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## MERRY & BRIGHT – HOLIDAY SHOPPING IN UH



When you buy local, you're helping neighbors right here in our community. University Heights offers many shopping options, from gorgeous plants and decor to custom jewelry and spa pampering, with a little bit of everything else in between! These great gifts from local businesses will impress anyone on your list. (And we always encourage you to get a gift for yourself!)



**Original Skin and Body Care**  
4416 Park Blvd.

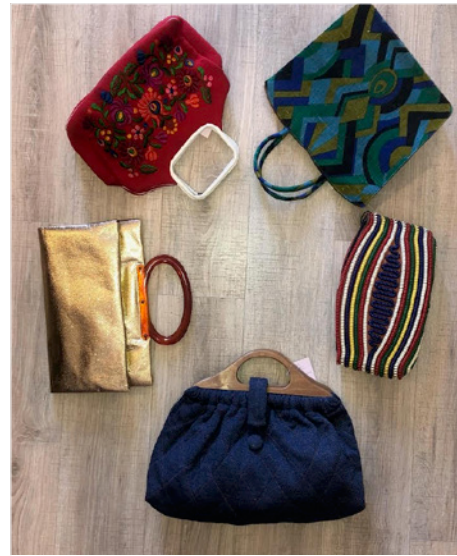
This premiere full-service Salon and Day Spa offers specialized facial and body treatments, nail care, and expert waxing, all designed to beautify while bestowing confidence and joy. Drop in and take advantage of this holiday special! Polish your body with exfoliating Dead Sea Salt, followed by a hydrating body mask with high quality essential oils that will transport you into a total state of relaxation. \$150 value, only \$95, valid until 2/28/23.



**Cecilia's Fine Jewelry**  
4669 Park Blvd.

Our very own local jeweler is a great place

to begin your holiday shopping! Cecilia's offers silver, white and yellow gold, as well as antique jewelry. The shop also does watch repair and battery replacement! Jewelry items are offered at prices that fit all budgets, from as low as \$45!



**Shangri La Vintage**  
4676 Park Blvd.

Stop in for vintage clothing and accessories from the 1950's-1990's. Shangri La Vintage currently has a beautiful selection of holiday dresses, and winter coats are 15% off! Also check out the fun \$8 earrings that make a great holiday gift or stocking stuffer!

**Buddha's Light Bookstore**  
4538 Park Blvd.

Buddha's Light Bookstore is the spot to find books on Buddhism, mindful coloring and meditation, accessories, incenses, meditation cushions, Buddha Teas, and much more. Stop in for holiday savings up to 20% on selected items through 12/24/2022. The bookstore is open on weekends from 10 a.m. - 4 p.m.

**Eden San Diego**  
4636 Park Blvd.

Venture inside Eden to get lost amid a selection of lush houseplants, decorative

pots, and artisan gifts. The store's outdoor space offers succulents, cacti, potting soil, and a potting station for customer use. During the holiday season Eden offers Christmas trees, which can be pre-ordered and delivered, as well as poinsettias, rosemary, and lavender cones. Eden has gifts for everyone on your list including locally made soap, handcrafted jewelry, greeting cards, and more. Open Thursday through Sunday, 11 a.m. - 5 p.m.

**Goddess of Avalon Apothecary,**  
located inside Holistic Harmony  
2083 Mission Ave.

*Holiday Shopping in UH continued on page 12*

NEXT UHCA MEETING

**DEC. 1**  
**6:45 PM**

**FUTURE OF THE LIBRARY**  
**SD LIBRARY FOUNDATION**  
**BIRNEY GIVING TREE**  
**IN PERSON AT**  
**BIRNEY AUDITORIUM**

WILL BE SIMULCAST ON ZOOM  
DETAILS AT [WWW.UHSD.ORG/ATTEND-A-MEETING](http://WWW.UHSD.ORG/ATTEND-A-MEETING)

**NO MEETING IN JANUARY**

SEE YOU IN 2023 ON FEBRUARY 2!

## UH ARTS + TASTE OF UH



Another festive and fun time was had by all at UH Arts and Taste of UH, on Sunday, Nov. 13. The event provided local artists a venue to display and sell their one-of-a-kind artworks, and local shops such as La Loupe Vintage, Shangri La Resale, and Cecilia's Fine Jewelry, just to name a few, to attract new customers. It also provided local UH restaurants an opportunity to showcase their delicious culinary arts. My personal favorite was Stella Jean's Ube + Pandesal Ice Cream. UHCA was there with a merchandise booth and sold lots of T-shirts, tote bags made from recycled lamp post banners, reusable cups, and more. **Huge thanks to UHCA and UHArts for putting on this amazing event!**

—Angela Jackson-Llamas

## 90-Degree Parking on Adams, Monroe, and Meade Proposed

**Join this special meeting on Monday Dec. 5 at 5:30 pm in the UH Library**

The City of San Diego Sustainability and Mobility Department has proposed to convert the current angled parking spaces on some side streets adjacent to Park Boulevard to 90-degree "head in" spaces to replace 32 of the 40 parking spaces recently removed.

The blocks being evaluated for increased parking are the north side of Adams between Mission Cliff and Park, the north side of Monroe between North and Park, and the south side of Meade between Campus and Park.

This new parking configuration would add approximately 12 parking spaces on Adams, 7 on Monroe, and 13 on Meade. The City provided a 60-day notice to property owners and tenants along the

streets that would be affected, and the response indicated over 80% favor the proposed changes.

The UH Parking District has worked with the Mid City Parking District and the City to identify areas for parking expansion and to move this project forward with urgency after the Park Boulevard reconfiguration in June.

The City brought their head-in parking proposal and survey results to the November 1 Uptown Planners meeting, and due to safety concerns, the Uptown Planners board members voted to send the proposal to review by the Public Facilities Subcommittee, giving UH residents and business owners another chance to have a say.

We thank the City for engaging the community. It's important that we speak up and keep the City engaged in community dialog before changes are made. If you can't attend the meeting, please share your input via email to [stumcgraw@uhsd.org](mailto:stumcgraw@uhsd.org).

—Stu McGraw



## LIBRARY AT A CROSSROADS

The University Heights Branch Library is at a crossroads, and we need your help! Since 1966, this "small but mighty" facility has been dutifully serving its growing community and making necessary adjustments along the way.



The San Diego Public Library and the Library Foundation SD are developing a new Library Master Plan to provide a "long-range vision and strategy for San Diego Public Library facility, technology, and program investments," as stated on the library's website. By simply Googling "San Diego Library Master Plan," you will find the link to the Master Plan web page to read more about it. In short, phase one is complete, and now comes phase two, which is your biggest opportunity, as a community, to effect major change.

We urge you to attend our University Heights-specific meeting happening during the UHCA community meeting at the Birney Elementary Auditorium on Thursday, December 1 at 7:00 p.m. This is your chance to make your voice heard and tell Library Director, Misty Jones and Library Foundation SD's CEO Patrick Stewart about your vision for a new library. What do you like about the library? What changes would you like to see? Obviously, technology plays a much larger role in our lives these days, and many of us are hoping to see a major expansion in this area. Additionally, the University Heights Branch needs a community room, a dedicated parking lot, a dedicated Children's Area, study rooms, outdoor areas for the public to enjoy, and so much more!

It's vital that the people who will be using the library the most have a say in the final product. For an idea of what a "modern library" is like, look at the July/August 2021 edition of this University Heights Community Association Newspaper, archived online (see: [www.uhsd.org/newspaper](http://www.uhsd.org/newspaper)). Don't miss the UHCA Mixer happening on Wednesday, November 30th at Serpentine Cider, 2311 El Cajon Boulevard. This will be yet another opportunity to advocate for library upgrades that we so desperately need. We can't emphasize enough how incredibly important it is to participate, and we thank you in advance.

—Jeff Garthaus, Library Assistant III, University Heights Branch Library



## PRESIDENT'S CORNER

MARC JOHNSON

The holiday season is in full swing in UH! We kicked off the season in November with the UH Art Walk and Taste of UH which showcased the unbelievable amount of artistic talent that lives and works in UH – something I already kind of knew, being married to an artist myself! We have so many exciting events for this season: the Holiday Mixer on November 30, the UH Yard Sale, Garden Club learning sessions, the return of Caroling in the Heights, and of course Lights in the Heights.

These events – and our awesome Beautification Team clean-ups and decorating events – are all made possible because of the leadership, efforts, and time given by our amazing volunteers. Thank you to every person who has manned a table, picked up trash, helped decorate, sent emails, printed signs, organized an event ... as well as everyone who helps write, edit, put together, and deliver this paper, organizes speakers for our meetings, or participates in committees and community forums. You are what makes

UHCA and UH awesome!

We are approaching a new year, and the topic of infrastructure is coming up more and more. UH is growing – quickly and by a lot. One of our most cherished resources is our “tiny but mighty” library, and with over 1,000 new residents coming to UH in the next few years, our library desperately needs to grow to be able to serve them and our community. Our December meeting will be focused on telling the city what we need for library improvements and enhancements – and I hope everyone makes their voices heard.

This is our last issue before the new year (even our tireless UH News elves need a little time to recharge) so we won't be at your doorstep or in the kiosks again until February. I want to take a minute to wish all of my neighbors a holiday season filled with joy, and an earnest wish for a safe, happy, healthy, and wonderful new year ahead.

*Marc*





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Insurance Lic#: 0144860  
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San Diego, CA 92104  
Bus: 619-831-8172

Your home is where you make some of your best memories, and that's worth protecting. I'm here to help.  
**LET'S TALK TODAY.**



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State Farm Florida Insurance Company, Winter Haven, FL  
State Farm Lloyds, Richardson, TX

1708136

## MEMBERSHIP

**NEW MEMBERS & RENEWALS**

**BUSINESS/CORPORATE MEMBERSHIP**  
Steve Huemmer & Angela Garner, Park Boulevard Liquor & Deli, Hill Compliance Advisors

**GOLDEN OSTRICH** *Thank You!*  
Scott Kovacik, Steven Kolbert, Ed & Karen Kojijane, Elizabeth Mannino Avila, Jessica Colosimo & Case Iest

**HOUSEHOLD**  
Rebecca Estrada, Terry Hayes, Larry Seubert, David & Dawn Harrison, Linda Hotchkiss & Bridget MacConnel, Tina & Justin McGlathery, Don Ashley & Steven Nugent, Craig & Peggy Bentley, Hildie Kraus, Nancy Lents & Josh Oderlin, Kathryn Balderas, Ned Totah, Cate & Barry Bell, Lee Schoenbart, Matthew & Kristine Axelson, Michael R. Galarneau, David Almada & Art Deighan, Jennifer Vanden Eynden, Lisa Haney

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



**OUR MISSION**

The University Heights Community Association (UHCA), founded in 1984, is a 501(c)(3) nonprofit, member-supported community association dedicated to improving the quality of life and the sense of community in San Diego's University Heights.



