

UHCA MEETING THURSDAY, FEB 4

Alice Birney Elementary School Auditorium
4345 Campus Avenue

- Crime Watch 6:45 pm (hot spots in UH)
- Business & Program 7 pm
- Light Refreshments and Raffle for \$50 gift certificate to new restaurant, Madison

University Heights Community Association // February 2016

NEWS

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UH, NP AT ODDS ON FUTURE DENSITY

IN A SURPRISE MOVE ON JAN. 19TH NORTH PARK PLANNERS APPROVED THE SAME CITY DENSITY BONUS PLAN UNIVERSITY HEIGHTS RESIDENTS REJECTED. READ UHCA'S OBJECTIONS BELOW AND STAY TUNED TO UHCA NEWS AND THE UHCA WEBSITE WWW.UHSD.ORG FOR THE EFFECTS ON FUTURE DEVELOPMENT ON PARK AND EL CAJON BLVDS.



Marlon I. Pangilinan
City of San Diego Planning Department
1222 First Avenue MS-413
San Diego, Ca 92101

Dear Mr. Pangilinan

I'm writing as President of the University Heights Community Association to give our community's input on the proposed Community Plan update. We held a series of meetings including a full community association meeting to inform everyone of the proposed changes and to discuss our collective thoughts. We also reviewed notes from the North Park Planning Committee and Uptown Planners since University Heights is currently divided between the two.

We realize that growth within University Heights is inevitable but we want to have a voice in how that growth happens. We want to make sure our neighborhood blends with the communities around us as part of the "City of Villages" concept the city has proposed. We want to retain the village character of University Heights with it's rich historical details while promoting growth within our boundaries in specified areas. We want smart growth based on factual numbers and wish to retain a functional community infrastructure.

Based on the numerous meetings we've had on the Community Plan update, there are three major areas I would like to address in this letter. These are:

- Three specific properties in our neighborhood that we're concerned about future development
- The overall concept of a "Density Bonus"
- Our strong desire to make University Heights part of one planning group

The three properties we're most concerned about lie along El Cajon and Park Boulevard. The greatest changes will happen along these corridors in the next few decades. The large parcel of land owned by the San Diego Unified School District which borders Normal and Campus Street along with the lot at the northeast corner of Park Boulevard and El Cajon (currently Lusti Motors) are gateway properties for both El Cajon Blvd and its "City of Villages" concept and our own Park Blvd business district. We're also concerned about potential future development of the property owned by Victory Outreach Church on the southeast corner of Park and Meade, across Park Blvd from Birney Elementary.

Continued on page 11

FEB 4 MEETING

We will begin our meeting at 6:45 with San Diego Police Department Officer David Surwilo. He will troubleshoot and answer our concerns regarding a few 'hot spots' in University Heights. Among problem areas are the Vermont Street Bridge, the UH Library and the canyon rims where people from outside UH have recently come for drug exchanges. Please join the discussion.

There will be updates from our political representatives and announcements from UHCA committees.

Our program will feature Janet Tait and Doug Wallingford offering a Power Point presentation with the survey results and the proposed solutions to The Point's recent problems. A proposed curfew and alcohol ban is moving forward.

Finally, there will be a raffle for a \$50 GIFT CERTIFICATE to our new, hot restaurant, Madison.

Read our Madison review on p. 9.

LOOKING AHEAD

The March 3rd University Heights Community Association (UHCA) meeting will be dedicated to children's literacy and reading. The month of March celebrates Read Across America, an annual program created by the National Education Association in 1997 to promote reading in the United States, especially reading for children. March 2nd was chosen as Read Across America Day because it is the birthdate of Dr. Seuss, a longtime resident of San Diego who wrote many wonderful children's books. We hope you will join us for a scintillating discussion about how to encourage reading and literacy.

UPDATE ON THE POINT: PROPOSED LIQUOR BAN AND CURFEW MOVE FORWARD

By Doug Wallingford

In the December/January issue of the UHCA News, your views were solicited on a proposal to adopt a 24-hour alcohol ban and a 10pm to 8am curfew for the open space area known as The Point in University Heights. The survey, which

was available on the University Heights Community Association (UHCA) website, confirmed the community's overwhelming support for the proposal. Of 76 individual responses, 88 percent supported an alcohol ban and over 80 percent supported the proposed curfew. UHCA members, who comprised 55 percent of the survey respondents, supported the proposal by similar margins. The curfew will not apply to the pathway along the Mission Valley rim between New York and Rhode Island Streets.

In December, the University Heights Recreation Council, acting as the University Heights (UH) community advisory panel to the city's Parks & Recreation Department (P&R Department), issued a letter in support of the alcohol ban and curfew proposal. The P&R Department will present the proposal to the Park and Recreation Board, the City Council's Public Safety and Livable Neighborhoods Committee, and finally to the full City Council in April or May, with the second reading in May or June. If the proposal

passes, the alcohol ban and curfew should be in place later this summer.

After a lull from the recent weather and holidays, illegal activity will undoubtedly pick up again. The increased vigilance of UH residents and other actions taken in recent months are helping to make a difference!

Further background information and the detailed survey results are available on the UHCA website at www.uhca.org.

president's corner by Bernie Horan

It's February, which means love is in the air! The cynical among us might gripe that Valentine's Day is a manufactured holiday designed to feed our capitalist economy. They'd probably be right, but since most of the money for this holiday is spent on local restaurants, florists and chocolatiers, I'm okay with it. If you have a valentine, I do hope you'll consider having your valentine dinner at one of our local University Heights restaurants or purchasing your flowers from our neighborhood florist. And if you're single this year, just remember that Valentine's

Day is a manufactured holiday designed to feed our capitalist economy.

But what is this thing called love? We love our spouse, our parents, our children, our siblings and our friends. But I also love Italian food and Major Crimes on TNT. I love western North Carolina. I love driving cross country. I love my two dogs, Charlie and Hazel. I love parties and people. Telling someone you love going to the farmer's market can be said with essentially no emotional consequences. But telling that same

person that you love them for the first time can be an emotional minefield filled with self-doubt and fear that they won't say it back.

So we use the same word, "love," to describe a wide range of feelings of affection and emotional attachment. This February, rather than just focusing on romantic love on a single day, why not spend the whole month celebrating the wide range of love? If you love hiking, take a hike. If you love Adele, sit down just to listen to her latest album. Plan a

special outing with your kid or parents doing something you enjoy doing together. Make a conscious effort each day to do some small thing that you love and appreciate it while you're doing it. Intentionally live a life you love and you'll love the life you live.

And with that thought, I've reached the 350 word limit for this column. That means I'm finished and don't have to think about this column for another month. I love it!

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
 Vice President: Christopher Hutchinson
 Secretary: Monica Lanctot and Mary Anne Stevens
 Treasurer: Peter Rose
 UHCA Website: www.uhsd.org
 facebook.com/universityheightscommunityassociation



Household:

Blair Alexander & Dan Belair, Hans & Heidi Baumgartner, Rhett Butler, Martha Carey & Elisabeth Fidler, Allen Clark, Jessica Colosimo & Case Iest, Cheryl & Christopher Cooke, Estrada Family, Nancy & Charles Girvin, Sharon & Clayton Haven, Julie Hoffman & Summer White, Beth Jaworski & Doug Grotjahn, Judy & Weston Riffle, H.J. Seagrim, Larry Seubert, Lino Trombetta, Melva Tuggey

