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UNIVERSITY CITY...more than just a neighborhood!

University City



A University City Tradition: Annual Christmas Tree and Menorah Lighting

by Sandy Lippe

When is Friday, the 13th, a lucky day? The answer is simple. It is this December, Friday, the 13th. The Christmas tree lighting and Menorah lighting at Standley Park will occur on that lucky Friday the 13th. This is a tradition that attracts all ages on two feet and some four-footed guests too. Whether it is your first or fiftieth year in University City, you won't want to miss this great UCCA event. There will be music and refreshments, the magical lighting of the Menorah and the Christmas tree, crafts for the children, and a visit from jolly, old Saint Nick. Of course we couldn't put this together without Darlene Ventimiglia, who has been chair for decades with help from Barbara Henshaw.

Nothing is free, and we thank Costa Verde Regency Centers for their financial support. SANDAG graciously donated their lighting. Kudos to VONS for the cookies and Coffee Bean for one large container of hot chocolate. San Diego Fire Rescue has been invited again and always makes a hit with the kids. This year's musical talents include Standley Middle School Marching Band, UC Girl Scouts, kindergarten singers from Doyle Elementary, Our Mother of Confidence Children's Choir, and the UC High School Choir. Not to be missed is songwriter, Tom Ventimiglia, singing his own Hanukkah song.

The UC Parks Council and Recreation Advisory Board are offering their popular "Dinner with Santa" at 5:15pm. Children under 2 is free, 2 to 12 years old will pay only \$3. Anyone 12 and above. will get the Lorna's restaurant dinner for \$7. Who can beat that? Crafts will be available too. How lucky University City is to have all these fun opportunities on Friday, the 13th of December. For more information, call the Standley Rec Center at 858.552.1652. Finally, the Christmas tree will be decorated on Tuesday, December 10. We need lots of people to help. Please come to Standley Park at 9:00am. Santa is not superstitious. He isn't afraid of Friday, the 13th, especially this year. We hope you do the same.

LIGHTING UP UNIVERSITY CITY

DECEMBER 2019/ JANUARY 2020

Friday, December 13

Standley Park Rec Center 3585 Governor Drive

5:15pm - UC Park Council's Dinner with Santa

\$7, ages 12+; \$3, ages 2-12, ages 2 and under FREE

6:30pm - UCCA's Christmas Tree / Menorah Lighting Musical Program

The Standley Middle School Band ushers in the holiday spirit. Followed by performances from: UC Girl Scouts, Doyle Elementary Kindergarten Singers, UCHS Choir, and the Our Mother of Confidence Children's Choir.

Special performance by Tom Ventimiglia.

Enjoy the holiday spirit with a visit from Santa, hot chocolate and cookies, as the Menorah and Christmas Tree light up the evening.

UNIVERSITY CITY COMMUNITY NEWSLETTER

Published by University City Community Association 3298 Governor Drive #22574 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 University City residents, schools, libraries, parks and businesses.

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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, sent in a Word document and attached to an email.
- Be as brief and concise as possible. Editing may result in errors.
- DO NOT send articles in a pdf formats.
- Include who, what, why, where, and how.
- UCCA does not guarantee publication.
- Submitted materials may be published on the Internet.
- . 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.

Deadline for the February issue: JANUARY 16, 2020

Please send your submission as early as possible. The deadline for the February issue is January 16, 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 the same. Publication does not constitute an endorsement.

2020 UCCA Board Members

Executive Board

President: Barry Bernstein, apdrfn@aol.com, 858.453.3713 Vice-President: Mack Langston, langstonmack@gmail.com Secretary: Jim Beshears, jwblaw@sbcglobal.net

Treasurer: Don Hotz, don.hotz@yahoo.com

Appointed Positions

Beautification: Merle Langston, Chair, merlelangston1@gmail com, and Barbara Gellman, Co-Chair, bggellman@yahoo.com CASA Liaison/Publicity & Promotion/Webmaster: Diane Ahern, ahern.diane@gmail.com

Corresponding Secretary & Historian: OPEN

*Holiday Tree/Menorah Lighting Coordinator: Darlene Ventimiglia, darleneven2@gmail.com

Membership: Hallie Burch, UCCAmembership@gmail.com Neighborhood Watch: Barbara Gellman, bggellman@yahoo.com Newsletter Chair/Distributor: Don Hotz, don.hotz@yahoo.com

*Newsletter Ads: Terri Day, uccaADS@hotmail.com

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langstonmack@gmail.com

Special Events: Barbara Henshaw, barbarahenshaw@gmail.com *UCPG CPUS Liaison: Katie Rodolico, ktnelson@yahoo.com *UCSD Liaison: Deanna Ratnikova, deanna.ratnikova@gmail.com *Non-Voting Member

UCCA Meeting Synopsis

November 13

by Deanna Ratnikova



- An officer election was held and the results are: Barry Bernstein, President; Mack Langston, Vice President; Don Hotz, Treasurer; and Jim Beshears, Secretary.
- Jemma Samala with the Fire Safe Council and Emergency Preparation announced that their paperwork is in, and they have chosen to focus on the area south of Rose Canyon and north of San Clemente Canyon. Their first meeting is coming up and will cover their priorities for the first year.
- UCCA heard a funding request from the UC High Music Boosters to support their Sights & Sounds Showcase.
- Mike Conroy spoke in regards to the Wilmark par 3 golf course.
- Kevin Lorenz introduced himself as a candidate for the Democratic Central Committee of San Diego
- Sarah Davis introduced herself as a candidate for State Assembly District 78.
- City Councilmember, Barbara Bry, candidate for mayor, spoke for about 10 minutes about her campaign objectives and how/what she would do if she were to be elected. She answered questions from the audience and stayed for the remainder of the meeting.
- Dr. Robert Brown from UCSD announced the release of the UCSD Economic Impact Report. He also announced updates regarding the Pepper Canyon Trolley Station and the university's electronic vehicle charging infrastructure.
- Community Officer Melanie Bognuda with San Diego Police Department provided tips for preventing theft around the holidays. Fire Battalion Chief Dave Connors also attended and answered questions from the audience.
- Chris Nielsen with UCPG addressed the Miramar Landfill upcoming height changes. He also noted the addition of a banner district on North Torrey Pines Rd. There is no meeting of UCPG in December.
- There is no UCCA meeting in December. The next meeting will be Wednesday, January 8, 2020.



TOY DRIVE

The San Diego Fire-Rescue Department is partnering with the U.S. Marine Corps Reserve to serve as toy and book collection sites at all Fire Department facilities, including lifeguard stations, through mid-December. All facilities are accepting new, unwrapped books and toys. For more information, contact Fire Department spokesperson Mónica Muñoz at MunozM@sandiego.gov.



