

NEXT UHCA MEETING NOV 2

ENTERTAINING FOR THE HOLIDAYS, ALL ABOUT PUMPKINS (WITH TREATS) & MORE!

ALICE BIRNEY ELEMENTARY
AUDITORIUM / 4345 CAMPUS
6:45 CRIME WATCH 7:00 MEETING



4



5



8

University Heights Community Association November 2017

NEWS



JOIN US FOR A BIG AGENDA FOR NOVEMBER MEETING

We hope you will join us for the November 2 UHCA meeting. We have lots on the agenda, so there will be something to please everyone. A sampling:

Our guest speaker will be Christy Jaynes, who will discuss Entertaining for the Holidays, including suggestions on food, table settings, floral design, etc. Christy is a young entrepreneur with several years in the home design retail business. She currently owns Kiko & Sven, a shop on Adams Avenue, and she was a previous co-owner of Progress in South Park.

Because we are at the height of pumpkin season, we are all about pumpkins! We will provide a variety of pumpkin treats for you to sample at the November meeting.

We will honor our neighborhood Trash Angels who work long and hard to keep our community clean and attractive. Our Angels are: Amy Waterman, Sol Schumer, Andy Lange, Jeffrey Harding, Rod Girvin, Robert Dowell, DeJuan Benford, and Barbara Noyer.

Of course, we will have UH merchandise for sale (T-shirts, tote bags, etc.), and we encourage you to buy University Heights merchandise for holiday giving.

November is the kick-off for UHCA's annual Giving Tree for Birney Elementary School students. The tree will be featured at our November and December meetings.

LOOKING AHEAD

HOLIDAY DESSERT POTLUCK

The UHCA meeting on Thursday, December 7, 2017, will feature our annual Dessert Potluck. After a short business meeting, we will encourage everyone to eat and drink. Please attend the meeting and bring a dessert of your choice to share with everyone. We always have an interesting and delicious selection, so we hope you will join us in our holiday celebration.

CAROLING IN THE HEIGHTS

SAVE THE DATE
9 DEC 2017

6PM: VERMONT ST BRIDGE
6:30: SPROUTS • 7PM: MYSTIC MOCHA
PLUS A SECOND QUARTET OF CAROLERS STROLLING PARK BLVD 6-730 PM!

HOSTED BY THE UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

FALL CLEAN UH UP! TEXAS STREET

Volunteer Day

Sunday, Nov 5th, 9-11am

It's Texas Street's turn for a big clean up! Show your neighborhood spirit and help the UH Community Association Beautification Team tame the weeds and trash on Texas Street towards Mission Valley.

MEET: North end of Mission Ave. behind Valero.
WEAR: Closed-toed shoes & appropriate clothing.
BRING: Your partner/neighbor, hat, gloves, rake, dustpan.
WE HAVE: Raffle gift cards, snacks, water, tools, sunscreen.

Sponsored by University Heights Community Association
www.uhsd.org

ATTENTION: BLOCKWALKERS NEEDED

We need some new blockwalkers to supplement our dedicated group of volunteers who make sure that the UHCA News is delivered to your door in a timely fashion. You can be a part of the terrific team that hand delivers this paper to 5000 businesses and residences ten times a year. Please donate an hour or so of your time once a month to help your community. The following is a list of the blocks that need to be covered. If you are willing to help out, please contact Nan McGraw at (619) 260-0668 or nmcsan@aol.com.

El Cajon Boulevard: 1800-2300 blocks (Texas St. to Park Blvd.)
Georgia Street: 4000-4200 blocks (Lincoln Ave. to El Cajon Blvd.)
Polk Street: Park Blvd. to Normal St.

STREET SEEN

ENTERTAIN IN STYLE

A bundle of upcoming holidays are staring down at us from the calendar about now. Whether you are having a romantic dinner for two, a picnic on Thanksgiving, or an open house for the whole neighborhood, you are looking for new ideas. Creating a special ambience from the front door to the table depends on time of day and season.

Pick a November theme (perhaps the blazing fall colors of a New England forest or the seashell tones of a beach), a December one (a fantasy of snowy white and icy sparkle), or traditions handed down in your family. Set the mood with sunny SoCal colors at an outdoor picnic or after sunset, with the golden glow of lots of candles throughout the house. Gather a pile of pumpkins and feathers or ravage the yard for evergreen boughs and ornamental berries.

If your cupboard contains small collectibles of some sort—snow globes, paper weights, mini teddy bears or match books—a display down the center of the table can provide a theme and spark conversation.

History might inspire as well. Renowned hostess **Pauline de Rothschild**, at Chateau Mouton-Rothschild, famously created table landscapes of fresh moss, weeds, and ferns on her selection from hundreds of tablecloths and 180 different sets of china.

Alexandra Hall, owner of **Maven**, at 30th and Adams, has an outstanding eye for goods and color in her mix of home and fashion; a very New York sophistication. Most of her merchandise is exclusive to San Diego and some of it to the West Coast. Find Baggu handbags, Just and Loup women's clothing, Area Ware ceramics, and novel Cold Picnic small rugs. Block Shop hand block-printed, oversize scarves are art for the wall as well as the body.

— cont'd on Page 3



Lathe turned candles, Maven
Photo: Paul Farris

MEMBERSHIP

JOIN TODAY AND HELP MAKE A DIFFERENCE! OUR SUCCESS IS LARGELY DEPENDENT ON VOLUNTEER EFFORTS FROM AREA RESIDENTS LIKE YOU.



NEW/RENEWING MEMBERS

HOUSEHOLD

Renewing: Jean Rannells, Rhett Butler, Susan & Rudy Lusti, Ninon Martin, Lee Sherwood
New: Austin Hong & Jeff MacGurn, Lisa & Clay Karmel, The O'Connor Family

Many thanks to all our members for your dues and donations, which go directly to programs and events that make UH the wonderful community it is. We greatly appreciate your support.



JOIN, RENEW OR DONATE ONLINE AT UHSD.ORG.

Clip & Return to: UHCA PO BOX 33032 San Diego, CA 92163



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 meet record goals for 2017 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 the various events and general meetings.



UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

UHCA NEWS

EDITORS Maureen Markey, Phyllis Kessel, and Nan McGraw

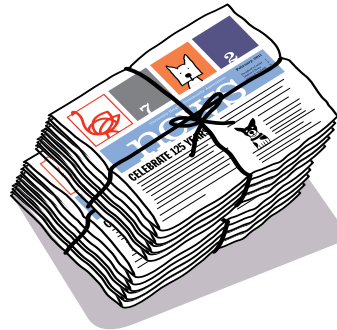
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Published 10 times per year by the University Heights Community Association. We welcome articles, letters, and announcements about issues and events relating to University Heights. The deadline for submission is the 5th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.



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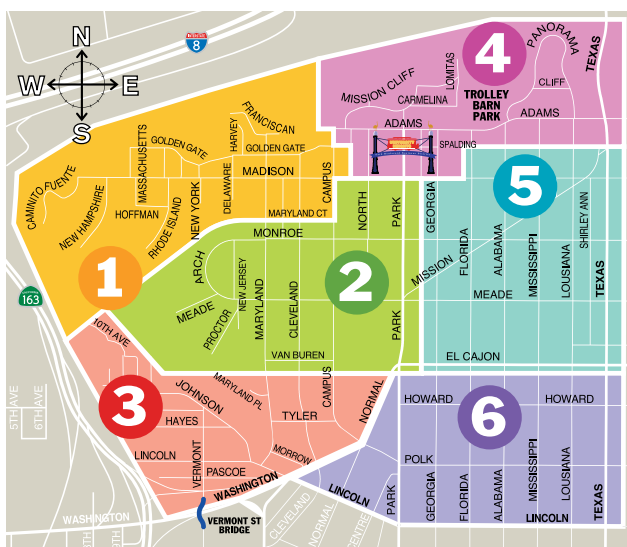


FACEBOOK /universityheightscommunityassociation



INSTAGRAM /UniversityHeightsSD

UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH



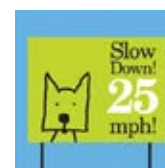
Zone Watch Coordinators manage email lists of participants wishing to receive University Heights crime watch information and updates. Download more on the UH Zone Watch program at uhsd.org or contact your zone's coordinator, or Nan McGraw.

- 1 Nan McGraw** nmcsan@aol.com
- 2 Pam Isaacs** pamisaacs1@gmail.com
- 3 Mary Lange** mlangeuhcazone3coordinator@gmail.com
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- 5 Tamara Zyhylij** tamara@tamarazhomes.com
- 6 Mark Koopman** mkzw6@yahoo.com



NEW CRIME WATCH SIGNS

Be on the lookout for our new signs coming soon. If you know of an old dilapidated sign that should be given priority, please email UHCA Secretary Kurt Hermansen at: kdh@habeaskurtus.com.



SLOW DOWN SIGNS

Speeding on neighborhood streets in UH is a chronic problem. Shaving time off trips by speeding has small benefits and high risks. If your neighbors can't let their kids play outside because of you, set your alarm clock 15 minutes ahead and slow down.

UH PHONE BOOK

Emergency • Police • Fire • Medical 911
Non-Emergency Suspicious Activity, Homeless Outreach Team, etc. 619-531-2000
 Online: non-emergency problems: www.sandiego.gov/get-it-done
SD City Services non-emergency: street lights, pot holes, etc. 619-527-7500
 Online: www.sandiego.gov/city-hall/departments
SD City Services emergency 619-527-7500
 Online: www.sandiego.gov/city-hall/departments
 Storm damage: fallen trees, flooding, clogged storm drains
Alert San Diego reverse 911 notification to mobile phones for emergencies requiring evacuations www.readysandiego.org/alertsandiego/
2-1-1 San Diego
 Free Community Resources Cal Fresh, Medi-Care, Covered California, etc. 211 or 858-300-1211
Abandoned Vehicles 858-495-7856
Alice Birney Elementary Office 619-497-3500
Animals / Non-Emergency 619-767-2675
Brush and Weed Abatement 619-533-4444
Code Violations 619-236-5500
Crime Stoppers Tip Line 888-580-TIPS (8477)
Department of Environmental Health public health/rats/rodents 858-694-2888
Downed Power Lines / SDG&E 800-411-7343
Emergency Water / Sewer Repair / Sink Holes 619-515-3525
Narcotics suspicious drug house / anonymous 619-531-2468

Retired Senior Volunteer Patrol (RSVP) 619-692-4945
 vacation home security check, welfare of home-bound, patrolling business districts, homeland security support
SDPD Community Relations Officers:
 David Surwilo (dsurwilo@pd.sandiego.gov) 619-692-4858
 Ricardo Pinon (rpinon@pd.sandiego.gov) 619-692-4821
SDPD Western Division 5215 Gaines Street 619-692-4800
Shopping Cart Pick-Up Service 800-252-4613
UHCDC University Heights Community Development Corp 4452 Park Blvd 619-297-3166
University Heights Public Library 4193 Park Blvd 619-692-4912
UH Zone Watch Coordinator Nan McGraw nmcsan@aol.com 619-260-0668
Graffiti: In Progress Emergency: 911
 Report Online: apps.sandiego.gov/streetdiv/) email photos: cericson@pd.sandiego.gov
 Graffiti Hotline: 619-257-7500
SD Vector Control mosquitoes / ticks / rats 858-694-2888
 Online: vector@sdcounty.ca.gov

If all else fails, contact Chloe Triplett at Councilmember Chris Ward's office
 619-236-6633 cmadison@sandiego.gov



DISASTER CONTACTS

In case of a major disaster such as an earthquake or fire, have two out of state contacts on speed dial. When the power is off cordless phones won't work. Have a basic phone you can plug into a phone jack that you can use for calls.



PLUME

THE TRASH ANGELS: THE HEROES OF THE 'HOOD

There are many unsung volunteers in University Heights who contribute to our sense of community and neighborhood pride by keeping UH looking great. This month we salute those who perform one of the least desirable but critically important tasks: trash removal.