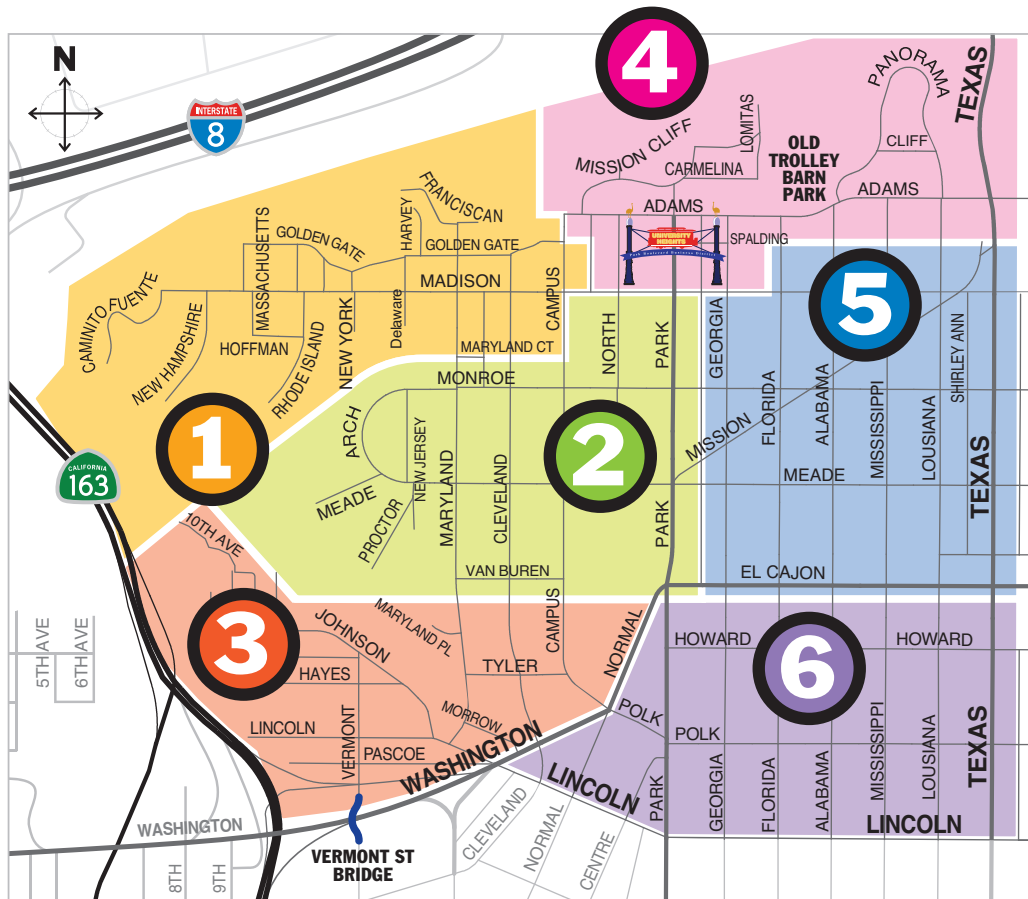
Business Owner:

Shanan Spearing (Red House Pizza), Steve Huemmer

Golden Ostrich:

Mary Ellen "Mike" Rybarczyk
 Robbie Robertson

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 Christopher Hutchinson.

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@tamarahomes.com
6	Mark Koopman	mkzw6@yahoo.com

Membership Form

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

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. For more info, email membership@uhsd.org

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & 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 2015 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

Our Trolley Barn Park Needs Attention *By Jim Webb*

Twenty-five years ago, University Heights (UH) celebrated the opening of Trolley Barn Park on Adams Avenue. Our community park is steeped in history and when I walk through the park today, I'm grateful to the citizens who stepped up and ensured that our community will be able to enjoy these eight-plus acres of park for generations to come.



Those of us who have called UH home for many years know the history of Trolley Barn Park. For our newer residents, here is a synopsis. In 1890, the San Diego Electric Railway Co. (SDER) began transporting passengers between downtown San Diego and Mission Cliff Gardens in University Heights on the #1 Park Blvd. trolley line. In 1907, SDER added the Adams Ave. shuttle line, connecting Kensington to downtown San Diego with a transfer at Adams Ave. and Florida Street. In 1913, on the northern edge of the Adams and Florida intersection, SDER constructed a large trolley barn to store and to repair trolleys.

The trolleys ran throughout the early 1900's, finally succumbing to the automobile and buses 1949. The barn was sold to the San Diego Paper Box Co., and functioned as a warehouse for

years. Finally, when the trolley barn was demolished in 1980, developers sought to build condominiums on the site; however, a group of concerned UH residents had a different plan in mind—they wanted a community park—and, in 1991, Trolley Barn Park was dedicated.

To say that the park is a local treasure is an understatement. Walk through the park on a sunny San Diego day and you'll see children playing, adults reading, young people playing soccer, birthday celebrations and dogs meandering about. The well-attended summer concerts at the park are an annual ritual not to be missed. Needless to say, our park is well used.

On this the twenty-fifth anniversary of Trolley Barn Park, the residents of University Heights need to ensure that it remains the gem of our community.

This is an area of concern I would like to explore. Over the past few years, I've notice a lot of deferred maintenance—benches no longer there, a missing palm tree, bushes long gone, overgrown weeds, missing or chipped paint on lamp posts, rundown fencing and other structures. Many of these fixes are cosmetic and can be taken care of with some elbow grease; others require city involvement—for example, uneven



concrete. In years past, when a piece of concrete would protrude up or drop down the city would grind or replace the concrete with concrete. However, the city is using pavement as filler instead of grinding or replacing with concrete. While efficient, the patches make our park appear run down.

To ensure the preservation of our park, we need community involvement. How can you ensure that our park is properly cared for? The simplest thing to do is to express concerns to our councilman's office, toddgloria@sandiego.gov. You can attend the monthly UH Park and Rec meeting just prior to the monthly University Heights Community Association (UHCA) meeting on the first Thursday of every month. The UH Park and Rec committee is a hard-working group and is the reason we have a mixed-use field at the Alice Birney School. Maybe it is time for UH to establish a volunteer group to pull weeds, prune, plant shrubs and trees, paint the lampposts and fences, and ensure that our park is properly cared for? It is our park and rolling up our collective sleeves will make the difference.

Trolley Barn Park is a highly valued community asset and as such, it is time to dedicate a UHCA community meeting to address the deferred maintenance with city representatives, discuss community involvement and long term plans for the parks next twenty-five years.

SAVE THE DATE

CELEBRATING 25 YEARS: THE TROLLEY BARN PARK

APRIL 16, 2016

Over 30 years ago the Trolley Barn was unceremoniously torn down after losing a bid to be historically designated. The property languished a few years while developers attempted to secure financing for their high density housing project. Janet Duvall and her husband, Eric, gathered neighbors together to discuss the possibility of a park. Imagine that? That was the beginning of the University Heights Community Association. There will be more about this history in next month's UHCA News. In the meantime, save the date. We will celebrate this amazing accomplishment, the Grand Opening of the Trolley Barn Park 1991, 25 years later, this April 16, 2016. There will be live entertainment, activities for kids, and more. Please contact Monica Lanctot at webmaster@uhsd.org to volunteer.

2015 Lights in the Heights

By Cheryl Ann Cooke

All of us who live in University Heights (UH) know that we live in the best neighborhood in San Diego, and this year's "Lights in the Heights" contest once again showed the beauty, creativity and festive spirit that lives in our community. Now in its fifth year, this friendly competition encourages residents and businesses to celebrate the season by decorating with holiday lights.

On December 17th, the University Heights Community Association (UHCA) Lights in the Heights Committee toured the neighborhood to view and to vote on the best lights for 2015. Award categories were chosen to reflect the diversity of homes and light displays. Overall, we noticed more inflatable figures than in the past and an increased usage of laser lights and projectors. There were more awards this year, including some new categories.