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

**Yearly Membership**

Feather – give what you can \$ \_\_\_\_\_

\$36 Plume (Household)

\$120 Golden Ostrich (Household)

\$100 Business Plume

**Donor**

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

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City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Referred by \_\_\_\_\_

NEW  RENEWAL

- Volunteer Your Time on a UHCA Committee!**
- Beautification & Planning** Keep UH beautiful.
  - Blockwalker** Help deliver *UHCA News* to neighborhood residences and businesses.
  - Marketing & Merchandising** Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.
  - Membership** Help meet record goals for 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 the *UHCA News*.
  - Program & Events** Plan and oversee the various events and general meetings.
- A portion of your membership is tax-deductible to the extent allowed by law. For more info, email [membership@uhsd.org](mailto:membership@uhsd.org)



**JOIN, RENEW, DONATE, OR VOLUNTEER ONLINE AT [UHS.D.ORG](http://uhsd.org).**

## UHCA NEWS

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**GRAPHIC LAYOUT** Patty Howland

**PHOTOS AND GRAPHICS** Paul Farris, Marc Johnson, Patty Howland, Jane Gilbert




**ADVERTISING DIRECTOR** Email Susan Holts at [ads@uhsd.org](mailto:ads@uhsd.org)

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 first of the month. Please see [www.uhsd.org/submissions](http://www.uhsd.org/submissions) for details.



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# UHCA MEETING NOTES IN CASE YOU MISSED IT

## November 3 UHCA Community Meeting Summary

The November 3 UHCA Community Meeting was held at 6:45pm via Zoom with 29 attendees. The full meeting is available for replay at [www.uhsd.org/attend-a-meeting](http://www.uhsd.org/attend-a-meeting).

### Crime Watch

Lisa Getz reported on behalf of Nan McGraw for Zone 1. Cookies and neighborhood watch signs were provided at the recent Crime Watch meeting attended by 65 people. Parties at The Point continue to cause problems. The fence there has been repaired. For Zone 2, Pam Issacs reported car break-ins, mostly on Park Blvd. An attack with a deadly weapon was also reported. For Zone 3, Marc and Pam reported the bridge was incident-free. For Zone 4, Marc reported no major incidents. Roxanne reported that the homeless woman who yells is back. There were no reports for Zones 5 or 6. Officer David Surwilo advised people to call 911 and request a PERT officer when needed. PERT (Psychiatric Emergency Response Team) deals with mental health issues, and these officers are able to get people into treatment. Carmen Cooley reported glass doors being broken in her area and requested extra patrols. Reminder to not leave packages in your car. If you leave items in the trunk, move your vehicle so anyone who saw you place items in your car sees you leave the area.

### Announcements

Marc Johnson opened the General Meeting, offering a big thank you to all volunteers and Board Members who help make UH a better place. He also thanked the new business members: Upgrade Chiropractic and Park Blvd Liquor and Deli. We need volunteers for UHCA news, block walkers, beautification team, and events team. Please reach us at [volunteers@uhsd.org](mailto:volunteers@uhsd.org). Marc reminded everyone about the Arts Open and Taste of UH, which were held Nov 13.

### Beautification

Marc reported helpers were needed for cleaning the Vermont St. bridge on Nov. 20 and also still needed for installation of holiday decorations on Dec. 4 from 8:30 to 11:00 am. All are welcomed to help.

### Events

Lisa Getz noted the Holiday Mixer planned for Nov. 30 at Serpentine Cider from 5 to 7 pm, and will include gift raffles. Birney Giving Tree gift cards will be collected and distributed to families. The gift cards, ranging from \$5 - \$25, can be dropped off through Dec. 2 at Pemberley Realty, Big front Door, and the UH Library. Another UH Community Yard Sale is happening on December 3. Register for free at [uhyardsale@gmail.com](mailto:uhyardsale@gmail.com), to be included on the map. The UH Garden Club Winter Gardening meeting will be held Dec. 4 at Eden on Park Blvd. The Garden Club is going very well, with 50 members thus far. Lights in the Heights judging will be held Dec 18 starting at 4 pm. Caroling in the Heights will take place on Dec.17 beginning at the Vermont St. Bridge at 5 pm, then on to Mystic Mocha at 5:45 pm, and The Point (Rhode Island St. at Golden Gate Dr.) at 6:30pm.

## Library Updates

Rachel Esguerra shared that the library once again is a mail ballot drop off location. Story time and craft program are listed in the events calendar. Visit the library's website for more info. The Library Master Plan is now available. There will be a feedback board at holiday mixer for people to post details of what they want to see in a UH library. The Dec. 1 UHCA General Meeting will also cover this issue. Please attend, and support our library.

## Updates from Elected Officials

Benny Cartwright with Councilmember Whitburn's office reported that Trolley Barn restroom project will not proceed at this time. There is a need for more public restrooms, however, until we can keep the existing ones clean, there is no need to build more. Funds may now possibly be redirected for other upgrades at Trolley Barn Park. The latest city budget priorities are focused mostly on homelessness and public safety, with the city considering safe campsites in various locations. City Council Redistricting goes into effect next month. UH remains in District 3. Benny also reported that he is leaving Mr. Whitburn's office and will become a Public Information Officer with the City. His replacement will be announced soon.

## Candidate Forum – Assessor Recorder Clerk

Marc welcomed Barbara Bry and Jordon Marks, candidates who were vying to lead the County Tax Assessor Recorder Clerk's office. The candidates each gave opening statements and answered a series of questions regarding their backgrounds and their goals for leading the Assessor Recorder's office.

— Angela Jackson-Llamas

# DECEMBER PLUME

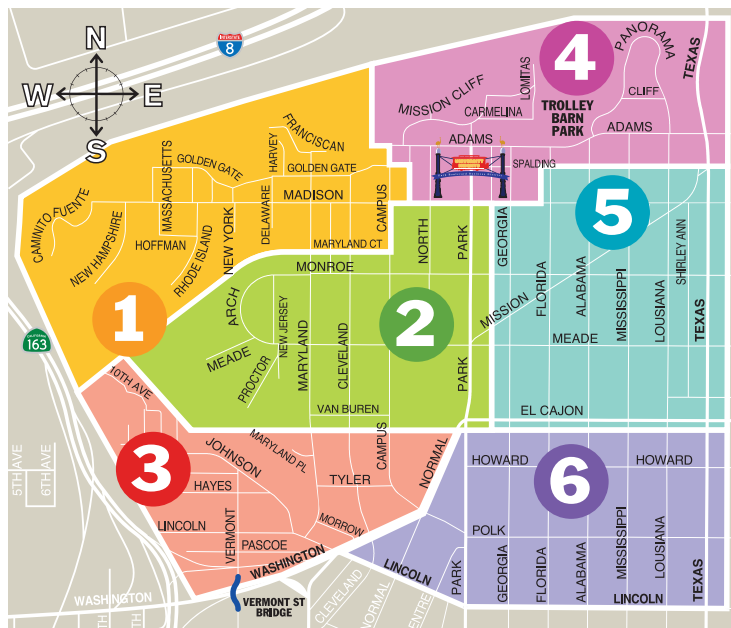
On Saturday, October 22nd, the University Heights Beautification Team (B-Team) had an outstanding turnout for its annual Fall Clean Up. Fifteen members of our community met up at Trolley Barn Park at 8:30 a.m., armed with buckets, trash grabbers, rags and Goof Off. They dispersed throughout the neighborhood and spent the morning picking up trash and removing graffiti and stickers.



- Sol Schumer
- MaryBeth Chruden
- Jeremiah Allen
- Rob McDonald
- Kim Cooper
- Grace Golden
- Frank Santana
- Mike Pettit
- Liam Pettit
- Kyle Brinker
- Roxanne Govari
- Sandra Hooley
- Naida Hindert
- Elisabeth Fidler

We award all who gave their time and energy to this clean-up effort a Plume of gratitude. — Jennifer Bishop & UHCA News Team

## 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](http://uhsd.org) or contact your zone's coordinator or Nan McGraw.

- 1 Nan McGraw [nmcsan@aol.com](mailto:nmcsan@aol.com)
- 2 Pam Isaacs [pamisaacs1@gmail.com](mailto:pamisaacs1@gmail.com)
- 3 Mary Lange [mlangeuhcazone3coordinator@gmail.com](mailto:mlangeuhcazone3coordinator@gmail.com)
- 4 Heather Wilcox [zone4watchuhca@gmail.com](mailto:zone4watchuhca@gmail.com)
- 5 Tamara Zyhylij [tamara@tamarazrealestate.com](mailto:tamara@tamarazrealestate.com)
- 6 Nan McGraw [nmcsan@aol.com](mailto:nmcsan@aol.com)



### CRIME WATCH SIGNS

UHCA installed 60 new signs in 2016. If you know of an old sign that needs replacing or a location needing a sign, email [signs@uhsd.org](mailto:signs@uhsd.org).



### SLOW DOWN SIGNS

Speeding on neighborhood streets in UH continues to be a problem. Shaving time off trips by speeding has small benefits and high risks. PLEASE SLOW DOWN! Please email [signs@uhsd.org](mailto:signs@uhsd.org).



### File a Police Report Online with SDPD

## UH PHONE BOOK

<b>Emergency • Police • Fire • Medical</b>	9 1 1
<b>Non-Emergency</b> Suspicious Activity, Homeless Outreach Team, etc.	619-531-2000
<b>SD City Services: Emergency &amp; Non-Emergency</b> Street lights, potholes, etc. Online: <a href="http://www.sandiego.gov/city-hall/departments">www.sandiego.gov/city-hall/departments</a>	619-527-7500
<b>Alert San Diego</b> Reverse 911 notification to mobile phones for emergencies requiring evacuations	<a href="http://www.readysandiego.org/alertsandiego/">www.readysandiego.org/alertsandiego/</a>
<b>2-1-1 San Diego</b> Free Resources: CalFresh, Medi-Cal, Covered California, etc.	2 1 1 or 858-300-1211
<b>Abandoned Vehicles</b>	858-495-7856
<b>Alice Birney Elementary Office</b>	619-497-3500
<b>Animals / Non-Emergency</b>	619-767-2675
<b>Brush and Weed Abatement</b>	619-533-4444
<b>Code Violations</b>	619-236-5500
<b>COVID-19</b> City of San Diego Daily Updates	<a href="http://www.sandiego.gov/coronavirus">www.sandiego.gov/coronavirus</a>
<b>Crime Stoppers Tip Line</b>	888-580-TIPS (8477)
<b>Department of Environmental Health</b> Public Health / Rats / Rodents	858-694-2888
<b>Downed Power Lines / SDG&amp;E</b>	800-411-7343
<b>Emergency Water / Sewer Repair / Sink Holes</b>	619-515-3525
<b>Narcotics</b> Suspicious drug house / anonymous	619-531-2468



Download this app for reporting non-emergency issues, like potholes, graffiti, code violations, over-watering, sidewalk problems, etc. to the City of San Diego <https://getitdone.force.com>

