



NOTE: DATE CHANGE BECAUSE OF THE LABOR DAY HOLIDAY

## UHCA MEETING THURSDAY, SEPT 8

Alice Birney Elementary School Auditorium / 4345 Campus

- FUTURE HOUSING IN UH "THE BOX" Between Howard Avenue & Lincoln and Park & Texas The area identified as Zone 6 in UH (see map page 2)
- Nomination of UHCA officers
- A display of local images following the events 9/11

University Heights Community Association / September 2016

# NEWS

### INSIDE THIS ISSUE

Utility Box Design	3
My Kit Home	5
Pet of the Month	6
Trust Restaurant Review	7
New Rules at The Point	8
Library News	9
Trolley Barn Park Survey	11

## Humble Huffmans Get No Respect

Out-of-favor buildings are the 'workhorses' of affordable UH housing

By Bill Smith Jr.



The Uptown and North Park Community Plan Updates are now in the final stages of review and approval. While both plans are filled with uncontroversial detail and commendable aspirations, a troubling issue affecting a large segment of University Heights (UH) has been brought to the attention of the University Heights Community Association (UHCA) Board of Directors.

North Park Planners' policy LU-4.20 proposes incentives to "encourage the redevelopment of multi-family housing

built between 1960 and 1980" located between Lincoln and Howard Avenues and commonly known as "Huffmans," named after the developer who built many of these types of buildings. Although the stated intent is "to create more street and pedestrian friendly projects," the plan sees an opportunity to transform housing projects that were "not sensitive to North Park's character" and its traditional architecture.

Higher density buildings of a more acceptable design would replace the "out of character" (aka "tacky") Huffmans,

increase open space, encourage walking and transit use, and reduce greenhouse gas emissions. To make development economically feasible, contiguous parcels (including some single family homes) would likely be combined. Maximum density would increase from 44 du/ac to 73 du/ac, with up to 35 percent more units possible under the State of California's affordable housing incentives. On-site parking requirements would potentially be lowered or even eliminated to reduce cost and encourage transit. *(Continued on Page 3)*

## Looking Ahead: OCTOBER 2016

The October 6 meeting of the University Heights Community Association (UHCA) meeting will be dedicated to politics.

With the wild 2016 political season nearing its conclusion and the very important November election imminent, early October seems an opportune time to focus our political attention on the challenge that presents itself every fall—understanding the many propositions on the California ballot. To help us in this endeavor, we have invited a speaker from the League of Women Voters to summarize and explain the propositions to us and to answer our questions.

The League of Women Voters is a non-partisan organization whose mission is to educate and empower eligible voters to participate in our political system. Voting is the most powerful way to have your voice heard, and it is the core of our democracy. It is your chance to stand up for what matters most to you and have an impact on the issues that affect you, your community, and your future. We hope you will join us for a discussion that will help us all to become better citizens and informed voters. Remember, democracy is not a spectator sport! It requires your participation.



## CAPTURING SEPTEMBER 11, 2001

**A photo exhibit on display at the UHCA September meeting.**

Following the events of 9/11/2001, a group of friends photographed various images of patriotism seen around San Diego County. The collection of photos grew to over 400 and a newly formed organization, Flags Across The Nation, insured that these images would not be forgotten. Twenty were enlarged,

framed, and displayed at the San Diego County Administration building. Flags Across The Nation is a nonprofit, all volunteer organization that promotes patriotism through the arts. Current projects include Letters to the Troops, Art Cards by Vets and Art for Veterans, and free art classes offered to vets in Charlotte, N.C. The art these veterans create is displayed at the Annual Freedom Exhibit in Matthews, N.C.

We are fortunate to have some of the photos on display at our September meeting. They have been loaned to UHCA by one of our member, Cait Casey, who took the very first photograph in University Heights. Thank you, Cait, for sharing these touching remembrances that brought our nation together!



## president's corner by Bernie Horan

I know this will come as a crushing blow to many of you, but my time as the president of the University Heights Community Association (UHCA) is quickly coming to an end. Unlike the Japanese emperor, I don't have to throw myself at your mercy asking you to let me out of a lifetime commitment. Rather like every California elected rep, I'm being termed out. I've served two two-year terms for a total of four years, and that, as my husband Dan's southern father use to say, is a gracious plenty.

Our September meeting will feature nominations of people running for the offices, which will be voted on at the

October meeting. If anyone is interested in running for president, vice-president, secretary or treasurer of UHCA, by all means come to the September meeting and throw your hat into the ring. If you don't want to make that big of a commitment, we'll also be having openings on the Executive Board. Please let me know if you'd like to be on the UHCA Board. We're particularly interested in getting folks from east of Park Boulevard to participate.

As my time as your guiding star (yes, that's a joke!) comes to an end, there's a few things I'm wrapping up. I have to say the time I've spent trying to understand

the perpetually moving target of the city's Community Plan Update for University Heights (UH) has been frustrating and now at the end, seems almost a waste of time. Right at the end, the city put in a whole series of changes that hadn't been discussed at all, including widening Texas Street to four lanes and raising height limits for most of UH that had previously been unchanged. Expanding Texas Street would involve taking down several homes to allow for the expansion and I've heard that a few homeowners have already been contacted by the city about selling their homes.

If that's true, it's hard not to believe that

the City Planning Department intended doing this all along. They knew how controversial it would be, so they waited until the 11th hour to throw it in after most people had grown frustrated and given up trying to understand the myriad changes and make comments. It's exasperating. I'll be glad to put that all behind me.

Now that that's out of my system, I have to say that I've tremendously enjoyed my time as UHCA president, overall. I'll save my final valedictory remarks for next month's column—my last one! Until then, I'll soak up every minute of my final lame duck month until the new president is installed in October.

## uhca news

**Editors:** Carol Neidenberg and Philip J. Gill  
**Contributing Writers:** Bill Smith Jr, Bernie Horan, Cheryl Ann Cooke, Kim Schultz, Laura Dadmun, Isabel Schechter, Janet Tait, Jill Briggs Campell, Kim Schmidt, Melinda Pajak, Jean Rannells, Philip J. Gill, Andrea Bacal, Miriam Cuperman, Ricky Sayapeth  
**Food Editor:** Andrea Bacal  
**Creative Director:** Paul Farris  
**Art Director:** Brooks Bedwell  
**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 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  
**Treasurer:** Peter Rose  
**UHCA Website:** www.uhsd.org

 facebook.com/universityheightscommunityassociation

*Opinions expressed in articles of the UHCA News are those of their authors and do not reflect those of the newspaper or the University Heights Community Association (UHCA).*

