

**NEXT UHCA MEETING
VIA ZOOM
THURSDAY
NOVEMBER 5, 7:00 PM
VISIT UHSD.ORG FOR DETAILS**



University Heights Community Association November 2020

NEWS

MAKE YOUR VOICE HEARD VOTE TUESDAY NOVEMBER 3

As this issue of UHCA News goes to press, many UH residents have already taken advantage of early and mail-in voting. For those who haven't yet voted, we offer the following information.

In addition to the Presidential election, there are important races for Congress, State Assembly, Mayor, Councilmember, County offices, School Boards, Judges, and ballot initiatives.

This year, as we know, voting is a little bit different. An executive order issued by Governor Newsom had ballots sent by mail to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots starting October 5. To return your bal-

lot, follow the instructions for signing it, and return it in the included postage paid envelope.

All ballots must be dropped off at an official drop-off location or postmarked no later than election day, Tuesday, November 3; however, it's best to return your ballot as soon as possible. Be sure to sign and date it. **Your correct signature is required for your ballot to count!**

You can track your ballot (from when it was sent, to when it was received and finally accepted) by visiting BallotTrax at california.ballottrax.net/voter and entering your information.

If you did not receive a ballot, your voter registration information may not be up to date. You can check your registration status at the registrar's website, SDVOTE.COM. If you are not registered, you can register at your designated polling place on Election Day, or at the Registrar of Voters office at 5600 Overland Ave. in San Diego during the 14 days prior to and including Election Day.

To vote in person on Election Day, you can find your polling place at SDVOTE.COM and select "I Want To..." and then "Find" and then "My polling place." Because of the pandemic, there are fewer polling places than during past elections, and your polling place may have changed. In addition, there

are a number of ballot drop-off points, the locations for which you can find at SDVOTE.COM.

Polling places for our area are Garfield Elementary, SD LGBT Community Center, North Park Rec Center, and Florence Elementary. Drop-off boxes are located at UH Library, Hillcrest/Mission Hills Library, and YMCA Youth & Family Services.

However you do it, your vote is your voice, and every voice counts!




**UHCA
HONORS
OUR
VETERANS**

**THANK YOU FOR
YOUR SERVICE**

WAIT...WHAT NEIGHBORHOOD IS THIS?

University Heights residents traveling along Meade Avenue have been surprised since late September to discover that they are in North Park, at least according to SANDAG (San Diego Association of Governments). Finishing touches to the hardscape of the recently completed traffic circles where Meade Ave. intersects Alabama St. and Louisiana St. included sandblasted lettering spelling out "NORTH PARK."

It appears that 2018-2019 SANDAG surveys seeking community input regarding the Georgia-Meade Bikeway included North Park, City Heights, Kensington, Normal Heights, and Hillcrest—but not University Heights. Despite SANDAG's own bike route map showing this bikeway is in University Heights, somehow SANDAG didn't

think University Heights existed when surveying the community or when making final design decisions.

Facebook and NextDoor users have had much to say about this oversight:

"Did the boundaries suddenly change, or were they always NP?"

"There is a sign at the corner of Texas and El Cajon clearly stating you are entering University Heights. People are p—d they sandblasted North Park on all the roundabouts. One guy used chalk to put University Heights on the one at Meade and Alabama."

This isn't the first time University Heights has been "left out." UH has been split into two planning groups

(West of Park in Uptown Planners, East of Park in North Park Planning Committee). UHCA has tried to make our neighborhood boundaries very clear via our bylaws, Neighborhood Watch maps, banners and signage, and in our dealings with the planning groups and city government.

If you would like to help keep University Heights known as University Heights, please reach out to our representatives on the SANDAG board and let them know how you feel: Mayor Falconer (kevinfalconer@sandiego.gov), Georgette Gomez (GeorgetteGomez@sandiego.gov), and SANDAG's public outreach team at GObyBIKE@sandag.org.

— Marc Johnson, Vice President, UHCA

**LOOKING
AHEAD**

**UHCA MEETING
DEC 3
7:00 PM**

**DETAILS TBA
IN UHCA NEWS**



The roundabout at Meade and Alabama



MEMBERSHIP

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

JOIN, RENEW, OR DONATE ONLINE AT UHSD.ORG.

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



NEW MEMBERS & RENEWALS

HOUSEHOLD
Hans & Heidi Baumgartner, Lorretta Costa, Thomas and Carmen Harrison, Michael Perkins, Jean Rannells

OUR MISSION

The University Heights Community Association (UHCA), founded in 1983, 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.



Yearly Membership

- *\$25 Household
- *\$75 Business Membership
- *\$100 Golden Ostrich
- *\$20 Add UHCA News Delivered Via USPS to your Membership

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

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & Planning** Keep UH beautiful.
- Blockwalker** Help deliver 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.

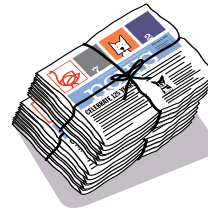
A portion of your membership is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org



UHCA NEWS

EDITORIAL BOARD Rachel Bowdon, Judith Anniccharico
CONTRIBUTING WRITERS Marc Johnson, Peter Rose, Judith Anniccharico, Christine Hernandez, Ian Young, John Hensley, Cecilia Vargas Vazquez, Sarah Norton, Mary Lou Ruane, Rosemary Loshin, Elaine Sinsuan, Erin MacKinnon, Jennifer Ayala
ART DIRECTOR Luisa Davila
PHOTOS AND GRAPHICS David Holts, John Hensley, Marc Johnson, Rosemary Loshin, Israel Palacio, Rachel Bowdon
ADVERTISING DIRECTOR Susan Holts susan@susanholts.com

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

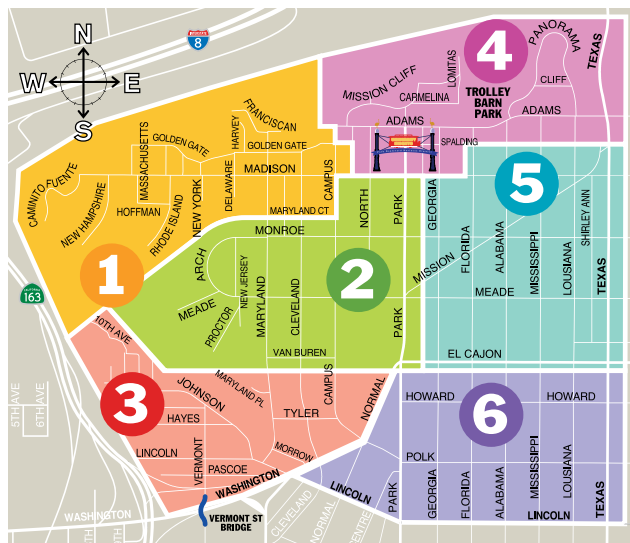


UHCA OFFICERS

PRESIDENT Christine Hernandez
VICE PRESIDENT Marc Johnson
SECRETARY Meghan Kight
TREASURER Brent Orlesky

- WEBSITE** uhsd.org
- FACEBOOK** @universityheightscommunityassociation
- INSTAGRAM** @uheightscommunitysd

UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH



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

- 1 Nan McGraw** nmcsan@aol.com
- 2 Pam Isaacs** pamisaacs1@gmail.com
- 3 Mary Lange** mlangeuhcazone3coordinator@gmail.com
- 4 Christopher Hutchinson** christopherhutchinson@hotmail.com
- 5 Tamara Zyhlyj** tamara@tamarazrealestate.com
- 6 Nan McGraw** 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, please email UHCA President at president@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!

