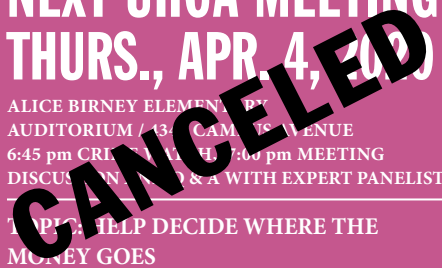


**NEXT UHCA MEETING
THURS., APR 4, 2020**

ALICE BIRNEY ELEMENTARY
AUDITORIUM / 4345 CAMPUS AVENUE
6:45 pm CRIME WATCH, 7:00 pm MEETING
DISCUSS UHCA & A WITH EXPERT PANELISTS
**TOPIC: HELP DECIDE WHERE THE
MONEY GOES**
UH Infrastructure Discussion



7
**COVID-19
INFORMATIONAL
WEBSITES**

University Heights Community Association April 2020

NEWS

**WISE UP, UH, HIGH DENSITY IS COMING
SUPPORT INFRASTRUCTURE SPENDING IN UNIVERSITY HEIGHTS**

The Mayor's plan, "Complete Communities," will waive height limits within one half mile of a bus stop, a vast area which includes all of Uptown and North Park (including University Heights, Normal Heights, and Mission Hills). With high density coming to UH, now is the time to identify and reserve public land and assets for potential park space and community centers, before the public land is all gone.

May's UHCA meeting will focus on potential parks, community centers, a dog park, and other infrastructure needs in our community. We will address the needs of our children, pets, and senior citizens—needs that are being ignored by politicians, developers, and "thought leaders." Please fill out the following survey and bring it with you to the meeting.

SURVEY

PLEASE BRING THIS SURVEY WITH YOU TO THE APRIL MEETING

**DEPARTMENT OF EDUCATION
PROPERTY**

- OPEN SPACE
- DOG PARK
- COMMUNITY CENTER
- OTHER: _____

TRAFFIC AND PEDESTRIAN SAFETY

- INTERSECTION SAFETY AT:
WASHINGTON & NORMAL & POLK & CAMPUS
WASHINGTON & EL CAJON & PARK
WASHINGTON & CLEVELAND
WASHINGTON & LINCOLN
OTHER: _____

SPEED & PEDESTRIAN SAFETY

- INTERNAL STREETS
- MADISON AVENUE FROM PARK TO CAMINITO FUENTE

MARYLAND STREET FROM MADISON TO LINCOLN
OTHER: _____

STREET LIGHTING

- VERMONT ST. BRIDGE
- 4100 BLOCK TEXAS ST.
- OTHER: _____

**WASHINGTON STREET CORRIDOR
TRAFFIC & SAFETY CALMING**

- BIKE AND PEDESTRIAN LANES FROM EL CAJON BLVD TO 9TH AVENUE
- MEDIANS ON WASHINGTON STREET (TREES, PLANTINGS, LIGHTING) FROM PARK TO 9TH

**BEAUTIFICATION & TREE
PLANTING IN UH**

WHERE: _____

UH LIBRARY IMPROVEMENTS

- UPGRADE BATHROOMS
- EXPAND SPACE



Traffic calming at Louisiana and Meade

Photo: Paul Ferris

Uptown and North Park are already seriously deficient in parks. Uptown has no recreation center. The 2016 Uptown Community Plan, which anticipates the development of a rec center, will be overridden by the mayor's plan. The City's new "Park Master Plan" is expected to gut park standards. Canyons will be counted as parks and open space, and trails will be cut into the canyons to encourage public use.
—Nan McGraw

SAVE THE DATE
**CYCLE IN THE HEIGHTS
AND MOVIES IN THE PARK**
FIRST MOVIE: THE ORIGINAL STAR WARS
SATURDAY, MAY 16, 7PM
SPONSORED BY SANDAG GRANT
POSTPONED
(See article inside for details)

DENSITY, HEIGHT, AND PUBLIC FACILITIES

The City of San Diego has introduced two major programs that will shape our neighborhoods for twenty years or more: "Complete Communities" and "Park Master Plan."

Complete Communities: More Density and Height Without Community Input

Mayor Kevin Faulconer introduced the Complete Communities program in January 2019, modeled after California Senate Bill 50, which was put on hold after strong opposition. The common thread is waiving existing zoning requirements, with the goal of spurring more housing development.

The Mayor's plan consists of two parts: a requirement for affordable units with reduced permit fees, no limits on height or density, and ministerial approval with no public input.

Concerns expressed include the following:

Affecting too large areas: The plan applies to all areas within one half mile of a bus stop, potentially affecting very large portions of the community.

Bypassing the community: The Mayor's plan would bypass communities, overriding existing Community Plans and zoning. Ministerial approval of projects by city staff would not require review by Community Planning Groups or the Planning Commission.

Paucity of Public Facilities: Although the program requires an on-site mini-park or plaza, it ignores the need for new ball fields, picnic areas, and concert areas. It includes no new requirements for traffic improvements, leading to a concern that developers will make more money, while communities are burdened with more traffic.

Park Master Plan: Parks or No Parks

The second major program is the Park Master Plan. Incredibly, Uptown and North Park are already 80 percent deficient in parks. Existing parks are and will be completely inadequate to serve thousands of new residents. University Heights has no Rec Center, Aquatic Center, or Senior Center.

In the most controversial part of the new plan, the City wants to abandon the

current standard: 2.8 acres of parks per 1000 residents, instead counting other items, such as canyon trails, as "equivalent" to park space. Park supporters have derided this approach, calling it "accounting tricks in place of parks."

Attend the monthly UHCA Meeting to see the maps and learn more about these two major programs. Thursday, May 7, 2020, at 7 pm at Alice Birney.
—Stu McGraw

LOOKING AHEAD
**THE UPCOMING UHCA
MEETING WILL BE**
**THURSDAY
MAY 7, 2020**
ALICE BIRNEY ELEMENTARY
AUDITORIUM / 4345 CAMPUS AVENUE
6:45 pm CRIME WATCH, 7:00 pm MEETING
**TOPIC: HELP DECIDE WHERE
THE MONEY GOES**
UH Infrastructure Discussion
May's UHCA meeting will focus on potential parks, community centers, a dog park, and other infrastructure needs in our community.

SAVE THE DATE
PARTY ON PARK
SATURDAY, APR 25, 5-8 PM
POSTPONED
DON'T WAIT IN LINE
GET YOUR FREE WRIST BANDS ONLINE
SEE THE WEBSITE AT UHSD.ORG/PARTY-ON-PARK
(See full-page ad inside for details)

SAVE THE DATE
**UNIVERSITY HEIGHTS 2020 ANNUAL
NEIGHBORHOOD TAG SALE**
FRIDAY, MAY 3, 2020
AT TROLLEY BARN PARK
POSTPONED
(See ad inside for details)

MEMBERSHIP

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



NEW/RENEWING MEMBERS

GOLDEN OSTRICH

Anonymous, Jim Lybarger, John Sandbower & Craig James.

HOUSEHOLD

Deb & Jean Andrew, Judy & Weston Riffle, Brian Ross, James Canning & Angela Silman, Steve Shia & Margo Wood, Valerie Berg, Mona & Benjamin Burke, Edie Jacobsen & Gene Johnson, Kirsten Chandler, Robert MacDonald, Daniel Taylor & Kathy Tench.

*Indicates extra donation

BUSINESS

Cindi Hill (Hill Compliance Advisors)

JOIN, RENEW OR DONATE ONLINE AT UHSD.ORG.

DUE TO COVID-19 RELATED SCHEDULE CHANGES AFTER WE HAVE GONE TO PRESS, PLEASE CHECK WEBSITES OR CALL ORGANIZATIONS TO SEE IF EVENTS HAVE BEEN CANCELED OR POSTPONED.



