

UHCA MEETING
THURSDAY, APR 7
 Alice Birney Elementary
 School Auditorium
 4345 Campus Avenue

- Crime Watch 6:45 pm
- Business & Program 7 pm
- Light Refreshments

University Heights Community Association / April 2016

news

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UH CHARRETTES HELP DEFINE COMMUNITY NEEDS

By Philip J. Gill

At the charrette on March 7, University Heights (UH) residents and business owners gathered to create a list of items they'd like included in the Community Plan Updates for both the North Park and Uptown sides of the community. The charrette, as well as an earlier one on February 22, were organized by the University Heights Community Association (UHCA) as a way for the community to get involved and make recommendations for inclusion in the community plan updates.

Among the recommendations are the following:

1 Parking needs to increase, not decrease, throughout UH. Parking again and again came up as one of the chief concerns of UH residents, and many believe that the proposed changes to parking requirements for new developments in UH on both sides of Park Blvd. will only contribute to an already bad situation. The new parking requirements will decrease the number of parking spaces per unit, not increase them, creating increased demand for street parking.

2 Parking is a community wide issue, not just in 'the village' commercial zone on Park Blvd. between Monroe and Adams Avenues, but all through the core of the community, and in the area of UH running east to the Texas Street.

3 UH should explore any and all ideas to increase parking. These include reviewing existing parking to maximize capacity, establishing one-way streets with angled or head-on parking, shuttles to and from area parking lots, and the renting local business' parking lots that are empty at night for use by the businesses and restaurants on Park Blvd. At our earlier charrette on February 22, some local businesses disclosed they were negotiating to establish a joint valet service in 'the village' on Thursday, Friday, Saturday, and perhaps Sunday nights that would service all establishments and use a nearby parking lot.

4 New structures should be sensitive to existing structures that surround them in scale, size and style. This means not just limiting height but also taking shadows and sunlight into account, and taking design queues from UH's existing stock of Arts and Crafts and Spanish Colonial Revival homes, courtyards, and businesses.

5 It would request University Heights Community Development Corp. (UHCDC) to see if there are copies of previous parking studies available for review.



6 It would seek grant money, where available, for parking, walkability, and sustainability in the UH community that previous studies may not have covered.

7 The 100-foot height limit proposed along El Cajon Blvd., from Park Blvd. east to the I-805 is reasonable.

8 The proposed 'transition' spaces on either side of El Cajon, both north and south, are not sufficient. In Zone 6 of the UHCA area map, for instance, the plan calls for 100-foot height limits on the boulevard, 70 feet immediately behind that before stepping down to a height limit to 40 feet, plus density bonus increases, on the residential streets that today are main comprised of one- and two-story single family homes and small apartment buildings. The charrette felt the 100-foot buildings themselves should 'step-down' more gradually on their north and south faces as they transition from the medium-height to low-height of the surrounding residential areas. This is especially necessary for new 100-foot high buildings on the north side of El Cajon; if these buildings are not 'stepped down' more gradually as they go to the back of the property, they will cast a 24/7

shadows on the lower density and lower height blocks behind them.

9 The community plan updates do not address current traffic concerns. Several local transportation corridors are already showing signs of gridlock, in particular, the entrance to Highway 163 and Texas Street from El Cajon to Madison Ave. The charrette would like to see proposals that these two areas in particular are slated for widening and/or expansion.

10 The proposed Density Bonus 'zone' in UHCA's Zone 6 should be removed entirely.

11 The height and density on Park Blvd. from El Cajon to Meade Ave. should revert to the 29 units per acre.

12 The city establishes a preference for the preservation of existing bungalow courtyards throughout UH, especially in Zone 6 as represented on the UHCA map. These courtyards help make the character of UH what it is and also provide affordable or 'entry level' housing for many community residents. If these were lost to developers of new mid- and high-rise structures, the current residents would most likely have to leave UH.

VOICE YOUR OPINION

Will University Heights have less parking, higher density, and taller buildings? Come to the April 5 Uptown Planners meeting and learn more about the revised Community Plan. This meeting may be the last time your opinion will be heard by the City Planning Department and members of Uptown Planners. The meeting starts at 6 pm and is held at the Joyce Beers Center, 3900 Vermont St, in Hillcrest.

For more information, visit www.uptownplanners.org.



April Meeting

The April meeting of UHCA will be dedicated to all things baseball and, specifically, to our Padres. Sue Botos, the Padres' VP of community relations, will be our speaker. As part of their community outreach, Sue will provide a presentation that explains the goals and vision of the Padres' engagement in the community, as well as the business focus of the front office. After her talk, we hope Sue will answer some of the many questions people have about the Padres and their prospects for the 2016 season.

Looking Ahead

The May 5 UHCA meeting will be in advance of a UH community-wide cleanup. The topic is Waste Facts presented by Jeffrey Harding, President and Founder of Recycle SD, Inc. Jeffrey will tell us about how much waste could actually be recycled. This presentation will focus on the challenges recycling faces for various waste streams and provide solutions on where and how to recycle - at no cost to you. Find out May 5 what to do about electronics, batteries, light bulbs, paint, mattress recycling, and more.

president's corner by Bernie Horan

This month we're celebrating Trolley Barn Park, our local neighborhood park. There have been many articles in this paper detailing the genesis of the park and the formation of the University Heights Community Association (UHCA) that sprung from that. So I won't bother repeating that here. But I will say that Trolley Barn Park symbolizes what makes our neighborhood more than a collection of homes - it's a concrete representation that we live in a community.

From one perspective, there's a fair amount of green space in San Diego, with

all the mesas in the city and the canyons they create. But in terms of usable, accessible green space, there's really very little. When I visit a city like Denver, with its bounty of large city parks or even San Francisco, I'm struck with how few city parks there are in San Diego. Sure, we live near our city's largest public park, Balboa Park, but I think of Balboa Park as largely a destination for tourists or a staging area for massive city events, such as Gay Pride, the Rock 'n' Roll Marathon, and more. I don't think of Balboa Park as a local neighborhood park.

But Trolley Barn Park is a true neighborhood park. Practically every day I see neighbors sunning themselves in the park, kids playing in the playground, folks working out with a personal trainer, and people walking their dogs. On many occasions, I see people taking advantage of the numerous eucalyptus trees to put up a tightrope and practice walking on it. Almost every weekend there's an inflatable bounce house for some kid's birthday party. Nineteen years ago when I first met my now husband, Dan, our

first dates were meeting in the park to walk my - and later *our* - dog Buster, and getting to know each other. And every summer for five or six Friday nights, it seems that 80% of the neighborhood converges on the park for the annual summer concert series.

