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UNIVERSITY CITY...more than just a neighborhood!

# **University City**

UNIVERSITY CITY

MORE THAN JUST A NEIGHBORHOOD

**UNIVERSITYCITYNEWS.ORG** 

#### UCCA – Celebrating 20 Years in University City

by Diane Ahern

Here's a challenge for you. Do you know what these events all have in common?

- The first meeting of the revived and revised University City Community Association?
- · The first election of officers?
- The first set of light pole street banners to beautify Governor, Regents and Genesee?
- The first UCCA website?

2022 Celebrating

20 Years of Service to the

University City Community

- · The first monthly newsletter?
- · The first membership campaign?
- · The first newsletter advertiser?
- The first team of newsletter delivery volunteers established?

The year was 2002 and great things were happening in University City. In February, the Community Association first adopted the name University City Community Association. The founding officers were Sandy Lippe, Carole Pietras, MaryAnn Guerra, Sandy Finch, Melodie Hallet, Dayna Hydrick, Darlene Ventimiglia, and Linda Canada.

In May 2002, the first set of Community Association goals were published in the first newsletter. The theme of the first set of light pole street banners was "University City, more than a neighborhood". The banner theme was influenced by the Community Association's goals to promote civic and social activities, enhance communication among neighbors, provide a forum where residents can express themselves, and to help ensure protection of life and property in the community.

The first newsletter advertiser was Tom Ventimiglia who made a generous donation to help defray the cost of the newsletter. The first team of volunteers helped to deliver it door-to-door to University City residents.

Yes, 2002 was a year of many firsts. The current UCCA officers, board and members salute and thank the many caring and dedicated volunteers who worked so diligently to revive UCCA and set the foundation for the Community Association to continue to grow and thrive for twenty years and counting. How about taking a look at University City history? All newsletters, including Volume 1, Issue 1, published in May 2002, are archived on UCCA's website at www.universitycitynews.org/ucca-newsletter-archives/

You can show your support for your Community Association and the efforts of the current volunteers by joining UCCA today at www.universitycitynews.org/join-ucca-today/



## Video Captures Look into the Next 20 Years in University City

University City is celebrating 20 years of the University City Community Association and this community newsletter this year. But 2022 also brings many changes to the area, with much construction in the 92122 zip code.

Karl Cranford captures much of the current construction along Governor Drive at Standley Park, and the joint-use projects at Standley Middle School and Spreckels Elementary with his drone video skills. You can watch his latest YouTube video, Behind the Blue Wall, at: https://youtu.be/Bg7eb4o6OHQ

Many exciting changes in the next 20 years in keeping University City as more than just a neighborhood.



#### UNIVERSITY CITY COMMUNITY NEWSLETTER

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Distribution is 6,000 copies, 10 issues per year, hand delivered to South University City 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, sent in a Word document and attached to an email.
- Include who, what, why, where, and how.
- Be as brief and concise as possible. Editing may result in errors.
- DO NOT send articles in a pdf formats.
- UCCA does not guarantee publication.
- Submitted materials may be published on the Internet.
- The Editor reserves the right to edit articles as needed.
- Articles or ads considered to be political will not be accepted.
- 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 March 2022 issue: FEBRUARY 17, 2022

Please send your submission as early as possible. The deadline for the March issue is February 17, 2022, 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.

#### 2022 UCCA Board Members

#### **Executive Board**

President: Diane Ahern, ahern.diane@gmail.com Vice-President: Mack Langston, langstonmack@gmail.com Secretary: Jim Beshears, jwblaw@sbcglobal.net

Treasurer: Jemma Samala, jemmasamala@gmail.com

#### **Appointed Positions**

Beautification Chair/UCCF Liaison: Merle Langston. merlelangston1@gmail.com, and Barbara Gellman, Co-Chair, bggellman@yahoo.com

CASA Liaison/Publicity & Promotion/Webmaster: Diane Ahern, ahern.diane@gmail.com

\*Christmas 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

\*Newsletter Editor: Jemma Samala, UCCAEditor@gmail.com

North UC Liaison: Bill Beck, itsaok@aol.com

Parliamentarian/SD Network of Town Coalitions: Mack Langston, langstonmack@gmail.com

Past-President: Barry Bernstein, apdrfn@aol.com

\*Special Events: Barbara Henshaw, barbarahenshaw@gmail.com \*UCPG CPUS Liaison: Katie Rodolico, ktnelson@yahoo.com

\*Non-Voting Member

#### **SUMMARY OF JANUARY 12, 2022 UCCA ZOOM MEETING**

#### by Jim Beshears, UCCA Secretary

Cole Reed, aide to State Senator Toni Atkins, reported: utilities have proposed changes to solar energy policies to what is called Net Metering 3.0. Reimbursements and credits would be based on the wholesale costs rather than retail. Additional rebates would be given for storage to encourage lower evening use. A monthly minimum fee of \$8.00 per kilowatt generated would be payable. That would be \$40 to 48.00 per month for most people. Low-income exclusions would apply. The CPUC is scheduled to vote on 1-27-22 but may be postponed.

Officer M. Bognuda of the SDPD reported that there have been recent car accidents because drivers are using their phones. Tickets are given The PD is trying to stop street racing and car club congregations, report to SDPD if seen. Abandoned cars are in the neighborhood, should be reported on "Get it Done" app, on City website, and then at SDPD non-emergency number, 619.531.2000.

Michele Cazary, Principal of Spreckels Elementary School, reported: The school is partnering with Oasis to coordinate finding volunteers tutoring students. Many are needed, with the minimum of a 45-minute session per week. Construction is proceeding with Phase 1 to be completed by spring. Phase 2 to be completed by summer/early fall 2022 and Phase 3 to be completed within 3 years.

Kaitlyn Willoughby, aide to City Council member Joe La Cava, reported this is budget season. Any requests for City funding should be made through the City's chat room. Joe LaCava is serving on two new committees addressing issues concerning Covid relief. There is an opening for an intern so applicants should contact the office.

Amanda Barry-Sheber, assistant to County Supervisor Terra Lawson-Remer, reported the County was starting the Mobile Crises Response Team (MCRT) to provide mental health counselors to situations where the same may be able to better resolve situations rather than police officers. County mental health hot line: 888.724.7240

Sabrina Bazzo, a San Diego School Board Trustee, reported Covid-19 is still causing disruptions at the schools. Vaccinations for staff is around 92-93% and testing is continuing but absences have been around 20% making it difficult to adequately staff operations.

Chris Nielsen, Chair of the UCPG, reported: (1) Alexandria Development now owns 100% of the development project for Costa Verde Center. Representatives will come to the UCPG in a couple of months to provide status of the project. (2) Elections for 2 business and 1 resident open seat are up for election on March 8th. Two resident and 2 business seats have current members running again. Pick up and drop off for ballots are at both No. & So. UC libraries. (3) The next meeting is Feb. 15, 2022, with 4 sub-committees meeting in the next 5 weeks.

Katie Rodolico, a UCPG member, reported the community plan update was underway. Details are on the website for UCPG.