<b>PATH (People Assisting The Homeless)</b> <a href="mailto:path@epath.org">path@epath.org</a>	619-810-8600
<b>Retired Senior Volunteer Patrol (RSVP)</b> Vacation home security check, welfare of home-bound, patrolling business districts, homeland security support	619-692-4945
<b>National Suicide &amp; Crisis Lifeline</b>	9 8 8
<b>SDPD Community Relations Officers:</b> David Surwilo <a href="mailto:dsurwilo@pd.sandiego.gov">dsurwilo@pd.sandiego.gov</a>	619-692-4858
<b>SDPD Western Division</b> 5215 Gaines Street	619-692-4800
<b>Shopping Cart Pick-Up Service</b>	800-252-4613
<b>Stonewall Citizens Patrol</b> <a href="mailto:info@stonewallcitizens.org">info@stonewallcitizens.org</a>	619-297-3166
<b>UHCDC</b> University Heights Community Development Corporation	619-692-4912
<b>University Heights Public Library</b> 4193 Park Blvd	619-260-0668
<b>UH Zone Watch Coordinator</b> Nan McGraw <a href="mailto:nmcsan@aol.com">nmcsan@aol.com</a>	9 1 1
<b>Graffiti:</b> In Progress Emergency: Report Online: <a href="https://getitdone.force.com">https://getitdone.force.com</a> Graffiti Hotline:	619-527-7500
<b>SD Vector Control</b> mosquitoes / ticks / rats Online: <a href="mailto:vector@sdcounty.ca.gov">vector@sdcounty.ca.gov</a>	858-694-2888
<b>If all else fails, email</b> <a href="mailto:BCartwright@sandiego.gov">BCartwright@sandiego.gov</a> at Council member Stephen Whitburn's office.	



### DISASTER CONTACTS

In case of a major disaster, have two out-of-area contacts handy. When the power is out, landline phones may not work. Make sure your cell phone is charged. Call 211 for updated information.



# Nature in the Neighborhood

## Fly by Night

The June “Nature” article addressed the diurnal raptors (birds of prey) that share our neighborhood ecosystem. Now, just barely a month past Halloween and with shorter day lengths, it seems appropriate to discuss their nocturnal counterparts, the owls. Hawks and owls have converged on the predatory lifestyle by independently evolving sharp, hooked beaks and pointed talons, but these species are not at all related groups in the vast kingdom of birds.

San Diego County is home to seven owl species from coast to desert, but only two have adapted well to the human environment. These are the Barn Owl (*Tyto alba*) and the Great Horned Owl (*Bubo virginianus*), which actually represent different owl families. Both species presumably find day refuge in quiet places away from people, likely in dense trees or shrubs in our local canyons, but by night our world becomes theirs.



Great Horned Owl

Possessing extremely acute night vision and hearing, these birds fly, perch, hunt and call in our neighborhood as if oblivious to our presence. However, any small to medium sized night-faring animals, domestic or wild, that wander the streets and canyons do so at their own peril. All owls have a soft, dense pile of short fibers on the surfaces of their flight feathers that baffle air friction and allow for essentially silent flight. This feature, in combination with their keen senses, makes owls very effective at the element of surprise attack.

During the hunt, owls are not vocal and are therefore scarcely detectable by humans. It is during more leisurely moments of territorial advertisement or pair-bond reinforcement that they reveal themselves to us. Barn Owls hunt exclusively from the wing and feed mostly on



Barn Owl

rodents or other small mammals. Occasionally they will punctuate their highly acrobatic flights with high-pitched, screeching “shriiiiiik!” or rhythmic “plika plika plika...” calls that are likely to raise the hackles of an unsuspecting human listener.

I have found calling Barn Owls very difficult to see, as they apparently fly just out of the range of our night vision, although occasionally they will appear as pale, circling specters overhead. By day and for nesting, they require the shelter of a secluded hollow tree or other enclosed structure (yes, even barns). In our suburban environment Barn Owls have made frequent use of dense tangles of fronds at the tops of towering palm trees.

Great Horned Owls are among our most fearsome avian predators, known to feed on other birds of prey and mammals their own size, such as cats and even skunks (yuk!). Any smaller creature is also fair game. Anyone recently strolling the streets by night has likely heard the rhythmic courtship hooting of a pair, “hoo h-hoo, hoo, hoo,” as the lower-pitched male alternates calls with his mate.

Calling birds are often quite visible by street light as they perch atop poles or trees, from which they also survey their turf for prey. GHO’s are more flexible in their roost and nest site selection, often commandeering the stick nests of crows or hawks, but also occupying hollow trees, cliff ledges, or secluded human structures.

—John Lovio

## SUSTAINABLE UH

### BATH TIME?

The Japanese concept of “Forest Bathing” has been popular here in the US for quite a few years. Research has proved that the calming, restorative power of a walk in the woods derives from volatile chemicals exuded by trees and absorbed into people’s



bodies. These compounds are said to lower our levels of stress hormones (adrenaline, cortisol) and raise levels of “Natural Killer” cells that fight viral infections. Enjoying the woody aromas of a forest and training our minds on gratitude for the natural beauty around us adds that soul-nourishing, anxiety-quieting dimension to forest bathing that many of us can really use.

Opportunities to bathe in the quiet majesty of trees abound in our local mountains. Trails in **William Heise County Park** and **Rancho Cuyamaca or Palomar Mountain State Parks**, for instance, offer safe, serene forested landscapes in which to quiet our minds and soak in healing phytochemicals. Parking in these locales

usually costs no more than \$10. The gas-guzzling, hour-long drive home might harsh some of that piney, oaky mellow, though.

A bit closer to home, a certified Forest/Nature Bathing guide at the **San Diego Botanic Garden** in Encinitas occasionally offers a 2-hour class in which participants train their minds and bodies to absorb all the health benefits that trees have to offer. The garden’s 4 miles of trails provide ample opportunity for members and paying visitors to practice what they learn. There is still that drive from UH, though. Plus the \$37-\$45 for the class and \$12-\$18 for general admission at other times, unless you’re a member (\$55-\$165).

Much closer to home, **Balboa Park** provides free-to-enjoy forest bathing possibilities. **Palm Canyon**, for example, behind the Mingei Museum, offers a forest of palm species that envelop the meditative visitor in their green energy, while surrounding fig and pine trees contribute their healing botanical chemistry. On the 6th Avenue side of the park, the **Trees for Health** garden (at Balboa Dr. and Quince St.) features over 70 medicinally-significant trees in which to bathe body and soul.

Even the Zoo’s extensive botanical collection provides potential forest bathing retreats. Make a beeline straight to **Fern Canyon** right when the Zoo opens, for instance, and you can sit among the prehistoric plants, absorbing their ancient, serene aura. If your timing is lucky, you can enjoy a long, quiet moment punctuated only by bird calls and gently cascading water, breathing in the green, life-sustaining energy of the trees and breathing out the stress-induced hormones your body’s cells may be harboring.

It would be great to be able to recommend a meditative walk in our neighborhood’s canyon Open Spaces, but encampments and other potential dangers there mean trail-goers need to remain alert rather than focusing on communing with nature.

Actually, though, if you stroll through **Trolley Barn Park** when traffic on Adams is light, and you tune out the low rumble from I-8 below, training your gaze on the glittering trees, their leaves ruffling in the mild breeze amid the park’s expansive, emerald green lawns, there is potential for an extended moment of peaceful solace and gratitude for our earth and the people who steward it.

In this season of good will, let us be thankful for the extraordinary trees around us, and for the people in our community who fight tirelessly for the environment that sustains us all.

—Judith Annicchiarico

### WHAT ARE YOU READING?

#### How to Live Safely in a Science Fictional Universe by Charles Yu

I believe one of the great joys of science fiction is being made to feel completely and utterly out of your depth.

It’s exciting to wonder about the potential of it all. To see it described in a flood of speculative science makes it even more fun. Like reading a textbook from some far-off future, when enough problems have been solved that the world collectively decides to screw around for a bit, and find out just what is living beyond the realms of reality.

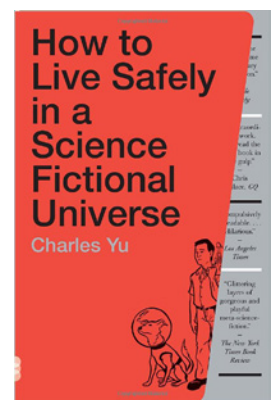
Perhaps one of the most beloved “what if’s” in science fiction, is Time Travel. It can be whimsical or horrifying, and in Charles Yu 2010 sci-fi novel, “How to Live Safely in a Science Fictional Universe,” it can be incredibly mundane. Yu introduces time travel as an easily accessible service to anyone who’s willing to go through the trouble of managing the machine. It’s mass produced, standardized, and requires all the troubleshooting you’d expect from a piece of hardware. It’s about as user friendly as a satellite; amateur hour to the expert, gibberish to the layman.

The central conflict of Yu’s premise comes not from some corrupt corporation abusing future tech, or a villain hell bent on universal domination, but rather the self-imposed, 10-year isolation of the main character and his ambivalence to getting stuck in a time loop. Breaking free of the cycle means risking life or death to confront the reality he left behind, to connect with the people who’ve moved on while the he has remained stagnant.

He doesn’t use time travel to save the world, or right some great injustice or to warn his family about their future, because he can’t. All those paths are set in stone. Instead, he uses it for something far more nerve wracking:

Looking his choices dead in the eye and accepting every single one.

—J. Llamas



**UH Community Yard Sale**  
**Saturday, December 3**  
 Time to clean out the garage, closet, or storage space? Looking to pick up a few items? Be part of the University Heights Yard Sale.  
 Maps will be available at 7 A.M. on Saturday Dec. 3 at 4416 Park Blvd in University Heights and will be posted on University Heights social media.



GARDEN CLUB CORNER

# A Great Time to Grow Garlic

There are so many wonderful fall/winter crops that grow well in this cool season, such as broccoli, cabbage, potatoes, kale, and lettuces, but nothing takes the cake like garlic. While we are in USDA zone 10, which means our “cool weather” never really dips too far below 32° F, we can still easily grow garlic in our area by following a few helpful steps. If you haven’t already planted your garlic this year, the following information will help with next year’s crop. You might even try planting in February. Read on for details!



**VARIETIES**

There are three main types of garlic: softneck, hardneck, and elephant. The main difference between softneck and hardneck garlic is their frost tolerance. Hardneck garlic prefers to grow in much cooler temperatures and produces garlic scapes that are like a long flowering stem that can be eaten. Softneck garlic is less hardy in cooler temperatures, but stores better. Elephant garlic is characterized by much larger cloves and is actually a relative of the leek family.

