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## Tree Lighting Tradition



### *Tree Lighting Tradition Continues at Standley Park*

By Sandy Lippe

Since 2002, UCCA has provided a special December event in honor of Christmas as a gift to the U.C. community: a decorated tree, hot chocolate and cookies, music for the season, and many other surprises. The weather had cooperated most years, but in 2010 and last year, we had raindrops falling on our head. What's in store this year? Weatherwise, it could be clear and bright or El Nino could launch a shower or two.

If inclement weather occurs, we still encourage the community to come on out to Standley Park on Friday, December 11th, to enjoy many activities. We will go inside if necessary, as we did last year.

Standley Park is planning a spaghetti dinner starting at 5:00pm, at unbelievably low prices: \$5.00 for adults, \$3.00 for children 6-12 years old. Five year olds and under are free. Call to make a reservation or drop in the Standley Rec Center after November 30.

The official tree lighting begins at 6:30 p.m., but you may want to get there early. The Standley Middle School band, Tuesday Night Alibi, and a children's choir will be entertaining. Hopefully, our favorite fire department, #35, will be in attendance. Santa Claus will arrive and hear the wishes of all the children and maybe some parents. This year a menorah will be lighted in honor of Hanukkah too for our Jewish friends and neighbors.

Darlene Ventimiglia and Barbara Henshaw are co-chairing this UCCA tradition of 13 years. Put this one on your calendar today. We get busy during the holidays. All ages are welcome to share in a beautiful UC tradition. Remember the mail deliverers' motto: "Neither snow nor rain nor heat nor gloom of night stays these couriers from swift completion of their appointed rounds." The same holds true for our December 11th event.



### UC Celebration Committee

Wednesday, December 2  
6:30pm, Standley Rec Center

### Hanukkah

Begins Sunday evening, December 6

### People for a Clean UC

Sunday, December 13 and January 10  
7:15-9:00am  
Starbucks, 3202 Governor Dr.

### UC Traffic E.I.R. Meeting

Wednesday, December 16  
6:00pm, Nobel Rec. Center

**Christmas** Friday, December 25

**Kwanzaa** Saturday, December 26

**New Year's Day** Friday, January 1

### UC Planning Group

Tuesday, January 12, 6:00 pm  
Scripps, 10010 Campus Pointe Dr.

### UCCA Meeting

**Wednesday, January 13**  
6:00pm Meeting UC Library

### Martin Luther King Day

Monday, January 18

### Doyle Recreation Council

4<sup>th</sup> Tuesdays at 6:30 pm

### Standley Recreation Council

4<sup>th</sup> Thursdays at 6:30 pm

**Happy Holidays!!!**

## UNIVERSITY CITY COMMUNITY NEWSLETTER

Published by **University City Community Association**  
3268 Governor Dr., Box 121  
San Diego, CA 92122  
**www.universitycitynews.org**  
858-412-0786  
universitycitynews@gmail.com

Distribution is 6,000 copies, 10 issues per year, hand delivered to South UC residents, schools, libraries, parks and businesses.

**Editor** Jemma Samala, UCCAEditor@gmail.com  
**Advertising** Terri Day, uccaADS@hotmail.com

### Be the Eyes and Ears of UC:

The University City Community Association Newsletter is comprised of information sent to the editor. The association does not have reporters, photographers or staff. You are welcome to write and submit articles and story suggestions that pertain to community and residents.

#### Guidelines:

- Your article should be approximately 250 words or less, typed in a document and attached to email or pasted inside the email.
- Be as brief and concise as possible. Editing may result in errors. Type in plain text format; no pdf formats.
- Include who, what, why, where, and how.
- UCCA does not guarantee publication.
- Submitted materials may be published on the Internet.
- The information contained in submissions may be edited and/or combined with others; for example: upcoming events.
- The Editor reserves the right to edit articles as needed.
- Name the file appropriately so it can be identified.
- Attach photos separately in a picture format at high resolution or straight from camera as a jpeg or png.
- Send to UCCAEditor@gmail.com or jemmasamala@gmail.com; email any questions.

### Deadline for the February 2016 Newsletter Publication is January 15, 2016

Please send your submission as early as possible. The deadline for the February issue is January 15, but the newsletter can fill up before the deadline. Articles and news items are reviewed as they are received. Priority may be given to UCCA members and time sensitive material. Articles may also be edited for allowed space. UCCA does not discriminate against nor endorse all information in the monthly newsletter.

The UCCA Newsletter receives information and advertising from a variety of sources. UCCA cannot and does not guarantee the accuracy of the information or the complete absence of errors and/or omissions, nor does UCCA assume responsibility for same. Publication does not constitute an endorsement.

**Follow UCCA on Facebook as University City  
Community Association, and on Twitter  
@UCCA\_SD.**



## UCCA President Barry Bernstein

Happy Holidays...It's December and University City families are preparing for their Christmas, Hanukkah and Kwanzaa celebrations. UCCA is sponsoring the "Tree/Menorah Lighting" event at Standley Park on Friday, December 11 beginning at 6:30pm. Please join us and enjoy

the entertainment and refreshments...and a visit with Santa for the children.

I want to thank those of you who attended our UCCA November 18 Election meeting and supported my re-election as president. I look forward to serving our community in 2016. Other elected members who will be serving our community as UCCA officers for 2016 are: Diane Ahern, Vice President, Karen Martinez, Secretary, and Don Hotz, Treasurer. (See photo on page 3).

Toni Atkins, CA Assembly majority speaker, provided our November meeting audience with a full report of the legislative accomplishments this past year, along with specific budget priorities related to education and health. Speaker Atkins is planning on attending the Paris, France international symposium on "climate change" in December.

The Costa Verde Revitalization Open House in November was very well attended. We were very pleased that their planners took time to make a presentation to our audience at our UCCA meeting and provide us an opportunity to react to their vision of how an improved Costa Verde can enhance our community.

BIG NEWS! 1) "Imagine UC 2020" is moving forward now that the necessary funds have been secured and the City planning departments and San Diego Unified have scheduled meetings to work out final details of the "joint land-use" agreement. You can show your support by logging onto the ImproveUC web site: [www.improveUC.org](http://www.improveUC.org). 2) The City's initial E.I.R. (Environmental Impact Report), affecting all University City issues related to traffic concerns now and in the future, will be discussed at a public meeting on Wednesday, Dec. 16, 6:00pm at the Nobel Recreation Center. This is expected to be well attended, so plan to arrive early.

UCCA and UCPG do not have scheduled meetings in December. UCCA's next meeting is scheduled for Wednesday, January 13, 6:00pm at our community branch library on Governor Drive. Please join us on the 13th and [join UCCA](#) in making 2016 a very special year for our community.

On behalf of the University City Community Association Board, I want to thank you for your support this year and wish you and yours a very wonderful holiday season...Merry Christmas, Happy Hanukkah, and a very Happy New Year! Staying healthy and safe is an important consideration for all of us, and in particular to those who make "resolutions" for the 2016 New Year...Maybe, just as a thought...make at least one resolution to volunteer through your church, synagogue, or other agency to help others in need. Remember, "We're more than just a neighborhood". ~Barry



### Calendar Notes:

**Parents Night Out - December 18:** The Standley Park Rec Center will entertain your children while you have a date night out. They will be served dinner and have activities such as kickball, dodge ball, arts and crafts, and watch a "G" rated movie. Price is \$20, and for children ages 6 to 12. The Standley Park Rec Center is located at 3585 Governor Drive, 858.552.1652. For more info on the Rec Center's winter programs, go to [www.sandiego.gov/park-and-recreation/pdf/programguide/standley.pdf](http://www.sandiego.gov/park-and-recreation/pdf/programguide/standley.pdf).

**Spring Baseball and Softball Registrations:** Both University City Little League and UC Del Sol Girls Fastpitch Softball are registering for the spring 2016 season. Important dates for assessments are available on their websites. For UC Little League go to: [ucll.org](http://ucll.org). For UC Del Sol go to: [ucdelsol.com](http://ucdelsol.com).