Diane Ahern gave her Presidents Report for UCCA as follows: The ribbon cutting ceremony for Standley Park pool is April 7th; Underground verification of utilities for the Pure Water project is underway; An additional lane in each direction of Hwy. 52 has been approved by SANDAG; UCCA is celebrating its 20th Anniversary; a new recycling program for kitchen waste was approved by the City; as a result of redistricting, borders of City and County districts are changing; Voting for June 2022 primaries will be available live or by mail.

Lisa Smith, President of the Doyle Elementary PTA presented a request for \$500 for a Jog-A-Thon. (Vote will be at February meeting). Bill Beck, the UCCA No. UC liaison, reported on his efforts to expand the reach of the Newsletter by coordinating with HOA's in No. UC to put on their websites a link to the digital Newsletter.

The Treasurer's Report for December 2021 (through 1-9-22) prepared by Jemma Samala was unanimously approved by the Board on Motion. Hallie Burch (through Diane Ahern) reported memberships (including families) were 253 with 405 total members.

Merle Langston, co-chair of the Beautification Committee reported she was looking for another landscaper to clean up the medians as the past company was not available.

Mack Langston, the liaison to other Town Councils, reported they were networking to address common issues. Coordinating with other town councils will be necessary as result of redistricting by the City.

Jennifer Martin-Rolf reported the City subcommittee on land use and housing was meeting on January 13 to discuss ADU construction.



#### UCCA President Diane Ahern

Happy New Year University City. UCCA is proud to present our first print newsletter of 2022. This year we celebrate 20 years of UCCA and the newsletter.

Every issue this year we'll take a look back at the past as we look forward to our future. Today it looks as though the New Year is going to be full of change for the University City area. The volunteers of UCCA will do our best to keep you informed through our websites, monthly meetings, and print newsletter.

Due to Redistricting (brought on by changes in population numbers), the University City area east of I-5 will move to City Council District 6 while the area west of I-5 will remain in City Council District 1. That means the UCSD campus is split between the two districts.

Depending on where you live in the area, your County, State, and Federal districts may also change. This will affect the June primary and the November general elections because we will vote in our new districts. We'll get more information from the Registrar of Voters in the coming months. Meanwhile, we continue with our current representatives until after the new elected representatives are sworn into office after the November election.

The Planning Department will host a series of public meetings in February and March to provide more information about the Community Plan Update including more information about the potential changes to land-use and zoning in our area.

The changes adjacent to Standley Park are nearing completion at Standley Middle (the Aquatic Center, pavilion, walking path, and restored ball fields) and are underway at Spreckels Elementary which will undergo a whole site modernization.

The Mid-Coast Trolley began operations in November and preparation for the Pure Water pipelines construction on Genesee, Nobel, and Towne Center Drive began in January. It was widely reported that the Costa Verde Center property at Genesee and Nobel was sold in January to Alexandria Real Estate. Plans at the site to demolish the site and build a mixed-use space of office, lab and retail space could be subject to change. The UCPG planning group will provide information at an upcoming meeting.

The Utilities Commission is considering changes to net energy metering (the rate paid by the utility companies to homeowners who generate excess electricity with their rooftop solar panels).

Please take the time to read our newsletter; what are we missing? What do you like? You can be the eyes and ears of University City. We are all neighbors and volunteers and we depend on community contributors for content that's relevant and of interest to those who live and work here.

I look forward to seeing you at our February UCCA meeting which will be help by Zoom on the 2<sup>nd</sup> Wednesday of the month, Wednesday, February 9, at 6 PM. The Zoom link and agenda will be posted on the University City News website prior to the meeting.

Please remember that our Libraries are open! Take a look at the library page for programming highlights. Thanks to the library staff and to all who help to make University City more than just a neighborhood.

Diane

#### VIRTUAL UCCA MEETING

Wednesday, February 9, 6:00 – 7:30pm Zoom.us – meeting ID: 83700108840 Join at: us02web.zoom.us/j/83700108840

## calendar

#### **AMERICAN HEART MONTH**

February 1 – 28 www.millionhearts.hhs.gov

#### UNIVERSITY COMMUNITY PLANNING GROUP

Tuesday, February 8 6:00 – 7:30pm Info: planuniversity.org

## UCCA MEETING Wednesday, February 9 6:00pm Zoom.us meeting ID#83700108840

#### PEOPLE FOR A CLEAN UC Sunday, February 13

7:30-9:00am Cleanup volunteers meet at Starbucks 3202 Governor Drive, supplies provided

#### VALENTINE'S DAY Monday, February 14

#### COMMUNITY PLAN UPDATE SUBCOMMITTEE MEETING

Tuesday, February 15 Info: planuniversity.org

#### NAT'L RANDOM ACTS OF KINDNESS DAY

Thursday, February 17

#### NATIONAL LOVE YOUR PET DAY Sunday, February 20

#### PRESIDENT'S DAY

Monday, February 21

#### UNIVERSITY CITY PARKS COUNCIL STANDLEY PARK COMMUNITY REC GROUP

Thursday, February 24 Contact Rec Center for meeting info: 858.552.1652

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DON'T FORGET!
TIME TO JOIN OR RENEW
YOUR UCCA MEMBERSHIP

GO TO UNIVERSITYCITYNEWS.ORG OR SUBMIT MEMBERSHIP FORM ON PAGE 13



#### NEIGHBORHOOD WATCH 101

by Barbara Gellman

What is Neighborhood Watch: A citywide crime prevention program in partnership with our police that promotes safety through education, observation and reporting, not confrontation. There are 9 police divisions in our city and most are involved in this program, Northern

Division is ours. Investing in street safety is proven to prevent many crimes; we all hold the key to safety, our actions or inactions determine the outcome.

Why is it needed: Due to police understaffing, residents are needed more and more to report suspicious activities and crimes in the community. The police need us to alert them since we know what goes on but the police don't, unless we report it. We are a "force multiplier" by providing extra eyes and ears in the community.

Types of suspicious activities/crimes: Non-emergency such as car thefts, care break ins, casing, solicitors, disturbing noise such as party houses or other. Call 619-531-2000 push the \*star key to speak with a dispatcher more quickly. Emergency such as seeing a crime in progress or fear of injury to oneself or another, Call 911.

**Solution**: Taking a leadership role on your street as a Neighborhood Watch Captain or Co-Captain where you will gather neighbors to meet with our Community Relations Officer and the Coordinator to discuss steps needed to provide a safe environment.

- · Knowing what to do if you see strangers casing the cars/house
- Knowing who to call if a solicitor won't leave your property
- · Knowing who to call for homeless problems
- Scam information

All of these and more are discussed and shared with your neighbors; knowledge leads to putting you in control, not the "bad guy".

**Next step**: If you don't see one of our blue and white signs with the "eyes" looking at you on your street, then it is time to make the call to start the crime prevention process. Contact me at bggellman@yahoo .com to be part of the solution.

#### **Socks for Safety**

Thanks to all of you who have participated in purchasing these designer socks; they have made many people very happy along with contributing to UCCA's Neighborhood Watch program and it will continue.