The University Heights Community Association created the Trash Angel Program to deal with the ugly reality of emptying the trash receptacle on the UH side of the Vermont St. Bridge. (No, the City does not empty that trash bin.)

Our Trash Angel heroes are Amy Waterman, Sol Schumer, Andy Lange, Jeffrey Harding, Rod Girvin, Robert Dowell, and DeJuan Benford. The "Queen" Angel is Barbara Noyer. Without her, the program would be much more difficult. Barbara lives near the bridge and allows the Angels to put stinky bags of trash in her

black bin. She then pushes the bin to the curb every week for pick up. Several angels do extra trash duty in UH by picking up trash at the 163 freeway entrance and on the south side of Washington Street and the medians. Most of the angels have steadily volunteered since the program was created in 2015.

Usually the satisfaction of volunteering—seeing your accomplishments, pride and sense of community, and the camaraderie of working together—is its own reward. Occasionally we have the ability to add to that by personally and publicly acknowledging our volunteers. UHCA will be singing their praises and offering small tokens of our appreciation to these silent heroes of the 'hood at the November 2nd UHCA Meeting (6:45 pm, Alice Birney School Auditorium). Come offer your thanks in person to the UHCA Trash Angels.

— cont'd from Page 1

For her own Thanksgiving table, she arranges the lathe-turned candles she carries in hues of fall with lots of pumpkins and tree bark.

A buffet of charcuterie, fromage, and savory bites might include décor like the crazy-wild knitted sausages at **Maison en Provence** in Mission Hills. Yes, knitted, not edible. **Murray's Cheese** inside Ralphs, the deli at **Whole Foods**, **Venissimo** in various spots including Mission Hills, or **Herb & Eatery**, the boho-glossy deli and takeout in Little Italy, all can provide the eatable goods.

Check out the new coffee cart on **Hessian's** Park Blvd. front yard, while gathering up not only special coffees and teas for your party, but also tiny ethnic toys or textiles to

decorate the table. No rules apply for innovation with plates, glasses and flatware. From Grandma's Limoges to mismatched items from a thrift store, be original. For the occasional serving piece, placemats and lots of paper party goods, **Pigment** in North Park is a good bet. Come spring, they'll have a second location in Liberty Station.

Finally open (we hope) is **Minou**, a creperie on downtown's Eighth Avenue. It is the offspring of popular Café Chloe on Ninth. Bonus news: **Green Fresh Florals** in Hillcrest now carries a line of indoor/outdoor furniture with a Mexican resort vibe, The Acapulco Collection.

Don't miss the November 2 UHCA meeting for more ideas on entertaining for the Holidays. —*The Unknown Shopper*



Chairs,
Photo: Green Fresh Florals

Knitted French Sausages,
Photo: Maison en Provence

Coffee cart, Hessian Global Goods,
Photo: Paul Farris

PRESIDENT'S CORNER

CAROL NEIDENBERG

A friend recently told me about an app that helps her sleep. The purpose is to relax you enough that you can be hypnotized to sleep soundly through the night. In one part, there's a suggestion that asks you to think about what you're grateful for. Despite having a loving spouse and children, my friend could think only of her dog!

I soon began thinking about what I'm grateful for. I am grateful that I grew up in a family that was loving and supportive despite several life-changing hardships. However, I lived in a safe and protective community filled with neighbors we had known for years, and I didn't even think about violence or strangers harming us. I'm grateful that I had a childhood filled with good

memories. I am grateful that I have a kind daughter who is happy and healthy. I am grateful for my friends and family, and the health I enjoy. And yes, I am also grateful for my sweet and friendly cat.

I love living in University Heights. I am very grateful that I live in a safe neighborhood where people know each other and watch out for each other. I love that so many people roll up their sleeves and try to improve the community and make a difference – no matter what they do – whether it's a volunteer project once a month or once a year.

So I am grateful to you, and wish you and your family a very happy and healthy holiday season.

IN CASE YOU MISSED IT LAST MONTH, YOU MISSED A HOT ONE

City Councilmember Chris Ward, the keynote speaker at last month's meeting, spoke to a packed auditorium at Birney Elementary School. UHCA's October 5, 2017, general meeting had standing room only, given the raging debate about short-term rentals in San Diego.

Our meeting started with comments from SDDP Officer Ricardo Piñon and San Diego Deputy City Attorney Han Hirshman. They are available to help us address crime in our neighborhood.

Then, Councilmember Ward addressed UHCA member concerns about San Diego's horrible Hepatitis A outbreak and about construction projects in Hillcrest, North Park, and University Heights.

But most compelling was Councilmember Ward's responses to sometimes hostile questions from San Diego residents about short-term vacation rentals. Many questions were presented in a civil manner because they were written on index cards and read by a neutral moderator (Bernie Horan). But some audience members delivered their questions with a heap of emotion, which many found to be an unpersuasive method of delivery. But emotions run high when short-term rentals result in the loss of sleep or quiet enjoyment of one's residence. Rowdy applause arose when Councilmember Ward stated that short-term rentals are illegal in San Diego! But the excitement abated when Ward said we don't have enough police for code enforcement. The controversy over short-term rentals was

not solved at UHCA's October 5 meeting, and it is not going away anytime soon in San Diego and other tourist destinations. So all city councilmembers would be smart to become experts on the problems and potential solutions to the burgeoning short-term rental business bonanza. —*Kurt Hermansen, UHCA Secretary*

Editors Meeting Note: To those who attended their first UHCA sponsored activity, we want you to know that the October meeting was not representative of our monthly meetings. The signs, the protests, the behavior, and the banners on rental trucks do not represent UHCA's position on STVRs. In fact, UHCA has not taken a position on STVRs. For the most part, the rude and disruptive people who tried to hijack the meeting were not UH residents at all. They belong to an organization called "Save Our SD Neighborhoods," and they come to meetings all over San Diego to protest against STVRs. As a community organization, UHCA's responsibility is to encourage open, civilized, and democratic dialogue among residents, business owners, and elected officials. We believe it is possible to vigorously disagree with someone (other meeting attendees, the individual attempting to conduct the meeting, or our elected political representatives) without resorting to disagreeable tactics like catcalls, booing, and insults. And we make every effort to keep the discussions at our monthly meetings professional and polite, no matter how controversial the issue at hand.