UH PHONE BOOK

Emergency • Police • Fire • Medical	911	Narcotics Suspicious drug house / anonymous	619-531-2468
Non-Emergency Suspicious Activity, Homeless Outreach Team, etc. Online: non-emergency problems: www.sandiego.gov/get-it-done	619-531-2000	Retired Senior Volunteer Patrol (RSVP) Vacation home security check, welfare of home-bound, patrolling business districts, homeland security support	619-692-4945
SD City Services non-emergency: street lights, pot holes, etc. Online: www.sandiego.gov/city-hall/departments	619-527-7500	SDPD Community Relations Officers: David Surwilo (dsurwilo@pd.sandiego.gov)	619-692-4858
SD City Services emergency Online: www.sandiego.gov/city-hall/departments	619-527-7500	SDPD Western Division 5215 Gaines Street	619-692-4800
Alert San Diego Reverse 911 notification to mobile phones for emergencies requiring evacuations www.readysandiego.org/alertsandiego/		Shopping Cart Pick-Up Service	800-252-4613
2-1-1 San Diego Free Resources: COVID-19, CalFresh, Medi-Cal, Covered California, etc.	211 or 858-300-1211	Stonewall Citizens Patrol	sredmond@stonewallcitizens.org
Abandoned Vehicles	858-495-7856	Suicide Prevention	888-724-7240
Alice Birney Elementary Office	619-497-3500	UHDCD University Heights Community Development Corporation	619-297-3166
Animals / Non-Emergency	619-767-2675	University Heights Public Library 4193 Park Blvd	619-692-4912
Brush and Weed Abatement	619-533-4444	UH Zone Watch Coordinator Nan McGraw nmcsan@aol.com	619-260-0668
Code Violations	619-236-5500	Graffiti: In Progress Emergency: Report Online: apps.sandiego.gov/streetdiv/ email photos: Graffiti Hotline:	911 cericson@pd.sandiego.gov 619-527-7500
COVID-19 City of San Diego Daily Updates	www.sandiego.gov/coronavirus	SD Vector Control mosquitoes / ticks / rats Online: vector@sdcounty.ca.gov	858-694-2888
COVID-19 California Daily Updates	www.cdph.ca.gov	https://getitdone.force.com Download this app for reporting non-emergency problems in the city like potholes, graffiti, etc.	
COVID-19 County of San Diego Daily Updates	www.sandiegocounty.gov/coronavirus	If all else fails, email TRenner@sandiego.gov at Councilmember Chris Ward's office.	
COVID-19 National Daily Updates	www.cdc.gov		
Crime Stoppers Tip Line	888-580-TIPS (8477)		
Department of Environmental Health Public Health/Rats/Rodents	858-694-2888		
Downed Power Lines / SDG&E	800-411-7343		
Emergency Water / Sewer Repair / Sink Holes	619-515-3525		



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.

IN CASE YOU MISSED IT

The October 1, 2020, University Heights Community Association Meeting began at 6:33 pm via Zoom with 50 attendees. President Christine Hernandez welcomed the community and made several announcements.

ANNOUNCEMENTS

- Local businesses have reacted well to COVID-19. Asked everyone to support local businesses.
- Reviewed events since last meeting including changes at the UHCA News.
- Thanked attendees for being members of UHCA.
- Requested volunteers for Merchandise Coordinator and Newspaper Distribution Coordinator.
- Pandemic support volunteers can sign up at www.tinyurl.com/UHPandemichelp.

UHCA OFFICER ELECTION

- Motion to approve proposed slate by Maureen Markey, 2nd by Uyen Tran.
- New UHCA officers are: President: Christine Hernandez; Vice President: Marc Johnson; Secretary: Meghan Kight; Treasurer: Brent Orlesky. Congratulations to all!

UPCOMING EVENTS

- Vote Nov. 3. Info for mail-in ballots at sdvote.com
- Other updates on UHCA website, uhsd.org.
- Canary Palms task force in place – info@uhsd.org

MAYORAL CANDIDATE FORUM

Mayoral candidates Todd Gloria (TG) and Barbara Bry (BB) answered

questions and agreed to respond to additional questions not covered during the forum via email.

- Introductions
 - » BB: barbarabry.com. Small Business Owner. City Council member since 2016. City economic recovery is 1st priority.
 - » TG: toddlgloria.com.

- Homelessness
 - » BB: Requires seamless system to address each individual's needs. Most problems are mental health and drug addiction. Housing at convention center works. Currently help difficult to find.
 - » TG: Involved with homeless issues for years. Need strong leadership, transparency, affordable housing, and help from Housing Commission. 2/3 of homeless in the city, 1/3 in county.

- Affordable Housing and Community Character
 - » BB: Favors local planning groups, which TG voted to eliminate. Against elimination of SFR zoning, but streamline zoning process. Will enforce laws on books regarding short-term rentals in residential neighborhoods. Supports first-time home buyer program.
 - » TG: Will work with all communities who need to do their full share to solve homelessness. Need mid-income housing and to make better use of public land.

- Climate action plan: Trees
 - » BB: Supports more money for tree planting. Need better understanding of locations for new trees in UH. Shade provides effective cooling.

- » TG: Author of current climate plan. Supports commitment to an updated plan.

- Climate: Biking, Walking, Transit, Land Use
 - » BB: Need to work with community to determine appropriate location for bike lanes and walking paths. 30th St. worried about loss of parking spaces. Blue Line trolley in progress and autonomous vehicles will be solution in future. Encourage remote workforce. High paying jobs are moving downtown where a lot of people live.
 - » TG: SD lacks world class transportation system, which it needs, including connection to airport. SANDAG plan and multimodal plan should be implemented as soon as possible.

- Infrastructure
 - » BB: SANDAG wants \$177 billion on multimodal plan. Needs more due diligence. Sidewalks and road repairs poorly done. Developer fees should stay in each community rather than being pooled.
 - » TG: Need to update fees for developers and Community Plan because of changes in UH. City under-spends on road repair.

- Parks
 - » BB: Mayor should wait until after election instead of rushing plan through. Southern part of city short on park space. Philanthropy may help with new park development.
 - » TG: Community Plan needs work. UH under-parked. No unencumbered fees available for parks so City Council needs to develop better approach.

- Good Government /Accountability
 - » BB: Encountered culture of corruption when she was elected to City Council, particularly in real estate transactions. Soccer City a total rip-off, so helped defeat it. Special interests involved in 101 Ash, Soccer City, including Doug Manchester. "As mayor I'm going to fix it."
 - » TG: Several properties poorly procured. Need to identify bad transactions, investigate, hold people accountable, and redo Real Estate Department.

- Budget/ Pensions
 - » BB: Work with community to determine priorities. City mid-management bloated. Need consultation with City employees. Council mem-

bers in 401K plan and not guaranteed pension.

- » TG: Served as City's budget chair so knows how to turn deficits into surpluses. Need to watch budget carefully; City running a deficit even before COVID. Pension plan under investigation. Defined Benefit Plan being questioned.

- Systemic Racism
 - » BB: Racial disparity is clear. Need police department that reflects community, so should restart community policing. Ensure equitable professional opportunities across racial, gender, and age groups starting at City Hall. Poor children should have intern jobs at tech companies.
 - » TG: Racial equity platform. Deal with structural racism by employment of ethnic minorities. Train police to deal with demographic changes and recruit from within communities.

- Policing
 - » BB: Support community policing. Establish an independent citizens' police review board with powers to subpoena evidence of misconduct and conduct its own investigations so that residents feel safe. Instead of defunding police, invest in counselors, social workers and others who can support the work of police officers and free them to focus on their primary responsibilities.
 - » TG: Agree that police are first responders. Need trained pros to respond, like trained social workers to support police. Does not support defunding police. County Health and Human Services responsible, but County does not respond. Introduced legislation to demilitarize police. Need more robust police review board.

- Concluding Remarks
 - » BB: Honored to run for mayor. A problem solver throughout career. First time two Democrats running for mayor. Constant complaint that neighborhoods are being ignored. I'm visiting communities. Not beholden to special interests. Please join me.
 - » TG: Native San Diegan. Spent career working to improve SD, a big city but runs like a small town. My family worked hard and sent 2 children to college. I'll work hard for you.

