



LOOKING AHEAD

NO MEETING IN JANUARY

NEXT UHCA MEETING IS THURSDAY, FEBRUARY 4

UHCA MEETING THURSDAY, DEC 3

Alice Birney Elementary School Auditorium
4345 Campus Avenue

- Crime Watch 6:45 pm
- Business & Awards 7 pm
- Dessert Pot Luck

University Heights Community Association December 2015 / January 2016

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SDPD Officer A.J. Ebueng-Ward talk to concerned UH neighbors

THE POINT

By Bernie Horan

Our neighborhood has been experiencing more than the usual number of problems related to theft, drugs and other illegal activities. One location, in particular, has been a continuous problem this year. Many of you are familiar with the white fence along part of Golden Gate Drive, which runs along the canyon rim above Interstate 8 and stretches from Delaware Ave to Massachusetts St. This area includes the scenic lookout known as The Point in University Heights (UH).

Many who live near The Point as well as many more people from the wider neighborhood and beyond have enjoyed this overlook for years and periodically have encountered problems there. This past spring, however, the illegal activities became more severe. Illegal drugs use and sales, groups of drunks, sexual activity and property damage have inundated your neighbors in this area. The Point, adjacent to that corner, is an attractive place for people to congregate. Unfortunately, it also attracts the problem element as well.

In September, the University Heights Community Association (UHCA) set up a meeting between the neighbors near The Point and the San Diego Police Department (SDPD). Molly Chase from Councilmember Todd Gloria's office also attended. As a result, the police have increased patrols in the area and have been working with local residents to curtail the illegal activities. They have made progress but your help is needed.

We need to help our neighbors and clean up our neighborhood in the process. Please consider joining us in our own self-policing efforts. We need to "take back" The Point. One example took place on November 14 when 50 residents met to discuss strategies.

Join your neighbors to "Walk Our Hood." Meet at The Point at 6 pm on Thursdays, Fridays, Saturdays and Sundays (Golden Gate Drive and Rhode Island St) and walk the canyon rim. The unwanted activity extends along the canyon rim from Massachusetts St to Campus Ave.

The illegal activities have been occurring at all times of the day and night. Please help us by diverting your walk through this area. Are you jogging or biking? Add that stretch of the neighborhood to your route. Take the dogs for a walk and include the large area overlooking the (Continued on p 3)

Caroling in the Heights: SUNDAY, DECEMBER 13

Join us for UHCA's annual movable Caroling in the Heights featuring our favorite professional carolers, The Full Measure Carolers. Skyler and his pals will start by strolling across the Vermont Street Bridge on Sunday, December 13, starting at 5 pm. Twigg's Coffee Shop and Bakery will provide cookies. Continuing on at 5:30 pm to Mystic Mocha, which is always a big hit. The new owners, Natalie Buczowski and Francis Weidinger, are carrying on the Mystic Mocha tradition of providing delicious morsels to temp you. Then, Cueva Bar and Circa are hosting in front of their restaurants on Adams Avenue near the Trolley Barn Park with surprise treats. Finally, The Point, where it will be lit up with Andy Cameron's inventive, theatrical magical stage lighting. Twigg's again will provide delicacies at The Point.

Our thanks go to the UH businesses that help make this evening a wonderful community tradition.

CAROLING IN THE HEIGHTS

13 DEC 2015

5 PM VERMONT ST BRIDGE 5:30 MYSTIC MOCHA
6:00 CUEVA & CIRCA 2121 & 2123 ADAMS AVE
6:30 THE POINT (GOLDEN GATE & RHODE ISLAND)

HOSTED BY THE UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

UH CA

HONOR THOSE WHO SERVE US

The December meeting of the University Heights Community Association (UHCA) will be our annual holiday dessert potluck. We will also be recognizing and honoring those who served us this past year in University Heights, from mail carriers and coffeehouse baristas to favorite waitpersons and business owners.

BIRNEY GIVING TREE

2015

The Giving Tree was created to help needy children and families of our local Alice Birney Elementary School during the holiday season. The Giving Tree is filled with ornaments priced from \$5-\$25 from stores such as Target, Toys R Us, Ralphs and Trader Joe's that allow a family to buy gifts or necessities for the holidays. It is not too late to contribute. Bring a gift card to the December meeting or to find out where to drop off donations, please contact Monica Lancot at webmaster@uhsd.org.

president's corner by Bernie Horan

There are times in my life when the holidays truly have been "the most wonderful time of the year." The family convenes from afar at one place and it becomes a celebration of family and the ties that bind. I love catching up with everyone and reaffirming the larger family bond.

At other times, the holidays have been the most challenging time of the year—something to be endured until January 2. The first holiday season after my

parents and brother died were difficult. All the other families celebrating their reunions just seemed to be mocking my loss. Though with time, the losses get absorbed, the psyche adjusts and life shifts. Life moves on, whether you want it to or not. You move with it or life begins passing you by. Gradually, the holidays become a wonderful time of year again.

When I was a child, Christmas was all about getting presents. While I still enjoy getting presents, now I enjoy giving

more than receiving. I love shopping around for something I feel uniquely suits the giftee. There are always a few folks on the list that I can quickly think of 15 things I could give them. Then there are the folks that I just rack my brain trying to think of something before finally going with the ultimate cop-out, the gift card. Nothing quite says, "I couldn't be bothered shopping for you" more than a gift card.

The crass commercialization of the

holidays is antithetical to what the holidays are supposed to be celebrating. Yet our economy is dependent on a surge in consumer spending at the end of the year, so it's your patriotic duty to go out and shop—even if it's a crummy gift card!

I hope this holiday season is a most wonderful time of year for you. If it's not, know that life goes in cycles. Perhaps, as the song says, next year all your troubles will be out of sight. Have yourself a Merry Little Christmas, Hanukkah, Kwanzaa or Festivus!

uhca news

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Published 10 times per year by the University Heights Community Association. We welcome articles, letters, and announcements about issues and events relating to University Heights. The deadline for submission is the 8th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

uhca officers

President: Bernie Horan president@uhsd.org or (619) 301-0835
Vice President: Christopher Hutchinson
Secretary: Monica Lanctot and Mary Anne Stevens
Treasurer: Peter Rose
UHCA Website: www.uhsd.org
facebook.com/universityheightscommunityassociation