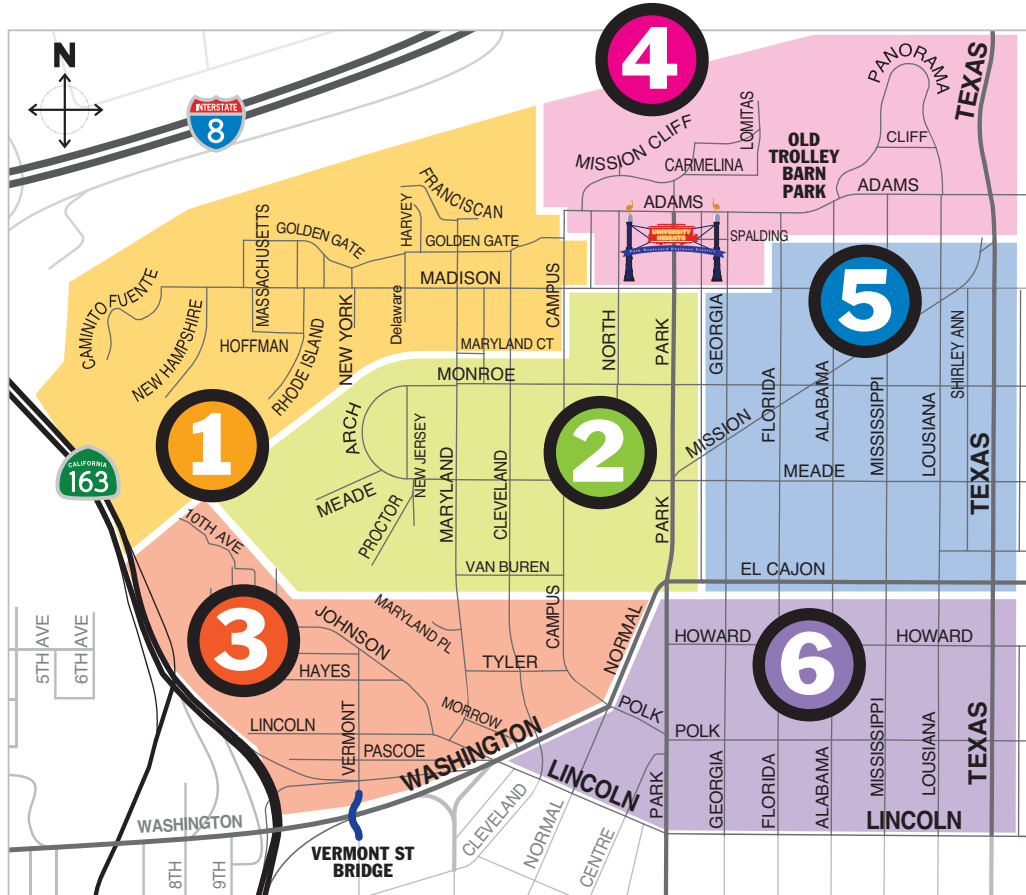
**new & renewing members**  
 BECOME A MEMBER TODAY!

**Golden Ostrich:**  
 Kenneth Griffiths & Grant Wilson, Jim Lybarger, Andrew & Victoria Albert, Louisa Campagna

**Business Membership:**  
 Stephen Huemmer & Angela Garner, H.G. Fenton Company

**Household:**  
 Naida Hindert, Tina & Justin McGlathery, Dick King, Theresa Hayes, Lee Sherwood, Carlota Santos & Chris LeFon, Lynne & Jim Manner, Patricia & Bill Wild, Patricia Kelly & Ron Widmer, Paul & Priscilla Heisel, Catherine & Barry Bell, Joan Foster & Susie Virgilio, Tommy Cope & Filly Gaines, Dawn Sassi & Bernard Dambron, Dennis Smith & Linda Johnson, Susan Barnett, Elizabeth & Brent Miller, Amy Waterman.

## 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

Now pay your dues or donate online at [www.uhsd.org](http://www.uhsd.org).

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 ✂



# Make Washington Street Beautiful!

## A Community Design Suggestion Box

By Melinda Pajak



The median, crosswalks, and bus stops on Washington Street between Lincoln and Cleveland Avenues, have been an eyesore for years. The addition of the ostrich landmark on the median was a good start, but many in University Heights (UH) would like to see more. This is one of the main entrances to the community, and residents would like to see a bit more beauty and functionality in this area. Many people park on Lincoln and the surrounding streets on Sunday for the Hillcrest Farmers Market and they find these intersections menacing and dangerous. It would be so nice to see some landscaping in the median and in front of the Great Maple or even a new improved bus stop instead of crumbling asphalt and ugly trashcans.

If you had the ear of the city and potential money from developers who are putting up condos and apartments in our community, what would you want to see there? How would it function best? How could we make it a friendlier, more welcoming median? What would make those crosswalks safer? What about the front landscaping area in front of the Great Maple restaurant? How would you like the bus stop to look?

We would like to gather your ideas, sketches and descriptions for what you think would work well to welcome people to UH. These ideas can take the shape of an email, rough sketches, pictures of what other communities have done, or even full-fledged landscaping plans. We are open to collecting your ideas for these public spaces. Then we will print these suggestions in the next newspaper to get your feedback. With your help we can identify clearly what the community wants and get these ideas to the decision makers in city government. And if we don't ask, we'll never improve this important entrance into UH. **So please send in your ideas today!** We have to start somewhere.

CONTINUED FROM COVER

## Humble Huffmans Get No Respect

Residents alarmed by the innocuous sounding "Pedestrian-Oriented Infill Development Enhancement Program" are not NIMBY's or against density. They fear displacement caused by gentrification, a fundamental shift in residents from lower income to higher. They fear a rapid rise in rents and the cost of purchasing a home. They fear that friends, family and, ultimately, they themselves will be forced to move, unraveling established community networks and crippling the small businesses they support.

Gentrification happens and there is no consensus about what if anything can or should be done about it. We cannot build our way out of it, since a revitalized housing stock will simply increase demand from more affluent buyers or renters. Inclusionary zoning or density bonuses help the lucky few, but since most developers pay in-lieu fees rather than build on-site subsidized units, current residents will almost certainly have to relocate.

Gentrification may be unavoidable, but public policy choices can make the situation worse. The City of San Diego's General Plan itself states that "Implementation of the City of Villages strategy carries a risk of gentrification," and proposes to minimize its negative impacts through Equitable Development, "the creation and maintenance of economically and socially diverse

communities that are stable over the long term through means that generate a minimum of transition costs that fall unfairly on lower-income residents."

Developers will tear down Huffmans, but lucrative incentives will only make things worse for current residents, many of whom are lower-income and ethnic or racial minorities—directly contradicting the city's policy of Equitable Development.

North Park already has affordable housing. They are called Huffmans. Regardless of how you may feel about their aesthetics, the Huffmans are far from ugly to those who call them home. These low-cost housing workhorses are indispensable to thousands who might not otherwise be able to live in and add diversity to the vibrant UH neighborhood where they are located.

While a community plan addresses specific community needs, its policies and recommendations must remain in harmony with the overall General Plan. The questionable benefits of vaguely defined "pedestrian development" and a policy that would clearly displace thousands simply because their housing exhibits an out of favor architectural style is not sufficient reason to support this program. If you agree, let your political representatives and planning organizations know.

UHCA & THE FRIENDS OF THE TROLLEY BARN PARK PRESENT

# MOVIE NITE

## Mary Poppins

# SEPT 10

PRACTICALLY PERFECT IN EVERY WAY

TROLLEY BARN PARK  
7:30 PM  
PACK A PICNIC  
BRING THE KIDS  
IT'S FREE!

UNIVERSITY HEIGHTS

CALIFRAGILISTICXPIALIDOCIOUS

DESIGN: PAUL FARRIS

619.840.8383

## Susan Holts

Realtor® Certified Residential Specialist

Thinking of buying, selling, or investing in a home? Over 20 years serving the San Diego metro area. Contact me today! [www.susanholts.com](http://www.susanholts.com)

COLDWELL BANKER  
RESIDENTIAL BROKERAGE  
DRE LIC #01020350

# HANDYMAN SERVICES

Reliable • Affordable • Efficient  
— Randall Mann - Mann Construction Co. —

## HOME REPAIRS MADE EASY!

- Electrical
- Plumbing
- Drywall
- Roof Repair
- More

"Randy Mann the Handyman"  
Call me for a **FREE** estimate  
**(619) 296-2895**

30-year UH Homeowner • 35-year Contractor B373541 • 10-year Journeyman Electrician #108684



# Happening in the Heights



## MUSIC

**PARK & REC**  
4612 Park Blvd.  
(619) 795-9700 / www.parkandrecsd.com



**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

● **Lafayette Jazz Concerts:**  
1-4 pm every Sunday

- **September 18**  
Titanic Jazz Band
- **October 16**  
Sue Palmer & Her Motel Swing

## THEATRE

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

## Hate Ugly Utility Boxes?

Here's what you can do about them!

