meet on Nov. 30. (photo by Jim Wick)

Western League Champions with a perfect 20-0 record in 2023. Scripps Ranch defeated the Dons four times in meets and invitationals this season.

"We have so much talent and had four different girls finish first for our team," Falcons head coach Chuck Warren said. "It's not just one outstanding runner, there's quite a few of them."

Among the other standout runners were freshman Olivia Liu who finished second overall and just two seconds

from first place at the CIF-San Diego championships, with Scripps Ranch finishing with five runners between second and 13th place overall.

The SRHS men ended up winning the CIF-San Diego Section title in a close three-point victory over Mt. Carmel, while the SRHS women won in a more dominating fashion over Mt. Carmel.

Four teams from Western League, including Scripps  
See **CROSS COUNTRY**, Page 23

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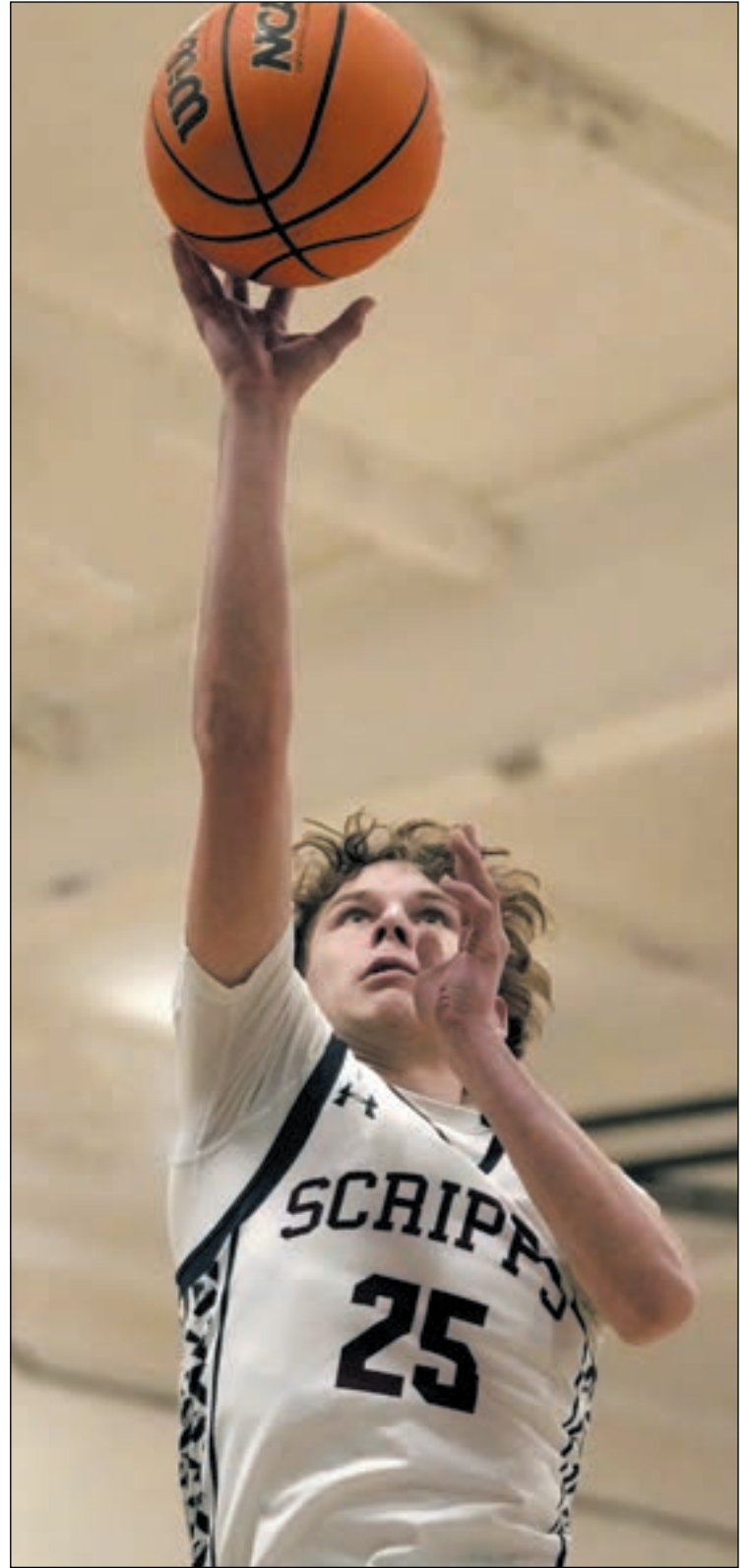
**OFF TO THE RACES:** SRHS senior Sam Mather races downfield against Mater Dei Catholic High in a hard fought CIF-SDS 2024 Girls Flag Football Championship Division 3 Final on Nov. 23. Scripps Ranch lost 13-25 and became the championship runner up after an incredible season in only the second year for varsity flag football. (photo by Jim Wick)

## FALL TO WINTER

Athletes in Scripps Ranch transitioned to different skill sets as the fall sports seasons came to a close, and winter sports began with a full slate of tournaments and early season contests.