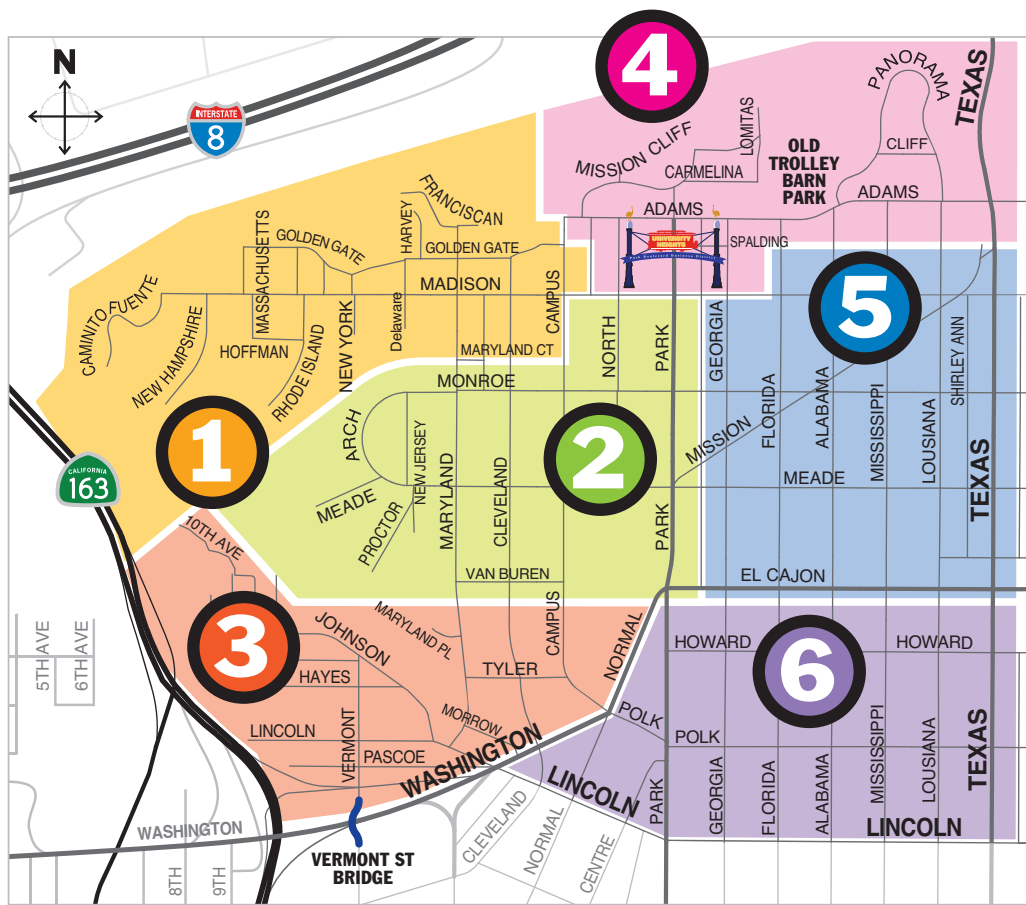
New/Renewing Members:

Benjamin & Mona Burke, Lynne Bush & Cindy Robinson, Phyllis Charlton & Randi Dropkin, Drew & Christine Cole, David Dale, Nancy Gross, Nancy Jackson, Edith Jeglor, Daniel & Tami Mannix, Daniel & Diann Nephew, Brent Orleski & Ron Oliver, Judy & Ed Ross, AnneMarie Sachs & Adam Hill

Thanks to Our Golden Ostrich Members

Patricia Ryan & Lloyd Alexander, Nan & Stuart McGraw, Carol Neidenberg

University Heights Map: Boundaries and Zone Watch



The bold street names on this map define the boundaries of the community of University Heights. Every block and apartment/condo should have an established Neighborhood Watch.

A zone is a neighborhood within University Heights as defined by the six zones on this map.

The blocks within each zone are linked together via a *Zone Watch Coordinator* who manages an email list of participants wishing to receive crime watch information. For questions or for more info, contact either your zone's coordinator or Christopher Hutchinson.

ZONE	COORDINATOR	E-MAIL CONTACT
1	Nan McGraw	nmcsan@aol.com
2	Pam Isaacs	pamisaacs1@gmail.com
3	Mary Lange	mlangeuhcazone3coordinator@gmail.com
4	Christopher Hutchinson	christopherhutchinson@hotmail.com
5	Tamara Zyhylij	tamara@tamarazhomes.com
6	Mark Koopman	mkzw6@yahoo.com

Membership Form

CLIP & RETURN TO: UHCA P.O. BOX 33032, SAN DIEGO, CA 92163 ✂

Join UHCA today and be part of the team! The success of the University Heights Community Association is largely dependent upon the volunteer efforts of area residents.

Yearly Membership

- *\$25 Household
- *\$45 Membership & mailed UHCA News
- *\$75 Business Membership
- *\$100 Golden Ostrich

Name _____
 Business Name _____
 Address _____
 City/State _____ Zip _____
 Phone _____ Email _____
 Referred by _____
 NEW RENEWAL

University Heights Community Association is a 501(c)(3) non-profit charitable organization. A portion of your membership is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org

Donor

\$ _____ Donation for Keeping up the Good Work (Donate as a member or non-member)

Volunteer Your Time on a UHCA Committee!

- Beautification & Planning** · Keep UH beautiful.
- Blockwalker** · Help deliver newsletters to UH residences and businesses.
- Marketing & Merchandising** · Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.
- Membership** · Help exceed goals for 2015 membership and meeting attendance.
- Neighborhood/Zone Watch** · Join your neighbors to keep UH safe.
- UHCA News** · Write articles, take photos or sell ads; these are just a few of the many ways to contribute your talent, creativity and energy to our paper.
- Program & Events** · Plan and oversee various events and general meetings.



University Heights Community Association

THE POINT

CONTINUED FROM FRONT PAGE

valley, but remember that the area is not a leash free zone. If we are out in numbers at all times of the day and evening, it will discourage the illegal activities of others. This type of campaign is not new and has proven effective in other communities.

Be an active part of UH. Help your neighbors and help keep our neighborhood safer and clean. If you see something, call the police at (619) 531-2000. Be safe, be alert and be helpful. If you are experiencing problems in your own area of UH, let us know so we can help you to do the same thing.

Finally, please plan to attend UHCA's February 4 meeting at Alice Birney Elementary School Auditorium on Campus Avenue. We begin at 6:45 pm. A full discussion of this particular problem and of crime in general in UH will be the main topic. We want to have feedback from the neighborhood about options we have to help alleviate criminal activity at The Point. Our decisions, which will be presented to Uptown Planners and San Diego Parks and Rec, could affect your usage of The Point. Be part of the solution.



The Point



White fence along part of Golden Gate Drive

Take Back The Point!

By R. Douglas Wallingford

On November 14, over 50 concerned University Heights (UH) residents, a SDPD representative, and a lighting expert, Andy Cameron, met at The Point in response to a call to action from the UHCA to fight a marked increase in observed and reported criminal activities involving drug usage and dealing, alcohol, assault and sexual activity in Zone 1. Much of the illegal activity is at The Point, the city-owned open space north of Golden Gate Drive between Delaware and Massachusetts Streets.

Among the topics discussed were ways the local community can be more proactive in combating criminal activities. In an effort to balance concerns regarding access to The Point with public safety, UH residents

most directly impacted by the problem have developed a proposal that the city adopt a 24-hour alcohol ban and late-night curfew. With the encouragement of the SDPD and Councilmember Todd Gloria's office, they are hoping to put The Point on a par with over 150 parks and mini-parks throughout San Diego by adopting the 24-hour alcohol ban - UH has bans in effect at the Old Trolley Barn Neighborhood Park and the Joint Use Willie Serrano Field at Birney Elementary School. Should the proposal be adopted, The Point would join over 40 city parks and public spaces subject to nighttime closure or curfew, including other isolated neighborhood spaces like the Spruce Street Bridge in Bankers Hill. The police advised that a curfew provides

a clearer violation, enabling neighbors to more safely identify and report illegal activity after dark. Important to many at the meeting, the proposal won't restrict residents from 24-hour use of the right of way path connecting New York and Rhode Island Streets.

Other possible actions discussed at the Take Back The Point! meeting include improved lighting, video surveillance, a greater SDPD presence, private security and broader neighborhood vigilance.

UHCA is interested in community input as the proposal moves forward.