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

Yearly Membership

- *\$25 Household
- *\$45 Membership & mailed UHCA News
- *\$75 Business Membership
- *\$100 Golden Ostrich

Name _____

Business Name _____

Address _____

City/State _____ Zip _____

Phone _____ Email _____

Referred by _____

- NEW
- RENEWAL

University Heights Community Association is a 501(c)(3) non-profit charitable organization. A portion of your membership is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification Team & Planning** Keep UH beautiful.
- Blockwalker** Help deliver newsletters to UH residences and businesses.
- Marketing & Merchandising** Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.
- Membership** Help meet record goals for membership and meeting attendance.
- Neighborhood/Zone Watch** Join your neighbors to keep UH safe.
- UHCA News** Write articles, edit articles, take photos or sell ads; these are just a few of the many ways to contribute your talent, creativity and energy to our paper.
- Program & Events** Plan and oversee the various events and general meetings.



UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

UHCA NEWS

EDITORIAL BOARD Maureen Markey, Nan McGraw, Judith Annicchiarico

CONTRIBUTING WRITERS Maureen Markey, Nan McGraw, Judith Annicchiarico, Carol Neidenberg, Peter Rose, Erin MacKinnon, Jennifer Ayala, Elaine Sinsuan, Justine Hall, Tom Mullaney, Meghan Kight, Stu McGraw, Alex Watts, Richard Wood, Erin McDougall, Dan Stringfield, Rod Girvin, Meredith Barnes

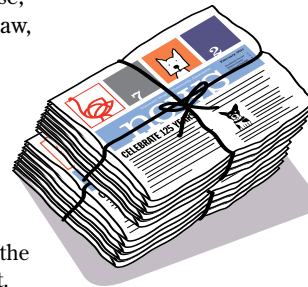
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Meredith Barnes, Jennifer Ayala

ADVERTISING DIRECTOR Susan Holts Susan@Susanholts.com

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



PRESIDENT Carol Neidenberg
 president@uhsd.org or (619) 549-3996

VICE PRESIDENT Maureen Markey

SECRETARY William Smith & Peter Rose

TREASURER Stuart McGraw

WEBSITE uhsd.org

FACEBOOK /universityheightscommunityassociation

INSTAGRAM /UniversityHeightsSD

UHCA OFFICERS

UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH



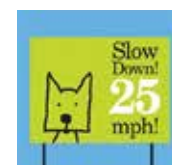
Zone Watch Coordinators manage email lists of participants wishing to receive University Heights crime watch information and updates. Download more on the UH Zone Watch program at uhsd.org or contact your zone's coordinator, or Nan McGraw.

- 1 Nan McGraw** nmcsan@aol.com
- 2 Pam Isaacs** pamisaacs1@gmail.com
- 3 Mary Lange** mlangeuhcazone3coordinator@gmail.com
- 4 Christopher Hutchinson** christopherhutchinson@hotmail.com
- 5 Tamara Zyhylij** tamara@tamarazrealestate.com
- 6 Mark Koopman** mkzw6@yahoo.com



CRIME WATCH SIGNS

UHCA installed new signs recently. If you know of an old sign that should be replaced or a location that needs a sign, please email UHCA President Carol Neidenberg at president@uhsd.org



SLOW DOWN SIGNS

Speeding on neighborhood streets in UH is a chronic problem. Shaving time off trips by speeding has small benefits and high risks. Set your alarm clock 15 minutes ahead and slow down.

UH PHONE BOOK

Emergency • Police • Fire • Medical 911
Non-Emergency Suspicious Activity, Homeless Outreach Team, etc. 619-531-2000
 Online: non-emergency problems: www.sandiego.gov/get-it-done
SD City Services non-emergency: street lights, pot holes, etc. 619-527-7500
 Online: www.sandiego.gov/city-hall/departments
SD City Services emergency 619-527-7500
 Online: www.sandiego.gov/city-hall/departments
 Storm damage: fallen trees, flooding, clogged storm drains
Alert San Diego reverse 911 notification to mobile phones for emergencies
 Requiring evacuations www.readysandiego.org/alertsandiego/
2-1-1 San Diego
 Free Community Resources, such as CalFresh, Medi-Cal, and Covered California 211 or 858-300-1211
Abandoned Vehicles 858-495-7856
Alice Birney Elementary Office 619-497-3500
Animals / Non-Emergency 619-767-2675
Brush and Weed Abatement 619-533-4444
Code Violations 619-236-5500
Crime Stoppers Tip Line 888-580-TIPS (8477)
Department of Environmental Health public health/rats/rodents 858-694-2888
Downed Power Lines / SDG&E 800-411-7343
Emergency Water / Sewer Repair / Sink Holes 619-515-3525
Narcotics suspicious drug house / anonymous 619-531-2468
Retired Senior Volunteer Patrol (RSVP) 619-692-4945
 Vacation home security check, welfare of home-bound, patrolling business districts, homeland security support

SDPD Community Relations Officers:
 David Surwilo (dsurwilo@pd.sandiego.gov) 619-692-4858
SDPD Western Division 5215 Gaines Street 619-692-4800
Shopping Cart Pick-Up Service 800-252-4613
Stonewall Citizens Patrol sredmond@stonewallcitizens.org
Suicide Prevention—National Suicide Prevention Lifeline
 For immediate, confidential, suicide crisis counseling 24 hours a day, seven days a week, call toll-free, San Diego County Access & Crisis Line, 1-888-724-7240. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-800-273-TALK (8255). #BeThe1To at www.bethe1to.com; Website: up2sd.org; call local hotline at 888-724-7240 for live chat, 4-10 pm weekdays
UHCDC University Heights Community Development Corp 619-297-3166
University Heights Public Library 4193 Park Blvd 619-692-4912
UH Zone Watch Coordinator Nan McGraw nmcsan@aol.com 619-260-0668
Graffiti: In Progress Emergency: 911
 Report Online: apps.sandiego.gov/streetdiv/ email photos: cericson@pd.sandiego.gov
 Graffiti Hotline: 619-257-7500
SD Vector Control mosquitoes / ticks / rats 858-694-2888
 Online: vector@sdcounty.ca.gov
Https://getitdone.force.com/ Download and use this app if you see a non-emergency problem in the city like potholes, graffiti, etc.
If all else fails, email TRenner@sandiego.gov at Councilmember Chris Ward's office.

DISASTER CONTACTS

In case of a major disaster such as an earthquake or fire, have two out of state contacts on speed dial. When the power is off, cordless phones won't work. Have a basic phone you can plug into a phone jack that you can use for calls.

PRESIDENT'S CORNER

CAROL NEIDENBERG

You have probably commented many times about how University Heights is such a walkable community. Whatever street you live on, people are walking, pushing or running with strollers, strolling with their dogs, or biking. Our neighbors and canine friends feel safe. With Daylight Savings back once again, we'll have more hours of light to enjoy the outdoors. Most of us love dogs as they bring out the best in us humans. However, please don't go onto a neighbor's yard, garden, or property without permission; and be sure to scoop your dog's poop and take it with you. Many locations throughout UH have containers filled with plastic bags just in case you forgot to bring one. We also appreciate you keeping your dog on a leash so that we can walk safely on the sidewalks.

I am confident that UHCA has plenty of delightful events coming up this spring and summer that are also dog friendly, including the Party on Park, the Tag Sale, and the Movies in the Park, just to name a few. We are forever grateful to you for your memberships, donations, and support; and to our government partners such as the county, city, and

SANDAG, our appreciation goes without saying.

We listen to you and we are your advocates for improved lighting, safer streets, ongoing contact with our elected officials at all levels, and regular communication with SDPD liaisons. We are your go-to source for accurate and timely information. As of March 1, we can proudly say that we have more than 400 paid members! Our new mission statement that follows reflects our genuine desire to continue to be the organization that consistently and fervently advocates for a better University Heights – as we have been in the past, we are in the present, and we will be in the future.

Tell us how we can best meet these goals. Let us work together to create a better place in what we believe is the best community in San Diego!

The University Heights Community Association (UHCA), founded in 1983, is a 501(c) (3) nonprofit, member-supported community association dedicated to improving the quality of life and sense of community in San Diego's University Heights.