UCCA President Barry Bernstein

Happy Holidays to University City...December is here, and our families are getting ready for the Christmas, Hanukkah, and Kwanzaa celebrations this month after eating plenty of Thanksgiving turkey. Travel plans are in order for some as our school vacation and work schedules may allow.

UCCA hopes you'll be able to attend and enjoy our planned Friday, December 13 Christmas Tree/Menorah Lighting event at Standley Park. This annual tradition is something for all UC families to enjoy. Our Park Council's "Dinner with Santa" starts at 5:15, followed by UCCA's evening

program of holiday music with the Standley Middle School marching band starting off the event at 6:30, and the program ending with the lighting of the Christmas Tree, a special visit with Santa Claus for the little ones, and lots of hot chocolate and cookies for everyone.

Glad the SDSU Aztecs are having another great year on the gridiron...and will be eligible for a "bowl-game". At UCSD and USD, their men and women's athletic teams are also having great success this Fall in their respective conferences. Congratulations to all of them. Just in...U.C. High's Marching Band and Color Guard, just won first place in the Southern California High School competition. Congratulations Centurions! See page 9 for more information.

Miramar, MCAS will be expecting the first contingent of F-35's in January/February...UCCA and C.A.S.A. have been doing just about everything within their power to initiate discussions with the command at Miramar to provide some sort of oversight/monitoring of the anticipated affect these aircraft may have on the lives of all University City residents. The Marines and FAA continue to be resistant, and in my opinion, I do believe our popular U.S. Congressman Scott Peters could do a better job in representing our community "safety" concerns.

I hope everyone reading this column who may not have already joined UCCA for 2020, will do so...we need and appreciate your support. UCCA's next regularly scheduled meeting is Wednesday, January 8, (UCCA, along with UCPG/CPUS do not have regularly scheduled meetings in December), and we have scheduled as guest speakers, Cory Briggs, candidate for City Attorney, and James Rudolph, candidate for City Council. Please join us...Primary elections are March 3 this election year.

UCCA held elections for officers last month, (two-year terms). Thank you for your support and confidence in re-electing me to continue as president, and Mark Langston,(vice-pres.), Don Hotz, (treasurer), and James Beshears, (first-time Recording Secretary), to serve as your UCCA executive board members.

Merry Christmas and Happy Hanukkah...and of course, my best wishes to everyone for a most happy and safe New Year.

And don't forget to join UCCA...because University City is "more than just a neighborhood". ~Barry

JANUARY UCCA MEETING

Special guests at our January 8 meeting will be City Attorney candidate Cory Briggs and City Councilperson candidate James Rudolph.

The meeting begins at 6:00pm, at the UC Library, 4155 Governor Drive.

calendar

UC PARKS COUNCIL

Thursday, December 5 & January 23 Recreation Advisory Group – 6:00pm Parks Council – 7:00pm Standley Park Rec Center

PEOPLE FOR A CLEAN UC

Sunday, December 8 & January 12 7:30-9:00am

Cleanup volunteers meet at Starbucks 3202 Governor Drive, supplies provided

CHRISTMAS TREE AND MENORAH LIGHTING CELEBRATION

Friday, December 13 Dinner – 5:15pm, Lighting – 6:30pm Standley Park Rec Center

HANUKKAH

Sunday, December 22 (sunset) through Monday, December 30 (sunset)

CHRISTMAS

Wednesday, December 25

NEW YEAR'S DAY

Wednesday, January 1

UCCA MEETING No Meeting in December Special Guests:

Cory Briggs and James Rudolph Wednesday, January 8, 6:00pm UC Library, 4155 Governor Drive

UC PLANNING GROUP

Tuesday, January 14, 6:00pm 10300 Campus Point Drive

MARTIN LUTHER KING DAY

Monday, January 20

UNIVERSITY CITY COMMUNITY PLAN COMMITTEE

Tuesday, January 21, 6:00pm University City High School 6949 Genesee Ave.

FIRE SAFETY COUNCIL OF UC

Tuesday, January 28, 6:00pm UC Library, 4155 Governor Drive

AVIATION OVERVIEW 2020

Wednesday, January 29, 6:00pm UC Library, 4155 Governor Drive

UNIVERSITY CITY NEIGHBORHOOD WATCH WE REPORT ALL SUSPICIOUS ACTIVITIES TO OUR POLICE DEPARTMENT

CRIME SOLUTIONS

by Barbara Gellman

To All Residents:

This is a time of year when there is more activity due to holiday events, visitors, shopping and it can be the time that you let your guard down; not good so, I'm listing some comments from burglars to remind you

that they are out and about looking for their next victim.

- 1. Yes, I really look for newspapers piled up on the driveway and I might leave a pizza flier at your front door to see how long it takes you to remove it. Solution: ask a neighbor to pick these items up.
- 2. Sometimes I carry a clipboard. Sometimes I dress like a lawn guy and carry a rake. I do my best to never look like a crook. Solution: don't let strangers in, talk through the door, "not interested" or leave information.
- The two things I hate most: loud dogs and nosy neighbors.Solution: post a "Beware of dog" sign
- Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
- 5. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in. Solution: keep doors locked including the one that leads out to the garage.
- 6. I look to see if your trash cans are put out on trash day or I'll look to see if anyone has taken in the trash cans by nightfall. That's a dead giveaway that no one is home. Solution: ask a neighbor to pull back to house.
- 7. I love homes that are not well lit or have overgrown bushes and shrubbery so I can hide if someone walks or drives by. Solution: have adequate exterior lighting (LED lights, dusk to dawn, motion detectors)
- 8. I love neighborhoods where the neighbors do not talk to one another; they have no idea what is going on. Solution: be part of a Neighborhood Watch, know your neighbors.

Keep in mind, the police don't know there's a problem unless you report it, 911 for a crime in progress, 619.531.2000 for suspicious activity or something that happened, but you didn't see it taking place. Ask for an "event" number after reporting so you can check on the progress. You will give the number to the dispatcher or a police officer for follow up. You hold the key to safety; your actions or inactions will determine the outcome. Stay tuned and stay safe.