RESTAURANT REVIEW

MYSTIC MOCHA

Although Mystic Mocha has been a mainstay as an excellent coffee and breakfast place in our neighborhood for quite some time, they recently added lunch service until 2 pm to their repertoire. You will find their lunch specials for the week on the chalkboard inside, which they change once a week. In addition, their regular, extensive breakfast menu includes many items that are appropriate for lunch.

Mystic Mocha is definitely a gathering place for surrounding UH neighbors. Free Event Wednesdays are held on the first, second, and third Wednesdays of the month from 10:30-11 am on the patio, geared for all ages and especially beneficial for unschooled or home-schooled children. Local professional storyteller, Walter Ritter, has been known to read a story or two:

- Storytime Serenity - 1st Wednesday
- Crafty Arts - 2nd Wednesday
- Circle of Instruments - 3rd Wednesday

Three of us gathered for lunch on an early fall day, sitting at one of the rustic picnic tables outside. The weather

and conversation were delightful; but the flies, eager for our lunch, were a problem that needs to be addressed.

Each of us ordered one of the lunch specials. The cold Vegetarian Vegetable Sandwich was on a delicious toasted French roll. The medley of chopped onions, peppers, carrots, and mushrooms was delicious though a bit of a challenge to keep contained in the roll. It needed a bit of zing, like a dash of olive oil and red wine vinegar on the roll, a la an Italian deli. The chicken salad was accompanied by fresh tomatoes, salad greens, and tasty grapes. It was delightfully absent of too much mayo, which is usually the case.

All three of us opted for iced tea with a slice of lime. Tempting for next time was the vast array of coffee drinks and beer, hard cider, and a selection of French wines.

Although dessert is not the focus of Mystic Mocha, their wonderful breakfast pastries are available if you crave a little something sweet (but not overly sweet) at the end of a meal. Muffins and scones, including vegan varieties, combine different fruits and nuts on a daily basis. Oh, and those scrumptious chocolate chip/peanut butter/coconut/walnut cookies, which also come in a gluten-free form. We did a blind taste-test and could not tell the difference between the gluten and gluten-free varieties. And,

just to top things off, we split a delicious banana milkshake three ways, which Natalie was kind enough to pour into demitasse cups for us!

The service was very good. Owners Francis and Natalie provide a warm and

friendly style of hospitality at their petite café. —UHCA News Editorial Staff

Mystic Mocha
2105 Mission Ave.
University Heights
619-688-0858
Hours: Every day, 6:30 am – 2 pm



NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 UHCDC Meeting 4452 Park Blvd. Suite 104, 6:30 pm	2 UH Rec Council Meeting Alice Birney Library, 5:30 pm UHCA Meeting: Alice Birney Auditorium, 6:45 pm	3	4 The Point Clean Up 1:30 - 3:30 pm Golden Gate btwn RI & Del.
5 Hillcrest Farmers Market 9 am - 2 pm Daylight Savings Time ends UHCA News Deadline for Dec/Jan Issue	6	7 Uptown Planners Meeting: Joyce Beers Center Uptown Complex 6:30 pm	8	9  Curbside Recycling & Yard Waste Collection	10	VETERANS DAY
12 Hillcrest Farmers Market 9 am - 2 pm 12th Anniversary of UH Arts Open & Taste of UH 11 am - 4 pm	13	14 Hillcrest Town Council Joyce Beers Center Uptown Complex 6 pm Friends of the Library UH Chapter UH Branch Library 6 pm	15	16	17 Preview Book Sale (Friends members only) Friends of the Library, UH Library 3 - 6 pm 	18 Book Sale (open to the public) Friends of the Library, UH Library, 8 am - 3 pm
19 Hillcrest Farmers Market 9 am - 2 pm Book Sale Friends of the Library, UH Library, noon - 4 pm	20	21 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	22	 HAPPY THANKSGIVING	24  Curbside Recycling & Yard Waste Collection	25
26 Hillcrest Farmers Market 9 am - 2 pm	27 	28 UHCA News, Dec/Jan Issue Out	29 UH Book Club & Salon 6:30 pm UH Library	30		

HOLIDAY RECIPES FOR YOUR FILE

STUFFING OR DRESSING?

Is it stuffing or is it dressing? It depends on what part of the country you're from. That geographic orientation may also dictate the ingredients in your favorite stuffing recipe. There are nearly as many variations on ingredients as there are people who love stuffing. My husband's family (from Vancouver BC) always prepared a rice-based stuffing with the turkey, but my family (from the Midwest) preferred a bread-based stuffing with numerous variations. The cornbread stuffings originated in the Northeast and the South. In my very large family, my dad always made the stuffing, and he always made five different kinds: Sage, Apple and Nut, Sausage, Oyster, and Cornbread with Wild Rice and Cranberries. It sounds like a lot, but Thanksgiving dinner usually included at least 30 people, so there was plenty for everybody. The following recipe can be used for the simplest sage stuffing, or as the basis for an apple and nut or a sausage or a cornbread-cranberry version—or all of them combined. I have made stuffing with all these variations, alone and combined, and all were delicious!