**SOURCING**

It is very important to source garlic bulbs from a reputable nursery or seed company. The bulbs should be labeled as disease-free and organic. Planting garlic bulbs from the grocery store in your backyard can lead to problems with germination or even introduce fungal spores and pesticides into your garden. Sourcing disease-free, pesticide-free garlic bulbs will ensure the highest possibilities for success.

**PREPARATION**

Since garlic requires vernalization (cool temperatures in order to promote germination), USDA Zone 10 gardeners can simulate this process by placing bulbs in the refrigerator for 40 days. If you haven’t done so this year, for planning purposes, it’s a good idea to purchase bulbs in or around August to ensure that bulbs will be ready for planting in the ground in or around October. This timing will provide for the greatest chance of a successful harvest. Some articles and reference guides mention that bulbs can be planted in February for a shorter growing season (which is more common for areas that receive snow, ice, or long periods of time where the soil is frozen), but through trial and error, I have found that in our zone, planting bulbs in October/November gives the garlic cloves the best chance of success, in both bulb development and taste.



**SOWING**

After your garlic bulbs have been in the refrigerator for about 40 days, gently separate the cloves while maintaining the papery skins around each clove. Soak cloves overnight in a solution of 1 teaspoon of baking soda, 1 teaspoon of fish emulsion/liquid fertilizer, and 1/2 gallon of water. This combination will discourage fungal growth, as well as promote germination.

Once cloves have soaked overnight, you are ready to sow them directly into the ground. Garlic likes well-draining soil in a location in your garden that has sun/partial shade. Sow each garlic clove about 1 inch deep, 4-6 inches apart. Cover with loose soil and provide water. Garlic will also need fertilizer occasionally during its nine month growing season to promote healthy development. Although our cool season can sometimes stay around 60°, mulching garlic beds during hot spells in the winter and providing shade cloth during unexpected heat waves can ensure a successful garlic season.

**HARVESTING**

The garlic growing season is one of the longest—about eight to nine months—in order to obtain good size bulbs with great, peppery flavor. About one month from your expected harvest date, garlic scapes will form in between the center stalks of any hardneck varieties you planted. Scapes look like long flower stems that are light green in color and are less rigid than the rest of the garlic’s foliage. At this time in the garlic’s growing season, cut and remove the scapes in order to promote more energy directed back into the development of the bulb. Garlic scapes are delicious and can be added to stir-fries and other dishes for a great garlic flavor.

Once the garlic is ready for harvesting, gently pull the neck of the garlic from the soil to release the bulb underneath. Gently shake off excess soil from the bulb, but do not wash the bulbs at this stage. In order to store garlic for any amount of time, the bulbs must be properly cured by leaving them in the sun for drying for about 2-4 weeks. This process allows the bulbs to be stored long-term without spoiling. Any bulbs that didn’t develop fully can be sliced thinly and dehydrated in the oven or a dehydrator, and then ground into a fine garlic powder using a food processor for long-term storage.

Want to learn more about winter gardening? Attend our Winter Gardening 101 seminar at Eden San Diego on Park Blvd on Sunday, December 4 at 11:00 am. Registration is free. Visit <https://uhsd.org/events> for more information.

—Lauren Doucette

UH BEAUTIFICATION



The Beautification Team needs volunteers to help decorate the Vermont Street Bridge for the holidays. Volunteers will spruce up the bridge and hang the decorations and lights on Saturday, December 4 from 8:30 to 11:00 a.m.. All are welcomed to help, and any gift of time is appreciated! To be added to the Beautification Team email list and be notified of this and future events, please contact team leader Jennifer Bishop at [beautification@uhsd.org](mailto:beautification@uhsd.org).

—Jennifer Bishop is the lead for the Beautification Team

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UHCA GARDEN CLUB Presents  
**Winter Gardening**  
 Sunday, December 4th  
 11:00 AM - 12:00 PM  
 Eden San Diego  
 Learn how to start seeds, the best types of winter vegetables for Zone 10, and leveraging companion planting.  
 Register to attend, space is limited!  
[www.uhsc.org/events](http://www.uhsc.org/events)  
 UHCA University Heights Community Association

UHCA Garden Club  
**Fruit Trees 101**  
 Care, Selection, Pruning  
 Register via Eventbrite  
 Saturday, January 21st @ 9:00 AM  
 City Farmers Nursery  
 JOIN UHCA GARDEN CLUB FOR A PRIVATE NURSERY TOUR WITH CITY FARMERS OWNER, SAM TALL, AS WELL AS LEARN ALL YOU NEED TO KNOW ABOUT FRUIT TREES.  
 Register to attend [www.uhsc.org/events](http://www.uhsc.org/events)  
 UHCA University Heights Community Association



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>December 2022</h1> 			<p>DECEMBER IS <b>UNIVERSAL HUMAN RIGHTS MONTH</b></p> 		<p><b>1</b> UH Park &amp; Rec Meeting 5:30 pm <a href="http://uhcdc.org">uhcdc.org</a> UHCA Meeting 6:45 pm <a href="http://www.uhsd.org/attend-a-meeting">www.uhsd.org/attend-a-meeting</a>  Curbside Recycling &amp; Yard Waste Collection</p>	<p><b>2</b> Balboa Park December Nights 2nd - 3rd</p>	<p><b>3</b> UH Community Yard Sale 7 am UH Library: Miss Helene's Storytime &amp; Craft 10:30 am Safari Park Wild Holidays Begins</p>
<p><b>4</b> Hillcrest Farmers Market 9 am - 2 pm Vermont St. Bridge Decorations 8:30-11 am UH Garden Club 11 am</p>	<p><b>5</b> UH Parking Meeting @ UH Library 5:30 pm</p>	<p><b>6</b> SDUSD Board Meeting 5 pm <a href="http://sandiegounified.org">sandiegounified.org</a> Uptown Planners Meeting 6 pm <a href="http://uptownplannersd.org">uptownplannersd.org</a></p>	<p><b>7</b> UHCDC 6 pm <a href="http://uhcdc.org">uhcdc.org</a> UHCA Beautification Meeting 6 pm Pearl Harbor Remembrance Day</p>	<p><b>8</b> National Brownie Day</p> 	<p><b>9</b> San Diego Zoo Jungle Bells Begins</p>	<p><b>10</b> Vermont Street Pedestrian Bridge 28th Anniversary</p>	
<p><b>11</b> Hillcrest Farmers Market 9 am - 2 pm</p>	<p><b>12</b> UH Library: ARTful Conversation Workshop 5-7 pm UHCA 39th Anniversary</p>	<p><b>13</b> SDUSD Board Meeting 5 pm <a href="http://sandiegounified.org">sandiegounified.org</a> Hillcrest Town Council 6:30 pm UH Library: Miss Helene's Storytime &amp; Craft 6 pm</p>	<p><b>14</b></p> 	<p><b>15</b> Bill of Rights Day</p>	<p><b>16</b></p>	<p><b>17</b> UH Library Book Sale 9 am-3 pm UH Library: ToshWerks Holiday Ornament Craft 3 pm Caroling in the Heights, 5:00, 5:45 &amp; 6:30 pm</p>	
<p><b>18</b> Hillcrest Farmers Market 9 am - 2 pm UH Library Book Sale 12-3 pm Lights in the Heights Judging Hanukkah Begins</p> 	<p><b>19</b> Birney Elementary School: Winter Break Begins through January 2</p>	<p><b>20</b> No North Park Planning Committee Meeting</p>	<p><b>21</b> Winter Begins</p>	<p><b>22</b></p> 	<p><b>23</b></p>	<p><b>24</b> Christmas Eve</p>	
<p><b>25</b> Christmas</p> 	<p><b>26</b> Kwanzaa Begins Day of Goodwill</p> 	<p><b>27</b> National Fruitcake Day</p>	<p><b>28</b></p>	<p><b>29</b></p>  Curbside Recycling & Yard Waste Collection	<p><b>30</b></p> 	<p><b>31</b> New Year's Eve</p>	

# January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b> New Year's Day Feb. News Articles Due</p>	<p><b>2</b></p> 	<p><b>3</b> No Uptown Planners Meeting</p>	<p><b>4</b> UHCDC 6 pm <a href="http://uhcdc.org">uhcdc.org</a> UHCA Beautification Meeting 6 pm World Braille Day</p>	<p><b>5</b> UH Park &amp; Rec Meeting 5:30 pm <a href="http://uhcdc.org">uhcdc.org</a> No UHCA Meeting</p>	<p><b>6</b> National Bean Day</p>	<p><b>7</b></p>
<p><b>8</b> Hillcrest Farmers Market 9 am - 2 pm</p>	<p><b>9</b> UH Library: Community Building Circle 5-7 pm</p>	<p><b>10</b> SDUSD Board Meeting 5 pm <a href="http://sandiegounified.org">sandiegounified.org</a> Hillcrest Town Council 6:30 pm</p>	<p><b>11</b></p>	<p><b>12</b> UHCA 39th Anniversary</p> 	<p><b>13</b></p>	<p><b>14</b></p>
<p><b>15</b> Hillcrest Farmers Market 9 am - 2 pm National Bagel Day</p>	<p><b>16</b> MLK DAY I HAVE A DREAM</p>	<p><b>17</b> UH Library: Kamishibai Folktales 6 pm North Park Planning Committee Meeting 6:30 pm <a href="http://northparkplanning.com">northparkplanning.com</a></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b> National Cheese Lover's Day</p> 	<p><b>21</b> UH Library Book Sale 9 am-3 pm</p>
<p><b>22</b> Hillcrest Farmers Market 9 am - 2 pm UH Library Book Sale 12-3 pm Chinese New Year (Rabbit)</p> 	<p><b>23</b></p>	<p><b>24</b> SDUSD Board Meeting 5 pm <a href="http://sandiegounified.org">sandiegounified.org</a> National Compliment Day Feb. UHCA News Out</p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>  Curbside Recycling & Yard Waste Collection	<p><b>28</b> National Seed Swap Day</p>
<p><b>29</b> Hillcrest Farmers Market 9 am - 2 pm</p> 	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>NATIONAL BLOOD DONOR MONTH</b></p> 	<p><b>National Mentoring Month</b></p> <p><b>National Slavery and Human Trafficking Prevention Month</b></p>		





# LIGHTS IN THE HEIGHTS

UH neighbors take their holiday decorating *very seriously*, and this year's Lights in the Heights will once again showcase the best of the best! Have your decorations ready by **Sunday, December 18 by 4pm** so our judges can see your creativity shine! Winners will be announced that week on social media, receive bragging rights via a certificate, and be featured in the February issue. Happy holidays and good luck!



## MEET YOUR NEIGHBOR

### EDIE JACOBSEN: SPREADING HOLIDAY CHEER THROUGHOUT UH



Edie painting

Have you ever wondered who created the whimsical wooden holiday panels that are displayed throughout our neighborhood in December? Well, look no further! These charming decorations are the brainchild of UH resident, Edie Jacobsen.

