

University Heights Community Association July-August 2015

NEWS

President's Corner	2
In Case You Missed It	1
Eating Out	5
Calendar	5
Library	11
Birney Buzz	12
Pets of the Month	12
Elected Officials	14

JUNE UHCA MEETING DRAWS CROWD & CONTROVERSY

In Case You Missed It By Mary Anne Stevens and Philip J. Gill



Over 75 people came to the June meeting of the University Heights Community Association (UHCA). It was the best-attended meeting and most controversy-filled of the year thus far - the controversy being the result of the long-awaited, recently re-approved redevelopment of the north side of the 2000 block of El Cajon Blvd, filling the entire length between Florida and Alabama Streets.

The meeting, held June 4th at our usual location, the Birney School Auditorium, started off with an announcement from Sam of Park & Rec, the new bar that occupies the old Bourbon Street location on Park Blvd, that they were donating \$632 to UHCA, a percentage of their Wednesday, May 21, opening night net

proceeds. A big "thank you" goes out from the UHCA to Park & Rec for their generous donation and their support of the University Heights community!

"The BLVD"

The controversy came with our guest speakers, Michael Neal and John Laraia, of the H.G. Fenton Company. Fenton is a 100-year old San Diego-based and family-owned developer. Michael is president & CEO and John is the senior development director. They talked about the new mixed-use project Fenton has undertaken on the old site of the long-vacant San Diego Sound and Lighting building on El Cajon Blvd. Called "The BLVD," the mixed-use project will rise four-to-six stories, (con't pg 3)

Sept 3 uhca meeting: grey water Systems

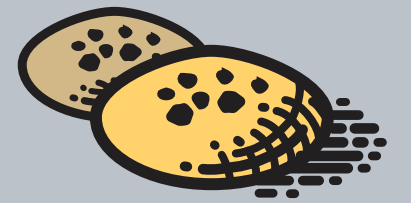
Candace Vanderhoff from RainThanks & Greywater will present her design, installation and conservation systems, and strategies at our September meeting. This will include greywater reuse, rain catchment in edible and ornamental landscapes. Energy savings devices and low-tech solutions also will be covered.

Greywater, by the way, is also sometimes spelled "graywater" or called "sullage." It is defined as "all wastewater streams generated from households or office buildings except for wastewater from toilets." That means water from sinks, showers, baths, washing machines and dishwashers area all considered greywater and could be reused.



TUESDAY, JULY 28

Meet your local SDPD BRASS & your neighbors! Voice your concerns and have a cookie compliments of UHCA!



6:00 PM

UH Library Carport
4193 Park Blvd (@ Howard)

JULY 28



(See Cookies with Cops story page 13)

PREVENTING RESIDENTIAL BURGLARIES

Summertime Safety Tips For You and Your Home From the San Diego Police Department

By David Surwilo Community Relations Officer, San Diego Police Department (con't pg 3)

Residential burglaries occur every day in San Diego. When officers investigate these crimes, we can determine how and why a particular home or neighborhood was targeted by analyzing the crime scene. Most burglary suspects drive through a particular neighborhood during the day looking for easy targets in nice neighborhoods, while others may have acquaintances that currently or previously lived in an area and are familiar with the neighborhood or the residence. The majority of burglaries occur because of unlocked doors, windows and gates.

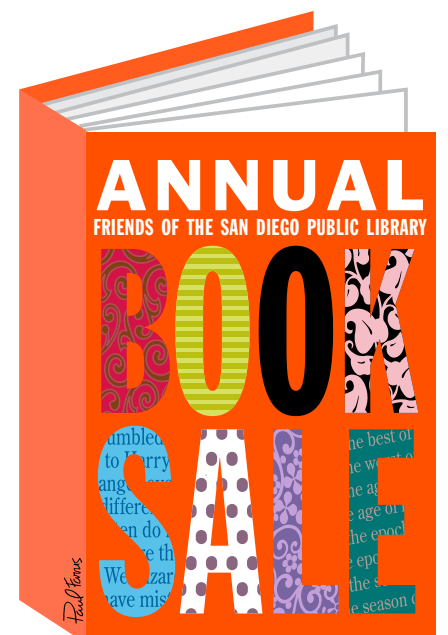
1. Casing the Neighborhood

A common method of "casing" used by suspects in residential burglaries is lengthy door knocking and doorbell ringing in an attempt to determine if anyone is home. If the door is answered by a resident, the suspect, or caser, may claim to be lost, solicit some type of service or product, or ask for someone that does not live there. If you believe this person was casing your home, politely refuse their services and call the San Diego Police Department at (619)

531-2000. Try to obtain a good description, a direction of travel and a license plate, if possible. A good way to let the solicitor know you are home if you do not want to answer the door is to simply yell from behind the closed door that you are not interested. Making your presence known to a potential burglary suspect means you are much less likely to have an attempted break-in while you are home. Security screen doors are a great asset as well.

2. Secure Your Garage

Treat your garage like your front door; many residential burglaries occur through open garages where people are home but are either in the house or in their backyard. If you are home working in your (con't pg 3)



AUGUST 15 8AM - 3PM
BOOKS • CDS • DVDS • DONATIONS ACCEPTED
PROCEEDS BENEFIT THE UH BRANCH
UH BRANCH LIBRARY • LOWER LEVEL 4193 PARK BLVD
FRIENDS OF THE SAN DIEGO PUBLIC LIBRARY UNIVERSITY HEIGHTS BRANCH

president's corner by Bernie Horan

They say a man spends the first half of his life running away from home and the second half running back to it. I grew up on a potato farm outside Hornell, New York, a small town about an hour south of Rochester. The town has changed a lot since I lived there and, sadly, not for the better. Much of the industry that supported the town, principally a railroad repair plant, left long ago and the city's population is half of what it was in 1960. While it's a pretty area, honestly

the city itself is a little depressing these days. So I have no real desire to run back to that home. I also certainly have no desire to work on a potato farm again, though I do find any meal that doesn't include potatoes to be somehow lacking.

But there is a strong desire to figuratively return home to the life of a small town where people know each other and look out for each other. I know many people these days find a sense of community

online and I'm no stranger to Facebook. But I find these virtual communities sometimes laughable for the carefully edited great life that some people present or infuriating for the anonymity that allows people to post outrageous things that they'd never say if their real identities were known.

Personally, I like people. I like being around people and talking with people face to face. I like knowing about their

lives and sharing mine with them, which is why I like our community association and am such an active participant in it. While I can't imagine ever literally returning to Hornell, New York, each month when I sit in the community association meeting or attend UHCA Board meetings, in some real way, I'm back in Hornell. I'm part of a small community even though I live in a very large city. And that makes me happy.


uhca news

Editors: Carol Neidenberg and Philip Gill
 Contributing Writers: Miriam Cuperman, Laura Dadum, Philip Gill, Bernie Horan, Christopher Hutchinson, Nan McGraw, Mary Anne Stevens and David Surwilo.
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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 10th 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 Lancot and Mary Anne Stevens
 Treasurer: Peter Rose
 UHCA Website: www.uhsd.org

 facebook.com/universityheightscommunityassociation

New/Renewing Members:

New: Gary Aguirre & Maria Pomares, Philip Patterson, Dennis Richards & Karen Boyd, Daniel Taylor, Maureen Steiner, Bonnie & George Lamb.

Renewal: Barbara Noyer, Louisa Campagna, Linda & Mike Burke, H.J. Seagrim, Tommy Cope & Filly Gaines, Curtis Brauer & Rahim Panjwani, Chris Ward & Thom Harpole, Sharon Nelson, Ginger Sarmento, Naida Hindert, John & Jean Earl, Lia Andrusson.