So I hope you'll come and join us Saturday, April 16, in the park to celebrate our local gem. We've had many folks put in a lot of time on this celebration. I know it will be a fun time. See you there!

uhca news

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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 8th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

uhca officers

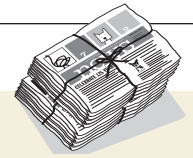
President: Bernie Horan president@uhsd.org or (619) 301-0835
 Interim Vice President: Carol Neidenberg
 Secretary: Monica Lanctot and Mary Anne Stevens
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 UHCA Website: www.uhsd.org

facebook.com/universityheightscommunityassociation



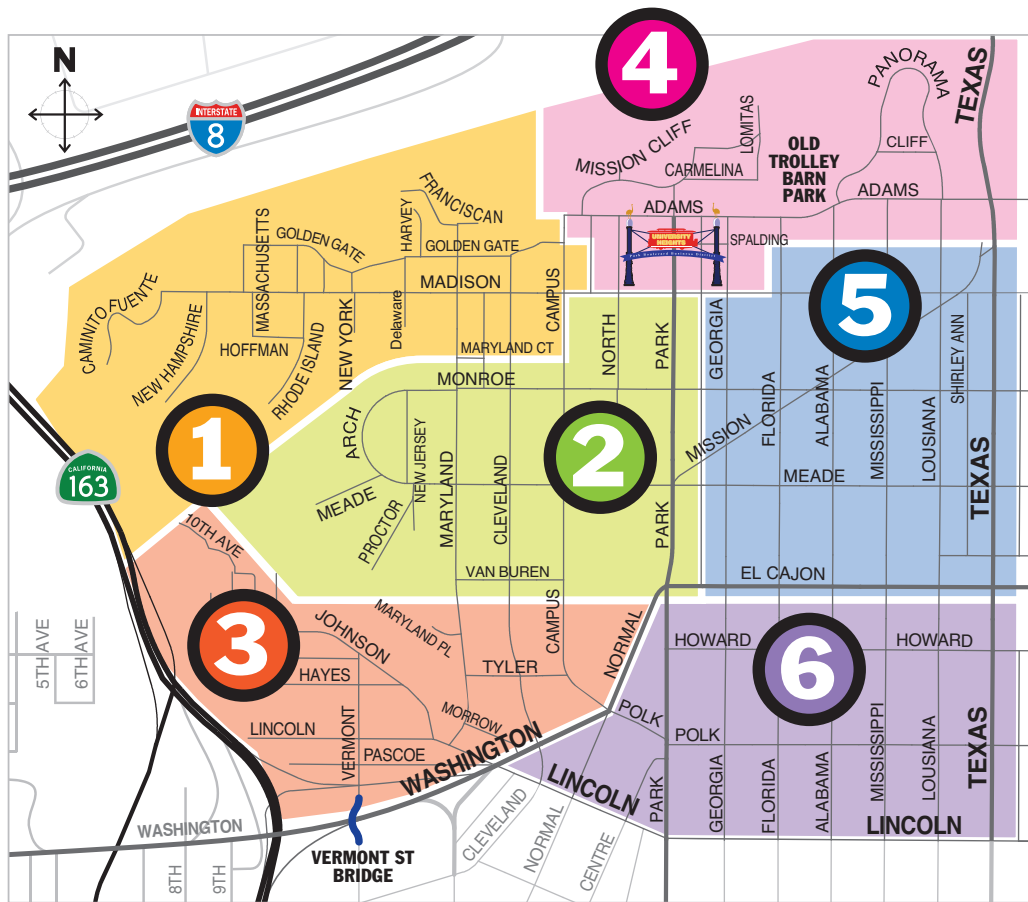
Golden Ostrich:
 Kristie Edmond
 Liz Bernal &
 Suzanne LaTour

Household:
 Richard & Nicky Walters, Jean Rannels, Mykl Parsons, Everett Eastman & Dan Paul, Marce Ziolkowski, The Baras Foundation, Greg & Marcia Sorini, Karen Keltner & Evelyn de la Rosa, Phyllis Kessel, Amy Waterman



Blockwalker Needed
 Maryland Street 4100-4299,
 1200 Lincoln, Morrow Lane
 Contact Nan McGraw at nmcsan@aol.com

University Heights Map: Boundaries and Zone Watch



The bold street names on this map define the boundaries of the community of University Heights. Every block and apartment/condo should have an established Neighborhood Watch.

A zone is a neighborhood within University Heights as defined by the six zones on this map.

The blocks within each zone are linked together via a *Zone Watch Coordinator* who manages an email list of participants wishing to receive crime watch information. For questions or for more info, contact either your zone's coordinator or Nan McGraw.

ZONE	COORDINATOR	E-MAIL CONTACT
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@tamarazhomes.com
6	Mark Koopman	mkzw6@yahoo.com

Membership Form

Join UHCA today and be part of the team! The success of the University Heights Community Association is largely dependent upon the volunteer efforts of area residents.

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.

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & 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 exceed goals for 2016 membership and meeting attendance.
- Neighborhood/Zone Watch** · Join your neighbors to keep UH safe.
- UHCA News** · Write 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 various events and general meetings.



University Heights Community Association

CLIP & RETURN TO: UHCA P.O. BOX 33032, SAN DIEGO, CA 92163

OLD TROLLEY BARN PARK



CELEBRATING

25

YEARS

SAT APRIL 16 11-4

ALL DAY OUTDOORS

KIDS DOGS OSTRICHES

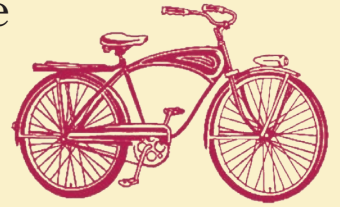
FUN GAMES FOOD

MUSIC PRIZES & MORE

MORE INFO @ UHSD.ORG

Early one fall morning in 1983, Janice Duvall

got on her bicycle and stuck homemade flyers under car windshield wipers to rally neighbors against a proposed 150 unit condominium complex planned for the huge eight acre vacant lot a couple blocks from her house. Instead of condos, she thought this would make a great place for a park where kids could play.



She didn't know it at the time, but with that act she became a community activist and took her place in the history books as the individual who started it all. The eight year uphill fight that followed, with support from her husband Eric and then Councilmembers Gloria McCall, John Hartley and Ron Roberts and the hundreds of neighbors, made the park a reality in April 1991.

So turn off the devices, pack a picnic, bring the kids, the dog and let's celebrate!

SAT APRIL 16 - 11AM-4PM

ON THE STAGE 1

- 11 am Welcome from Board of Supervisors Chair Ron Roberts and Councilmember Todd Gloria
- 11:30 am Hullabaloo Kid-Folk Music
- 12:30-4 pm The John Hull band • Rob Deez & Kenny Eng

PICNIC LAWN 2

A perfect place to spend the day, bring a blanket, listen to the music and just hang out.

KIDS FIELD DAY 3

- 12:30 pm 50 Yard Dash • Diaper Derby • Sack Race • Egg & Spoon Relay

OUTDOOR GAMES 4 5

- All Day Coloring Stations • Face Painting • Stacking Can Bowling Ring Toss • Fishing Game • Cornhole Bean Bag Toss

PHOTO OP CUTOUTS 8

- All Day Photos on the Trolley • Riding an Ostrich & More

DOG AGILITY COURSE 9

- All Day Compliments of Kamp Kanine Daycare for Dogs

YUMMY ICE CREAM & DESSERTS 5 6

- For Sale: Mrs. Frostie Ice Cream & Twiggs Bakery Goodies



Buy raffle tickets for chances to win giftcards from our local businesses!