TRASH CONTAINERS

- Containers should be stored in a secured location that is not visible from public right-of-way. This could include such locations as behind a fence, in your backyard or in your garage.
- Please call the Environmental Services Department at 858-694-7000 to report damaged, lost or stolen containers; to request an additional container; or for general questions about trash and recycling collection.
- To ensure collection, all containers must be placed at designated point of collection by 6:00am on your scheduled collection day.
- Set the authorized container on the street or alley, wheels against the curb and with the handle facing your home.
- Container should be three feet from other containers, parked cars, lamp posts, trees, mailbox posts and any other obstructions so the collection truck can access your container.
- All containers must be removed from your designated point of collection by 6:00pm on your scheduled collection day. Failure to remove containers is a violation of City of San Diego Municipal Code Section 66.0105.

Holiday Safety Tips

by Barbara Gellman

The holidays are a time when thieves are frequently on the prowl. Here are some safety tips to help keep your home, your car, your possessions and your family safe during the holiday season.

Staying Safe While Shopping:

- Park in a well lit area as close to the entrance as possible. Lock your car and take your keys with you.
- Place purchases in the trunk of your car so they are out of sight.
- Always remain aware of your surroundings and visually scan the parking lot for suspicious activities or persons.
- Never leave your purse or purchases unattended.
- Avoid dark and/or isolated areas. If unavoidable, ask security to escort you to your vehicle.
- Have your keys in hand so that you are not searching for them once you reach your car.
- As you approach, check around, under and inside your car, to make sure no one is hiding.
- Enter your car and immediately lock the doors behind you.

Keeping Your Home Safe:

- Avoid displaying gifts where they can be seen from a window or doorway.
- 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.
- Always lock your doors and windows, even if you are only gone for a few minutes.

Always remember the Police Department is here to serve and protect you. If at any time you observe suspicious activity, please call SDPD at 619.531.2000 Emergencies Dial 911

How to Report a Crime to the San Diego Police Department

As posted on Nextdoor in November 2019 by Officer Larry Hesselgesser, Northern Division: Posting crime information on Nextdoor.com, or on any other social media outlet, is NOT reporting a crime to the police department. The information below provides instructions on how to report a crime to the San Diego Police Department. Contact Community Relations Officer Melanie Bognuda if you have any questions at mbognuda@pd.sandiego.gov

- Report an Emergency Call 9-1-1
- Report a Non-Emergency Call 619.531.2000 or 858.484.3154
- Report Quality of Life issues (ie. homeless encampments, illegal dumping, vehicle habitation) – Report it online with "Get it Done" at https://www.sandiego.gov/get-it-done
- Report Insurance and some Non-Emergency crimes online at sandiego.gov/police/services/nonemergencies

What is a Non-Emergency (call 619.531.2000 or 858.484.3154):

- · Crimes that are not occurring now
- Crimes in which there is no possibility that the suspect is still at the scene or is likely to return to the scene
- · Crimes for which an immediate response is not needed

If there is any doubt as to whether the situation is an emergency, call 9-1-1. All calls are handled by priority. The protection of life will always be the highest priority.

District 1 Updates from Council President Pro Tem Barbara Bry

Construction Update on La Jolla Village Dr. and Regents Rd. Many of you are aware of the construction at La Jolla Village Drive and Regents Road. You contacted my office directly to let me know that what was estimated to only take a few months to complete was taking over two years.

In response, I reached out to Traffic Engineering staff, and was informed that the project would be completed by mid-October. On October 16th, the work was not complete, so my team documented the still-active construction and requested that City staff provide an updated completion date.

The next week, construction ceased and all related materials were cleared from the intersection. Since removing the construction materials, you have provided feedback that traffic flow in that area is considerably improved at this intersection. Thank you for helping me keep my finger on the pulse of University City!

Grand Jury Report on Electric Scooters

A Grand Jury report criticized the city for its management of electric scooters and made several recommendations for improved eScooter safety. In UC, and across Distract 1, I continue to see riders using the sidewalk, riding with more than one person on one scooter, and discarding scooters about the sidewalks rather than in designated corrals. I called on the Mayor to issue a moratorium, so the City may issue a request for proposals (RFP) to secure the best deal for the City and users. I further called upon each author of AB-2989 to repeal this legislation. The passage of this Assembly Bill made helmets no longer mandatory for electronic scooter riders.

The health and safety consequences of AB-2989 were foreseeable and unfortunately, our emergency rooms and trauma centers are now experiencing alarming rates of severe head and bodily injuries that could have been prevented by simply wearing a helmet. According to a recent report, authored by several UC San Diego affiliates, scooter-related injuries have significantly increased, alcohol and illicit drug use among the patients was common, and helmet use was extremely rare.

It is also being reported that electric scooters are not as beneficial to the environment as once purported by the companies. Data is emerging from cities across the country that document how scooters are not replacing car ridership, but rather replacing walking, biking, and public transit options. The intent of the legislation to get residents out of their cars is not happening. This new information, in addition to other environmental concerns related the sustainability of scooter manufacturing and disposal, paints an undeniable picture that scooters may not be as green as we though after all.

And finally, the scooter industry business model is unsustainable. One by one, these companies will drop by the wayside, leaving cities with millions of dollars in legal liabilities caused by scooter accidents. We have let a new technology overtake us rather than assist and empower our communities with safe and sustainable micro-mobility options. It is time to take back the control and put public safety first.

BRUNCH WITH BRY

Saturday, December 7, 10:00 - 11:30am, at Outcast Grill, 6104 Regents Road. Grab a coffee and talk with Councilmember Barbara Bry. She will be available to enjoy some breakfast and to hear from neighbors. Come out and let her know your thoughts. For more information and to RSVP, please email Lora Fleming at Lfleming@sandiego.gov.

Drugged Driving has Consequences – Even When Using Legally Prescribed Medicine

by Mara W. Elliott, City Attorney

As we head into the holiday season, people need to be aware that mixing even the slightest amount of alcohol with prescription drugs can have serious consequences. This is especially true for older drivers who may be using new medicines for the first time. Our Office is seeing an increase in otherwise law-abiding San Diegans who get behind the wheel after consuming legal substances – alcohol, prescription drugs, and cannabis – that, in combination, impair their ability to drive, putting lives at risk.

Our Office prosecutes these drugged driving cases -- called "combo" cases when both alcohol and drugs are involved -- under a state grant that has allowed us to develop a high level of expertise in often tricky cases involving multiple substances. While illegal drugs are always a significant part of the problem, we're seeing a surprisingly large number of cases involving older drivers who unthinkingly mixed alcohol with prescription drugs. In the past 11 months our prosecutors handled 178 drugged driving cases. Only four went to trial, and only one defendant was acquitted – a woman who drove while on Ambien, a drug used to combat insomnia. The 174 other defendants all pleaded guilty. Often drivers have been taking a medication for years and think it no longer affects them, since they are accustomed to it. But it does – especially when mixed with even a small amount of alcohol, another drug, or even cold medicine.