New styles coming with some of the previous popular styles in mid-January, including St. Patrick's Day. Check out the new flyer and order for birthdays, special events, thinking of you, apologies, appreciation gifts and "just because." Price remains at 3 pair for \$12.00 or \$5.00 each and the funds go into the special Neighborhood Watch bucket for special events, programs, curb painting, appreciation gifts and possible crime and safety items.

Be part of the conversation starters and sock flashers. Type in universitycitynews.org, click on Neighborhood Watch or Socks. Order by emailing me at bggellman@yahoo.com with the style number, quantity, color and description along with your name and phone number. Cash or checks accepted made out to UCCA (socks on the memo line) when picking up your order.



#### Seniors Get A Free Ride

Jewish Family Service (JFS) is offering free rides to local seniors who want to receive COVID-19 vaccine booster shots or the original vaccine. The service is desperately needed since many local seniors are homebound and don't have access to transportation. Rides are being provided through JFS's "On the Go," the largest senior transportation program in San Diego County, serving seniors of all faiths and backgrounds and helping them maintain their independence and mobility.

JFS leaders say the booster shots are particularly important now since holiday gatherings can increase the risk of COVID exposure, as shown by the uptick in cases post-Thanksgiving. JFS has provided older adults with more than 270 rides for COVID vaccines since January.

Seniors or their caregivers can call 858.637.3210 to schedule a ride. The rides are available to seniors residing within 36 San Diego County zip codes, including all of UC, La Jolla, and Clairemont. To help, volunteer or support: jfssd.org or call 858.637.3000.

June 7
Primary
Election and
the Voter's
Choice Act



#### From SDVote (the Registrar of Voters) and the City of San Diego:

Due to Redistricting, many San Diego voters will vote in new districts when they elect their City Councilmembers, congressional representatives, and state legislators beginning with the June 7, 2022, primary. For example, voters in the "triangle" of University City bounded by I5, I805, and SR52 will vote in City Council District 6. The map with the updated boundaries for City Council districts is posted on the Redistricting Commission webpage at sandiego.gov/redistricting-commission

And that's not the only change. Under the Voter's Choice Act (VCA), registered voters can choose when, where and how to vote. Every active registered voter in San Diego will receive a ballot in the mail nearly a month before Election Day. Voters have the option to return their ballot by mail, a secure ballot drop box, or to vote in person at any vote center.

Information about the Choice Act is available from the Registrar of Voters at sdvote.com. Information about City of San Diego elections is available at sandiego.gov/city-clerk/elections.

## It's Budget Season: Contact Joe LaCava with your Budget Priorities

As summarized by Diane Ahern: Councilmember Joe La Cava (District 1) has released his City and District budget priorities for the fiscal year beginning July 2022 and is seeking input from constituents and residents. According to an open letter to the City Budget Analyst, the Councilmember is looking forward to an open and robust conversation during the Fiscal Year 2023 (FY23) budget process of City needs and priorities. For more information, visit Councilmember's webpage at sandiego.gov/citycouncil/cd1. Contact Kaitlyn Willoughby, University City Community Representative, at kwilloughby@sandiego.gov.

Neighborhood Improvement priorities for University City include:

- Complete design and fully fund first phase of construction for Marcy Neighborhood Park (CIP B19188, Estimated Project Cost \$1,546,000, partially funded)
- Begin design of the South University City Library improvement and expansion (\$500,000)
- Three streetlights in Vista La Jolla Subdivision
- Construct Coastal Rail Trail (CIP S00951)

Other Budget Priorities for FY23 include:

- Investment in City Staff and Improved Recruitment and Retention
- New Positions for Critical Public Safety and Operational Needs
- Climate Action and Resilient SD
- Efforts to Prevent and Address Homelessness
- Community Outreach

#### California Assemblymember Chris Ward

Assemblymember Ward returned to Sacramento on January 3rd 2022 where their team in the Capitol is helping to push through two pieces of legislation authored by the Assemblymember, that remained in committee last year and we are looking towards their hopeful passage this year. The two bills include AB 991 which expands certain benefits for our San Diego lifeguards, and AB 311 which is our ghost gun bill. Should you like to receive further information about these bills, please visit the website at https://a78.asmdc.org/2021-legislative-bill-package. In a few weeks, Assemblymember Ward will release his new legislative package for the new session. If you are having any issues with any state related agencies, EDD, DMV, ABC etc. please feel free to reach out. Our office is always happy to help to our District Rep: Rachel Granadino, 619.645.3090, Rachel.granadino@asm.ca.gov.

#### **County Supervisor Terra Lawson-Remer**

Most communities do not have the services necessary to assist someone experiencing a mental or behavioral health crisis, so law enforcement has served as the default first responder. This approach depletes public safety resources and makes communities and officers less safe. Mobile Crisis Response Teams (MCRT) dispatch trained mental health clinicians, not law enforcement, to respond to non-violent emergency calls. I am proud to report that these response teams are now active county-wide.

City and county residents all across our region can dial the Access-In-Crisis-Line at 888.724.7240 to reach a dispatcher (who is also a trained clinician themselves). They will assist in deploying the appropriate responder. There is more work to be done as we aim to completely integrate with the 9-1-1 system throughout our region. Please help spread the word about this critical resource. I know families with loved ones who experience mental health challenges have plenty of questions about this new program. If you have additional questions, please email MCRT@sdcounty.ca.gov or visit the San Diego County website located at: sandiegocounty.gov/content/sdc/hhsa/programs/bhs/BHS\_MCRT. html.

#### Office of Senator Toni G. Atkins - State Report for January 2022 2022 Legislative Priorities

The California State Legislature reconvened on Monday, January 3<sup>rd</sup> and Senator Atkins announced her major legislative priorities for the year. These include:

- Continuing to make investments to ensure we are assisting local governments with the resources they need to plan ahead for the impacts of sea level rise, wildfire mitigation, and drought. This includes refining the local sea level rise grant program established by SB 1: The Sea Level Rise Mitigation and Adaptation Act of 2021 and strengthening funding for water resiliency solutions.
- Introducing a new first-time homebuyer initiative called the "California Dream for All" program. It would be a collaborative program between the state and private investors designed to help more first-time homebuyers, thereby increasing the opportunity to create intergenerational wealth. We'll also continue to look at other potential solutions, like incentivizing housing production in commercial areas.
- Expanding oversight mechanisms and tracking services funded by the state.

#### 2022-23 California State Budget Update

The recent projections from The State's Legislative Analyst's Office are forecasting another large surplus totaling between \$45 billion to \$50 billion in discretionary resources. Governor Gavin Newsom announced his budget proposal on Monday, January 10 and California State Senate is expecting to announce their transformative 2022-2023 California State Budget proposal in the near future. Senator Atkins is proud to lead a senate whose budget priority values include:

- Maintaining the state's historic reserves to protect the progress we are making from future downturns.
- Maximizing infrastructure investments including for schools and higher education — and strengthening targeted tax relief programs.
- Building a more equitable economy through investments that will help get California back to work, strengthen the middle class, and assist struggling families as well as aging Californians.