Edie and her wife, Genene, have lived on New York Street in UH since 1998. Starting in the early 2000s, everyone on New York Street began going all out with their Christmas trimmings and decorations. The Christmas blitz made Edie nostalgic, harkening back to her childhood growing up in Fresno, driving down Christmas Tree Lane where every property was adorned with a holiday plywood creation celebrating Christmas. Edie had a talent for drawing and decided to try her hand at creating one of the plywood decorations. In 2016, she made her first one, a Santa Claus.



Edie's hand-drawn map showing the location of each panel

Energized by the positive response her plywood Santa received, the next year Edie made a few more decorations for the neighbors on her street. Edie's early creations were thematic to New York Street. There was a Statue of Liberty on one panel, a nod to Broadway on another. Edie wanted to make these decorations unique to University Heights, so she

included an ostrich on every panel as well. In keeping with the whimsical nature of the designs, Edie painted the panels in bright, bold colors and made the characters cartoon-like.

Ever since these decorations started popping up in 2017, people throughout the neighborhood have been contacting Edie to get in on the fun, and the panels have become more personal to each household, even incorporating people's pets into the designs.



Happy New Year



Statue of Liberty Ostrich - one of the first panels on New York Street



Choo-choo train (Corner of Madison and Rhode Island Street)

Edie starts the creative process in May by drawing rough sketches based on her conversations with the person receiving the panel. While Edie welcomes input, the ultimate design decision is left to her and her wife, Genene, the creative consultant. In September, Edie purchases all of the necessary materials, especially plywood and paint. Then the fun begins. Edie sketches on the plywood, then cuts and sands it into shape. The next step is to go over the sketch in marker, followed by priming the front and back of

the panel. At this point, Edie asks panel recipients to volunteer a minimum of 1 hour to paint the panel. Because this is the fun part, most people usually invest a lot more than one hour to the process. In fact, Edie welcomes anyone and everyone who wants to join in the fun. There is an overwhelming sense of community when her driveway is filled with neighbors gathered together to paint, chat, and have a good time together.



Washington Square (Corner of Madison and New York Street)

Once a panel is completed, Edie seals the plywood with polyurethane on the front and back. She estimates it takes



Zen surfer (one of the newest ones for 2022)

between 12-15 hours (spread out over 1-2 weeks) from sketching to completion of a panel. Edie and Genene deliver the completed panels and provide assistance with displaying them by pounding posts into the recipient's lawn and zip-tying the panels to the posts. Each household is responsible for installing lighting so that the panels are illuminated at night. Edie encourages everyone to display their panels starting the Saturday after Thanksgiving.

While each panel is unique and personal to the individual recipient, Edie has an emotional attachment to every one of them. She enjoys having the community involved in creating something special for the holidays. As of this year, Edie has created a total of 36 panels for her University Heights neighbors.

- Jane Gilbert

## Birney Giving Tree



UHCA is continuing our tradition of sponsoring the Birney Giving Tree to help support families in need this upcoming holiday season.

Bring your cards to the December 1 UHCA meeting! We've also placed collection boxes around UH locations where you can drop off cards by **December 2:**

Pemberley Realty, 4645 Park Blvd  
Mon-Fri 9am-5pm

JA Cooley Museum, 4233 Park Blvd  
11am-4pm every day

Mystic Mocha, 2105 Mission Ave  
7am-5pm every day except Weds, 7am-2pm

University Heights Library, 4193 Park Blvd  
M-Tu 11:30-8, W-Sa 9:30-6

BFD Big Front Door, 4075 Park Blvd  
Daily 10-6

Cecilia's Fine Jewelry, 4669 Park Blvd  
M-F 10-5, Sat 10-3

YOU CAN ALSO DELIVER YOUR GIFT CARDS IN PERSON OR VIA MAIL:

Alice Birney Elementary School  
Attn: Birney Giving Tree  
4345 Campus Ave  
San Diego, CA 92103

After December 3, Birney staff will distribute the gift cards to student families based on need. Get your cards ready, and enjoy the special warm feeling of helping our neighbors! A special thank you to the volunteers & business partners for their help this year.



# BIRNEY BUZZ

## Families Help Bring Back Birney Traditions

Family Fridays are back in full force at Birney Elementary. Once a month, Birney invites parents and families on campus to see what students have been working on; each Family Friday has a different theme and activity. This tradition is one of the cornerstones of the incredible Birney community that principal Ms. Amanda has built.



Students wave Ukrainian flags at International Day of Peace

October's Family Friday was a celebration of International Day of Peace. Each year the students create a giant peace symbol on the school playground and enjoy peace-related music. This year, there was a special focus on the war in Ukraine. Kids and families were encouraged to wear blue, yellow or white for the photo and 500 Ukrainian flags were donated by one of the Birney families.

Birney hosted an International Dance Party for November's Family Friday to celebrate International Mother Language Day. As an IB World School, Birney encourages all students to see themselves as a citizen of the world. Students practiced international dances, which included La Raspa from Mexico, Eskista from Ethiopia, and crowd favorite Pata Pata from South Africa, for weeks before Family Friday with their PE teacher Coach Lord. Students enthusiastically performed with their classmates when the day came.

Westley V, 5th grader, said that the best part of the day is "having a lot of fun dancing and learning dances from around the world, even though some of them are very hard to learn."

She said her favorite was "the water dance [from Israel] because I love the circle dances. It has everyone joined up together and not going solo." Max C, Kindergartner, said he couldn't choose a favorite dance: "There are so many, I can't



Student flags decorated for International Mother Language Day were hung around campus.

even choose. I like most of them because we hold hands."

Another activity students participated in honor of International Mother Language Day was to decorate flags using words and drawings that represented their own mother language or any language they wanted. The flags were displayed around campus on Family Friday for everyone to enjoy.

Some other fun activities in November for families and students were sponsored by Friends of Alice Birney Elementary (FOABE) and Parent Teacher Assoc. (PTA). FOABE sponsored a Parents Night Out on November 5th which gave parents the opportunity to drop off their kids at school for a supervised and fun night. Parkhouse Eatery opened up early to host parents who wanted to eat and mingle with other Birney parents. Jake P, who is a parent of Birney 2nd grader said, "Hanging out with the other parents was fantastic. It was nice to get a break." The PTA held a book fair during parent teacher conference week November 14-18. Students and families were able to shop for Scholastic books in the library after school.



Westley V. dances at the International Dance Party

Finally, Birney's Big Give fundraiser is on December 8th. This one day, online giving campaign helps fund Birney's IB program and specials—art, garden, Spanish, and dance. Please email [info@friendsofalicebirney.org](mailto:info@friendsofalicebirney.org) if you are interested in becoming a very much needed business sponsor. Birney would like to thank its 2021-2022 "Queen Bee" sponsors: UHCA, Mission Hills Nursery, Kairoa, Park & Rec, Mary Anne Stevens and Anastasia Brewer, and Pemberley Realty.

— Sarah Layne, Proud Birney Parent and UH Community Member

# ROO NEWS

## Fall Begins with Peace

As the Roosevelt International Middle School community enjoys the magical season of No-School November and its even more popular counterpart, Winter Break, we reflect on our journey to this landmark.

School began with a couple of typically scalding weeks in early September, during which some tryouts for the newly implemented SDUSD Intramural Sports program were delayed, and some PHE classes were conducted inside. But the brave, sweaty children persevered, sporting their way to glory and good health.

and much more. Every student who applies is offered at least one of their top choices in the program, and many of the nearly 200 students who participate attend ASE activities multiple times per week.

The end of the October grading period brought Roosevelt's take on the parent-teacher conference: Student Led Conferences. In this system, the students and guardians meet on campus in a space where their teachers make themselves available to field questions. The students and adults go over their progress reports, class materials, and a slideshow they have created prior to the meeting, while the teachers stand by to facilitate.

Of course, October is also spooky season, and since Halloween fell on a Monday this year, Roughriders started the masquerade on Friday with an after-school Fall Festival and kept the party going through the weekend, with many students and staff arriving in-costume on Monday morning.



Students participating at Peace One Day



One of Roosevelt's most beloved traditions, Peace One Day, takes place early in the school year. On September 21, students donned their student-designed t-shirts and took to the blacktop, waving signs and practicing activism around this year's theme: eradicating racism. The event included "musical activism" by band director Nathan Elias-Kocivar's Chunky Hustle Brass Band. This tradition is tied to the United Nations' International Day of Peace, established in 1981, which encourages worldwide activism and public education on global issues. As an International Baccalaureate school, Roosevelt often looks to the UN as a beacon of global cooperation.

On September 22, Roosevelt parents and guardians got a taste of the fast-paced middle school lifestyle when they attended Back-to-School Night. The relaxed atmosphere of the welcome presentations and the aromas from the food trucks were all well and good, but stuff got real when the bells rang and grownups had to find their kids' classrooms for ten-minute sessions with each teacher. Above and beyond lessons gleaned from the teachers, these adults definitely learned to respect the middle school hustle.

The week after Back-to-School ushered in the launch of After School Enrichment (ASE), Roosevelt's free, volunteer-led, foundation-funded program, which offers students afternoon activities such as art, improv, strategic games, hip-hop dance,



As the Roosevelt community prepared for Thanksgiving Break we all thought about how much we have to be grateful for and made plans as to how we can keep that bounty flowing for the families at our school. And the plan is parking. Parking hundreds of cars.

The Friends of Roosevelt (aka Roofriends) is the foundation that raises money to fund programs that benefit every student, such as the After School Enrichment program, library services, field trips, grants for teachers, and more. The one fundraiser that has been our biggest source of revenue in recent years has been using the Roosevelt campus for parking during December Nights at Balboa Park. After a pandemic-induced hiatus, December Nights is back in all its glory, and Roofriends are hoping that will bring some much needed resources to our cause. So, when you go to December nights, head down Zoo Drive and look for a bunch of kids and parents directing you to our parking lot. Better yet, go to [tinyurl.com/RooParking](http://tinyurl.com/RooParking) to volunteer, and we might give you a sign to spin!

— Andy Hinds is a Roosevelt parent and Friends of Roosevelt board member

# HAPPY HOLIDAYS!



If you have ideas for stories, a knack for editing, and want to get more involved with keeping our community better informed, we have a great way for you to exercise those creative muscles! UH News is looking for writers and editors and needs a few extra hands! This is a great way to volunteer and work with an awesome, fun, creative team.

email [uhcaneews@uhsd.org](mailto:uhcaneews@uhsd.org)!



BETWEEN THE COVERS

# Year End Notes from UH Librarians



November 2022 marked my second year as the University Heights Branch Manager (although I've been with the library almost 23 years), and I am just absolutely in love with our patrons and neighbors! I am so excited that we continue moving forward with the Library Master Plan, as it holds so much weight for the future of our small but mighty library. We need all of the community feedback we can get so that UH gets the library it deserves!