EARTH DAY HAPPY 50TH BIRTHDAY

The first Earth Day was held April 22, 1970, when ten percent of the U.S. population, Democrats and Republicans alike, rallied across our country for cleaner air, safer water, and respect for the environment in general. Inspired by Rachel Carson's *Silent Spring*, terrible oil spills off of Santa Barbara (which brought tar balls to the beaches of San Diego), and the anti-war movement, the actions of that first Earth Day led to creation of the U.S. EPA and legislation mandating safer air and water for citizens across the country. Fifty years later, we've come a long way in solving many of our environmental problems. But, of course, the major threats continue, and people across the U.S. and around the globe are still fighting.

Among many other San Diego Earth Day events this year, Balboa Park's 30th annual Earth Fair, the world's largest free event of its kind, has been postponed until Sunday, September 13. See EarthDayWeb.org for details.
—Judith Annicchiarico



Give your home the protection it deserves.

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San Diego, CA 92104
Bus: 619-831-8172

Your home is where you make some of your best memories, and that's worth protecting. I'm here to help.
LET'S TALK TODAY.



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX

1708136

IN CASE YOU MISSED IT

The March 5, 2020, meeting of the University Heights Community Association (UHCA) opened with Crime Watch.

- Officer Serwilo started at 6:45 pm. Approximately 30 attendees.
- Welcome Inn problems reported. Crimemapping.com shows incidents and locations of crimes. City attorney will open a file.
- Bike thefts should be reported on crimemapping.com to inform police. Take a picture of bike and serial number.
- Keep security doors, front doors locked even when at home. If anyone tries to break in, call 911.

President Carol Neidenberg opened the regular meeting at 7 pm.

- Welcome. Join UHCA! Volunteers always needed. About 70 people in attendance.
- Mark your calendars for upcoming events:
 - » Tag Sale: 3rd annual on Sunday, May 3, at Trolley Barn Park
 - » Party on Park Blvd: April 25, 5-8 pm. Food fest. Buy wrist bands, \$20 each, on website at sd.uh.org. Expecting 500 people.
 - » Movies in the Park: SANDAG grant for bike event. First movie, May 16, TBP.

- Announcements
UH Library: Elaine Sinsuan, Branch Manager, described programs for children and adults for next month.

- Elected officials' representatives:
- » Tyler Renner, Councilmember Chris Ward's office. Chris Ward Chair of Regional Task Force on Homelessness
 - » Nick Zinter, Supervisor Nathan Fletcher's office. Next Tuesday board meeting to vote to overturn ban on syringe exchange
 - » Randy Wilde, Assemblymember Todd Gloria's office. Mental services paid for by ballot measure for

homelessness. AB3112 to streamline permitting for middle income home buyers.

- » Chevelle Tate, State Senator Toni Atkins' office. April 1 is census day. March 12, US census forms sent out. State budget discussions starting.

Tom Mullany: Vote for Uptown Planners members.

- Main Meeting Program: Homeless Discussion

* Omar Passons, Division of County Integrated Services. Job is get people talking to each other. Visited an encampment in Spring Valley. Person got a bed within a week because of coordination. 1.1 million poor people in SD county receive social services.

* Tamra Kohler, Task Force on Homelessness, 31 member board. Invests in services, with goal of reaching a 50% reduction in homelessness by providing shelter for homeless youth and veterans. County funding about \$50 million for homeless services. Rtfhsd.org is website. Avg. income is \$1300/mo. for homeless people; avg. apartment is \$1800. Homeless people tend to have grown up in the community where they are homeless.

* County unincorporated area includes about 500 homeless people. County total homeless population is 8000-9000; 2600 not sheltered. 1500 emergency shelters. Need more affordable housing stock for 30% of homeless who need permanent housing. San Diego anticipates a 4% budget cut so things may get worse before they get better.

Next meeting is **Thursday, May 7.** Topic: Infrastructure.

—Peter Rose, UHCA Secretary

MARY'S GATE MISSION CLIFF GARDENS HISTORIC REBUILD

Mary Yee Debrunner, an early land use activist in University Heights in the 1970s, initiated an effective campaign to stop developers from building in our canyons. She publicly expressed her opposition as a member of Uptown Planners, and was uniquely instrumental in convincing the city to protect our canyons.

Mary died a few years ago, but her legacy remains. Her home at the corner

of Adams Avenue and Mission Cliff Drive was recently renovated. You may notice the beautifully restored wooden trellis and gate structure that led into the west end of Mission Cliff Gardens (1890-1930). This project, endorsed by the San Diego History Center, involved remounting the gate and reinstalling the original bolts. UHCA applauds this historic renovation and thanks the San Diego History Center. —Nan McGraw



Mary's Gate



Mary's Gate

Photos: David Holts

IT'S YOUR BUSINESS

REIKI

Maybe you've heard of it, and wondered what it's about. I'll do my best to convey my ideas of what Reiki is, and why I think it's useful and worthwhile for nearly everyone.

Many Eastern traditions have a concept of "life force" that they use in healing practices or in exercise/martial arts. Everyone has this life force. In yoga, the force is called "prana," and in tai chi, it's called "chi." The Japanese word for "chi" is "ki," and Reiki means "spiritually guided life force." In a Reiki session, the practitioner facilitates and maximizes the flow of this energy in the client, resulting in relaxation and reduced stress, which in turn can help promote healing. Reiki is most definitely not a substitute for regular medical care, and no reputable Reiki practitioner would ever suggest otherwise. It can, however, be a very useful adjunct and addition to regular medical care, and it is widely used in hospitals and in hospice care for the purpose of stress reduction.

In a Reiki session, the client simply lies on a massage table, fully clothed, usually for about an hour. The practitioner

will move around the body, placing hands very gently on different areas, usually on or around "chakras," or energy centers, or on the major joints like the shoulders, hips, knees, etc. What does the client experience? Everybody is different of course, but most people say they feel warmth, a sense of peace, a sense of internal connectedness, and a sense of internal flow. Reiki feels great; that's why it's so popular, and why it's increasing in popularity all the time.

Reiki was developed in Japan in the 1920s by Dr. Mikao Usui, and it was spread in the west by a woman in Hawaii named Mrs. Hawayo Takata. She was trained by one of Dr. Usui's students, and she adapted it slightly for westerners. A traditional Japanese form of Reiki, called Jikiden Reiki, is also practiced and taught by people all over the world. I am trained and certified in both these styles.

Sound interesting? Give it a try! I live and work right here in University Heights. Reiki is a wonderful thing that's changed my life for the better in many ways, and it can be of benefit to you as well. I can be reached by phone or text at 619-253-1325.

-Alex Watts

COMING SOON! NEW UH WEBSITE AND INSTAGRAM

Last July, University Heights welcomed several new volunteers to create the UHCA Communications Team. These four talented women-Rachel Bowdon, Christine Hernandez, Meghan Kight, and Uyen Tran-have been hard at work supporting UH's digital marketing efforts.

A top priority of the team over the past year has been developing a new UHCA website. We aim to launch the new website in late April. Check out our new look at www.uhsd.org! With the guidance of UHCA Board members and in partnership with Coast Creative, a local North Park digital agency, the new website features a blog highlighting the latest neighborhood news and events, digitized editions of the monthly newspaper, opportunities on how to get involved, and much more.

Additionally, we are now on Instagram! Follow us @uheightscommunitysd to find the latest information on events, news in the neighborhood, ways to get involved, and content about how much we love University Heights. Do you want to be featured? Tag us and use the hashtag #uheightscommunitysd.

And if you haven't already noticed, our beloved Facebook page is getting more action. Check it out at @University-HeightsCommunityAssociation. If you are a local business and want to see your business promoted on our social media or website, contact us via Facebook to find out more.

Stay tuned. Our work is not done. You will be seeing more content and activity in all our channels in the months to come!
-Meghan Kight, For the UHCA Communications Team

NEEDED: VOLUNTEER BLOCKWALKERS TO DISTRIBUTE UHCA NEWS

Q: What is a Blockwalker?

A: Those special volunteers who deliver the UHCA News ten times a year to 5000 homes and businesses in University Heights (exceptions are January and August). We need people to cover several blocks or to be available as backups when regular blockwalkers are on vacation.

Q: Why would you want to do this?

A: Because...

It's fun!

It's an opportunity for painless exercise!

It's a chance to meet your neighbors!

And it's a way to actively serve your community.