#### California Mortgage Relief Program Announcement

On January 5<sup>th</sup>, California announced a first-in-the-nation mortgage relief program after winning approval from the U.S. Department of Treasury. The CA Mortgage Relief Program issued \$1 billion in funds to cover past due mortgage payments as a one-time grant with a maximum of \$80,000 per household to the homeowners' mortgage servicer. The program is free and the funds do not need to be repaid. Main Criteria:

- Applicants must have faced a pandemic-related financial hardship after January 21, 2020.
- Applicants must own a single-family home, condominium, or permanently affixed manufactured home in California.
- Applicants must have missed at least two mortgage payments before the launch of this program and their household income must be at or below 100% of their county's Area Median Income.
- In addition, applicants must either be receiving public assistance, be severely housing burdened, or have been denied an alternative mortgage workout by their mortgage servicer.
- More information about the California Mortgage Relief Program can be found here: CaMortgageRelief.org

For any questions, contact: Cole.Reed@sen.ca.gov. Sign up for the Senator's newsletter https://sd39.senate.ca.gov/contact/newsletter

University Community Branch, 4155 Governor Drive, San Diego, CA 92122: 858.552.1655

sandiego.gov/public-library/locations/university-community-library

North University Community, 8820 Judicial Drive, San Diego, CA 92122; 858.581.9637

sandiego.gov/public-library/locations/north-university-community-library

Library Hours are subject to change. Local libraries are currently open for in-person services on Monday and Tuesday from 11:00am to 8:00pm; and Wednesday through Saturday from 9:30am to 6:00pm. Closed Sundays.

Please contact the library for current Covid-related policies such as mask-wearing, building capacity, hours of operation, etc.

#### What's Happening at the Libraries?

#### **North University Community Library:**

All in-person programs may be cancelled or modified on short notice, due to current events, so we highly encourage registration for one-time programs. At press time, masks are required indoors; for the most current policies, check the City/Library websites or call the library for more information.

The North University Library is planning to host the following inperson activities in February:

- Fiction Fanatics Book Club meets on the second Saturday of the month at 10:00am
- Cookbook Book Club meets on the second Saturday of the month at 2:00pm
- Page Turners Book Club meets on January 15 at 1:00pm
- Chess Club meets every Monday from 6:00 7:30pm.

#### UC Library (Governor Drive):

All in-person programs may be cancelled or modified on short notice, due to current events, so we highly encourage registration for one-time programs. Most craft programs may have a take-away kit option, while supplies last. At press time, masks are required indoors; for the most current policies, check the City/Library websites or call the library for more information.

University Community Library is planning to host the following inperson activities in February:

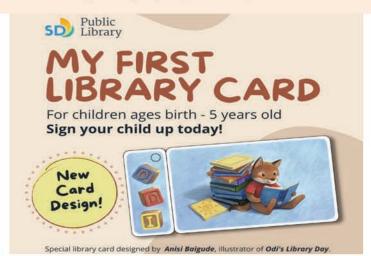
- Toddler Storytime on Wednesdays at 10:30am
- Qi Gong on Thursdays at 9:30am (may be held outside, depending upon multiple factors; call for more info)
- Pajama Storytime on the 2nd Mondays at 6:30pm
- Dance Party on the 2nd Saturdays at 10:30 a.m. (may be held outside, depending upon multiple factors; call for info)
- UC Book Club on the 4th Wednesday @ 2pm (in-person or virtual TBD)

Flag Disposal/Prescription Eyeglass donation: UC Library is an official flag disposal location. If you have a flag of any size you can bring it to the library, place it in the disposal bin near the front entrance and library staff contact the Boy Scouts who will retire the flags appropriately. If you have prescription eyeglasses, sunglasses or readers that you no longer use, you can drop them off at the UC Library in the donation box near the Circulation Desk. The Lions Club will send a representative to pick up your donations when the box is full. We appreciate the Boy Scouts and the Lions Club for performing these important services.

February Craft Week: Sign up via the library's online calendar to participate in several craft programs for kids and families. The week of February 7-11 from 4pm-5pm you can stop by the library to complete a DIY washer necklace craft (requires 2 visits). On Thursday, February 10, younger children with



their parents can stop by and make a 3D heart pop-up. Space is limited, so pre-registration is highly recommended at sandiego.librarymarket.com.



My First Library Card: New this year, children ages 5 and under can receive their very own library card featuring "Odi the Coyote" San Diego Public Library's new mascot. Sign your child up for their first library card and take the first step in supporting their early literacy development and lifelong love of reading. Visit your neighborhood library to enroll your child and they will receive "My First Library Card", the opportunity to take their picture in an Odi Selfie Frame to share with family and friends, and while supplies last, a copy of Odi's Library Day and an Odi plush doll (for ages 3+). Visit the Library's website for more info on how to obtain a library card at sandiego.gov/public-library/services/lending/librarycard



San Diego Museum Month is back: Celebrating its 33rd year in 2022, San Diego Museum Month is a beloved local program that offers residents and visitors an opportunity to enjoy half-price museum admission at more than 45 museums in the San Diego area during the month of February. Museum Month is a signature program of the San Diego Museum Council (SDMC) and is something people look forward to every year. It has become one of the most successful month-long arts and culture outreach events in the county. The University Community and North University Community Libraries will be serving as distribution points for the SD Museum Month Discount Passes. The SDMM Discount Passes give up to {4} half-price admissions at participating museums and cultural attractions during February 2022. The pass admits up to 4 people, regardless of age or price type (child, adult, etc.). The discount pass can be used at every museum at least once. You can find a complete list of pass distribution sites, participating museums, and more information at sandiegomuseumcouncil.org.

#### **Gender Neutral Spaces at UCHS**

#### by Clay Shaughnessy, President of UCHS GSA Club

University City High School kicked off the 2021-22 school year by introducing new Gender Neutral spaces on campus. The conversation of gender neutral bathrooms had been floating around campus for the past year, and with students back, there was no better time than the present. As of now, UCHS has a working Gender Neutral locker room and is soon to have its first two-stall Gender Neutral bathroom.

Gender neutral bathrooms were urgently requested due to gender non-conforming students needing access to restrooms that aren't specifically male or female. According to a 2021 Gallup Poll, at least 15.9% of Generation Z identify as LGBTQ+ and 4% identify non-binary. This means that out of the 1700 students at UCHS, nearly 68 will identify as non-binary. Adding students with other gender-queer identities and intersex students increases that number significantly. Something like which bathroom to use may not cross the mind of many cisgender students on campus, but for gender-diverse teens, such as myself, it can pose as a daunting decision that will ultimately cause discomfort. This means that many students do not use the bathroom for the entire school day, every day.

Having gender-neutral bathrooms and other spaces on campus will improve the mental health of many students. It will also improve their access to education and safety, as UCHS Principal, Michael Paredes states, "School safety is essential for all of our students. If our students feel safe, they can better focus on academics."