Adjournment: 8:03 pm
—Peter Rose, UHCA Secretary

PRESIDENT'S CORNER

CHRISTINE HERNANDEZ

Officially, this is my first time I write to you as President of the University Heights Community Association. I know I have some big shoes to fill, so allow me to take this moment to give my sincerest gratitude to the leaders that came before me. Carol Neidenberg, thank you for your service for the last two terms and for your enduring passion for University Heights. Nan McGraw, you are a true legacy. As one of the founders of UHCA who has committed decades of kind effort in making this neighborhood thrive in beauty and spirit, you bring inspiration to women leaders like myself to carry the torch. All of us in University Heights are immensely grateful for your continued hard work and love for this community.

For me, I am beyond honored to lead this incredible organization. I never would have thought I would be in such a role that steers positive change in my neighborhood. For those close to me, they know I have a passion for my community. They know I am generous with my time and my energy in making good things happen. I care about people. I care about our environment. I care about quality of life for all of us. I also know that our community feels the same challenges that the rest of the nation is going through. I do not think I

can change the world, but I can certainly help tackle these challenges locally. I am a strong believer of tolerance, equity, equality, environmental protection, and most of all empathy. I am determined to listen to our neighbors and take action on the things that bring harmony to University Heights.

All that said, a very hot summer is now behind us, and "sweater weather" is upon us! I love seeing the trees turn color, and how our beautiful community transforms to warm us. The hot coffee steaming from our local coffee shops, the warm food from our amazing restaurants, and seeing our neighbors take comfort in it all. Please continue to support our local businesses in a way that is safe for you and your neighbors.

This month especially reminds us to be thankful for what we have. I am thankful for the support of my loved ones, for the roof over my head, and for my health. I am also mindful that this month, while many of us will be giving thanks around a table of delicious food, friends and family, two things weigh on me. The history of the holiday and those less fortunate, especially as we are still in a pandemic. Let us all be mindful, be safe, and aim to be better neighbors.

UHCA NEEDS YOU!

We are looking for a **Merch Coordinator Volunteer** to manage the stock, distribution, and sales of our cool UH swag (aka merchandise)!

We are also looking for a **Newspaper Distribution Coordinator Volunteer** to help coordinate the distribution of our beloved UHCA News.

If you are interested in either of these positions, please email comms@uhsd.org.

AND WE ARE HERE TO SUPPORT YOU!



If you or someone you know needs help:

- Going to the grocery store
- Picking up medications
- Walking your dog
- Or anything else

We will try to find a community volunteer who will help. Complete the form at tinyurl.com/UHPandemicHelp

NOVEMBER 2020

Note: Dates & times subject to change due to COVID-19.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HILLCREST FARMERS MARKET 9 am - 2 pm	2	3 Board of Ed Public Mtg 4100 Normal Street; 5 pm	4 UHDC Meeting: (on Zoom) 619-297-3166	5 UH REC COUNCIL 5:30 pm (on Zoom uhsd.org) UHCA MEETING 7:00 pm (on Zoom uhsd.org) <small>Curbside Recycling & Yard Waste Collection</small>	6	7
8 HILLCREST FARMERS MARKET 9 am - 2 pm	9	10 Board of Ed Public Mtg 4100 Normal Street; 5pm	11 HAPPY VETERANS DAY HONORING ALL WHO SERVED	12	13	14
15 HILLCREST FARMERS MARKET 9 am - 2 pm Grandparents Day	16	17 Board of Ed Public Mtg 4100 Normal Street; 5pm	18	19 Curbside Recycling & Yard Waste Collection	20	21
22 HILLCREST FARMERS MARKET 9 am - 2 pm	23	24	25	26 Thanks giving	27	28
29 HILLCREST FARMERS MARKET 9 am - 2 pm	30					
<p>Wear a Mask! The scientific evidence is clear: not only does a mask help you keep from unknowingly spreading COVID-19, but masks also help keep you safe as well.</p>						

PLUMES SALUTE TO NAN MCGRAW!

A great community doesn't spring up out of nowhere by accident. Persistent, hard work by members of that community is required to grow the spirit and value of a place. We UH residents would not be enjoying the many benefits of living here today if it weren't for the efforts, over the past decades, of unpaid community volunteers like Nan McGraw, who spearheaded major projects, developed relationships with local government and law enforcement, and worked, continuously, to make our community an engaging, inviting, and unique place to live and play.

It would take more than one page of our newspaper (a publication Nan herself started and ran for decades) to document all of Nan and her cohort's efforts and achievements over the years. But, as Nan steps down from running the UHCA News, we do want to share some of this important history, as a primer of sorts for others who would like to make a difference. Without such people, our communities would be far less than they are, far less than they could be.

Few things matter more than making the world a better place for one's friends and neighbors. For all that you've done to make our community what it is today, and for inspiring others to also step up and serve University Heights, Nan McGraw, we salute you!

Following are Nan's responses to our questions regarding the history of University Heights and some of the work she and her fellow volunteers have done to build and grow our community:

UHCANews: What motivated you to start the University Heights Community Association? Was it the Trolley Barn Park issue or other issues as well?

Nan: It was all about the Trolley Barn Park. Janice and Eric DuVall were the instigators. Along with others, neighborhood friends and I became involved: Chris Huddy, JD Abercrombie, and Michelle Muscat. We recruited people to lobby the City Council for the park. My husband, Jim, was an architect. He drew up plans for the park

to show the council what a park could look like. There is nothing like visuals to promote and inspire people. His plan was not used, ultimately, but it helped win our case. Chris, JD, Michelle, and I saw more needs, and we became the officers of the UHCA after Janice and Eric. Community ID was a definite need.

UHCANews: What was University Heights like before you established the UHCA?

Nan: Crime stats were high in the mid '80's. Much of UH was "redlined." Security bars were on windows

throughout the community. Park Boulevard was a mess. Simo's bar (where Twigg's is), was the only "restaurant." There was little pedestrian activity between Adams and Meade Avenues. We had 2 barbers, 2 markets, Napa Auto Parts, car mechanics, St. Vincent de Paul's thrift store (now Park House Eatery), a laundromat, and a liquor store. No coffee houses, hair salons, or spas. I approached the principal of Birney Elementary asking to co-host a Halloween festival. But there was no PTA, no interest. Everything's changed, thankfully.

Newscasters have a smile. Politicians have a smile. Used car salesmen have a great smile. But just tap Nan McGraw on the shoulder and watch her wheel around and look you in the eye. Who could ever believe such grace, dignity, and genuine concern for you, personally, would hit you all at once in the form of a smile wider than your own field of vision. Don't know how she does it... Just love it!

—Andy Cameron

I've worked at the University Heights Branch Library for 20 years. Somewhere around 7-8 years ago, Nan and some of the other UHCA people arrived at the library as our new Friends of the Library members. We were not worthy. Nan has helped our library in so many ways. From helping us prepare for our 100th anniversary in 2014, to preparing for our building's 50th anniversary in 2016, to multiple events throughout the years. Enjoy your retirement, Nan! Your local library loves you!

—Erin M. Wilson, Library Assistant II, University Heights Library

She has the energy of a whirlwind, and the wisdom of Merlin. That's Nan McGraw.

—Norbert the Dragon



UHCANews: How did you and your co-volunteers accomplish the TBP and other projects?

Nan: Persistence. The TBP took years. Money was allocated and then withdrawn. Our City Council members, Gloria McColl and Bill Cleator (we were split between 2 districts), helped us a great deal at the beginning. Initially, McColl was our champion (district 3). She lobbied for us and got Bill (district 2) and others behind it. We worked well with the Council. John Hartley (district 3) and Ron Roberts (district 2) pulled us to the finish line. The same persistence was needed for other projects such as the rebuilding of the Vermont Street Bridge: money allocated; money withdrawn. Only those who persist achieve their goals.



Nan with Janice Duvall at the 25th anniversary celebration of Trolley Barn Park in 2016

the “blockwalker” concept and recruited people to deliver the newsletter. What started as a few hundred flyers grew to now over 5000 newspapers: an amazing accomplishment. We have over 65 people involved in the distribution of the UHCA News. The paper unites us.

UHCANews: What is your proudest accomplishment as a UH volunteer?