The following routes are open if you wish to join this esteemed team of 65 volunteers:

- Texas Street from Lincoln Avenue to Meade Avenue
- El Cajon Boulevard from Texas Street to Park Boulevard
- Georgia Street from El Cajon Boulevard to Lincoln Avenue
- Normal Street: 4000 block
- Florida Street: 4300-4600 blocks
- Mission Avenue: 1800-1999 blocks

Do consider this opportunity to volunteer to help your community. Please contact Nan McGraw at 619-260-0668 or nmcsan@aol.com.



We Fix Your Computer!
We come to you or you come to us for the lowest rates
Call Robert at 858-449-1749

APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DUE TO COVID-19 RELATED SCHEDULE CHANGES AFTER WE HAVE GONE TO PRESS, PLEASE CHECK WEBSITES OR CALL ORGANIZATIONS TO SEE IF EVENTS HAVE BEEN CANCELED OR POSTPONED.</p>		31	1 April Fools' Day CANCELED UHCDC Meeting 4452 Park Blvd., Suite 104, 6:30 pm	2 CANCELED UH Rec Advisory Group Meeting, Alice Birney Library, 5:30 pm CANCELED UHCA Meeting Alice Birney Auditorium, 6:45 pm	3 Happy 23rd Birthday, UH Sign	4 Trolley Barn Park Canyon Restoration Event 9 am-noon (volunteers appreciated)
5 Palm Sunday Hillcrest Farmers Market 9 am - 2 pm UHCA News Articles Due	6	7 Board of Education Meeting Eugene Brucker Auditorium, 4100 Normal St., 5 pm Uptown Planners Meeting Joyce Beers Center, Uptown Complex, 6 pm uptownplanners.org	8 Passover begins at sundown  Beautification Team Meeting Hope Lounge, Lafayette Hotel, 6:30pm	9 	10 Good Friday	11
12 Happy Easter  Hillcrest Farmers Market 9 am - 2 pm	13	14 Board of Education Meeting, Eugene Brucker Auditorium, 4100 Normal St., 5 pm Hillcrest Town Council, Joyce Beers Center, Uptown Complex, 6 pm	15 UH Library Task Force Meeting UH Branch Library, 6:30 pm Tax Day 	16	17 Preview Book Sale (Friends members only) UH Library, 3 - 6 pm 	18 Book Sale (open to the public) UH Library, 8 - 3 pm
19 National Volunteer Week Begins Hillcrest Farmers Market 9 am - 2 pm Bag O' Books sale (open to the public) UH Library, 12 noon-4 pm	20	21 Holocaust Remembrance Day North Park Planning Committee, North Park Christian Fellowship, 2901 North Park Way, 6:30 pm Board Elections: northparkplanning.org	22  EARTH DAY	23  Ramadan begins at sundown	24	25 Party on Park, Park Blvd. from Ad Meade Ave. 6-9 pm POSTPONED
26 Hillcrest Farmers Market 9 am - 2 pm	27	28 Board of Education Meeting, Eugene Brucker Auditorium, 4100 Normal St., 5 pm UHCA News Out	29 UH Book Club & Salon UH Library, 6:30 pm	30	<p>PLEASE FOLLOW THE GUIDELINES ON STAYING WELL AND, IF YOU DECIDE TO ORDER OUT OR SHOP, PLEASE FREQUENT THE UNIVERSITY HEIGHTS BUSINESSES THAT REMAIN OPEN.</p>	

SCHOOL NEWS

ROO NEWS

ROOSEVELT HAS A NEW PRINCIPAL



Please join us in welcoming Roosevelt's new principal, Bernard Steinberger. Mr. S (what he tells the students to call him) comes to us after five years as vice principal of Canyon Crest Academy; and before that, eleven years as a math teacher at University City High School. He brings a great deal of enthusiasm and passion for providing an outstanding education for all Roosevelt Rough Riders. Originally from Maryland, Mr. S attended an International Baccalaureate school and earned an IB diploma at his own high school graduation.

We invite you to come meet Mr. Steinberger and learn more about Roosevelt's IB program during any of the following exciting events. Roosevelt 8th grade community project presentations, April 14 to April 16, are open to the public. These projects encourage students to contribute to society by cre-

ating an action plan based on the United Nations Sustainable Development Goals. We invite volunteer community panelists to see our students' presentations. Your participation provides a live audience for our 8th graders and a way to help our students receive meaningful feedback with fresh perspectives. No experience necessary and no need to have students enrolled in public school; come for as little as 30 minutes. Do you have a future 8th grader? This is a great opportunity to take a peek at the IB program in action and help your student when it's his or her turn. Please contact Deb Christensen, Coordinator, IB Program, for more details and to sign up: dchristensen2@sandi.net.

Another opportunity to learn more about our school is our annual IB Student Showcase on April 28, also open to the public. We hope to see all prospective 6th graders; they can even get their first official Roosevelt t-shirt for free!

Visit the RooFriend's website calendar for these and other community meetings, including our popular Coffee with the Principal: <https://friendsofroosevelt.org/calendar/>. All these events are open to the public, and we hope to see you there. Even better, follow Mr. S on Twitter for all the latest breaking news! <https://twitter.com/PrincipalRIMS>.

—Jennifer Ayala, Parent of students at Roosevelt and San Diego High School and a Board Member of the Friends of Roosevelt Foundation



Principal Bernard Steinberger.

Photo: Jennifer Ayala

BIRNEY BUZZ

THE HEART OF OUR COMMUNITY



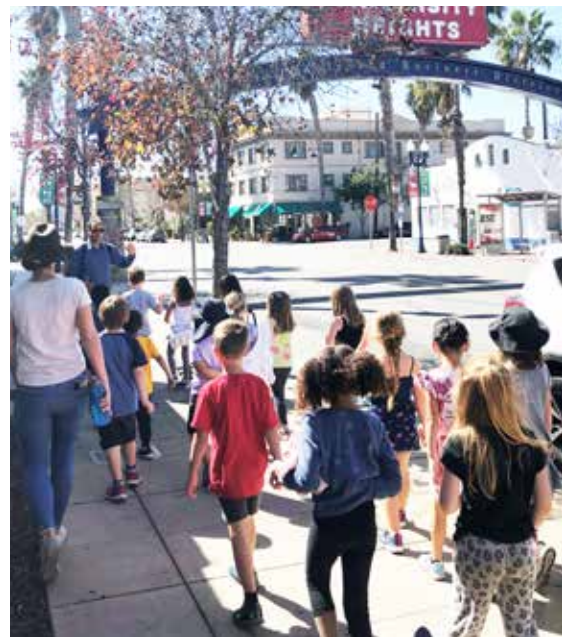
Alice Birney is, in many ways, a model community school. Located in the heart of University Heights, Birney is proudly recognized as our neighborhood's high-achieving elementary school. The school has thrived in part because of the unwavering support of University Heights residents, businesses, and community organizations. At the same time, Birney's recognition as a top school in the District has made our neighborhood a more desirable place to live. We love that neighbors are classmates and that we regularly see fellow Birney Bees out in the community! Birney strengthens our community ties in University Heights.

The school community at Birney is remarkable, made up of dedicated teachers, a diverse and driven student body, and supportive families. Teachers and staff at Birney create a positive school environment and are not just encouraged to work together as a team, but are given the time, training, and resources to develop impactful lesson plans together. Every month Birney holds a "Family Friday" where families join their students for a special student-led activity. Each month it is standing room only in our auditorium because our community is so strong and so involved. The camaraderie at Birney isn't just among the students, but also among the families. Parents often linger after drop off to connect with other parents and regularly work together as a team to support the school and students.

Birney is on a year-round schedule and currently has a four-week break, but we'll see you out in the community!

Here is some more Buzz about our incredible teachers, written by Birney parents. "We are extremely thankful for every teacher at Birney! Ms. Fisher always greets her students with a warm and welcoming smile. Mr. Delany makes sure his students are doing well both academically and socially. Ms. Sidell and the whole kindergarten team of teachers are just amazing. They make their young students feel safe and secure but also challenge them and make learning fun!" "Ms. Kovelant, Ms. Garcia, Ms. Rapczynski, and Mr. O'Malley have all been exceptional at developing the whole child and providing a strong IB academic foundation. Their passion for teaching and love for each student is evident in the classroom communities they create."