The Lights in the Heights Committee proudly presents the 2015 Lights in the

HEIGHTS AWARDS:

Best Complex:
4067-4079 Normal Street

Best White Lights:
4350 Proctor Place

Best Business: Bear Hair by Chuck,
4002 Park Boulevard, Suite B2

"Treetacular" Display:
4445 Maryland Street

Best Terraced Display:
1021 Hayes Street

Best Linear Design:
2012 Lincoln Avenue

Best Overall Design:
818 Madison Avenue

"Did Someone Say Bacon" Award:
4373 Cleveland Avenue

"It Takes a Village" Award:
4545 Rhode Island Street

Most Distinctive Display:
1629 Madison Avenue

Most Playful Display:
988 Johnson Avenue

Best Block:
4500 Block of New York Street

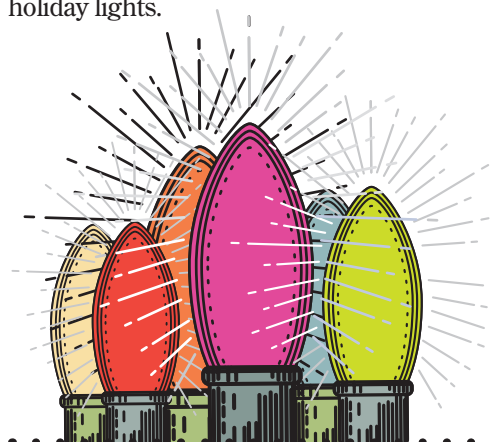
The University Heights Community Spirit Award: 1917 Madison Avenue

Hall of Fame Award:
1804 Meade Avenue

Sometimes all that crawling on the roof, clambering up a ladder and making sure holiday lights are all in good working order pays off in more ways than lighting up neighbors' faces on the sidewalk. As a military spouse whose husband is currently deployed, seeing all the effort and creativity that goes into these displays brightened my spirits.

It also makes me grateful that I live in a neighborhood of such artful and talented folks who work hard to bring joy and cheer to their neighbors. And it also inspired me to try some new ideas for decorating at my own house!

Decorating your home, nominating others for an award, and volunteering to judge this sort of contest are little threads that help connect us as a community. If you would like more information on the contest or to volunteer for next year's event, please contact me at UHCAOstrich@gmail.com.



Happening in the Heights

COMEDY

SWEDENBORG HALL

1531 Tyler Ave.
www.swedenborgianchurchsandiego.org

- **Side Stage Improve Class**
No Side Stage Improve Classes
Scheduled For Feb
More Info: mike@sidestageimprov.com

LESTAT'S ON ADAMS

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

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



TWIGGS

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

- **Comedy Heights:**
Every Sat, 8 pm
- **Celtic Ensemble:**
Every Sun 4-6 pm

ACROSS THE STREET AT MUELLER COLLEGE

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

- Contact John Ciccolella for details-



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

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

ACROSS THE STREET AT MUELLER COLLEGE

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

- Contact John Ciccolella for details

SWEDENBORG HALL

1531 Tyler Ave. (619) 296-5662
www.swedenborgianchurchsandiego.org

TWIGGS GREEN ROOM

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

LAFAYETTE HOTEL

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

- **Industry Mondays:**
12-5 pm (\$5 cover)



THEATER

DIVERSIONARY THEATER

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

- **NOW OR LATER:**
An incisive and politically provocative new play, that takes on religion, freedom of expression and the dangers of an increasingly interconnected global community.
--Thurs, Feb 11th - Sun, Mar 13th

LAST CALL for Uptown Planners!

By Beth Jaworski

Want to have an impact on the future of University Heights and how that future will be shaped? Then step forward and run for a seat on the Uptown Planners.

Seven seats are up for grabs at the March 2016 Uptown Planners meeting. As the three currently serving University Heights residents are termed out, it is important for UH to have a voice..

Uptown Planners is the official advisory board and community planning group to the City of San Diego regarding land use, development, and discretionary projects in Uptown, which includes Bankers Hill/ Park West, Five Points/Middletown, Mission Hills, Hillcrest, and the portion of UH that is west of Park Blvd.

Board members are elected to four-year terms each March. To qualify to run for a board seat, complete an application form and provide it to the secretary or chair before the election. Board members must either reside or own a business within the boundaries of Uptown and provide proof of his or her address.

Also, candidates must have attended at least three meetings of Uptown Planners in the year prior to the March election meeting to qualify for election. Attendance is verified by reference to the meeting sign-in sheets.

For more information, check out <http://uptownplanners.org/>

FEBRUARY 2016



FEBRUARY IS MUSEUM MONTH!

50% OFF ADMISSION WITH PASS AT PARTICIPATING MUSEUMS. PICK UP A FREE PASS AT ANY MACY'S / SANDIEGOMUSEUMCOUNCIL.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 Groundhog Day Uptown Planners Mtg Joyce Beers Center Uptown Center 6:30 pm	3 UHCDC Meeting 4452 Park Blvd. #102 6:30 pm Toni Atkins "Public Office Hours" UH Library 5-6 pm	4 UH REC COUNCIL Birney School Lib. 5:30 pm UHCA MEETING Birney School Auditorium 6:45 pm Curbside Recycling & Yard Waste Collection	5	6
7 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm Super Bowl	8 Chinese New Year uhca.news March Deadline	9 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm Friends of UH Library Meeting 6:30 pm	10 Ash Wednesday	11	12 Lincoln's Birthday (Observed Presidents' Day)	13
14 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm Valentine's Day	15 Presidents' Day	16 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	17 Library Task Force 6:30-7:30	18 Curbside Recycling & Yard Waste Collection	19 Preview Book Sale (Members Only) Friends of the Library UH Library 3-6 pm	20 Friends of the Library BOOK SALE 8 am - 3 pm, UH Library Buchanan Canyon Cleanup 9 am, Johnson between Lincoln & Hayes
21 Friends of the Library BOOK SALE Noon - 4 pm, UH Library Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	22 Washington's Birthday (Observed Presidents' Day)	23 uhca.news Comes out	24 UH Book Club & Salon 6:30 pm UH Library	25	26	27
28 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm 88th Academy Awards Award ceremony	29	1	2	3	4	5

Living Well

Your San Diego Fitness Bucket List

By Brian White

Now we all know that University Heights is an awesome place to live for many reasons—the cool eateries, funky coffee shops and, of course, Trolley Barn Park. But it is also awesome because it is located within San Diego, America's Finest City. San Diego is unique because it offers a great variety of fitness activities you may not get in other cities. For those of you who are trying to refresh your fitness routine, here are five great ways to spice it up.

1. Hike Cowles Mountain—just 15 minutes away, this 1.75 mile hike ends at the highest point in the City of San Diego. A very popular spot, the 45-minute hike to the top is well worth it for the views alone.

2. Swim La Jolla Cove—Whether you begin in the cove or on the opposite shore, this is a great place to get an ocean swim in. There are buoys at the quarter-mile and the half-mile points so you can stay within your fitness level and your swimming ability.

3. Play disc golf—University Heights is less than five minutes to one of California's best disc golf courses, and it gets you out in the park and running

around. You can rent discs there and it's only a couple bucks to play. And it is a great way to spend an afternoon!



4. Take a boot camp class in Balboa Park—There are many boot camps to choose from, so it's easy to find one that fits your workout style. Almost all let you do a week trial, so give it a shot—a well-run boot camp can really put the consistency back into your fitness routine.

5. Do a mud run—There are so many mud runs available in San Diego, from beginners to serious athletes, so it's easy to find one to suit you. There is nothing like having a mud run as a goal to keep you focused on your workouts.

Whatever is on your San Diego Fitness Bucket List, write it down and get it done! Fitness is a great way to meet people, get healthy and to enjoy some really unique experiences—let me know what you have planned!

Brian White owns a personal training gym, has boot camps in Balboa Park and consults with San Diego companies about their wellness programs. www.youshouldbedoingit.com (619) 800-1625.

On the street where you love.



Your search is over. UH Ostrich Tee's and Hoodies with your Valentine's street name, plus all the other 52 in the hood. The perfect gift. Low calorie. Gluten free. Unisex Cut. Buy yours at the UHCA Feb meeting and afterwards at Twiggs on Park Blvd.