**University City Cluster Committee:** There is no December meeting, but save the dates for 2016: January 25, February 22, March 21, April 18, and May 23. The Monday meetings are from 4:30-6:00pm in the UCHS Media Center, located in the center of campus. Everyone is welcome to attend. The UC Cluster Committee consists of reps from all five UC public schools, including the principals, teachers, students and parents. For more info go to: [uccluster.com](http://uccluster.com).

### 2016 UCCA Board Members

#### Executive Board

President: Barry Bernstein, [apdrfn@aol.com](mailto:apdrfn@aol.com), 858-453-3713

Vice-President: Diane Ahern, [ahern.diane@gmail.com](mailto:ahern.diane@gmail.com)

Secretary: Karen Martinez, [kmartinez1957@att.net](mailto:kmartinez1957@att.net)

Treasurer: Don Hotz, [don.hotz@yahoo.com](mailto:don.hotz@yahoo.com)

#### Appointed Positions

Beautification: Merle Berman, Chair, [mberman@san.rr.com](mailto:mberman@san.rr.com), and Barbara Gellman, Co-Chair, [bggellman@yahoo.com](mailto:bggellman@yahoo.com)

Corresponding Secretary: Terry Jones, [t17jones@roadrunner.com](mailto:t17jones@roadrunner.com)

Historian & Holiday Tree Lighting Coordinator: Darlene Ventimiglia, [darleneven@yahoo.com](mailto:darleneven@yahoo.com)

Membership: Hallie Burch, [UCCAmembership@gmail.com](mailto:UCCAmembership@gmail.com)

Neighborhood Watch: Barbara Gellman, [bggellman@yahoo.com](mailto:bggellman@yahoo.com)

Newsletter Chair/Distributor: Valerie O'Neill, [voneill95@yahoo.com](mailto:voneill95@yahoo.com)

\*Newsletter Ads: Terri Day, [uccaADS@hotmail.com](mailto:uccaADS@hotmail.com)

\*Newsletter Editor: Jemma Samala, [UCCAEditor@gmail.com](mailto:UCCAEditor@gmail.com)

Publicity & Promotion: Diane Ahern, [ahern.diane@gmail.com](mailto:ahern.diane@gmail.com)

Improve UC Rep.: Mack Langston, [mack@pacificcoastcommercial.com](mailto:mack@pacificcoastcommercial.com)

\*Non-Voting Member

### UCCA ELECTION RESULTS



Congratulations to the following 2016 executive officers who were elected at the November UCCA meeting:

President	Barry Bernstein
Vice Pres.	Diane Ahern
Secretary	Karen Martinez
Treasurer	Don Hotz

Pictured above from the left is: Martinez, Bernstein, Ahern, and Hotz. Thanks to outgoing Vice President Barbara Henshaw, Secretary Vince Reardon and Treasurer Ginny Charvat for all of their service to UCCA and the UC community.

### Helping the Community During the Holidays

**UCHS Adopt-A-Family** Spread some holiday cheer and support the UCHS PTSA Adopt-A-Family program. The program directly benefits UCHS students and their families who are in need of a little something extra this year. Your tax-deductible donation will help purchase grocery and store gift cards, and wish list items. PTSA will accept donations through December 18. To make a donation, go to [uchspsta.org](http://uchspsta.org). If you would like to make specific purchases or adopt one family, contact [jemmasamala@gmail.com](mailto:jemmasamala@gmail.com).

**EdUCate! and Amazon** Make your holiday purchases through the EdUCate! Amazon link and between 4%-10% will be donated to EdUCate! The Amazon affiliates program allows EdUCate! to capture a percentage of sales purchased through a unique link. Go to [uc-educate.org](http://uc-educate.org), and click on the red Amazon "Shop Now" button. Shop and donate at the same time.

**Lucky Pup Dog Rescue** Come by the Holiday Bazaar on Saturdays December 5 and 12, from noon to 4:00pm at the Lucky Pup Dog Rescue's adoption center, 3855 Governor Drive, next to the Post Office. 100% of the proceeds go towards supporting the life saving work of their dog rescue. For more info, go to [luckydogrescue.com](http://luckydogrescue.com).

## Beware Fall Scams \*

by Barbara Gellman

**Medicare scams.** Before and during open enrollment, which runs Oct. 15 through Dec. 7, identity thieves angle for your Social Security number by posing as Medicare employees. Some also seek payment, pretending you've got past-due medical bills. Don't believe them; Medicare will never call and ask for personal information over the phone. Nor will Medicare email or visit your home unannounced to collect data that it already has.

**Cold-weather capers.** Telephone scammers pose as utility company employees and threaten to shut off your service because of supposedly unpaid bills. If you really are overdue, most utilities will mail at least one, if not several, notices before terminating service. Utility companies do not dispatch employees to your home for payments. Also beware-and get second opinions-when contractors you've hired at low-ball rates tell you they've discovered costly jobs that you'd better take care of right away, such as cleaning chimneys, HVAC ducts or furnaces.

**Investment fraud.** The year's final quarter prompts many folks to tweak their investment portfolios or search for year-end tax breaks. Remember that free lunch seminars touted as "educational" are really sales pitches for often unsuitable if not bogus investments. Don't believe words like "guaranteed," "risk-free," "secret," "can't miss" or "limited-time offer."

**Charity cons.** It's prime time for heartstring tugging to get you to open your wallet. Besides the disaster du jour, scams that specifically target older donors often claim to help police and fire personnel, veterans, and sick or needy children

Unless you dialed, don't provide payment over the phone. If you didn't provide your email address to that organization, assume that email pitches are scams. Don't click on links, which could unleash dangerous malware programs into your computer. Ask door-to-door solicitors to leave some material with you. Gauge a charity's credibility at [give.org](http://give.org), [charitynavigator.org](http://charitynavigator.org) or your state's agency that regulates charities at [nasconet.org](http://nasconet.org).

\*These words of wisdom are from Sid Kirchheimer, the author of *Scam-Proof Your Life*, published by AARP Books/Sterling.

### *Boy Scout Troop 11 to Celebrate 100 Years*

Boy Scout Troop 11, chartered by First Baptist Church of San Diego is celebrating 100 years of adventure and service on Saturday, February 20, 2016. Though some records have been lost over the years, it is assured that thousands of boys have actively participated and grown up in Troop 11. That's 100 years of camping, hiking, canoes, tents, campfires, community projects and friendship.

If you are a former member of Troop 11 or related family, we invite you to join us once again on February 20, from 1:00-4:00pm at the First Baptist Church, 5055 Governor Dr., to share your stories and experiences with the current Scouts. Please bring pictures, old uniforms, memorabilia or simply your memories. If you would like to join in please contact Mary Ricci by email [riccimama@yahoo.com](mailto:riccimama@yahoo.com). We look forward to seeing all former Troop 11 family members once again!

## SAFETY TIPS DURING THE HOLIDAY SEASON

by Barbara Gellman

The holidays are a time when thieves are frequently on the prowl. It's the time of year to keep your antennae up whether at home or in a mall parking lot.

### Keeping Your Home Safe:

- Always lock your doors and windows, even if you are only gone for a few minutes.
- Lock your side gate, leave lights on at night, if you have an alarm, use it.
- Post a "Beware of Dog" sign even if you don't have a dog.
- Install LED lights outside your home.
- Arrange to have packages delivered to a neighbor if you are not home and avoid leaving packages on your doorsteps or porches.
- Dispose of packaging discreetly. Criminals observe discarded product packaging of enticing items and then target you or your home for their next burglary or theft.
- If you park in the garage, drive in, close the door, then get out of the car and remove your packages. Criminals may be on your street watching for any chance to take what is yours.