Nan: Tough to answer. The growth of Zone Watch and the building of a community were milestones. There was no spirit prior to the TBP issue. It was the hard work of UHCA that did it. We were “on the street” with Coffee with the Cops. People were enthusiastic about the changes we proposed: upgrading Park Blvd., rebuilding the Vermont Street Bridge, etc. We publicly celebrated our accomplishments with lots of fanfare projecting “fun.”

UHCANews: What other UHCA milestones do you see as most valuable to the neighborhood?

Nan: The upgrades to Park Boulevard and the neon sign spanning Park Boulevard. Also, the rebuilding of the Vermont Street Bridge, linking us to The Hub.

UHCANews: How has the newsletter / newspaper helped grow a sense of community?

Nan: The newsletter was initially a one-page bulletin announcing the TBP status and meetings. Chris Huddy thought of

UHCANews: How did your concept of Zone Watch come to be, and what is its key to success?

Nan: I was worried about our crime stats in the mid to late 80's. The stats were published in the newsletter along with my promotion of Neighborhood Watch. SDDP's officers and I would stop in 3 or 4 neighborhoods on Saturday mornings several times a year to ask neighbors what their issues were. I realized what happens on one block affects the next, and so on so Zone Watch became an umbrella over several Neighborhood Watches within a neighborhood. It doesn't replace NW but supplements it. Now there is a Zone Watch coordinator for each Zone. They communicate stats and other crime-related issues to their zone group and SDDP. I suppose the key to its success is that it has created a sense of synergy within each zone to solve problems. There were situations in several areas of UH—drug houses near Georgia and Florida, the motel at Lincoln and Washington, etc.—where neighbors documented problems. With the help of SDDP and political reps, we solved the problems.

UHCANews: What do you see as the most pressing issue for the community going forward?

We've had the pleasure of living two doors down from Nan for 23 years. She made us feel welcome immediately by hosting a “get to know your neighbors” for our block. We appreciated the event and continue to enjoy time with her and the neighbors. We've watched her work tirelessly on many University Heights projects. Thank you for all you've done!!

—Randi Dropkin & Phyllis Charlton

I've known and admired Nan McGraw for over 40 years, for her beauty and style, her incredible kindness, and her devotion to the community of University Heights. My youngest daughter, Cleo Van Doren, was a babysitter for Stuart for a time. I'm well aware that UCHA would not have existed nor endured if not for Nan's constant efforts on its behalf. With her usual savvy, as soon as I retired as a magazine editor in early 2015, she courted me to edit and write for the UH Newspaper, which I did until even after I moved to Northern California in late 2019. Our excuses for a little wine and a meal often overlapped with newspaper planning. I'll always remember all the great potlucks on New Jersey Street. I know Nan too well to think this is retirement in the literal sense. Nan, I can hardly wait to see what you choose to do next!

—Fondly, Phyllis Kessel, aka Phyllis Van Doren

Dear Nan, you are an institution, an icon of University Heights!!! Thank you for all the ways you've blessed our wonderful community. You have given your time to so many projects and issues with a warm, welcoming, enthusiastic and generous heart. What would UH have done without your special touch?! We look forward to seeing you relaxing around the neighborhood. Health and happiness to you, friend!

—Kitty and Mark Brlej

Nan has more energy than anyone I know. She is always thinking about the neighborhood and what fun events she can plan to bring the neighborhood together. She is always positive and has given her heart and soul to making this neighborhood great, whether that meant counting papers to be delivered, sorting out t-shirt sizes, collecting books for the annual Library book sale, driving carolers to Caroling in the Heights, collecting cookies or ice cream for Cookies with the Cops, selling t-shirts, giving the Neighborhood Watch Report, meeting local officials, going to meetings at Uptown Planners, or... AND, through it all she smiles, laughs, maintains a sense of humor, and makes anyone and everyone feel welcomed. She is a peach, and it would take a small army to replace her and all the things she does.

—Marcia Sorini

CONGRATULATIONS DEAR NAN! We had recently purchased our family home in University Heights, and somehow we became aware of a Community Meeting at Alice Birney School and decided to attend. My sister, Jennifer, a United Flight Attendant, recognized a fellow sky angel and introduced us to Nan McGraw. She seemed like a lovely lady. By the end of the evening, Jennifer, our mother, Henrietta, and Jessica Colosimo, along with Jess's husband, Case lest, were suddenly all volunteers to sell UHCA merchandise!

Our first event was to sell our wares at the inauguration of the UH sign lighting. This happened on April 3, 1997. We set up our tables with all new merchandise and were ready to go when the wind and pouring rain began. Thankfully, a nice young man named Michael Johnson tried to help us with an umbrella and some other helpful amenities. We persevered, and if memory serves, we sold mostly sweatshirts that night. Thus, began the sojourn of the Merchandise Mavens and Mr. lest. We loved doing that job for some years until Henrietta began getting frail and we retired from merchandising. We all agree that we've met some wonderful people along the way. And we've been fans of Nan since that beginning.

Nan is, by far, one of the most patient women we know. At Board Meetings—usually at her house—she would be confronted with some pretty far-out ideas and never got angry or frazzled—even thanking the person for the suggestion. For years she has welcomed oodles of people into her home for meetings or festive occasions. And the woman is the ultimate networker! If you ever needed something, she'd point you in the right direction! The heart of University Heights is what Nan has created—with her heart—over the years.

We are proud to know Nan, and to be loved by her. The Community and the world is a better place because of her. We wish her the absolute best in her retirement, although we know she'll always be a part of UH - lucky for all of us.

With kindest personal regards,
Jessica & Jennifer Colosimo and Case lest,
The Merchandise Mavens and Mister

Nan: Community ID and our boundaries are important to keep. For instance, the round-a-bouts on Meade at Alabama and Louisiana streets should say “University Heights” not “North Park.” Bathrooms in the TBP were never intended from the beginning and not appropriate for a neighborhood park, meant to be used by those who live nearby.

UHCANews: What do you hope for the future of UH?

Nan: First, we need pedestrian linkage across El Cajon Boulevard and the Normal Street/Ed Center property. Second, Washington Street should become safe and welcoming, with trees, decorative lighting, sidewalks, and bike lanes. Artwork up to Ninth Avenue would slow traffic and make pedestrian/bike travel safer. Third, our precious Mid-Century modern library should be expanded. There is potential to remodel it to accommodate meeting rooms, terraces for reading, and a dedicated space for children's activities.

The biggest issue ahead is the Ed Center property. It is the most important piece of property in UH since the TBP. We need to do the right thing for our future. It will be essential to have open space that accommodates the proposed dense housing surrounding the Ed Center.



Phyllis Kessel and Nan McGraw

FOOD AND BEVERAGES

GRAINS – THE NEIGHBORHOOD CAFÉ

Grains, a 100% plant-based eatery on the corner of Adams and Mississippi, is owned by siblings Napatr Chayodom (chef), and Katiya Hendricks (manager). According to Chayodom, they started the restaurant to serve “fun and flavorful plant-based food that everyone can enjoy.”

The spirit of Grains Café can perhaps best be understood through one of their most popular menu items, Drunken Angel, a Thai-influenced dish of their own invention, made with angel hair pasta stir-fried with mushrooms, bell peppers, garlic, basil, fried tofu, tomatoes, serrano peppers and krachai or finger root, an earthy Thai herb. Garlicky and slightly smoky, some bites taste almost Italian, others distinctly Thai. Chayodom uses serranos, present in several of their dishes, instead of Thai chilis because they are fresher and easier to get, a playful and practical adaptation to local ingredients.

The Banh Mi, their best seller, is made with San Diego Soy organic tofu that is first sliced and fried, then slow cooked in a spiced broth for several hours. It’s then diced and combined with jackfruit and slow cooked again, a labor-intensive process that Chayodom insists is necessary to get the proper depth of flavor. This concoction is then topped with thinly sliced carrot and daikon pickles, cilantro, peppers, plum sauce, and vegan cheese. Most of the sauces, including the plum sauce, spicy mustard, bbq, and cashew-based ranch, are made in house.