We'd like to thank the following for their support: H.G. Fenton Co., Miller Design, Mary Anne Stevens Realty, Pemberley Realty, Nan McGraw, Mike Rybarczyk, Paul Farris Design, Twiggs Bakery & Coffeehouse, Van Hutch Homes, Cueva Bar, Kamp Kanine, The Fund for Animals Wildlife Center, Mrs. Frostie, Trader Joe's, Von's North Park, Soltan Banoo, Circa, Smart & Final Plus, Park Ave. Deli, Florabella, Boulevard Fitness, Lafayette Hotel & DeMi Café Café.

from your councilmember



Prioritizing San Diego's Parks

By Councilmember Todd Gloria

If you walked along Adams Avenue at Florida Street 30 years ago, you would have seen a dilapidated vacant lot. Today, in that same location you will find neighbors gathered, children playing, and a community coming together.

The location I'm describing is Old Trolley Barn Park, which celebrates its 25th anniversary this year. I am thankful for the University Heights (UH) community members who came together, determined to make a difference in their community to create this wonderful gem for the neighborhood. Public spaces are crucial to building strong communities and Trolley Barn Park has been a hub of activity for the past quarter of a century. Our council district is fortunate to have many neighborhood parks, plus the world-class Balboa Park and several state parks in close proximity. District Three's many canyons, recreation centers, mini-parks, and even a few parklets within our diverse urban core supplement dedicated parkland. Citywide, Trolley Barn Park is undoubtedly one of the most admired parks.

As we move forward with updating our city's community plans, it is important that we appreciate and respect the vital role parks and open spaces serve for residents and make them a priority. Trolley Barn Park serves as an important reminder that with a focused idea and enough support, we can build the facilities necessary to let a community thrive.

After the original trolley barn was torn down in 1980, the land languished, unused for a decade, before active and concerned residents came together to make something wonderful for the community. Their advocacy and tireless efforts created this wonderful public space for UH and the results they achieved are enjoyed by San Diegans each and every day. Through that campaign, the University Heights Community Association (UHCA) was born and they have served to better the neighborhood ever since. It is my hope that the UHCA can once again play a role in being the voice to advocate for more public spaces. The old Teacher's Training Annex 1 building comes to mind as a prime opportunity in UH to transform an underutilized parcel into a great public space for the community.

Trolley Barn Park is the home of the extremely popular annual Summer in the Park Concert Series, Easter Egg Hunt, and a variety of other community events each year. These events give all of us a chance to interact with our neighbors and build a stronger community. I hope that this milestone reminds us all that we can and must work together to seize opportunities to provide parks in our older, urban communities.

from your supervisor



Plenty of Places to Park and Recreate

The County operates 124 parks and preserves spread across 55,000 acres

By Chair Ron Roberts

It's hard to believe that Trolley Barn Park is celebrating its 25th anniversary. During my time on the San Diego City Council, I was fortunate to be part of its creation and today am proud of how terrific it has turned out.

Parks are critical to our community fabric. They belong to the people and give us a place to gather, relax, and even burn some calories.

As our winter melts into spring, I encourage all of you to not only enjoy Trolley Barn, but also consider some of the amazing recreation opportunities throughout our region.

At the County of San Diego, we operate 124 parks and preserves, spread across 55,000 acres of parkland, from the Waterfront Park downtown to Dos Picos in Ramona and many points in between and to all sides.

Below, I hope to whet your appetite with a few examples of activities at county parks:

On Sunday, May 29, the Waterfront Park will celebrate Hullabaloo, a family-friendly, and free, folk concert featuring a foot-stomping, wing-flapping celebration of song designed for kids.

If hiking gets your blood pumping, the county offers guided and self-led excursions for all ages and levels. For the historical minded, rangers will lead the El Monte Flume Trail Hike in Lakeside on May 7. Participants will discover the historical flume that was built in the late 1800s to bring water from the Cuyamaca Mountains to San Diego.

On the weekend of April 23 - 24 and April 30 - May 1 at Felicita County Park in Escondido, you can step back in time to 1572 at the Renaissance Faire, joining more than 500 knights, gypsies, barbarians, jugglers, and magicians re-enacting the Elizabethan Age.

This truly is a small sample of what is happening. More information on these parks and events and dozens of others is available by visiting sandiegocounty.gov/parks and clicking on the colorful program guide.

Get out there, enjoy, and "Live Well, San Diego!"

County Supervisor Ron Roberts, who is serving in 2016 as Chairman of the Board of Supervisors, represents University Heights as part of his Fourth Supervisorial District. You can follow him on Facebook at Supervisor Ron Roberts, on Twitter at @RonRobertsSD and at www.RonRoberts.com

from your speaker



Importance of Parks

By Toni G. Atkins, Speaker Emeritus of the California Assembly

Parks aren't just places to play. They become treasured parts of our community, places where we gather, host celebrations, or just stop and enjoy a patch of green in the middle of the city.

One of San Diego's most famous landmarks is Balboa Park, which just finished the yearlong commemoration of the centennial of the Panama-California Exposition, with special exhibits and events, like the "Garden Party of the Century."

San Diegans embraced the chance to mark this key milestone for Balboa Park - and smaller places of note within the park, like the Cabrillo Bridge, the California Tower and the many beautiful gardens - but we are fortunate to have many community parks throughout the city too.

One of them is Trolley Barn Park, which turns 25 this year. The park acknowledges the history of the site, as the former home for a city trolley

car barn, which dated back to the early years of the 20th century. The trolleys stopped running decades later, but the structure wouldn't give way for many more years. The community waited until 1991 to see the site transformed into Trolley Barn Park.

Now the park is home to many events, including the "Summer in the Park" concert series. These free, family-friendly shows are a special part of summer in University Heights and they are cherished by hundreds of community members.

There will be an extra party this year on Saturday, April 16, for the celebration of Trolley Barn Park's 25th anniversary. It will certainly be a special day for University Heights, but thankfully, San Diegans get to enjoy similar events throughout the city because of our dedication to open space.

Experts have noticed too - San Diego made the Top 10 list nationally for urban parks, according to the Trust for Public Lands, which took a number of factors into account for the ranking, including the number of playgrounds, dog parks, and recreation facilities available for residents.

It's been my privilege to represent communities with fabulous open spaces, first as the councilmember for San Diego's 3rd District, and now as Speaker Emeritus, representing the 78th District. I hope University Heights residents enjoy Trolley Barn Park's anniversary, and am confident the community can look forward to many more good times here in the years to come.



Plume
UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

This month we are sending out many beautiful ostrich plumes to our Trash Angel volunteers. Each took a two-month shift emptying the cement trash receptacle at the neighborhood end of the Vermont Street Bridge weekly and sometimes more often if the need arose. Pulling a heavy garbage bag straight up out of a waist-high cement container and then getting into a higher black city trash bin is a difficult and unattractive job at best. Sometimes, though, it can be a dreadful job if the bag breaks or if someone removes the bag and doesn't put a new one in. These folks are true angels to take on this job and keep our Vermont Street Bridge cleaner: Amy Waterman, Jeffrey Harding, Joselle Spinoza, Sol Schumer, and Andy Lange.

Another "Angel" needing a plume this month is Barbara Noyer who lives on Vermont Street near the bridge. The Trash Angel Program would not work if she did not allow the bags to be placed in her black trash bin for weekly pickup. In addition, we honor Barbara for allowing University Heights Community Association (UHCA) to store many supplies on her property and for being a long-time newspaper block walker.