#### Helpful definitions:

Non-binary - an umbrella term referring to all genders that are not Male or Female

**Transgender** - An umbrella term for someone who identifies with a gender other than the one they were assigned with at birth

Intersex - Someone who was born with a pair of chromosomes other than xx or xy and does not fit into the sexes of Male and Female

**Gender Non-conforming** - Descriptive term referring to someone who does not fit into the stereotypes of their assigned gender or does not identify with their assigned gender at all

Cisgender - Someone who identifies with the gender they were assigned at birth

**Gender Queer** - Descriptive term referring to all people who do not identify with the gender they were assigned at birth

#### **Urban Corps Recruiting Corps Members**

A corps member is someone participating in the FREE Urban Corps' program — working toward their high school diploma while also participating in the job training program. Corps members earn a paycheck working four days per week

(32 paid hours) and attend the onsite school one day per week to earn a high school diploma. Participants will learn professional skills working on environmental, construction, recycling and community improvement projects and have a chance to earn industry-recognized certifications.

The high school is accelerated and focuses on credit recovery. Meals are provided. Class sizes are small, and assistance is provided with resumes, job placement and transition to college. Staff will work with graduate and employer partners to help place graduate in a job and/or enroll in school. On average, 70% of the graduates have a job within three months of exiting the program. For more information, visit urbancorpssd.org/join



#### **Local Boy Scouts Hike** the Trans-Catalina Trail

#### by Ton van Daelen

Boy Scouts and leaders from University City's Troop 271 completed a fantastic backpacking trek during the week of Thanksgiving following the Trans-Catalina Trail on Catalina Island. Most people that visit Catalina Island stay in the tourist town of Avalon, yet exploring the rugged inland areas gives one a true sense of the amazing scenery and wildlife the island offers.

During their trek the Troop 271 crew hiked 25 miles over three days and every person carried over 25 pounds of gear and food while hiking from camp to camp. Little Harbor on the west side of the island with a secluded natural harbor was our camp on day 2. When crossing the island the crew enjoyed amazing, simultaneous views of the Pacific Ocean and the channel separating the island from the mainland along with sightings of buffalo and a rare Catalina Island fox. "The views while hiking were awesome and it was fun to see a Catalina fox trying to steal our food!"—Max F., 12 years old

Scouts on the trip were aged 12 to 17 and they worked together on planning the logistics of the trip, gear selection, and meal preparation. This trip was part of the preparation for upcoming backpacking adventures in the Grand Canyon, the Sierras and Glacier National Park.

Troop 271 has a very active high adventure program. In addition to backpacking the troop offers multi-day bike adventures in the desert, rock climbing in Joshua Tree, sailing at Florida Seabase, and canoeing on the Colorado River and Northern Tier (MN). If you would like more information about our troop, visit our website at http://www.troop271.com/ to look at our activities calendar and photo library, or stop by at our meetings at Curie Elementary every Tuesday at 7:00pm.

Photo above: Scouts Jack, Max, Tristan, Trevor, Kai, Jameel, Max, Caden, and Ryan and their adult leaders at the start of the trek. Photo below: last rest-stop with a full view of the North side of the island



#### **COMMUNITY SHORTS**

### Neighbors for a Better San Diego to Host Petition Signature Drive

Representatives of Neighbors for a Better San Diego will be at Standley Park on Saturday, February 26, at 12:00 noon, with information and a petition to push back on Senate Bill SB 9 and put zoning decisions back in the hands of local government. This is a ballot initiative to push back on Sacramento and to protect single family zoning. This event is sponsored by University City Community Foundation (UCCF). For more information, visit neighborsforabettersandiego.org.

#### Senior Walkers Wanted

Join our friendly senior walking group. Free. Stay fit! Meet your neighbors and make new friends. Gentle walks last about one hour. Meet in front of Swanson Pool at 9:30am every Wednesday. Everybody is welcome. Note: We cancel if it rains. Contact Marie for any questions at: seekgene@aol.com.

#### The UC ShredFest

Coldwell Banker University City and Guaranteed Rate Mortgage, Ed Woolery 858.922.3325, are sponsoring our annual "Shredfest" on March 12, 9:00am-12:00 noon in the Coldwell Banker parking lot, 3959 Governor Dr-in the VONS Center. We are hiring a professional document shredding truck so bring your unwanted documents to shred for free. You can even watch your files turn into confetti. We are serving all of University City so please respect the three box or bag limit. Hope to see you there!

#### OASIS and Spreckels Elementary Team Up for Reading Tutors

Do you love to read? Why not share your pleasure and read with a child. Oasis tutoring is seeking volunteers who can spend one hour a week at Spreckels Elementary with a K-4th grade child to build reading and language skills, self-esteem and positive attitudes toward learning. No teaching experience is needed - your enthusiasm, patience and compassion are far more important. Oasis will provide training, free books, teaching materials, and ongoing support. Background clearance, TB test, and COVOD-19 vaccination required. Tutoring may be inperson or online, depending on location and preference. Email kristen@sandiegooasis.org for more info or visit SanDiegoOasis.org to register for one of the upcoming free tutor trainings.



#### SAVE THE DATE

28th Annual Taste of the Triangle Date: Friday, May 6, 2022 Time: 7:00 to 10:00pm VIP Reception: 6:00 to 7:00pm Location: Torrey Pines Church Info: uceducate.org

#### Recreationally Speaking - Focus on UCRC

#### by Diane Ahern

Tennis news UCRC: The UC Racquet Club, located at 3585 Governor Drive, has started a Junior Tennis Program (youth aged 5 to 13) for beginners and intermediate players on Tuesday and Thursday afternoons. Currently, there are three instructors and two different groups using two courts. UCRC will expand its program this summer. The goal for these players is to get some exercise, learn some skills, and prepare them for high school tennis when they are eligible. UCRC plans to partner with the tennis coach at UC High School to support the high school's tennis program. UCRC will donate some good used racquets and free stringing and regripping services for the tennis team. For more info, contact UCRC at 858-452-5683 or email at ucracquetclub@gmail.com.

Pickleball news at UCRC: In November 2021, the UCRC Board announced that they had decided to no longer offer pickleball at UCRC, effective March 1, 2022. According to the notice, the Board will continue to run UCRC as a tennis club, as detailed in the Articles of Incorporation and 501(c)(4) documents that state the specific purpose of the UCRC corporation is to foster and develop the game of tennis; encourage development of promising players of the community; and encourage competitive play with organizations of this and other communities.

The pickleball players are concerned about losing their ability to play at the Racquet Club and have taken their concerns to Parks and Recreation. A spokesperson for City Parks and Recreation said in an email statement that the City's Parks and Recreation is aware of their request (to continue play at the Racquet Club) and are currently considering viable options for pickleball in the area. For more info from the pickleball players, contact Judy Sweet at jmssd19@gmail.com. For more information from the UC Racquet Club, contact Simon Shen at ucracquetclub@gmail.com.