By Cheryl Ann Cooke



The University Heights Community Association (UHCA) Beautification Committee is interested in starting a public art beautification program designed to transform common traffic control utility boxes in University Heights (UH) into distinctive works of art, creating a more vibrant, attractive cityscape.

The objective of the program is to celebrate local artists and their artworks, create a deterrent to graffiti, and involve residents in contributing to the beautification of their neighborhood. We are looking for a volunteer local artist to lead this program, specifically someone who understands the community and its identifying features, values, and character; can involve the community in the development of the artwork; and assist other artists in interpreting these elements into public artwork for the utility boxes. If you are interested in leading this valuable program, please e-mail UHCAOstrich@gmail.com.

## 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

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

- **Finest City Improv**  
Thursdays-Sundays 7-11 pm

# SEPT 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2 V-J Day	3 <b>The Point Cleanup</b> 1:30-3:30 pm (Golden Gate between Rhode Island & Delaware Sts)
4 <b>Hillcrest Farmers Market</b> Lincoln & Cleveland 9 am-2 pm	5 <b>HAPPY LABOR DAY</b> 	6 <b>Uptown Planners Mtg</b> Joyce Beers Uptown Center 6 pm	7 <b>UHDCDC Meeting</b> 4452 Park Blvd. #104 6:30 pm	8 <b>UHCA MEETING</b> Birney School Auditorium 6:45 pm <b>uhca.news</b> October Deadline	9 <b>Senior Mobile Tech Lab</b> UH Library 2-4:30 pm	10 <b>MOVIE IN THE TROLLEY BARN PARK "MARY POPPINS"</b> 7:30 pm
11 <b>Patriot's Day</b> <b>Grandparent's Day</b> <b>Hillcrest Farmers Market</b> Lincoln & Cleveland 9 am-2 pm	12	13 <b>Hillcrest Town Council</b> Joyce Beers Uptown Center 6:30 pm <b>Friends of UH Library Meeting</b> 6:30 pm	14	15 	16  <b>PREVIEW BOOK SALE</b> (Members Only) Friends of the Library UH Library 3-6 pm	17 <b>Friends of the Library BOOK SALE</b> 8 am - 3 pm, UH Library
18 <b>Friends of the Library BOOK SALE</b> Noon - 4 pm, UH Library <b>Hillcrest Farmers Market</b> Lincoln & Cleveland 9 am-2 pm	19	20 <b>North Park Planning Committee</b> North Park Christian Fellowship 2901 North Park Way 6:30 pm	21 <b>Library Task Force</b> UH Lib. 6:30-7:30 pm	22 <b>First Day of Autumn</b> 	23	24 <b>Adams Ave. Street Fair</b>
25 <b>Adams Ave. Street Fair</b> <b>Hillcrest Farmers Market</b> Lincoln & Cleveland 9 am-2 pm	26	27 <b>uhca.news</b> Comes out 	28 <b>UH Book Club &amp; Salon</b> 6:30 pm UH Library	29 	30	1



# My Kit Home in UH

## A UH Resident Digs into the History of Her House

By Melinda Pajak

Have you ever heard the term “kit homes” or “Sears kit homes?” From 1908 through 1940, six large companies in the U.S. sold entire homes through catalogs that were delivered as kits by rail or truck to a customer’s lot site. These homes were extremely popular during the 1920s and whole neighborhoods would pop up with these worker cottages. Each kit included hardware, framing lumber, millwork, windows, doors, nails, roofing materials, and more.

When we first bought our tiny cottage at 1108 Madison Ave. in University Heights (UH) in 2002, we thought it looked like a “kit home,” so I started looking through a Sears catalog from 1923, the year our house was built. I found the Del Rey model, which looked similar to our house but it was not exactly right. After more research, I found out about another company, Pacific Corp., which sold its Pacific Ready-Cut Homes house kits through catalogs. I also found out that Pacific sold 37,000 homes, principally in and around California, while Sears sold 75,000 throughout the entire U.S., meaning there was a much better chance I had a Pacific home.

I continued the search online for Pacific home designs and floor plans and one day, boom! I hit the jackpot and found our exact house, Style 385 from their 1925

catalog. The catalog I had did not have prices but the Del Rey I found in the 1923 Sears catalog had a price tag of \$2,412, plus upgrades to plaster, oak doors, and storm windows at additional cost. Our house must have had a similar price.

If you live in a modest home built in the 1920s or thereabouts, you might try to see if yours is also a Pacific Ready-Cut Home. Here is a great website that has all the old kit home plans online so you can see them in all their glory.

<http://www.antiquehome.org/House-Plans/1925-pacific.htm>

UH is full of history and these kit homes are an interesting piece of who we are. At the end of World War I, there was a housing shortage because all building materials had been diverted to the war. People needed housing and fast. Ordering a house from a catalog with all the pieces ready to build seemed a perfect solution, and it is how many neighborhoods, especially in California, came into being.

If you discover your home is a kit home, please let us know and we can profile it here in this column. We love discovering more of our rich neighborhood history. To read more, check out *California’s Kit Homes: A reprint of the 1925 Pacific Ready-Cut Homes Catalog* by Rosemary Thornton and Dale Patrick Wolicki.

# UH BUSINESS PROFILE: Bernie Horan of Twiggs

By Jean Rannells

Recently, Twiggs co-owner Bernie Horan and I met over coffee at Twiggs on Park Blvd; he owns Twiggs with his partner Dan Stringfield, who was unable to join us. Dan and Bernie met in San Diego on New Year’s Eve 1996 and were married in 2008. They share a home in University Heights (UH).

Bernie is friendly and easy to talk with to and passionate about his business and our neighborhood. While we talked, he greeted many passersby with a welcoming smile.

Bernie is from upstate New York, and has a degree in history and English. He arrived in San Diego in 1980, was involved in antiques, retail, and residential interior design, and owned two retail stores in Mission Hills; he also did landscaping, but nothing “felt right.” He and Dan were strolling in UH when they saw Twiggs 20 years ago, and bought it “because it was for sale,” and both were ready for a change.

Dan is from western North Carolina, and has a degree in math and computer sciences. He worked in the computer industry in the Bay Area, then attended the California Culinary Academy in San Francisco to pursue his love of baking. He left the computer field to work in a bakery and then a restaurant on the San Francisco Peninsula, before traveling around the country for a year. He arrived in San Diego in 1996, with the dream of opening his own bakery.



At one time, Dan and Bernie ran several businesses at the same time! In addition to Twiggs on Park, they operated a kitchen and a small retail bakery on Park Blvd, where Dan did most of the baking, and Twiggs downtown, before opening Twiggs on Adams Ave. in 2007. Around that time, they were able to consolidate the kitchen and bakery to Twiggs on Adams, closing Twiggs downtown. Twiggs on Adams does the baking for both locations, and focuses on their successful business in specialty cakes, along with many other kinds of baked goods and light meals.