I urge you to be especially vigilant this holiday season, when many people drink more than usual. Keep a careful eye on yourselves and others who get behind the wheel of a car. Hail a cab, call a ride-sharing service, have a friend or family member drive, or better yet, stay home. There are plenty of options that won't end in a life-changing accident or land you in court.

E-Cigarette Use on Rise with Students

by Mark Powell, SD County Board of Education

E-cigarettes are now the most frequently used tobacco product among middle and high school students surpassing traditional cigarettes. Electronic cigarettes, also known as e-cigs, are an alternative method of consuming nicotine. E-cigarettes contain no tobacco and do not require a match or any flame at all to ignite. An e-cigarette is a battery-powered device that "vaporizes" liquid nicotine into a mist, or vapor, that the user inhales. There is no fire, no ash and no smoky smell.

E-cigarettes do not contain all of the harmful chemicals associated with smoking tobacco cigarettes and even though e-cigarettes were thought to be a safer alternative to traditional cigarettes that may not be the case as reports of vaping-linked illness are on the rise.

Vaping is not limited to nicotine, and many teens are using e-cigs as a way to vape marijuana. Vaping marijuana can be more dangerous than smoking the drug, because teens often vape a much higher concentration of tetrahydrocannabinol (THC) the psychoactive compound in marijuana that gives the high sensation. This increased concentration of THC intensifies the high and can amplify the likelihood of addiction and adverse medical consequences.

Because of the relative ease to use e-cigs, students will vape right on campus as vape mist dissipates quickly into the air and there is generally no residual smell left behind. With devices designed to resemble flash drives, pens or lipstick tubes, vaping products are easy to hide from teachers and parents.

The good news is educators are taking a proactive approach to the problem. As a parent and teacher resource, the San Diego County Office of Education recommends an online tobacco prevention toolkit offered by Stanford University, and the California Smoker's Helpline. The County Office also offers short substance intervention programs for teens, to help them understand the risks of vaping and how to take steps to stop.

The county office also hosts "Friday Night Live" events to train peer mentors to harness the power of peer pressure which is often a factor in why kids start vaping, in order to discourage use.

For more information please contact the San Diego County Office of Education at 858.292.3500 or visit online at www.sdcoe.net.

Holiday closures: Wednesday, December 25; Wednesday, January 1; Monday, January 20. Book drops remain open.

University Community Branch | December 2019 | 4155 Governor Drive | 858-552-1655

Programming for Children

Preschool Storytime for Kids; stories, crafts, finger plays and songs. Every Thursday @ 10:30 - 11:30 a.m.

Live! Homework Help - A volunteer to help with homework. Tuesdays & Thursdays @ 2:30 p.m. to 4:00 p.m.

Artist Spotlight - We enjoy the work of an artist and create a piece of art inspired by the work. Designed for ages 7 and up. Space is limited, please call (858)552-1655 to RSVP. Wednesday, December 9 @ 3:30 p.m.

Kid's Craft - Snow globe ornaments. Using precut pieces, kids will design, color, and create a glittery snow globe that they can shake and display. Space is limited, please call (858)552-1655 to RSVP. Wednesday, December 4 @ 2:00 p.m.

Zentangle is an easy way to create beautiful images by drawing structured patterns. The kids will be designing a snowflake; for ages 7 and up. Space is limited, please call (858)552-1655 to RSVP. Monday, December 18 @ 2:00.

Programming for Tweens/Teens

Video Game Fridays - Come play video games on the Nintendo Switch with your friends. Friday, November 1, 8, 15, 22 & 29 @ 3:00 p.m.

Programming for Adults

Classic Book Club will be discussing The Art of War by Sun Tzu. Monday, December 2 @ 3:30 p.m.

OASIS: Home Front San Diego in World War II - Tuesday, December 3 @ 1:00 p.m.

Fire Safe Council - Tuesday, December 3 @ 6:00 p.m. Concert: San Diego Jewish Men's Choir will perform a variety of well-loved Jewish songs in the Hebrew, Ladino, English, and Yiddish languages. Wednesday, December 4 @ 6:30 p.m.

Tech Help - Looking for help with SDPL apps? Have a problem setting up an email account? General computer questions? Look no further than our Thursdays Tech Help program. Thursday, December 5 @ 2:30 p.m. - 4:00 p.m. **Sharp Talk** - Thursday, December 5 @ 4:30 p.m.

Qi Gong (Chi Gong) is a simple preventative health method of relaxing and harmonizing the body. These gentle exercises are suitable for any age and health condition. Friday, December 6, 13, 20 & 27 @ 9:30 - 11:30 a.m.

University City Community Association – No meeting in December; next meeting is the 2nd Wednesday in January. **Accordion Club** meets on the second and fourth Saturday of each month and all are welcome. Saturday, December 14 & 28 @ 9:30 a.m. - 12:30 p.m.

Zentangle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Space is limited, please call (858)552-1655 to RSVP. Monday, December 16 @ 12:00.



North University Community | December 2019 | 8820 Judicial Drive | 858-581-9637

Events for Children/Families

Babies and Books, Mondays at 10:00 a.m. This lap-sit storytime will introduce a love for books by using song, movement, rhythm and rhyme. For birth – 2 years. Music and Movement, Mondays at 11:00 a.m. at the Nobel Recreation Center. Sing, Dance and Play! Children enjoy songs and movement activities that build motor skills. LEGO Club, Thursdays at 3:00 p.m. Make new friends and build amazing creations every week. For grades K-6 Kids' Art Studio, Wednesdays at 1:00 p.m. Due to space limitations, this program is limited to 20 participants. Signups begin same day when the library open. For grades K-6. Preschool Storytime, Thursdays at 10:30 a.m. Stories and songs in English promote early literacy skills. Fun with French, Thursdays at 11:15 a.m. Explore the French language through song in this bilingual program. Sign Language Storytime, Thursdays at 12 noon. Baby Sign Language Basics author, Monta Z. Briant puts on a super-fun sign language performance for babies through preschoolers. Yoga Storytime, Friday, December 13 & 27/January 10 & 24 at 11:00 a.m. Stretch both your body and your mind in this unique program that combines stories, songs and yoga poses. Noon Year's Eve Celebration, Tuesday, December 31 at 11:00 a.m. A family-friendly celebration with crafts, photo

opportunities, and a special confetti drop at 12 noon to bring in the new year!

Events for Adults/Seniors

Chess Club, Mondays at 3:00 p.m. Casual public chess meet open to all ages and skill levels.