—Erin MacKinnon, Proud Parent of Two Birney Bees and Secretary/ Outreach on the Friends of Alice Birney Elementary (FOABE) Board



Birney kindergarten students exploring their neighborhood on a field trip through University Heights

Photo: Kyle Kindrick

PLUME

RANDALL MANN AND SARAH LUFT

Randall Mann and Sarah Luft have long been Blockwalkers for the UHCA News, but volunteering for the University Heights Community Association doesn't stop there. Randall, an electrical contractor and retired Job Corps instructor, comes through for UH when we need him, especially for UHCA Beautification events.

He volunteers regularly at clean ups around UH. Twice he has brought his generator and sander to prep and paint the children's table and benches in Trolley Barn Park, and he helped us prep some of the regular benches as well.

When the Vermont Street Bridge decorative holiday lighting needs his specialized help, Randall trouble shoots


and does repairs as needed. He also single-handedly took on a beautification painting project that saved the community thousands of dollars. Only a handful of people are aware of this project, but hundreds of people walk past it every day.

In addition, both Randall and Sarah frequently attend the monthly meetings to keep informed about neighborhood issues.

Thank you, Sarah and Randall, for your years of service as Blockwalkers and a special thanks to you, Randall, for your assistance with all kinds of projects and especially for keeping our bridge beautifully lit up over the holidays.

Law Office of Rosemary Leonard

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 Probate ♦ Wills ♦ Trusts
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rosemaryleonard@cox.net

Conveniently located in University Heights

THE VALUE OF COMMUNITY

Modern life offers ample opportunity for cynicism, selfishness, and anger. But if we are fortunate, sometimes we find that despite the challenges and heartbreaks we face, life can surprise us. This is one of those times.

Thanks to recent restrictions on movement and gatherings, the meaning of place becomes more apparent than ever. Where we live and who we live near becomes relevant, even critically important. Ironically, the mandate to stay apart, to stay away, to stay home has the potential to bring us closer together. Being a good neighbor, a helpful friend, or a thoughtful partner seems to come easier. Fear and disappointment may still be present, but so are care and hope.

Any entity that calls itself a community organization exists to build a strong sense of community and to marshal community resources when they are needed. That is the mission of the University Heights Community Association (UHCA), working with many other public and private organizations, businesses, and individuals. It is in times like these that our efforts pay off.

In this case it was a University Heights resident, acting on a good idea, who got the ball rolling by sending an email to volunteer@uhsd.org. He suggested that we find out who needs help and who is willing to provide it. So, that's what we have decided to do. It seems obvious, but such is the case with any good idea whose time has come.

We have created a form on our web-

site where anyone who needs help can let us know, and those who are willing to help can raise their hands. You can use the link below or go to our home page at uhsd.org. and click on the link, "Helping Neighbors." docs.google.com/forms/d/e/1FAIpQLSeeko2sxqE47BlzvmjnOQs-Do8wsR8f41u0-cOWfnbvRBrbKfA/viewform

Fill out the simple form to tell us what help you or someone you know may need. Check the box to let us know you want to volunteer. We will try to match you up with someone close by.

What kind of help is available? No doubt we'll find out as we go along, but some of our older or less healthy neighbors are likely to need someone to do a little shopping, pick up a prescription, or take them to the doctor. Many don't have the stamina to stand in a long line or may fear a crowded grocery store. Some may just want to talk.

Healthcare providers also need help. After working long hours in difficult conditions, they may not have the energy to go to the store or their cat may need to be fed because they are still at work. Their shifts may make it impossible to get to the store while there is still toilet paper available.

You or your neighbors may need help. Many kind and generous people in University Heights are willing to provide it. To me, that's what makes University Heights a place to love, not just a place to live.

— William Smith



UPDATES ON CLOSURES BECAUSE OF COVID-19 VIRUS

We were all looking forward to warmer days and being able to get together as we usually do in the upcoming wonderful weather in San Diego. Unfortunately, the COVID-19 virus is sweeping the country and we are witnessing its unprecedented growth every day. To adhere to the governmental guidelines and to be safe, we regret that we must cancel the Party on Park, the Tag Sale, and the Cycle in the Heights/ Movie in the Park. We hope that these events can be rescheduled at a later time. The articles in this 2-page centerfold replace the 2-page ad for Party on Park that was deleted when the event was canceled. We hope they provide useful information for you at this difficult time.

Please be aware that we have made every attempt to provide accurate information here. The information was accurate when we went to press, but conditions are changing daily and may no longer be accurate when you read this. So it is a good idea to check websites and other information sources that are updated daily for the most accurate information.

• Governor Newsom has issued a

statewide order for everyone to stay home, except for essential business, like grocery shopping, medical needs, etc. Non-essential gatherings of any size are prohibited. Businesses must allow employees to work from home, if feasible.

• All bars and adult entertainment establishments must close, and all restaurants or businesses that serve food must close on-site dining. Food delivery, pick-up, and/or drive-through are available at some food establishments. Call ahead or go on the business' website to make sure. These rules apply to all the wonderful businesses on Park Blvd. and Adams Ave., which we urge you to support in whatever way is allowable during this difficult time. See the business list elsewhere on these pages.

• All schools are closed, and likely to remain so for the rest of the school year.

• Individuals 65 or older, anyone who has a chronic underlying condition, or anyone who is immunocompromised is at higher risk of contracting the virus and should take special precautions to remain safe and healthy.

• Non-essential personnel must stay away from hospitals and long-term care facilities.

• All businesses that remain open to any extent must enact social distancing and increase cleaning standards. Businesses must suspend doctor verification for sick or other leave approval.

Our City Councilmember Chris Ward says that we all must follow the guidelines and orders provided by Federal, State, County, and City Officials. Public health officials, health care workers, and our first responders are on the frontlines of this pandemic. Please do not overwhelm our health care system. We have a responsibility to ourselves and our neighbors to avoid crowds and groups, practice social distancing, and stay home.

You can get coronavirus information from San Diego County via text message. Text COSD COVID19 to 468-311 for real-time updates. These guidelines might have changed by the time you read this, so please continue to access up-to-the-minute information from these reliable links:

• CA Dept of Public Health: <https://www.cdph.ca.gov/>

• If you suspect infection by COVID-19 virus or need other accurate and up-to-date info, <https://211sandiego.org/>

• Additionally, Meals on Wheels is continuing deliveries with COVID-19 precautions in place. <https://www.meals-on-wheels.org/>. Jewish Family Services is offering mobile delivery of meals on a sliding scale. <https://www.jfssd.org/>.

If you're a UH resident and need help picking up groceries and other things or want to volunteer, please let us know. See the link to our website and a survey in the preceding article. Click the link and take our survey to volunteer or get help. If you do not have access to a computer, you can call Nan McGraw at 619 260 0668, and we will mail you a survey that you can fill out and send it back to us. As a nation, I know we can pull together and stop the curve of infected Americans becoming a mountain and overwhelming our precious health care resources. Stay healthy and remain at home!

—Carol Neidenberg

SUPPORT UNIVERISTY HEIGHTS BUSINESSES

The majority of businesses in UH along Park Blvd and Adams Ave. are open. Now more than ever, we need to come together and support one another. Please frequent these businesses so they can continue to serve all of us during these challenging times. Buy gift certificates; you can gift or use them yourself now or in the future.

Bahn Thai Restaurant - Takeout orders, regular business hours. Online ordering for UH location using postmates.com/merchant/bahn-thai-san-diego

Big Front Door - 8am-6pm daily, 619-255-4100. Takeout, curbside pickup, & delivery by Postmates only.

Cueva Bar San Diego - Delivery & takeout. 619-269-6612

Grains - Takeout & delivery, everyday, noon – 8 pm. Call 619-269-5999 or use their delivery partners: @ubereats @postmates @grubhub @doordash All pickups available through pickup window.