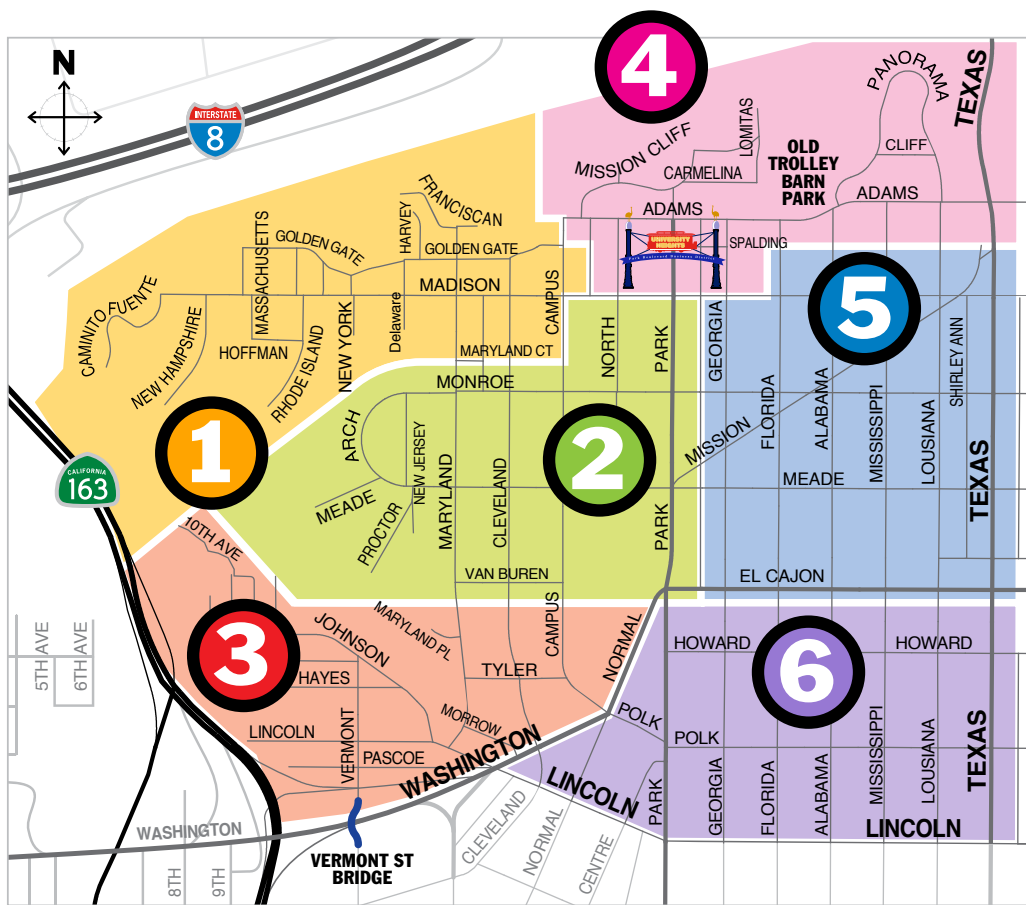
Donation:

Terry Weiner

Apologies to:

Phyllis Kessel whose name was misspelled in the May UHCA News. To Bernie Horan and Randi Vita for misspelling their names in the June UHCA News.

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 6 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@tamarazhomes.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
- *\$150 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 meet record 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 the various events and general meetings.



University Heights Community Association



BURGLARIES (from page 1)
house or your backyard, thieves may take the opportunity to go through the garage or an unlocked garage-to-house door to steal valuables. Residents should close their garage doors when not present in their front yard. It can take less than a minute to walk in undetected and steal small items such as a laptop or iPad. Do not leave your garage door opener in your vehicle if you park outside the garage.

3. The Point of Entry

For most residential burglaries, the side gate to the rear of the residence is the most common entry point. Any unlocked/ unsecured door or window becomes an easy way in. Once out of sight from any passers-by, a burglar feels concealed and will spend extra time to get in. Use locking pins or dowels on sliding doors and windows with no more than a 2" gap if ventilation is needed. Keeping your side gate locked at all times is mandatory. Change the lockset to a keypad style if needed. Trim large amounts of foliage in the front yard if you have an overgrowth that provides easy concealment. The most common items thieves are looking for include jewelry, cash, guns, cell phones, wallets, purses, iPads, laptops, tools and car keys.

4. Hardening the Target

In addition to what has been discussed, here are some other great deterrents and suggestions to help reduce the likelihood of becoming a victim of a residential burglary: alarm systems, video surveillance, LED motion lighting for the front, side and rear of the house, leaving a radio or TV on while you are away, owning a dog or appearing as if a dog lives there and notifying a trusted neighbor when on vacation. Inspect your house as if you were trying to get inside and strengthen any weak areas. Nextdoor.com is a great tool to stay informed about what is going on in your neighborhood.

Officer David Surwilo of the San Diego Police Department is the Community Relations Officer for the Western Division, which includes University Heights. He can be reached at (619) 692-4858 The SDPD Western Division is located at 5215 Gaines Street, and its main phone number is (619) 692-4800.

In Case You Missed It

(con't from pg 1)

have a varied setback from the street, and include 165 apartments and over 4,000 square feet of ground floor commercial space along the El Cajon Blvd side. The Fenton representatives said they anticipate the space will be occupied by two restaurants, and that 30 to 40 parking spaces out of more than 200 total planned will be set aside for restaurant guest parking. Parking lot entrances and exits are expected to be on the Florida and Alabama sides of the building. John said this version of the project, approved by the city a few months back, is scaled back from the one originally proposed and approved by the city in 2005. This, he said, reflects current consumer preferences for residential apartments with more air, light and common areas than 10 years ago.

Comments were generally positive and supportive, with only one or two people questioning whether there was adequate parking set aside for restaurant patrons and another asking whether the bright colors on some of the building's facade facing El Cajon Blvd wouldn't look faded and dated in a few years. The response was that the colors were paint and could be refreshed or changed as needed.

Demolition Controversy

Then came the controversy. Although the project has been strongly supported by the El Cajon Boulevard Business Improvement Association, the North Park Planning Group and the city of San Diego, there were some in attendance that were unhappy the dilapidated house on the corner of Florida Street and El Cajon Blvd was demolished rather than receiving a historic designation, which may have prevented the house from being removed.

Representatives of the Lambda Archives of San Diego - which is planning on taking up residence in the Diversionary Theater building on Park Blvd - decried the demolition and claimed it was done without due process for a potentially historic site. The Lambda Archives is a local nonprofit foundation whose "mission is to collect, preserve and teach the history of lesbian, gay, bisexual and transgender people in San Diego and Northern Baja California."

According to the Archives spokespersons, an apartment on the second floor of the white two-story saltbox-style house was the home of two men who helped found the first San Diego Gay & Lesbian Center; the current center is on Center Street in Hillcrest, just off University Avenue. The original charter for the center was apparently written there, and that this qualified the building for historic designation and, therefore, preservation. The Fenton representatives said that they had a legally valid demolition permit issued by the city on the afternoon of Friday, May 29th, and with that in hand, proceeded to demolish the building and that the other vacant buildings on the site would soon fall to the wrecking ball as well. They added that the building was demolished during working hours, not after, as some contended.

It was added that the company offered to move the building at their cost to a new site, but that those arguing for its preservation decline to accept this offer.



1930's El Cajon Blvd at Alabama St looking west to Normal School in distance.



Star Beverage Co, mid 1930's El Cajon Blvd at Alabama St.



Michels-Carey House at 2004 El Cajon Blvd.



Demolished house, Friday May 29, 2015.