Sage Stuffing With Variations

- | | |
|---|--|
| ½ cup unsalted butter | 1 Tbs. fresh thyme, chopped
(or 2 tsp. dried thyme) |
| 3 medium onions, finely chopped | 2 tsp. dried rosemary, chopped |
| 1½ cups celery with leaves, finely chopped | 1 tsp. each, salt and pepper |
| 2 cups leeks, thinly sliced | 2 bunches fresh parsley, finely chopped |
| 2 ½ cups portabella or
cremini mushrooms, finely chopped | 3 large eggs, beaten |
| 3 cloves garlic, chopped | 5 to 6 cups dry white or
whole grain bread, cubed |
| 1½ to 2 ½ cups of chicken stock or broth | 5 to 6 cups cornbread, cubed |
| 3 Tbs. fresh sage, chopped
(or 1 Tbs. dried sage) | |

Optional ingredients for variations

- ½ cup pecans or walnuts, chopped
- 2 cups apples, chopped
- ½ cup dried cranberries
- ½ pound bulk pork or turkey
sausage, cooked

DIRECTIONS

1. Combine bread and cornbread cubes in a 12 x 17" roasting pan. Bake 20 to 25 min. at 350° until breads are dry and starting to brown at the edges. Cool and place in a large mixing bowl.
2. Melt 1 teaspoon butter in a large pan and break up and brown the sausage (if using). Remove sausage from the pan and drain on paper towels. Add remaining butter to pan and heat until it bubbles. Add onions, mushrooms, leeks, celery, and garlic, and sauté until the vegetables are soft and most of the liquid from the mushrooms has evaporated. Stir in the sage, thyme, rosemary, and salt and pepper. Add the cooked mixture to the bread cubes and stir.
3. In a small bowl, combine the beaten eggs and 1 ½ cups of the stock or broth. Pour the stock mixture over the bread mixture and toss lightly to coat. Add more stock if necessary (up to 3 cups total) to keep the mixture moist (moist enough to hold together when lightly pressed, but not so wet it packs tightly). Stir in parsley, apples, nuts, and cranberries (if using).
4. Butter a large baking dish or lasagna pan. Spread the stuffing evenly in the dish, cover with foil, and bake in a 400° oven until heated through, about 30 to 40 min. Uncover and bake until the top is crisp and brown, about 30 min. more. Although it is traditional to bake the stuffing inside the turkey, modern practice does not consider this advisable because of the possibility of food-borne illness from improperly or incompletely cooked food. —Maureen Markey

GULLIVER'S CORN

Hands down, this is my favorite holiday recipe. Over the years, it has developed a major following and is the one dish I make that everyone requests. Even though I always double this recipe, there is never enough Gulliver's Corn left over the next day! This recipe can be made ahead of time, then popped into the oven with the other side dishes while the turkey rests.

- 1 (16 ounce) bag frozen corn
- 1½ cups whipping cream
- 2 tsp. salt
- 1 tsp. sugar
- 3 tbs. flour
- 3 Tbs. melted butter
- 3 Tbs. grated parmesan cheese
(use quality, aged parmesan for
the best results)
- ½ cup grated parmesan cheese
- 2 Tbs. butter

DIRECTIONS

1. Butter baking dish and sprinkle with 3 tbs. Parmesan, tilting pan to distribute cheese.
 2. Bring the whipping cream to a boil, reduce heat, and add corn.
 3. Simmer 5 minutes.
 4. Stir in salt and sugar.
 5. Make paste with 3 tbs. butter and 3 tbs. flour and stir into corn.
 6. Cook until thickened.
 7. Pour into baking dish, sprinkle with half cup of grated cheese, and dot with butter.
 8. Refrigerate for up to four days, but do not freeze.
 9. Bake at 350° for 30 minutes or until bubbling and golden brown.
- Jennifer Williamson

EATING OUT IN UH

American Market	4395 Cleveland Ave.	296-8333
Bahia Mexican & Seafood	1985 El Cajon Blvd.	542-0540
Bahn Thai	4646 Park Blvd.	299-6363
bfd (big front door)	4135 Park Blvd.	255-4100
Circa Restaurant	2121 Adams Ave.	296-9152
Cueva Bar	2123 Adams Ave.	269-6612
El Zarape	4642 Park Blvd.	692-1652
Flavors of East Africa	2322 El Cajon Blvd.	955-8778
Grains	2201 Adams Ave.	269-5999
Great Maple	1451 Washington St.	296-8268
Hope at Lafayette	2223 El Cajon Blvd.	780-0358
Hundred Proof	4130 Park Blvd.	501-6404
Lestat's on Park	4496 Park Blvd.	501-6638
Loving Hut	1905 El Cajon Blvd.	683-9490
Madison	4622 Park Blvd.	296-6566
Mama's Bakery & Lebanese Deli	4237 Alabama St.	688-0717
Meraki Café	1735 Adams Ave.	269-9618
Muzita Abyssinian Bistro	4651 Park Blvd.	546-7900
Mystic Mocha	2105 Mission Ave.	688-0858
Park Boulevard Deli	4504 Park Blvd.	295-1362
Park House Eatery	4574 Park Blvd.	295-7275
Pizzeria Bruno Napoletano	4207 Park Blvd.	260-1311
Pizzeria Luigi	2121 El Cajon Blvd.	294-9417
Plumeria Vegetarian Cuisine	4661 Park Blvd.	269-9989
Pomegranate Restaurant	2312 El Cajon Blvd.	297-4007
Pop Pie Co.	4404 Park Blvd.	501-4440
Red Fox Steak House	2223 El Cajon Blvd.	297-1313
Red House Pizza	4615 Park Blvd.	546-7430
Small Bar	4628 Park Blvd.	795-7998
Soltan Banoo	4645 Park Blvd.	298-2801
Sprouts Market & Deli	4175 Park Blvd.	291-8287
Summer's Market	4602 Park Blvd.	296-0504
Twiggs	4590 Park Blvd.	296-0616
Twisted Taps (brews & chews)	2302 El Cajon Blvd.	542-9927
Wing Stop	1901 El Cajon Blvd.	297-9464

Restaurants that have supported UHCA and its programs with advertising and/or gift cards are indicated in **bold**. Please support those businesses that support UHCA.

THANKSGIVING WINE PAIRINGS



Thanksgiving is one of my favorite holidays. I love everything about the day, from pouring the first glass of sparkling wine while prepping the turkey to go in the oven to capping the day with a final glass of wine and a big slice of pumpkin pie covered with whipped cream.

The question I am asked the most is what wines should I serve on this holiday? If you guessed Chardonnay and Cabernet, that response would be incorrect. Both of these wine styles tend to be higher in alcohol and neither complement the juicy turkey and rich side dishes.

I like to start the day off with a glass of dry Prosecco or Champagne. Both put people in a festive mood and pair perfectly with any appetizers you plan to put out for your crowd of hungry guests. For guests who don't like sparkling wines, a Grenache-based Rose from the Southern Rhone is always a great choice.