Hoodie: Navy or Black 50/50 blend \$25; **Long Sleeve T:** 100% Cotton, Black \$22
Short Sleeve Tri-Blend Tee Shirt: Passionate Scarlet or Vintage Purple \$20

IN CASE YOU MISSED IT

By Nan McGraw

The December UHCA meeting was a rousing success. The Birney Giving Tree garnered a total of \$1645 in gift cards for needy children and families of our local Alice Birney Elementary School. The collection of new socks for homeless veterans was also a success—a total of 350 pairs were delivered to Veterans Village December 16th. Socks were collected at the University Heights (UH) Library, Twiggs and University Heights Community Association (UHCA) meetings. Thank you for your generosity this holiday season.

Our annual holiday dessert potluck was a huge hit. Tasty treats from Twiggs and attendees sugared up everyone for our awards ceremony. The UHCA recognized and honored those who served us this past year in University Heights.

AWARDEES:

Oz Blackaller, owner of Cueva Bar. Five years ago, Jo and Oz came into our lives and opened Cueva Bar. Among our favorite tapas created by Chef Oz includes the Guacamole Tower, the Bacon & Goat Cheese Stuffed Dates and the Torta Azteca de Mole. Salud, Jo and Oz.

Roxanne for Sanam Govari, Soltan Banoo restaurant, known for her friendly service. Sanam, Roxanne and their mother Mahin were the 'pioneers' of the UH restaurant scene 15 years ago,

opening their tiny Caspian Café on Park Blvd. Now, their larger space across the street, the successful Persian restaurant Soltan Banoo, provides a memorable dining experience and is an important part of the UH community.

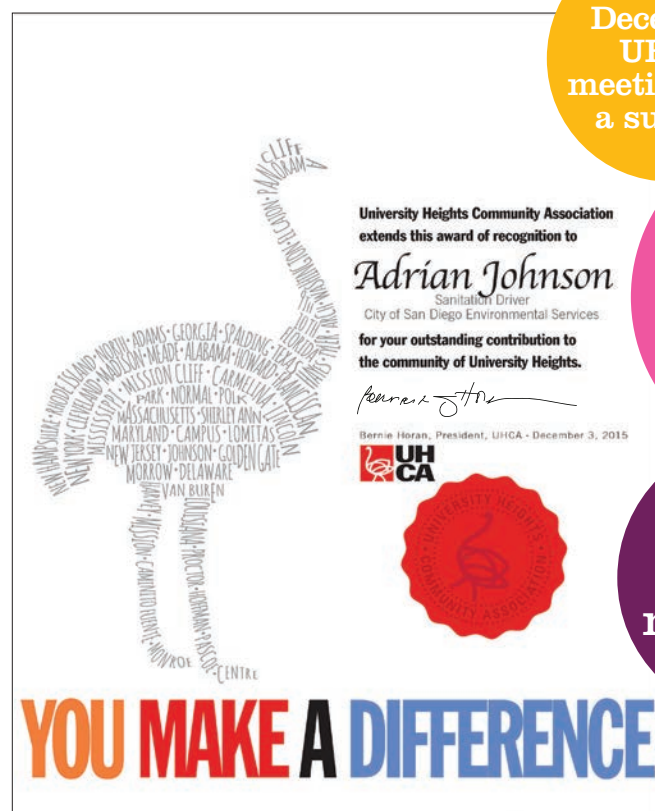
Reverend Jonathan Mitchell, Swedenborgian Church pastor, a volunteer for the Friends of the UH Library, Washington Street cleanups, Buchanan Canyon Cleanups, and much, much more.

Alfonso Sanchez and Adrian Johnson, Sanitation Drivers, (pictured on the cover with their awards) a great team and friendly weekly service to University Heights.

Shanan Spearing and Cindy Hmoung, Red House Pizza owners. It's more than pizza! It has a great wine list and beers on tap. Plus, they have free delivery!

SDPD Officer David Surwilo, San Diego Police Department Community Relations Officer. David responds to our UH issues and needs. In addition, he facilitates our Coffee, Cookies and Ice Cream with the Cops events.

UH Branch Library Staff and librarian, Kim Schmidt. Kim, head librarian, and staffers Erin Wilson and Buffy Budz, are a delight. Their hard



The December UHCA meeting was a success

\$1,645 in gift cards

350 pairs of new socks

work and dedication makes the UH library, the oldest branch in the city, a vital part of our community today.

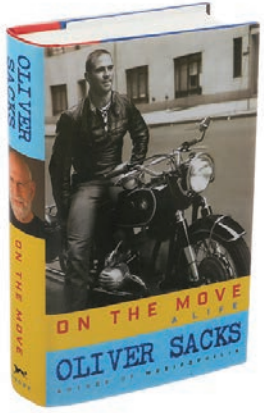
Nerea Urtasun, aide to Supervisor Ron Roberts, our point person who shepherded our Neighborhood Reinvestment Program Grant application, which allows us to create and install the extraordinary street pole banners up on Park Blvd and Washington Street.

Abel Woldemichael, owner of Muzita's. For the past seven years, Abel and his extraordinary staff make regular

customers and newcomers feel like part of the family. Their excellent food and service has turned Muzita's into a neighborhood meeting place.

Thank you and congratulations to our awardees: Jo and Oz Blackaller, Sanam Govari, Reverend Jonathan Mitchell, Alfonso Sanchez, Adrian Johnson, Shanan Spearing, Cindy Hoang, Officer David Surwilo, Kim Schmidt and the UH Library Staff, Nerea Urtasun, and Abel Woldemichael.

The February Book Club & Salon:



On The Move: A Life

By Oliver Sacks

Dr. Sacks spent almost 50 years working as a neurologist and wrote a number of books about the strange and neurological predicaments and conditions of his patients. His memoir, *On The Move*, was published shortly before his death in August 2015, and it reveals his surprising route to becoming the “bard of brain disorders,” with stops along the way to include his biker days, weightlifting, experimentation with drugs, and numerous brushes with death. The vivid

self-portrait that emerges is of an extreme risk taker with a brilliant questioning mind, an enthusiast who regards “all neurology, everything as an adventure.”

Sacks is a wonderful storyteller, a gift he says he inherited from his parents, both of whom were doctors. Born in 1933 in London and educated at Queen’s College, Oxford, he completed his medical training at San Francisco’s Mount Zion Hospital and at UCLA before moving to New York, where he encountered patients whom he would write about in his book *Awakenings*.

As he proves again in this latest book, it is his keen attentiveness as a listener and observer, his insatiable curiosity, that makes his work so powerful. *On The Move* is the story of a brilliantly unconventional physician and writer – and of the man who illuminated the many ways that the brain makes us human.

Join the Book Club & Salon discussion on Wednesday, February 24, 2016, at 6:30 pm. The book will be available at the UH Library’s front desk during January/February. New members are always welcome!

UH Book Club & Salon

WEDNESDAY, February 24, 2016 at 6:30 pm

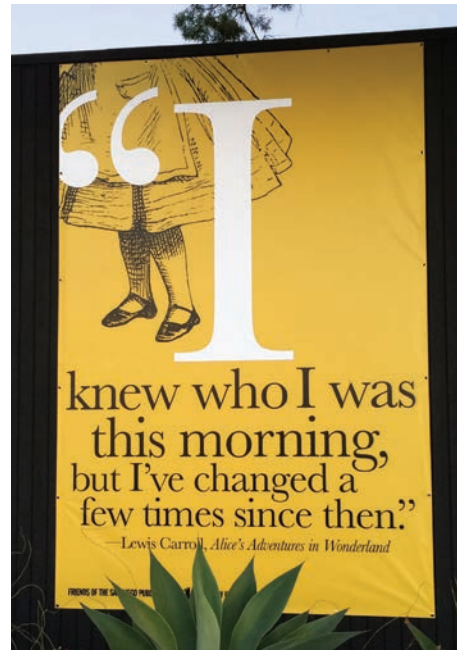
UH Branch Library

4193 Park Boulevard (at Howard Avenue)

619-692-4912

FROM THE PRESIDENT FRIENDS OF THE UNIVERSITY HEIGHTS LIBRARY

By Philip J. Gill



Okay, so it's February already, but this writing is my first opportunity to say it to you all, since we don't publish in January—Happy New Year!