The Parks and Rec website: sandiego.gov/search/site/pickleball, lists pickleball as currently available at the following University City area parks:

- Gershwin Neighborhood Park, 3549 Conrad, 858-581-9926
- La Jolla Recreation Center, 615 Prospect St, 858-552-1658
- Nobel Recreation Center, 8810 Judicial Drive, 858-552-1626
- N. Clairemont Rec Center, 4421 Bannock Ave, 858-581-9926

What's happening at our University City Pool and Recreation Centers? The Pool, Gym, and Rec Center schedules and programs are posted on the City's website at sandiego.gov/parks-and-recreation.

Swanson Memorial Pool: Swanson is currently open six days a week with both Lap and Recreational swim, as well as fitness classes. During March and April, the Pool Guard Recruit Academy returns at several locations (not at Swanson). Applicants will be paid to train to become lifeguards as they attend the academy. More info: sandiego.gov/pools/programs/americanredcrossclasses Standley Rec Center: Adult Volleyball and Basketball leagues are playing. Adult Yoga classes are in session. Adult Floor Hockey plays when Youth Basketball is not. Aikido classes are not running but may begin again in March. Youth programming includes Fridge Art, Pee Wee Sports, and Master Sports Basketball. The Spring Egg Hunt is tentatively scheduled for Saturday, April 9.

**Nobel Athletic Fields And Rec Center:** Nobel is currently providing both adult and youth programming. The Gym Schedule and the Winter Program and posted on the City's website. The Spring schedule will be issued at the end of February.

**Doyle Rec Center:** Doyle is currently providing both adult and youth programming. The Gym Schedule and the Winter Program and posted on the City's website. The Spring schedule will be issued at the end of February.

#### Aquatic Center and Pavilion Nears Completion

The blue fabric has been removed from the fencing and that's good news. That means the SDUSD construction of a joint-use Aquatic Center, pavilion, walking path, and restored ball fields at Standley Middle School adjacent to Standley Park, 3585 Governor Drive, is nearing completion. Watch for news of an official ribbon-cutting ceremony tentatively scheduled for early April. As one project ends, another begins at Spreckels Elementary School with a whole site modernization. For more information about the Imagine UC 2020 project adjacent to Standley Park, visit UCCA's website at universitycitynews.org/imagine-uc-2020-sdusd-school-facilities-project. Aerial photos taken at the construction site in January 2022; courtesy of Karl Cranford, JK Computers.



Standley Park - above and below





Spreckels - above and below



#### 2022 – University City Community Association Celebrate 20 Years

#### By the numbers, then and now:

In celebrating UCCA's 20 years, let's take a look at some of University City's numbers, then and now – as close as we can get from published statistics.

#### Population from last estimates for 92122 (city-date.com): 2000 – 34,891

Est 2019 - 48.595

The University City community prides itself on being "more than just a neighborhood" and the value of community brings with it a high value to properties. Real estate numbers then and now are interesting comparisons. Since we're at the beginning of 2022, we're taking the numbers at the close of 2021 and comparing to the end of 2001.

#### Single Family Homes Sold (South UC)

Average Listing Price 2001 - \$458,791 Average Listing Price 2021 - \$1,278,108

Average Sold Price 2001 - \$445,461 Average Sold Price 2021 - \$1,318,788

Average Sold Price Per Square Foot 2001 - \$246.35 Average Sold Price Per Square Foot 2021 - \$708.72

Average Days on Market 2001: 43 Average Days on Market 2021: 12

#### Attached (Condos) Homes Sold (South UC)

Average Listing Price 2001 - \$204,906 Average Listing Price 2021 - \$414,742

Average Sold Price 2001 - \$201,030 Average Sold Price 2021 - \$423,318

Average Sold Price Per Square Foot 2001 - \$191.82 Average Sold Price Per Square Foot 2021 - \$513.99

Average Days on Market 2001: 29 Average Days on Market 2021: 15

(Thanks to Ryan Ahearn for SDMLS info)

The value of the community is often tied to crime rates, and here's a look at University City's rates then and now.

#### 2001 Crime Rates (rate are per 1,000 residents)

	UC	SD City
Murder	0.02	0.04
Rape	0.09	0.27
Robbery	0.71	1.35
Agg Assault	1.41	4.14
Burglary - Residential	2.62	3.47
Burglary - Non Res	1.96	2.18
Theft	21.92	19.61
Vehicle Theft	7.57	8.43

#### 2020 Crimes (last complete year reported, stats reported differently than in 2001)

**UC Total Crimes** Murder 1 Rape 19 Robbery 10 Agg Assault 34 Burglary - Residential 70 Burglary – Non Res Theft - \$400+ 37 385 Theft - less than \$400 318 Vehicle Theft 89

(Crime figures from sandiego.gov)



#### Lighting Up for the Neighborhood

by Barry Bernstein

Our annual community holiday celebration at Standley Park on December 10 was a wonderful event for our families in University City. The Park Council's Dinner with Santa (a most delicious boxed pasta/salad platter from Lorna's Italian Kitchen), started off the evening's activities. UCCA's Christmas Tree / Menorah lighting musical program topped off the program.

Special thanks to event coordinator Darlene Ventimiglia, decoration designer Judt Bethel, and construction / electrical specialists Jim Simon and Don Hotz; plus all the other needed and appreciated elves. And all the wonderful photos taken by Greg Hom.



Everyone loves Andy Freeburn, oops we mean Santa! Thanks Andy for your yearly appearance.



Holiday crafting at the Standley Rec Center, a yearly fun family favorite. Thanks to the staff for their craftiness.











Look up to see this year's newest lighting decorations.



Plus lighting up of the traditional Christmas Tree above, and the Menorah below with Jacque Bernstein and Merle Langston.



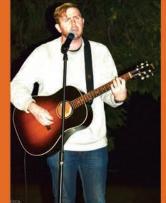
A musical night, with the help of many...



The Standley Middle School Marching Band



The Key of She, a women's singing group





Left: Billy Kilmer from Grace City Church plays guitar; right: Tom Ventimiglia singing a special Hannukah song.



The UC High School Chorale.

Thanks to all for entertaining the UC neighborhood!



#### **Prevent, Plan and Practice**

#### by Retired Fire Chief William Beck

I believe that good advice can never ever be given too often? So, here's a quick recap of some of the fire safety tips I've written about last year.

#### Do you have an escape plan (E.D.I.T.H. Exit Drills In the Home) and do you practice it?

In a fire you'll have to get out fast! Knowing two ways out of each room and where to meet once outside is key. Go over the plan so that everyone knows how to escape. Practice E.D.I.T.H. by holding a fire drill at least once a year.

#### Have you installed smoke and carbon monoxide detectors on every level of your home and outside each sleeping area?

Do you test these alarms every few months and replace their batteries when you reset your clocks? Have you replaced alarms that are older than 10 years? Do you have and know how to use an ABC rated fire extinguisher?

Are you a smoker or do you have a smoker in your home? Careless smoking is the leading cause of fire deaths in North America. Smoking in bed or when drowsy could be fatal. Provide smokers with large, deep, non-tip ashtrays, and soak cigarettes butts before discarding them. Before going to sleep, check the smoker's area for smoldering cigarettes.