Rendering of the "BLVD" by San Diego based FoundationForForm Architecture & Development.

It was also noted that the original permits to develop the site were issued for a much more dense building in 2005, but that the real estate market crash that followed the issuing of those permits had delayed the blighted site's redevelopment till recently. Finally, the Fenton representatives said that a plaque commemorating the building's significance to the San Diego gay, lesbian, bisexual and transgender community would be affixed to the new building.

Construction on The BLVD should begin later this year and could take up to two years to complete.

Clean Elections

The first guest speaker was John Hartley, who is a member of Neighborhoods for Clean Elections, a San Diego organization that is promoting publicly funded elections as an option in the our city. A former City Councilmember, John gave a presentation regarding a "Clean Elections" ballot initiative the

organization is trying to get qualified for the November 2016 city ballot. He noted that this is a city ballot initiative and, if passed, would apply only to city and not county, state or federal elections.

He showed an informative film supporting this initiative narrated by veteran journalist and former White House Press Secretary, Bill Moyers. The basic premise is to have public funding available to candidates who are qualified to run an office but do not have the funds to run an effective campaign, and to provide a counterweight to the oversized influence of "Big Money" donors and special interests in today's elections. The funding for a citywide "clean election" program would come from taxes and surcharges on citizens. The states of Maine and Arizona have had programs like this in place since 2000. More details and the film narrated by Bill Moyers can be found at sdcleanelections.org.

Happening in the Heights

COMEDY

TWIGGS

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

- **Comedy Heights:**
Every Sat, 8 pm
- **Roar Theater Comedy:**
Fridays July 17 & Aug 21, 8 pm
- **Shy Poets Workshop:**
Monday July 13, 6:30-8:30 pm
- **Celtic Ensemble:**
Every Sun In Jul & Aug 4-6 pm



SWEDENBORG HALL

1531 TYLER AVE.
www.swedenborgianchurchsandiego.org

- **Comedy Show: SideStage Improv:**
Weds, Jul 1st & 8th, 6:30 pm
No Shows Scheduled For Aug 2015
Tickets are \$5 at the door
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 between 9-11pm

ACROSS THE STREET AT MUELLER COLLEGE

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

- Contact John Ciccolella for details

MUSIC

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.com

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223
facebook.com/?sk=lf#!/acrossthestreet
Contact John Ciccolella for details



SWEDENBORG HALL

1531 TYLER AVE.
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:**
12-5pm (\$5 cover)
- **Normandie Wilson: Cool, Classy Jazz**
Music with a Touch of Pop
Every Wednesday Afternoon 4 - 6 pm



THEATER

DIVERSIONARY THEATER

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

- **THE SKIVVIES:**
San Diego Premiere of the
"Musically thrilling", indie-rock duo!"



PRIDE WEEKEND - FOUR SHOWS ONLY!

- Thurs, Jun 4, 11 & 18 at 7 pm
- Fri, Jun 5, 12 & 19 at 8 pm
- Sat, Jun 6, 13 & 20 at 8 pm
- Sun, Jun 7, 14 & 21 at 2 pm



SOMETIMES IT SNOWS IN ATLANTA

Laurinda D. Brown's powerful play boldly addresses mental health in both the African-American and lesbian, gay, bisexual and transgender (LGBT) communities.

- Fri, July 10, at 7:30 pm
- Sat, July 11, at 7pm

JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
40	29	30	1 NO UHDC Meeting Toni Atkins "Public Office Hours" UH Library 5-6 pm	2 UH REC COUNCIL Birney School Library 5:30 pm NO UHCA MEETING	3	 INDEPENDENCE DAY
5 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	6 LAST DAY OF SOCK DRIVE FOR HOMELESS VETS UH Branch Library	7 NO UPTOWN PLANNERS Friends of the Library UH Chapter UH Branch Library 6:30 pm	8 	9 COMIC-CON thru the 12th 	10 SUMMER IN THE PARK Caliber 70's 80's Old School Funk Trolley Barn Park 6-8 pm	11 LAUGHTER SOCIAL Trolley Barn Park 10:30 am UNVEILING OF LIVING WALL BUS STOP PROJECT with Birney School students Park Blvd at Meade, 10 am
12 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	13	14 HILLCREST TOWN COUNCIL Joyce Beers Center Uptown Complex 6:30 pm	5 NO Library Task Force	16  PRIDE SAN DIEGO July 16-19 STAND DOWN July 17-19, Barn Park	17 SUMMER IN THE PARK The Jazz Pigs Trolley Barn Park 6-8 pm PREVIEW BOOK SALE (Members Only) Friends of the Library 3-6 pm, UH Library	18 BOOK SALE Friends of the Library 8 am - 4 pm, UH Library BUCHANAN CANYON CLEAN UP 9 am, Johnson between Lincoln & Hayes LAUGHTER SOCIAL Trolley Barn Park 10:30 am
19 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	20	21 NORTH PARK PLANNING COMMITTEE North Park Christian Fellowship 2901 North Park Way 6:30 pm	22	23 	24 SUMMER IN THE PARK Liz Grace & the Swing Thing Big Band, Swing & Jazz Trolley Barn Park 6-8 pm	25 LAUGHTER SOCIAL Trolley Barn Park 10:30 am
26 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	27  	28 COOKIES WITH THE COPS UH Branch Library 6:00 pm	29 UH BOOK CLUB & SALON 6:30 pm UH Library	30	31 SUMMER IN THE PARK Billy Lee & the Swamp Critters Zydeco, Cajun, Texas Swing Trolley Barn Park 6-8 pm	1

EATING OUT IN UH

Adams Avenue Grill	2201 Adams Ave.	298-8440
Bahia Mexican & Seafood	1985 El Cajon Blvd.	542-0540
Bahn Thai	4646 Park Blvd.	299-6363
bfd (big front door)	4135 Park Blvd.	255-4100
Circa	2121 Adams Ave.	269-9152
Cueva Bar	2123 Adams Ave.	269-6612
DeMi Café Café	1735 Adams Ave.	788-4216
Flavors of East Africa	2322 El Cajon Blvd.	955-8778
Great Maple	1451 Washington St.	255-2282
Hope at Lafayette	2223 El Cajon Blvd	780-0358
Lancer's Bar	4671 Park Blvd.	298-5382
Lestat's on Park	4496 Park Blvd.	282-0437
Loving Hut	1905 El Cajon Blvd.	683-9490
Mama's Bakery & Lebanese Deli	4237 Alabama St.	688-0717
Muzita Abyssinian Bistro	4651 Park Blvd.	546-7900
Mystic Mocha	2105 Mission Ave.	688-0858
Park Boulevard Deli	4504 Park Blvd.	295-1362
Park & Rec	4612 Park Blvd.	795-9700
Park House Eatery	4574 Park Blvd.	295-7275
Pizzeria Bruno Napoletano	4207 Park Blvd.	260-1311
Pizzeria Luigi	2121 El Cajon Blvd.	294-9417
Plumeria Vegetarian Cuisine	4661 Park Blvd.	269-9989
Pomegranate Restaurant	2312 El Cajon Blvd.	297-4007
Red Fox Steak House	2223 El Cajon Blvd.	297-1313
Red House Pizza	4615 Park Blvd.	546-7430
Small Bar	4628 Park Blvd.	795-7998
Soltan Banoo	4645 Park Blvd.	298-2801
Summer's Market	4602 Park Blvd.	296-0504
Twiggs	4590 Park Blvd.	296-0616
Well Spring Tea Room	4538 Park Blvd.	298-2800
Wing Stop	1901 El Cajon Blvd.	297-9464

SOCKS FOR STAND DOWN

SOCK DRIVE FOR HOMELESS VETS

NOW-JULY 6

One weekend every summer, Veteran's Village provides shelter and services for San Diego's homeless veterans and their families at STAND DOWN. And every year there aren't enough socks for everyone. This year, Assembly Speaker Toni G. Atkins is hosting a sock drive so there's an ample supply of socks on hand. July 17-19. Donate at: 📍 University Heights Branch Library, 4193 Park Blvd, 92103. 🕒 at the Speaker's Mobile Office Hours at the UH Library July 1, 5-6 pm. 📍 Speaker Atkins' Office, 1350 Front St. For more info: 619-645-3090 email: speaker.atkins@assembly.ca.gov.