As Dan says, “life is change,” and both Dan and Bernie have seen many changes in their lives. Both are happy that Twiggs is not only a wonderful coffee house but also a gathering place for our neighborhood. We are happy that their paths led them to University Heights and to Twiggs.

*This is the first in an ongoing series of interviews with local business owners in UH.*



SOLD FOR: \$655,000

**4705 Panorama Dr 92116**  
2 Bedrooms 1.5 Baths  
867 Sq ft



SOLD FOR: \$427,000

**2165 Haller St, 92104**  
2 Bedrooms 3 Baths  
1,302 Sq ft

NO ONE KNOWS UNIVERSITY HEIGHTS BETTER THAN WE DO! CALL US TODAY!

- Full Service Realtors With Over 20 Years Combined Experience
- Renovation Specialists With On Staff Licensed Contractor
- Complementary Listing Concierge Service
- We Both Live and Work In University Heights

Brokered by **BIGBLOCK REALTY**



**CHRISTOPHER HUTCHINSON**  
C: 619. 987. 4478  
Realtor BRE #: 01466032



**VAN EFFNER**  
C: 619. 694. 6147  
Realtor BRE#: 01747152  
Contractor's License #: 926244



**VAN HUTCH HOMES**

vanhutchhomes.com 619. 987. 4478



# PET OF THE MONTH



What's brown and tan and black all over? Sophie the cat!

I adopted Sophie from the San Diego County Animal Shelter about six years ago, when she was about five months old. I wanted a companion for my other cat, Charlie, but Charlie passed away soon after, so Sophie has become my companion.

Sophie sat in her little cubby in the shelter, staring quietly out the window watching all the comings and goings in the main lobby. When I first saw her, she didn't

react much to me. When I was "formally" introduced to her during an interaction with a shelter staff person, she remained quiet. She let me hold her, was gentle, but remained a bit aloof and shy.

Boy, had I only known! Once we got home, it quickly became apparent that Charlie was the dominant cat, and Sophie didn't "say a word" for about three weeks. I finally heard a little squeak and after much investigation, discovered it was actually Sophie. She speaks! Once Charlie passed away, Sophie blossomed.

Now she is a loving, lap cat. We hold long conversations about the hummingbirds at the feeder on my balcony, she lets me know what she thinks about the food she's given, how often I should clean her kitty box, and whether or not she'll come out from under the bed when I have a friend over, among other things. She does remain shy around strangers, but always around when I'm home, close to me or nearby, checking on my location from time to time to make sure I'm still where she thinks I should be.

She holds strong opinions on politics (we agree), on how long I should be gone from home (no more than a day), and what she'll play with. She is very picky—only one toy pleases her so far.

As I've heard said, "dogs have family, and cats have staff." I am so happy that Sophie adopted me, and that I can be her staff!

*Got a pet? Got a story? Want some press for your pet? Send your story and a picture of your pet to Nan McGraw at nmcsan@aol.com.*



## Birney Buzz

By Kim Schultz

Birney was back to school on August 29. On September 15, we'll host our first Playground Play Date of the year. The Birney staff monitors the students as they play while parents chat. Get to know the families of your students' new friends, then stay for the first Parent Teachers' Association/Friends of Alice Birney Elementary (PTA/FOABE) meeting of the year.

One of the advantages of the new online California Assessment of Student Progress and Performance (CAASPP), also known as the Smarter Balanced Assessment, is that the Birney staff will receive the results before the end of the school year, even if the results have not yet found their way to families. Ms. Amanda, our principal, reported that results for each cohort group (3rd grade last year and 4th this year, for example) were very positive for each group in both Math and Literacy, meaning that the students showed growth from 2015, the first year of the test, to this year. "It is hard to compare the same grade level group from one year to the next because you are looking at two distinct groups of students," she said.

"Our result show good solid movement forward, with all our diverse group of kids, which means we are doing what we need to do in terms of preparing our students for the demands of the 21st century," she added.

Ms. Amanda stresses that while the test results show what students can do independently, there is so much more to an International Baccalaureate (IB) education than test prep. "The most important thing in our school is that we are preparing critical and creative thinkers, active and communicative learners and caring, tolerant human beings – if you focus on that, then the test results are a given, and that is what we prove consistently at Birney."

The Birney office opened on August 22 for enrollment. While there is a waiting list for most grade levels, Ms. Amanda encourages prospective families to call the office at (619) 497-3500 to see if any spots have opened up with summer changes of plans. "We nearly always have room for a couple new students at the beginning of the school year," she said.

## ROONNEWS

from Roosevelt Middle School *By Laura Dadmun*

School will be starting up again a week earlier than last year, on August 29. Here are some things that are happening at Roosevelt in September and October.



**Mosaic Art Project at Roosevelt**  
Roosevelt parents have organized a project to create a meaningful and artistic mosaic mural on the Roosevelt campus. The same artists who created mosaic murals at the Birney and McKinley schools are designing ours with the help of Roosevelt students. This project will not only beautify our campus, but also provide the artists with a true sense of "ownership" in their school and leave behind a "service legacy" that will inspire classes and generations to come. Please help us raise funds for this great project. To donate, please visit the Indiegogo site: <https://www.generosity.com/education-fundraising/bring-art-to-our-middle-school-campus>.

**San Diego Maker's Faire Oct 1 and 2**  
Roosevelt will again be hosting a table at the San Diego Maker's Faire in Balboa Park. What's the Maker's Faire, you ask? The Maker's Faire "is a gathering

of fascinating, curious people who enjoy learning and who love sharing what they can do. From engineers and artists to scientists to crafters, the Maker Faire is a venue to for these 'makers' to show hobbies, experiments and projects. We call it the Greatest Show (& Tell) on Earth, a family-friendly showcase of invention, creativity, and resourcefulness."

Last year, Roosevelt's booth, which focused on robotics, was a hub of activity! We need volunteers to help staff our table. If you are interested in science and want to help inspire the next generation of scientists, please volunteer and you will receive FREE ADMISSION to the event! Please contact [rooseveltpta1@gmail.com](mailto:rooseveltpta1@gmail.com) if you can help.

**Save the Date: October 30 is Roosevelt's Trick or Trot Run!**

Mark your calendars for this October 30. That's when we'll be having Roosevelt Parent Teachers Students Association's (PTSA) first big fundraiser of the year is our, the Trick or Trot 1k/5k run. Roosevelt students, parents, family, friends, and community members are invited to run in costume at this fun event. All funds raised go to support our after school programs and clubs. There will be games, food, prizes, and music as well. More information will be forthcoming on this event!

**Andy's Plumbing**  
Installation, Service & Repair

**Andy Simon**  
At Your Service  
License # 1001958

[andysplumbingsandiego.com](http://andysplumbingsandiego.com) • 619.952.7063

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

**C2 FINANCIAL CORPORATION**  
University Heights Resident

- Purchases
- Refinances
- FHA and VA

**Mortgages Made Simple.**

Call Michael McGee.

619-564-8828

[www.MichaelMcGeeLoans.net](http://www.MichaelMcGeeLoans.net) | [Michael.McGee@MichaelMcGeeLoans.net](mailto:Michael.McGee@MichaelMcGeeLoans.net)

Equal Housing Lender, Lic. by the California Bureau of Real Estate | BRE Broker Lic. #01318790, NMLS #243318 | C2 BRE #01821025, NMLS #135622  
Loan approval is not guaranteed and is subject to verification of specific information that is requested at time of application. Specified rates may not be available for all borrowers. Rates subject to change.