Grains also serves their own versions of American comfort food like crispy garlic potato wedges, breaded Buffalo



Banh Mi Pulled "Pork" Sandwich

cauliflower (my son’s favorite), and a Philly cheesesteak, as well as a couple of finely-executed Thai standards: Tom Kha, yellow curry, and a light and bright tofu larb. In addition to takeout, patrons can enjoy their food in a new outdoor seating area in the front, and they will soon have a larger seating area in the back.

Until recently they did not officially serve dessert (only mango sticky rice upon request), but in September they debuted house-made ice cream available in two flavors: a delicate, coconut-based tarot and a coconut sorbet with small, translucent chunks of fruit and a delicious, slightly salty aftertaste.

—Ian Young

Grains will be open on Thanksgiving. Catering trays are available – call 619-269-5999 for more information.



Popcorn "Chicken"



Drunken Angel

RECIPES FOR YOUR FILE

AUTUMN ACORN SQUASH WITH GOLDEN RAISINS



I’m allowed to tell the truth about my mother’s cooking because she jokes about it herself. She would be the first to tell you that she hates to be in the kitchen. Because of her disdain for cooking, I mainly grew up on TV dinners, but occasionally my mom would be in an ambitious mood and make some vegetables. Most times I would sneak them to the dog, but whenever it was acorn squash night, the dog would be left begging.

Although I have to scour through recipes from my childhood to pull out the stuff that’s worth sharing, I can promise you one thing: anything that my mom ever made is guaranteed to be quick and easy.

I’ve “veganized” this old favorite and played around with the recipe, but I always fall back on this version. After all these years, I’m still not sure where I get my love of cooking, but this squash might have something to do with it.

INGREDIENTS:

- 2 medium-large size acorn squash
- 1/2 cup plant-based butter such as Earth Balance
- 3 Tbsp organic brown sugar
- 1 cup golden raisins
- 1/2 tsp salt
- 1/2 tsp cinnamon + extra to sprinkle on top
- 1/4 tsp nutmeg
- 1/4 tsp cloves

DIRECTIONS

1. Preheat your oven to 375 degrees. With a knife or fork, poke a few holes

in the squash. Then microwave each squash on high for 3 minutes. This makes them MUCH easier to slice open. (If your microwave can hold both squash at the same time, microwave them at the same time for 5 or 6 minutes, or until sliceable.)

2. After the squash are cool enough to handle, cut them in half from stem to bottom. Scoop out and discard the seeds and the stringy part. Spread 1 tablespoon of butter on the inside of each of the halves.
3. Place on a baking sheet, butter side up, and bake for 35-40 min.
4. The squash will be really hot, so wait for it to cool down for at least a few minutes. Then, using a large spoon, scoop out all of the flesh into a large bowl. Stir the remaining melted butter, salt, spices, and golden raisins into the squash.
5. Transfer mixture to an ungreased baking dish and cook for 10 minutes. Enjoy!

This dish tastes good reheated, making it the perfect vegan dish to take or serve for Thanksgiving!

Serves: 8

—Rosemary Loshin

MAPLE SYRUP PIE

INGREDIENTS

- 1 3/4 cup pure dark maple syrup
- 2/3 cup heavy cream
- 1/4 teaspoon salt
- 5 tablespoons salted butter
- 2 tablespoons cornstarch
- 2 large eggs plus 3 egg yolks
- 1 tablespoon apple cider vinegar
- 1 9-inch blind-baked pie crust

DIRECTIONS

1. Preheat oven to 350 degrees. In a medium saucepan over medium heat, combine first 3 ingredients and bring to a boil. Whisk in butter until melted; then reduce heat to medium-low and whisk in cornstarch, continuously, for 1 minute. Pour cooked syrup mixture into a 4-cup glass measure or bowl, and allow to cool for at least 30 minutes. When the 30 minutes are up, in a small bowl, gently break up the eggs and carefully whisk in a cup of the still warm syrup mixture. Then gently whisk the vinegar and tempered eggs into syrup mixture until smooth.
2. Set baked, cooled crust on a



rimmed baking sheet, and carefully pour the filling into the crust. Bake until just set (still a little jiggly in the center), 35 to 45 minutes. Let the pie cool completely on a wire rack for 2 hours, then refrigerate it until fully set, at least 2 hours or up to a day. Serve the pie chilled or at room temperature. Tastes great with bourbon-spiked whipped cream or crème fraiche.

Foodie tip: spice up dessert conversation by adding a tiny whisp of cayenne to the filling along with the butter. Not too much!

—Adapted from *Cooks Country*, Nov. 2014

UH ENVIRONNEWS

MOSQUITO INVASION

If you felt like your feet and ankles were being eaten alive by mosquitoes this summer, you're not alone. Unfortunately, the tiny *Aedes aegypti* mosquito, which has invaded the Southwest US in huge numbers, feeds only on humans and prefers our lower extremities. Most of us don't hear or even see them—we just feel the burning itch of their bites. Even more unfortunately, there isn't much we can do about them other than spray ourselves with repellent and wait for nighttime temperatures to dip below 50 degrees.

Greg Slawson, a Senior Vector Ecologist with San Diego County, says a few of the tiny mosquitoes arrived in San Diego in 2014 and have multiplied exponentially each year since. The county is now quite infested with them, particularly in Mid-City communities like University Heights, according to Slawson.

Vector Control recommends the usual anti-mosquito protocols of making sure screens and doors are tightly fitted, and especially making sure that any standing water is located and dumped. Slawson says this includes tiny amounts of water, even a tablespoon's worth cupped in bromeliad leaves, pooling at the bottom of French drains, stagnating under potted plants, etc. An overturned bottle cap collecting dew can host mosquito larvae. And once the hatchlings mature, they'll be hungry for human blood.

Slawson recommends against hiring exterminators or spraying DIY pesticide foggers, since the mosquitoes have to be hit by the pesticide to be affected. Even if a homeowner is able to kill a few mosquitoes by spraying, any left untouched by the poison mist as it drifts through the air and settles will not be affected, and mosquitoes from a neighboring property will move in.

Vector Control does spray larvicide granules, via helicopter, in areas around the county that aren't easily reached by hand, but not here in Mid-City. If you can find pet-safe larvicide granules or "dunks" to use where there is standing water on your property that you haven't

yet been able to fix (such as around malfunctioning sprinklers, in French drains, or at leaky water meters), the larvicide might be helpful. But again, mosquitoes don't respect property lines, so if neighbors have standing water on their properties, you'll still have mosquitoes on yours.

For now, the *Aedes aegypti* are more a (painful) nuisance than a threat, since they're not spreading disease among us this year. And, luckily, the *Culex* mosquitoes (the bigger ones we're more used to seeing and hearing) have not spread West Nile Virus in San Diego this year. But who knows what will happen when the weather heats up again next spring and summer? West Nile is a serious disease that sickens humans and kills many birds, a good reason to follow all the anti-mosquito protocols that we can.

Residents can pick up free mosquito fish to stock green swimming pools, fountains, and ponds, and they can call Vector Control for help if they've been unable to locate the source of standing water hosting a population of ravenous mosquitoes. It may take days to get a return phone call, since the staff is limited and the county is very large, but someone will likely get back to you. Check the San Diego County Environmental Health website for details.

In the meantime, dump any standing water—no matter how meager the amount, toss a piece of mosquito larvicide "dunk" into any unreachable standing water sources, patch and tighten those screens, find some repellent you're comfortable using, and keep your fingers crossed that cold nights will come soon and stay a while.

—Judith Annicchiarico



Aedes aegypti. Credit: Wikimedia Commons



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LIBRARY NEWS

THE UH BRANCH LIBRARY BETWEEN THE COVERS

Twelve library locations throughout the San Diego Public Library system are now open to the public for limited services. The open locations include Mission Hills/Hillcrest-Knox, Mission Valley, College-Rolando, La Jolla/Riford, Carmel Valley, Point Loma/Hervey, Malcolm X/Valencia Park, Mira Mesa, Rancho Bernardo, San Ysidro, Logan Heights Branch Libraries, and Central Library.