### Staying Safe While Shopping:

- Park in a well lit area as close to the entrance as possible. Avoid dark and/or isolated areas. Lock your car.
- Place purchases in the trunk of your car, leave nothing of value visible, including electronic wires.
- Always remain aware of your surroundings and scan the parking lot for suspicious activities or persons.
- Never leave your purse or purchases unattended.
- As you approach your car, check around, under and inside, to make sure no one is hiding.
- Have your keys in hand, enter your car and immediately lock the doors. Don't sit and make phone calls, leave!
- Ask security to escort you to your car if you feel uncomfortable.

My thanks again to all the neighborhood watch captains who have gathered their neighbors and helped empower them to improve the quality of their lives through crime prevention, education, problem solving and cooperation with the San Diego Police Department.

If your street does not have a captain, step up and take the lead, email me at [bggellman@yahoo.com](mailto:bggellman@yahoo.com) to increase the positive energy on your street.

**Call 911 if you see a crime in progress or feel threatened by someone.**

**Call 619-531-2000 for suspicious activity on your street or shopping mall.**

## CA Assembly Speaker Atkins Addresses UCCA

by Diane Ahern



UCCA was pleased to welcome Speaker Toni Atkins to the November UCCA community meeting where she presented a legislative update.

She mentioned that in 2015, the California

Legislature was able to bolster funding for public schools, higher education, and child care, as well as to create California's first-ever state Earned Income Tax Credit to benefit low-income working families.

Atkins is thankful for the continued strong economic recovery; she said that California's economy is doing better than anyone had predicted. This will allow California to continue to strengthen its Rainy Day Fund and further invest in infrastructure, education, healthcare, and other critical needs. Atkins cautioned that there is still lots of work to do on transportation, care for those with developmental disabilities, workforce and veteran housing, and for those who are experiencing homelessness.

*\*Also presented to meeting attendees were the initial preliminary plans for the Revitalization of the Costa Verde Shopping Mall.*

## El Niño Pet Safety Dave Roberts, 3<sup>rd</sup> District

One forecaster has said we should prepare ourselves for the "Godzilla" of El Niño winters. While preparing for the worst, remember that pets might need extra attention during a storm. Wind, thunder and rain can be terrifying for dogs. If they're scared, comfort them with treats and hugs. Don't act worried as that will feed the dog's fear. If you know a storm is coming, get the dog outside to exercise and to relieve himself or herself to avoid nervous accidents.

Dogs are denning animals, so consider building a makeshift "storm shelter" inside a room or a walk-in closet. Use a kennel or crate that's big enough for the dog to stand up and turn around inside of and drape a blanket over three sides of the shelter to make it dark and cave-like. Turn on music or the TV to mask the sound of thunder and wind. If your dog has high anxiety or panics when a storm hits, talk to your veterinarian about anxiety medications.

"Make sure that you have supplies ready for them," says Lt. Kalani Hudson, supervising animal control officer. Those supplies should include: food and bowls; a means of confinement such as a leash or a harness or a crate; one week's supply of medication; veterinary records and comfort items such as a favorite toy or blanket. "And by all means," Lt. Hudson says, "pets need some sort of identification. That means licensing dogs and having your pet microchipped."

That's all good, but in order to help your pet you first must help yourself, says Stephen Rea, assistant director of the county's Office of Emergency Services. "You need to make a plan and you need to build a kit," he says. "And when it comes to your pets -- plan, prepare and practice." Instructions for building "go-kits" and making emergency plans are posted at [readysandiego.org](http://readysandiego.org). Visit the site to register your cell phone for emergency alerts and to load a free app for your mobile device. Then go to the Animal Services Web site – [www.sddac.com](http://www.sddac.com) – for detailed instructions on building a go-kit for your pets. Thank you for keeping yourselves and your pets safe!

## Council President Sherri Lightner



The winter holiday season is upon us! I am looking forward to all of the fun holiday events that will be taking place around University City, such as the annual tree and menorah lighting at Standley Recreation Center. I am feeling bittersweet as 2015 comes to a close; it was a productive year at City Hall, and I am confident that my last year as your Councilmember will be the most productive yet.

The City's Climate Action Plan is anticipated to be heard at both the Environment Committee and the City Council before the end of the year. Please check the City Council Environment Committee webpage and the City Council Docket for updates.

The Environmental Impact Report (EIR) scoping meeting for the University Community Plan Amendment has been scheduled for Wednesday, December 16, from 6:00 to 8:00pm at the Nobel Recreation Center at 8810 Judicial Drive. This is the public's opportunity to give feedback to staff as to what they would like to see included in the EIR, which will include updates to the transportation section of the University Community Plan.

Additionally, the City is moving forward with building a new fire station in the area. Fire Station 50 is nearing design completion and is planned to be located at the intersection of Nobel Drive and Shoreline Drive. Once approved and finished, the firefighters at this station will provide valuable emergency response services in the dense University City area, which is currently in need of three additional fire stations.

Thank you again for all your support. My staff and I wish everyone a safe and happy holiday and a prosperous new year!



## Congressman Scott Peters (CA-52)

Since taking office in 2013, I have made it a priority to fight for San Diego to get its fair share of federal funding to help the homeless. In 2014, despite having the 5th largest homeless population in the country, San Diego received the 23rd most funding. The current formula for how federal anti-homelessness funds are allocated is outdated, and I have been calling on Housing and Urban

Development (HUD) to fix this disparity since coming to Congress.

Last month, HUD Secretary Julian Castro accepted my invitation to come to San Diego to see first-hand the region's approach to fighting homelessness. During his visit, he announced that HUD will open a comment period in spring 2016 on revising the current formula for how federal anti-homelessness funds are allocated. This news is a testament to years of hard work from numerous San Diego non-profit organizations, the San Diego Housing Commission, and local leaders who have made this issue a priority.

The announcement from Secretary Castro that HUD is opening the public comment period on this outdated funding formula gives us the chance to make our case. This is what we've been asking for and it's a huge first step. We are very grateful to the Secretary for being responsive to our request and for his visit.

As always, feel free to reach out to either my San Diego office (858-455-5550) or my Washington D.C. office (202-225-0508) if there is something you would like us to work on. Happy Holidays!

**South Library December January Highlights | 4155 Governor Drive | 858-552-1655 | [sandiego.gov/public-library](http://sandiego.gov/public-library)****Events for Adults**

**Qi Gong** - Every Monday @ 9:30 - 11:30 AM. Qi Gong (Chi Gong) is a simple preventative health method of relaxing and harmonizing the body. Gentle exercises, suitable for any age and health condition.

**Zumba for Special Needs and Beginners** - Every Monday @ 1:00 - 2:00 PM. Led by Lis Garces a licensed Zumba® instructor since 2007. Lis is the Founder and Director of the Juan Carlos Organization which provides dance therapy exercise for the Special Needs Community.

**Adult Yoga** - Every Tuesday @ 4:00 - 5:00 PM. Gentle exercises to aid flexibility and improve concentration. Bring your own mat or towel.

**Chair Sit Yoga** - Tuesday, December 1 & 15, January 19 @ 2:00 - 3:00 PM. Get fit where you sit! Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support.

**Accordion Club** - Saturday, December 12, January 9 & 23 @ 9:30 AM. - 12:30 PM. All are welcome! Second Saturday of each month.

**Peripheral Neuropathy Lecture** - Tuesday, December 8, January 12 @ 1:00 - 3:00 PM. Learn how to end neuropathy pain. Limited space, please call (619)275-3683 to RSVP. Presented by: The Foundation for Wellness Professionals, a nonprofit.

**Scrabble Club** - Tuesday, December 22, January 26 @ 5:00 - 7:45 PM. All are welcome! Bring your own board and meet new friends!