PLEASE DONATE

NEW PAIRS OF SOCKS FOR MEN & WOMEN

VOLUNTEER FOR STAND DOWN. JULY 17-19.
For info, dates & times call the Volunteer Line: (619) 393-2011 online: vsd.net

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 / 30 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	27 / 31	28	29	30	31	1 THE POINT CLEAN UP 1:30 - 3:30 pm LAUGHTER SOCIAL Trolley Barn Park 10:30 am
2 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	3	4 Uptown Planners Joyce Beers Center Uptown Center 6:30 pm Friends of the Library UH Chapter UH Branch Library 6:30 pm	5 UHCDC Meeting 4452 Park Blvd. 6:30 pm Toni Atkins "Public Office Hours" UH Library 5-6 pm	6 NO UH REC COUNCIL NO UHCA MEETING 	7 Summer in the Park Finale <i>Sue Palmer & Her Motel Swing Orchestra</i> Boogie Woogie & Swing Trolley Barn Park 6-8 pm	8 LAUGHTER SOCIAL Trolley Barn Park 10:30 am uhca.news Deadline for July Issue Articles & Advertising
9 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	10	11 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm	12	13	14 PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm 	15 LAUGHTER SOCIAL Trolley Barn Park 2-4 pm ANNUAL BOOK SALE Benefiting UH Library 8 am - 4 pm, UH Library BUCHANAN CANYON CLEANUP 9 am, Johnson Canyon Lincoln & Hayes
16 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	17	18 NORTH PARK PLANNING COMMITTEE North Park Christian Fellowship 2901 North Park Way 6:30 pm	19 LIBRARY TASK FORCE UH Library 6:30 pm	20 	21	22 LAUGHTER SOCIAL Trolley Barn Park 10:30 am
23 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	24	25 uhca.news September Issue Out	26 UH Book Club & Salon 6:30 pm UH Library	27	28	29 LAUGHTER SOCIAL Trolley Barn Park 10:30 am

BAREFOOT IN THE PARK

By Miriam Cuperman, Certified Health Coach

When I lived in New Zealand, I noticed a local custom of walking without shoes. At first I thought there was a socioeconomic reason for this but then I learned from a Maori elder that it is their way of feeling connected to the land. It didn't take me long to adopt the custom myself; there I was, barefoot gardening in my backyard, picking strawberries at a farm or dancing on the grass at a summer concert in the park. I just simply couldn't wait to kick off my shoes, releasing the toes from their winter confinement to enjoy the freedom of being connected to nature, and, like a kid again, sensing all earthy surfaces, the warm sand at the beach, the dry soil, the cool grass, and practicing mindfulness by noticing the pebbles, rocky surfaces, gravel or sticks.

It seems that the Maoris were onto something about the benefits of "Earthing," or grounding. I read this report in the Journal of Environmental and Public Health: "It is an established fact that the Earth's surface possesses a limitless and continuously renewed supply of free or mobile electrons . . . oscillations of the intensity of the Earth's potential may be important for setting the biological clocks regulating diurnal body rhythms, such as cortisol secretion."

We did, in the past, have a skin connection to the Earth but that flow has been lost with modern lifestyle. Why is electron absorption from the Earth important? The theory is that those electrons might be a robust source of antioxidants.

Walking barefoot to the office might be seen as wacky but during this summer treat yourself to some barefoot walking. Go on, take off your shoes, spread your toes, feel the sand, the grass, the soil, and reward yourself with the additional benefits of better balance, foot and ankle strength, and improved posture from having all your toes on the ground. Close your eyes, be aware of the sounds and scents of the environment, take a deep breath and re-energize. Burnout to balance might just take a few barefoot steps at a time. Happy summer!



RECOMMENDED WATERING SCHEDULE

The City of San Diego is strongly urging you to water no more than two times per week, for five minutes per day, based on the following suggested schedule:

Time limits apply to standard sprinkler systems.

NOTE: The 5-minutes-per-day time limit does NOT apply to landscape irrigation systems using water-efficient devices, including drip and micro-irrigation systems and stream rotor sprinklers. However, these water-efficient systems should follow the two-day-per-week schedule.

SUNDAY & THURSDAY Homes with Street Addresses Ending in Odd Numbers

SATURDAY & WEDNESDAY Homes with Street Addresses Ending in Even Numbers

MONDAY & FRIDAY Apartments, Condos and Businesses

Water at the Right Time of Day
Water only after 6 pm & before 10 am
NOTE: This time-of-day schedule applies to ALL irrigation

Friends of the UH Library:

ONE DOWN ONE TO GO



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

You might recall that last month I wrote about two numbers, 101 and 2500, and that they represented two goals for the University Heights (UH) Friends of the Library.

So you might infer by the headline for this month's column that the Friends of the University Heights Library has achieved one of its goals, and you'd be right! It's official: As of June, we have 101 paid members in the Friends!

I'm hoping we're on a roll, as we gear up for our big August book sale at the UH library. There's a big reason why the August sale is so important to us, the UH library and UH community. There are three-day monthly sales at the UH library on the third weekend of every month in the downstairs space, and the proceeds from those sales go to our parent organization, the Friends of the San Diego Public Library. The UH library doesn't get any money for our branch or our branch's programs from these sales.

In August, however, it's all ours - or, to be exact, it's 90% ours! Yes, that's right, the UH Friends gets 90% of the proceeds from the Saturday sale, to do things for the UH branch for which there are neither public nor private funds available. This year, our goal is to raise \$2,500 to purchase new fire doors for the exit alley on the Sprout's side of the library. Certainly, it's not a glamorous purchase, but it's a necessary one. The city will match the money we raise, so the UH library will get \$2 of benefit for every \$1 we raise. And by having us purchase these needed items, the money that might otherwise be spent on them can go to purchase books and provide programs to the library community.

That's why we're calling on all of you who read this to show up on Saturday, August 15, between 8 am and 3 pm and buy books!

If you can't make that, please be sure to stop by the summer concerts at the Trolley Barn Park and look for our table, provided courtesy of Realtor Mary Anne Stevens, a devoted member and backer of the UH library Friends' chapter. We'll be selling books for children and adults at the concerts, which will run for five consecutive Friday nights starting July 10. And stay for the concert!

Those of you who can't be there to buy can donate books to the sale. Now is the time to go through your bookcases, closets and garages for old books you no longer need. We'll be glad to take them and can give you a donation acknowledgement slip, which you fill out and establish your own value of the donated books for tax purposes. Contact me, Philip Gill, at UHfriendsofthelibrary@gmail.com or by phone at (619) 298-0446 to learn more, schedule a drop off or pick up.

Library Hours:

Sunday Closed	Thursday: 9:30 am - 6:00 pm
Monday: 9:30 am - 6:00 pm	Friday: 9:30 am - 6:00 pm
Tuesday: 11:30 am - 8:00 pm	Saturday: 9:30 am - 3:00 pm
Wednesday: 11:30 am - 8:00 pm	

Please Note

All city libraries will be closed on Friday, **July 3** and Saturday, **July 4** for Independence Day.