Knitters' Circle, Thursday, December 5 & 19/January 2 & 16 at 1:00 p.m. All yarn enthusiasts are welcome.

Guided Meditation, Sunday, December 8 & 22/January 12 & 26 at 12:30 p.m. Guided meditation followed by tea.

Dean Ratzman Concert, Sunday, December 8 at 3:00 p.m. He sings and plays keyboard and trumpet; featuring jazz, swing, big band blues, and soul hits of American artists.

Fiction Fanatics Book Club, Saturday, December 14/January 11 at 10:00 a.m. Title to be discussed in December is *Captive Truth* by Karen Stary. January title TBA.

A Cup of Creation: Art Classes for Adults, Sunday, December 15/January 19 at 1:00 p.m. Each class will utilize a different art technique to inspire the creation of unique pieces. Aloha Ukulele Strummers, Friday, December 20/January 17 at 11:30 a.m. Enjoy a fun strum-along with fellow ukulele players! Music provided. Hawaiian songs and familia roldies. Page Turners Book Club, Saturday, December 28/January 25 at 1:00 p.m. In December it's *The Library Book* by Susan Orlean. January title is *On Chesil Beach* by Ian McEwan.

EdUCate! Receives Anonymous \$10,000 Gift

by Katie Dunahoo

What great news for the UC public schools and for the University City Community! This wonderful gift will go directly to teacher and principal grants at all five schools. The grants fund vital needs such as Mending Matters, a mental health program at the high school, school-wide e-learning subscriptions and Spanish language learning programs. Generous people like this donor and you make a huge difference in our schools and attract new residents to our community. The EdUCate! Foundation for University City Public Schools raises money to help bridge the gaps in school funding. All donations are welcome and needed. Please think of us during December. A year-end gift to EdUCate! keeps your donation local and strengthens your community and schools. Go to uceducate.org/donate!

Centurion Theatre at UCHS

University City High School Performing Arts has a new name! Welcome to Centurion Theatre! Our technical theater class is proud to announce a completely revamped logo on our website at ucperformingarts.org; we would also like to take this opportunity to cordially invite you to Centurion Theatre's upcoming production of A Streetcar Named Desire by Tennessee Williams.

Join us after school at 7:00pm on December 3, 4, 5, and 6 to relive Blanche, Stanley, Stella, and Mitch's tragedy. One of the greatest plays in American history, come and experience A Streetcar Named Desire. Get your tickets and reserve your seats at the website or in the UCHS Finance Office. The school is located at 6949 Genesee Avenue.

Save the Date for Music and Fun

by Christine Mailloux

Are you a supporter of music in the schools? Do you love a good show? Then save the date for the 6th Annual Sights and Sounds Showcase hosted by the University City High School Music Boosters. This wonderful community event gives our local youth the opportunity to show their talent while raising money to support the music program at the high school. Music, dance, singing and a (planned) concert by salsa band Rumba Y Sol. Come enjoy music, food, dessert buffet, and an amazing silent auction. Join us on February 21 from 6p-10p at the Lawrence Family Jewish Community Center, Jacobs Family Campus. If you are a local business or community member that would like to support the Music Boosters and this event with an item for our silent auction or a sponsorship. please contact Diane Masser-Frye uchsshowcase@gmail.com. See you at the show on February 21!

SING-A-LONG TIME AT THE UC LIBRARY Wednesday, January 22

Sing-a-long to the music from the '50s to the '70s. Lyrics will be on the screen and everyone will be one big chorus with no solos. Come join the fun. Time to be posted at the library, located at 4155 Governor Drive.

ZACHERY PATTERSON -UCHS STUDENT ELECTED TO SDUSD

by Jemma Samala

Zachary Patterson was elected as the first San Diego Unified School District Student Board Member. According to the SDUSD Newscenter, Zachary secured the victory with a 56% majority of votes in the runoff election, with Zachary



commenting that "I am so excited to work with students from across San Diego Unified in order to create a school district that is for the students, by the students." And he's representing over 105,000 students from Kindergarten to 12^{th} grade. Zachary himself is a sophomore at University City High School. That's right – this already well-established leader is in the 10^{th} grade.

The Eagle Scout candidate started getting active in the 3rd grade while at Curie Elementary School, as a class representative. Later, while Zachary was a 7th grader at Standley Middle School, he began researching and implementing a plan to actually have a student elected to the SDUSD Board of Education. It was this past September that the student petition was accepted and the Board authorized the installment and election of a student board representative in accordance with the California Education Code 25012. Soon thereafter, Zachary was elected on October 29, and his official swearing in will take place on December 10, 2019.

One of his biggest concerns is being taken seriously in this new role. While he is an official member of the board and provides a student voice, he does not actually have a vote, and cannot attend closed door sessions. But his presence will ensure that the student voice will be heard. He had said "I think my biggest challenge will be showing the Board and adults as a whole that I have the ability to effectively serve as a member."

Zachary's election platform consisted of issues dealing with sexual violence, gun violence, and in particular making students comfortable in speaking out. He wants to work on educating students on the "culture of reporting", that it's okay to make their school administrators aware of such occurrences, and more importantly for the administration to listen. And he hasn't forgotten the climate action issues that brought him to my attention during the Climate Action Strike this past September. Part of his Vision 2030 plan is in making SDUSD a carbon neutral school district. He plans to work with environmental science classes to get student-led projects in place to make it possible.

Well, if the school board, or anyone really, wasn't taking Zachary seriously, they better now. And with his desire to major in Political Science in college, I predict Zachary will have many more elected positions to come. Because Zachary is not just words, he is one made of action.

To listen more about Zachary Patterson in his own words, listen to the UC Talks podcast at SoundCloud.com and search for UC Talks Zachary Patterson.



Upcoming Girls' Softball Clinic

by Perry Peters

On Saturday December 7, UC Del Sol Girls Softball will be conducting its annual December Softball Clinic, aimed toward younger girls new to softball or just starting out. The clinic will start at 9:00am at Standley Middle School fields (along Radcliffe Drive). And speaking of UC Del Sol, the Fall Ball season has come to an end and our local girls performed very well in the playoffs. Our 10U "Fast and Furious" team made it to the championship game but lost in a nail biter. Our 12U team made it to the semi-finals; and our 10U "Bat Soup" and 8U "Mad Batters" teams made it to the quarterfinals. Congratulations to all of our girls!

Finally, as a reminder, registration is now open for the 2020 Spring Softball Season. This season is shaping up to be a good one as several teams are expected for the 6U, 8U, 10U, 12U and 14U divisions. Please visit the UC Del Sol girls' softball website at www.ucdelsol.com for more information.