For the dinner itself, the best wine choices are a dry Riesling, preferably from Alsace, and either a red Burgundy from France or a medium-bodied domestic Pinot Noir. I can hear the gasps now. Riesling? Really? Yes, really. There is a common misconception that all Rieslings are sweet but this is not the case. Rieslings range from zero

residual fruit sugar, which translates to bone dry on the palate, to very sweet. A dry Riesling with its beautiful, crisp acidity serves as a counterpoint to the richness of the side dishes.

Red Burgundy (another name for Pinot Noir from Burgundy, France) and medium-bodied domestic Pinot Noirs are my go-to when it comes to a Thanksgiving red wine. With its characteristic cherry and pomegranate flavor profile, balanced alcohol content, and delicate acidity, this varietal complements the meal perfectly, especially the turkey.

Once the dishes have been cleared and the leftovers put away, it's pie time. You really want to go with sweet wines here to bring out the sweetness of the desserts. If you were to choose a dry wine, it would taste overly acidic. One of my favorites is a Grand Cru Gewürtztraminer, which tastes like rose petals dipped in honey. Port, a wine fortified with a neutral grape spirit, is always a great choice, as well. —Jennifer Williamson

Jennifer Williamson is a professional wine consultant with Quigley Fine Wines. You can contact her directly with any wine related questions at jwilliamson@quiglefinewines.com.

LIBRARY NEWS: FRIENDS OF THE UH LIBRARY AND THE UH BRANCH LIBRARY

WE ARE THANKFUL FOR OUR FRIENDS

As Thanksgiving and the winter holidays approach, our thoughts turn to the family and friends that have been a part of our lives, and to year-end planning and New Year's resolutions.

The Friends of the University Heights Library is thankful for the many members who help us support our branch library. Our stalwart committee members attend our monthly meetings and work on programs and events throughout the year, including our annual August book sale. Our new and returning chapter officers provide vision and leadership to help us achieve our goals: Co-Presidents, Maureen Markey and Vickie Church; 1st VP, Nan McGraw; 2nd VP, MaryBeth Chruden; Treasurer, Peter Rose; and Secretary, Isabel Schechter. And our general members support the library through membership dues, donations, and volunteer service. To each of you, a sincere thank you for everything you do to support our community's greatest resource.

Friends of the UH Library memberships are good from January through December, but if you join or renew now, your membership will be effective immediately and continue through December 2018. That's an extra two months of membership for the same low dues. Remember, our ability to support the programs and services at our branch relies on membership dues and donations, so please join or renew today.

Also, if you are thinking about year-end charitable giving, please consider making a donation to the Friends of the UH Library. Tax deductible membership dues and gifts are matched by the City of San Diego and are used to purchase books, materials, programs, and equipment.

Thank you for your continuing support of our branch library.

-Isabel Schechter, Secretary, Friends of University Heights Library, friendsoftheuhlibrary@gmail.com



BETWEEN THE COVERS

Hello to all of our friends in University Heights! In a whirlwind of events, our new librarian, Alan Bugg, was just so good at his job, he got promoted to be the new manager of the Valencia Park/Malcolm X branch library. Alan, we were so glad to have you here, even for the short amount of time, and we are so sorry to see you go! We'll try to do the polite thing and wish you well and not sob at your feet. Thanks to Alan, we've been able to envision the future of our branch library. Maybe next month will bring a new article by a new librarian! It could happen!

Swing by your library in November to see what's up! Perhaps you'll be the one hosting the holiday dinner this year and you need a cook book on how to roast a turkey. We will show you our magnificent collection of cook books under 641.5. We have books on low sodium, vegetarian, baking, Paleo, juicing, and raw diets (not recommended for the turkey dinner). Maybe the guests at the kids' table need to be entertained! Come by and check out some holiday books or DVDs. Let us know how we can help you have a smooth and easy holiday.

Speaking of Thanksgiving, the big news this year is that all libraries will be open during the Thanksgiving weekend. We'll be closed on Thanksgiving, but open on Friday, November 24th, and Saturday, November 25th. This will mark the

first time the UH Library has been open during that weekend in quite a while!

Here's the our schedule for November:

- Crafts on Saturday at 10:30 am
- Story Time on Thursday at 11 am
- Come and see Mad Science "Fun With Fossils" November 8th at 4:30 pm

Please note that there will be no steam story time this month.

See you soon!

- Erin Wilson, Library Clerk, University Heights Branch Library, (619) 692-4912, sandiego.gov

Library Hours

Table with 3 columns: Day, Start Time, End Time. Monday 9:30 am - 6 pm, Tuesday 11:30 am - 8 pm, Wednesday 11:30 am - 8 pm, Thursday 9:30 am - 6 pm, Friday 9:30 am - 6 pm, Saturday 9:30 am - 6 pm, Sunday CLOSED.

619-692-4912



NOVEMBER BOOK CLUB AND SALON

EVERYONE BRAVE IS FORGIVEN BY CHRIS CLEAVE

Chris Cleave's new novel is set during the years 1939-1942 in London, where citizens had slim hope of survival during the ongoing blitz, and on the strategic island of Malta, which had daily bombardments by the Germans. The story follows the journeys of four young Londoners fighting their own personal battles from the outbreak of the war to the summer of 1942.

Cleave paints an emotion-filled portrait of a damaged city with its inequities amplified by war and also of courageous individuals whose connections to

one another make them stronger. His storytelling involves themes of racism, class, female empowerment, and the emotional disruptions induced by war. Readers who admired the author's 2009 bestseller, Little Bee, will find much to like in this one.

An interesting observation: the author revealed in his notes that his book was inspired by the lives of his grandparents. His maternal grandfather served in Malta, and his paternal grandmother drove ambulances during the blitz.

Join the Book Club and Salon discussion. New members are always welcome! The book will be available at the UH Library's front desk during October/November.