♪ ♪ ♪ **Concert: Leah Panos (Harp)** - Wednesday, December 2 @ 6:30 - 7:30 PM. Learn about and listen to the soothing sounds of the harp played by Leah Panos. Leah earned her Bachelor's Degree in Music Performance at San Diego State University where she received the Outstanding Graduate Award in 2006, and continues to serve as an Artist-in-Residence at SDSU.

**Oasis: Pearl Harbor: Day of Infamy, Day of Sacrifice** - Wednesday, December 17 @ 2:00 - 4:00 PM. Join Historian, Writer and Artist, Mark Carlson talk about one of America's darkest defeats, the 1941 attack on Pearl Harbor.

♪ ♪ ♪ **Concert: Dueling Divas of Oboe** - Wednesday, January 6 @ 6:30 - 7:30 PM. Enjoy the musical stylings of the Dueling Divas of Oboe, Dawn Roberts and Juliana Gaona.

♪ ♪ ♪ **Concert: Mesa Classical Guitar Ensemble** - Tuesday, January 12 @ 6:30 - 7:30 PM. Join us for a selection of popular classics played by guitars.

**Oasis: Sleep, Light, and Your Health** - Wednesday, January 21 @ 2:00 - 3:30 PM. Modern life has distorted our ancient sleep patterns. Light plays a significant role in how our bodies adjust, adapt, survive, and thrive. Join us for a fascinating discussion about sleep, and the problems that can come from a lack of thereof.

**UC Book Club** - Wednesday, January 27 @ 2:00 - 3:00 PM. The Book Club will be discussing, *Light Between Oceans*. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. After a few years on the island with his wife a boat has washed up onshore carrying a dead man and a living baby.

**Events for Children**

**Preschool StoryTime for Kids** - Every Thursday @ 10:30 - 11:30 AM. Join us for stories, crafts, finger plays and songs.

**Makerspace Craft Station** - All week long (Monday - Saturday). A craft station is available in the Children's Area during library hours with a different craft each week.

**Little Catbird** - Wednesday, December 16 @ 2:00 - 3:00 PM. Please join us for an interactive show with Little Catbird Music. Children will love a sing-along music show with dancing and puppets. A fun time to be had by all!

**Challenge Island** - Wednesday, January 20 @ 2:00 PM. Kids will tackle the challenges on the action-packed Rocket Heights destination where they will build their tribe's launcher and rocket and attempt to launch their Mega Rocket Ride way up high. Space is limited; please call (858) 552-1655 to RSVP.

**Events for Tweens/Teens**

**Go Gaming** - Every Tuesday @ 2:30 - 4:30 PM. Learn the ancient mind game of Go from the President of the San Diego Chapter of the American Go Association.

**Kendama Club** - Every Wednesday @ 1:30 - 2:30 PM. Test your skills against others learn new tricks and just have FUN!!!

**Video Game Fridays** - Every Friday @ 3:00 - 4:00 PM. Wii gaming with your friends. Get your game on!

**Teen Writing Club** - Wednesday, December 9 @ 3:00 - 4:00 PM. Need help writing, finishing the Friends of the Library essay or any other essay? The San Diego Writers/Editors Guild will be providing help to all those writer's out there.

**Teen Writing Club** - Wednesday, January 13 @ 3:00 - 4:00 PM. In this month's Teen Writing Club we will be talking about techniques for writing tantalizing tales.

**North Library December January Highlights | 8820 Judicial Drive | 858-581-9637 | [sandiego.gov/public-library](http://sandiego.gov/public-library)****Events for Adults/Seniors**

**Small Business Assistance**, Wednesdays at 11:30 AM. Dr. Adolpho Sanchez offers help in navigating the process to starting a business. Appointments available by calling the library.

**Job Help Assistance**, Wednesdays at 3:30 PM. Dr. Adolpho Sanchez offers help with resume writing and job searching. Appointments available by calling the library.

**ESL Conversation**, Thursdays at 4:00 PM through December 17; Fridays at 2:00 PM beginning in January, Improve English conversation skills in an informal, small group setting.

**Gentle Yoga**, Fridays at 10:00 AM. Learn basic yoga techniques, perfect for beginners, expectant mothers, seniors and persons with disabilities. Please bring your own mat.

**Wine Seminar**, Wednesday, December 2 at 6:00 PM. Wine expert Bill Curtis will demystify fine wine. He will share what questions to ask in a wine shop, and what to ask servers when ordering wine in a restaurant.

**Knitters' Circle**, Thursday, December 3 & 17; January 7 & 21 at 1:00 PM. Yarn enthusiasts at all skill levels are welcome. Basic instruction is available.

♪ ♪ ♪ **Holiday Celebration with music by Pisco Violins**, Sunday, December 13 at 2:00 PM. Enjoy a violin concert from Flavia and Ayrtton Pisco, with refreshments courtesy of the Friends of the North University Community Library.

**Page Turners Book Club**, Wednesday, December 9 at 5:30 PM; January 13 at 5:30 PM. December's title is *The Boys in the Boat* by Daniel James Brown; January title TBA

**Cinema Café**, Wednesday, December 16 & January 20 at 6:00 PM. Enjoy refreshments while watching a thought-provoking film. Title TBA. Please inquire with library staff for further details.

**Events for Children/Families**

**Babies and Books**, Mondays at 9:45 AM. This lap-sit story time will introduce a love for books by using song, movement, rhythm and rhyme. Recommended age: Birth - 2 years.

**Homework Help**, Tuesdays and Thursdays at 5:00 PM. Basic homework help for all grades and subjects. For more information, call the library.

**Kids' Art Studio**, Wednesdays at 1:00 PM. A fun art lesson every week! No registration required. For grades K-6.

**Music and Movement**, Fridays at 11:00 AM at the *Nobel Recreation Center*. Sing, Dance and Play! Children enjoy songs and movement activities that build motor skills and increase independence.

**Arts & Crafts**, Saturdays at 1:00 PM. Let your creativity run wild with a fun craft activity! Children under 8 welcome with an adult or older sibling.

**Yoga Storytime**, Monday, December 7 & 21; January 4 & 18 at 10:30 AM. Stretch both your body and your mind in this unique program that combines stories, songs and simple yoga poses. Families enjoy healthy fun and bonding. Please bring your own mat.

**STEAM 2 Academy**, Tuesday, December 8 and January 12 10 at 3:00 PM. Science-based educational activities for students in grades K-3.

**Paws to Read**, Monday, December 21 at 4:30 PM. Practice reading out loud to a furry friend! Certified therapy dogs provided by Love on a Leash, San Diego Central Chapter.

**Story Times**

**Chinese** - Mondays at 11:30 AM.

**Hebrew** - Thursdays at 9:45 AM.

**English** - Thursdays at 10:30 AM.

**French** - Thursdays at 11:15 AM.

**Russian** - Fridays at 10:15 AM.

**Sign Language** - Thursday, December 10 & January 14 at 12 noon

**Notes:** Many thanks to the Friends of the Library for their generous sponsorship. You, too, can be a Friend; ask at the Check Out Desk. Please call the libraries to confirm any given program. Changes are rare, but may occur. Library hours subject to change due to holidays.



## Our Mother of Confidence Events

### MYSTICAL ROSE GUILD CHRISTMAS BAZAAR:

Open Saturday, December 6 from 6:00pm through

Sunday, December 7 at 1:00pm. Crafts, Baked Goods, Raffles and much more. Open to all! No entrance charge.

**KNIGHTS OF COLUMBUS BUFFET BREAKFAST:** December 6, and January 3. Served from 8:00am to 10:30am. Featuring Eggs Benedict, Scrambled Eggs, Country Potatoes, Doughnuts, Pancakes, Sausage, and Bacon, Fresh Fruit and Coffee or Tea. \$8 per person, \$4 per child under 12 years, and \$17 for a family of two adults and all their children under 12. All are welcome.