Before talking about the Friends’ plans for the New Year, I have one item of last year’s business to complete. I would like to offer a sincere and heartfelt “thank you” for the generous food donations to our Holiday Party on December 16th at the University Heights Library from two of my favorite neighborhood restaurants. My deepest thanks go out to Shanan Spearing and Cindy Hmoung

of Red House Pizza at 4615 Park Blvd. and Abel Woldemichael of Muzita's Abyssinian Bistro at 4651 Park Blvd. I know I speak not only for myself but also for the 140 other members of the Friends when I say we thank you and truly appreciate your continued support for our organization.

As we begin the New Year, it's time to remind you that your membership in the Friends renews annually. In the next few weeks, you will be receiving a renewal envelope in the mail. Membership is \$10 and \$5 for seniors and students.

Please return with your check. We count on membership and book sales to support the UH branch, the oldest branch in the city library system!

We at the Friends of the University Heights Library have lots of plans for the New Year, including continuing support for library program such as reading for children and computer learning sessions for seniors. We will also be celebrating the 50th anniversary of the opening of the current UH branch library building. So stay tuned!

I wish you all the best in 2016!

Philip J Gill
President, University Heights Chapter
Friends of the San Diego Public Library



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

By Kim Schmidt, Librarian

Senior Mobile Tech Lab

The first three seminars put on at the library by Senior Mobile Tech Lab were extremely popular. In fact, we have decided to schedule additional labs into the new year. The next lab will be on February 2, 2016, from 12:30pm-2:30pm. See details below.

If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader and the like. 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 and other social networks and more. The program is free.

Tofu, The Ancient Food

On Wednesday, February 10th at 6pm, Soy Foods Educator Liz Gary will present information about the history of soy products, how tofu is made and how it is used to replace meat, eggs, and dairy in a number of culinary applications for plant-based meals. See how tofu is used in foodservice and enjoy samples of tofu recipes you'll be sure to want to make at home.

PLEASE NOTE: The library will be closed Monday, February 15 in celebration of Presidents' Day.

Meet Toni Atkins, California State Assembly Speaker and Her Staff

The University Heights Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker 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 5:00pm on the first Wednesday of every month. February 3, 2016, will be the next date.

Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the University Heights 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 Library. For a minimum donation of \$10.00 (\$5.00 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 University Heights Library.

Friends of the Library Book Sale - Saturday, February 20 (8 am - 3 pm) and Sunday, February 21 (noon - 4pm)

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

February 24th at 6:30 pm at the UH Library. The book: *On The Move: A Life by Oliver Sacks*

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 10:30am
- Story Time for Babies, Toddlers, and Younger Children, every Friday at 10:30am.

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-6pm
Tuesday 11:30am-8pm
Wednesday 11:30-8pm
Thursday 9:30am-6pm
Friday 9:30am-6pm
Saturday 9:30am-6pm
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Chinese New Year Celebration

2016

—Wish Everyone be smart and Agile

Feb.7 (Sun.)	Chinese New Year's Eve Service Offering of the First Annual Incense & Lion Dance Performance	9:00 pm - 10:00 pm 10:00 pm - 12:00 am
Feb.8 (Mon.)	Temple opens on Chinese New Year Offering to the Buddhas Service Thousand Buddhas Dharma Service	10:00 am - 6:00 pm 10:30 am - 11:00 am 7:30 pm - 9:00 pm
Feb.20 (Sat.)	Temple's Open House	10:00 am - 3:00 pm

Website: www.hsifangtemple.org Email: sandiego@ibps.org
Tel: 619-298-2800 Address: 4536 Park Blvd. San Diego CA 92116



Birney Buzz

By Kim Schultz

The Birney community returns from winter break with a lot of gratitude. First of all, we would like to offer a huge thank you to the University Heights Community Association (UHCA) and the University Heights community for the nearly \$2000 in gift cards raised this year for Birney families in need! Drastic circumstances, both chronic and sudden, beset several Birney families this holiday season, and they were supremely grateful for the opportunity to buy both food and toys for the holidays.

Several families were also fortunate to participate in the "Irish You a Merry Christmas" event held at Birney on December 19th. At this event, the Irish Outreach people put on an amazing event that included a traditional dinner catered by Ruth Chris Steak House, a visit from Irish Santa Claus, and games and toys for the children promoting healthy activity.

Thanks to the following organizations for their contributions to this event: San Diego Gaelic Athletic Association, Ruth Chris Steakhouse, Cohn Group Restaurants, Park and Rec, Ould Sod, Sysco Foods San Diego, Paul Mitchell, State Farm, Taoglas, Touch This Media, Sullivan's Irish Pub, The Harp, and the San Diego Firefighters Emerald Society.

Birney would also like to thank everyone who supported our International Baccalaureate (IB) Program through the Big Give on December 17th. Through your generosity, we were able to raise \$16,727 from 189 donors! As if that wasn't amazing enough, our group of anonymous matching families donated an additional \$11,989 for a mind-blowing, raised-in-a-single day grand total of \$28,716! Every year we exceed expectations and prove over and over how powerful a group of committed citizens coming together can be. What a powerful message to send to our children!

Birney will be celebrating Great Kindness Week on January 25th through 29th. Birney devotes this week to performing as many acts of kindness as possible. This marks the fifth year Birney has participated; students will start from a suggested list of 50 tasks to complete and use "Appreciation Stations" on the blacktop to create notes and crafts expressing their gratitude for others. The Birney Parent Teachers Association (PTA) will also be hosting educational assemblies empowering students to resolve conflicts when confronted with mean behaviors.

As part of Great Kindness Week, Birney is also collecting used shoes of all kinds—everything from old shoes and sneakers to flip-flops, ice skates, and ballet slippers—to supply footwear to those in need here in San Diego and in Africa. Shoes must be in pairs and should not be taped together. Community contributions are welcome to help us reach our 3000 pair goal! Shoes may be dropped off at Birney from January 25th until February 5th, so clean those closets and help us help others. Email Cindy at cindy_delagarza@cox.net with any donation questions.

Finally, the entire community is invited to U31 on February 19th from 6:30PM-9:30PM, for some great company, food, music and prizes at Birney Night Out. U31, located at 3112 University Ave. in North Park—is generously donating 40 percent of all food and drinks sales to the Friends of Alice Birney. If you'd like to make a donation of prizes for our raffle and silent auction, please contact the Friends of Alice Birney at alicebirneyfriends@gmail.com to connect with this vital and committed part of our community.

ROONNEWS

from Roosevelt Middle School

By Laura Dadmun



REDUCE, REUSE, RECYCLE:

ROOSEVELT PTSA IS DOING A SHOE DRIVE TO SUPPORT SIXTH GRADE CAMP!

According to the Environment Protection Agency (EPA), over six percent of landfills consist of textile waste, including shoes. We can prevent this number from rising by recycling and reusing these items. So, start the New Year right by cleaning out your shoe closet and helping to send our sixth graders to Sixth Grade Camp! Bring your gently used shoes to the Roosevelt International Baccalaureate (IB) Middle School main office between 7:00am and 3:30pm. The school is located at 3366 Park Blvd. (at Upas Street). Wearable shoes from our drive are sorted and delivered to developing nations in need of a low-cost alternative to new shoes. The used shoes also create micro businesses in those countries. And the money Roosevelt receives will go to lowering the cost of Sixth Grade Camp for all sixth graders. It's a win/win/win for all!