You can find the latest proposal and survey at www.uhca.org, which will lead you to uhpointsurvey@gmail.com. Responses are due by December 15. Questions? Call Janet Tait (858) 922-0557 or Doug Wallingford (619) 894-4454.

"AREA 2" FINDS ITS VOICE

By Mike Haskins

For as long as most residents of University Heights (UH) can remember, there has been a church on the 4300 block of Park Blvd. Fifty years ago, it was a thriving fixture of faith in UH. But communities change over the years and the church, failing to stay relevant, slipped into decline.

In the eyes of the neighborhood, it became "that church." Facilities appeared derelict. A large parking lot sat unused, a seeming injustice to the commerce of local businesses whose growth is rigidly limited by a lack of parking. Decades pass and start to beg the honest question:

“
Why can't that property be used to benefit the community?
”

Five years ago on Super Bowl Sunday, "that church" merged with a young, community-oriented congregation called "New Vision." With New Vision, they accepted the leadership of Pete Contreras, a local pastor invested in the urban community where his family lives. Pete is a passionate advocate for the marginalized,

disenfranchised, impoverished and homeless. He has been a respected bridge-builder and peacemaker in San Diego for over 25 years.

Soon after the merger came opportunities to demonstrate new resolve. When an arsonist set fire to the Alice Birney Elementary School, Pete offered free use of church facilities for school events until the facilities were rebuilt. Through a cooperative relationship, Birney families experiencing food insecurity connect with New Vision's weekly food distribution and other food resources. Most recently, teams of student volunteers came to help in the community garden and contribute to the success of the Birney School's Urban Harvest event.

So, what's up with New Vision, an active, growing, multi-ethnic, cross-socioeconomic congregation? First, we are here to stay. Rumors that "Area 2" is soon to be sold are unfounded. Next, there is a vision to develop the property. Church staff support future development that can benefit the community and sustain our faith-based presence in UH. Ideas from developers and the community are welcome. Finally, we "get it." We need to be understood as more than "that church" and engage in this process that has exclusively designated our property as "Area 2."

Blockwalkers Needed



OPEN BLOCKS:

- 1600 block of Lincoln Avenue
- Georgia Street from El Cajon Boulevard to Lincoln

Help UH and become a Blockwalker. Delivering the UHCA News is a valuable service to our community. It takes about half an hour 10 times a year. Plus it's good for your health!

Please contact Nan McGraw (619) 260-0668 or nmcsan@aol.com to volunteer.

SAVE THE DATE CELEBRATING 25 YEARS OF OUR LOCAL COMMUNITY PARK

By Monica Lanctot

It took quite a fight to make Trolley Barn Park a reality. Now it's time to revisit that spirit of community perseverance by celebrating the park's 25th anniversary on April 16, 2016. We'll have a stage with live entertainment and activities for kids and adults alike - maybe even something for the neighborhood dogs! We'll keep you posted as the plans become firm. If you're interested in volunteering or have ideas for activities and entertainment, contact me at webmaster@uhsd.org.

SOCKS FOR VETS

We'll be collecting new socks for homeless veterans at our December meeting and donating them to the Veterans Village of San Diego. Let's help our homeless veterans by supporting another successful UH sock collection. Bring new socks to the December holiday meeting. After the meeting, the Socks for Vets box will be moved to Twiggs at 4590 Park Blvd and a second will be at the UH Branch Library until December 15.

VETERAN'S VILLAGE PROVIDES SHELTER AND SERVICES FOR SAN DIEGO'S HOMELESS VETERANS AND NEEDS

SOCKS FOR VETS

PLEASE DONATE
NEW SOCKS FOR MEN & WOMEN
BRING TO DEC 3 UHCA MEETING
OR UH LIBRARY UNTIL DECEMBER 15

VVSD
Veterans Village of San Diego

UH
CA
UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

Happening in the Heights

COMEDY

TWIGGS

4590 Park Blvd (at Madison)
(619) 296-0616 / www.twiggs.org

- **Comedy Heights:**
Every Sat, 8 pm
- **Roar Theater Comedy:**
Fri, Dec 18: 8 pm
- **Roar Theater Comedy:**
Fri, Jan 15: 8 pm
- **Celtic Ensemble:**
Every Sun 4-6 pm

SWEDENBORG HALL

1531 Tyler Ave.
www.swedenborgianchurchsandiego.org

- **Side Stage Improve Class**
Every Wed & Sun in Dec: 6:30 - 9 pm
Wed, Jan 6: 6:30 - 9 pm
Sat, Jan 30: 7:30 - 9:30 pm
More Info: mike@sidestageimprov.com

LESTAT'S ON ADAMS

3343 Adams Ave.
(619) 282-0437 / www.lestats.com

- **Comedy Night:**
Hosted by Rajan Dharni
Every Tuesday: 9-11 pm



ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223
www.sidestageimprov.com

- Contact John Ciccolella for details



MUSIC

PARK & REC

4612 Park Blvd.
(619) 795-9700 / www.parkandrecsd.com

- **The Bedbreakers Band (Uptempo American Roots, Blues, & Rhythm Music):**
Performing The Second Saturday Of
Every Month Through April 2016: 9 pm

LESTAT'S ON ADAMS

3343 Adams Ave.
(619) 282-0437 / www.lestats.com

- **Open Mic Night:**
Every Monday 6:30-11 pm

3RD SPACE

4610 Park Blvd. (619) 255-1151
www.3rdspace.co

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223
www.facebook.com/acrossthestreet

- Contact John Ciccolella for details

SWEDENBORG HALL

1531 Tyler Ave. (619) 296-5662
www.swedenborgianchurchsandiego.org

TWIGGS GREEN ROOM

4590 Park Blvd. (619) 296-0616
www.twiggs.org

LAFAYETTE HOTEL

2223 El Cajon Blvd. (619) 296-2101
www.lafayettehotelsd.com

- **Industry Mondays:**
12-5 pm (\$5 cover)



THEATER

DIVERSIONARY THEATER

4427 Park Blvd. (619) 220-0097
www.diversionary.org

- **A CIVIL WAR CHRISTMAS:**
This uplifting musical pageant by Pulitzer Prize-winner Paula Vogel weaves together a stunning tapestry of a community courageously weathering our country's deepest crisis, showing us that hope, humor and peace are innate to being American.
— Wed, Dec 10 - Thurs, Jan 3

Happy 21st Birthday, Vermont Street Bridge!

The first bridge connecting Hillcrest to University Heights (UH) was built in 1916 following the Panama-California Exposition in Balboa Park. The wooden trestle bridge shortened the walk between the two neighborhoods and provided access to the streetcar lines running along University Avenue and Park Boulevard.

The wooden trestle bridge was deemed unsafe in 1978 and demolished in the spring of 1979, leaving UH without a bridge to Hillcrest for the next 15 years. The University Heights Community Association (UHCA) led a 15-year fight to have the bridge rebuilt, tirelessly lobbying city and state officials for help.

The present modern steel bridge was opened in December 1994. Each holiday season, UHCA volunteers decorate and light the bridge with over 5,000 lights. Thank you to UHCA members who worked hard to make this vital link to Uptown possible and to the volunteers who clean and decorate the bridge every year.

DECEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 Senior Mobile Tech Lab UH Library 12:30-2:30 pm Uptown Planners Mtg Joyce Beers Center Uptown Center 6:30 pm	2 UHCDC Meeting 4452 Park Blvd. #102 6:30 pm Toni Atkins "Public Office Hours" UH Library 5-6 pm	3 UH REC COUNCIL Birney School Lib. 5:30 pm UHCA MEETING Birney School Auditorium 6:45 pm	4	5 The Point Cleanup 1:30-3:30 pm
6 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm Hanukkah begins at Sunset	7 Pearl Harbor Remembrance Day	8 NO uhca.news Deadline Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm Friends of UH Library Meeting 6:30 pm	9	10 	11	12
13 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm Caroling in the Heights 5-7 pm	14 Last Day of Hanukkah	15 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	16 UH Library Holiday Party 6-7:30 pm No UH Library Task Force Meeting	17	18 PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm	19 Friends of the Library BOOK SALE 8 am - 3 pm, UH Library
20 Friends of the Library BOOK SALE Noon - 4 pm, UH Library Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	21 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	22 First Day of Winter	23	24 Christmas Eve 	25 Christmas Day 	26 Happy Kwanzaa!
27 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	28	29	30 No Book Club & Salon	31 New Year's Eve	1	2

IN CASE YOU MISSED IT

By Monica Lanctot

In the UHCA November meeting, State Senator Marty Block provided an overview of his 2015 legislative actions and listened to feedback regarding constituent priorities for 2016. Senator Block represents California's 39th legislative district and focuses on education, public safety and veterans' issues.

Here are some of the key points in his address and following discussion with attendees:

- In state government, about half of the budget goes toward education—more than \$50 billion in California.
- Senator Block has been focused on organizing events to educate senior citizens on potential scams and to assist veterans and military families turn career experience into education credits.
- Senator Block's staff can assist constituents in all manners concerning state services, with staff contact information found on the senator's website, sd39.senate.ca.gov/contact.

Every January, the California state legislature, made up of 40 Senators and 80 Assembly Members, presents legislation that will then move through the legislative process. The goal is to have this legislation approved by the Senate, the House and the Governor by the end of the legislative year. If you have ideas for statewide legislation, please contact Senator Block's office. Other presenters

at the November meeting included Dave Surwillo, San Diego Police Department's Western Division community relations officer. Officer Surwillo discussed recent criminal activities in the neighborhood and introduced several new members of the police force who will be assisting in the University Heights area.

Assistant Director Lee Ann Jones-Santos of the San Diego Public Utilities Department also provided details on the proposed increase to potable water rates. For more information on the increase, download the presentation on the UHCA website at uhsd.org or email Jones-Santos at LASantos@sandiego.gov with questions.

We would like to thank Senator Block, our speakers and political representatives who stopped by with updates, and all of the attendees for participating.

HOLIDAY GIFT IDEAS



- Navy Hoodie Navy**
50/50 blend 12 oz
\$25
- Long Sleeve Crew**
100% cotton Vintage Black
\$22
- Vintage Purple Short Sleeve**
Tri blend
\$20

LIGHTS IN THE HEIGHTS 2015

By Cheryl Ann Cooke

Is one of your best childhood memories of the holiday season drinking hot cocoa while your parents drove you around the neighborhood to see all the beautifully decorated houses?

Now it's your turn. Show us what you can do, make up a new theme, do something unusual or go classic. You could be a winner in the 2015 *Lights in the Heights* contest sponsored by the Beautification & Planning Committee of the University Heights Community Association!

The annual contest is free to enter and is open to residences (houses, apartments, condos) and businesses in University Heights. If you want to be sure that we don't miss your house or you want to nominate a festive neighbor, please e-mail me at UHCAOstrich@gmail.com and we will be sure not to miss it!

Judges will drive the neighborhood the week of December 13, with final viewing and judging on the evening of December 17 - unless it rains like last year! Winners will be announced in December on the UHCA Facebook page and at the February 4 monthly UHCA meeting at 6:45 pm at Alice Birney Elementary School Auditorium. So come on and deck those halls and make University Heights warm with holiday cheer!

Why not Celebrate Advent with Us?

November 29 - 10:00 am - Hanging of the Greens
December 6 - 10:00 am - Children's Christmas Play
December 13 - 10:00 am - Special Music by the Choir
December 20 - 10:00 am - Christmas Sunday
December 24 - 7:00 pm - Christmas Eve service with Holy Family
December 27 - 10:00 am - Service of Carols

Sunday Worship Service - 10:00 a.m.
Children's Worship & Wonder - 10:20 a.m.



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Like us on Facebook -- facebook.com/uchristianchurch

JANUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 HAPPY NEW Year	2 The Point Cleanup 1:30-3:30 pm UH Library Reopens
3 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	4	5 Senior Mobile Tech Lab UH Library 12:30-2:30 pm No Uptown Planners	6 Toni Atkins "Public Office Hours" UH Library 5-6 pm No UHCDC Meeting	7 No UHCA Meeting No UH Rec Council 	8 uhca.news Deadline for February Issue	9
10 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	11	12 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm	13 Friends of UH Library Meeting 6:30 pm	14 Recycling	15  PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm	16 Friends of the Library BOOK SALE Noon-3 pm, UH Library Buchanan Canyon Cleanup 9 am, Johnson between Lincoln & Hayes
17 Friends of the Library BOOK SALE Noon-4 pm, UH Library Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	18  Martin Luther King Day	19 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm Uptown Planners Draft Plan Balboa Park Santa Fe Rm 6 pm	20 LIBRARY TASK FORCE MEETING 6:30-7:30 PM	21 	22	23
24 / 31 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	25	26 uhca.news Comes out 	27 UH BOOK CLUB & SALON 6:30 PM	28 Recycling	29	30

Living Well

You Don't Have To Gain Weight Over The Holiday

By Brian White

When you were a kid, time seemed to stop from Halloween until Christmas arrived, but as adults the holidays seem to happen with lightening speed. Before we know it we wake up, hung over on January 1, ready to commit to a New Year's resolution. But we can limit the damage the holiday season does to our bodies by following a few simple tips.

First, limit the bloating beverage. Sure, it's nice to go to Lestat's or Twiggs and get a big delectable pumpkin spice eggnog mocha latte milkshake coffee, but these drinks can be killers! If you know you'll be hitting a slew of holiday parties this year, begin cutting your caloric intake by switching to boring, old plain coffee. Remember, it may take an hour to burn 500 calories on a treadmill.

Second, move more but don't use as a license to eat. Aim for a consistent, daily fitness routine, but look for ways to add more activity throughout the day to help with extra calories. Wearing a pedometer and aiming to get 12-15,000

steps a day is a great way to sure you are moving.

Third, don't skip meals. "Saving" calories doesn't work. You'll end up feeling stressed and you will overeat at the party. Nobody has endless will power; it is about behavior design when it comes to healthy eating. Ruin your appetite before a party with a handful of raw nuts or an apple with some peanut butter. These protein- and carbohydrate-rich snacks will take the edge off your hunger and keep you from diving headfirst into the buffet table.

Remember, the holidays are a time to enjoy and cherish what you have, not to force yourself to struggle and suffer. So take these three simple actions, try to design your behavior a little healthier for the holidays and let the rest fall into place. Set up your environment to help you lose weight instead of feeling guilty about lacking the motivation to ignore the caramel apple muffin at your neighborhood UH coffee house. A lack of willpower doesn't make you a failure, it makes you human. So design your behavior the best you can and enjoy all the holidays can offer!

Brian White owns a personal training gym, has boot camps in Balboa Park and consults with companies around San Diego with their wellness programs. www.youshouldbedoingit.com (619) 800-1625.