In 11 months of the Trash Angel Program there have been a few problems, but when there were, all the Angels have covered their noses and hung in with the program. The neighborhood is grateful for your service! Many thanks.

BASEBALL IN AMERICA SAN DIEGO STYLE

By Maureen Markey and Peter Rose

It's baseball time again in America! Spring training is over. The season is in full swing. In April, many San Diegans will redirect their sports-related attention to something positive—the team we know will be staying in San Diego! And that would be our wonderful Padres, a beloved San Diego institution. (We certainly need a distraction from national politics!)

We certainly expect to see all the diehard Padres fans at the meeting,

but for those who are undecided or don't know the Padres well, perhaps a little history, both recent and distant, might pique your interest in this topic and put any current disappointment with the team in perspective. As many of us know, the team has had both good years and bad years. The San Diego Padres are starting their 47th Major League baseball season, with the hope for a better season than last year, at their home field, Petco Park, in downtown San Diego's East Village.

Petco Park was built as a baseball-only stadium after the Padres went to the World Series in 1998 with a terrific

team. That year, they set a team record with 98 wins during the regular season. Of course, the city went wild when the Padres won the division series to represent the National League against the hated Yankees. It seemed everyone in the city was out honking their horns and celebrating in the streets. Although the Padres did not win the World Series, everyone in San Diego was enormously proud of their accomplishments that year. They really did their part to uphold San Diego's claim of being America's Finest City!

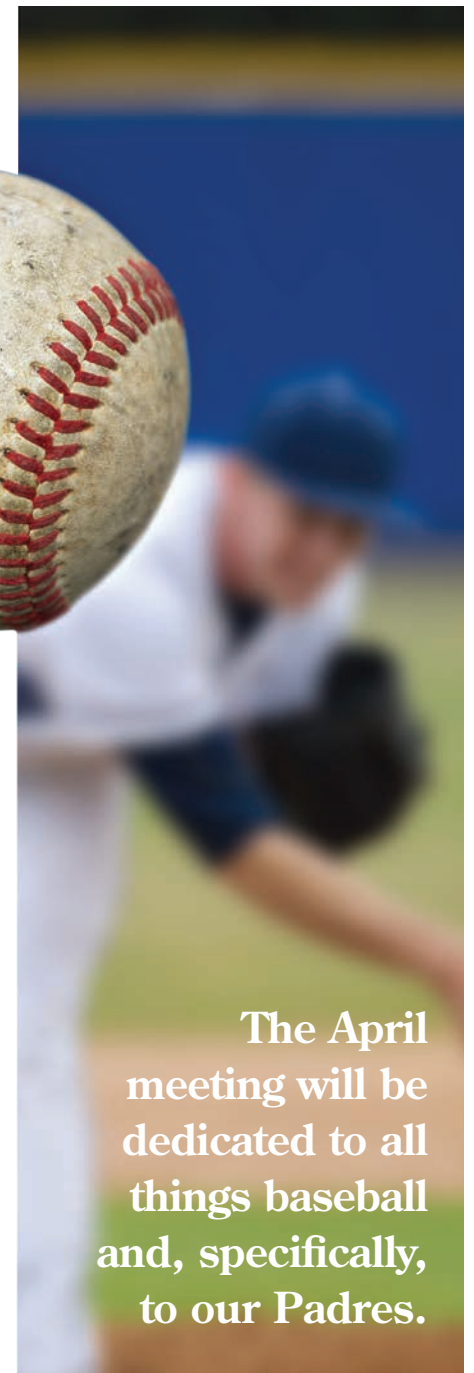
But that was then and this is now. The 2015 season began with a big splash by signing outfielders Matt Kemp, Will Myers, and Justin Upton; catcher Derrick Norris; and pitchers Craig Kimbrel and James Shields. The team also increased its payroll dramatically last year. But fans were disappointed when the team finished with its fifth losing season in a row. Everyone wishes the Padres the best for a winning season this year.

Winter trades made to reshape the team for the 2016 season saw the exit of Craig Kimbrel and Justin Upton and the acquisition of prospects to help restock the farm system, as the management

made last year's trades by emptying out the farm system. New additions to the team that should help defensively are shortstop Alexei Ramirez and center fielder Jon Jay. A new manager, Andy Green, was hired; he will be starting his first season as a major league manager. Pitching remains a big question mark as the bullpen competition is open with many new faces. But things look positive for the Padres to improve their record from last year.

Hope springs eternal, especially in the hearts of faithful baseball fans. Think of the stalwart Chicago Cubs fans and their eternal quest for the pennant! If the Padres' pitching comes together and does well, and the hitters are effective, then perhaps the Padres will again have that long-awaited winning season.

We hope you will join us and Sue Botos at the April meeting for a discussion about the Padres' activities in the community and the upcoming season!



The April meeting will be dedicated to all things baseball and, specifically, to our Padres.

UH REPRESENTS

By Melinda Pajak

Two of our very own residents are to be congratulated for being the newest members of the Uptown Planners. Bill Ellig and Cindy Thorsen have been voted in on March 1 to serve on Uptown Planners for the next four years. This is great news, as our community will once again be represented at these important advisory meetings.

The Uptown Planners is a community-planning group recognized by the City of San Diego to represent the community in planning and land use issues. Topics subject to recommendations by the Uptown Planners include, but are not limited to, advising the city on broad land use topics such as density, zoning, and infrastructure investment.

Community planning groups like Uptown Planners are also asked to advise the city before issuing permits for new or additional construction in residential areas for projects that require special entitlements. These include adding an extra living unit, exceeding size or height restrictions, or developing on or near environmentally sensitive land.

We caught up with Bill Ellig at one of the University Heights Community Association (UHCA) charrettes; these workshops were held recently at Twiggs. We asked Bill why he was interested in serving on this community-planning group. First of all, Bill said that this was an important time to represent University Heights (UH) because the City of San Diego is updating its community plans for Uptown and North Park, which



includes UH. This plan was last updated in the 1980s and won't be updated again for another 30 years. Bill wants to make sure the quality of life for our residents and businesses is protected in this plan along with the unique character of University Heights. After this plan gets approved - hopefully, later this year - Bill plans to focus on other issues facing us, including increasing parking, upgrading parks, historical preservation issues, and looking at traffic flow, walkability, and improving bike routes.

Having lived in UH for over 10 years, Bill feels like he knows what issues we face. He has been watching the development of this community plan for the last few years and wanted to take a more active role. He has served on San Diego Association of Governments (SANDAG) community advisory groups for creating bike corridors as well as serving with Nan McGraw on the Community Emergency Response Team (CERT). Bill really wants to listen to everyone, build consensus, and deliver creative win-win solutions in this new position at Uptown Planners.

We congratulate Bill Ellig and Cindy Thorsen on their new role on the Uptown Planners and look for good things in the next few years. Thank you for serving our community in this way.