— Rachel Esguerra, Branch Manager

My hopes for the remainder of 2022 and into 2023 are that we all enjoy the festive holiday season and that we experience good health and return to our usual activities such as scheduling and attending delightful programs at the library for youth and adults. I would like to continue participating in University Heights community events as an opportunity to meet community members and learn about their wishes for library services. I look forward to a new year of prosperity and happiness for all.

— Helene Idels, Youth Services Librarian

I intend to make things less cluttered and complicated in 2023. One thing I have learned about working at the library is that I end up learning something new every day. Though this is humbling, it's nice to know I have at least 260 surprises in store, any of which could lead to new avenues of discovery!

— Jeff Garthaus, Library Assistant III

I'm looking forward to this time of year for its cozy reading weather. A perfect day for me would begin with a brisk morning walk followed by a cup of tea, something baking in the oven, and a new novel or memoir to keep me entranced for hours. While I am still looking for my favorite book of 2022, Diana Goetsch's *This Body I Wore*, about the

author's lifelong struggle with gender dysphoria and late transition at age 50, is gorgeously written and has stuck with me the most. If you have any particular favorite titles published within the last year, make sure you come into the University Heights Branch Library, and we'll talk. Until then, happy reading!

— Peggy Goings, Library Assistant III

I am coming up on my 35th anniversary in the San Diego Public Library (23 of those at the University Heights Branch) in November, 2023. Please come check out your books, offer a friendly word, and let us know how we can help you!

— Erin Wilson, Library Assistant II

I'm coming up on one year working at the University Heights Branch Library, and I'm so happy to be here. Patrons and staff have been friendly and welcoming, and I've really appreciated my time here. From starting fake bands (Ethel and the Mermen) to helping with programs and events, it has been a wonderful year in a wonderful location, and I won't forget this as I claw my way to the top.

— Martin Kessler, Library Assistant II

All City libraries will be CLOSED Monday, December 26 (Christmas Day Observed) and Monday, January 2 (New Year's Day Observed). To learn more about supporting your local library, visit [www.friendsofuhlibrary.org](http://www.friendsofuhlibrary.org).

— Rachel Esguerra, Branch Manager  
University Heights Branch Library  
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619-692-4912

IT'S YOUR BUSINESS

# PARK BLVD. LIQUOR & DELI – WHERE AL KNOWS EVERYBODY'S NAME

If you walk along Park Blvd., chances are you have passed by the Park Blvd Liquor & Deli numerous times without knowing its actual name. It's the Swiss Army knife of businesses – a convenience store, liquor store, deli, and a place to hang out and shoot the breeze with store owner, Alvin "Al" Habib.



The mural on the side wall of Park Blvd Liquor & Deli

Al grew up in East County where his father owned convenience stores throughout San Diego, and he always worked at one of his father's stores. With his father's mentoring, Al grew to love the business. After graduating from Valhalla High School, Al began managing his father's stores, but he had his heart set on owning his own store. Al heeded his father's advice when it came to finding a store of his own – location and parking. In 2000, at the age of 25, Al found the perfect spot and acquired the convenience store at 4504 Park Blvd.



Al Habib at the front counter

Al still lived in East County, but he quickly came to recognize the pride that residents felt about their UH community. Al made it his mission to greet all of his customers, learn their names, and help those who were in need. Even though he kept the name, "Park Blvd. Liquor & Deli," almost everyone who frequents the store calls it "Al's."

The only thing more important to Al than his store and the UH community is his family. He married his high school sweetheart, has two children, and lives in the same neighborhood where he grew up. In keeping with the family business tradition, Al's sister manages the store on the rare days when Al is not there. His wife is a CPA and in charge of the books.

The store is open 7 days a week from 9 a.m. to 10 p.m. (11 p.m. on the weekends). Al loves being at the store and chatting with members of the community and estimates that he sees between 200-300 customers per day. Al is friendly and kind to all people regardless of their status and has very few problems with thefts or vandalism. A few years ago, Al was approached by a group of artists who wanted to paint a mural on the wall that borders Monroe Street, and that beautiful mural is another way that people identify the store. Al believes that if he is good to the community, the community will be good to him and so far, that has held true.

The building where Park Ave. Liquor & Deli resides dates back to 1935. In 1945, it became a market, and the original owners ran it for almost 40 years. Al completed a remodel in January of 2020 including adding a "beer cave," which Al keeps stocked with good local craft beers.

As his father always said, a convenience/liquor store is recession proof, and this proved especially true during the pandemic. Al kept his store open and stocked with items that people in the community needed. Recently, the biggest impact to his business is the city's recent reconfiguration along Park Blvd. After losing the 5 parking spaces (2 across the street and 3 just north of the store), business has declined for the first time in the 12 years since Al took over the store.

The deli offers the highest quality meats and cheeses (Boars Head) and the best local craft beers in town. The deli has a great staff, one of whom is Al's cousin, who has been working with Al since he acquired the store. Al attributes the success of the store to the great sandwiches from the deli, great customer service, and being in a great, supportive neighborhood.

—Jane Gilbert



Al Habib outside the store



Ruki, one of the deli workers

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## With Christmas in Our Hearts

Each Christmas we remember loved ones who have since passed, their spirits still hang so dearly with our stockings in a row no one ever first or last.

With each Christmas we remember the smells in kitchen's bliss - roast turkey with spiced gravy, pies and cookies piled up high. We're excited with brother and sis.

Every Yuletide finds us mixing our today with yesteryear - warm mornings graced with laughter, songs filled with festive joy, even a winter's happy tear.

On Christmas we feel thankful for our gift of living and sharing hope and love for the new year - a fresh start for all mankind, so thankful for all we are giving.

Jon Von Erb, Your University Heights Poet  
12/2022



UH HISTORICAL SOCIETY NEWS

# A GOLDEN OPPORTUNITY FOR OUR CITY AND OUR COMMUNITY

With the passage of Measure U, the San Diego Student Safety, Health, and School Repair Measure, almost a certainty as this goes to press, our City has a golden opportunity to adaptively reuse the Teachers Training Annex 1—a National Historic Landmark and forerunner to San Diego State University—as the University Heights Branch Library.



*Annex 1 lit up in red celebrating the 125th anniversary of SDSU, which originated on this site*

The San Diego Unified School District Board of Education has repeatedly stated their commitment to rehabilitate and adaptively reuse Annex 1, included funds in Measure U to “renovate or restore historical buildings,” and unanimously adopted a resolution in July 2018 to “Adaptively reuse Teachers Training Annex 1 as a teacher training facility and potential joint-use or community education facility to support teachers and neighborhood families.”

Richard Barrera, San Diego Unified School District Board Trustee for District D, stated that “The School District is excited to work with our partners in the University Heights community and the City of San Diego to bring the historic Annex 1 back to being a center of learning for students, educators and the entire community.”



Despite this generous offer, our City leaders insist on funding a newer, bigger library elsewhere in the area but have yet to identify or fund any viable alternatives. After a meeting in May, 2021 with San Diego Unified School District officials, Councilmember Whitburn stated that “we would all love to see a newer/bigger library in the area, but question if Annex 1 is a viable solution. Given that, we want to look for an alternative that everyone can support.”

*Historic Register Plaque*

Over one year later, the City has not committed funding to a new UH branch library or even improvements to the existing one. According to an online survey of UH residents in 2021, 59% preferred that Annex 1 be adaptively reused as the University Heights Branch Library, 19% wanted the current library renovated and expanded, while 13% preferred building a new library elsewhere in University Heights.

Opponents of adaptively reusing Annex 1 as the UH Branch Library have buttressed their argument with a letter from the California State Librarian, Greg Lucas. Mr. Lucas, who is not an engineer or a resident of San Diego, pointed out some of the obvious structural issues with the building which would be addressed during rehabilitation by San Diego Unified School District. A feasibility conducted by the City of San Diego Engineering Department in 2004 identified the same concerns raised by Mr. Lucas and the structural upgrades necessary to resolve them.

Founded in 1910, Annex 1 is 112 years old. Some of the greatest libraries in the U.S., and the world, are much older, including the Library of Congress (222 years), Boston Central Library (174 years), and the George Peabody Library in Maryland (144 years).

Our City has a wonderful opportunity to partner with San Diego Unified School District to adaptively reuse a National Historic Landmark with a significant educational history as our library. With no viable alternatives on the horizon, it would be shame for our City to bypass this chance to create a showcase for our community and the broader San Diego region.

—Kristin Harms, President, University Heights Historical Society

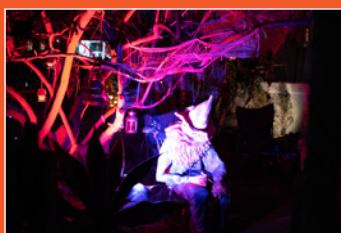
*Opinions expressed are those of the author and UHHS. UHCA continues to advocate for any feasible improvements to our current library situation. Eds.*

On behalf of the team that produces UHCA News and the UHCA Board of Directors, we wish you and yours a wonderful holiday season. We look forward to 2023 with hope, optimism, and a genuine sense of thanks for our amazing community.

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# Halloween, Maryland Street Style

Once again, people flocked from all over Uptown and greater San Diego to experience the magic that the amazing folks along Maryland Street (and Court) created for Halloween. While not as heavily publicized this year, lots of folks put in hours and days creating absolutely outstanding displays of spooky creativity. Our pointed hats are tipped to all of you for your efforts and the wonder and joy you brought to UH! —UHCA News Team



*Photo credits: Bill Ellig and Roxanne Govari*







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"Holiday Shopping in UH" continued from front page



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**Cheers Bar**  
1839 Adams Ave.

All this holiday shopping will surely leave you a bit parched, and Cheers can fix that right up! Drop into this neighborhood icon for a signature holiday cocktail served up by amazing bartenders! Cheers Bar, established in 1983, is one of UH's oldest bars and a historical landmark (was previously the hardware store for the Trolley Barn). In addition to serving up holiday libations, Cheers also offers merchandise and gift certificates available for purchase.



**UHCA Merchandise!**

We would be remiss if we didn't mention all the AMAZING UHCA merchandise that would make great holiday gifts! T-shirts, postcards, reusable cups, license frames, and more. Stop into Original Skin and Body Care at 4416 Park Blvd. and pick up a few items!

—Angela Jackson-Llamas



## Shop Small, Shop Local, Shop Vintage!

If you are looking for a one-of-a-kind item for yourself or someone else, look no further than Park Blvd in UH, where three businesswomen are supporting each other and the UH business community.



Cecilia's Fine Jewelry

On the east side of Park Blvd., close to Adams Ave., is Cecilia's Fine Jewelry, which carries stunning new jewelry as well as classic vintage pieces. Across the street, between El Zarape and Bahn Thai restaurants, is La Loupe, a funky, edgy clothing store with mostly vintage stuff for men, women, and kids. A few doors down, at western-most corner of Park and Adams, is the newest edition to UH: Shangri-La Vintage, a shop that focuses on fashion-forward vintage clothing for women.