# NO DUDS AT TRUST!

NEW PARK BLVD EATERY MAKES ALL THE RIGHT MOVES

By Andrea Bacal



There are not many times when visiting a new restaurant twice in a short period of time, I walk away shaking my head at the amazing experience of having been served NO DUDS! Between both visits to Trust, my friends and I tried almost everything on the small plate menu. And I have to tell you, THERE WERE NO DUDS!

Trust is less than a year old. In a recently developed Jonathan Segal building, it speaks to modern, minimalist, and sophisticated style. The outdoors space is lovely and large, although they might have forgotten that San Diego sometimes has cool summer nights when they decided to not hook up the outdoor heaters until the fall.

The rustic menu leans heavily on local produce, global influences, and the wonderful smokiness that can be produced in a wood fired oven. Like many of the newer modern restaurants, Trust suffers from a lack of absorbent materials to buffer sounds—that is, it can be loud, especially if you are near the bar – or of a certain age! But that’s about all it suffers from.

Let me name just a few “must haves” and encourage you to go and go again until you have completed the menu. My husband and I were taken back to Spain, with the grilled Shishito Peppers and braised and Grilled Octopus. The squash blossoms were lovely and complex; the Hush Puppies were extraordinary, served with the smoky house-made ham. The Ricotta Agnolotti were served with shaved sun chokes, “black garlic streusel,” black truffle, panna, and basil—this is a dish to die for!

On the first visit, we didn’t want to waste our time with mere salads, but we did order the Grain Salad on the second visit, and learned that it was anything but ordinary. Oh, and the Pork Sugo was one of those dishes that all we could do was look at each other a smile. I read a review of the restaurant before we went that described the dishes as “moaners” – and most of the dishes were just that.

We are definitely going back soon to try the few things we missed before the menu is changed—they say that the menu is seasonal, but I do hope that many of the moaners stay on for a long time.

The service the first time was impeccable. We ordered the plates in two’s but they arrived one at a time, piping hot, immediately upon finishing the last. I don’t know how they timed them so well! On the second visit, the service was flawed. Maybe because we were outside, maybe because we seemed to be served by more than one server, maybe because there were six of us—I don’t know, but there were some glaring gaps between dishes, and when asked to cut some of the dishes into six pieces rather than five, they ignored the request (or maybe it didn’t get to the chef).

Please don’t let that stop you from going to Trust! I, for one, can tolerate a less than perfect service for food like that!

Brunch: Sat.-Sun. 9 am to 3 pm  
Dinners: Sun. thru Thurs. 5 -10 pm,  
Friday 4-10 pm

3752 Park Blvd.  
(619) 795-6901  
www.trustrestaurantsd.com



# Plume

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION



When you walk into a room these days, you might wonder why so many are shouting out a first name. No, it’s not Hillary or Donald but instead “Sal.” With great pleasure, we give this month’s bouquet of plumes to Salman “Sal” Usman. Living in University Heights (UH) for only three years, we’ve grown to respect and love this “newcomer.” Though born at UCSD Hillcrest, Sal was raised in Mira Mesa and graduated from La Jolla High. Now he sits on the deck of his house in UH and looks out at where he was born.


Sal owns and runs the operations at Copy Cove, which was started 36 years ago by his father and grandfather. Not a newcomer to that business, he’s been working at Copy Cove since he was 15. Through the family business, Sal early on became involved in community activities and prominently served on the La Jolla Town Council. However, his life changed a decade ago when he met Bill York, COO of 211 San Diego, and an outspoken advocate for veterans. More than two years ago, Sal and Bill said their vows and were married on the same deck overlooking a beautiful canyon.

Since meeting Bill, Sal has expanded his volunteer efforts and today has spent countless volunteer hours helping out at events and providing services for many organizations and nonprofits, including serving as a key lead on 211 San Diego’s disaster response volunteer team, TedX San Diego, and Las Patronas.

This month, the University Heights Community Association (UHCA) gives Sal a special bouquet of plumes. He continues to astonish us with his generosity by printing our flyers, business cards, programs, and posters. You name it and Copy Cove has printed them pro bono. Thank you, Sal, for your generosity and thank you for helping our community become a better place to live!

**Law Office of  
Rosemary Leonard**

Estate Planning ♦ Elder Law  
Probate ♦ Wills ♦ Trusts  
Medical Planning



**619-295-8705**  
rosemaryleonard@cox.net

**Conveniently located in University Heights**





The Senior Mobile Technology Lab staff travel throughout the County of San Diego to provide services to help seniors learn today's technologies, including laptops, smartphones, tablets, and e-readers. Funded by the County of San Diego Health and Human Services through a grant to NAMI San Diego, our program provides one-on-one assistance with technology to older adults who may have a mental health diagnosis, their family members, or caregivers.

One of our favorite sites for labs are libraries, including the University Heights (UH) Branch Library. The benefits of using libraries for our training sessions are many: they are open to anyone; equipment use, including Wi-Fi is free; and space is made available for various organizations to offer services to better the community.

Despite the myth that seniors are uninterested in technology, appointments at the UH Library for one-on-one assistance usually are completely booked for the upcoming lab. Library patrons show up with the thirst to learn more

about their cell phones, tablets, and personal laptops. Those without devices use the touch-screen laptops staff bring to every lab.

Seniors with all skill levels are welcome to the labs. Some seniors start off not knowing how to turn on their devices, while others come interested in receiving more advanced technical support. Overall, it is truly rewarding to see seniors' faces light up with hope in that in the future they will have new skills, especially considering that many feel left behind from the everyday tech advances.

Thanks to the UH Branch Library staff for their hard work in promoting and hosting the program. We look forward to a continued partnership and furthering our efforts in assisting UH.

*Ricky Sayapheth is a staff member at the Consumer Center for Health Education and Advocacy and manages the technology education services for seniors. For more information, contact him at (619) 471-2713 or rickys@cchea.org.*

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

By Kim Schmidt, Librarian

## Senior Mobile Tech Lab – Second Friday each month 2:00 – 4:30 pm

The Senior Mobile Tech Lab schedule is **changing in September**. The lab classes will be held on the second **Friday** of every month from 2:00 to 4:30 pm.

The Tech Lab is a service provided by the Consumer Center for Health Education and Advocacy. Thank you Tech Lab tutors for the great service you provide! WE LOVE THE LAB!

**PLEASE NOTE! DUE TO THE POPULARITY OF THIS PROGRAM, THOSE WISHING TO ATTEND THE CLASS MUST SIGN UP IN ADVANCE BY CALLING (619) 471-2713. THIS IS THE NUMBER FOR THE AGENCY THAT PROVIDES THE TUTORS, NOT THE LIBRARY.**

## The Big Library Clean-up

In preparation for the library's 50th anniversary celebration on October 29, plans are underway to bring a new look to the UH Branch Library. This will include a new exterior paint job!

Also, mark your calendars: our good friends from the University Heights Community Association (UHCA) Beautification Committee will be sponsoring a clean-up of the garden areas around the University Heights Library on Sunday, October 16, from 9 to 11 am, in honor of the 50th anniversary of the library building.

## Meet Toni Atkins, California State Assemblymember and Speaker Emeritus and Her Staff

The UH Branch Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker Emeritus Toni Atkins and her staff. Please feel free to drop in, say hello, ask questions, and discuss your concerns. The "Office" is open to the public at 4 pm on the first Wednesday of every month. The next session will be on Wednesday, September 7, at 4 pm.

## Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the 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 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. Join the Friends of the UH Library.

## Friends of the Library Book Sale – Saturday, September 17 (8 am – 3 pm) and Sunday, September 18 (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.