LESS STRESS, MORE JOY FOR THE HOLIDAYS

By Miriam Cuperman

For many people the holiday season can be a challenging time. The number one question I get from my clients is how to manage the stress over the holidays. It is supposed to be a time of joy, but ensuring that everything is perfect leaves many of us feeling stressed instead. We over commit, placing so many demands on ourselves to make the holidays perfect that we end up over-spending, frazzled, frustrated and even sick.

Here are some of my top ways to reduce stress and have more joy this holiday season:

Be realistic and let go of perfectionism. It's not about recreating the fairytale, cooking up a storm or setting the perfect table. In years to come, what children will cherish most is the memory of decorating the place setting cards with you, not the six side dishes.

Know your limits. Creating memories is wonderful but avoid over extending yourself. Instead, focusing on one or two traditions that are special to you and your family. Choose quality over quantity.

It's okay to say NO. It doesn't make you selfish. Truth is you can't please everyone all the time. It's okay to say no if you don't really care to participate or don't feel like going to all the parties. Choose the ones that bring you joy and don't stress over the others. If you feel that an activity is going to zap your energy, just say no.

Take time for yourself. Eat well, limit your caffeine, don't overeat or turn to comfort food, stick to your exercise routine even if it is a walk around the block with your dog, play loud carol music and dance around the house.

Practice gratitude. The moment you feel overwhelmed, stop and think of something you are grateful for - your health, your family, another holiday together, a warm home, food on the table or a memory that puts a smile on your face. For me is thinking of the Pohutukawa tree; native to New Zealand, it flowers around now, lighting the coast with red flowers. It is nature's Christmas tree wishing a joyful season.

Miriam Cuperman is a San Diego-based Integrative Nutrition Health Coach. She can be reached at www.miriamcuperman.com or coach@miriamcuperman.com.

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HOLIDAYS AT THE UH BRANCH LIBRARY

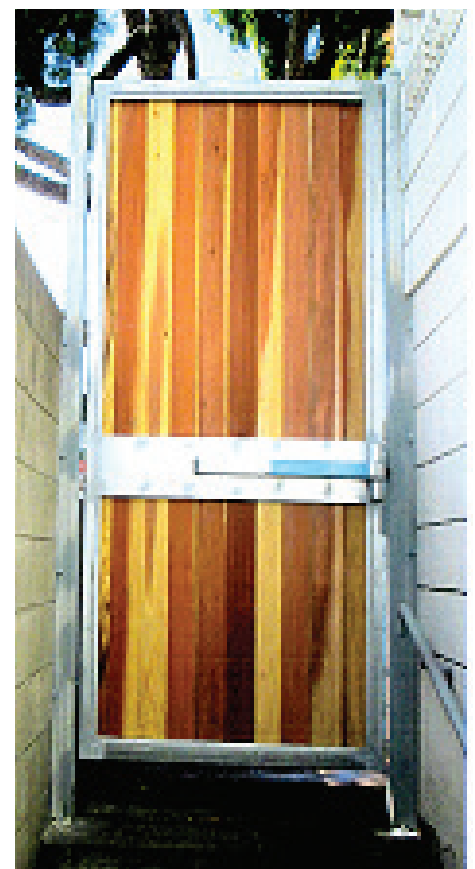
By Philip J. Gill

The holidays are a time for giving and for celebration, so come do some of both with your fellow Friends of the University Heights Branch Library at your annual holiday open house on Wednesday, December 16, from 6 pm to 7:30 pm. We're asking all of you to donate socks to the Socks for Vets campaign for the Veterans' Village of San Diego. Then stay for some music, some food and some holiday cheer!

In the New Year, we'll be changing the night of our monthly meetings. Instead of the second Tuesday evening of the month, we'll now be meeting on the second Wednesday evening of each month. The time is still the same, that is, 6:30 pm. I hope to see more of you attending the meetings regularly in the New Year!

I know in columns earlier this year I discussed the phenomenal results from our big August book sale—over \$3,000! Well, the security doors that our hard work helped purchased have been installed (see photos). Thanks to all those who worked so hard to make this happen!

In last month's column, I invited all Friends to attend our annual chapter meeting in January. I wanted to let you



know that the annual meeting has been postponed. We'll announce the new date in February.

Philip J. Gill is president of the Friends of the University Heights Branch Library.

Between the Covers: What's Happening at the University Heights Library

By Kim Schmidt, Librarian

Senior Mobile Tech Lab

The first two seminars put on at the library by Senior Mobile Tech Lab were extremely popular. In fact, we've scheduled additional labs into the New Year. The third **Senior Mobile Tech Lab** is scheduled for Tuesday, December 1, and the fourth one is scheduled for January 5, from 12:30 - 2:30 pm.

If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader or other device. Tutors will be on hand with laptops for the public to use. Patrons are also encouraged to bring their own devices to the session. Learn how to send and receive email, surf the Internet, use Facebook and other social networks and more. Funded by the County of San Diego Health & Human Services, the program is free.

Holiday Open House

I can't believe it's time once again for the library's annual Holiday Open House. This year we will feature the musical stylings of The Bayou Brothers, a San Diego band specializing in Cajun and Zydeco music.

There will also be a buffet with food from local eateries. The community always has a great time at this event. Please join us to enjoy the music, the food and mingling with your neighbors. The celebration will be on Wednesday, December 16 at 6 pm.

Circus @ the Library

At 6 pm on Wednesday, January 20, we are having a circus-themed program for kids. You will meet Free Spirit the clown and get to hear from REAL circus performers. They may even show you some skills. Join us and get your clown on!

Meet Toni Atkins, California State Assembly Speaker and Her Staff

The University Heights Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker of the Assembly Toni Atkins and her staff. Please feel free to drop in, say hello, ask questions and discuss your concerns. The "office" is open to the public at 5 pm on the first Wednesday of every month. The next two sessions will be December 2, 2015, and January 6, 2016.

Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the University Heights Branch Library, you need to know that our programming depends on the generosity of donations from the community. One of the best ways you can help support the library is to join the Friends of the UH Library. For a minimum donation of \$10 (\$5 for students and seniors) you can sign up for an annual Friends membership. Just stop into the branch and ask a staff member for a membership envelope. Help our library to be fabulous, make new friends, and join the Friends of the UH Library.

Friends of the Library Book Sale - Saturday, December 19 (8 am - 3 pm) and Sunday, December 20 (noon - 4pm)

Find great bargains on books, DVDs, music CDs and vintage vinyl at the Friends of the San Diego Public Library Book Sale. All proceeds for the book sale go to support the Friends of the San Diego Public Library. Please join us.

Book Club and Salon

The UH Book Club and Salon will not meet in December. The January meeting will feature the book *Animals Make Us Human: Creating the Best Life for Animals* by Temple Grandin and Catherine Johnson. The meeting will be Wednesday, January 27, 6:30 pm at the UH Library.

Regular Monthly Programs for Kids

Also on tap are the library's regular weekly/monthly programs for children, including:

- Arts and Crafts for Children with Ms. Kira, every Saturday at 10:30 am
- Story Time for Children of All Ages, every second and fourth Thursday of each month at 10:30 am
- Story Time for Babies, Toddlers and Younger Children every Friday at 10:30 am.

All programs are free to the public. Please drop in!