Services available include computer usage for up to one hour, printing, library material holds pickup, light reference and reader's advisory inquiries, and library card registration and renewals. When you visit, please check with the "greeter" for directions on where to proceed. Face masks are required, and temperatures will be checked. The select library locations are open Monday through Saturday from 9:30am-1pm and 2pm-5:30pm (closed for one hour, from 1pm-2pm, for mid-day sanitation).

The University Heights Library facility remains closed to the public. Library staff is available to assist with telephone inquiries at 619-692-4912. The book drop is open for anyone who needs to return checked-out materials. Unfortunately, we are not

accepting material donations at this time. Please check the website page (sandiegolibrary.org) for updated information regarding the status of City services.

Programs:

Do Your Homework @ the Library is providing Virtual Homework Help six days a week for students in kindergarten through 8th grade. Homework help sessions takes place on Monday-Thursday from 10am-1pm & 2:30pm-5:30pm, Fridays from 2:30pm-5:30pm, and Saturdays from 10am-1pm. Please email DYHAL@SanDiego.gov for registration and more information.

San Diego Public Library's Facebook page, SDPL Virtual Hub, has a variety of online programs including featured guests, story time sessions, book talks, Do-It-Yourself (DIY) projects, and more. Please check our Facebook page, or give us a call for any further questions. Thank you from everyone at the University Heights Library.

—Elaine Sinsuan, Branch Manager, University Heights Library, 619-692-4912, www.sandiego.gov.

THE WELCOMING SPIRIT OF UH

Moving to UH was a dream come true for my husband and me. Not long after we moved in, we got our dog, Pismo, and then soon thereafter welcomed our daughter, Aria, now almost 2!

When I was asked to write about what it is like to be a young family in UH, many things came to mind: Obviously there is Birney Elementary School within walking distance to our house. Or Trolley Barn Park, always bustling with picnic-goers, workout warriors, pickup soccer games, community events, and social justice protests. There are the delicious and diverse eateries, including the family- and dog-friendly Kairoa or the acai bowls at Meraki Cafe (more on this in a second).

But what comes to my mind the most is the energy with which we were welcomed when we moved here and the culture of inclusion that our beautiful community has cultivated. I've seen this countless times in UH: The day after I got home from the hospital with Aria, our neighbors were bringing us delicious food, nourishing and supporting us. Our block also ensures that everyone has a space to celebrate the holidays by hosting an annual "Holiday Crawl" progressive dinner in various neighbor homes (we hosted

sufganiyot—Hannukah donuts—for the dessert stop our first year).

On a wider UH scale, most of us have had the pleasure of experiencing the annual "Caroling in the Heights" event where, among other stops, Mystic Mocha graciously passes out hot cocoa and homemade pastries to our neighbors. And Meraki Cafe, the popular gathering space, was not only my first adventure out of the house after having Aria, but also created a space during that adventure for me to meet and join my very first mom group.

As I reflect on the inclusivity that we felt as a young family in UH, my hope is that we continue to extend this same culture of belonging to all of our new neighbors that join our beautiful community. It is this welcoming and supportive energy that makes UH a special place to raise a family.

For those other young families reading this, in the words of Daniel Tiger, the PBS children's cartoon icon, "It's such a good feeling to be with family and friends. It's such a happy feeling when they lend you a hand. Uggga Mugga!"

—Sarah Norton



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SCHOOL NEWS

BIRNEY BUZZ



THANKFUL FOR COMMUNITY SUPPORT

Birney is a special school situated in our wonderful, supportive, and creative UH community. As we approach Thanksgiving, we would like to extend our appreciation to the teachers, staff, parents, neighbors, and local business owners who have supported our students in such innovative ways and with so much heart and determination during this challenging year!

For example, our gardening teacher, Ms. Mindy, volunteers her time at least once a month to harvest Birney produce and manage a fundraising farm stand. Twiggs donates their coffee grounds for our garden soil and welcomes the Birney pop-up farm stand to their coffee shop on a regular basis. Our friends at Kairoa used Birney garden produce to craft delicious beer and donated 50% of the proceeds back to the school! Many of our annual fundraising events were canceled due to COVID this year, but all these unique community efforts will add up, enabling us to continue funding art, language, and gardening classes for every Birney student.

While events at Birney may look different this fall, they are still proving to be fun and memorable. The PTA

typically hosts a “Star Party” with the San Diego Astronomer’s Guild during which our students get the opportunity to view the night sky through powerful telescopes on the school blacktop. While that in-person event wasn’t possible this year, the PTA coordinated with the Fleet Science Center to organize a Virtual Star Party. Students were rewarded for their participation in the Fall Fundraiser this year with a ticket for our first ever drive-in movie night! And our supportive Birney parents continue to show up in force (virtually) for monthly Family Friday events.

Birney’s Big Give, a one-day online fundraising drive, is coming up in December. Please contact us at info@friendsofalicebirney.org if you are interested in becoming an annual sponsor and we will include your name or logo on all Big Give correspondence. You can also visit <https://linktr.ee/friendsofbirney> for details on a variety of other unique ways to support Birney. Thank you for your continued support!

—Erin MacKinnon, Proud Parent of two Birney Bees and Friends of Alice Birney Elementary (FOABE) Board Member.

ROO NEWS

ROOSEVELT MIDDLE SCHOOL

PROGRESS REPORT



Roosevelt International Baccalaureate Middle School is halfway through its first quarter of online education, and the students and teachers are settling into their new routine. On October 1, Roosevelt’s first ever Virtual Back-to-School Night tested the technological savvy of parents as well as students, and by all accounts was a smashing success, drawing nearly 200 families to a lively and informative Zoom meeting.

Principal Steinberger reports that, while Phase One of the San Diego Unified School District’s reopening plan will go into effect for elementary schools on October 13, details for middle and high schools have not yet been announced.

“An appointment-based learning model will begin soon for Roosevelt’s students, focusing on our neediest learners,” Mr. Steinberger reports. “We at Roosevelt are looking forward to inviting our learners with special needs back to campus during Phase Two, which does not currently have a start date.” Any questions about Roosevelt’s reopening status may be directed to Mr. Steinberger.

Finally, thanks to Roosevelt families and community members, the Friends of Roosevelt Foundation (aka RooFriends) was elated to announce that it

raised—and surpassed—the \$12,000 goal of its recent educational software fundraiser! The online fundraiser made possible the addition of Newsela to the educational quiver of Roosevelt teachers. Newsela is a powerful instructional content platform containing thousands of high-quality news and nonfiction articles and teaching materials, customized for all reading levels. “Having this incredible software for our students has been the best news of the month for me,” Mr. Stienberger said.

RooFriends offers sincere thanks to an anonymous donor who matched contributions at a rate of \$.50 to the dollar, as well as the North Park Lions, who generously donated \$1000. The funds raised beyond the \$12,000 goal will go toward the next software fundraiser. Thanks again to Roosevelt’s great families and neighbors!

Visit the RooFriend’s website calendar for updates: friendsofroosevelt.org/calendar/ And follow Principal Steinberger on Twitter for all the latest breaking news! twitter.com/PrincipalRIMS

—Jennifer Ayala, parent of students at Roosevelt and San Diego High School and a board member of the Friends of Roosevelt Foundation

UH HISTORY NOTES

ST. JOHN THE EVANGELIST CATHOLIC CHURCH

Many University Heights residents have lived here for decades, and some for their whole lives. Those who are more recent transplants to the neighborhood may be unaware of some key elements of UH history, including that of the local Catholic church.

The Catholic population of UH used to be part of St. Joseph’s Parish in what is now the Cortez Hill neighborhood of San Diego. In 1912, a group of local women appealed to Fr. Nunan, the pastor of St. Joseph’s, to establish a new parish here. He encouraged them, but his successor, Fr. Hefferman, wanted them to remain in his parish. The Catholic ladies’ group finally appealed to the new Archbishop of Los Angeles and San Diego, Rev. John J. Cantwell, and he agreed to establish a new parish in UH.