Happening in the Heights



MUSIC

PARK & REC

4612 Park Blvd.
(619) 795-9700 / www.parkandrecsd.com

- **The Bedbreakers Band** (*Uptempo American Roots, Blues, & Rhythm Music*): Performing The Second Saturday Of Every Month Through April 2016: 9 pm



MYSTIC MOCHA

2105 Mission Ave.
www.mysticmocha.net
Music Every Saturday 10 am- noon

LESTAT'S ON ADAMS

3343 Adams Ave.
(619) 282-0437 / www.lestats.com

- **Open Mic Night:** Every Monday 6:30-11 pm

3RD SPACE

4610 Park Blvd. (619) 255-1151
www.3rdspace.co

- **Co-Working & Club For The Creative**
- **Check out The Underground Jazz Session**

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223
www.facebook.com/acrossthestreet

- Contact John Ciccolella for details

TWIGGS GREEN ROOM

4590 Park Blvd. (619) 296-0616
www.twiggs.org

LAFAYETTE HOTEL

Celebrating 70 years
2223 El Cajon Blvd. (619) 296-2101
www.lafayettehotelsd.com

- **Industry Mondays:** 12-5 pm (\$5 cover)
- **Live Music Thursdays:** 5-7:30 pm

THEATRE

DIVERSIONARY THEATRE

4427 Park Blvd. (619) 220-0097
www.diversionary.org

You're invited to celebrate on April 1 Diversionary Theatre's 30th year legacy, "Daring Decadence."



UHCA News Wins Pulitzer

University Heights Community Association (UHCA) president Bernie Horan was shocked to learn that his President's Column in the monthly *UHCA News* was awarded a Pulitzer Prize for commentary in papers with circulation under 10,000. His column narrowly beat out this same paper's "In Case You Missed It" column for the award. The Pulitzer committee noted the column's heart and "the poignant way in which it captures the soul of a neighborhood, nay, the soul of the world." Pulitzer Chairperson Dan Freed said the decision between which UHCA News column would get the award was close. "Ultimately, however, we decided that while 'In Case You Missed It' was informative, the President's Column was transformative. It made us better people for having read it. And to accomplish that in the draconian 350 word limit the newsletter's editors impose is a wonder!" Congratulations Bernie!



COMEDY

TWIGGS

4590 Park Blvd (at Madison)
(619) 296-0616 / www.twiggs.org

- **Comedy Heights:** Every Saturday 8 pm
- **Celtic Ensemble:** Every Sunday 4-6 pm

LESTAT'S ON ADAMS

3343 Adams Ave.
(619) 282-0437 / www.lestats.com

- **Comedy Night:** Hosted by Rajan Dharni Every Tuesday 9-11 pm

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223
www.sidestageimprov.com

- Contact John Ciccolella for details

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 April Fool's Day	2 The Point Cleanup 1:30-3:30 pm (Golden Gate between Rhode Island & Delaware Sts)
3 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	4	5 Uptown Planners Mtg Joyce Beers Center Uptown Center 6 pm	6 UHCDC Meeting 4452 Park Blvd. #104 6:30 pm	7 UH REC COUNCIL Birney School Lib. 5:30 pm UHCA MEETING Birney School Auditorium 6:45 pm	8 uhca.news May Deadline	9
10 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	11	12 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm Friends of UH Library Meeting 6:30 pm	13	14 Curbside Recycling & Yard Waste Collection	15 PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm	16 OLD TROLLEY BARN PARK 1991-2016 25 Trolley Barn Park 25 Anniversary Celebration 11 am-4 pm (see page 3) Friends of the Library BOOK SALE 8 am-3 pm, UH Library
17 Friends of the Library BOOK SALE Noon-4 pm, UH Library Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	18	19 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	20 Library Task Force UH Lib. 6:30-7:30 pm	21	22 Earth Day Passover begins at sundown	
24 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	25	26 uhca.news Comes out 	27 UH Book Club & Salon 6:30 pm UH Library	28 Curbside Recycling & Yard Waste Collection	29	30

MUZITA'S, AN AUTHENTIC UH EXPERIENCE

Superior Taste and Service at Park Blvd.'s Abyssinian Bistro

By Andrea Bacal

I have a confession to make: I don't live in University Heights (UH). However, over the last five or so years that I have been involved with the *UHCA News*, there have been many times I wish I did. The people, the community spirit, the beautiful homes and the fun restaurants and bars have all made me say at one time or another "I want to live in University Heights when I grow up!" Unfortunately, I am already very grown up and probably won't relocate, but last night's experience at the Muzita's Abyssinian Bistro had me saying yet again, "I LOVE University Heights!"

The atmosphere was electric. The place was packed, and continued to be packed the whole time we were there. The staff was amazing. They were all at almost a full run, and even in and out of tight places, no one bumped into anyone else. At one point I lifted my glass of diet coke to see what was left and out of nowhere, our server, Clay, came swooping in to take the glass right out of my hand and next thing I knew, I had a full glass back in my hand. We were talking to him about which beer to order, and a charming guy in jeans came over to join in the beer discussion. He told us the wonderful story about how Tusker beer was named, and, by the way, he turned out to be the owner, Abel Woldemichael. Make sure to ask him to tell the story next time you're there!

We go out to eat a lot, but I can say that I don't think we've ever experienced a more knowledgeable, well-trained staff. I know I am running on about the staff and the experience, and I will get to the food shortly, but just let me say that by the time you leave the restaurant, you too will feel like you are part of a very warm, huggy, happy family.

The food: I was so intrigued with the large platters that kept coming to everyone's table, and happy to find out that when we picked two entrees and respective sides, we, too, would be getting one of those wonderful platters. Clay walked us through what was what, how to use the traditionally Ethiopian teff bread, *injera*, and when we asked about it, actually came back to sprinkle some teff grains in our hands, showing us just how small they are (see what I mean?).

Doug ordered a lamb dish and I ordered a beef dish. Both were flavorful and delicious stew-like combinations of meat, vegetables and spices. Along with the sides, the *injera*, and the *salata*, it was all too much to finish. We tasted all the sides, but our favorites were the *caulo*, the fermented cabbage dish, and the *timtino*, the spicy red lentils. On our next visit we will definitely try some more of the vegetarian dishes. After the suggestion from Clay, we took the boxed up leftovers home, and Sunday morning had a terrific Muzita hash, with scrambled eggs. YUM!

We had a nice chat with Abel, who told us a little about the history of the restaurant, how his mother ("Mama") is responsible for all the recipes, and how Mama still comes in most mornings to grind spices, make sauces, and check on everything else in the kitchen. From personal experience, I highly recommend making a reservation, particularly on the weekend. You will not be disappointed!



ROCK 'N' ROLL MARATHONS THROUGH UH ON JUNE 5

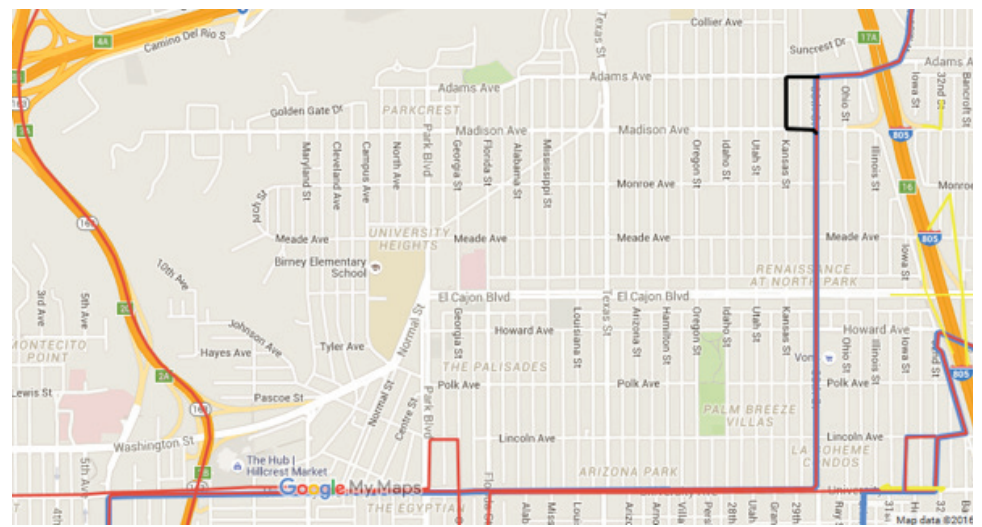



The 2016 Suja Rock 'n' Roll San Diego Marathon and Half Marathon takes place this year on Sunday, June 5. Below is a screen shot of the portion of the course that affects University Heights (UH).

which will allow for them to reach all major freeways, with the exception of the northbound Highway 163. It will be closed to traffic from 5 am to approximately 2 pm. Southbound 163 will remain open all day.