**BROWN BAG OPERAS:** OMC continues their Brown Bag Opera Series on Sunday, December 13, starting at 1:00pm. They will be showing *Un Ballo in Maschera* by Giuseppe Verdi. Then on January 17, starting at 1:00pm, OMC presents *Madama Butterfly* by Giacomo Puccini. You are invited to bring a sack lunch, snacks, and your beverage of choice and come enjoy an afternoon of great music drama. There is no charge for the event and all are welcome. This is OMC's gift to the UC community, and no prior registration is needed. Visit [brownbagopera.com](http://brownbagopera.com) for schedules and synopses.

**OMC SOCIALS:** Geared to Senior Citizens, but open to all. December 17 and January 21 starting at 11:30am. Lunch is served at noon and is followed by entertainment. Cost is \$7.00 per person. This event occurs every 3<sup>rd</sup> Thursday of the month.

**OMC PARISH CHRISTMAS EXTRAVAGANZA:** December 18. Doors open at 6:30pm. Call 858-453-0222 for tickets. Dinner by the French Gourmet and a musical show featuring the music of Irving Berlin and all the traditional and popular Christmas Music you grew up listening to, performed by the OMC musical groups. Cost is \$25 per person. No host bar! All are welcome.

## Thank You Halloween Blood Donors

The next UCUC San Diego Blood Bank Bloodmobile Blood Drive at the Sprouts/Starbucks Marketplace on Governor Drive is Saturday, January 23, from 8:00am - 1:30pm. To reserve a Blood Time, you can sign up at: [www.mysdbb.org](http://www.mysdbb.org). For Spontaneous Blood Drop-Ins and Blood Buddies, the best time to come is between 11:00am and 1:00pm.

According to the official tallies, in 2015, the Halloween Day UCUC San Diego Blood Bank Blood Drive had 35 donations, the August 8 had 39 Donations, the April 11 had 41 donations, the January 24 had 43 donations, and the November 15, 2014 blood drive had 31 donations. Anything better than 27 is Above Average, so, in short, UC is WAY ABOVE AVERAGE! Did I mention that giving blood is free, takes less than an hour, and helps people anonymously?

For your calendar-planning pleasure, after the January 23 Blood Drive, the future 2016 UCUC San Diego Blood Bank Blood Drives at the Sprouts/Starbucks Marketplace will be on April 16, September 10, and November 12. And what is Brown and Sticky?...A Stick! :) Ray the Bloodman (Ray Vance)

## Community Emergency Response Teams

*Are you, your family and your friends prepared?*

by Mike Lawson, CERT San Diego

On Tuesday, November 3, there was a meeting at the UC Library to re-introduce current members of CERT and interested neighbors to CERT. About 20 interested individuals ranging from 17 to over 65 years of age attended this meeting, which I feel this was a great turn out for our first meeting in some time.

CERT members work together with firefighters and are considered first responders when the true first responders (fire/search and rescue along with police) are not available to reach our neighborhoods. When this happens, I feel one of our responsibilities is to help our neighbors with light search and rescue, directing individuals and families to staging areas such as Stanley Middle School for UC residents, gathering information as we continue to the staging area to meet other CERT members. Informing the Incident Commander what they saw on the way to staging area, this allows decisions to be made where CERT members will be able to assist our neighbors.

Over 200 CERT San Diego team members were activated during the 2007 Witch Creek wildfire worked as logistical support for nearly 1200 hours over a period of seven days. When not training or preparing for disasters, CERT San Diego team members participate in community outreach and educational opportunities in and around the city. The next community meeting will be Tuesday, January 5, 6:30pm, at the UC library on Governor. For more information about the next CERT academy, visit [www.certsandiego.org](http://www.certsandiego.org).



## La Jolla Renaissance Singers

by S.E. Shields

"Angels and Demons" appear throughout the history of mankind in legend and in song; mankind has always been intrigued by this dichotomy, reflective of these two contrasting aspects of human behavior. The La Jolla Renaissance Singers (LJRS) will explore this topic in a concert at the University City United Church Sanctuary, 2877 Governor Drive, on January 10, starting at 4:00pm.

The LJRS do almost all of our concerts "a cappella"; this term means music for voices alone, without accompaniment. A *cappella* means "In the manner of the chapel," in Italian. Originally referring to church music, by the Renaissance a *cappella* music was both sacred and profane. This program will feature music from the Renaissance forward across the ages, which include various descriptions of Angels and Demons. The public is invited to come and enjoy the program! There will be a free-will offering taken.

## Buy Local Business Briefs:

In this season of giving, UCCA salutes its Buy Local premier partners by asking each to highlight one of their favorite charities.

### Holiday Food Drive Benefits San Diego Food Bank

by Scott Weathers, AlphaGraphics

December is a time of giving. In that spirit, AlphaGraphics would like to shine the spotlight once again on our nonprofit partner, the Jacobs & Cushman San Diego Food Bank. This organization gives so much to so many San Diego County residents and active duty military families throughout the year:

- This year, the San Diego Food Bank distributed 22 million pounds of food, which is equal to 18.3 million meals.
- A third of the food distributed was fresh produce.
- The Food Bank served, on average, over 370,000 people monthly in communities throughout San Diego County.
- The Food Bank provided weekend backpacks full of food to 1,600 school children at 34 elementary schools weekly.
- The Food Bank provided 8,400 low-income seniors a box of groceries and staple food items at 45 sites monthly.
- Over 100,000 people were enrolled on the Emergency Food Assistance Program in 2014.
- Many low-income military families living in San Diego often struggle with the region's high cost of living compared with other lower cost regions of the U.S. The Food Bank helped 28,000 low-income military families monthly, many have difficulty making ends meet.

If you would like to participate in the holiday food drive, please bring non-perishable food items to the AlphaGraphics Business Center, 3202 Governor Drive, #102 (near Starbucks). For more info on the Jacobs & Cushman San Diego Food Bank, visit [sandiegofoodbank.org](http://sandiegofoodbank.org).

### Realities of Alzheimer's

by Terri Day, Realtor, as told to Diane Ahern

I moved back to University City in 1987. My three kids attended Curie, Standley and UC High. Working at the schools over the years as newsletter editor, school play director one year and costumes the other years, UC became my extended family. There was a natural progression into real estate.

My passion for real estate grew out of my mother's passion for it. Having worked with buyer and sellers, I understand both sides of a transaction. I am very honest with my clients who become my friends if they weren't already. Many of my new clients are referrals based on my open and honest style. They have hired me and I am going to be REAL with them in their real estate buying and selling goals.

My interest in the Alzheimer's Association is related to my life situation. My father is living with the disease. It is amazing how expensive care can get. I guess we never know what will hit. Dementia and Alzheimer's can go on for 10 years. Even though my father served 30 years in the Navy and retired an officer, his benefits for home care through the Veterans Administration are limited, and home care is very expensive.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The San Diego chapter provides a broad range of free programs and services specially designed to support the needs of people with Alzheimer's disease and related disorders, their families, caregivers and the community.

## Expand your Leadership and Professional Skills with Rotary

by Mark Powell, Powell Brothers Realty

As a UC resident and the current President of the La Jolla Sunrise Rotary, I invite you to get involved with "Rotary". Established in 1905, Rotary is a service organization where professionals can exchange ideas and form meaningful, lifelong friendships. Rotary's name came from the group's early practice of rotating meetings among the offices of each member. The motto is "Service Above Self" and this year marks 30 years since Rotary launched PolioPlus, its campaign to rid the world of polio. Since Rotary introduced its PolioPlus campaign, the number of polio cases worldwide has dropped 99%, and the virus remains endemic in just three countries, Afghanistan, Nigeria, and Pakistan.

Becoming a Rotarian can connect you with professionals who share your drive to give back. Over breakfast, lunch, coffee, or even online, you will be able to discuss our community's needs and discover creative ways to meet them. You will also have the opportunity to expand your leadership and professional skills. Clubs accept new members by invitation so let me help connect you with one of the four clubs that service the La Jolla and University City areas. You can reach me by phone at 858-922-7725 or by email at [markpowellhomes@hotmail.com](mailto:markpowellhomes@hotmail.com).