In late 1913, Fr. Peter McNellis was appointed Pastor of the new parish in UH. In 1914, great efforts were made by the pastor and others to buy property, and they purchased eight lots at Lincoln and Normal Streets. Fr. Loughlin Golden was successor pastor, assisted by Fr. McCormick. Under their leadership, the first church building in honor of St. John the Evangelist was erected on the corner in 1915. That building is now used as the parish hall.

Wooden buildings next to the church housed the first school classes under the supervision of the Sisters of St. Joseph. About 1948, a new concrete school building was constructed on the back of this lot, and the wooden classroom buildings were removed. The concrete building and play yard now houses Aseltine School.



St. John the Evangelist Catholic Church

The parish built a new church at the corner of Polk and Normal that was dedicated by Bishop Buddy on May 30, 1952. Quite a few residents of UH have been parishioners for years and remember all the events involved in the development of the church. Some of these people attended St. John Elementary School, which closed in 1971.

St. John the Evangelist Parish is a living tribute to the history of the people of UH.

—Mary Lou Ruane

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ON THE BOULEVARDS

LET'S MEET UP AT MAMA'S!

Established in 1988, Mama's Bakery & Lebanese Deli has been a staple in the University Heights community. In 2004, Eddie Haidar purchased this neighborhood gem and has continued its fine reputation as the "go-to" spot for the best in Middle Eastern cuisine.

In 2014, The City of San Diego had a pilot program to test out public "parklets." Eddie was approached by a board member for the El Cajon Boulevard improvement district to see if he would be interested. He jumped at the offer, and his was the second restaurant in San Diego to have a parklet. Now, six years later, the parklet has become a great little spot to eat outside, meet a friend, take a break from walking the dog, or grab a beef shawarma at Mama's.

It's a public parklet, so it's open to everyone. The only guidelines, which must be followed in order for the parklet to stay, is Eddie's maintenance and upkeep, which he is always improving on to make for a friendly, comfortable space. "It's good for the community and it's good for Mama's," Eddie says. "You know if you're in the Middle East and want a light night meal or a place to get a bite, you'll go grab a shawarma and hang out. That's what Mama's is. It's like good traditional Mediterranean street food."

Aside from his beef and chicken shawarmas, Eddie's menu offers a huge variety of options. For the veggie lovers, he's got you covered with his tasty falafels, salads, grape leaves, and eggplant plates. All of Mama's wraps and hot pies (off the Saj) are made with his homemade flatbread and generously stuffed with different meats, cheeses, and veggies.

Want it to-go or catered? Mama's backbone is the catering side of Eddie's business. "We do a lot of catering to the hospitals—you know, UCSD, Scripps, the VA. We cater to them. For doctor meetings, parties. My wife Suher is a wedding planner, so we do weddings too," he says.

For Eddie's business, like so many other restaurants and bars, adjusting to COVID-19 has been a challenge, but he says it's looking up. "I feel bad for all the businesses I see in the area that are closing up. It's hard, you know? But I'm lucky I have such a strong following."

Eddie says, "You know, people come to Mama's from all over the county. Maybe they moved or they are going out of town. They come back. Or they come here before they go out of town, you know, to take some of Mama's food on the plane. I have a group of 6 women that come down every couple of months from Pasadena. They come. They eat. They spend all day here. It's great. I'm lucky. I'm so grateful and thankful to all in the community who come to Mama's and continue to support the business."

If you're new to the neighborhood, or one of the few who hasn't yet checked out UH's hidden gem, it's worth a

visit. Mama's Bakery is located at 4237 Alabama Street.
—John Hensley



Mama's parklet



Mama's Bakery



Eddie Haidar

TWIGGS

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UH FOOD & DRINK

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2	Bahn Thai	TD	4646 Park Blvd.	619-299-6363
3	BFD (Big Front Door)	TD	4075 Park Blvd.	619-255-4100
4	Cheers Bar	X	1839 Adams Ave.	619-298-3269
5	Clos Wine	ATD	4521 Park Blvd.	619-915-6846
6	Cueva Bar Cafe	ATD	2123 Adams Ave.	619-269-6612
7	Domino's Pizza	TD	1925 El Cajon Blvd.	619-294-4570
8	El Zarape	AT	4642 Park Blvd.	619-692-1652
9	Flavors of East Africa	ATD	2322 El Cajon Blvd.	619-955-8778
10	Gilly's Bar & Cocktails	O	2306 El Cajon Blvd.	619-298-6008
11	Grains Cafe	ATD	2201 Adams Ave.	619-296-5999
12	Great Maple	AT	1451 Washington St.	619-255-2282
13	HOPE 46 @ Lafayette	AT	2223 El Cajon Blvd.	619-780-0358
14	Kairoa Brewing Co.	ATD	4601 Park Blvd.	619-295-1355
15	Kiko's Seafood Truck	T	4404 Texas St.	619-341-7397
16	Lestat's on Park	AT	4496 Park Blvd.	619-501-6638
17	Live Wire Bar	O	2103 El Cajon Blvd.	619-291-7450
18	Loving Hut	TD	1905 Park Blvd.	619-683-9490
19	Madison on Park	ATD	4622 Park Blvd.	619-296-6566
20	Mama's Bakery & Deli	TD	4237 Alabama St.	619-688-0717
21	McDonald's	T	2345 El Cajon Blvd.	619-299-3078
22	Meraki Café	ATD	1735 Adams Ave.	619-269-9618
23	Muzita Abyssinian	ATD	4651 Park Blvd.	619-546-7900
24	Mystic Mocha	X	2105 Mission Ave.	619-688-0858
25	Parkhouse Eatery	ATD	4574 Park Blvd.	619-295-7275
26	Park & Rec	O	4612 Park Blvd.	619-795-9700
27	Pizzeria Bruno	ATD	4207 Park Blvd.	619-260-1311
28	Pizzeria Luigi	ATD	2121 El Cajon Blvd.	619-294-9417
29	Plumeria Vegetarian	TD	4661 Park Blvd.	619-269-9989
30	Pomegranate	ATD	2312 El Cajon Blvd.	619-298-4007
31	Pop Pie Co	TD	4404 Park Blvd.	619-501-4440
32	Rare Society	X	4130 Park Blvd.	619-501-6404
33	Red Fox Steak House	X	OPENING FALL 2020	619-297-1313
34	Red House Pizza	ATD	4615 Park Blvd.	619-546-7430
35	Serpentine Cider	TO	2311 El Cajon Blvd.	619-323-2057
36	Small Bar & Grill	AT	4628 Park Blvd.	619-795-7998
37	Soichi Sushi	ATD	2121 Adams Ave.	619-677-2220
38	Stella Jean's Ice Cream	TD	4404 Park Blvd.	619-501-8252
39	Subway	TD	1915 El Cajon Blvd.	619-295-0624
40	Tacos La Mezcla*	ATD	2104 El Cajon Blvd.	619-889-1337
41	Tap Room Beer Co.	ATD	2000 El Cajon Blvd.	619-539-7738
42	The Lancer's Bar	X	4671 Park Blvd.	619-298-5382
43	Twiggs Coffeehouse	TD	4590 Park Blvd.	619-296-0616
44	Twisted Taps*	ATD	2302 El Cajon Blvd.	619-889-1337
45	Yipao Coffee	ATD	4601 Park Blvd.	619-734-6844
46	Wing Stop	TD	1901 El Cajon Blvd.	619-297-9464

*Tacos La Mezcla and Twisted Taps are partnering at 2104 and 2302 El Cajon Blvd.

SERVICES

- A Dine in
- T Takeout
- D Delivery
- O Dine in with outside food allowed
- X Closed for now



MEET YOUR NEIGHBOR

CECILIA OF CECILIA'S FINE JEWELRY

I have been in the jewelry business since 1987. I started in wholesale and then moved on to work for Francis Family Jewelers located in Hillcrest for nearly 20 years. When the business closed in 2015, I decided to open Cecilia's Fine Jewelry on Park Boulevard in the heart of University Heights.