UC Little League Offers Free Registration

by Ryan Preston

It's that time of year again and we have some great news about or 2020 spring season registration. For the T-Ball and MAPS divisions (ages 4-8), we are doing free registration. That's right, FREE! We hope this encourages more participants for the coming season as we have seen the leagues numbers drop off over the last decade. Tell your friends and family that registration is now open for all ages and divisions, so don't miss out on the great opportunity, as this discount only goes until December 31, 2019. For more details visit the league website at www.ucll.org.

With the anticipation of more players next season we are in great need of Managers and assistant coaches for all of our divisions. Coaching is a great opportunity to give back to the community, help kids learn about the sport, grow as individuals and is a whole lot of fun. Contact league President Ryan Preston president@ucll.org if you have any interest in Managing or assisting.

In addition to coaches, we are looking for umpires! If you have kids that are no longer in the league, but still have an itch to be a part of a baseball game, umpiring is a great opportunity to do that. For parents in the league who have a foundational knowledge of the game, you can also swap your four (4) hours of snack bar duty by going to the rules clinic prior to the start of the season and umpiring two games during the spring season. Last season the league paid thousands of dollars to an umpire association and they were only able to fill 30% of the games...The league has several full sets of umpire gear and uniforms, so no need to worry if you do not have your own gear. Contact president@ucll.org if interested.

Important Upcoming Dates:

December 13 - Document Collection (Round Table Pizza)

December 31 - Document Collection & Deadline to Register (TBD)

January 5 - Player Assessments

January 12 - Make-Up Assessments

January 31 - Team Announcements



Welcome Christmas Service

by Kelley Klassen

To ring in the Christmas Season, Torrey Pines Church will host its "Welcome Christmas" service on Sunday, December 8 at 6:00pm. This festive season continues the long tradition of TPC recognizing the Advent season and decorating the sanctuary. After the service, the fun will continue with the lighting of the tree, sledding on snow, and a banquet of tasty treats. Additionally, Christmas Eve Services will be at 3:00pm, 5:00pm, and 7:00pm. All are welcome.

Menorah Lighting at Westfield UTC

by Ita Cagen

Join Chabad of University City for their 32nd annual public Menorah lighting at Westfield UTC, 4545 La Jolla Village Drive (at Genesee). It will be held on Sunday, December 22, from 6:00-8:00pm at Palm Plaza (by the Food Court). Jelly doughnuts, Chanukah gelt, dreidels, crafts for kids, Chanukah music and more! For more information call Ita at 858.455.1670 or email info@chabaduc.org.



San Diego Jewish Men's Choir

Wednesday December 4, 2019 • 6:30 p.m.

Back by popular demand!!

The San Diego Jewish Men's Choir will perform a variety of well-loved Jewish songs in the Hebrew, Ladino, English, and Yiddish languages.

Concert Series: First Wednesday of every month



University Community Branch Library

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This program made possible with support from the Friends of the University Community Branch Librar



Take a Chance on Mamma Mia

by Claire Shaughnessy

Coming in mid-January, JCompany Youth Theatre presents Mamma Mia! Mamma Mia tells the delightful story of Donna, an independent hotelier in the Greek islands, preparing for her daughter's wedding with the help of her two closest, longtime friends. Meanwhile, daughter Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in the hopes of meeting her real father and having him escort her down the aisle on her big day.

Directed by Joey Landwehr at the David and Dorothea Garfield Theatre at the JCC in La Jolla, many actors are local youths from University City between the ages of 12 and 18. The comfortable, 500-seat theatre is conveniently located at The Lawrence Family Jewish Community Center, 4126 Executive Drive. Mamma Mia! runs January 10 - 26, with showtimes Saturday nights at 8:00pm and Sundays at Noon and 3:30pm. Tickets are available at the box office or online at jcompanysd.org. School shows are available for class field trips on January 10 and 17 with advanced reservations.

Don't miss Mamma Mia! Brimming with all the ABBA hits you know and love: "Take A Chance On Me," "Dancing Queen," "Super Trooper," "The Winner Takes It All," and many many more. This show will have *you* dancing in the aisles!

Pictured above are cast members from University City (L-R): Arielle Powell, Maital Meltzer, Hannah Goold, Michael Kozma, Hillel Angel, Miles Reinstein, Rosie Shaughnessy, Carolyn Sutton, Rachel DeBraal, Sofia Ayestra Hollstein, and Sarah Robinson (not pictured).



GATHERING OF NEIGHBORS AND FRIENDS

Sunday, December 8, 2019, is the first anniversary of the Memorial and Tree Dedication at Village Park to commemorate the tragic F-18 crash of 2008 that took the lives of four of our University City neighbors. Although no formal event is scheduled this year, neighbors and friends are invited to join in a spontaneous gathering at Village Park, 7150 Florey Street, at the four memorial jacaranda trees, at 11:58am, on Sunday, December 8, for a moment of reflection and sharing.



UCHS Marching Band and Color Guard Wins Competition

by Greg Hom

Congratulations to the University City High School Centurion Sound Marching Band and Color Guard on their First Place finish in the Southern California School Band & Orchestra Association Championships held in Downey, CA on November 16. The Color Guard also won the award for best performance among all schools.

25 schools competed in the SCBOA 2A Division, and UCHS was the only 2A school from San Diego County who qualified to compete in this final tournament of the season. The UCHS music program is under the direction of Brandon Corenman and supported by Principal Jeff Olivero and Booster parents. UCCA is a longtime supporter of Centurion Sound.

Recreationally Speaking

by Diane Ahern

Happy Holiday and other Happenings at our University City Recreation Centers include:

- Standley Recreation Center hosts Dinner with Santa, Christmas Tree and Menorah Lighting on Friday, December 13, beginning at 5:15pm for dinner, crafts, activities and entertainment; 6:30pm for tree and menorah light. Purchase dinner tickets at the recreation center; all other activities free.
- Nobel Recreation Center hosts Cookies with Santa on Thursday, December 19, from 11:00am to 1:00pm for children ages 0 to 6 years old. Free.
- Doyle Recreation Center offers Kidz Love Soccer classes in January for ages 2 to 5. Online registration available now.

And don't forget, Swanson Pool, located at Standley Park, is closed for the Winter from December 30 through February 9, 2020.

Adopt-A-Family for the Holidays

The University City High School PTSA is holding its annual Adopt-A-Family program, whereby selected student families are provided gifts and food items to help them celebrate the holidays. To make a donation, go to uchsptsa.org. To coordinate adopting a family or providing gifts/gift cards, contact jemmasamala@gmail.com.