Kairoa Brewing Company – Beer Only. Rollup window open at 3. Crowlers only; no growler fills. 619-295-1355

Madison on Park -All sales (not just profits) go to staff! Order: @doordash @postmates CODE KGMLK on Postmates, free delivery. Takeout: 619-269-6566

Meráki Cafe – To go and delivery via partners @grubhub @postmates @doordash. Call, & they will provide curbside dropoff service. -619-269-9618

Parkhouse Eatery - To go items for curbside pickup 619-295-7275

Plumeria Vegetarian Restaurant- To go and delivery! 619-269-9989

Pop Pie Co. – Takeout, Curbside Pickup, Delivery. Frozen Pies Available. 619-501-4440

Small Bar & Grill- Daily carry-out menu. 619-795-7998

Stella Jean's Ice Cream - Pints for takeout & local delivery via @ubereats and @postmates only. Pre-order pints at:stellajeans.com/collections/all Call, and order delivered curbside. 610-501-8252

Twiggs Coffee House – 6:30 am-3 pm. Takeout window on Madison side for all beverages, pastries, breakfast sandwiches, and coffee beans to go , (619) 296-0616, twiggsbakery@gmail.com

Yipao Coffee.- Yes, they are back! Yipao window on Park Blvd. side of Kairoa.

—Meghan Kight

TELEHEALTH VIRTUAL MEDICAL CARE

Telehealth is a method to get your general health care/questions taken care of via telecommunications technology. This allows the health care system to reserve hospitals and other health care facilities for people seriously ill with the coronavirus or other diseases, and to avoid a crush of people worried they have symptoms caused by Covid-19.

This service is now available to those on Medicare regardless of where they reside.

<https://www.medicare.gov/coverage/telehealth> The Centers for Medicare and Medicaid Services expanded its Medicare telehealth coverage during the coronavirus crisis to enable more patients to get virtual care services from their doctors without having to travel to a healthcare facility.

Medicare beneficiaries will be able to receive care, including common office visits, mental health counseling, and preventive health screenings via remote technology. This helps ensure they don't travel to clinics and hospitals where they could put themselves or others at risk of COVID-19. Sites to visit to get further information as to providers/sites are as follows:

www.sandiego.va.gov/services/telehealth.asp

healthy.kaiserpermanente.org/hawaii/why-kp/experience/telehealth?kp-Search=TELEHEALTH

health.ucsd.edu/specialties/telehealth/Pages/default.aspx

www.sharp.com/patient/phone-or-video-visits.cfm

www.sharp.com/rees-stealy/over-the-phone-medical-advice.cfm



COVID-19 INFORMATIONAL WEBSITES

Citizens, I wanted to take this opportunity to contact all of you and share information about what we know and what the city is doing. Information changes by the minute – we ask that you continue to check this webpage (<https://www.sandiego.gov/coronavirus>) for the latest COVID-19 information/updates from the City of San Diego.

Please call 2-1-1 or visit their webpage (<https://211sandiego.org/resources/health-wellness/>) for information about meal delivery services, senior care, and other general resources needed. The City will continue to focus on its priorities of health and safety. Trash/recycling, infrastructure repairs, water/waste water, police and fire will still be operating at full capacity.

Our priority—to support you, your business, and our neighbors—has not

changed. For the latest national information regarding COVID-19 please seek out reputable sources, such as the Centers for Disease Control and Prevention at their websites (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>).

I acknowledge this is a time when our normal routes are disrupted. The citizens of San Diego have faced community emergencies before; remember, we faced two huge wild fires in 2003 and 2007. We banded together then and got through it and we are doing it again now. Thank you for doing your part and helping those around you when you can. Be safe and take care of yourselves and your families.

— Officer David Surwilo, San Diego Police Department, Community Relations Officer, Western Division

SENIOR STORE HOURS

Albertsons
Seniors & other vulnerable shoppers
7:00 am-9:00 am
Tuesday and Thursday

Baron's Market
9:00 am–10:00 am every day

Costco
8:00 am- 9:00 am
Tuesday and Thursday

Frazier Farms
8:00 am- 9:00 am every day

Gelson's
7:00 am–8:00 am every day

Jensen's
6:00 am–7:00 am every day

Northgate Market
65 years & older & those with disabilities
7:00 am-8:00 am every day

Ralphs
65 years & older
7:00 am-7:30 am every day

Safeway
Seniors & other vulnerable shoppers
7:00 am-9:00 am
Tuesday and Thursday

Smart and Final
65 years & older, those with disabilities, & pregnant women
7:30 am–8:00 am
every day Will ID

Target
Seniors & other vulnerable shoppers
8:00 am–9:00 am
Wednesdays

Vallarta Supermarkets
7:00 am–8:00 am every day

Vons
Seniors & other vulnerable shoppers
7:00 am–9:00 am
Tuesday and Thursday

Walmart
One hour before opening
Tuesdays
Currently opens at 7:00 am

Whole Foods
60 years & older
One hour before normal business hours
Usually 7:00 am–8:00 am every day

—Kristie Edgmond

NOTICE TO COMMUNITY

PLEASE FOLLOW THE GUIDELINES ON STAYING WELL.

IF YOU DECIDE TO ORDER OUT OR SHOP, PLEASE PATRONIZE THE UNIVERSITY HEIGHTS BUSINESSES THAT REMAIN OPEN.

ON THE BOULEVARDS
EVENTS ON PARK AND EL CAJON BOULEVARDS

EL CAJON BOULEVARD FIRST FRIDAYS



Photo: Paul Ferris

If you're ever wondering what to do on the first Friday night of the month, look no further than the new pop-up events space on El Cajon Boulevard known as BLVD Court. The venue was dreamt up by the El Cajon Boulevard Business Improvement Association as a "creative space for curious people," with the goal of building a healthier, more connected neighborhood through monthly events.

Muralist Justus Roe transformed the old Napa Auto Parts parking lot on El Cajon Boulevard between Alabama and Mississippi streets into a colorful, creative oasis for the community. Since December, 2019, the space has hosted BLVD Court events featuring a smattering of local vendors, food trucks, and live music. From 6 to 10 p.m. on each month's first Friday, the community gathers for this "fully immersive" pop-up event.

Open to all ages, there's something for just about everyone. You'll find vintage clothing and artisanal goods alongside various food trucks, while listening to local bands and DJs. If you've been looking for a way to support the community and local businesses, there's really no better way than to attend one of BLVD Court's first Friday events where local is in their DNA.

In addition to Blvd Court, the El Cajon Boulevard Business Improvement Association is launching a food tour program starting in April in partnership with MTS called Friday Food Tours on the Boulevard. The new series of weekly guided tours will showcase the

wealth of places to eat and drink in the neighborhood. Each tour, led by a local guide who specializes in the week's theme, will take you to three locations using the Rapid 215 bus. Tour themes include tacos, craft beer, vegan, and Vietnamese food.

For more on first Friday events and the upcoming food tours, visit <https://theboulevard.org/>.

PARK BOULEVARD
YIPAO UPDATE

The folks at Yipao Coffee are getting closer to opening their new space inside of Kairoa Brewing Company on Park Boulevard. Last month, we brought you the news of the new partnership between the local businesses, and soon you'll be able to get exquisitely roasted Columbian coffee alongside locally brewed beer. Walk past Kairoa and you'll see Yipao's yellow sign above their coffee window, where you'll be able to grab coffee to go or pop inside for a pastry. The original opening date was set for February 2020 (construction and permitting always takes longer than predicted), but you can expect to start getting Yipao coffee again soon. The Yipao team says, "We've poured our heart and soul into this project and we are so eager to open our doors and see familiar faces again along with new ones, too." *-Justine Hall*

"A MODEST PROPOSAL"
FOR AFFORDABLY HOUSING MIDDLE AND LOWER-INCOME PEOPLE
AND PREVENTING THEM FROM BURDENING THE CITY'S
SIDEWALKS AND PARKS WITH THEIR BELONGINGS AND BODIES

An enormous new complex on the cutting edge of what defines affordable housing will be built on the Board of Education property at the edge of University Heights. Last year the city council approved a change to building codes that allowed units to be built with no parking spaces if they were along major thoroughfares. This new development moves way beyond even that. The new 3000-unit megacomplex will have no running water or electricity in any unit in order to keep development costs down and allow for much cheaper rents.