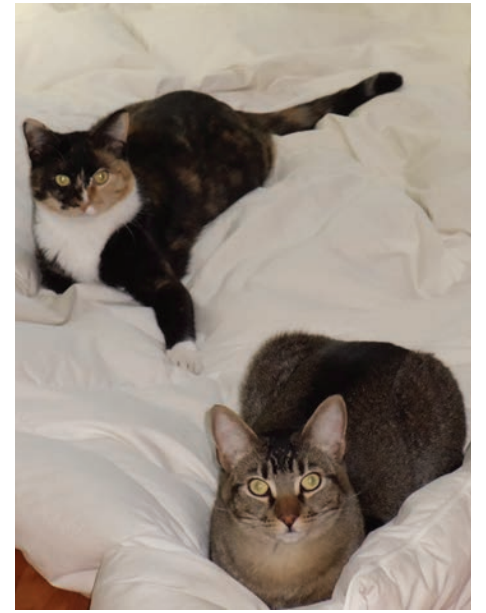
Fiji Yogurt has partnered with the Roosevelt PTSA

For the rest of the school year, just say "I'm with Roosie" any time you visit a Fiji Yogurt location—the nearest one to University Heights is located at 1010 University Blvd.—and 25 percent of your purchase will be donated to the Roosevelt Parent, Teacher, Student Association (PTSA).

The Great Kindness Challenge

From January 25th thru 29th, Roosevelt participated in "The Great Kindness Challenge." For one school week, Roosevelt students devoted themselves to performing as many acts of kindness as possible, such as smiling at twenty-five people, thanking a bus driver, doing a chore without being asked, or making sack lunches for homeless people. The Great Kindness Challenge helps create a culture of kindness on campus, and helps to promote tolerance, unity and respect, which dovetails nicely with our International Baccalaureate ideals!

PET OF THE MONTH



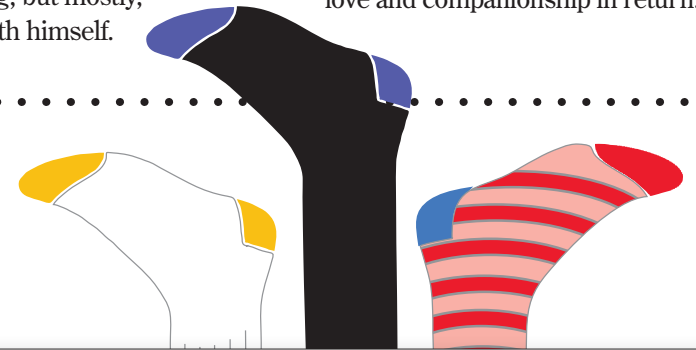
FEBRUARY PETS OF THE MONTH: CALLIE AND TOBY

Callie and Toby have been with us for six years now. They were Christmas kitties. Adopted through a shelter, they have definitely claimed their places in our lives. They are brother and sister. We didn't know that a female cat can be impregnated by more than one male in the same litter. Thus, we have a Tabby (Toby) and a Calico (Callie) from the same mother. They each have their own unique personalities.

Toby must have some royal blood in him. His coloring leads us to think he might have some Abyssinian in him. He loves to sit regally on the back of the sofa, watching the world go by, paws crossed ever so properly. He lets us know when he needs something, but mostly, he likes to be with himself.

Callie's a different story. Calico kitties, we've learned, can be a little neurotic, and Callie is no exception. Though she has calmed down remarkably as she's matured, she hasn't lost her kitten-like approach to life. Every moment is an opportunity for someone to pet, play with or just pay attention to her. We think her meows are saying something like, "Come on humans—get with the program! It's all about me!"

Callie and Toby have permanent places in both our home and our hearts. I understand now why people include their pets when talking about their families. Like children, pets rely on us for the necessities of life. We are blessed with love and companionship in return.



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Veterans Village
of San Diego

Dear Sirs and Madams,

Thank you for your thoughtful donation of 350 pairs of socks to Veterans Village of San Diego (VVSD) on 12/17/2015. Your support means so much to the Veterans we serve.

Founded in 1981, VVSD is a non-profit, non-governmental organization dedicated to "leave no one behind." We are proud to be a nationally recognized leader in providing a comprehensive continuum of care to all military veterans, including men and women recently returned from service in Afghanistan and Iraq.

Your contribution means that VVSD can continue to offer prevention, intervention, treatment and aftercare to veterans in need. Assistance for veterans and their families include housing, food, clothing, substance abuse recovery, mental health counseling, job training, job search assistance and legal services.

Your investment adds so much to all our programs; on behalf of all the veterans we serve, I offer my heartfelt appreciation.

Kindest regards,

Phil Landis
President & CEO

Madison Joins UH Restaurant Scene

OUR INTREPID FOOD REVIEWER OFFERS A FIRST TASTE

By Andrea Bacal



EDITOR'S NOTE: The lights are on again on Park Boulevard!

By end of 2014, the business district on Park Blvd.—lovingly referred to some residents as “the village”—saw two of its mainstay businesses, Bourbon Street and Lei Lounge, close. For much of the year, the north side of the 4600 block on Park was quieter and darker than residents have been used to. But the spring of last year Park and Rec opened at 4612 Park, replacing Bourbon, and, as of the last days of December, a new restaurant and bar, Madison, has opened in the old Lei location at 4622 Park.

There are so many good things to say about our newest neighborhood restaurant, Madison. You can't miss the baby blue exterior. Chic is the word that comes to mind when thinking about the interior spaces. The bar area is spectacular; light and airy with plenty of room at the well-attended bar. They have a “curated” cocktail menu, and both times I was there, my friends ordered traditional manhattans, which, they both said, were wonderful.

The service, starting with the charming Alli, hostess and reservationist, was wonderful. In spite of being open only a week, their service was impeccable. Very attentive without being hovering, the wait staff had very detailed knowledge and informed opinions—when asked—of all the offerings.

The food menu is divided into “Shares,” “Salads” and “Plates.” Starting with the Shares, we found the star to be the Hummus. Made with a touch of curried onions and served with a pickled cauliflower, garbanzo bean side, the hummus was tasty and surprising enough to be interesting, while still being recognizable as hummus. The Mac & Cheese was the only thing we tried that was disappointing. We all thought they could eliminate the crab meat—which did not make much of a showing—and potato, and introduce more and more flavorful cheeses. We are all so used to very creative and flavorful mac and cheeses these days, that this version seems underwhelming.

We tried several salads, and the winner here for us was the Steak Salad. If you order it, do not expect salad in the traditional sense. Slices of perfectly grilled and seasoned skirt steak are served with three wonderful sides—almost no salad greens to speak of. The steak was so good, I would be excited to see the chef tweak this into an entrée.

The Plates, or entrees, that we tried were wonderful. The Sesame Crusted Pork Chop was the juiciest pork chop I have ever had. Admit it, juicy is not a word one usually thinks of when describing pork chops—this one is different! And it was perfectly cooked with just a hint of pink in the center. The Gnocchi was served with jumbo grilled shrimp, corn and a truffle cream sauce to die for—it was everyone's favorite. Every mouthful was like a dream, and I for one didn't want it to end. But we felt the Carnitas Pappardelle just missed.

In terms of credentials, there are many. Sandiegoville.com says, “The new restaurant and bar is a collaboration of familiar restaurant industry faces, such as Chef Mario Cassineri of BiCE San Diego— charged with designing the Madison Menu, to those better known for their design and cultural endeavors, including Jeffrey Fink, owner of M-Theory Music & managing partner of FLUX, and ARCHISECTS, the industrial design firm behind FLUX's rotating themes. Partner and General Manager Matt Sieve, formerly of Isabel's Cantina and third generation restaurateur, will run Madison's day-to-day operations.”

Sieve talked about how they wanted to introduce Madison to the neighborhood before scheduling their public grand opening. From the looks of things, they are successful in doing that. The bar is busy, people walked in to eat and drink throughout the evening, and everyone seemed happy. They will have to address the breeze in the large open restaurant area during the winters, which, at least this year, is chillier and wetter than usual.