#### Matches and lighters are tools meant for adults only!

If you have small children use only child-resistant lighters. Teach children that matches and lighters are tools for grown-ups. Store these tools where children can't see or reach them.

#### Cook safely by always staying at the stove or turn off burners if you walk away.

Wear clothes with snug - or rolled up sleeves to avoid catching your clothes on fire. Turn pot handles inward so you can't bump them and children can't grab them. Enforce a "kid-free zone" of 3-feet around your stove when you cook. If grease catches fire in a pan, slide a lid over the pan to smother the flames and turn off the heat source. Leave the lid on until the pan is completely cool.

Keep children and pets away from portable space heaters and place them at least three feet away from anything that can burn.

Turn off heaters when you leave the room or go to sleep.

Flickering lights, smoke or odd smells, blowing fuses, tripping circuit breakers or frayed or cracked cords are just a few warning signs of possible electrical problems.

Don't ignore them! Never run extension cords where they can be walked on or pinched by furniture.

If you have to escape through smoke, crawl low to the floor where there's cleaner, cooler air.

If your clothes catch fire, don't run, stop where you are, cover your face and roll over and over or back and forth to smother the flames.

Cool any burn with cool water for 10-15 minutes. Never apply ice, butter or any other grease on a burn. If the burn blisters or is charred, see a doctor immediately.

## University City Planning Group (UCPG) January Meeting Recap

by Chris Nielsen, UCPG Chair

The UCPG Meeting for January 11, 2022, began with the announcement that Rebecca Robinson Wood withdrew her proposal for a community plan amendment initiation for her "Gilman Village" project. There is no pending request for this project to be rescheduled.

The UCPG took up action items related to future meetings (February 8<sup>th</sup> will be by Zoom), the March 8 UCPG elections, Joe LaCava's proposals for Community Planning Group changes, and an information item related to how community members can advocate for trees in their communities.

We approved a plan for elections, set for March 8, like the procedure used last year, but we will change the drop off location from Alexandria Campus Pointe to the North and South UC Libraries. In person voting will still be outside the Alexandria location, per the bylaws. The February 8<sup>th</sup> meeting is the deadline for becoming a voting member of the UCPG and for declaring candidacy for one of the UCPG board seats. There are four residential seats and six business seats available in the March election. Your UCPG membership does not expire. You may obtain a membership form here: www.sandiego.gov/sites/default/files/ucpg\_membership\_form.pdf

We discussed a proposal by Joe LaCava for changes in community planning groups. These proposals will be further discussed by a Community Planners Committee subcommittee, followed by the next CPC meeting with Councilmember LaCava attending. Rather than take action at this meeting, we elected to continue it to the next meeting. We expect a further refinement of the proposals by Councilmember LaCava then.

Finally, we heard a presentation by Carolyn Chase of Treewatch San Diego on ways we can protect and enhance trees in our community. Contact Carolyn at treemail@treewatchsd.org.

The Costa Verde shopping center owned by Regency has been sold to Alexandria Real Estate. I have sent an invitation to Randy Levinson, Senior Vice President of Real Estate Development with ARE, who has agreed to give an information item to the UCPG on this change as soon as possible.

#### **UCPG** and **UCPUS** Upcoming Schedule

The UCPG and the University Community Plan Update Subcommittee have a complex schedule in the coming weeks. The meetings on February 8, February 15, and March 8 are fixed; the remaining schedule is tentative.

February 8 - UCPG Meeting with regular agenda

February 15 - CPUS meeting presenting the results of the community survey and proposed and alternative Land Use Scenarios for analysis. Vote to send the Land Use Scenarios for analysis to the Planning Commission Workshop and then the UCPG in March

March 3 or 10 - Planning Commission Workshop for Plan Update

March 8 UCPG Meeting with Elections and a regular agenda March 15 - Special UCPG Meeting to consider and vote on UCPUS proposed and alternative Land Use Scenarios for analysis.

March 22 - CPUS to vote on proposed and alternative Land Use Scenarios taking Planning Commission and UCPG input into consideration.

#### THANK YOU TO ALL WHO JOINED UCCA FOR 2022 **DECEMBER - JANUARY Membership**



#### INDIVIDUAL

Sheila Goldfarb Jo Ann Padgett Jeremy & Heather Ray Dr. Robert Riffenburgh Charlotte Sikorski Margaret Watkins Anita Wilson Dr. Ann L. Wood

#### SUPPORTER

Leora Zalman

Juan & Marilyn Bosque Joseph A. Brantuas Myra Bressel Alan & Susan Brubaker Amy Butros & Mark Kasimatis Sky & Ed Chwekun Fred & Karie Chow Flora Mae & Ed Cox Jean Creek Doyle Elementary PTA Claire Eckhardt David & Lois Gottfredson Duc Le Nancy M. McAvoy Carl & Marilyn Mehr Judy Murphy Rosemary Norling Bonnie Ortega D.M. Schmidt Jeff & Eileen Struthers Judy Schreiber & David Paterson Lisa Takayama & Suzanne Lane Martha Weaver Gary & Sarah Williams Matty Wuest

#### ANGEL

Paul & Ann Clark Rinaldo de Jong Cass & Ken Jones Victor & Janet Lipp Brian & Pam Murray Greg & Betty Pardue Denise Zimmerman

Judy & Harvey Amster Nancy Beck Brookie Best Charles & Margaret Brazell Bobbi & Jeff Cawdrey Dennis & Melanie Doyle Jan & Eddie Friedman Karen & Dan Harvey Iraj Hashemzadeh & Maureen Kennedy Peter & Doree Hekman Roger & Mary Kay Hewitt Nancy & Bill Ivey Scott & Liz Jones Mack & Merle Langston Brenda Lovitt Carol & Robb McAllister Terry & Sandy Moore Lisa & Anders Nyberg Melvin & Amy Okamura Michael & Judy Quinton Deborah Ramirez Laura Ravine Dr. & Mrs. H. Kent Reed Patricia D. & Robert C. Rice Ralph A. Smith Jason & Lasca Strimpel Sam & Barb Takahashi Rita Tatarsky & Michael Chapman University City United Church Bill & Lori Whalen Greg & Cheri Zinser



#### **UCCA Receives County Board of Supervisors Grant Award**

UCCA is pleased and proud to announce that our organization has received funding from the County Board Supervisors through Neighborhood Reinvestment Program.

The grant award provides support to offset the costs related to the production and printing of the monthly newsletters, a new set of street banners and their installation, and the printing of membership cards notepads. UCCA thanks Supervisor Terra Lawson-Remer for her support.

To be eligible, non-profit entities such as UCCA must provide services in one or more of the following areas: educational/recreational projects for children and/or adults; local business and tourism promotional activities; arts and cultural programs; environmental awareness programs or projects; public programs including protection projects; or health and social service initiatives and programs. For more info about the Neighborhood Reinvestment Program, sandiegocounty.gov/auditor/nrp.html

Visit universitycitynews.org to learn more about the University City Community Association.

