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, Councilmembers, County offices, School Boards, Judges, and ballot initiatives.

This year, as we know, voting is a little 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 forornia, and the San Diego Registrar of Voters mailed out 1.9 million ballots to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots by mail to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots. This year, as we know, voting is a little 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 to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots by mail to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots. This year, as we know, voting is a little 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 to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots by mail to all registered voters in California, and the San Diego Registrar of Voters mailed out 1.9 million ballots.

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 hardcape 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

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MEMBERSHIP

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

NEW MEMBERS & RENEWALS

Hans & Heidi Baumgartner, Lorrett 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.

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

Yearly Membership
☐ $20 Household
☐ $25 Business Membership
☐ $100 Golden Owl

☐ $50 Add $ UHCA Alves Delivered Via USPS to your Membership

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

Donor
A Donation for Keeping Up the Good Work (Donate as a member or non-member)

Volunteer Your Time on a UHCA Committee!
☐ Beautification & Planning
☐ Blockwalker
☐ Marketing & Merchandising
☐ Neighborhood/Zone Watch
☐ UHCA News

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

UHCA NEWS

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University Heights News

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 coordinator or Nan McGraw.

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SLOW DOWN SIGNS
Speeding on neighborhood streets in UH continues to be a problem. Sharing time off trips by speeding has small benefits and high risks. PLEASE SLOW DOWN!

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Non-Emergency
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SD City Services non-emergency: street lights, pot holes, etc.
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2-1-1 San Diego
Free Resources: COVID-19, CalFresh, Medi-Cal, Covered California, etc.
Abandoned Vehicles
Alice Birney Elementary Office
Animals / Non-Emergency
Brush and Weed Abatement
Code Violations
COVID-19 City of San Diego Daily Updates
COVID-19 California Daily Updates
COVID-19 County of San Diego Daily Updates
COVID-19 National Updates
Crime Stoppers Tip Line
Department of Environmental Health Public Health/Plats/Residents
Downed Power Lines / SDG&E
Emergency Water / Sewer Repair / Sink Holes

Narcotics
Suspect drug house / anonymous
Retired Senior Volunteer Patrol (RSVP)
Vacation home security check, welfare of home bound, patrolling business districts, homeland security support
SDPD Community Relations Officers:
David Sonneborn (dsonneborn@pd.sandiego.gov)
SDPD Western Division 9215 Garfield Street
Shopping Cart Pick-Up Service
800-252-4613

Southwest Citizen Patrol
Suicide Prevention

UHCA installed 60 new signs in 2018. If you know of an old sign that needs replacing or a location needing a sign, please email UHCA President at president@uhsd.org.

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.

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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 Marley, 2nd by Uyen Tran.
- New UHCA officers are: President - Christine Hernandez; Vice President - Marc Johnstone; Secretary - Meghan Kight; Treasurer: Brent Orlesky. Congratulations to all!

UPCOMING EVENTS

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

MAJOR 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:

> 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 Development:
  » BB: Favors local planning groups, which TG voted to eliminate. Against elimination of SFR zoning, but streamline and professionalize force 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 raising 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 work force. 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 involved in 101 Ash, Soccer City. 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 not on park space. Philanthropy may help with new park development.
  » TG: Community Plan needs work. UH under-funded. 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, including Doug Manchester. “As mayor I’m going to fix it.”
  » TG: Several properties poorly procured. Need to get City to stop bid actions, investigate, hold people accountable, and redo Real Estate Department.

> Budget/ Pensions
  » 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. Police review board 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 power 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 want. Should have increased 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 be-bound 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

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PRESDENT’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. Carole Niedenberg, thank you for your service for the last two terms and for your enduring passion for University Heights. Maureen Marley, 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 in 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 ways 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.

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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 comm@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.
**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 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:

**UHCIANews: 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.

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!

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

**Nan:** Crime stats were high in the mid ‘80s. Much of UH was “redlined.” Crime stats were high in the mid ‘80s. Security bars were on windows throughout the community. Park Boulevard was a mess. Simo’s bar (where Twiggs 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 give you a smile. But just tap Nan McGraw on the shoulder and watch her wheel around and give you a smile. 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!

**Erie M. Wilson, Library Assistant II, University Heights Library**

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

—Herbert the Dragon
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 Drapkin & Phyllis Chariton

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 UCHNA would not have existed nor endured if not for Nan’s constant efforts on its behalf. With her usual savvy, as soon as we were elected in early 2015, she courted me to edit and write for the UH Newspaper, which I did until even 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: Toughest to answer. The growth of Zone Watch and the building of a community were milestones. There was a lack of synergy in several areas of UH—drug houses, drug dealers, etc.—where people did not communicate with their neighbors. While the construction of Trolley Barn Park 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 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 do you see as the most pressing issue for the community going forward?

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 “Nordi 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.

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.

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.
FOOD AND BEVERAGES

Grains, a 100% plant-based eatery on the corner of Adams and Mississippi, is owned by siblings Napat 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 be understood through one of their most popular menu items, Drunken Angel, a Thai-influenced adaptation to local ingredients. The Banh Mi, their best seller, is made in house. The sauces, including the plum sauce, and vegan cheese. Most of the dishes are made in house. Chayodom insists is necessary to get the proper depth of flavor. This concoction is labor-intensive process that Chayodom used serraros, present in several of their dishes, instead of Thai chilies 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, 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 chilies because they are fresher and easier to get, a playful and practical adaptation to local ingredients.