Curie Elementary's Red Ribbon Week

by Julie Dennis

Curie Elementary School would like to thank UCCA for their generous donation that was put toward our Red Ribbon Week! With the donation, every student at Curie received a pair of earbuds with this year's theme, Send A Message, Don't Do Drugs! The earbuds were attached to a drawing contest that showed off Curie students' ideas of healthy choices. At the end of Red Ribbon Week, Curie hosted the Red Ribbon Week Field Event and the students were able to meet officers and employees from the Marines, Customs and Border Protection, Coast Guard, Marque Urgent Care, MADD, San Diego Police, School Police, Fire Department, and Air and Marine Branch of the CPB.

Highlights of the day were the Air and Marine Helicopter landing and taking off, the Fire Department Ladder Truck extending their ladder, the Marine ARFF spraying water on the field, demonstrations of K9 dogs at work, sitting in Coast Guard rescue equipment, looking at the cool Police Motorcycle, and trying on Police Gear! Students also wrote healthy choices on Red Ribbons and got great Healthy Choices swag like pencils and bubbles. It was such a fun day and couldn't be done without all of our participants, the PTA, volunteers, and the amazing Curie staff!









Planting Trees in University City

by Jemma Samala

"Trees 1,000 Foundation! We love our new tree. UC beautification" was the comment by Cami Eiskamp, as her husband George along with daughter Sydney is pictured above with their newly planted Jacaranda tree. In early November, the Trees 1,000 Foundation planted over two dozen trees on University City homes. The concept for Trees 1,000 is to give away free trees on private property. The property owners agree to water and maintain the trees, which are planted by Davey Urban Foresters. Trees are planted in November and January.

The non-profit foundation was created by Janay Kruger two years ago. Janay was leaving her post as the University City Planning Group president, and during her tenure witnessed the destruction of trees due to construction of public projects. In the past five years, the UC community lost over 1,000 trees. The goal is to replace the same number of trees. So far we have planted almost 300 trees. We are hoping the concept will catch on and other communities will form a group to plant trees.

Trees 1,000 was recently honored with the "Best Urban Forestry Project" award presented by the California Urban Forests Council, and are very thankful for the recognition. To help support the cause, go to Trees1000.org.



Trees 1000 Executive Director Jemma Samala, pictured left, with the Davey Foresters crew, planting a Crepe Myrtle tree for the Ahern family.



Congressman Peters Holds Town Hall

U.S. Representative Scott Peters held a Town Hall meeting last month at University City High School. He addressed topics submitted by the audience: Impeachment, Climate Change, Health Care, Corruption & Government Reform, Government Spending, Infrastructure & Housing, Protecting our Elections, Civil Rights, Immigration & Border Security, Local Land Use, and Defense. Congressman Peter's District Office in University City is located at 4350 Executive Drive, Suite 105, 858.455.5550. The office is open Monday thru Friday, 8:30am to 5:00pm.



Ahearn Team Gives Away Pies

The Ahearn Real Estate Team had their annual Thanksgiving holiday pie giveaway the week of Thanksgiving. Locals had the choice of receiving a free pumpkin or apple pie. The event is quickly becoming a new UC tradition. Thanks for the pies!





Congrats to Elected UCCA Officers

During the November University City Community Association General Meeting, the officers were elected for the 2020/2021 term. The officers pictured above from left are: Mack Langston, Vice President; Barry Bernstein, President; Jim Beshears, Secretary; and Don Hotz, Treasurer. Barbara Bry was also the special guest at the meeting (pictured below) where she addressed current issues of concern, as well as answered questions about her campaign for mayor. The next UCCA meeting is on January 8, 6:00pm at the UC Library. Special guests will be Cory Briggs, candidate for City Attorney, and James Rudolph, candidate for City Council District 1.





Ready, Set, Go Prepare Your Family

by Diane Ahern

Fire conditions continue to be dangerous in San Diego. No one knows when or where the next major wildfire will occur in our region. But it is a question of when -- not if -- it will happen. That's why San Diego Fire-Rescue has partnered with the International Association of Fire Chiefs to create the Ready, Set, Go! Wildland Fire Action Guide.

- Ready -- Take personal responsibility and prepare long before the threat of a wildland fire, so your home is ready in case of a fire. Create defensible space by clearing brush away from your home. Use fire-resistant landscaping and harden your home with fire-safe construction measures. Assemble emergency supplies and belongings in a safe place. Plan escape routes and make sure all those residing within the home know the plan of action.
- Set -- Pack your emergency items. Stay aware of the latest news and information on the fire from local media, your local fire department and public safety.
- Go -- Follow your personal wildland fire action plan. Doing so will not only support your safety, but will allow firefighters to best maneuver resources to combat the fire.

For more info, visit www.sandiego.gov/fire/safety/tips/readysetgo

SAVE THE INFO BELOW



Now that you've done everything you can to protect your house, it's time to prepare your family. Your Wildfire Action Plan must be prepared with all members of your household well in advance of a fire.

Use these checklists to help you prepare your Wildfire Action Plan. Each family's plan will be different, depending on their situation. Rehearse your plan with your entire family regularly.



- Create a Family Disaster Plan that includes meeting locations and communication plans and rehearse it regularly. Include the evacuation of large animals, such as horses in your
- ☐ Have fire extinguishers on hand and teach your family how to use them.
- ☐ Ensure that your family knows where your gas, electric, and water main shut-off controls are and how to use them
- Plan and practice several different evacuation routes.
- ☐ Designate an emergency meeting location outside the fire hazard area.
- Assemble an emergency supply kit as recommended by the American Red Cross. Keep an extra kit in your
- Appoint an out-of-area friend or relative as a point of contact so you can communicate with family
- ☐ Maintain a list of emergency contact numbers in your emergency supply kit.
- Have a portable radio or scanner so you can stay updated on the fire and weather emergency announcements

FIRE SAFE COUNCIL OF UC

by Jemma Samala

The Fire Safe Council of University City has submitted papers to become an official Fire Safe Council under the umbrella of the Fire Safe Council of San Diego County. The volunteer organization will work on educating the community about fire prevention, safety, and evacuation procedures, as well as organize projects surrounding those issues.

The FSCUC is now working on priorities for the first year. If you would like to get involved with the FSC, contact jemmasamala@gmail.com. More info and resources can be found at: firesafesdcounty.org and readysandiego.org. And please see the info to the left about preparing your family for an evacuation. We will continue to include information in the UCCA newsletter. The next meeting will be on January 28, 6:00pm at the UC Library.

Have You Cut Your Landline?