PLEASE NOTE: The library will be closed December 25, 2015 - January 1, 2016, for the holidays. The Central Library and 12 other branches will be open during the holiday week. For a list of open locations, please check the library website at sandiegolibrary.org

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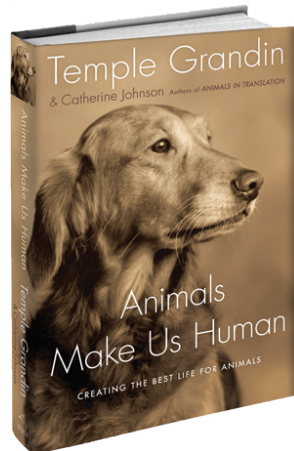
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The January Book Club & Salon:



Animals Make Us Human: Creating the Best Life for Animals

By Temple Grandin and Catherine Johnson

This month's read is an interesting and thought-provoking book by Temple Grandin, an autistic scientist with a Ph.D. in animal science who is also professor at Colorado State University. This book was written in collaboration with another scientist, also a Ph.D., who specializes in neuropsychiatry and who is also the mother of two of three sons with autism.

In Dr. Grandin's groundbreaking and best-selling book, *Animals in Translation*, she drew on her own experience with autism as well as her distinguished career as an animal scientist to deliver extraordinary insights into how animals think, act and feel. Now in *Animals Make Us Human*, Dr. Grandin builds on those insights to show us how to give our animals the best and happiest life—on their terms, not ours.

In 1950 she was diagnosed with autism, and although considered "weird" during her young school years, she eventually found a mentor who recognized her interests and abilities. It is clear throughout the book that autism has provided Dr. Grandin with extraordinary insights into animals and perhaps an extraordinary patience with animals.

Dr. Grandin works primarily with feed animals, consulting with private corporations on humane policies and practices for raising and killing animals for food. She also consults with zoos on habitat, behavior and quality of life issues. She has designed one-third of the livestock-handling facilities in the U.S., and is regarded as one of the highest functioning individuals with autism in the world.

Join the Book Club & Salon discussion on Wednesday, January 27, 2016, at 6:30 pm. The book will be available at the UH Library's front desk during December/January. New members are always welcome!

UH Book Club & Salon
Wednesday, January 27, 2016, at 6:30 pm
UH Branch Library
4193 Park Boulevard (at Howard Avenue)
(619) 692-4912



Birney Buzz

By Kim Schultz

Birney's Fall Fundraiser bigGIVE Set for December 17

Birney's big fall fundraiser, bigGIVE, is scheduled for December 17. This online fundraiser helps fund our "specials" that are not funded by the school district but are essential to our International Baccalaureate (IB) designation and the continued success of our school. Specials include Spanish instruction, art, music, dance and our award-winning garden program. This year, Birney has changed the scheduling of Specials to allow younger students more instruction time and to minimize time between classes. This has been warmly received by staff and students alike.

Parents, extended family members, staff, and community members contribute almost one quarter of our annual goal of about \$90,000 during this fundraiser. For the past several years, we've had anonymous donors who have put up "seed money" of \$5,000 to support the fundraising efforts of our school. We are hoping to find other generous benefactors in the community. If you are in financial position to do so, please consider being our "knight in shining armor" or donating during the online drive. Please contact alicebirneyfriends@gmail.com or go online to www.friendsofalicebirney.com on December 17 to participate in our fundraiser. Thank you!

Third Annual Urban Harvest Festival a Rousing Success!

The 3rd Annual University Heights Urban Harvest Festival was amazing! Thanks to our incredible collaboration and hard work, we created a community event to remember. We were so fortunate to get gorgeous perfect autumn weather. More than 1,500 people attended, and we were thrilled to see so many University Heights community members attend.

A significant amount of volunteer power made this event a success, and some volunteers went above and beyond to make this event a reality. Thanks to Skip Howard and Alex Muñoz, for their continuing work refining and improving their trebuchet, which ran all day with no significant misfires; Tulip Howard, for curating an amazing array of vendors; Xanthe Rivera and Marcela Salman, for creating a wonderful array of children's activities; Sarah Hilliard, for coordinating all of the volunteer efforts; Joanne Carrubba, Lisa Freund and Tom O'Malley, for organizing the field into an even better layout than last year; Molly McJohn, Bex Brands and Extra Graphic, for the amazing T-shirts; Paul McLure, Katie Callaghan and Ari Honarvar, for lining up wonderful entertainment from Courtney Preis, The Heartbeat Trail, Mittens and the WorldBeat Center; and The University Heights Community Association (UHCA) for helping us make this a community-wide event.

Thank you to all our sponsors and partners: ArtFORM, Bex Brands, Bullseye Kettle Corn, Caribbean Escape, Extra Graphic Screen Printing & Design, Grace Images, the Pumpkin Station in Mission Valley, San Diego Advanced Skin Care, San Diego Stage and Lighting, Specialty Produce, Stuffed and Tiny Turtles.

Special thanks go to Pastor Mike and all the middle school students from the New Vision Christian Fellowship for being such wonderful. Special thanks also go out to Mindy Swanson and Mickey McQuerry, for running our school's award winning eco-garden program; Jennifer Ayala, for keeping us organized and for chairing this event; and, last but not least, Amanda Hammond-Williams, our esteemed principal, for making Birney an incredible IB World School the entire community can be proud of and for still showing up for trebuchet safety watch.

North Park Toyland Parade

Birney will again participate in the North Park Toyland Parade on December 5 at 11 am. Come out and watch the parade, support your local school and enjoy the festival that follows.

Neil Ferrier Memorial Planned

Neil Ferrier, a long-standing member of University Heights Community Association (UHCA), Uptown Planners and a UHCA News Blockwalker, passed away suddenly in October. There will be a memorial service for Neil on Saturday, December 19, 3 pm, at the LGBT Center's library, 3909 Centre St., San Diego, CA 92103.

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PET OF THE MONTH

DECEMBER PET OF THE MONTH: GEMMA

Hey y'all, my name is Gemma. I have lived in this area since mid-July. I am still a pup and very rambunctious. I love people and can't imagine that anyone would NOT want to play with me or NOT find me adorable! I know I have inadvertently chewed up some things around the house I should not have, but, hey, it was there for the taking so I think it is my owner's fault!



Anyway, I am a mixed-breed, they say, part poodle and part Shetland sheepdog, so I am a water baby and very smart. I hail from Montana, where I was picked up as an eight-week-old pup, but I really like the weather down here better. My home now has another dog that hasn't

been very tolerant of me because she is ancient. And I have three cats that kind of tolerate me but won't play with me at all. I like to hang out at the park at The Point on Golden Gate, so if you see me in the area, you better be ready to greet me and play a bit because without play, what fun is life???

Community Forum on Homeless

By Cheryl Ann Cooke

The North Park Community Association (www.NorthParkSD.org) hosted a Community Forum on Homelessness on October 28 at the Lafayette Hotel. This forum, which allowed the audience to ask panel members questions about the homelessness situation in San Diego, included Councilmember Todd Gloria, Rick Gentry of the San Diego Housing Commission, J.D. MacDonald of the Uptown Community Service Center, Cecily Thornton-Stearns of the Behavioral Health Program for San Diego County and Sgt. Rex Cole of the San Diego Police Department's (SDPD) Homeless Outreach Team.

Assembly Speaker Toni Atkins kicked-off the meeting stating that there are approximately 135,000 homeless in California, the fifth largest homeless population in the country. At the state level, most assistance funds health care and affordable housing, but that funding is drying up. Speaker Atkins stated that she is committed to lobbying for a way to permanently fund affordable housing.