La Loupe is owned and run by Brandi Munoz and has been in UH since 2011. The literal translation of La Loupe is "magnifying glass." Brandi chose the name based on her love of French



Brandi Munoz in front of La Loupe

mystery novels. "The thrill of the hunt" in solving mysteries is how Brandi feels about searching for vintage clothing. She has been collecting vintage clothing since age 9, and when she first opened La Loupe, she populated the store with all of the vintage stuff she had collected over the years. As time went by, she broadened the merchandise to include men's and children's vintage items, and new items that reflect a vintage style.

As her business grew, Brandi considered leaving the UH store because the space was so small. But she loved her shop and the UH neighborhood.

Brandi's solution was to keep the UH shop and expand by opening a second store. In 2014, she opened her second La Loupe store on Adams Ave. in Normal Heights. The shop on Adams is three times the size of the one on Park Blvd. The combination of both stores gives Brandi enough space to meet the needs of her growing clientele.

Shangri-La Vintage, the other vintage store on Park Blvd., opened five months ago in the space that previously housed a psychic and tarot card reader. Shangri-

La Vintage is owned and run by Monica Acevedo, whose first career was working as a kindergarten teacher. She enjoyed teaching and living in UH but eventually decided she wanted a career change, so she moved back to Houston to work for her father and learn how to run a business.

Monica opened her own vintage business selling items she had collected for 20 years at pop-up markets and on Etsy. But she missed San Diego and decided to return and open up a brick-and-mortar store here. Monica's first store on El Cajon Blvd lacked



Monica Acevedo in front of Shangri La

the needed foot traffic to keep her store profitable, so she handed out flyers to some local shops offering her vintage collections for sale. As luck would have it, Cecilia contacted her about the retail space on the corner of Park and Adams that had recently become vacant. That contact led Monica to open Shangri-La Vintage in May of 2022, directly across from Cecilia's Fine Jewelry.

The vintage industry is dominated mostly by



Monica Acevedo inside of Shangri La



Pop-ups in front of Shangri La

women. Brandi and Monica have found local vintage industry entrepreneurs to be very supportive of each other. They frequently will send customers from one store to the other depending on what a customer is looking for. And while they both sell some vintage costume jewelry, any customers looking for authentic, valuable vintage jewelry are directed across the street to Cecilia's.

These three businesswomen love being a part of UH and are developing events to engage more members of the community. On the Saturday before Halloween, Monica hosted four pop-up businesses in front of her store, and Brandi hosted one, too. Cecilia contributed to the event by giving out candy to all of the kids and their parents.

**The women will be doing a similar event on Saturday, December 17, when Monica and Brandi will host more pop-up businesses in front of their stores, and Cecilia will have face painting for the kids and great deals on jewelry for the parents.**

Their pop-up business events have a vintage theme, but every vendor has different inventory to sell. Monica calls it a "micro-vintage market." She created an Instagram account for everyone to know the dates of the events and the vendors who will be there (@[universityheightsvintagemarket](https://www.instagram.com/universityheightsvintagemarket)). The goal is to host one of these events on the 4th Saturday of every month, helping out fellow vintage dealers, as well providing the UH community with a wide variety of retail options.

If you need to buy a gift for someone special (or for yourself), these three businesses, who all support one another, are a great place to start your hunt!

—Jane Gilbert

## Pet of the Month Tobey

Hi there, I'm Tobey and happy holidays from my dad Brendan and me! When you're out and about in University Heights, you will most likely see me strolling along Old Trolley Barn Park in my wheelchair taking in all those amazing canyon views. You can't miss me. I'm an orange and white Shiba Inu / Chihuahua mix with big pointy ears. Some say I have Yoda ears, whatever that means. Dad and I are loving every minute of San Diego! People always want to pet me, and when I walk with dad to a café, there's always cold water and delicious treats just for me! When at home I enjoy laying in the sun, when dad keeps the front door open, sleeping of course, or chewing on my blankets.

We're from Boston, Massachusetts originally, and it's been different not seeing that fluffy white stuff falling from the sky this time of year, but dad and I enjoy the sunshine a little bit better. Dad adopted me when I was 3, and he loves me a lot. At one point, I was living with my grandparents while dad went off to college, but I knew he'd be back. Fast forward 10 years to 2021 when dad and I packed up the car and drove cross country from Boston to San Diego! I've



never seen so many things that I wanted to bark at. It was great!

We saw the Great Lakes, lots of corn, mountains, the desert, and then finally made it to the Pacific Ocean. I'm a small pup so the waves are a little big for me, but I still love the beach! Anyway, time for me to go hunt for yummy holiday food that I can snatch when dad isn't looking. Toodles!

—Brendan Lewis and Tobey

**Do you know a pet we should feature? We'd love to highlight all of our furry (and not so furry) UH neighbors! Send info & photo to [uhcanews@uhsd.org](mailto:uhcanews@uhsd.org)!**



FROM COUNCILMEMBER STEPHEN WHITBURN



Hello University Heights neighbors!

Thank you for having me at the UHCA Meeting in October. I was glad to spend time with those who were on the call to discuss the Old Trolley Barn Park restroom proposal that will not be moving forward at this time, and issues related to homelessness in our city.

I am currently advancing initiatives to specifically address the issue of encampments on our sidewalks and in our parks and canyons, and I'll outline two of them here. I am calling for shelter beds to be included in the redevelopment of the Downtown civic core, and in the meantime, I am working to open a safe camping site in the Downtown area, together with a requirement that people avail themselves of the options at hand.

Outreach workers say many people on our streets are willing to move into a shelter, but there are frequently no suitable beds available. While the city has added hundreds of beds this year alone, it has not kept up with the numbers of people falling into homelessness, often due to unmanageable rent increases. While the city will keep adding shelter beds as quickly as it can, I'm concerned the city will continue to fall short, in part because shelters can be time-consuming to site. The redevelopment of the city hall area presents a golden opportunity to add the shelter beds we need, and I want them included in the plans.

In the meantime, we still need to address the encampments that exist today. I would like to create a temporary safe camping location in the Downtown area that would accommodate people currently living on the sidewalks and in our parks and canyons. The site would be screened off for privacy and would include security, bathrooms, and other assistance. This project will require a suitable location, funding, and a service provider, and we are working to piece together all of those elements. I'll keep you posted as we advance these initiatives.

I appreciate all of the interactions that our University Heights residents continue to have

with our office. Nan McGraw and several other neighbors alerted the City and our office about the fencing over the canyon at The Point that was damaged by a vehicle in recent months. Thanks to the advocacy of Nan and others, City crews went out and repaired the portion of the fence that was damaged by the collision and continue to work on the remaining portions of the fencing, to fix the remaining portion of the fence. I look forward to the upcoming holiday celebrations I hear are planned for this area!

Other community members have expressed concerns about street sweeping in relation to the newly installed bike paths. Our office has been told by City staff that separated bike lanes that are not able to be accessed by the regular street sweeping vehicles do still receive sweeping with the help of a special tool that fits in the bike pathways. If you ever notice a street that needs special sweeping service, you can always request it through the City's Get It Done system.

Finally, our office is grateful for everyone who participated in our Fiscal Year 2024 Budget Priorities Survey! Nearly 600 community members participated with a good amount of participation from University Heights. The top three priorities of the survey respondents were: 1) Homelessness Solutions and Affordable Housing, 2) Clean and Safe Neighborhoods, 3) Streets, Sidewalks, and Other Infrastructure. Our annual budget memo that was submitted on Sept. 30 supports these issues as well as a number of other items we know are important to our communities. Check out the full memo here: [bit.ly/FY24BudgetMemo](https://bit.ly/FY24BudgetMemo).

In closing, I would like to express my deepest gratitude to Benny Cartwright, who has served as the Director of Communications for our office and also represented the communities of University Heights and Hillcrest. Benny is moving on to a new role in the City of San Diego's Communication Department at the end of this month. While we are happy for his career move, Benny will be greatly missed in our office and the communities he serves. Please join me in thanking Benny for all that he has done for District 3! I understand that as a University Heights resident, you'll continue to see him around at UHCA meetings and events.

Please don't hesitate to reach out to our office for any needs at [stephenwhitburn@sanidiego.gov](mailto:stephenwhitburn@sanidiego.gov). We will let you know who will be taking over as the District 3 liaison to University Heights soon.

- Stephen Whitburn, City Councilmember, District 3

FROM THE CITY ATTORNEY'S OFFICE

Protecting the Health and Safety of Vulnerable Tenants

Holding accountable landlords who subject their tenants to unsafe or unhealthy living conditions is a priority for my office.

We've found that many of these affected tenants are vulnerable: they're often elderly, disabled, living on fixed incomes, or one step removed from homelessness. They often know their homes are unsafe, but they've compromised their well-being to keep a roof over their heads. If moving to a new place was easy, they'd have done it already.

My office has a unit devoted to using state and local laws to force unscrupulous landlords to make their properties safe. Here's how it works: If code enforcement inspectors or other City staff, like building or fire officials, determine that substandard housing conditions exist at a property, the owner is given the opportunity to comply with the law.

Some landlords will voluntarily bring their property up to code—fixing leaks, repairing holes in roofs and walls, securing exposed electrical wires, and more. When they refuse, City staff can refer the matter to my office's Nuisance Abatement Unit (NAU). My office also receives referrals directly from the community. NAU may then force compliance through the courts.

When tenants must relocate for their own safety, a Victim Service Coordinator in my office steps in and provides housing resource assistance. If a property owner refuses to pay relocation benefits when ordered to do so, as state law requires, then the City may advance relocation benefits to the tenants and later recover the amount from the property owner. In the most egregious cases, we petition for a court-appointed receiver to take over the property until it is safe.

This recently happened with a six-story downtown building that housed more than 80 residents. Conditions at the C Street Inn were so dangerous that the Fire-Rescue Department ordered the building immediately vacated and closed. Even then, some tenants were reluctant to leave. The landlord offered them reduced rent to remain in a building that lacked, among things, proper fire sprinklers and emergency exits.

The relocation of tenants living at the C Street Inn was by far the most extensive relocation operation my office has attempted, and it took time for the San Diego Housing Commission to find everyone new places to live due to San Diego's tight rental market.

These challenges only make my office more determined to help individuals at risk of fire, disease, or injury, or who are without necessities like heat and running water. No one wants to see a repeat of the "ghost ship" fire in Oakland, where a warehouse that was illegally converted into living spaces went up in flames, killing 36 people.

We have intervened in other troubling situations, as well:

- In San Ysidro, 24 people lived with roaches, rats, mold, and unsafe electrical wiring in buildings constructed illegally on the site of an old motel. My office successfully relocated these renters, including families with children, and a new owner is working with the City to rehabilitate the property.
- In Redwood Village, 11 elderly disabled people lived in deplorable conditions—a home infested with rodents and smelling of urine where they were denied access to the kitchen and had no telephone. Though the property owners moved seven tenants to another home they owned in Otay Mesa, under equally bad conditions, all were eventually removed to safety.
- Near Chollas Creek, seven Congolese refugee families lived in run-down apartments with mold, rodents, roaches, inadequate sanitation, and dangerous electrical connections. The property owners were charged with 10 criminal counts and made to pay for the families' relocation.