UH Book Club & Salon

Wednesday, November 29, at 6:30 pm San Diego Public Library, University Heights Branch 4193 Park Boulevard (at Howard Avenue) 619-692-4912



OUR UH HISTORY

THE OSTRICH STORY OF UH

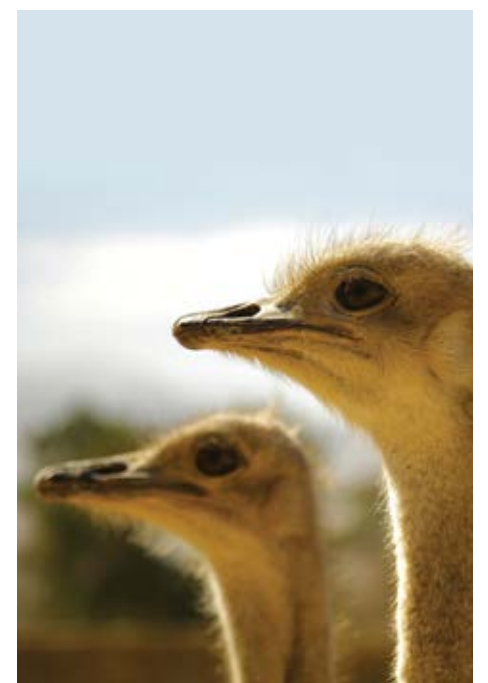
Told for 129 years, this tale never grows old.

University Heights is one of San Diego's oldest communities - one with a colorful and exciting history. Our story began in 1888 when the College Hill Land Association subdivided the land that bordered the City Park for the purpose of developing the University of Southern California College of Fine Arts. The lots were sold at "reasonable prices" and part of the cost was to go into a college building fund. However, a national recession stopped the construction. In 1898, the land was donated to build a Normal School, a teacher training college.

At the end of North and Adams, the San Diego Cable Railway Company developed The Bluffs, a park that eventually was purchased by John D. Spreckels just before the turn of the 20th century. This 20-acre botanical garden, Mission Cliff, was the end of the line for the streetcars Spreckels owned and was considered the city's premier public park. In 1904, the Harvey Bentley Ostrich Farm moved to UH and enjoyed great success because of the popularity of ostrich feathers in women's fashions. The farm also was open to the public and visitors could ride the birds for a fee. In 1913, a trolley car barn was built next to the farm. The barn was used for repairs and down time storage of the trolley cars until the 1940s, when buses replaced the street cars. From 1949 until 1976, the property was

the home of the San Diego Paper Box Company. In 1979, the property was sold and the building was demolished.

Today this historical site is the Trolley Barn Park, a crowning achievement of UHCA. The Park, inspired by the original Mission Cliff Gardens, won a prestigious AIA Orchid Award in 1992. One hundred twenty-five years after its beginnings, UH remains a vibrant neighborhood, and the ostrich graces our pages as a reminder of our community's proud heritage.



SCHOOL NEWS

BIRNEY BUZZ



Fall is here at Alice Birney Elementary, and the nation is celebrating our healthy habits. Birney was recently recognized as an Active School and as a National Healthy School award winner. Since we at Birney never rest on our laurels, we have a busy month of school and community events that we hope will be exciting for the whole neighborhood.

If you are a food lover, then join us on November 9 for Family Dinner Night at Chipotle in Mission Valley. Of the profits from the Birney Community's purchases, fifty percent goes to fund our International Baccalaureate program at Birney. Visit friendsofalicebirney.org for a flyer to take into the restaurant. During Taste of University Heights on November 12, make our award-winning Birney Garden grow by helping out in the garden, tasting the harvest bounty, and then heading

out to enjoy the amazing food the University Heights restaurants are serving.

Book lovers can join us November 13-17 for the PTA sponsored Scholastic Book Fair in the Library. Come pick up some books for those special kids on your holiday list. The PTA-sponsored Bedtime Stories from 6:30-8 pm on November 15 is a special event for families to share the love of reading.

Hockey fans won't want to miss Birney Night at the Gulls on November 15. Join us as the San Diego Gulls battle the Tucson Roadrunners. For tickets email alicebirneyfriends@gmail.com.

- Naomi Stevens (President, Birney PTA) & Wendy DeCesare (President, Friends of Alice Birney Elementary)

ROO NEWS



Parking for December Nights at Roosevelt.

Going to December Nights? Don't waste your time looking for parking. Come to Roosevelt! It's a win for all. For a \$15 donation, you get close, convenient parking without the hassle; Roosevelt gets support for our enrichment programs. Parking on the Roosevelt campus will be available beginning Friday, December 1 at 3 pm and on Saturday, December 2 at noon. Come see us!

Happy Thanksgiving From Roosevelt Middle School!

We had a great back to school night at Roosevelt on September 26. We are looking forward to celebrating Thanksgiving with family and friends during our break November 20-24. Happy Thanksgiving to all! -Laura Dadmun



UNIVERSITY HEIGHTS SALUTES VETERANS

THE GIVING TREE

University Heights (UH) is filled with kind, generous citizens who are happy to help those in need. The University Heights Community Association (UHCA) is asking that members of the UH community consider funneling that generous spirit into our holiday Giving Tree. Last year we received \$1000 in donations. This year we would love to meet or exceed that amount. The Giving Tree was created to help the children and families from our local Alice Birney Elementary School during the holiday season. The Giving Tree is filled with ornaments priced from \$5 to \$25 from stores such as Target, Toys-R-Us, Ralphs, and Trader Joe's. These allow a family to buy gifts or necessities for the holidays.

We will be featuring the holiday Giving Tree at our November and December UHCA meetings, where you will be able to contribute in any of the following ways:

- Select an ornament (or two or three) with a gift amount and store brand, then purchase the matching gift cards to bring to our December UHCA meeting.
- Purchase a gift card (or two or three) in any amount the next time you find yourself out shopping, and bring the gift cards to the November or December UHCA meetings.
- Donate cash, and a member of the UHCA board of directors will be happy to purchase the gift card (or two or three) of your choice and add it to The Giving Tree.