## Book Club and Salon

This month's selection for Book Club & Salon is *State of Wonder* by Ann Patchett. Join the Book Club & Salon discussion on Wednesday, September 28, at 6:30 pm. The book will be available at the UH Library's front desk during the month. New members are always welcome!

## 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 other Saturday at 10:30 am.

All programs are **FREE** to the public. Please drop in!

The University Heights Branch Library  
4193 Park Blvd.  
(619) 692-4912

### 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



# New Rules Posted at The Point

By Janet Tait

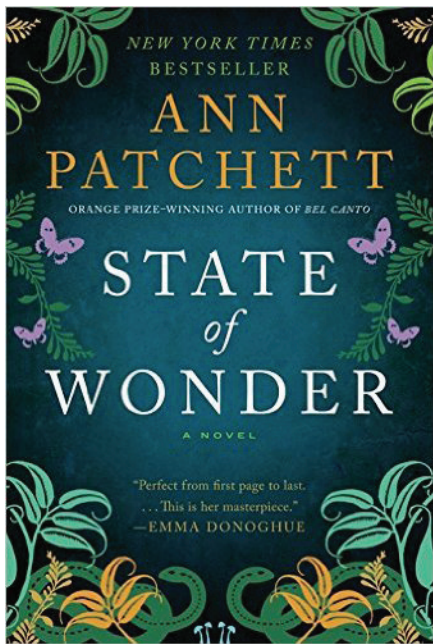
The City of San Diego's Parks and Recreation Department has posted new signs informing the public of the curfew and alcohol ban for the University Heights Point Open Space. Both sets of new rules are in effect after the City Council voted to change the municipal code on July 12.

The Point is now closed from 10 pm to 6 pm from April 1 to October 31, and from 8 am to 6 am from November 1 to March 31. No alcohol is permitted at the park. Signs are located at Rhode Island and Golden Gate, New York and Golden Gate, and Delaware and Golden Gate. Residents expressed a desire for signs also to be posted at Cleveland and Golden Gate and that request has been forwarded to Parks and Recreation.





# The September Book Club & Salon:



## State of Wonder By Ann Patchett

The author of this month's pick, Ann Patchett, is a master storyteller who has an unusual talent for dropping ordinary people into extraordinary circumstances to reveal their true character. In this riveting story, Marina Singh, who gave up a career as a doctor after botching up an emergency delivery as an intern, decides to become a researcher for a big pharmaceutical company. When an office colleague on a field team is reported dead, Marina's boss dispatches her to the darkest corner of the Amazonian delta to investigate the death and find the

body. The colleague died while trying to locate the scientist that has been silent for two years while working on a fertility drug by studying the Lakashi people whose women bear children into old age.

What Marina finds in the sweltering insect-infested jungles of the Amazon frightens her. Her jungle odyssey includes exotic encounters with cannibals and snakes as well as joyous interaction with the high-spirited people of the Lakashi Tribe. A reader won't be disappointed by this novel for it explores science, responsibility, and ethics through well drawn characters and Patchett's vivid storytelling.

Join the Book Club & Salon discussion on Wednesday, September 28, at 6:30 pm. The book will be available at the UH Library's front desk during the month. New members are always welcome!

UH Book Club & Salon  
**Wednesday, September 28, at 6:30 pm**  
UH Branch Library  
4193 Park Boulevard  
(619) 692-4912



## LITTLE FREE LIBRARIES Celebrate Literacy and Community

By Isabel Schechter

Little Free Libraries are a global phenomenon. The small, front-yard book exchanges can be simple neighborly book exchanges, or registered as an official "Little Free Library." Both kinds of libraries operate under the basic guideline of "Take a book, leave a book." Library materials can include children's books, spy thrillers, classics, comics, poetry, biographies, and more, depending on what books neighbors add to and borrow from the library.

There are more than 36,000 of these libraries around the world in 70 countries, and nearly 10 million books are shared in Little Free Libraries each year. University Heights is home to three libraries that have joined the movement to share books, bring people together, and create communities of readers.

One University Heights (UH) front-yard book exchange is located at 4581 Louisiana. Another is stewarded by Jessica Colosimo and Case Iest at 4445 Maryland. Case designed, built, and installed the library, which is a miniature replica of their house. Jessica's sister, Jennifer, sent them a newspaper article describing the growing popularity of the libraries, which was their impetus to try one.

"WE LOVE IT!" says Jessica. "A huge variety of people, both young and old, use it. Sometimes it feels like we're getting to know our neighbors (without ever meeting them) just by the books they share. The variety of books is as varied as the people seem to be. Quite often the

library just recycles itself and empties out and fills up again."

UH's newest Little Free Library is at 1048 Johnson Ave, stewarded by Scott and Isabel Schechter.

"Our Little Free Library is a family affair. My dad, Herbert Schechter, built it as a birthday gift for me; my husband, Scott, installed it; and I will keep it stocked," says Isabel Schechter, an avid volunteer with The Friends of University Heights Library.

The Little Free Library on Johnson is built to resemble a TARDIS, from the long-running science fiction television show, "Doctor Who." "It's our hope that our little blue box will nurture a love of reading, foster community connections, and introduce people to a wide variety of books," says Isabel.

The Little Free Library nonprofit organization has been honored by the Library of Congress, the National Book Foundation, and the American Library Association. *Reader's Digest* named them one of the "50 Surprising Things We Love about America." To encourage people to install libraries, the organization's website provides links to blueprints and plans to build your own library, and also sells kits. They also provide tips and resources for library stewards. To learn more, visit [www.littlefreelibrary.org](http://www.littlefreelibrary.org).

# LIBRARY MURAL

## TO FIND NEW HOME *By Philip J Gill*

The murals on the south side of the University Heights (UH) branch library will be coming down to make way for a major facelift for the 50-year-old library building. The building, opened in 1966, will be receiving a new coat of paint thanks to the efforts of the Friends of the University Heights Library (FoUHL) and Third District Councilmember Todd Gloria and his staff.

restore that side of the building to its original design, which includes a screen and letters spelling out "University Heights Branch Library."

The current UH branch library building at 4193 Park Blvd. is considered a prime example of San Diego Mid-Century Modern architecture and was designed in



Work is planned for the next few weeks, and it is expected that the library will have different color exterior as well. The building, the third to serve UH in the last 105 years, hasn't had a new coat of paint for more than 15 years.

the style of the noted San Diego modernist architect Hal Sadler. Hal, now retired, also designed the UH Sprouts market building, originally as a Safeway, and the Boulevard Fitness gym on El Cajon Blvd., originally as an Abbey Rents location.

The murals face the Sprouts parking lot side of the building and depict a series of historical buildings and events from University Heights history. Our community, founded in the 1880s and built out over the succeeding decades, has a rich, diverse legacy depicted in these murals by noted San Diego muralist Linda Churchill.

Currently, plans are for the murals to be stored temporarily at the old Serra Mesa branch library, which is currently vacant. It is possible that other organizations, such as the University Heights Community Development Corporation (UHCDC), will look for another locations in UH to rehang them.

*Philip J. Gill is present of Friends of the UH Library and be reached at [UHFriendsoftheLibrary@gmail.com](mailto:UHFriendsoftheLibrary@gmail.com).*

In keeping with the FoUHL's ongoing restoration efforts for the building, the murals will not be rehung as it plans to

# UH Beatification Committee

By Cheryl Ann Cooke

The UHCA Beautification Committee has been busy this summer brainstorming new, fun, and creative ways to keep our community beautiful. Some of the ideas that arose consisted of more graffiti removal and more mini-cleanups in areas around UH. We have decided to set-up a group on MeetUp.com for just these types of functions, and will post more information about the group on the UHCA Facebook page and future volunteer opportunities. So stay tuned!