### Buy Local with UCCA

The Buy Local with UCCA program connects individual UCCA members with local businesses. Customers must present their valid, current UCCA membership card at participating Buy Local businesses at the time of purchase in order to take advantage of Buy Local offers. Join UCCA now; then, in January 2016, look for the Buy Local signs at participating local UC businesses. Here's a sneak peek at some of the local businesses that have already committed to the 2016 Buy Local program:



- AlphaGraphics on Governor
- Better Than Home Placement
- Chabad Center of UC
- Cycle Quest
- Dance Hula Fitness
- Diane Medina, Pacific Sotheby's International Realty
- ElizabethAnn Photography
- Helping Hands Senior Concierge Services
- Hewitt WaterShapes
- JK Computer Services
- Kelly Johnson Fitness
- Klassen Painting
- Lorna's Italian Kitchen
- Mariya's Skin Care
- Powell Brothers Realty
- Professional Roofing Services
- Reiki For Wellness
- Round Table Pizza on Governor
- Save Their Story Video Biographies
- Steve Gray, Gray Loan Team
- STEVE LYONS STATE FARM AGENCY
- STUDIO A SALON
- Terri Day, Realtor, First Choice Properties

To find out more about how you can participate in UCCA's Buy Local, visit [www.universitycitynews.org/buy-local-with-ucca/](http://www.universitycitynews.org/buy-local-with-ucca/).



## U.C. Planning Group Report

by Nancy Groves, UCPG Rep District 1

UCPG Chair, Janay Kruger summarized problems ongoing: trucks in median on Regents & Arriba, water rate hike, Rose Canyon soil study, LOSSAN (train) issues, Climate Action Plan.

Kyle Heiskala reported for City Council chair, Lightner on the upcoming vote by the council on the Climate Action Plan, the water rate increase, and the code violation issued on Regents Rd near 52. The council passed a resolution for no Guantanamo prisoners at Miramar brig; this was confirmed in the Miramar report.

UCSD gave a brief report on campus plans and distributed a written report with more detail. SANDAG rep gave an update on the mid-coast trolley that is being coordinated with the LOSSAN double track train project and the plans to re-vegetate the area and provide drainage. The trolley construction should start in June 2016. The LOSSAN train project will continue night work through spring. County Supervisor Roberts' office announced no new cases of West Nile disease but if you find dead birds or animals, call county vector control. Senator Block's office announced agenda items for next year: Open Enrollment Covered CA and adding a "Veterans" designation on drivers licenses for ease in identifying one's self for veterans benefits. Congressman Peters' office announced a two-year budget agreement indexed to GDP and that HUD 2016 funds for the homeless have been allocated.

Dan Monroe, Planning Dept. rep reported on the UC Community Plan Amendment Update on transportation: the deletion of the Regents Road bridge and the widening of Genesee. The notice of preparation for the EIR will be Dec. 2 (with a 30 day comment period) in which will be listed what is to be analyzed for pedestrians, bikes, and cars; the scoping meeting will be on Dec. 16, 6PM at the Nobel Rec. Center.

The Regents Road widening project between Executive Drive and Genesee was revisited with an explanation of increased cost and need for \$500K in additional funds. There was much discussion of this project that the city wishes to begin before the new stricter storm water restrictions begin in 2016. Most of the area appears to be in the Rose Canyon Watershed; the city presenter stated that the water would run into a swale on city owned land that is now occupied by part of the La Jolla Country Day School parking lot. A modified motion was passed to approve the project as presented with the condition that the City pursue and identify restoration at Gilman and Rose Creeks up to \$100K.

An information item on the Rose Canyon trunk sewer line was presented. The project's design and construction will repair about 4.5 miles of deteriorated sewer pipeline, providing temporary sewer bypass pipelines and a temporary bypass pump station. The concrete pipes are being lined with plastic liner to repair the disintegrating joints. The project is designed to be a long-term solution. There will be parallel lines in Rose Canyon; pedestrians and bicycles will be able to use the area and re-vegetation is planned after construction. The design should be completed by Fall 2016 with work starting summer 2017.

No meeting in December and next meeting is January 12, 2016. Disclaimer: I am not the secretary or minute taker; I am only providing a summary for neighbors.

## Martin Luther King, Jr: A Reflection

by Vince Reardon

I don't believe in fate, and yet certain lives are so crucial that fate is the only device to explain their hypnotic power. Could anyone other than Martin Luther King, Jr., have brought about the social transformation, especially in the South, that gave millions of African-Americans the rights and privileges of citizenship they had been denied for centuries? No.

On Monday, January 18, 2016, the nation will celebrate his national holiday with parades, concerts, plays, readings, speeches, songs and sermons. But in these celebrations let us not yield to the safe, acceptable memory of Dr. King. As one of his biographers put it, in "the nation's canonization of Martin King...we have sought to remember him by forgetting him."

What do we forget? His progressive scope. At the end of his short life Dr. King was fighting for the rights of all underprivileged Americans -- black, brown, and white. His last crusade, the Poor People's Campaign, sought to bring social and economic change to vast, crumbling segments of American society mired in slums, held back by inferior education, dispensed inadequate medical care, shunned by workplace opportunities, and warehoused in prisons.

We also forget his steadfast devotion to non-violence. A practitioner of peaceful, non-violent resistance, Dr. King broadened his franchise by advocating for world peace in a war-obsessed world. He was an early, staunch opponent of the Vietnam War, a costly position that alienated many friends and supporters.

Dr. King's memory must not become embalmed in one or two benign, platitudinous phrases like "I have a dream." His legacy is as bold, challenging and controversial as he was in life: a living memory of solidarity with the have-nots of the world and a commitment to their sharing in the benefits and advantages of the haves.

## *Imagine UC 2020 Moving Forward*

by Greg Zinser

John Lee Evans, our local San Diego Unified School District trustee, reports that progress is being made on the joint use (city/school district) Imagine UC 2020 project. School district staff has set a target to work out the agreement with the City by Spring 2016, with construction potentially beginning in Fall 2016.

This project will be funded by utilizing previously approved school bonds monies. The SDUSD has approved the use of these funds for the rebuilding of Swanson Pool to accommodate high school swimming/diving programs, (and community use), an outdoor performance stage/learning pavilion, (suitable for summer concert use), and a jogging/walking path. There is also a plan to increase the green space next to Spreckels. Preliminary drawings of these educational support components have been on display at various locations/events throughout this year, and will also be available for display at our Governor Drive Community Library and our North UC branch library starting in January.

A community meeting will be scheduled in Spring of 2016 at Standley Park Rec. Center to provide residents further info and opportunities for input.

**WHAT CAN YOU DO:** It is important that the Mayor, City Park & Recreation staff, and the San Diego Unified School District trustees know that our community is very supportive of this project. The planning committee has therefore created a page on the "Improve UC" web site for residents to indicate their support and keep current with the progress of "Imagine UC 2020".

Please visit our website at [www.improveuc.org](http://www.improveuc.org) for complete details about the project, and to indicate your support.

## Enter Carol and Rolf's Garden...



### Garden is A Welcoming Retreat

by Sandy Lippe

A large crowd gathered in the backyard of Carol Costarikis and Rolf Haas' home, where Carol entertained and educated the group about gardens. She reminded us that gardens are no different than interiors, and she should know as both a gardener and professional interior designer.

Her questions were like a sprinkling of salt, flavoring her talk. "What are you going to do? How will you divide your space? Ask yourself about your entry. Does it say what you want it to say? "My courtyard is more formal. My backyard is balanced but not formal."

Three is the magic number you always look for. "You always look for sets of three rhythmic plants or items. Your personality is manifested in the garden. How much energy? Will the garden take care of itself? Will a gardener? Do you want to do it? I like to think my garden is whimsical. My focal points are a Buddha, the gazebo, and the trumpets (plants). Lighting takes creativity. My indoor chandelier hangs outside under the overhang."