The University Heights Branch Library
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619.840.8383



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University Heights Community Development Corporation

Presents

WOW! 19 Years and still counting! Yes, it's the 19th year of those Fab Five Free Concerts in the Old Trolley Barn Park at Adams Avenue and Florida Street. Our *Summer in the Park* banners go up in June to set the stage for the sounds of great music that will soon have us all tapping our feet to each danceable beat. Let's celebrate for another five Fridays of fun, ice cream, and a choice selection of bands and vendors.

The five free Friday evening concerts in our own Trolley Barn Park will feature two new musical groups, two longtime favorites, and one back by popular demand from 2014. The fun starts on Friday, July 10th with Caliber and ends August 7th with the last chords sounded on Sue Palmer's keyboard. We'll be treated to a great medley of musical styles featuring Multicultural Jazz, Rock, Blues, Zydeco, Cajun, Big Band, music from the 70s, 80s, 90s, and the insistent beat of Boogie-Woogie and Swing.

The free concert series is just one of the many ways the UH CDC has helped to make University Heights such a great place to live. Following are a few examples: Annual Arts Open/Taste of UH; Design and installation of an Orchid Awarded UH Street Sign & Gateway ID Signs; UH Library Mural; Kiosk at Trolley Barn Park; Art Gate at Birney Playing Field; Colorful banners along Park Boulevard & Adams Avenue; UH Historical Society Presentations; UH Recreation Council oversight of Trolley Barn Park; Birney Playing Field and UH Point Open Space; Public and SD School District support for the Teachers Training Annex as the new UH Branch Library; Bike racks in the Trolley Barn Park; Use of UH Parking District funds to replace old meters with new smart parking meters; Adding parking spaces.

The series consists of five free Friday twilight concerts with five community appreciation nights to allow voluntary donations to the concert series from the crowd to offset the increased costs to produce the event. All concerts take place in the Trolley Barn Park at Adams Avenue and Florida Street and run from 6 – 8 pm and are appropriate for the entire family.

Our concerts are the result of the hard work of the all-volunteer UH CDC in partnership with the UH Recreation Council, the City's Park & Recreation Department and the County of San Diego Enhancement Program. Included in the success of the event are the All-events Co-Sponsors:



Evelyn Ascough, DDS, H.G. Fenton Company, Roxanne Govari and her Pemberley Realty Team, Ross Lopez and Mark Ballam, Park & Rec, Mary Anne Stevens and Queen Bee's Art & Cultural Center who is also our Event Promoter. The many donors whose generous contributions from within and outside our community are another important part of the event sponsor levels including Band Sponsor Anderson Plumbing, Heating & Air.

There are many others who participate with a booth during the concerts. We welcome non-profits as well as other organizations. All of the neighbors nearby who join the celebration and graciously assist our visitors are stakeholders in the success of the series.

With our concerts growing in popularity each year it is important to remember some of summertime's friendly Friday evening facts (your visiting friends will need to know all this before they come over, too). First, parking is at a premium on a regular Friday night in the Heights and tougher still during concert season. Walk, take the bus or ride a bike and remember to be courteous to the neighbors. Don't block driveways, red curbs, bus lanes or other restricted areas, and deposit your trash in park containers before you go home.

Second, make your picnic planning easy, pick up a pizza at our local pizzeria, order take out for your picnic dinner or eat before hand at one of our great UH restaurants for a short walk back to the park. And remember at every concert there will be ice cream treats from Mrs. Frostie.

As a few last reminders – the park will have three porta potties (handicap & standard) for your comfort. Also, there is never, ever, any glass allowed in the park – too many bare kids' feet to worry about. The restriction also applies to alcoholic beverages and smoking, citywide requirements for neighborhood parks. Please keep your dogs on a short leash so they don't snack on other people or their food. We try to have plenty of trash and recycling containers around so that you can help us in keeping the park tidy.

Now turn the page for a spread on the bands that will be providing the entertainment line up. And remember to stop by the UH CDC booth to say thanks and to donate to next year's *Summer in the Park*.

July 10

Caliber

70s, 80s, Old School Funk

www.wearecaliber.com

July 17

The Jazz Pigs

*Multicultural Jazz
Rock Fusion*

www.thejazzpigs.com

July 24

**Liz Grace &
The Swing Thing**

Big Band, Swing, Jazz

www.facebook.com/lizgraceswingthing

July 31

**Billy Lee &
The Swamp Critters**

Zydeco, Cajun, Texas Swing

www.theswampcritters.com

August 7

**Sue Palmer &
Her Motel Swing
Orchestra**

Boogie Woogie & Swing

www.suepalmer.com





University Heights Community Development Corporation

CALIBER

July 10th

Caliber is back again by audience request from our concerts last year. And no wonder Caliber was voted 2014 "Best Local Band" by *San Diego A-List*. The band is best known for its engaging style and performance of the most popular dance music from the 70s, 80s, 90s and Top 40. Prepare to sing along, dance, and quite possibly become part of the show. Band members include, David Zeman, Ben Barnes, Brian Prusinski, Kyle "McMillion" McMillan, Lady Ivy, and Scott Proseus. Caliber can be seen on any given weekend performing at Valley View, Harrah's, or Viejas casinos, Humphrey's or Vintana nightclub, and can be hired for private and corporate events by contacting the band directly through their website.



70s, 80s, 90s, Old School Funk – www.wearecaliber.com • Sponsored by Mary Anne Stevens and Anderson Plumbing, Heating & Air • Community Appreciation Night

THE JAZZ PIGS

July 17th

The Jazz Pigs, led by Carlos X. Pena, describe their music as a multicultural jazz/rock fusion sound that draws on the influences of Coltrane to Zappa to Santana. Vibraphonist Carlos X. Pena grew up in San Diego and was one of the founders of the band in 1990. Band members include Carlos X. Pena – Vibraphone; Jose Serrano – Guitars; Ignacio Arango – Bass; Rodney Zimmen – Drums; and Chris Lea – Vocals and Woodwinds. The Jazz Pigs have dedicated their sound to be against type and to deliver a high energy dynamic performance. They perform "for" their audiences not "to" them. The group's wide open approach to standards has made them one of the most popular jam bands in Southern California and has shaken up audiences in the United Kingdom, Ireland, Eastern and Western Europe and Australia. Check out the latest CD release – *Live at the Sayville Theatre* and visit their website online!



Multicultural Jazz/Rock Fusion – www.thejazzpigs.com • Sponsored by Park & Rec • Community Appreciation Night

LIZ GRACE & THE SWING THING

July 24th

Liz Grace and the Swing Thing celebrates the *American Songbook*, playing lovingly crafted versions of swing, jazz and torch song favorites from the 30s through the 60s. Liz Grace leads her quartet of jazz pros through songs from Frank Sinatra, Peggy Lee, Billy Holiday and Bobby Darin among many other treasured artists. Their mission statement is to keep the *American Songbook* alive, and to give it new life through a passionate and irresistible delivery that will have everyone, no matter what age, dancing and singing along. This swingin' and jazzy quintet from San Diego has come together to celebrate and keep the flame burning for the golden age of Swing & Jazz. Come along on this musical journey on July 24th with Liz Grace & the Swing Thing – you'll be glad you did!