These are just a few examples of my office's ongoing commitment to protecting the most vulnerable among our city's residents. When people are unable to improve their housing situation, we can and will step in to ensure they are safe and treated with the dignity they deserve.

If you know of a substandard housing situation in the City of San Diego, where conditions present a danger to the health and safety of the residents, please contact Code Enforcement at [www.sandiego.gov/development-services/code-enforcement](http://www.sandiego.gov/development-services/code-enforcement).

—Mara W. Elliott, San Diego City Attorney

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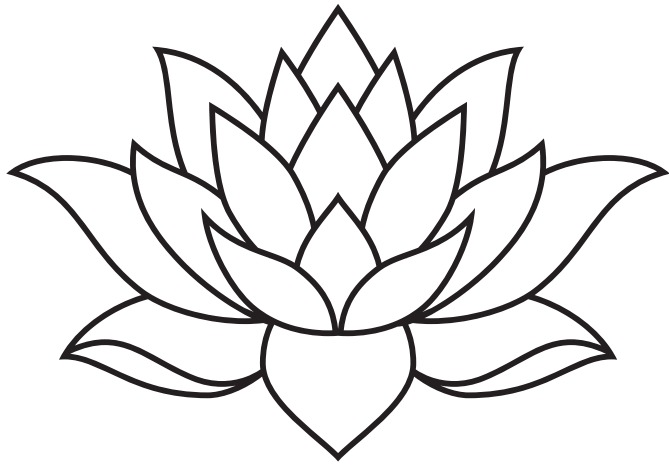
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NEW IN UH

# Upgrade Body Conditioning

In September 2022, Upgrade Body Conditioning moved from Park Blvd to its current location at 1835 El Cajon Blvd. (at the corner of Georgia and ECB). It is a great addition to the UH neighborhood. Jeremy Gaynier is an accomplished chiropractor, and, along with two talented massage therapists, offers 360-degree wellness care to patients.

Jeremy grew up in Michigan with a love for dance. When hip hop became popular, he quit dancing and enrolled in college at the University of Illinois/Chicago where he majored in kinesiology. Upon graduation, he continued his studies at the National University of Health Sciences where he earned his doctorate in massage therapy with additional studies in chiropractic care.

He began his career working at a clinic in Chicago that incorporated massage, physical therapy, and chiropractic care for post-op patients and patients experiencing chronic pain. Jeremy spent over 3 years at the clinic working with a variety of practitioners who were mentors to him. During his time there, Jeremy realized two things: (1) he did not like spending more time dealing with insurance companies than with his patients, and (2) years of treating patients suffering from chronic pain was oppressive. He decided he wanted to focus his practice on health maintenance and supportive care. And he did not want insurance companies involved.

Jeremy's husband suggested they make a fresh start and move from Chicago to a place that felt more like a vacation. Surprise, they chose San Diego. Without any family, friends, or contacts, Jeremy started out slowly. He worked in one of the shared spaces at HIVE in Hillcrest, focusing for two years on massage and chiropractic care for anyone who walked in the door. Eventually, he built up a loyal clientele and moved into his own space at Park Blvd and Lincoln Ave., where he was able to focus on what he really liked doing – chiropractic work. He hired a masseuse to do massage therapy.



Jeremy performing manual chiropractic treatment on a patient

When deciding on a name for his business, Jeremy kept thinking of the technology sector, where there is a need for regular "updates" in order to maintain the health and smooth operation of electronic devices. Not wanting to sound too "tech-y," he settled on the word "upgrade" since there can be an upgrade to anything and everything in a person's life. To incorporate his philosophy regarding health and wellness, he named his business, "Upgrade Body Conditioning."

In order to expand his business and stay close to the University Heights area, Jeremy moved into his current location at 1835 El Cajon Blvd. in the summer of 2022. An added benefit of the space is that it is walking distance to his home. Jeremy spent some time renovating the space and making it feel warm and welcoming. Upgrade Body Conditioning even has a signature "scent," one that makes you feel like you are on vacation at a spa. The space has one chiropractic treatment room where Jeremy works (which also doubles as his office), as well as two massage rooms, a bathroom, and a room that can be rented out for other wellness treatments, such as reiki or acupuncture. Importantly for his patients, the new space also has its own parking lot.

At Upgrade Body Conditioning, Jeremy focuses on quality care for all of his clients. He does not take insurance. He does not want to be forced into a high volume/less-time-per-patient mode. Jeremy wants his clients to be invested in their care, their health, and the process of regularly upgrading their bodies. He enjoys his patients being more involved in the treatment program and their commitment to following through. The most common complaint that brings patients in for treatment is pain in the upper neck and back area. Jeremy attributes this malady to the large amount of time people spend on their laptops and cell phones at home on the couch.

It is important when Jeremy is evaluating new clients for him to first spend time talking to them and getting their history. Then he has the client go through various motions and movements. He videotapes this evaluation routine so that he can assess and explain where some of the problems come from for each patient. Finally, Jeremy will put together a detailed plan based on the individual's needs. Plans can include chiropractic treatment (both manual and rapid release to relax muscles and increase blood flow), massage, exercises to do at home, and even cold laser (FDA approved to treat acute and chronic pain). The client's pain level, commitment to treatment, and their expectations determine the number of sessions needed for their best chance for success.

While there are a few other chiropractors in the UH area, Jeremy wants to be known as the neighborhood chiropractor. He eschews most labels and prefers to be called either Dr. Jeremy or simply, Jeremy. Just like we change the oil in our car regularly to keep the engine running smoothly and avoid breakdowns, Jeremy believes that regular preventative care, "upgrades," are the best way to live a healthier and longer life. Jeremy's advice for his clients is to be patient with yourself; stay committed to treatment as there is no quick fix for entrenched bad habits. And trust that time and consistency will make the body feel better. Jeremy's motto is: "upgrade yourself and live life actively."

—Jane Gilbert



Jeremy and Joey Mendoza (one of the masseuses) in the lobby/waiting area



Upgrade's front door

ZONE WATCH

# ZONE ONE WATCH INTRODUCES MINI ZONES

UHCA president Marc Johnson and I, along with other community representatives within SDPD's Western Division, met in October with Captain Laura MacLean to discuss issues ("hot spots") within our respective communities.



Zone One community gathering

The SDPD has its hands full. So it is up to us to help one another and keep our neighborhoods safe. If there is an emergency or crime in progress, call 911. It is easy to report a non-emergency crime: report it online or call 619-531-2000. These reported crime stats communicate to SDPD the need for patrol. Note the QR code in this paper to help you report crime.

Our aim, as Zone Coordinators, is to keep us safe. We live in a wonderful and unique community, which is relatively protected. Nevertheless, some problems do exist, especially in pockets along Golden Gate Drive (the city's "Open Space"), the Vermont Street Bridge, and local canyons. Thankfully, many of you have eyes on the problems. You are vital participants in our Zone Watch.



Nan McGraw addresses the crowd

The Zone concept was developed to link our blocks together, thereby enhancing our awareness of what's happening nearby on our neighboring streets. As "coordinator" of Zone One, I send out notices (via email blind copy) approximately once a month in order to share important issues and crime statistics in our Zone.

I recently met with some of you within Zone One to create "Mini Zone Watches," and there are three so far. Intersecting streets such as Rhode Island, Golden Gate, Massachusetts, and Madison share a number of concerns, including certain activities on The Point, which is vulnerable to drug exchanges, parties, etc. Rest assured, only those people residing within the Mini Zones will share contact information, as I understand the importance of maintaining individual privacy. I anticipate there will probably be 10-15 individuals whose contact information would likely be shared within each Mini Zone.



Nan displays signs

On October 29 we held a "no cops, just us" gathering to meet new neighbors and acquaint ourselves with ones we've not see for a while. Over 60 of us enjoyed cookies and the kids in Halloween costumes.

If you wish to have Mini Zones within your neighborhood and need help, let me know. Please know how much I appreciate your continued support and participation.

—Nan McGraw  
Zone One Coordinator  
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[619-260-0668](tel:619-260-0668)



Kids in costumes - Zone One



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STU MCGRAW  
PRESENTS:

# Caroling in the Heights

Happy Holidays!  
Happy New Year!

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION PRESENTS

# CAROLING IN THE HEIGHTS

**17 DEC 2022**  
**SANTA'S SWEETHEARTS**  
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5:00PM: VERMONT ST BRIDGE / UH SIDE · TREATS: TWIGGS  
5:45PM: MISSION AVE & ALABAMA ST · TREATS: MYSTIC MOCHA  
6:30PM: THE PT / GOLDEN GATE & RHODE ISL · TREATS: TWIGGS

UHCA University Heights Community Association | STU MCGRAW SAN DIEGO REALTY

## A Brief History of Caroling in the Heights

Caroling in the Heights started Dec. 23, 1992, as a gathering at Pat and Ron Johnston's front yard on Arch Street. A year or so later we climbed aboard a trolley to take us to "shut ins" around the community. Unfortunately, the engine noise was greater than our voices!

After a few more attempts, we hired professionals in 2004, and Janet Hammer's Full Measure Carolers proved to be a resounding success. They were dressed in vintage Victorian costumes, top hats and all. One singer, Skyler Dennon, entertained us with his beautiful voice and animated antics for years!

In December 2018 and 2019, we changed to a different format with Chamber Bravura which is an acclaimed acappella youth choir. The pandemic shutdown stopped our fun for two years, but now we're back with a new twist, Janet Hammer's Santa's Sweethearts. They emulate the Andrew Sisters' boogie-woogie style harmony so popular in the 40's, 50's and beyond. We look forward to seeing neighbors for a jolly good time once again!

—Nan McGraw

## HERE TO MAKE SELLING YOUR HOME A "SNAP" THIS HOLIDAY SEASON

### Gingersnap Cookies

- 3/4 cup butter, room temperature
- 1 cup granulated sugar
- 1/4 cup unsulphured molasses
- 1 egg
- 2 teaspoons baking soda
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 2 cups all-purpose flour
- 2 tablespoons granulated sugar for rolling

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside. In the bowl of your stand mixer fitted with the paddle attachment, mix the butter and sugar together on medium speed for 2 minutes. Add in the molasses, egg, baking soda, salt, ginger, and cinnamon. Mix for another 1 minute, scraping the sides of the bowl as necessary. Turn the mixer to low and add in the flour. Mix until just combined. Place the remaining sugar in a small bowl, and set aside. Using a medium (2-tablespoon-sized) cookie scoop portion out the dough. Roll the dough into balls and then roll the balls in the sugar. Place on the prepared baking sheet 2 inches apart. Bake for 12-14 minutes until the edges are lightly golden and appear "crinkly" transfer to a wire rack and cool.

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