As you will see, the course changes reduce the impact on the UH, increases access and lessens road closures. Important to note, UH residents will have very easy access to Texas Street,



Once plans are finalized, a full copy of the course map and road closures will be made available to UH residents.





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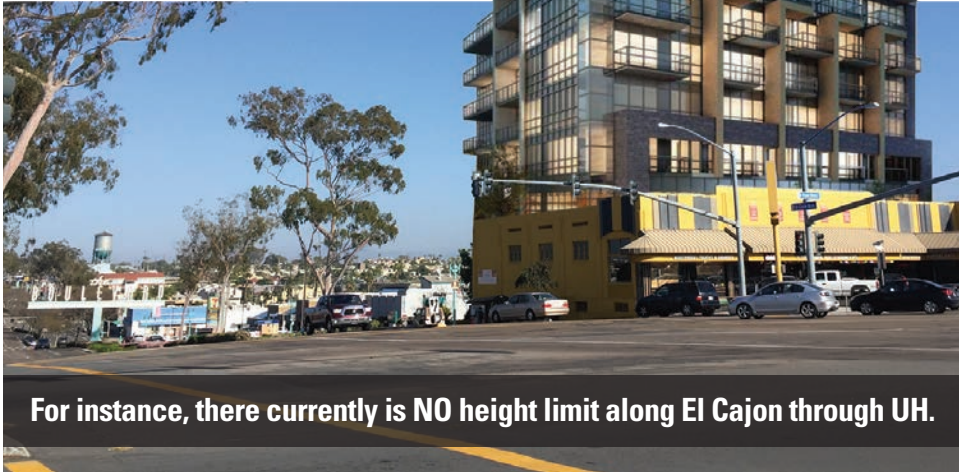
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Thurs 11:00 am – 10:00 pm
Fri and Sat 11:00 am – 11:00 pm
Sun 11:00 am – 10:00 pm

IN CASE YOU MISSED IT

Community Plan Updates Mixes Good and Bad

By Monica Lanctot



For instance, there currently is NO height limit along El Cajon through UH.

The March meeting of the University Heights Community Association (UHCA) was dedicated to discussing the pending updates to the North Park and Uptown Community Master Plans, which will incorporate changes directed by the 2008 General Plan and 2015 Climate Action Plan. University Heights (UH) is split down Park Blvd. between the two planning boards, North Park to the east and Uptown to the west.

Lara Gates from the City Planning Department presented the major changes, including a proposed high-density zone concentrated along travel corridors of El Cajon Boulevard and Park Boulevard, south of Meade Avenue. North of Meade current zoning will remain relatively unchanged. Overall, the goals of the plan updates are to increase the diversity of housing options, provide high quality development centrally

located in the community, increase employment opportunities, and improve sidewalks and pedestrian corridors; these are aimed at providing an urban design that will increase walkability and mobility around the neighborhood without relying on cars.

Some items to note from the plans include:

- All frontages on Madison, Monroe, and Meade Avenues follow single-family home height restrictions of 30 feet.
- Heights will increase on Georgia Street and around Old Trolley Barn Park in order to get more eyes on the park to make it a safer haven.
- Many areas of UH that do not currently have any building height restrictions will now be subject to 30-45 foot limits. For instance, there currently is no height limit along El Cajon through UH.
- Heights along El Cajon will be capped at 100 feet, approximately the height of a typical eight-to-ten story building.
- Total projected new housing will be 2,200 units over the next 30 years.
- The city cannot evict people or tear buildings down on its own.

A contentious issue is the many Huffman-style properties in UH. These buildings are now about 50 to 60 years old, and are nearing the end

of their useful and economic lives. The North Park update target these for redevelopment with so-called 'density bonuses,' which will enable builders to increase density up to 145 dwellings unit per acre and build up to 40-55 feet in height. The main concentration of these Huffman-style properties - named for their builder - that are targeted for redevelopment are located south of El Cajon, between Lincoln and Howard Avenues, east of Park and west of Texas Street. UH residents expressed concern over the loss of affordable housing by losing these properties, and questioned whether regulated step-downs between the larger and taller buildings proposed for El Cajon and Park, and the single-family homes, bungalow courtyards and Huffman-style buildings in that area are sufficient to create a graceful transition.

Another concern is parking requirements. Most buildings built before 1970 do not meet current parking regulations, which require 1.75 parking spots per dwelling unit. While new buildings will greatly increase the amount of parking available to multi-dwelling residences, these buildings will also greatly increase the population of UH, in general.

As always, we would like to thank all of our guests and concerned residents who took the time to share information and concerns. UHCA has recently held two design charrettes to provide additional forums for community input, and we will continue to develop recommendations for changes/alterations to the North Park and Uptown Plans based on your input.

ROONNEWS

from Roosevelt Middle School

By Laura Dadmun



Try Out "Spitz," A New Hillcrest Eatery, And Support Roosevelt



Welcome a new restaurant addition to the Uptown area, Spitz, and support the Roosevelt Parent/Teachers/Student Association (PTSA). Located at 3515 5th Avenue in Hillcrest, Spitz serves Mediterranean street food transformed into a California-fresh, flavorful and healthy culinary sensation. Try out Spitz on Wednesday, April 9, from 11 am until 9 pm, and 15% of all food and beverage purchases will go to the Roosevelt PTSA.

Earth Day Parking Fundraiser

Earth Day at Balboa Park will be celebrated this year on Sunday, April 17 from 10 am till 5 pm. It is the largest free annual environmental fair in the world and draws over 60,000 visitors.

Parking for Earth Day will be available at Roosevelt at both of our lots, the dirt lot off of Zoo Drive and the school grounds off of Upas Street. **A \$15 donation will be asked, which will help fund programs at Roosevelt and send kids to 6th Grade Camp.**



Birney Buzz

By Kim Schultz

Birney Bees are taking most of April off for Spring Break, returning to school on April 19. Birney is pleased to offer the School Smarts Parent Academy from the CA State PTA for a third year, thanks to funding from the Birney PTA and the San Diego Unified School District. This award-winning, research-based program brings parents from all backgrounds together in support of their common interest - helping their children and schools succeed. Birney was proud to be selected as a San Diego/University of San Diego (SD/USD) pilot site for the School Smarts program two years ago, and we are thrilled to continue offering this wonderful program to our families. The informational kick-off meeting takes place April 25 at 6:30 pm; the seven-week Parent Academy will begin on May 9 and is free to all Birney families, including any enrolled incoming families for the 2016-2017 school year. Email info@birneypta.com for more information.