Mark your calendars: The committee will be sponsoring a clean-up of the garden areas around the UH Library on Sunday, October 16, from 9 to 11 am in honor of the 50th anniversary of the library building the next Saturday.

**If you would like to join the Beautification Team, participate in an event, or just talk to us, email the Team at [UHCAOstrich@gmail.com](mailto:UHCAOstrich@gmail.com).**

**ART ARCHITECTURE DESIGN**  
Looking for Your Best Books  
TIME TO DONATE A FEW OF YOUR VERY BEST BOOKS FOR A GOOD CAUSE.  
OCT 29 \* ART ARCHITECTURE & DESIGN BOOK SALE  
THEN BUY FROM THE BEST OF THE BEST AT THE SALE  
FOR DETAILS AND DONATING CONTACT PHILIP GILL @ [UHFRIENDSOFTHELIBRARY@GMAIL.COM](mailto:UHFRIENDSOFTHELIBRARY@GMAIL.COM).  
FRIENDS OF THE SAN DIEGO PUBLIC LIBRARY UNIVERSITY HEIGHTS BRANCH



from your councilmember



## Supply and Demand in San Diego's Housing Market

By Councilmember Todd Gloria

San Diego is home to 1.3 million residents and San Diego Association of Governments (SANDAG) projections anticipate the region's population will grow by over a million people by the year 2050. While some of that growth will come from folks who choose to move to San Diego, the majority of that growth will come from local residents reproducing and raising their families in San Diego. SANDAG estimates that roughly 330,000 new units are necessary to accommodate this level of growth, so we must provide more housing opportunities to ensure our children and grandchildren can afford to live in America's Finest City.

The concept of supply and demand is fundamental to understanding economics in any market. When applied to housing, low housing supply translates into housing costs rising above the ability for many San Diegans to continue to afford to live here. Surveys show a countywide vacancy rate under three percent and a 32

percent increase in rental costs since the year 2000. During that same period, real wages fell by two percent. Lack of housing affordability exacerbates social issues like poverty and homelessness, and hinders economic growth.

One way to address this shortage is to build more housing. Land use is regulated at various levels of government, and the City of San Diego has its own set of zoning laws that provide rules for development, including what one can build and where one can build it. Regulations work best when they act as a guide to incentivize development where it is most appropriate. This is a key element of our city's Climate Action Plan, which seeks to place density near high-quality transit. Future generations deserve a healthy planet and a home to live in that they can afford.

The city is working to update its community plans for Uptown, North Park, and Golden Hill as part of a holistic approach to city planning, which includes economic development, a safe, sustainable and efficient transportation network and a high quality of life. Achieving these objectives all begin with access to housing. My goal has been to address the need for growth in a way that is sensitive to the historic character of our older urban communities. As our region continues to grow, we owe it to the next generation to plan for a future we know is coming and create places for San Diegans at all income levels to live.

Councilmember Todd Gloria represents Third District on the City of San Diego City Council.

from your speaker



## It's Make or Break Time in Housing

By Toni G. Atkins, Speaker Emeritus, California Assembly

Affordable housing is a crisis in California and for our struggling residents, the challenges reach far beyond the lack of a roof over their heads.

Let's look at an example of how a shortage of affordable housing can quickly spread and affect more and more people.

As housing demand rises, prices rise, increasing the number of people who are unable to afford quality, secure housing.

Our residents already devote more of their income to housing than anywhere else in the United States and the situation is worse for those with the least. For the quarter of Californians who earn the lowest incomes, more than two-thirds of their money is devoted to housing costs. With so little left in their budgets, they have less to spend on other goods and services, leaving them at risk for taking

on personal debt. Saving for a rainy day becomes impossible, much less saving to achieve the American dream of home ownership.

Worse, if families fall below the poverty line because of their housing costs, the impact can be far reaching. Already, California has the highest poverty rate in the country when our higher cost of living is considered. Poverty can leave families behind for generations, and holds the potential to affect the future of entire neighborhoods.

An increase in housing costs also results in more homelessness. About 20 percent of the homeless people in our country live in California. For some of them, the condition is temporary—those who fall under the category of situational homelessness may have had nowhere to go because they can no longer afford rent—but once someone becomes homeless, of course, it becomes more difficult to hold down a job.

This cycle can be devastating to families. We know the crisis is at hand. California needs 1.5 million new homes to meet our residents' needs and we must have an all-hands-on-deck response to achieve that goal. The public and private sectors must be involved, along with community leaders and residents, if we are to commit to creating more affordable housing developed in a smart, sustainable way. The time for the solution is now, because the problem will impact all of us.

Speaker Emeritus Toni G. Atkins represents the 78th Assembly District.

from your supervisor



## Vaccinations are Important for Everyone in the family

### No proof, no school for students

By Supervisor Ron Roberts

Thanks to a new law and some medical guidelines, this may just be the year of the vaccination.

Parents of school age children in University Heights (UH) have probably noticed new strict enrollment regulations. California Senate Bill 277, which took effect this summer, eliminates personal belief exemptions and requires all students show proof of being up-to-date on required vaccines before school admission. (Exemptions remain for medical reasons.)

The fewer unvaccinated students in classrooms and on the playgrounds, the less likely it is for disease outbreaks. When children are not vaccinated, not only are they at increased risk for disease, they can also spread illness to others at school and at home.

Young mothers and those who will be around infants should themselves be

up-to-date on vaccinations, especially for pertussis, better known as whooping cough. Early this summer, a five-week-old infant too young for vaccination died of whooping cough, the first time that has happened here since 2010. These are tragedies we can prevent.

Finally, the County Health Department also is on the lookout for meningococcal disease, which is on the rise among men, especially in Los Angeles and Orange Counties. Fortunately, no cases of meningococcal disease have been reported in San Diego this year. However, as a precaution, our public health officials are recommending meningococcal vaccination for all gay, bisexual, and other men who have sex with men, as well as for all persons with HIV infection.

All of these vaccines are available through your regular medical provider. People with no medical insurance can get vaccinated at a county public health center for little or no cost. Local retail pharmacies also offer some vaccinations for a fee.

For more information about ongoing vaccination clinics, call the HHSA Immunization Branch at (866) 358-2966, or visit [www.sdiz.org](http://www.sdiz.org). It's just one more way to Live Well, San Diego.

County Supervisor Ron Roberts, who is serving in 2016 as Chairman of the Board of Supervisors, represents UH as part of his Fourth Supervisorial District. Follow him on Facebook at Supervisor Ron Roberts, on Twitter at @RonRobertsSD and at [www.RonRoberts.com](http://www.RonRoberts.com).

# Disconnect to Reconnect

By Miriam Cuperman

We all thrive to have a more mindful, meaningful, and balanced life, but we live in a wired world that has driven us to become addicted to our digital devices. Do you check your phone as soon as you wake up? Do you get antsy when your digital gadget starts running out of juice? Maybe you are having neck pain from staring at your tablet or your eyes hurt from eyestrain.

Periodically unplugging helps you reclaim the real life experiences and recharge to avoid burnout. Rebooting yourself can be good for your health, your relationships, your creativity, and your productivity.

Sometimes we need to disconnect to reconnect by spending time on the things and people who matter to us the most.