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

RECIPE 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 scrounge through recipes from my childhood to pull out the stuff that’s worth sharing, I can promise 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.
2. In a large bowl, stir the remaining squash, spicy mustard, bbq, and cashews.
3. Place on a baking sheet, butter side up, and bake for 30-45 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 Laskin

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 pinch 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 drop 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 fraîche.

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

—Adapted from Cooks Country, Nov. 2014
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 bear 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, in clogged or broken sprinklers, standing water—no matter how meager the amount, tossed a piece of mosquito larvicide “dunk” into any unreachable water—no matter how meager the amount, tossed a piece of mosquito larvicide “dunk” into any unreachable water, stand under potted plants, etc. An amount of water, even a tablespoon’s worth, in clogged or broken sprinklers, standing water—no matter how meager the amount, tossed a piece of mosquito larvicide “dunk” into any unreachable.

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

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 Help. Help six days a week for students in kindergarten through 8th grade. Homework help sessions take place on Monday-Thursday from 10am-1pm & 2:30pm-5:30pm; Fridays from 2:30pm-5:30pm, and Saturdays from 10am-1pm. Please call 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.

——Eilane Sessaan, Branch Manager, University Heights Library, 619-692-4912, www.sandiego.org

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, pick-up soccer games, community events, and social justice protests. There are the delicious and diverse eateries, including the family- and dog-friendly Karios or the acual 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 sulganiyot—Hannukah domts—for the dessert stop this 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 puts 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 adventurous time, where we would 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
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 each innovative ways and with so much heart and determination during this challenging year!

For example, our gardening teacher, Ms. Mindy, volunteers their time at least once a month to harvest Birney produce and manage a fundraising farm stand. Twigg’s donates their coffee grounds for our garden soil and welcomes the Birney pop-up farmers to lead 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 also, 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 to this 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@friendsofbirney.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.

—Mary Lou Ruane

BIRNEY BUZZ
THANKFUL FOR COMMUNITY SUPPORT

Roosevelt is looking forward to the next 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. “This is an incredible software for our students has been the best news of the month for me,” Mr. Steinberger said.

RooFriends offers sincere thanks to an anonymous donor who matched contributions at a rate of 5.50 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: friendsroosevelt.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

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. Helfermand, 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 McNellig 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 1946, 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.

The parish built a new church at the corner of Polk and Normal that was dedicated by Bishop Weld 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.
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 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.”

Now Selling Family Meals that Bernie and Dan have been serving their friends and family for 25 years. Order meals online and pick up at our Adams Avenue location between 10am and 3pm on the day indicated. Follow our reheating instructions and sit down with family and friends for a communal meal made from scratch. Add one of our slice & bake cookie rolls to have fresh baked cookies after dinner. Serve and wait for compliments! View upcoming menus and order online at www.twiggs.org.
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 jewelry while you wait. I also specialize in custom design, jewelry and watch repair, antique jewelry and appraisal.

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

MEET YOUR NEIGHBOR

CECILIA OF CECILIA’S FINE JEWELRY

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 Pawpiles 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 prints everywhere I go. And actually, after I finished this autobiography, my

— Honey the Bulldog & Gabrielle

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.

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)!

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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
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 communities in poorer air quality areas 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.

“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 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.

Our board passed his proposal to reassign two existing team members to Community Air Protection Program. On the same day, Supervisor Fletcher, who represents SD County District 4, is fighting for policies to reduce dirty emissions from cars, heavy duty trucks and ships.

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Canyon Craftsman in University Heights!

4311 Proctor Place  $849,000
3 Bedrooms 1 Bathroom  1,322 Square Feet

Classic California Craftsman! First time on the market in over 60 years! Rarely available-expansive useable flat 8,387 Sqft. lot on a canyon and cul-de-sac street. Hardwood floors, spacious bedrooms, sunny breakfast area plus outdoor patio and large backyard with two sheds great for workshop, office or storage. Home needs some TLC and is being sold in “as is” condition. Foundation was redone in 1998 by Craftsman Foundation. Great location near The Hub in Uptown, Park Blvd restaurants and Trolley Barn Park.

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COLDWELL BANKER REALTY
maryanneshomes.com

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Anastasia Brewer
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COLDWELL BANKER REALTY
maryanneshomes.com

4311 Proctor Place
3 Bedrooms 1 Bathroom
1,322 Square Feet

Classic California Craftsman! First time on the market in over 60 years! Rarely available-expansive useable flat 8,387 Sqft. lot on a canyon and cul-de-sac street. Hardwood floors, spacious bedrooms, sunny breakfast area plus outdoor patio and large backyard with two sheds great for workshop, office or storage. Home needs some TLC and is being sold in “as is” condition. Foundation was redone in 1998 by Craftsman Foundation. Great location near The Hub in Uptown, Park Blvd restaurants and Trolley Barn Park.

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