We are also happy to take your cash or gift card donations at any time before our final meeting of 2017. For more information on where to drop off donations, please contact Marcia Sorini at msorini@att.net— Marcia Sorini



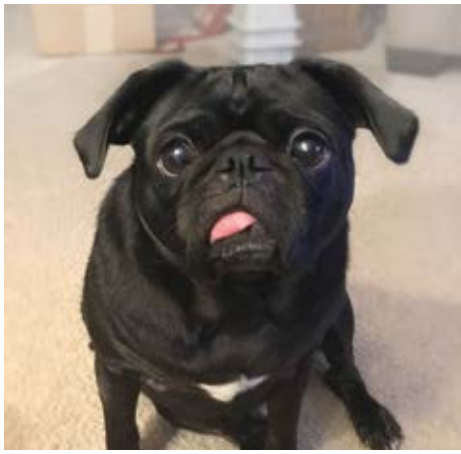
Our exotic and esteemed Madame Sorini judged the costumes at the Movie in the Park October 21



Brent Orlesky putting up one of our new Crime Watch signs.

PET OF THE MONTH

CHLOE



I met Chloe less than a year ago walking by my house with her owner. She was always eager to see me—and yes, treats were involved. I have no dogs of my own now, but Chloe brings me so much love and joy which has been absent in my doggy life for so long. After all this time, I finally asked the human on the other end of the leash her name, and if she would write up a little something about Chloe. Here is what she had to say:

Chloe will be eight years old November 8. We got her when she was 12 weeks old and living in New Jersey. She was so small she would disappear in the snow drifts. She now seems to have adjusted to the California weather— she loves to sunbathe on our brick patio. Her favorite treats are cheese, carrots, and frozen green beans. She is well-traveled. She's driven across the country several times and loves the car. If you spot her, she would love to say hello; but beware of her sneak attack kisses! She can be very enthusiastic. —Renee Gregorio

TAKE A BAG, LEAVE A BAG

We moved to University Heights nearly three years ago now. We knew we were lucky to live in such a great location, but we never imagined that it would be more than a central, trendy neighborhood. It's a real community with real neighbors that have become almost like family. People always say good morning and acknowledge you as they walk by. They strike up conversations while your dogs give each other sniff baths. It's the type of neighborhood people only dream about and see in movies. That's how we feel every time we take out our fur babies, Derek and Mickey. Everything is all magical—until we look on the ground and see recycled dog

treats (dog poo) everywhere. Someone didn't pick up. Someone knowingly left their dog's waste to be someone else's problem. We don't get it. We are such a great community of like-minded, friendly, respectful people and yet there is this problem. If you use the Nextdoor app, you will find it's a problem not only here but everywhere.

We decided to be part of the solution instead of complaining about it which does nothing. Our solution was to donate our time and materials to add doggie "Take a bag, leave a bag" stations around the area. We own both a handyman business (Handy Andy) and a craft/design

business (Tools and Tattoos). Needless to say, we know how to solve problems and build. We tried to put up something not only useful, but also beautiful that adds character to the neighborhood. Each station is well thought out, with decor to match the look and feel of everything around it. Take a look for yourself next time you are out. We realize it's ultimately up to the people leaving their piles of joy for everyone to step in, but we can at least make sure there is no excuse. Now go out and do the right thing. Love where you live! —Andrew and Ludy Robinson

Photo: David Harrison



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FROM YOUR STATE SENATOR

FUNDING BILL FOR AFFORDABLE HOUSING PASSES

San Diegans don't need numbers to know how bad homelessness has become in our city. We just have to look around to see that we have a genuine humanitarian calamity in our midst. It has gotten so bad that it's become a serious public-health emergency. Homelessness and disease is the tip of the iceberg when it comes to our state's larger housing-affordability crisis.

At the recent end of our 2017 session, the Legislature responded to the crisis, passing a package of more than a dozen bills that address our housing problem in a comprehensive manner. The Governor signed the bills on September 29th.

The package includes my signature bill, SB 2, which creates a permanent source of funding for affordable housing. The bill's most immediate impact will be on homelessness, especially in the first year, when half of the revenue will be used to get people off the streets and into safe homes with supportive services. After the first year, 70 percent of the funding will go directly to local governments to help build affordable housing for struggling families and individuals.

I have been working on this idea as my top priority since I've been in the Legislature, and I am grateful to my col-

leagues and the Governor for helping me get it across the finish line this year. We will have a lot of work to do to solve our housing crisis, but the bills signed in September represent a good start.

In all, I had 12 bills make it to the Governor's desk, addressing issues such as environmental protection, civil rights, juvenile justice, human trafficking, healthcare, and public safety; they have until October 15th to be signed.

I'm already beginning work on legislation for 2018. My goal continues to be to help improve overall quality of life for people in our community of San Diego and across California.

- Toni G. Atkins, State Senator for California's 39th District, which includes University Heights



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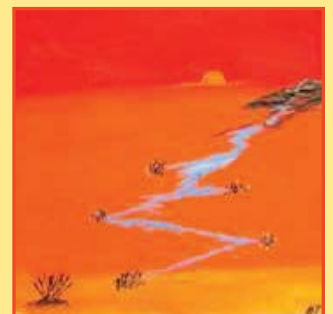
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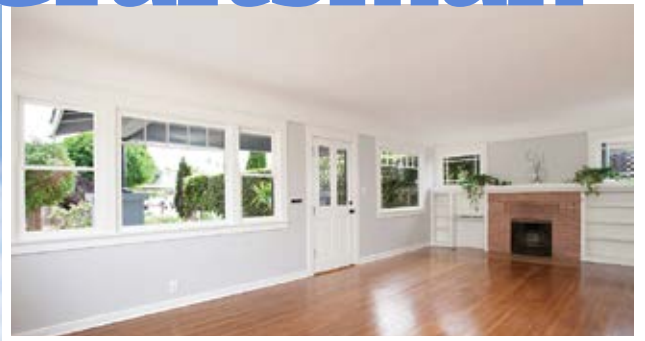
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University Heights Craftsman

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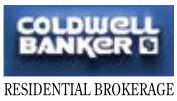


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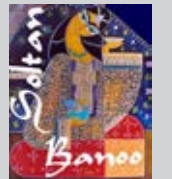
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