You can do it but trying a digital detox switching off all mobiles, smartphones, tablets, laptops, and computers for a certain length of time. Having screen free time will give you a chance to recharge and rest. You can set up to do it for 24 or 48 hour and following these four simple steps:

**Motivation:** Why you want to do the detox. Is it to recharge your own batteries, or do you need to do valuable thinking, or spend quality time with the people that matter to you.

**Time:** Plan it at a realistic time like a weekend or holiday. Let your friends, family, and business contacts know that you will be away from your email and phone. You can even announce it in social media with #digitaldetox.

**Plan enjoyable activities:** Pick up that old hobby, explore the city, spend time in nature, or visit family and friend.

**Logging off:** Even if you have the urge to check your phone, give yourself a few minutes and the feeling should pass. Focus on the non-screen activities you planned. You might even sleep better and be re-energized.

Once you "reboot," redefine what's urgent, important, and what doesn't even need to be done. Unsubscribe from any emails you no longer need and try to check your email or social media less frequently, set yourself for twice a day or use one of the apps now available that tell you how long you have been online. Leave your phone in a different room at night and get an alarm clock.

Give yourself permission to pause and have a wonderful life, both online and off.

Miriam Cuperman can be reached at Integrative Nutrition Health Coach, [www.miriamcuperman.com](http://www.miriamcuperman.com), or by email at [coach@miriamcuperman.com](mailto:coach@miriamcuperman.com).




# Mueller Wellness Center Remains Open

By Philip J Gill

In the June *UHCA News*, the article "Two UH Landmarks Close" reported the closing of the Swedenborgian Church on Campus Ave. at Tyler Ave. and the Mueller College of Holistic Studies. However, it may not have been clear from that article that the Mueller Community Wellness Center at 4601 Park Blvd. in "the village" area of University Heights (UH), remains open for business, according to the organization's director Dr. Jeffrey Welsh.

Although Mueller College started in the UH at the Park Blvd. site, it later relocated to a campus in Mission Valley. It is that facility that has closed. The Mueller Wellness Center at Park and Madison, which was affiliated but independent of the school, took over that site and remains open, offering yoga classes, massages, and other services. For more information, go to [www.muellercenter.com](http://www.muellercenter.com).

## Images from Summer in the Park Concerts

DEEP CLEAN  
BASIC CLEANING  
MOVE IN/OUT  
VACATION RENTAL  
FLAT RATES

92116  
UNIVERSITY HEIGHTS  
San Diego

### BoBerry Cleaning Services

A Clean Home Is A Happy Home

**20% OFF**

\*Be sure to mention this ad when you call\*

**Discounts Available for:**

- ✓ New Customers
- ✓ Military Personnel
- ✓ Teachers

**619-892-8091**  
[boberrycleaning.com](http://boberrycleaning.com)  
Locally Owned and Operated

## Friends of Trolley Barn Park

By Jill Briggs Campbell

Friends of Trolley Barn Park (TBP), the University Heights Community Association's (UHCA) newest committee, is still eager for your input!

We invite all of our neighbors to take part in a very brief survey to assess the needs of our local park. You can find a link to the survey to the right, on the Friends of the Trolley Barn Park's Facebook page, fill out a paper copy at our next UHCA meeting September 8, or at our first Movie in the Park event, *Mary Poppins*, September, 10 at 7:30 pm.

The survey will only take a few minutes, but you can make a big contribution to the future direction of the Park!



[surveymonkey.com/r/HXKTR3S](https://surveymonkey.com/r/HXKTR3S)

**We need your input!**

Take the brief survey.



# TWIGGS

## BAKERY • COFFEEHOUSE

[WWW.TWIGGS.ORG](http://WWW.TWIGGS.ORG)

Celebrate with a Twiggs cake!  
For weddings, birthdays or any occasion.  
Each one made from scratch with  
decorations made by hand.

**SERVING  
BREAKFAST  
DAILY!**

### TWIGGS • UNIVERSITY HEIGHTS

The informal community center of University Heights for over 19 Years. Check out our Recent Makeover!

4590 Park Blvd • 619.296.0616

### TWIGGS • ADAMS AVENUE

Home of our bakery, serving homemade baked goods, sandwiches, salads and soup along with a killer breakfast!

2804 Adams Avenue • 619.296.4077





# University Heights and Mission Hills



**4514 New Hampshire Street**  
3 Bedrooms 2 Bathrooms  
**\$1,085,000**  
2,000 Sqft.



**3444 Pringle Street #8**  
3 Bedrooms 2½ Bathrooms  
**\$525,000**  
1,442 Sqft.

Call me for **ALL** your real estate needs!

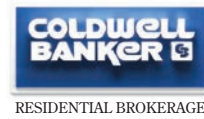
**619-871-0635**

**Mary Anne Stevens**

*Don't make a Move without me!*



Coldwell Banker  
**619-871-0635**  
maryanneshomes@gmail.com  
123 Camino de la Reina  
Suite 100 South  
San Diego, CA 92108  
[www.maryanneshomes.com](http://www.maryanneshomes.com)  
CalBRE# 01034232



## Roxanne Govari & Team

Cal BRE# 01319244 4637 Park Blvd | San Diego, CA 92116  
(619) 778-0577  
www.facebook.com/roxanne.govari  
roxanne@pemberleyrealty.com www.twitter.com/RoxanneGovari  
www.pemberleyrealty.com www.youtube.com/user/pemberleyrealty/videos

### Properties Offered by Pemberley Realty Team!

<b>FOR SALE !!!</b>  <b>4747-4749 Idaho St</b> \$1,499,980 Front House: 4BR/3BA Back Unit: 2BR/1BA	<b>FOR SALE !!!</b>  <b>3037 Logan Ave</b> \$349,950 3BR/2BA Manufactured Home	<b>FOR SALE !!!</b>  <b>12861 Campo Rd</b> \$557,999 4BR/2BA House	<b>FOR SALE !!!</b>  <b>1114 Calle Mesita</b> \$829,950 4BR/2.5BA House
<b>IN ESCROW !!!</b>  <b>3310 1st Ave</b> \$500,000 2BR/1.5BA Condo	<b>IN ESCROW !!!</b>  <b>4822 Edgeware Rd</b> \$1,087,000 3 BR/2 BA House	<b>IN ESCROW !!!</b>  <b>1626 Danny Way</b> \$451,378 4BR/2BA House	<b>IN ESCROW !!</b>  <b>4820 Kansas St</b> \$749,950-\$789,000 2 Unit
<b>SOLD !!!</b>  <b>4536 4th St</b> Sold for: \$375,000 2BR/1BA House	<b>SOLD !!!</b>  <b>1532 Bitterroot</b> Sold for: \$458,000 3BR/2BA House	<b>SOLD !!!</b>  <b>6125 Haas St</b> Sold for \$650,000 4 BR / 2 BA House	<b>SOLD !!!</b>  <b>5875 Friars Rd #4215</b> Sold for \$385,000 2BR/2BA Condo

**We Can Sell Yours Too !!!**

Helping University Heights businesses and residents achieve financial success



**Scott Schechter, MBA, CFP®**  
Financial Advisor



Eagle Strategies, LLC  
1048 Johnson Avenue  
San Diego, CA 92103  
sschechter@eaglestrategies.com  
www.sschechter.com  
619-350-3600

**Eagle Strategies LLC**  
A REGISTERED INVESTMENT ADVISER

Financial Adviser offering investment advisory services through Eagle Strategies LLC, a Registered Investment Adviser. Registered Representative offering securities through NYLIFE Securities LLC (member FINRA/SIPC).