The new development will be called Elizabethan Gardens, a nod to the Elizabethan Era of England which lasted from 1558 - 1603. "We hope to give residents a taste of what life was like in this Golden Era of English History, a time of peace and prosperity when the arts flourished," said developer Dan Freed. Units will feature one or two chamber pots, which residents will empty by taking down to one of several open sewers on the property, much as people did in the late 1500's. A large retail store on the ground level will sell beeswax and tallow candles for lighting units at night.

In anticipation of the return of "crowd diseases" caused by poor sanitation that were common in the late 1500's, such as typhus, smallpox, tuberculosis, and bubonic plague, there will also be an Urgent Care facility on site prepared to treat these outbreaks with bloodletting and "powder burn" remedies, made with a mixture of poultry fat and cow dung. The units are expected to be a fi-

nancial boon to area restaurants as no one will be able to cook in their units. Therapists should also see an uptick in patients as people grow dependent living in these conditions.

"People complain all the time about being priced out of urban neighborhoods," said Freed. "Elizabethan Gardens will provide an affordable option that will keep long time- and new-residents in University Heights. Rents will start at \$500 a month for one-chamber pot units and \$750 for two-chamber pot units. Ground breaking is scheduled for April 1.

Submitted by: A.F. Daye, aka A. Prile Foolze

[Attribution due to Jonathon Swift, *A Modest Proposal* for Preventing the Children of Poor People From Being a Burthen to Their Parents or Country, and for Making Them Beneficial to the Publick. Commonly known simply as *A Modest Proposal*, Swift's 1729 satirical and ironic essay is a scathing moral indictment of the English for their maltreatment of the impoverished and starving children of Ireland. This memorable essay is at once horrifying, hilarious, and thought provoking.]



Proposed reuse of the board of education property

RANTS & RAVES

RANT: CLEAN UP AFTER YOUR DOG!

I have lived in this neighborhood for nearly fourteen years. My dog and I have walked around the neighborhood every single day of those fourteen years. He is seventeen this month; Happy Birthday, Brimley! Many of his walking buddies have either passed on or moved, but we love meeting new walkers and finding new routes. When we moved here, we were impressed by how clean and courteous dog walkers were in cleaning up after themselves. Lately, though, we have seen dog feces left on sidewalks. If they are not immediately cleaned up, someone usually has stepped in them and the mess is then dragged up the block, creating more of a mess. This community continues growing, with more people and pets moving in. Please, let us be role models for the newcomers and to all. Let's clean up after our pups!

RAVE: DIVERSIONARY THEATER

Diversionary Theater, one of the oldest LGBT theaters in the country, is right

here in University Heights. Founded in 1986 and moved to its current location in 1994, the theater has seen a lot of neighborhood changes. But it has never lost its focus of bringing to this community and all of San Diego some of the best plays that present LGBT characters and stories, and the stories of all of us. I have had the great fortune of volunteering with the theater recently, and the people I met there are enthusiastic and dedicated to making great entertainment for San Diego. Consistently, for the last fifteen years or so, I have seen many wonderful shows. The group does wonders with small stages- the main stage and a black box stage upstairs.

Diversionary has two more shows this season: Plot Points in Our Sexual Development and Head Over Heels, which features songs by the GO-GOs! UH residents should take time to enjoy a great night of theater that is probably within walking distance of home!

-Erin McDougall

REIKI IN UNIVERSITY HEIGHTS
ALEX WATTS
CERTIFIED JAPANESE & WESTERN-STYLE REIKI PRACTITIONER
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.
619-253-1325
ALEXWATTS@COX.NET
REIKI FOR BODY, MIND, SOUL & SPIRIT

LIBRARY NEWS

THE UH BRANCH LIBRARY BETWEEN THE COVERS

The University Heights Library is excited to announce a Poetry Reading Reception that will take place on Wednesday, April 22, at 4:30 pm to celebrate National Poetry Month and National Library Week.

REGULARLY SCHEDULED PROGRAMS

- Silhouette Studio. First Thursday of each month (Apr. 2), 3:30-5:30 pm. Blend technology with arts and crafts with Silhouette Studio and the Cameo 3 Cutter. Ages 12 and up.
Morning Story Time: Thursdays at 11 am.
Arts & Crafts: Saturdays all day.
Fun Learning Saturdays, 2-4 pm. Kids 4th-6th grade. Participate in fun projects by joining teen volunteers who want to share their love of learning.
Mental Health & Homeless Outreach: Mondays from 10 am-12 pm. NAMI's Connection 2 Community on site to provide resources and information.

Please check our Facebook page or online calendar or give us a call at 619-692-4912 for any further questions. Thank you from everyone at the University Heights Library. -Elaine Sinsuan, Branch Manager, University Heights Library, 619-692-4912, sandiego.gov.

FEATURED PROGRAM(S)

- Faux Insect Taxidermy Mount Workshop. Tuesday, Apr. 14, 4:30 pm. Gild and mount a faux insect to create a unique wall hanging. All ages welcome. Space is limited; registration required: https://sandiego.librarymarket.com/events/faux-insect-taxidermy-mount-workshop.
CalFresh Workshop. Monday, Apr. 20, 9:30 am-12 pm. Apply for nutrition benefits (CalFresh) with Feeding San Diego.
Puppet Storytime with Caroline & Penelope: Sat. April 18, at 11:30 am.

University Heights Branch Library Hours: Monday 9:30 am - 6 pm, Tuesday 11:30 am - 8 pm, Wednesday 11:30 am - 8 pm, Thursday 9:30 am - 6 pm, Friday 9:30 am - 6 pm, Saturday 9:30 am - 6 pm, Sunday Closed

UH BOOK CLUB AND SALON THE NIGHT CIRCUS BY ERIN MORGENSTERN

The circus arrives without warning. No announcements precede it. Le Cirque des Reves "opens at dusk, closes at dawn" reads the sign on the circus gates. A circus that mysteriously appears at night, remains open only during hours of darkness, and just as mysteriously disappears.

to 1903, and settings that range from America to Europe. Behind the scenes of the secretive circus live many refugees from the plain, outside world. The novel is a mixture of fantasy, mystery, and romance, and its narrative promises to weave a spell around the reader.

Join the Book Club & Salon discussion. New members are always welcome! The book will be available at the UH Library's front desk during April.

UH BOOK CLUB & SALON

Wed. April 29, 2020, at 6:30 pm University Heights Branch Library 4193 Park Boulevard (at Howard Avenue). 619-692-4912

Morgenstern's debut novel, first published in 2011, portrays life in the meticulously and spectacularly created circus with a time span of 30 years, from 1873

FRIENDS OF THE UNIVERSITY HEIGHTS LIBRARY

Please support your local library and its Friends group any way you wish. Contact us at friendsoftheuhlibrary@gmail.com. Our March 10 meeting was cancelled out of a concern for group gatherings during the coronavirus outbreak. We will reschedule the meeting when the virus scare has passed. As always, thank you for your continuing support of our branch library. We really appreciate it.

-Maureen Markey, President, Friends of the University Heights Library

The Friends of San Diego Public Library is a California Tax Exempt Non-Profit Corporation under IRS 501(c)(3). FEIN: 95-3313747. Tax deductible membership dues and donations may be matched by the City of San Diego and used to support programs and purchase books, material and equipment.

UH BEAUTIFICATION TEAM REPORT

HELP KEEP UH BEAUTIFUL

The Merriam-Webster dictionary defines graffiti as, "Unauthorized writing or drawing on a public surface." Most would agree, however, that graffiti is nothing more than simple vandalism that detracts from the beauty of our neighborhood.

done with paint, a report to the city using the Get It Done App will normally lead to prompt removal.

Working together we can ensure that graffiti is removed promptly, sending a signal to those who do this unauthorized writing or drawing in our neighborhood that their efforts are a waste of their time and money.

- Rod Girvin, UHCA Beautification Team Leader, crgirvin@cox.net

Of the many studies that have been conducted on this urban blight, all have concluded that the best way to address the problem is to remove graffiti as soon as it is detected. This is the approach taken by the UHCA Beautification Team. The team and its supporting volunteers try to remove graffiti from the Vermont Street Bridge, Trolley Barn Park, and throughout the community as soon as it is detected.