University City Commu	nity Association	2022 UCCA	Membership	Application*
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2022 Mer	nbers will receive a 2022	2 membership ca	ard and a special	thank-you gift for joining	J.
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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 many worthwhile organizations (i.e. public schools' fundraising, Standley Park, EdUCate!, Neighborhood Watch, ImproveUC/UCCF, Buy Local). Plus special projects and activities such as median beautification, painted utility boxes, street banners, 4th of July Celebration, Summer Concerts, Christmas Tree and Menorah Lighting, and our monthly newsletter delivered to your home and/or business. (\*UCCA membership dues are not tax deductible.) \*This membership is valid for the 2022 calendar year. Thank you for joining UCCA.If you have any questions,

please contact our Membership Chairperson Hallie Burch at UCCAmembership@gmail.com.



#### Pure Water Construction Update for University City

From Pure Water San Diego: The implementation of Pure Water San Diego entails construction of major waste water infrastructure including pipelines, pump stations, tunnels, and treatment facilities in the Morena, Bay Park, Clairemont, University City, Miramar and Scripps Ranch communities. To help provide residents with timely information, the City has created an interactive map to display road work, closures, and detours. Residents can view the map of San Diego and enter an address for up-to-date information. Look for the link to the Road Work, Closures and Detours Interactive Map at sandiego.gov/public-utilities/sustainability/pure-water-sd/phase-1-projects.

#### Red Cross Issues Call for Volunteers to Respond to Local Emergencies

The American Red Cross of San Diego and Imperial Counties is recruiting new volunteers to help respond to local emergencies by supporting people in their time of greatest need. Each year, the Red Cross responds to more than 60,000 disasters a year in the United States, and the vast majority of these are home fires. Nationally, the Red Cross has already responded to more than 1,900 home fires since 2022 began, providing assistance to more than 6,500 people.

In the Southern California Region, trained Red Cross Disaster Action Team (DAT) members have responded to 51 local disasters including 46 home fires so far this year, helping 202 people impacted by a fire in their home. In San Diego, volunteers have already responded to dozens of home fires.

Disaster Action Team volunteers help families with their immediate needs after a fire in their home and offer support during a very difficult time. As a DAT team member, you will provide emotional support, access to financial assistance and information to help families begin to recover. DAT team members respond to emergencies to provide immediate compassion and care. Training will be provided. For more information, visit redcross.org/volunteer/disaster-action-team.html



#### Six Steps to a Healthier Heart

It's not too late to update (or set) a New Year's Resolution to Love Your Heart. February is Heart Month and there are a lot of steps you can take—literally—to be heart healthy. Check with your healthcare provider before beginning any new heart-healthy program and follow disease prevention guidelines.

Here are 6 steps to a healthier heart courtesy of Live Well San Diego (more at livewellsd.org):

- Know your numbers: Get your blood pressure, cholesterol, and blood sugar levels checked and learn what the healthy numbers are. Your doctor can help you develop a plan of action if your numbers are too high. Follow up regularly to check your progress. After a year, you should feel better when your numbers improve.
- Get up and start moving: Just a little more than 20 minutes of exercise each day can reduce the risk of heart attack. It can be a simple, brisk walk in the morning, a regular sports date with friends, or an activity with co-workers during lunch. A little planning goes a long way.
- Make friends with food labels: When grocery shopping, read
  the nutrition labels of everything you eat or buy. Limit your
  saturated fat consumption to 7 or 8 percent of your diet and opt
  for more monounsaturated fats (from fish, olive oil, and nuts).
  And avoid trans fats completely if you can; you can recognize
  trans fats when the label says it's "hydrogenated."
- Cut back on alcohol: Alcohol is not bad in moderation. But if you are overdoing, it can affect your liver and your heart. If you feel that you may be drinking a bit much, try to limit your drinking to just one drink a day. Even better, consider taking a break from drinking for six or eight weeks to "detox" your body.
- Sleep it off: Rest can also help you have a healthy heart. Get at least eight hours of sleep every day. And if you're one of the millions of people who needs to sleep more, make sure you get those extra hours. Studies show that people who get adequate sleep have up to 33 percent fewer heart-related health issues.
- Phone a friend: It turns out that keeping and renewing relations with friends and loved ones are associated with lower rates of heart disease. So reach out and call mom, or your daughter, your brother, or your friends. Your heart and theirs, and probably your family, will be healthier.

#### PLAY BALL IN UNIVERSITY CITY

Youth Sports Leagues are getting ready for the spring season.

UC Del Sol Girls Fastpitch Softball: ucdelsol.com

University City Little League: ucll.org

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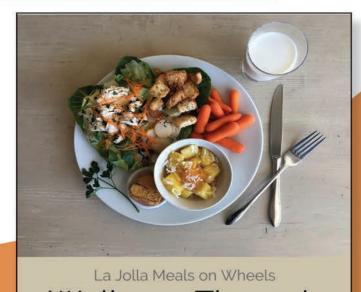


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#### New Food & Yard Waste Recycling Rules for 2022 (SB 1383)

## Organic Waste



Yard Trimmings



#### From Environmental Services:

California State Senate Bill 1383 requires the reduction of organic waste disposed of in landfills. Organic waste is comprised of food scraps and food-soiled paper from kitchens and food operations and yard waste such as garden and landscape waste, organic textiles and carpets and wood waste. The City of San Diego is currently working out the details about curbside food waste collection for single family homes.

As a result of this enormous planning effort, changes to organic and yard waste collection for City of San Diego serviced residences will not begin until the summer of 2022. This timing includes those City serviced residents with existing green bins. You may find updates by visiting the City's recycling page at sandiego.gov/environmental-services/recycling





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Next Issue: March 2022 Deadline: February 20, 2022 **Email inquiries to Terri Day** uccaADS@hotmail.com



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#### Congratulations to UCHS MJROTC!



Last weekend, the UC MC JROTC competed at the Coachella Drill Competition and they did an outstanding job. In all, they medaled in 15 events. Top team honors include 1st place in Unarmed Drill Regulation and Mixed Color Guard. Way to go Cents! We're proud of you. Special thanks to 1st Sergeant Stout and Master Gunnery Sergeant Willis for leading our students.

#### February 2022

A few date to know...

National Freedom Day 2022 Feb 1 - Tues.

Chinese New Year 2022 Feb 1 - Tues.

Groundhog Day 2022 Feb 2 - Wed.

National Wear Red Day 2022 Feb 4 - Fri.

Lincoln's Birthday 2022 Feb 12 - Sat.

Valentine's Day 2022 Feb 14 - Mon.

Presidents' Day Holiday/Washington's Birthday 2022 Feb 21 - Mon.



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Next issue: March 2022 Deadline: Feb. 20, 2022

Vaccination is one of the most important steps in ending the pandemic

- ➤ Your chances of being hospitalized with COVID-19 become almost zero
- ➤ You help protect vulnerable people who may be unable to get the vaccine
- ▶ The virus gets fewer chances to spread and mutate
- ➤ Some fully vaccinated people will still get COVID-19. No vaccines are 100% effective, but fully vaccinated people are significantly less likely to be hospitalized or die than unvaccinated people

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