Big Band, Swing, Jazz – www.facebook.com/lizgraceswingthing

Sponsored by H.G. Fenton Company • Community Appreciation Night





Presents the 'Summer in the Park' 2015 Entertainment

BILLY LEE & THE SWAMP CRITTERS

July 31st

Billy Lee & The Swamp Critters are back again to perform here in the USA fresh off their three week international tour including the biggest festivals in England: "Glastonbury & The Americana International" – you better come see them this year while we can still afford them! They have expanded their repertoire beyond their primary specialties of good-time Louisiana-style Cajun, Zydeco and Mardi Gras music, possibly factoring in an English overtone to justify their new "international notoriety". Band members include Bob Pruitt – slide guitar/vocals; Roger Daschle – stand up bass/vocals; Sandra Stram – fiddle/vocals; Eric Hybersten – clarinet/sax; Gary Nieves – drums; Billy Lee – accordion/vocals, with horns added on special occasions. Billy Lee was raised in the Cajun Triangle, and although he plays traditional Cajun and Zydeco music sung in Cajun French, he also writes original songs with a blend of boogie woogie, doo wop, and Texas Swing. Join us to welcome them back from "across the pond"!

Cajun / Zydeco / Mardi Gras & More – www.theswampcritters.com

Sponsored by Evelyn Ascough, DDS and Roxanne Govari & Team of Pemberley Realty • Community Appreciation Night



SUE PALMER AND HER MOTEL SWING ORCHESTRA

August 7th

There is no denying that Sue Palmer and Her Motel Swing Orchestra are one of a kind, and that is why we bring her back year after year to our Trolley Barn Park Concerts. Sue Palmer is the Queen of Boogie Woogie, and she reigns rightfully at our Summer in the Park event while seated in front of her keyboard. Anyone who has been to one of her shows, including our past concerts, knows that the fun starts when Sue and her irrepressible sidekick musicians turn up the power. That lineup includes lead singer Deejha Marie, sharing vocals with daughter Sharifah, trombone player April West, drummer Sharon Shufelt, guitarist Steve Wilcox, sax player Johnny Viau, bass player Pete Harrison, and, of course, Sue on keyboard and accordion. In 2014 Sue's Boogie Woogie tours included the Bay area, *Silvan Zinggs International Boogie Woogie Festival* in Lugano, Switzerland, a tour to Georgia, and an all woman blues review for San Diego's *Gator by the Bay Festival*. Nothing is as good as Sue and her band's live performances to impel you to jump up to practice your swing and jitterbug moves. So be ready to do just that when you head to Sue's concert on August 7th.

Boogie Woogie & Swing – www.suepalmer.com

Sponsored by Friends of Summer in the Park and Ross Lopez & Mark Ballam • Community Appreciation Night



Community Appreciation Nights held July 10th, 17th, 24th, 31st & August 7th. Voluntary audience donations will be solicited by UHCDC and will strictly be used for next year's 'Summer in the Park' Concert Series.

Join the Crowd At This Season's Summer in the Park Concerts!

For more information about the University Heights Community Development Corporation, its organizations, activities, and the Summer in the Park entertainment line-up, please go to www.neighborhoodlink.com or visit www.uhcdc.org.

YES, I would like to become a sponsor of Summer in the Park!

Name _____
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 Phone _____ Email _____

- I have enclosed: (check one)
- Friends Level \$25-49
 - Buster Level \$50-99
(support-a-potty)
 - Patron Level \$100-499
 - Sound Crew Level per event - \$500
 - Band Sponsor per event - \$750
 - Stage Level per event - \$950
 - All Events Co-Sponsor \$1,500-2,500

Clip & return and make payable to: UHCDC P.O. Box 3115, San Diego, CA 92163 (619) 297-3166. We always welcome your comments via email: uhcdc@netzero.net. All sponsorship levels are tax deductible to the extent provided by law. All donations go to support 'Summer in the Park'.



University Heights Community Development Corporation

The UHCDC in partnership with the UH Recreation Council initiated *Summer in the Park* nineteen summers ago in an effort to bring neighbors, businesses, families, friends & visitors together in a community friendly atmosphere. Since that time the outpouring of support from every section of our community has been fantastic. Our efforts have worked so well that we have applied this participatory style of community development to all of our programs. All the UHCDC events and projects illustrate how the all-volunteer board of the UHCDC, a non-profit, public benefit 501(c)(3) organization, works continuously to better the University Heights neighborhood.

Summer in the Park All-Events Co-Sponsors

QUEEN BEE'S ART AND CULTURAL CENTER Many thanks to Alma Rodriguez and her Queen Bee's team for joining our concert series as a Co-Sponsor and Event Promoter. The Center is a multi-purpose venue centrally located in North Park. It hosts everything from concerts to dance classes, art shows, open mic nights, special events, private parties and much more. Queen Bee's mission is to support local musicians and artists by opening its space to a wide variety of concerts and events, The Center also donates 18% of its profits to helping homeless youth in San Diego through various charitable organizations. Queen Bee's is located at 3925 Ohio Street, San Diego, 92104. Information: (619) 255-5147 or www.queenbeessd.com.

MARY ANNE STEVENS Mary Anne is a long time UH resident and booster in her role as a Co-Sponsor of the concerts for many years as well as providing free shuttles for the Arts Open/Taste of UH event each fall. Mary Anne supports our community with her time and money in many ways. She has served as president, vice-president and treasurer of the UHCA and still serves on its board. Mary Anne is a well known established realtor associated with Coldwell Banker. She can be reached at (619) 871-1144, maryanneshomes@gmail.com or visit www.maryanneshomes.com.

ROSS LOPEZ & MARK BALLAM We are most appreciative that Mark Ballam and Ross Lopez again are lending their support as Co-Sponsors to this year's concerts and to assisting in setting up and taking down the events. Ross Lopez is a long time homeowner and property owner in UH. He is an active UHCDC board member and Chair of the UH Historical Society. Mark J. Ballam serves as a managing director for the Center for International Business Education and Research at SDSU. He is a native of Cape Cod, MA, and has lived in San Diego with his married partner, Ross Lopez, since 2005.

ROXANNE GOVARI & TEAM OF PEMBERLEY REALTY Roxanne started her career in real estate with Coldwell Banker in 2000. In 2008 she decided she wanted to be closer to where she lives. She founded Pemberley Realty at 4637 Park Blvd. next to her family's Soltan Banoo restaurant. A few years ago when her son, Alex, started Kindergarten, Roxanne saw a bicycle at his school's fundraising auction. She realized then, that a logo with the kids and the bicycle would be a perfect ambassador to promote her business and support the school at the same time. Roxanne is an active member of the *Between the Heights Community*; publishes a monthly e-newsletter; and hosts a monthly breakfast for clients & friends. Roxanne is proud to again Co-Sponsor the *Summer in the Park* concerts. (619) 778-0577 or www.pemberleyrealty.com

EVELYN G. ASCOUGH, DDS Dr. Ascough has been a winner three years in a row as the "Best Dentist" in both the *San Diego Uptown News* and *Downtown News*. She is a General and Cosmetic Dentist located in the Hillcrest area. Her love and passion for dentistry drives her to work hard in providing an exceptional level of personalized care. She has 20 years of experience and has received advanced training in Esthetic Dentistry. She incorporates the latest technology, reliability and personal care to make each patient's visit a pleasant experience. Dr. Ascough is one of the 14 dentists in the San Diego and Riverside Counties to be fully trained and licensed to perform Laser Periodontal Therapy, a breakthrough technique to treat mild to severe gum disease. She also dedicates her time and expertise to the community. Every year she gives back by helping to raise funds for various causes such as schools and non-profit orgs. Dr. Ascough's office is located at 3333 Fifth Avenue, Suite 100, in Hillcrest. Call or visit: (619) 298-0821 or www.evelynascoughdds.com

PARK & REC Another exciting new addition to our list of All-Events Co-Sponsors is the new neighborhood food and entertainment venue "Park & Rec". Located in the former Bourbon Street establishment at 4612 Park Boulevard and having undergone an expensive remodel, co-owners John Pani and Andy Zlotnik, will be appealing to a broader demographic from the neighborhoods in which they are located. They don't plan to cater to any age, states Pani, who also owns Hotel Vyvant in Little Italy and Waypoint Public in North Park. Pani further mentioned in a March 2015 *U-T Business Section* article, "Given the name (Park & Rec), the experience we're aiming for is really one of a neighborhood place." They will be providing valet parking for their patrons to offset any parking impacts. From all indications they intend to be a part of our community. Contact Park & Rec at (619) 795-9700.