All in all it is a very welcome addition to our ever-growing list of neighborhood eateries. I hope that they extend their schedule just a bit, at least to include weekend brunches in nicer weather, as they said they might do soon.

Madison 4622 Park Blvd. San Diego, CA 92116
 Phone: 619-269-6566
 Website: www.madisononpark.com
 Hours: Sunday—4PM—12AM
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 Tuesday thru Thursday—4PM—12AM
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from your supervisor & councilmember



Help Shape The Future Of Our Neighborhood And Region

UNIVERSITY HEIGHTS' OPPORTUNITY TO HELP SET PLANNING PRIORITIES

By Supervisor Ron Roberts & City Councilman Todd Gloria

We have a simple message for everyone in University Heights: We want to hear your priorities for our neighborhood and for our entire region.



All 18 cities in the region and the county, working together as the San Diego Association of Governments (SANDAG), are considering placing a measure on the November ballot to fund infrastructure throughout the community by raising the regional sales tax by up to one-half cent. SANDAG is gathering ideas from

the public on what should be included in the measure if one does get placed on the ballot.

Do you have thoughts about how to keep the San Diego region moving forward? Is your priority more investment in new and improved transit services, strengthening of the highway network, or enhancing local transportation by investing in roadway, bikeway, pedestrian, and transit upgrades? Perhaps you favor increased investments to reduce the risk of wildfires, or to clean up and restore water quality in our lakes and rivers and along our coastline.

By way of background, it's important to remember that SANDAG recently approved San Diego Forward: The Regional Plan after three years of extensive public engagement, including input from our community. This plan will build on and add more choices to our region's transportation system. The ballot measure under consideration could provide funds to help implement

the Plan, and possibly other important improvements across the region.

SANDAG has been doing these types of projects and programs for decades. Since 1988, SANDAG has administered TransNet, the voter-approved half-cent sales tax for transportation. These funds have supported completion of more than 650 highway, transit, bike and pedestrian, habitat conservation, local street repair, and grant projects and programs that have kept San Diego moving forward. TransNet also provides direct funding for local communities, including ours, to help pay for important projects and programs, including fixing potholes and building roads and bikeways.

A ballot measure could raise billions of dollars to fund these types of needed improvements throughout the region. You can help SANDAG by sharing your priorities and suggesting new ideas for regional transportation and infrastructure and other important needs at sandag.org/priorities.



Here are some easy ways to make sure your voice is heard:

Select Your Priorities Online

You can share your priorities with SANDAG by taking a quick online survey about the types of projects and programs that are most important to you. Visit sandag.org/priorities.

Attend a Public Meeting:

Provide your input in person at SANDAG Board and Committee meetings:

- Friday, Feb. 5th at 9 a.m. – SANDAG Transportation Committee meeting
- Friday, February 5th at 12 p.m. – SANDAG Regional Planning Committee meeting
- Friday, February 12th at 10 a.m. – SANDAG Board of Directors meeting
- Thursday, March 10th at 10 a.m. – SANDAG Board of Directors Retreat
- Friday, March 25th at 9 a.m. – SANDAG Board of Directors meeting

All meetings take place in the 7th floor SANDAG Board Room at 401 B Street in San Diego, except the SANDAG Board Retreat, which will be held at Barona, 1932 Wildcat Canyon Road in Lakeside.

This is everyone's opportunity to weigh in with their priorities and ideas. As the City Council and Board of Supervisors representatives for University Heights, we appreciate you lending your voice to this important discussion.

County Supervisor Ron Roberts and City Council member Todd Gloria are long-time representatives of the University Heights community and have worked cooperatively on regional planning and transportation issues for the last seven years as board members and officers of both the San Diego Association of Governments and Metropolitan Transit System.

from your speaker



Show Others You Care

By Toni G. Atkins, Speaker of the California Assembly

This Valentine's Day show your love through your friends and your community—see if they qualify for the new California Earned Income Tax Credit (EITC).

The federal EITC is widely recognized as one of the most effective ways to fight poverty. That's why California legislators for years have been trying to create a state-level EITC to augment the federal program. In 2015, we succeeded, establishing a new state credit that will help roughly two million low-income working Californians and pump \$380 million into local economies throughout the state.

The next step is to make sure that those who are eligible for the credit file a state tax return and claim that money for their families. A major outreach initiative was launched in last November to spread the word.

To qualify for the California EITC, you must have lived in the state for more than six months and do not use the "married/RDP filing separately" filing status. Additionally, your tax year investment income must be \$3,400 or less, and your earned income and adjusted gross income must be less than what is shown in the chart.

Qualifying Children Claimed		
Zero	One	Two or More
\$6,580	\$9,880	\$13,870

CalEITC4me.com has a great tool to help you find out if you qualify: www.caleitc4me.org/earn-it/

Another way to show your love its to make sure your loved ones are through Covered California, the state's healthcare marketplace that opened under the Affordable Care Act (ACA).

The last day to enroll for a 2016 health-insurance plan is January 31st, unless you qualify for the Special Enrollment Period. Don't hesitate and get covered today!

Healthcare is a necessity we cannot ignore—make sure you and your loved ones are covered. Covered California now covers adult dental insurance as well.

To learn more or apply for coverage, visit www.coveredca.com. The website contains a wealth of information on plan options, community organizations that can assist you with enrolling and costs.

Another way is to volunteer at local events. In that way, you're enriching your community at large. Join Team Toni events by visiting my website www.asmdc.org/speaker or join a local volunteer organization!

Finally, show our love through art.

The Snoopy Plate is now in production! The revenue from the Snoopy License Plate will go to the California Cultural and Historical Endowment to help museums fulfill their educational missions and serve Californians. Our museums are such an important part of our history and culture—and we have to keep them strong and in place for future generations. The Snoopy Plate is an entrepreneurial way to provide a new, sustainable source of funding for museums. Go to snoopy.plate.resources.ca.gov to order one.

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Blockwalkers Needed

Help the University Heights Community Association (UHCA) out and become a Blockwalker. Delivering the UHCA News is a valuable service to our community. Please contact Nan McGraw (619) 260-0668 or nmcsan@aol.com to volunteer.



New Year Un-Resolution

By Miriam Cuperman

The first weeks of January are coming to a close and possibly your New Year resolutions are long gone. If you set up to achieve one of the most popular New Year's resolutions in the USA like losing weight, getting more organized, saving money, or getting fit, you can be in either two groups: the 8% who actually fulfill their resolutions or the 25 who have already given up a week into the year.

Why New Year resolutions don't work? Because they come from a place of "should, they are lofty, with too

much pressure on making a big lifestyle change that can be daunting.

How to end the cycle of broken resolutions? Break it into smaller goals. For example, if your big resolution is about getting fit by going to the gym five days a week when you haven't been to the gym in years you might be setting yourself up to fail. What if you set up to meet 10,000 steps daily with the assistance of an app in your phone or wrist device? Going outside for a walk if you missed the gym is better than giving it all up for not going to the gym five days in a row. Think of S.M.A.R.T goal setting: Specific, Measurable, Attainable, Realistic, Timely.

My goal approach for 2016 is based on a word to inspire me for the year by focusing all actions on it. Some

inspirational words can be: Believe, Joy, Simplicity, Fearless, Trust, Strength, Courage, and Growth. I challenge you to try this approach. It will provide you with laser clarity by taking all your big lifestyle plans and narrowing them down into a single focus. This year's word for me is SIMPLICITY. My goal is to focus in living in moderate minimalism by valuing experiences over material possessions, and by letting go of what I no longer use, love or need, including thoughts, relationships, and habits. In place freeing me to do more of what I really enjoy and love. What is your word?