**TAG AT HOME PLATE:** Scripps Ranch 12u pitcher Izzy Carrasco tags an Escondido player who was trying to steal home during action as several Scripps Ranch Softball Association teams competed in the Escondido Winterball tournament Nov. 9-10. (photo by Lisa Shadburn)



**TO THE HOOP:** SRHS junior Cody York takes a shot during a 40-36 victory against Rancho Bernardo High School on Nov. 30. The game was part of an early season tournament held at Madison High School. (photo by Jim Wick)

### CHEER TEAM

Continued from Page 20

“The Pop Warner West Coast Conference itself held a golf tournament in September open to the public where they raised around \$10,000 to be divided up to help support all the teams that are making it to nationals. Additionally, our board has been holding restaurant nights this month. For example, on

Dec. 10, the Kebab Shop in Mira Mesa gave 50 percent of the profits made that day back to our organization,” Atkinson said.

“Some of our fundraisers are to support travel costs for nationals and other competitions. However, we do fundraising all year to help offset the many costs of running the organization, such as renting the SRHS football field for Saturday’s games,

the uniforms, spirit wear, equipment, training for the coaches, and much more,” she said.

There are several ways to get involved and contribute with helping support the Scripps Ranch Pop Warner organization,

“We will be having an association mixer at the beginning of January, likely at the Rancho Bernardo Inn, for members of the commu-

nity to come and meet the board, get involved with the board and, hopefully, start to volunteer with us,” Atkinson said. “We always need more volunteers. If we can just have people come out to our football games to help with concessions, or the stop-watch, we always appreciate that. We need coaches, that is our biggest need, people who know and are comfortable with football and cheer.”

There are 15 members on the board who volunteer their time throughout the whole year to help schedule events, run financials, coordinate fundraisers, etc. The board meets every month. There are more than 100 parent volunteers who help to run the local program for the fall season each year.

*For more information, visit scrippsranchnpopwarner.com.*

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# Wrestlers are off to impressive start

By Hector Trujillo

After successful performances to open the season, the Scripps Ranch High School wrestling team is ready to kick off its Western League competition on Dec. 18.

The mens side opened by competing in the Warriors of the West Duals held at Clairemont High School on Nov. 23, with eight of the 10 Falcons placing – and most coming out in first place.

The women competed at Sweetwater High School that same day in the Girls on Fire tournament, bringing home an individual gold.

“This is one of the best teams that we’ve had in a long time,” said coach Justin Viramontes.

Viramontes has been coaching alongside head coach John Kreitzer at Scripps Ranch for eight years. The Falcons began the season with 51 boys and nine girls on the roster after tryouts.

“It’s not our biggest girls team, but it’s by far our best,” Viramontes said. “The energy in the room is completely different.”

Scripps Ranch High is currently in the middle of competing in the three-day Hamada Classic at La Costa Canyon which started on Dec. 13 as league competition is just a few days away, starting at home against University City High.

The Falcons will then host the St. Augustine Saints on Jan. 8, followed by a trip to take on Patrick Henry High on Jan. 15. Scripps Ranch then visits Mira Mesa High



SRHS wrestler Matthew Tung battles for position against his opponent during the Warriors of the West Duals at Clairemont High School on Nov. 23. Tung won first place in the 144 pound category, winning all four of his matches. (photo by Phuong Vu)

on Jan. 22 before closing out regular season competition in front of the home fans versus Crawford High on Jan. 29.

The womens squad will participate in the Goddess of Olympia Invitational at Olympian High School on Dec. 21.

“In league matches we always have Mira Mesa circled,” Viramontes said. “We usually battle it out with University City, but Mira Mesa is the one that, when it comes to wrestling in our league, always has a target on its back.”

The CIF State Championships are scheduled to take

place between Feb. 27 and March 1, with the CIF Conference Championships, CIF Divisionals and CIF Masters taking place in the weeks prior.

Among the wrestlers to keep an eye out for are senior Ryan Stadtherr who, along with junior Elisha Hosseini, senior Jack Hamilton and junior Micah Kollmeyer, made Western League first team last year. Stadtherr was just one point away from qualifying for the state championships in 2023-24. Seniors Hope Long and Chloe Ng look to lead the womens squad.



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**CROSS COUNTRY**

Continued from Page 21

Ranch High, competed in the CIF state meet, making it one of the most talented leagues in California. The Falcons men finished in second place behind Cathedral Catholic this season in league before their CIF-San Diego Division II victory led largely by the efforts of Stephens and fellow juniors Nathan Bamford and Brandon Sun along with that of sophomore Nico Cruz.

The womens team was full of standout underclassmen with three of the top-six runners being sophomores in Ellie Cannon, Riley Martin and Tegan Karanda, alongside senior Ally Van Duren.

“They are all outstanding runners in track and field as well,” said Warren, who got the best from his runners once again with the help of assistant coach Eileen Quinn.

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