I moved from the U.S. from Mexico when I was only seven years old because my parents wanted a better life for our family. Owning my own business has been a dream come true. Since opening my doors five years ago, I have been creating beautiful wedding rings for local residents and take pride

in taking care of any repairs that come my way. I specialize in custom design, jewelry and watch repair, antique jewelry, and appraisals.

I love to participate in our community events, promote local artists, and spend time with my husband Julio, three kids, and two grandchildren. At the moment, my storefront is being renovated by the building's owners, but I'm still open for business! Please stop by any time to say hello and I'll clean and inspect your jewelry while you wait.

— Cecilia Vargas Vazquez



Cecilia Vargas Vazquez

PET OF THE MONTH

HONEY THE BULLDOG

Hello University Heights residents! I am Honey, a 12-year-old English Bulldog. I have lived in this neighborhood with my human since 2011. I am a San Diego native, born and raised, a rare breed, indeed. I admit I am a doggie school drop-out, and yes, sing "no graduation day for me." My human loves me, though. She knows I am a bully, a little stubborn, and a little feisty. I've been working from home for most of my adult doggie life. I am certified in sleeping, eating, snoring, burping, cuddling, and most of all, being there for my human.



Honey

I have been known to catch a few frisbees at Birney Elementary, and you may have seen me strolling UH in my blue wagon. Before my wagon-riding days, my human would carry me home, if I insisted. Pure doggie love. You may think I am lazy, but honestly, my mom just loves me. My legs don't work like they used to, my heart isn't as strong as it once was, and sometimes things just take my breath away. SQUIRREL! Bark out loud (BOL)!

I've been to a few Pawdres games over the years, and I have to admit my favorite part was running on the field in the doggie parade. My grand-pawrents took me on the Bow Wow Brunch cruise for my birthday one year. I participated in the Run, Walk, Wag 5k, and I made it to the finish line. I have enjoyed going to the local surf dog competitions over the years to watch and cheer on fellow

dogs. I absolutely love going to the beach and smelling the ocean air and feeling the sand on my paws.

Please excuse my typos as my paws are a little arthritic, and my sight has diminished a bit. I am just a bulldog out here living my best life, leaving my paw prints everywhere I go. And actually, after I finished this autobiography, my flight departed on Oct. 1. I felt the need for speed, and I left in my Doggie Top Gun fighter jet! Over and out!

Fanks, Woofs, and Licks! Eat, Play, Love,

— Honey the Bulldog & Gabrielle (Honey's Mom)

POLITICAL NEWS

FROM YOUR CITY SUPERVISOR

AIR QUALITY IS IMPORTANT FOR ALL NEIGHBORHOODS

Clean air, clean water and healthy communities are vitally important for all of us. Supervisor Nathan Fletcher, who represents SD County District 4, including UH, is aggressively taking action on a local and statewide level to tackle climate change and protect all neighborhoods.

San Diego has the sixth worst air quality in the country according to the American Lung Association, and as Governor Gavin Newsom's appointee on the California Air Resources Board (CARB)—this is the state agency that regulates emissions from anything that moves—he is fighting for policies to reduce dirty emissions from cars, heavy duty trucks and ships.

The Supervisor has been pushing for the County to have a Climate Action Plan (CAP) that complies with state law, but his colleagues thought otherwise. After several failed lawsuits, the Board on September 30 voted in favor of a resolution to rescind the existing CAP and start the process of developing a new plan.

Supervisor Fletcher said at the time: "Climate change is real and developing a legally compliant, enforceable and accountable Climate Action Plan is the right thing to do. We must lower greenhouse gas emissions and get serious about tackling climate change."

On the same day, Supervisor Fletcher who is also a member of San Diego County's Air Pollution Control District (APCD), introduced a measure for APCD to dedicate staff to help comply with the Assembly Bill (AB) 617 Community Air Protection Program. The Board passed his proposal to re-assign two existing team members to develop and implement a Community Emissions Reduction Plan (CERP) to help lower air pollution emissions and community exposure in some of the county's most heavily polluted areas.

"Tackling air quality issues is not a responsibility that can be turned on and off like a light switch, you need people focused on it all the time," said Supervisor Fletcher. "Making these changes to APCD staff responsibilities will ensure our attention is effectively directed at lowering emissions in environmental justice neighborhoods and that people are engaged with in a meaningful and substantive way. Taking this action will help move San Diego County closer to a more sustainable, greener future for all."

Improving air quality, especially after such devastating wildfires, matters now more than ever because poor air quality makes you more likely to die of COVID-19 according to a recent Harvard study.

To raise awareness and encourage more San Diegans to think about air quality daily, Supervisor Fletcher was Chair of San Diego's California Clean Air Day Task Force. Working with community partners, a series of activities such as a painting class and electric vehicle motorcade, seminars about reducing your carbon footprint, tree plantings and environmental leadership training we held on October 7.

"Nothing is more foundational to life than ensuring clean air for all, but living in areas with poor air quality exacerbates the risk of getting incredibly sick and dying of COVID-19," said Supervisor Fletcher. "To tackle climate change and improve air quality more action is needed from everyone, but for those who didn't know how to get started, California Clean Air Day was a great entry point."

To learn more or get involved in helping improve University Heights air quality, visit www.SupervisorNathanFletcher.com.



Supervisor Nathan Fletcher at the Clean Air Day Launch Press Conference

OUR POLITICAL REPRESENTATIVES

U.S. PRESIDENT DONALD TRUMP
The White House
1600 Pennsylvania Avenue
Washington, DC 20500
202-456-1111/202-456-2461 fax
president@whitehouse.gov

CALIFORNIA GOVERNOR GAVIN NEWSOM
State Capitol, Suite 1173
Sacramento, CA 95814
916-445-2841/916-558-3160 fax
governor@governor.ca.gov

U.S. SENATOR DIANNE FEINSTEIN
750 B Street, Suite 1030
San Diego, CA 92101
619-231-9712/619-231-1108 fax
senator@feinstein.senate.gov

U.S. SENATOR KAMALA HARRIS
600 B Street, Suite 2240
San Diego, CA 92101
619-239-3884/202-228-3863 fax
senator@harris.senate.gov

U.S. CONGRESSWOMAN SUSAN DAVIS, DISTRICT 53
2700 Adams Avenue, Suite 102
San Diego, CA 92116
619-280-5353/619-280-5311 fax
Emilie.Hill@mail.house.gov.

STATE SENATOR PRESIDENT PRO TEMPORE TONI ATKINS, DISTRICT 39
1350 Front Street, Suite 4061
San Diego, CA 92101
619-645-3133/619-645-3144 fax
chevelle.tate@sen.ca.gov

STATE ASSEMBLYMEMBER TODD GLORIA, DISTRICT 78
1350 Front Street, Room 6054
San Diego, CA 92101
619-645-3090/619-645-3094 fax
randy.wilde@asm.ca.gov

SAN DIEGO COUNTY SUPERVISOR NATHAN FLETCHER, FOURTH DISTRICT
1600 Pacific Highway, Room 335
San Diego, CA 92101
619-531-5544/ 619-531-6262 fax
Nick Zinter 619-371-1241
Nicholas.zinter@sdcounty.ca.gov

SAN DIEGO MAYOR KEVIN FAULCONER
202 C Street, 11th Floor
San Diego, CA 92101
619-236-6330/619-236-7228 fax
kevinfaulconer@sandiego.gov

SAN DIEGO CITY COUNCILMEMBER CHRIS WARD, DISTRICT 3
202 C Street, 10th Floor
San Diego, CA 92101
619-236-6633/619-595-1481 fax
TRenner@sandiego.gov

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Scott Schechter, MBA, CFP®
 Financial Advisor

Eagle Strategies, LLC
 1048 Johnson Avenue
 San Diego, CA 92103
sschechter@eaglestrategies.com
www.sschechter.com
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