"My garden is bombastic, full bodied. A garden sings a song. The house is the drumbeat. Think texture, patterns, quiet. I like a lot of stuff in my garden. Get in touch with your feelings. I have a plethora of shapes out here. I like things playing off others. There has to be harmony; plants repeated for harmony. You can hear the water."

Initially, the Hosts took out the 11 1/2 foot deep pool and diving board. It cost a lot of money to break up the pool. "We visited the Koi club meeting. We built one big pond. The herons used to steal the koi until Carlos helped attach strings above the pond that deter the heron. Oh, we used to have raccoons too."

She refers to Carlos, not as her gardener but more as her consultant. He comes here once every two or three weeks. When asked about the drought and water issue, Carol replied. "Succulents and good irrigation. These plants stay wet by nature of the soil. Your plants talk to you when they are unhappy."

There is always something to do: hibiscus needs taking off dead blossom. "I'm out here three days out of the week." Someone asked about the creative metal sculptures. "I got them at the La Jolla Art Show." She admits to loving plants at Home Depot in Point Loma. Patricia, the plant person there, was at this event. Carol likes Walter Anderson and Armstrong too. She has been in the house nine years, having moved from a three-story Mission Hills home because of nagging arthritis.

"It is a pleasure to share this space, my absolute pleasure," Carol ended her talk. The pleasure was obviously reciprocated by the appreciative crowd the week before Halloween.



Photos courtesy of Theresa Fassel and Marilyn Mehr. Many more photos can be found on the UC Garden Club Facebook page.

## Doyle Park Becomes Home to Butterfly Garden

by Deanna Ratnikova and Naomi McLean



As we prepare for the El Nino winter, here is a local project that's sure to brighten your day and give you hope that our winter showers will bring spring flowers...and butterflies! The Doyle Community Park and Recreation Council, in partnership with the City of San Diego Park and Recreation Department, recently renovated an area of Doyle Park creating a butterfly garden.

The garden has many flowering, butterfly-friendly plants including milkweed—an essential plant for Monarch butterflies. Milkweed is the host plant for Monarch butterflies and the only food Monarch caterpillars can eat. The North American Butterfly Association certified the Doyle Park butterfly garden this summer as a garden that "provides the resources that increase the world's population of Monarch butterflies."

In addition to creating a beautiful and peaceful oasis for Doyle Park users, the garden is an educational experience for children. Children from Doyle School's Prime Time program and Doyle Park's Kidz Kamp learned about Monarch butterflies at the celebration of the garden in October. Ann Baldridge, Education Coordinator from the Resource Conservation District of Greater San Diego County, talked about the life cycle of the butterflies in the garden and showed the children the plants that are so important to the Monarch butterfly. The children were enthralled to see Monarch butterflies enjoying the garden. At the celebration, the children created a mural about the garden, which is on display in the lobby of the Doyle Park Recreation Center.



## Centurion Football Completes Historical Season

University City High School's fantastic football season came to an end the Friday after Thanksgiving. The Centurions made history by advancing to the CIF Semifinals and finished with a 9-3 season, setting the bar high for years to come! Both the players and the coaching staff's dedication to the game and to each other were evident. Coach Ryan Price could not have asked for a better ending to his first year as the varsity head coach. One week he was named KUSI PPR Charger Coach of the Week, and the team was presented with a check for \$1,500. The entire Centurion community couldn't be prouder of this season's results. UC, U Know!!!



## UCHS Marching Band Ends on a High Note

by Greg Hom

Congratulations to the UC High School Marching Band Centurion Sound on their 5<sup>th</sup> place finish at the Southern California School Band and Orchestra Championships held last month in Riverside. For the first time in school history, UCHS was represented at this regional competition.

Out of 28 marching bands of similar size in Southern California, the 12 highest scoring bands qualify to compete in the championship tournament. After finishing 13<sup>th</sup> the past two years, this year the band finished 2<sup>nd</sup>, capping off a marching band season that saw them take first place or sweepstakes in every qualifying tournament in which they participated. Under the direction of music teacher, Brandon Corenman, the band performed their show, "Ra", which also featured the UCHS Color Guard.

To hear "Ra" and other seasonal favorites, the band will next be performing at the UCHS Music Department's winter concert at the school's auditorium on Thursday, December 17, at 7:00pm. For ticket information, please contact homscouts@gmail.com.



## OCTOBER – NOVEMBER MEMBERSHIPS

### THANKS TO THE FOLLOWING NEW AND RENEWING UCCA 2016 MEMBERS

#### Individual

Larry & Elaine Alexander  
S. Anuskiewicz & K. Misegades  
Doug Barker - AlphaGraphics  
Roberta Benshoof  
Dottie & Jack Beresford  
Joyce Billings  
Patricia Buczaczer  
Jamie Chapel  
Iris Clauss – Helping Hands Senior Concierge Services  
Richard Courtney  
Karl Cranford – JK Computer  
Bob Creceley  
Dance Hula Fitness  
Judith Dresser  
Mr. & Mrs. Durkin  
Michael Famer  
Liz Fort  
Jane Gibson  
Sharon Goodis  
Jane Hoey  
Terry Jones  
Ruth Kaplan  
Ronald Kay & Barbara Saxon  
Katy & Hoshang Khambatta  
Trang Le  
Helen Lebowitz  
Chin Chan Lee  
Ginger & Paul Livingston  
James & Fris Luxon  
Merv & Kathy Martin  
Barb Mauro  
Nancy McAvoy  
Matthew McCarren  
Molly McCarren  
Dee McKinley  
Dorothy Merrin  
Ed Norinder - AlphaGraphics  
Delores Osborn  
Linda Pearce  
Deanna Ratnikova  
Joy Richey  
Bob & Gerrye Riffenburgh  
Michael & Shirley Roche  
Diane Rorabaugh

Edward Rower  
Andrew Sanchez - AlphaGraphics  
D.M. Schmidt  
Tyra Schwartz  
Donald & Elaine Shankles  
Diane Shelton  
Dale & Sharleene Silver  
Derek & Wendy Smith  
Stephen Smith  
Phyllis Speer  
Robert Starkey  
Kiem Truong  
Marshall Varano  
Annette Wade  
Erlinda & Leland Walz  
Angela Weathers - AlphaGraphics  
Scott Weathers - AlphaGraphics  
Mary Weinbrecht  
Darrell Willey  
Katherine Wong  
Carolyn Wood  
Kris Worley  
Melanie Wuerstle  
Matt Wuest  
Ming Ye  
Steve & Ingrid Zank  
**Community Supporter**  
Kamuran & Laurie Aker  
Nancy Beattie  
Jan & Bob Bennett  
Joseph & Joan Brantuas  
Bill Breher  
Beverly Brown  
Patricia Callan  
Ju Chang & May Lee Ho  
Anna Marie Corshack – Studio A Salon  
Bob Cox & Val Crane  
Sally & Pat Crahan  
Natanya Cranford  
Bobbie Day & Chuck DiSalvo  
Jeff & Nancy Dosick  
Jim & Louise Farschon  
Susan Foster  
Charles & Francine Frasier  
Friends of the University Community Branch Library  
Frank & Lyn Gordon