H.G. FENTON COMPANY We are pleased to announce that H.G. Fenton Company has joined our 19th Annual Concert Series as an All-events Co-Sponsor. We invited them expressly to provide our community with details of their exciting redevelopment of the 2000 block of El Cajon Blvd. between Florida and Alabama Streets in UH where they are building a mixed-use 165-apartment complex. H.G. Fenton Company, a family-owned San Diego real estate company, has proudly entered its second century of service providing quality working and living experiences through responsible development and management practices. H.G. Fenton Company creates lifestyle opportunities where employees flourish, residents live well, and businesses succeed for over 1,100 businesses, and across 14 apartment communities totaling over 3,300 homes in San Diego County. Visit online at www.hgfenton.com.

SAN DIEGO PARK & RECREATION DEPARTMENT The San Diego City's Park & Recreation Department works in partnership through the UH Recreation Council in providing oversight to Trolley Barn Park, UH Point Open Space, the Birney Joint Use Turf Field at the corner of Park Boulevard and Meade Avenue, and the newly opened West Lewis Mini Park in Missions Hills.

UNIVERSITY HEIGHTS RECREATION COUNCIL The Rec Council is an advisory committee to the San Diego Park & Recreation Dept. with jurisdiction over Trolley Barn Park, UH Point Open Space, Birney Joint Use Turf Playing Field, & West Lewis Mini Park in Mission Hills. It's one of the few councils with a charter from the City, established in 1996 through a grass roots effort by the UH community. The Rec Council meets at Birney Elementary, first Thursday of each month at 5:30 pm. Our Area Manager attends all meetings and community members are welcome. Information: (619) 297-3166.

SAN DIEGO COUNTY Special thanks to the San Diego County Enhancement Program and our County Supervisor, Ron Roberts, for awarding funding to our concerts over the past many years and helping to make them an annual City and County-wide success.

FRIENDS OF 'SUMMER IN THE PARK' The following individuals have donated to this year's concerts and because of their strong support and appreciation, the UHCDC is hereby recognizing them as a community Co-Sponsor of the event: Harriette Iddings, Phyllis Charlton, Randi Dropkin, Alexandra Elias, Joan Foster, Alexandrina Price-Jagers, James Lybarger, Terry Weiner, Edith Jeglor, Richard and Sue Strickland.

Summer in the Park Band Sponsor

ANDERSON PLUMBING, HEATING & AIR is a proud July 10th Band Sponsor of the 19th Annual *Summer in the Park* Concerts. Since 1978, Mary Jean Anderson and her family have been serving San Diego with plumbing, heating & air conditioning maintenance and new installation services. The company slogan is 'Nobody WOWs clients like we do!' and the entire team at Anderson Plumbing, Heating & Air is dedicated to this! Welcome again this long established company to a second year as a Band Sponsor! Call (619) 449-7646.

Additional Summer in the Park Sponsors

MEDIA Hillquest.com, Roxanne Govari/Pemberley Realty: *Monthly Newsletter* and Concert Flyer distributor, uhcdc.org, Queen Bee's Art & Cultural Center, and special thanks to the UHCA and its blockwalkers who distribute over 4,000 concert flyers through its *UHCA News*.

GROUPS / BUSINESSES Elizabeth G. Ascough, DDS, Anderson Plumbing, Heating & Air, Mary Anne Stevens, H.G. Fenton Company, Park & Rec, UH Rec Council, Roxanne Govari of Pemberley Realty, Alan Hoffman, UHCDC, UHCA, UHHS, Addison's Candies, Intouch Chiropractic, San Diego Pros, Liquid Eden, Perpetual Motion Creations, Vibrant Soap, Pridey Girl Petcare, *Circulate San Diego*, California Coast Credit Union, Desert Protective Council

EXHIBITORS UHCA – *T-shirts, Caps*; UHCDC – *Tote Bags, T-shirts, Brochures, Led Flashlights*; UHHS – *Walking Tour Guides & Memberships*.

FOOD Mrs. Frostie Ice Cream – *a variety of flavors & toppings; sundaes, cones, cups*.

CONTRIBUTORS Ernie Bonn, and Lesley Cameron / CamGraph@cox.net

These people, groups, businesses and volunteers help to make the Annual *Summer in the Park* Concert Series the great success that it is!

PRINTING *Summer in the Park* flyer – Beyond Print, Inc. • 858-880-8883 • Order@BeyondPrintInc.com





turf removal

Thinking of getting rid of that turf? Here are two things for you to consider:

First, a recent study from the Massachusetts Institute of Technology (MIT) questions Monsanto's safety claims for the popular and commonly used herbicide Roundup. The study suggested that Roundup could be linked to a range of health problems and diseases, including Parkinson's, infertility and cancers. For further information, search "MITstudyMonsato" on the web.

Second, you may be eligible for a Grass Replacement Rebate. There are two programs offering incentives for University Heights residents to remove turf – Cal Water Smart program (<http://socalwatersmart.com>) and the city of San Diego's waterconservationrebates@sandiego.gov.

Editors' Note: A quick search of the Internet turned up a wealth of information about natural alternatives to Roundup and other potentially harmful herbicides that are commonly used to kill lawns. We are supplying a list below of some websites for informational purposes only. The UHCA News does not endorse or promote any of these alternatives, nor has it vetted any of them for effectiveness. At press time, the URLs below were accurate:

GreenCityBlueLake

<http://www.gubl.org/live/home/landscaping/is-there-a-safe-alternative-to-roundup>

ALTHEALTHworks:

<http://althealthworks.com/762/natural-alternatives-to-roundup-are-quite-easy-to-make/>

The Thrifty Couple:

<http://thethriftycouple.com/2014/05/31/>


diy-alternative-for-weed-b-gone-or-roundup-homemade-recipe-is-effective-and-safe/

Instructables:

<http://www.instructables.com/id/Biodegradable-and-safer-alternative-for-commercial/>



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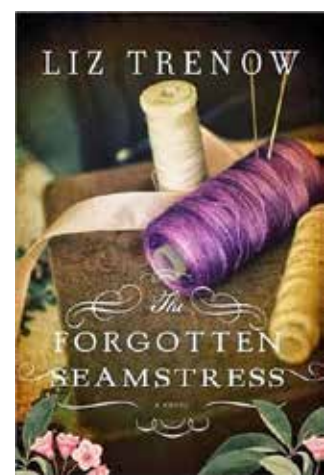


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UH July Book Club & Salon: *The Forgotten Seamstress* By Liz Trenow



The Forgotten Seamstress is really two stories, one from the past and one in the present, stitched together like the quilt that forms the centerpiece of the novel. The present tale follows Caroline Meadows, who finds the quilt as she is helping her mother sort through boxes in her attic. The second tale, 100 years in the past in Edwardian-era London, is that of the quilter, an orphan named Maria, who knows she is lucky to have obtained a position in the sewing room of the royal household at Buckingham Palace.

Maria catches the eye of the Prince of Wales, but as a result her life takes a tragic turn. Exiled to an asylum because of the affair and to maintain her hold on reality, she stitches her story into an intricately designed quilt. One hundred years later, when Caroline can't figure out the meaning of the message embroidered in the quilt's

lining, she sets out on a search to reveal its mystery.