March was a busy month for us. We surpassed our fundraising goal at the February Birney Night Out at U-31 by raising \$6,900, including \$4,000 from an anonymous donor. Thanks to all who contributed. Although numbers from our annual Run for the Green were not available at press time, we want to thank everyone in the community for

We surpassed our fundraising goal at the February Birney Night Out.

Thank You!

their generosity in sustaining Birney's prestigious International Baccalaureate Primary Years Programme. We are grateful for our Park Boulevard business banner sponsors who have donated to our beloved school at the \$1,000+ level. If you would like to learn more about ways your business can gain exposure to the University Heights community and beyond through sponsorship of our IB Primary Years Programme, please contact alicebirneyfriends@gmail.com for more details.

Again, we would like to ask the UH community to keep an eye out for vandalism and graffiti around our campus. We've had our sponsors' banners removed from the fence as well as an increase in tagging and graffiti both on school property and the Willie Serrano Joint-Use Park. Please report any suspicious activity to help keep our campus beautiful.

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On day of sale, maps and addresses of homes are available at Coldwell Banker at 1621 West Lewis St. 619-800-1103.

Saturday, May 21st / 8 a.m. – 12 p.m.

APRIL PETS OF THE MONTH: CHARLIE AND HAZEL



Charlie and Hazel have been best friends for nine years now. Charlie's a rough-coat Jack Russell terrier who's approaching 15 years old. He's always been a little tank charging head first into everything with joy and abandon. Unfortunately, he slowed down considerably two years ago when he had to have his eyes removed due to an autoimmune issue. Nonetheless, he still seems to enjoy life a great deal, taking particular pleasure in scouting around the backyard and rubbing his backside against the jade and rosemary plants.

Hazel, a miniature schnauzer, came to us when she was two and recently turned 11 years old. Shortly after we got her, we took them both to a doggie psychic who told us that Charlie was happy to have her join the family, but that he didn't feel "Hazel"

was a sufficient name. He called her "Miss Hazeltine, the Pupster Dog" and that's been her full name ever since. Thirty-five dollars well spent on the psychic! She was a wonderful play companion for Charlie for seven years and now acts as his guide dog on morning walks. Aside from her boundless enthusiasm for her morning walk, Hazel adores being petted and getting treats. Her favorite place is in our laps.

It's bittersweet to see our dogs in their golden years. Terriers inject a ton of life - and, at times, aggravation - into a house in their younger years. They've both mellowed considerably but continue to be wonderful companions. We're very grateful they're in our lives.

Community Plan Update

Community activists who've been reviewing successive changes to the city's Community Plan expressed frustration when yet another revision was released on Monday. Neighborhood gadfly Hazel Charlerton expressed bewilderment at the new zoning standards. Zoning regulations have changed from "dwelling units per acre" to something called "dwelling units per product ton" where the product being measured changes every half block, or "micro zone." For example, one micro zone specifies "dwelling units per penny ton" - essentially dwelling units per how much space it takes to contain enough pennies to weigh a ton. Another micro zone measures in "dwelling units per marshmallow ton" and another in "dwelling units per 1985 Hoover High Yearbook ton." "Who the heck knows how much space a ton of marshmallows takes?" Ms. Charlerton asked. "It's deliberately confusing and impossible to understand." When asked about the unorthodox standards, city planner Dan Freed stated, "It's deliberately confusing and impossible to understand. Basically we don't care what any citizen's input is. We're tired of having to answer to people we don't care about so we figured let's just make it incomprehensible and people will give up and leave us alone. Then we can just do what we were going to do anyway." Freed said that the deadline for comments on the revised plan was April 1, 1976.




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Between the Covers: What's Happening at the University Heights Library

By Kim Schmidt, Librarian

Senior Mobile Tech Lab — Tuesday, April 5, 12:30 pm - 2:30 pm

If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader, or other device. Tutors will be on hand with laptops for the public to use. Patrons are also encouraged to bring their own devices to the session. Learn how to send and receive email, surf the Internet, use Facebook & other social media, and more. The popular program is free – thanks to the County of San Diego Health and Human Services.

Summer Reading Program Performance Schedule Announced

We have just finalized the schedule for our Summer Reading Program Performances. Every summer, our little library invites a variety of educational and entertaining acts for perform for children and families and to encourage continuous reading throughout the summer. Below is a summary of the 2016 Performance Schedule. All programs are on Wednesdays at 6 pm and run about 45 minutes to 1 hour. Please check the Events Schedule of the library website (sandiegolibrary.org) for a description of each program.

- May 08 – Literature Comes to Life
- May 25 – Krypton Yvonne
- Jun 08 – Mad Science
- Jun 15 – Interval Magic
- Jun 22 – The Scott Land Marionettes Puppet Show
- Jul 13 – Little Catbird Music
- Jul 20 – Sparkles the Clown
- Jul 20 – Pacific Animal Productions Live Animal Show
(we're hoping for a visit from the monkey!)

Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the University Heights (UH) Branch Library, you need to know that our programming depends on the generosity of donations from the community. One of the best ways you can help support the library is to join the Friends of the University Heights (UH) Library. For a minimum donation of \$10 (\$5 for students and seniors) you can sign up for an annual Friends membership. Just stop into the branch and ask a staff member for a membership envelope. Help our library to be fabulous, make new friends, and join the Friends of the UH Library.

Friends of the Library Book Sale – Saturday, April 16, (8 am – 3 pm) and Sunday, April 17 (noon – 4 pm)

Find great bargains on books, DVDs, Music CDs, and vintage vinyl at the Friends of the San Diego Public Library Book Sale. All proceeds for the book sale go to support the Friends of the San Diego Public Library. Please join us.

Regular Monthly Programs for Kids

- Also on tap are the library's regular weekly/monthly programs for children, including:
- Arts and Crafts for Children – every Saturday at 10:30 am
 - Story Time for Babies, Toddlers, and Younger Children every Friday at 10:30 am.

**ALL PROGRAMS ARE FREE TO THE PUBLIC.
PLEASE DROP IN!**

The University Heights Branch Library
4193 Park Blvd.
San Diego, CA 92103
(619) 692-4912

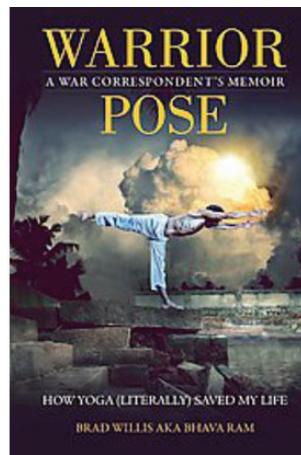
LIBRARY HOURS

- Monday 9:30 am–6 pm
- Tuesday 11:30 am–8 pm
- Wednesday 11:30 am–8 pm
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- Friday 9:30 am–6 pm
- Saturday 9:30 am–6 pm
- Sunday Closed

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The April Book Club & Salon:



Warrior Pose: How Yoga (Literally) Saved My Life By Brad Willis

This is a true story of a man's incredible journey to save his life. Brad Willis, a Pulitzer-Prize winning war correspondent, was accustomed to risk - from covering the front lines of the Gulf War to investigating Colombian drug lords to living with freedom fighters in the mountains of Afghanistan. When mortal danger came, it was from an unexpected direction.