Info from the County News Center

Be aware that when authorities send out evacuation calls to specific areas, like during a wildfire, they only go to landlines UNLESS you've registered your cellphone with AlertSanDiego. Get registered today and share with family or friends who don't have a landline at home. It's my understanding that even if you have a landline, you can still register your cellphone so that if you're away from home when the evacuation call goes out for your neighborhood, you'll get the alert.

readysandiego.org/content/oesready/en-us/alertsandiego.html

Aviation Overview 2020

Wednesday, January 29, 2020, is the date of an Aviation Overview 2020 information session at the Community Library on Governor Drive. Proposed topics include the FAA's NextGen redesign of airspace, the expansion of San Diego International Airport, the advocacy of Quiet Skies La Jolla and Citizens Advocating Safe Aviation, the pending release of an updated MCAS Miramar air installation compatible use zone (AICUZ), and the home-basing of the single-engine F-35 aircraft at MCAS Miramar. Organizers will provide references and resources for each of the topics presented. If you have a topic of interest to suggest, please contact Diane Ahern by email at aherndiane@gmail.com.

Enjoy Your Holiday Season - Let's Stay in Touch

UCCA wishes you Joy, Love and Peace during this Holiday Season and Happy New Year.



UCCA does not publish a University City print newsletter in January. However, we continue to update our web and social media sites with currents news and features.

- Sign up for Email Updates at www.UniversityCityNews.org
- Follow us on Twitter @UCCA SD
- Like us on Facebook @universitycitycommunityassociation
- Email us at universitycitynews@gmail.com

The print newsletter will return in February 2020. And listen to the UCCA podcasts "UC Talks" on SoundCloud.com. You can "listen" to our newsletters, and talks relating to University City issues.



READY, SET, GO!

THANK YOU TO ALL WHO JOINED UCCA FOR 2020

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\$20 Individual \$40 Supporter	\$60 Angel \$100 Gold Additional donation enclosed \$	
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Would you like to volunteer? We welcome your time, talent, comments and suggestions. Please let us know.

Individual and/or Business members' names will be listed in the newsletter. Please indicate if you do NOT want your name to be listed. ____ Do NOT list my name. Please make your check payable to UCCA; mail to UCCA, 3298 Governor Drive, #22574, San Diego, CA 92122. Payment is also accepted through PayPal on our website www.universitycitynews.org. Your UCCA membership dues (and additional donation) make a big difference in our community. These funds help support our many worthwhile organizations, (i.e. public schools' fundraising, Standley Park, EdUCate, Neighborhood Watch, ImproveUC/UCCF, Buy Local) as well as many special projects and activities such as median beautification, painted utility boxes and street banners, 4th of July Celebration, Summer Concerts, December holiday tree and menorah lighting, and of course, our monthly newsletter delivered to your home and/or business. (*UCCA membership dues are not tax deductible.)

*This membership is valid for the 2020 calendar year. Thank you for joining UCCA. If you have any questions, please contact our Membership Chairperson Hallie Burch at UCCAmembership@gmail.com.



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Valerie Upham, Realtor / Compass



Buy Local Profile: Siri Thai Bodywork

by Jemma Samala

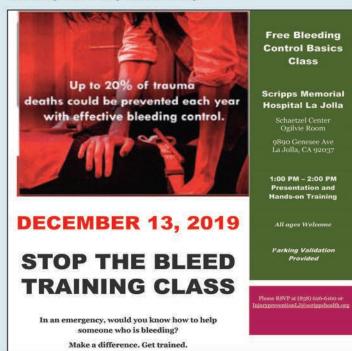
I was very excited when I heard that a Thai Massage spa was opening in UC, and I wasn't disappointed when I got my traditional Thai massage treatment from the owner, Sirikan "Siri" Binley.

Siri, who lives in UC and whose children attends Curie Elementary, decided to open the massage spa in UC to become more involved in the community. She still runs her other massage location in Del Mar, where other massage treatments are available. The UC location only offers Thai massages, due to lease restrictions. And if you haven't had a Thai massage – you have to get one! It's more like a relaxing workout and stretching session.

Siri and her massage therapists pull and stretch out your muscles, including walking on your back. They built special ceiling poles to help hold themselves up. The team, including Israel and Siri (pictured above), are professional Certified California Massage Therapy CMT and Holistic health practitioners HHP, with more than 10 years of experience. Siri also travels to Thailand



regularly, where she was also trained in the traditional arts, and brings back many of the herbs and oils that they use at the spa. I especially felt very relaxed with the lemongrass oils used for my aching muscles obtained from a recent sprain. It's nice to feel like I've travelled back to Thailand for a relaxing massage, when Siri Thail Bodywork is only minutes away.



2020 SPRING BASEBALL

PLAY BALL!

AT UNIVERSITY CITY LITTLE LEAGUE! FOR GIRLS AND BOYS 4-15 YEARS OLD

FREE BASEBALL FOR T-BALL & MAPS DIVISIONS

(NO COST) Free until Dec. 31st only

Paperwork Collection Dates:

- Nov. 21st @ Round Table Pizza on Governor Drive (5pm-7pm)
- December 13th @ Round Table Pizza on Governor Drive (5pm-7pm) ***
- Dec 31st Location: TBD 5pm-7pm

Important Dates:

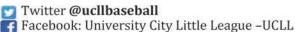
- Mandatory Player Assessments: Sunday, January 5th & Saturday January 11th @ FORT FIELD (between Spreckels and Standley Recreational Center)
- 2020 UCLL OPENING DAY IS FEB. 29th

Registration Fees:

- > T-BALL (ages 4-6) Cost: FREE
- > MAPS (ages 6-8) Cost: FREE
- > MINORS (ages 8-11) Cost: \$140.00
- > INTERMEDIATE (ages 11-12) Cost: \$140.00
- > JUNIORS (ages 13-15) = Cost: \$140.00
- > CHALLENGERS (for children with disabilities, ages 5-18) Cost: \$50

Please visit www.ucll.org for additional information and links for registration.





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Next issue: Feb. 2020 Ad & Payment Deadline: Jan. 18, 2020

For more info email Terri Day: uccaAds@hotmail.com

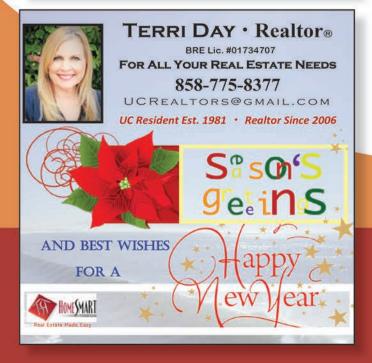


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