Steve Gray – Gray Loan Team  
Alexandra Haag  
Amanda Hirko  
John & Judy Hood  
Mike Lamp  
Lee Landeen & Ray Rodriguez  
Mr. & Mrs. Ernie Mares  
Merle & Patricia Marrow  
William & Lucille Massicot  
Choko McConnell  
Rosemary Norling  
Dave & Linda Ponsford  
Jean Rodin  
F.G. “Ro” Rozinka  
Dr. John & Mary Russell  
Cynthia Schofield  
Judy Schreiber & David Paterson  
The Taylors  
Hal & Ann Throckmorton  
Gerald & Marsha Toyen  
Bill Traganza  
Dick & Dori Vidosis  
**Community Angel**  
Megan Bryden  
Joseph & Carylann Buniva  
Michael A. Cohen – State Farm Insurance Companies  
Tom & Sherry Coffey  
Ray & Joann Corder  
Harry Griswold & Stephanie Webber  
Valerie O’Neill & Don Hotz  
Mariette Kobrak  
Jim & Mimi Lee  
Sandy & Ernie Lippe  
John & Ellen Person  
Nancy Powell – Powell Tax & Financial Services  
Georgina Randolph  
Peggy Heckert-Ritchie & Chuck Ritchie  
Arthur Samora  
Synn & Steve Shields  
Herb & Nancy Smith  
Donald Steele  
Reed & Christine Sullivan  
Cheryl & Don Ward

#### Gold

Shelley Aanerud & John Houge  
Fritz Ahern  
Mary Bagheri  
Mary Beebe & Charles Reilly  
The Berge Family  
Nita Blair  
Stefana Brintzenhoff  
Barbara Bry  
Mary Bullard  
John Campbell  
Hank & Jill Chambers  
Joanne Cops  
Tim & Cheryl Creagh  
Judith Domingos-Porter  
Don & M.E. Fithian  
Mark & Ann Fulcher  
Irv & Barbara Gellman  
Peter Graham  
Rolf Haas  
Jean Hammerl  
Elaine Hanson & Bruce Robbins  
Jill & Robert Harvey  
Lisa Heikoff & David Katzer  
Pete & Doree Hekman  
Barb & Phillip Henshaw  
Bill Huston  
Nancy & Bill Ivey  
Mark & Cathy Johnson – Palomar Flooring  
Marilyn Kalvelage  
Jennifer Karp  
Merle & Mack Langston  
Annette Lau & Richard Rachel  
Kira Lebowitz  
Bill & Carol Mahler  
Jorge & Karen Martinez  
Bruce Murray  
Bridget Poizner – Save Their Story  
Valerie Ramey  
Beverlee & Steve Ring  
Craig & Connie Rooten  
Jemma Samala  
Ray & Ardell Skoglund  
Charles & Sandy Smith  
Gary & Denise Sneag  
Pat Stickels & Arthur Arnett  
Sam Takahashi  
Jonathan Tang

**Editor's Endnotes...** I've changed my column to appear at the end, because I'm a big procrastinator and I never figure out what I'm going to say until the completion of the newsletter. Maybe that will be my New Year's resolution, don't procrastinate. I'll think about it.

I am a happy gal during the holiday season. I love the baking, the gift wrapping, the gathering of family and friends, and the decorating. I shop for holiday decorations year round, especially my Santa ornaments – I may have to get a bigger tree this year.

I think about Christmas year round because I want to experience the positiveness of the holiday year round. Thinking of and giving to others, it's not about what you receive. Okay it's nice to get gifts and recognition, but in your heart, seeing the joy in others is the true gift.

Santa has many elves in UC that like to bring joy to others. I encounter them everyday – volunteers. Those who help with school PTAs, sports teams, scout groups, community clean-up, senior homes, medical needs, the Rec Center, EdUCate!, UCCA and many more. There are too many volunteers to name, but I am thankful we live in a community with neighbors that give so much to others. I'm telling you, when the Zombie apocalypse comes, you'll be happy to be living in UC.

This holiday season, and all year round, remember to gift back to your community. Tis better to give than to receive.

Happy Holidays – Jemma Samala



**2614 Ocean Front Del Mar**  
**New Listing** – Spectacular home overlooking sandy beach in Del Mar. Views from almost every room plus second parcel for garage. **\$11,888,888**



**6293 Caminito Carrena University City**  
**Available-** Hard to find 3BR, 2.5BA, 1598 sq ft townhome with over-sized 2-car garage, private courtyard, updated kitchen and corner location **\$499-539,000**

**Selling UC & Beyond!**

**Kathleen Williams**  
**Katie Dunahoo**

**Lydia Hwang Vosovic**  
**June Kubli**

**COLDWELL BANKER**  
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**858.633.6411**



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**University City Community Association 2016 UCCA Membership Application\***

2016 Members will receive our new membership card and a special thank-you gifts for joining.  
 \_\_\_ Individual Member \$20 \_\_\_ Community Supporter \$40 \_\_\_ Community Angel \$60  
 \_\_\_ Gold Membership \$100

*2016 Gold category members will receive the UCCA shopping bag, along with other gifts.*

**Please print Name(s)** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Business name** \_\_\_\_\_  
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Individual and Business members' names will be listed in the newsletter.

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**Last Month's UC Sales**

Address	BR	BA	Sales Price
4364 Robbins St	4	2	\$650,000
6703 Edmonton Ave	3	2	\$637,000
7443 Teasdale Ave	3	2	\$699,000
2664 Gobat Ave	4	3	\$759,000
7158 Werner St	7	3	\$780,000
6167 Syracuse Way	4	2	\$830,000
2597 Soderblom Ave	3	2	\$870,000
6110 Travers Way	5	3	\$910,000
4935 Dorena Ct	4	3	\$949,000
6238 Syracuse Lane	5	3	\$964,000

**Average Days on Market: 45**



**6106 Via Regla, UC**  
 Incredible canyon and golf course views, spacious 3252 Sq Ft, two story, 5 BR/3.5BA home.  
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**SOLD**  
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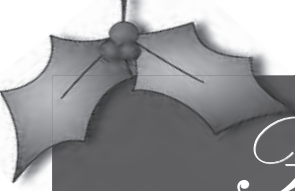
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## UC Scene: Resolutions



*"Do a freestanding handstand for 15 seconds by the end of the year." As part of an Illumina company department competition.*

**Egan Lohman**

*"Be more balanced."* **Amy Magnussen**

*"Take a risk."* **Gigi Esguerra**

**The Psychology of New Year's Resolutions**



by Vince Reardon

New Year's resolutions are as fleeting as snowflakes on a sunny day. Recent studies suggest that 50 percent of Americans make one or more resolutions each New Year's, but 60 percent break them within six months.

How can you remain true to your New Year's resolutions? Psychologist Robert Maurer, Ph.D., the author of "One Small Step Can Change Your Life: The Kaizen Way," says the brain is programmed to resist change. It's designed to trigger fear responses whenever we face a new challenge, opportunity or desire. When the challenge is, say, a New Year's resolution, the amygdala, which is that part of the brain involved in decision-making and emotional reactions, alerts parts of the body to prepare for action. Maurer said access to the cortex, the thinking part of the brain, is restricted and may even shut down.

But if you practice *kaizen*, the Japanese technique of achieving success through small, steady steps, Maurer says you will be far more successful in following through on New Year's resolutions. By taking small steps you tiptoe around the amygdala and never set off its fight or flight response. For example, if you want to lose 50 pounds in the New Year, Maurer would recommend you lower that number to one pound in the next month. If you want to learn a foreign language, learn one new word a day instead of 25 or 50. If you want to spend less money, cut out one small expense each day.

Maurer says the steps you take through Kaizen are so small you can't fail, and one small success leads to another until you've made significant change.

If you relapse, Maurer says don't get discouraged and quit. Research shows that people who hold onto their New Year's resolutions for more than two years relapse from time to time. So if you slip, get up, dust yourself off, and get back to your resolutions.



*"Help promote World Peace." The Bryan's plan on taking a local church group to Uganda in helping with this resolution. UC residents, Karen Bryan is a teacher at Spreckels, and Dr. John Bryan is a management consultant who has written several books on leadership. **Karen and John Bryan***

*"Not saying that I'm going to lose weight."* **Shelly Reddish**



*"Not stress about the little things and look at the big picture."* **Cindy Waldichuk**

*"I'm Happy when I wake up on the right side of the grass."*

**Tom Hekman**