At the height of his career, a broken back and failed surgery left Willis permanently disabled and confined for life in a body brace. Then a diagnosis of terminal, stage IV throat cancer came. At a gathering of friends who were celebrating his 50th birthday, Willis realized the party's true purpose - his friends were there to say goodbye.

This is a book so much more than yoga. It is a dramatic memoir, it is a love story of father and son, and it is a testimony to what a passionate, committed human being can do to take charge of his own destiny. The author's story demonstrates that modern medicine with prescription drugs is not always the way to better health.

Join the Book Club & Salon discussion on Wednesday, April 27, at 6:30 pm. The book will be available at the UH Library's front desk during March/April. New members are always welcome!

UH Book Club & Salon
WEDNESDAY, April 27, at 6:30 pm
UH Branch Library
4193 Park Boulevard (at Howard Avenue)
(619) 692-4912

LGBT AND FAIR HOUSING: A Patchwork of Unequal Protection

By Branden G. Butler



Last year, the U.S. Supreme Court in a 5-4 decision ruled a fundamental right to marry is guaranteed to same-sex couples. However, the right of same sex-couples to rent or purchase a home is not a specific right protected under federal law.

The federal Fair Housing Act bans discrimination in housing on the basis of race, color, religion, national origin, familial status, gender, and disability, but does not specifically include sexual orientation and gender identity/expression as prohibited bases. Recently, voters in the city of Houston rejected the Houston Equal Rights Ordinance that would have banned housing discrimination on the basis of sexual orientation and gender identity/expression. Against this backdrop, a recent study demonstrated that same-sex couples experience less favorable treatment than heterosexual couples in the online rental housing market.

While the federal government bans housing discrimination on the basis of sexual orientation, gender expression and gender identity only in government

operated housing, states and cities across of the country have had to enact specific laws that ban housing discrimination against lesbian, gay, bisexual, and transgender (LGBT) persons because the federal Fair Housing Act does not grant specific protections to LGBT persons. Only 21 states, including California, have a law that bans housing discrimination on the basis of sexual orientation. Only 17 states ban housing discrimination on the basis of gender identity and expression. This fact means LGBT persons are not protected against housing discrimination in many states and could face lawful discrimination from a landlord who refuses to rent an apartment to gay, lesbian, or transgender persons. Currently, a same-sex couple can marry but can still be denied the opportunity to purchase or rent a home together because of the unequal protection of fair housing rights for LGBT persons.

California specifically bans housing discrimination on the basis of sexual orientation, gender identity, and expression. If you believe you have been a victim of housing discrimination, contact the City of San Diego's Fair Housing Hotline, administered by the Fair Housing Center of the Legal Aid Society of San Diego Inc., at 844-449-3500.

Branden G. Butler is a Senior Attorney at the Fair Housing Center of the Legal Aid Society of San Diego, Inc.

UHCA Beautification & Planning Committee Report

By Cheryl Ann Cooke and MaryBeth Chruden



Busing for the Environment Update

Members of the University Heights Community Association Beautification Team came out to enliven the living wall bus stop on the corner of Meade Avenue and Park Boulevard. Stolen plants were replaced and spider webs were removed. Even graffiti on the bus stop, nearby light poles, and electrical boxes was cleaned off. Come by and check out the beautiful display!

Hwy 163 Entrance Clean Up

A huge "THANK YOU" to Mike Haskins, Pastor at the New Vision Fellowship Church, and 25+ high school students and chaperones from Arizona. On February 29, they did some major weed pulling, trash pickup, and tree trimming along the north side of the freeway entrance from Washington St. It looks a lot better! Mike has groups of student from middle school through college age coming to town through the summer that he is eager to have volunteer in University Heights. Honk your horn or shout your thanks if you see them.

SAVE THE DATES

We want Trolley Barn Park to look super nice for its big 25th Anniversary Party on April 16. We are coordinating with San Diego Parks and Recreation to encourage them to weed and make other landscaping improvements. Meanwhile, we are organizing our own cleanup effort to be sure the park looks great. To see if you can help us, check our Facebook page (<https://www.facebook.com/UniversityHeightsCommunityAssociation/>) for cleanup event details!

Join us for our Annual Rock-N-Roll Cleanup on Sunday morning, June 5. We will be cleaning the medians and sweeping the curbs on Washington St. in addition to cleaning up dead branches and leaves that pose a fire risk along the entrance to Hwy. 163. To help, email UHCAOstrich@gmail.com and you'll be put on the list for cleanup events.

SPRING CLEAN YOUR LIFE

By Miriam Cuperman
Integrative Nutrition Health Coach



When life gets busy or overwhelming, I clean. I clean the house, the bathroom cabinet, the junk draws, the filing cabinet, my inbox and, sometimes, even relationships. Not only does it clear my mind but I feel that my head's hard drive is clearing space for me to cope with the new stuff life is throwing at me.

Spring is a great time to clean, lighten the load, letting go of what no longer serves your life and allowing the new life seedlings to grow. If you are clinging to clothes, things, relationship, or lifestyle habits that are bringing you down then rejoice in spring-cleaning your life and find what makes you happy. A decluttered living space and a less frantic lifestyle are keys to a calmer existence.

CLOSET: Not only check for ill-fitting clothes but also ask yourself, do the clothes in there "fit" your life today?

INBOX: If you have 500+ unread emails from those promo emails you skip over every time you open your inbox, then UNSUBSCRIBE. Don't let it be the "junk box" of your computer or phone.

DIET: Refresh your eating habits by adding healthier, whole, unprocessed foods such as fruits, veggies and high-quality proteins and fats. Eating more of these foods will crowd out the junk and nourish your body.

FINANCES: If you have a gym membership you haven't used in a year, spend way too much in that morning coffee or dread opening bills, then it is time to start afresh, and get your finances in order.

FRIEND, RELATIONSHIPS, & ACTIVITIES: Detox by releasing those in your life that you associate with frustration, negativity and even trauma.

By clearing up from things you don't use, relationships that drain your energy, chores, commitments and activities that are joyless and suck up your time you will be able to enjoy simpler life with less stress and overwhelm.

Happy Spring Cleaning!

Miriam Cuperman is a San Diego-based Integrative Nutrition Health Coach. She can be reached at www.miriamcuperman.com or coach@miriamcuperman.com

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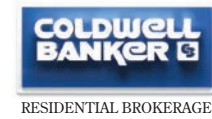


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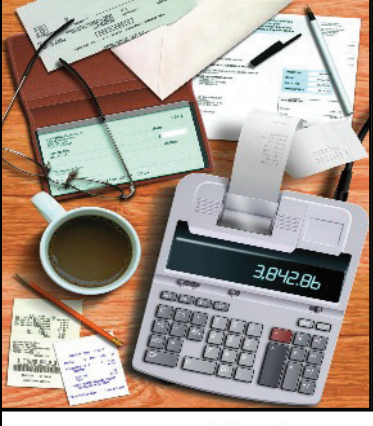
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