The panel discussed how, despite the increased in homeless populations across the state, the programs available do not have large numbers of "repeat customers." Oddly enough, most of the homeless populations in San Diego live in downtown, along the San Diego River and in Mission Bay. Sgt. Cole stated that most of the downtown community populations are there because so many services are available to them in that area, which makes it attractive to them. He also stated that "homelessness is not a crime" and that it is both a problem and a symptom of much larger problems that cannot alone be solved at the local level.

What can you do?

- When approached by the homeless, **DO NOT GIVE THEM MONEY or FOOD.** This is an enabling action. As recommended by Cecily Thornton-Stearns, take the time to talk with them and educate them about available programs. Call 2-1-1 San Diego and connect them directly with people they can talk to. Also become aware

of the countywide services available to help homeless.

- Sgt. Cole highly recommended that you report any tent cities that you see in your neighborhood to the SDPD Homeless Outreach Team. Todd Gloria's office has staff dedicated to homeless issues and offered their office's support to getting Caltrans to help with tent cities in areas abutting freeways and major roadways.
- Councilmember Gloria suggested that more communities install "Red Meters." These meters, which are part of the group's "Make Change Count" program, take donations from people looking to help out the less fortunate. Funds go directly to the Ending Homelessness Campaign, a non-profit that helps those in need by providing move-in kits, hygiene kits and job interview assistance. People can put change into the meters or donate with their credit cards, either at the meter or at their website www.endingsdhomelessness.org.
- Councilmember Gloria also suggested that more communities provide storage solutions for local homeless populations, like the Transitional Storage Center in downtown San Diego. Bins are provided to the homeless to store their belonging and allow the city to enforce laws against leaving unattended property in public spaces. This makes our communities look better and easier for the homeless to get the help they need to go on job interviews now that they don't have to lug their property around with them.
- J.D. MacDonald recommended donating time or money to established assistance programs, such as the San Diego Rescue Mission (www.sdrescue.org), Connections Housing (PATH) (www.eopath.org), Neil Good Day Center (www.alphaproject.com), Father Joe's Villages (www.neighbor.org), the Uptown Community Service Center (www.uptowncsc.org) and Rachel's Women's Center (www.ccdsd.org).

Together, we can have a "collective impact!"

Let's be Neighborly New Mission Hills Eateries

By Andrea Bacal

Farmer's Bottega Restaurant is a wonderful addition to the ever-growing Uptown offerings. It is open for breakfast, lunch and dinner, although we found that dinner was a definite cut above the breakfast and lunch service. They have a delightful patio, and a modern/rustic/industrial interior lit by unique ceiling fixtures.



for lunch the next day. The salmon was a large fillet with crispy skin on one side and oh so moist! The entrees are reasonably priced considering the quality and portion size, and the sides were original and good!

We have tried several breakfasts - from the gluten-free French toast, the least expensive, to the most expensive, a smoked salmon Eggs Benedict, served on a potato pancake rather than bagel or English muffin. The French toast was delicious, the Benedict not so much. There are some classics that lend themselves to more modern variations, but in this case, the smoked salmon, red onion and caper combination works much better on a good toasted bagel with cream cheese than on a potato cake with hollandaise sauce and an egg.

The desserts are not house made and fell short of our expectations. But if you walk just one block east, you will find Rita's, where they serve Italian ice, cream ice and soft-serve custard in over 10 different combinations. My favorite, being a Dairy Queen freak, and still mourning the loss of our neighborhood DQ on El Cajon Blvd, is the dipped cone.

The night we went to dinner, we had the duck ragout gnocchi, the quail and a special of crab stuffed salmon. All were large portions, and all were outstanding. I think the ragout was the star - succulent pieces of duck in the large portion of gnocchi with a flavorful creamy sauce. The quail came with two whole quail, wonderful for dinner, and just as good

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UHCA Beautification & Planning Committee Report

By MaryBeth Chruden



of the University Heights Community Association (UHCA) Beautification & Planning Committee. Cheryl has been an enthusiastic committee member for several years. She has written grants to improve UH and was responsible for coordinating the activities in the Busing for the Environment grant that created the vertical gardens on the bus stop in front of the Birney Playing Field. She has also been involved in Lights in the Heights, decorating for the Rock 'n' Roll Half Marathon and cleanups, among other activities. You will see her byline in this and future papers. Please give her your support! You can contact her at UHCAOstrich@gmail.com.

Mini Clean UH Up Nov. 14

Thanks to all who came out to make the Washington St./163 Highway entrance area look sharp. We appreciate your neighborhood pride. The next major cleanup will be on the day of the 2016 Rock 'n' Roll Marathon. See you then!

Lights in the Heights 2015!

It's time to decorate for the holidays and the Lights in the Heights contest. See the article elsewhere in this paper for details. Have your decorations up before the week of the December 13 so we can see your best work.

New Committee Chairperson

I am pleased to announce that Cheryl Ann Cooke is stepping into the position as chair

Making the freeway entrance at Washington St. and the 163 look better was what motivated me to start the Beautification Committee in 2011, and I will continue to be involved and coordinate Clean UH Up events. I have thoroughly enjoyed launching the committee and guiding it for five years. Beautifying UH has been a wonderful reward, but, even better, has been meeting the extraordinary people involved in UHCA, this committee and our neighborhood endeavors and making many new friends. Thanks to all for your encouragement and support!

PEACE
to you
~ our neighbors.



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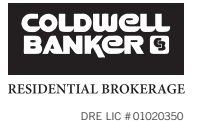
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from your councilmember



Be It Resolved

By Councilmember Todd Gloria

2015 is a year that I will remember for several programs and projects achieved to advance the quality of life in University Heights and the rest of San Diego.

The city recently transitioned our interim housing facility from a 16-week winter tent system to a year-round indoor housing facility that allows us to use our limited homeless services funds more effectively. The building includes 350 interim beds, and approximately three times as many people will receive services through this change. The program opened on April 1, 2015, and this transition was fully implemented on July 1, 2015.

Through September 30 of this year, 1,414 unduplicated clients were served; 863 clients exited the program and, of that total, 454 (53%) left for permanent or more stable housing. Of those who existed, 749 clients (87%) left with one or more sources of income during the reporting period.

As proud as I am of these results, I know that homelessness continues to have an

impact on neighborhoods throughout our San Diego. I resolve to make additional progress addressing this critical issue in 2016, with the opening of multiple affordable housing projects and the consideration of changes to the federal homelessness funding formula; these changes could result in additional much-needed resources for our region.

Of the neighborhood improvements completed this year, the one I hear most about is the implementation of smart parking meters, many of which are equipped with pay-by-phone technology. We'll soon cut the ribbon on the dog park improvements at Ward Canyon Park just down the road from University Heights. In 2016, I resolve to break ground on the new Hillcrest-Mission Hills branch library as the next major neighborhood investment.

As a policy wonk, I was proud this year to secure greater transparency in the city's referendum and initiative laws. I resolve in 2016 to further advance the agenda of the people I represent by championing the approval and implementation of the aggressive Climate Action Plan and celebrating voter approval of a higher minimum wage for our City.