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

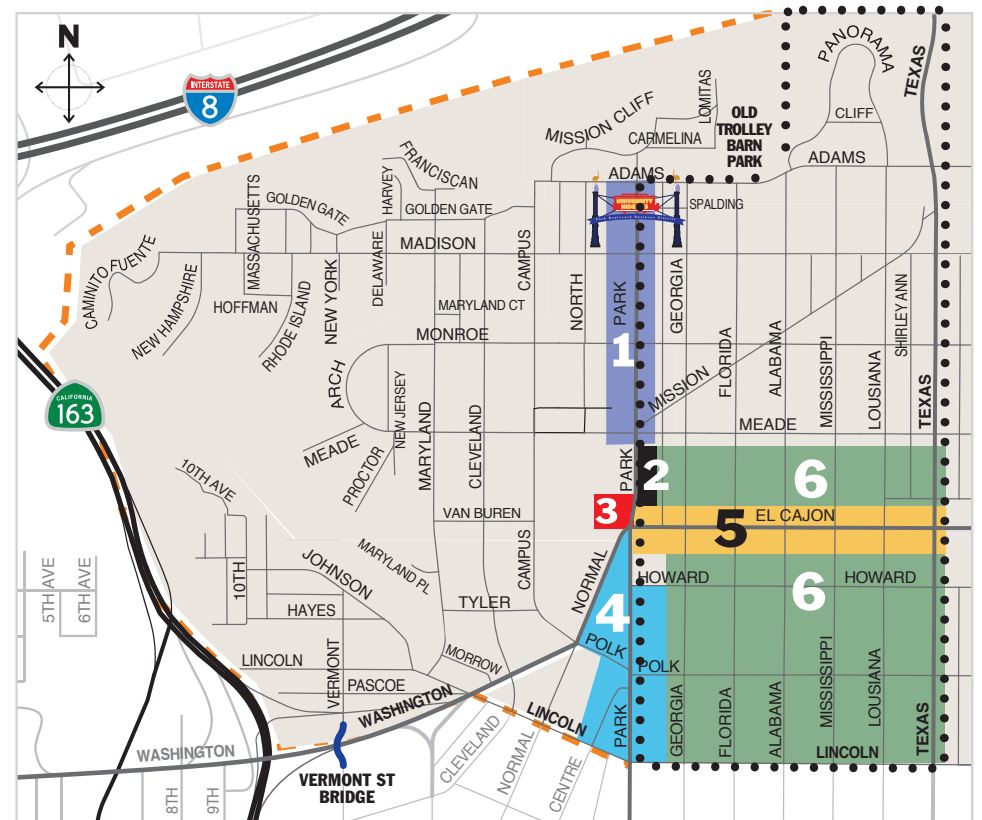
CONTINUED FROM COVER

The San Diego Unified School District property is currently designated as "institutional" with a proposed change to Residential-Medium allowing 15-29 du/ac. A small parcel of land along Park Blvd. adjoining this larger piece of land is currently used as office space and designated "Office/Residential" allowing 4-5 du/ac. The new plan proposes 0-74 du/ac for that parcel. A vast majority of our residents want to keep the current designation for the school district property and amend the smaller property to a 0-29 du/ac designation. This change would be in keeping with the city's own Uptown Plan Policy LU 3.32 to "consider the reuse

small buildings and a parking lot. There is a wide discrepancy in how the city and our community believes this property should be handled. The city proposes it be designated Community Commercial with 0-73 du/ac while the majority of residents feel the Neighborhood Commercial with a 0-29 du/ac is appropriate.

As for the Lusti Motors property on the northeast corner of Park Boulevard and El Cajon, it has come to our attention that CVS Pharmacy is interested in purchasing this property. This property is a true gateway to the historic University Heights and the "City of Villages" down El Cajon Boulevard. We feel extremely strongly that this property should be used for an architecturally significant gateway building that entices people into University Heights.

We're extremely concerned about the "density bonus" that the plan proposes, particularly since the possible contribution that would allow a "density bonus" is completely undefined. We're concerned that a very minor contribution of little community benefit would allow a "density bonus" that could create significant traffic and safety problems along with degrading the overall character of University Heights. There is also no oversight group in place to insure that the amenities provided to allow for the density bonus would be maintained after final approval for the development is given. The planned growth in the updated plan allows for reasonable growth without the so-called "density bonus." We want the option of a "density bonus" to be removed from the plan entirely. Perhaps in certain special circumstances, the added bonus could be considered by using a site plan and special amendment. This would be reviewed by the local planning groups. This would prevent a "density bonus" from being green lighted by a single employee sitting in the planning department with no ties to our community. The "density bonus" gives the planning department too much latitude to potentially radically alter our neighborhood without any community review or input. I will add that we are open to density bonuses along El Cajon Boulevard with proper community review. When density bonuses are considered along El Cajon, we would like the "shadow effect" of proposed developments to be considered. Taller buildings could be built on the south side of El Cajon Boulevard since the shadow they cast falls on the



Map Area	Acres	Existing DU/AC	Community-Proposed* DU/AC	City-Proposed Base DU/AC	City-Proposed Density Bonus DU/AC
1	17.6	0-29	0-29	0-29	30-44
2	4.35	0-29	0-29	0-73	74-109
3	.25	0-29	0-29	30-44	45-73
4	22.8	0-29	0-44	45-73	45-73
5	21.35	0-29	0-54	54-73	73-109
6	101	15-29	15-29	30-54	54-73

* Recommendations from May 2013 UH Community Workshop

The city's proposed plan would cause increased density & height on both sides of Park Blvd. in Area 1



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of the San Diego Unified School District Education Center at Park Blvd. and Normal St. That (plan) includes a mixed-use development with medium-high density (30-44 du/ac) with public and private space." This is a large parcel of land in the center city area with significant visual, economic and environmental impact on the greater area. It should be handled carefully with specific consideration in the future. We recommend that any proposed development of the property be reviewed at that time with a site plan and a specific community plan amendment.

The southeast corner of Park Blvd. and Meade Ave. is currently a church with two

street as opposed to buildings on the north side which would potentially put some residences in permanent shade.

Finally, the University Heights Community Association strongly desires University Heights to be united under one planning group. Currently, our community is divided along our "main street," Park Boulevard. Everything west of Park Boulevard is currently under Uptown Planners while everything east is under the North Park Planning Committee. This situation makes for uneven handling of our neighborhood including two different planning groups reviewing changes for the east and west sides of our main business district. This leads to divisiveness, unnecessary arguments

and the near impossible task of having a unified vision for our neighborhood. We have stated for many years our desire for University Heights to be united under Uptown Planners and would like the Community Plan to reflect that.

Thanks for listening to our neighborhood's input. I've attached the survey results from our community association meeting for your review. I can be reached at 619.301.0835 if you have any questions.

Sincerely,

Bernard Horan
President,
University Heights Community Association

University Heights and North Park



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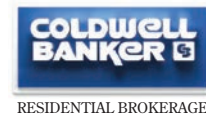
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SOLD !!! 8415 Sunrise Ave Sold for \$530,000 3BR/2BA House 1,586 Est. Sq. Ft	SOLD !!! 5157 Hastings Rd Sold for \$1,065,000 3BR/2BA House 1,774 Est. Sq. Ft	SOLD !!! 3092-3094 Jemez Dr Sold for \$530,000 2 Units Each 2BR/1BA	SOLD !!! 550 Camino De La Reina #36 Sold for \$343,000 2BR/2BA Condo 1,229 Est. Sq. Ft
SOLD !!! 3527-3531 Wilson Ave Sold for \$803,000 1 Unit 3BR/1BA 2 Units 2BR/1BA	SOLD !!! 4649 Arizona St Sold for \$586,000 2BR/1BA House 902 Est. Sq. Ft	SOLD !!! 4516-4518 33rd St Sold for \$650,000 1 Unit 3BR/2BA 1 Unit 1BR/1BA	SOLD !!! 5510 Tyrone Ave Sold for \$1,015,000 3BR/2.5BA House 2,115 Est. Sq. Ft

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