We encourage everyone in the neighborhood to participate in this effort. Most graffiti can be easily removed using products such as Goof Off that can be obtained from any hardware store. If the graffiti is large and/or



Rod removing graffiti from the bridge. Photo: MaryBeth Chrudden

OPEN SPACE IN UH

The open space at The Point and the Trolley Barn Park hillside are under the management of the City's Open Space Park Rangers, James Ibelle and Levi Dean. For years they have managed The Point, restoring native plants, mulching, removing graffiti and trash, and mitigating erosion. The plantings are thriving, the weeds are under control because of the mulch, and there has been a decrease in transient activity.

grasses. Native species plantings, which are thriving and healthy, include black sage, golden bush, sawtooth golden bush, deer weed, and California sagebrush. During regular patrols of the hillside, ranger staff have become aware of several trails and hang-out spots, although they have seen very few active encampments. They are working with the Neighborhood Policing Division to address concerns at the bottom of the hillside.

Ranger staff continue to patrol and monitor this area, including the area at Cleveland and Golden Gate. Recently, they removed three large and separate dumpings. They have observed a decrease in transient activity lately thanks to an increase in community members contacting ranger staff, which they encourage.

Please consider volunteering the first Saturday of each month (at least through June), 9 am to 12 noon. Meet at 1943 Adams Avenue, and park near Carmelina Dr. If you plan to attend, please RSVP to Ranger Ibelle (jibelle@sandiego.gov) at least 48 hours in advance. Look for the white Park Ranger truck. Come prepared with close-toed shoes, weather appropriate clothing, and a filled, re-usable water bottle. The ranger will supply gloves and tools.

Ranger staff also continue to patrol and monitor the Trolley Barn Park Hillside. Volunteer events, which now occur the first Saturday of each month at TPB, focus on erosion control, habitat restoration, and trash removal. Rangers and volunteers have removed invasive species, including castor bean, black mustard, fennel, eucalyptus, and non-native

Thank you to Terry Weiner, our contact with the park rangers. We appreciate you and wish you well in your retirement. -Nan McGraw

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PET OF THE MONTH

HOUNDS IN THE HEIGHTS THE SKINNY ON SIGHTHOUNDS

While out and about, you may have come across one of the many sight-hounds that resides in UH. These dogs are easily recognized by their unique slender bodies and long, thin limbs. This aerodynamic shape lends itself to running fast, but their laid back and loving temperament also makes them ideal pets.

Greyhounds, the most well-known breed of the group, can run at speeds up to 45 mph! The greyhounds you meet in UH most likely came from track racing. Because of animal welfare concerns and advocacy efforts, greyhound racing is illegal in most US states. But there is an active racing track in nearby Tijuana, as there are in a few remaining countries around the world. In fact, at least one greyhound in UH was rescued from a track in Chi-

na! Some other greyhounds, including my dog Zoe, come from the dog blood bank industry.

Greyhounds have the universal blood type for dogs, meaning their blood can be given to any other dog that may need it, such as for surgery or illness. Greyhound adoption and rescue groups work with tracks and other sources to take in dogs that are no longer able to race because of age, injury, or illness, and to place them into loving homes.

Greyhounds make fantastic pets. There is a misconception that they need tons of exercise or large homes with a yard. In reality, these gentle, easy-going dogs are happy with regular daily walks and a comfy spot near their companion. They do well in apartments and small spaces. Although they

do enjoy running fast, they are sprinters and need only a quick jaunt before they are ready to get back to their spot on the couch. For anyone interested in learning more about greyhounds or considering adoption, find helpful information at www.houndsavers.org.

Other sighthound breeds you often see in UH include whippets and Italian greyhounds. Although the average adult greyhound is about 50 to 80 pounds, by comparison, a whippet is 15 to 35 pounds and an Italian greyhound is 7 to 15 pounds.

All of these breeds have smooth, short coats that are easy to care for. Whippets are known for being a bit more playful and energetic; they do well with lure-coursing and agility training. Favored by royalty, Italian greyhounds were bred to be companion dogs. They are often nicknamed "Velcro dogs" because although they enjoy bursts of playfulness, their main priority is being with their human as much as possible.

From our neighborhood walks, I es-

timate UH is home to about 10 greyhounds, several whippets, and at least 4 Italian greyhounds. Please feel free to stop and say hi if you see any sight-hounds around UH – you will find most owners more than happy to give you an earful about how amazing these dogs are.
—Meredith Barnes

CYCLE IN THE HEIGHTS AND FREE MOVIE NIGHT

For the fourth year in a row, University Heights has been recognized by SANDAG as a bike-friendly community and awarded the iCommute GO by Bike Mini-Grant. As a result, the University Heights Community Association is excited to host our annual Cycle in the Heights and Free Movie Night in beautiful Trolley Barn Park.

On Saturday, May 16, 2020, we will proudly present the modern film classic Star Wars. The screening is scheduled to begin at 7:30 pm, but be sure to arrive early to spread out your blanket, say hi to your neighbors, and enjoy a free bag of popcorn, compliments of UHCA.

We encourage everyone who is able to leave your cars at home and pedal to the park. This unforgettable evening under the stars will also include plenty of surprises and prizes for the kids. We hope to see you there!
—Richard Wood



Rosie, Flora, and Daisy



Rio and Zoe

Photo: Meredith Barnes



Tesla

Photo: Josh Eckels

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UNIVERSITY HEIGHTS NEIGHBORHOOD TAG SALE



Sunday, May 3
9:00 am - 1:00 pm
Trolley Barn Park

ONLINE REGISTRATION IS OPEN!

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Registration & details at:
www.uhsd.org (click "Events")

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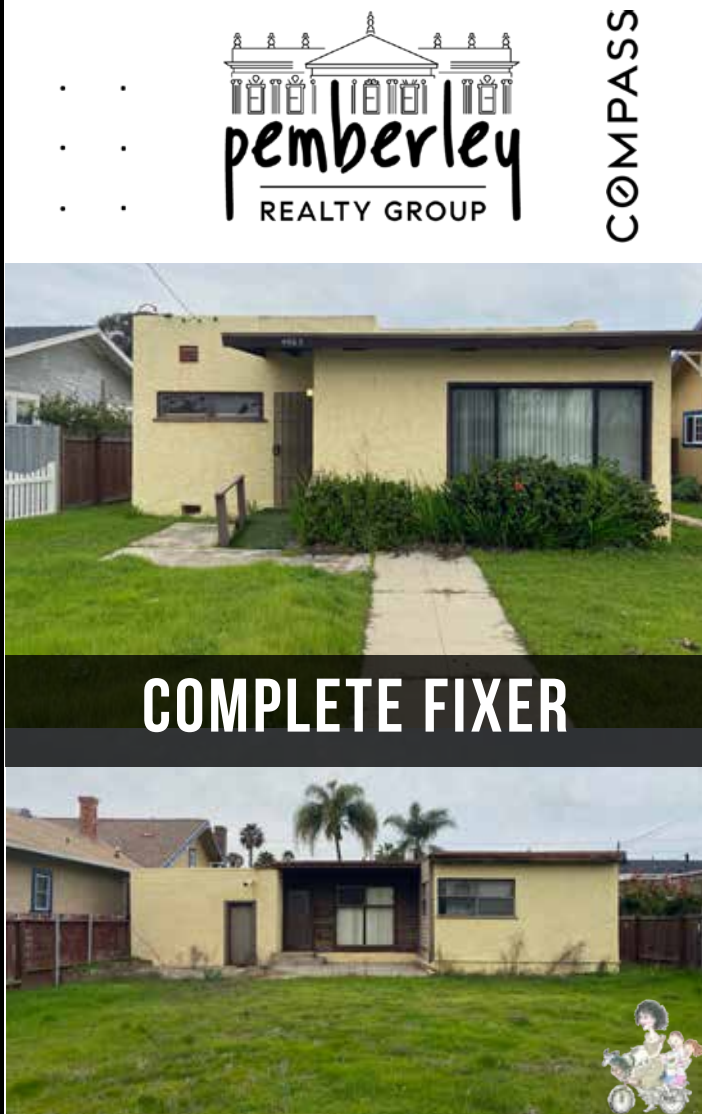
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