When 2016 concludes, so will my time as your council member. I am confident we will then recount the successful completion of these resolutions and many others that help make San Diego a truly great city.

from your speaker



NEW YEAR'S RESOLUTIONS

By Toni G. Atkins,
Speaker of the California Assembly

Before each New Year many of us make resolutions, both personal and professional, as we start to think about what we want to accomplish that year. I'm no different. Some of my goals are ongoing—such as my desire to end veteran homelessness—and some are new, but what they all have in common is that they reflect my desire to help others.

Here are some of the things I'd like to see happen in 2016:

- One of the greatest triumphs of the 2015 legislative session was creating California's first state Earned Income Tax Credit, which can benefit two million Californians, lift 50,000 people out of poverty and lift 50,000 people out of deep poverty. Getting as many people as possible to sign up and benefit from this tax credit would make my year.
- Growing up in a military family and living in San Diego, it's really important for me to support our veterans. While California voters passed Proposition 41 in 2014, there are still many veterans without housing. We are working on this issue throughout the nation and making

real progress, which I am confident will continue in the New Year.

- I'd like to see some Snoopy license plates on the Road! The Snoopy Plate was created following legislation in 2013. Proceeds from the sales go to the California Cultural and Historical Endowment to help museums make capital improvements to their facilities, which helps keep their doors open to the public. We still need about 900 pre-orders to begin production and the deadline is approaching, but we're so close now! Visit www.snoopyplate.com to get your plate or to learn more about the program.
- Every day 96 elephants are slaughtered for their ivory. I passed AB 96 to close loopholes in California's ivory trade, which, in turn, will help decrease elephant and rhino poaching. California leads the way for our nation on many issues, including economic growth, social justice and climate action, and I would really like to see other states following California's example on AB 96 and help to eliminate trade in ivory or rhino horn.

Some of these resolutions are easier than others, but I'll continue working hard to lift people out of poverty, house veterans, fund museums and prevent the extinction of wildlife. I enter 2016 with a sense of hope that as I join with my colleagues in the legislature, we can help build a better California.

Speaker Atkins proudly represents the people of coastal San Diego, from Imperial Beach, along the Mexican border, north to Solana Beach, and most of central San Diego. For more information about Toni, please visit <http://asmdc.org/speaker/>. Follow her on Twitter @toniatkins, or at Facebook.com/SDToni.

from your supervisor



Staying Healthy With Some New Year's Resolutions

Supervisor Ron Roberts resolves to work for the kids, transit, a new stadium and more

By Supervisor Ron Roberts

New Year's resolutions are personal matters, and nothing is more personal than one's health. So my resolution for 2016 is to stay healthy, guided along the way by the county's "Live Well, San Diego" initiative.

For me, eating healthy can be tricky, with my schedule often not in sync with the rough time periods when most people eat breakfast – you should if you don't – lunch and dinner. So I resolve to stock my desk, and office mini-fridge, with even healthier snacks.

Part of being a good elected official is to set forth publicly identifiable goals, and then work to achieve them. So my 2016 resolution as the Fourth District Supervisor is to encourage record numbers of participants for county-overseen Live Well activities, from

"Know Your Numbers" and "Strike Out Stroke" to a 5k run/walk that celebrates community health.

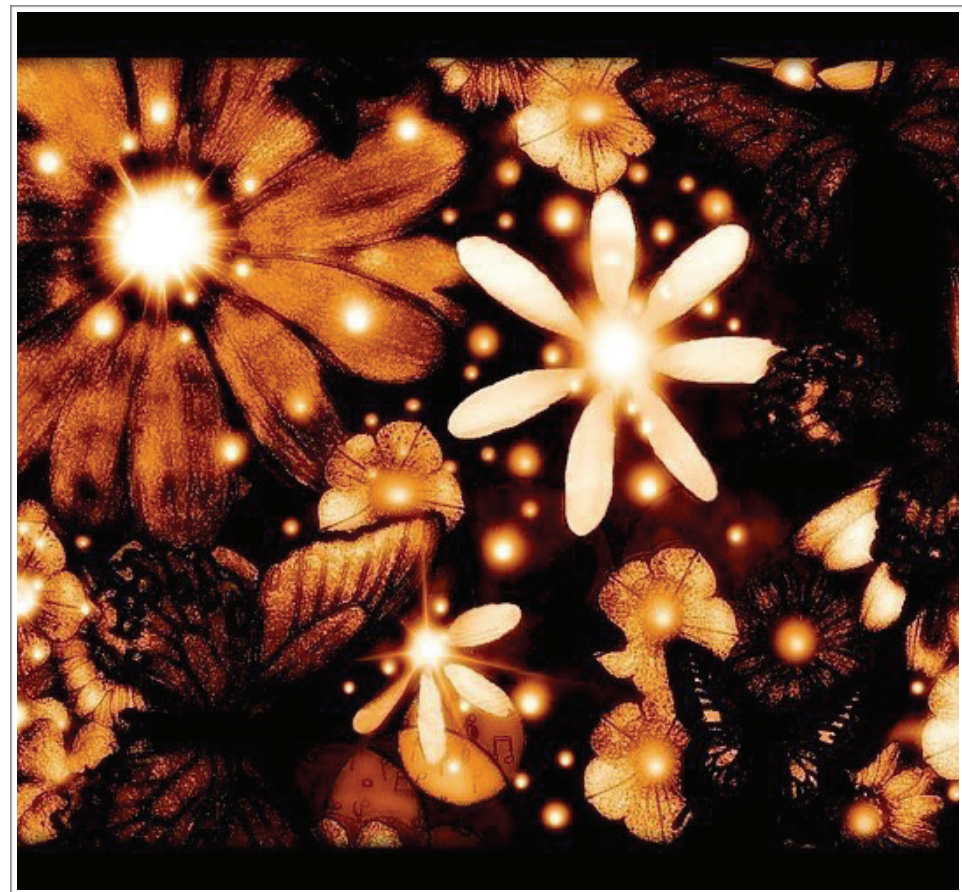
I also will resolve in 2016 to boost my attention to children's health. We have focused for more than a decade on obesity and vaccinations, and are seeing some positive trends. It is time to expand on those successes. Healthier young people make for happier and more productive adults, making them very worthy of a long-term investment.

On the transit side, I resolve to break ground on Mid-Coast, the new trolley connecting Old Town with UC San Diego. I also look forward to helping set soar the first aerial skyway in our system, one that resolves our century old "Bay-to-Park" dream.

Finally, I'm eager to positively resolve the stadium discussion and am hopeful we can create a win-win solution. Certainly I realize forces beyond our control will have the final say, but we are making it hard for them to utter the word "no."

If I could add a bonus wish, it would be to win the lottery. I'm like the old joke where a fervently praying man is told by an exasperated God that he has to first play if he wants to win. I think we can all resolve that winning would be nice. So maybe I'll buy a ticket and we can celebrate together. Happy New Year everyone!

Supervisor Ron Roberts represents University Heights as part of his Fourth Supervisorial District. You can follow him on Facebook at Supervisor Ron Roberts, on Twitter at @RonRobertsSD and at www.RonRoberts.com.



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This fully updated 4BR/3BA has something for everyone. Beautiful yard with tile edged pool and fire pit for guests and entertainment. Hardwood floors and tiled kitchen floors with granite counter-tops, glass tiled back-splash and stainless steel appliances. Gorgeous master bedroom that opens to the yard with a huge walk in closet. The master bath is something to rave about with glass tiles and a modern vanity. Upstairs is a recent modern addition with 2 rooms and a huge marvelously designed bath.



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