The Book Club is meeting on Wednesday, July 29, at 6:30 pm. The book will be available at the University Heights Library's front desk at the end of June. New members are always welcome! to him as a child in a vision.

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The book will be available at the University Heights Library's front desk at the end of June. New members are always welcome!

New members are always welcome!

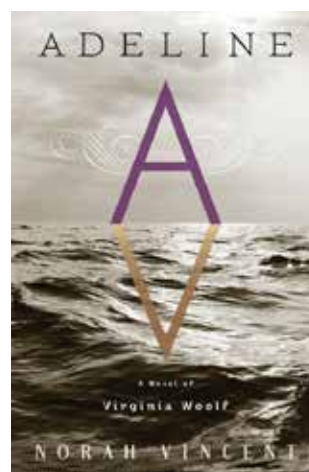
WEDNESDAY, July 29 and August 26, at 6:30 pm

UH Branch Library

4193 Park Boulevard (at Howard Avenue)

(619) 692-4912

August Book Club & Salon: *Adeline: A Novel of Virginia Woolf* By Norah Vincent



Adeline is an exceptional, fictional account of the life of Virginia Woolf (1882-1941) from 1925 up to the events leading to her suicide in 1941. Virginia had struggled with mental illness for years, but protected by her husband, publisher Leonard Woolf, and her sister Vanessa, she had managed to produce some of the most original novels of the 20th century. In spite of this dark side of her life, Virginia was part of a vibrant social circle known as the Bloomsbury Group, and the author allows the reader to experience these characters with all their bizarre rivalries and behaviors; not only a look within the mind of Woolf, but also into the lives of her husband Leonard, T.S. and Vivienne Eliot, Lytton Strachey and Dora Carrington.

Author Norah Vincent describes the time when Virginia's given first name, Adeline, ceases to be used, but thereafter continues to exist inside of Virginia her whole life as a separate personality to deal with emotionally upsetting events. Through various episodes in Woolf's life, Vincent explores the wonder and fear of the creative process, as experienced by someone with a tenuous grip on reality. Adeline is a moving novel, a portrait of what it means to be brilliant and tormented.

The Book Club is meeting on Wednesday, August 26, at 6:30 pm. The book will be available at the UH Library's front desk at the end of July. New members are always welcome!



Birney Buzz

By Laura Dadmun,
Alice Birney Elementary School Parent

July 10 Open House for New Families

On July 10, Birney's regular "Family Friday" will also be an Open House for new and prospective families. If you are interested in joining the Birney community, please come by and see all the great things that are happening here! The event starts at 2:30 in the auditorium with a presentation by our principal, Amanda Hammond-Williams. Then at 3 pm parents are invited into the classrooms. We hope to see you there.

July 17 New Families Invited to the Playground Playdate

New families can also join us for a Playground Playdate on July 17 from 6:30 - 8:00 pm on the Birney campus. Students can meet their new classmates and parents can make some new friends!

July 18 Birney and University Heights Loves Pride!

parents and staff will conduct our parking fundraiser again this year for the Pride Parade and Festival. If you have friends who are coming to our neighborhood and need a place to park, please come by the San Diego School District parking lot. Parking is a \$10 donation, and you can also grab a cool drink or snack for parade watching, all while helping to support Birney.

Thank You Banners are Up

Some of you may have noticed new banners up on the Park Blvd fence. The banners are out way of saying "thank you" to our major sponsors for our super successful 2015 Run for the Green fundraiser. Thanks to UHCA and all our supporters, we reached our \$85,500 goal this year. Please patronize the community businesses that have helped Birney remain a great neighborhood school.

Perfect Attendance Limousine

Once again, Birney will reward students with perfect attendance with a limousine ride to Mariposa Ice Cream on July 15. This is always a fun event for the students and a great reward for job well done!

Birney Alumni

Are you a Birney Alumna? If so, are you interested in getting together with other Birney Alumni or starting a Birney Alumni club? If so, please contact ptabirney@yahoo.com.

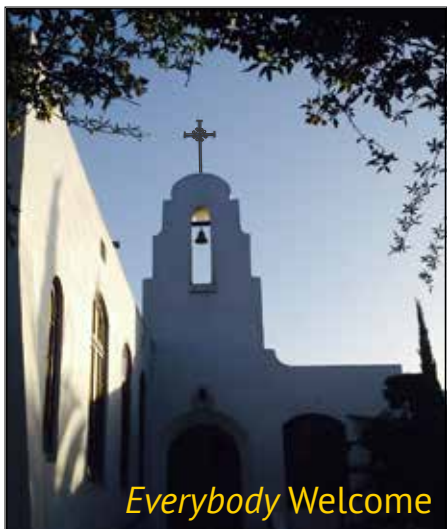
Birney New Student Orientation for 2015-16 School Year

Orientation for new kindergarten students will take place on September 4. The last day of the 2014-15 school year is July 21, and students are back to school on September 8.

Birney School Reunion

By Nan McGraw

Okay! We have some interest from you but we will need a whole lot more before proceeding with a Birney Reunion. Birney grads, contact your friends and Birney teachers in and outside of UH who may be interested. We're looking for old class photos from classes as far back as Birney have been around. We need your help and will be working with the Birney PTA to have a fun event. Contact me at (619) 260-0668 or nmcsan@aol.com.



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PET OF THE MONTH



JULY PET OF THE MONTH: BUDDY

Born on Christmas Day 11 years ago, Buddy is an Abyssinian cat. His breed is known for having short hair with a distinctive "ticked" tabby coat, which makes him look like a small cougar. Buddy is very extroverted and affectionate and always likes to be the center of attention in the middle of a crowd of people, much like a dog. Unfortunately, Buddy has suffered two kidney blockages; however, he had recent surgery to correct this hereditary disease last year and has made a full recovery.

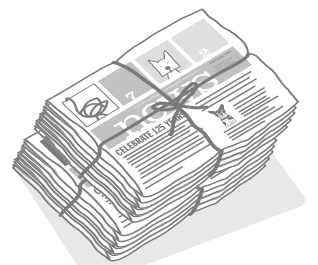
Buddy becomes depressed without constant attention and requires a 15-minute cat massage every morning when he wakes up after hogging most of the bed at night. Buddy has truly been a blessed addition to the family of Christopher & Van.



AUGUST PET OF THE MONTH: JACK

Jack is six years old. George and Bonnie Lamb adopted him from the San Diego Humane Society in August 2009. He is very loving during the day and a fierce hunter of mice and moles at night. He loves bringing his prizes home to show that he is a generous provider. Jack has appeared in several commercials and training videos, yet somehow he manages to always keep it real and has not let fame go to his head.

Blockwalkers Needed



GEORGIA FROM EL CAJON BLVD. TO LINCOLN; LINCOLN FROM FLORIDA TO TEXAS; TEXAS FROM EL CAJON BLVD. TO LINCOLN


Contact: Nan McGraw (619) 260-0668

new 8th deadline for ucha news ads and articles

Beginning with the September UHCA News, the editorial staff will be initiating a new deadline for ads and articles: the 8th of the month instead of the 10th. Many volunteers are self-employed or work full time so their time is limited to work on the UHCA News. We appreciate your understanding and flexibility to accommodate to this change. The University Heights Community Association appreciates our advertisers and article contributors. Thank you,

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**Daily
5-6:30pm**

You're Invited

The UHCA Beautification Team is happy to invite you to the unveiling ceremony for it's SDGE&E-sponsored Busing for the Environment Project.

When: Saturday, July 11, 2015 at 10 a.m.

Where: Bus stop on Park Boulevard near Meade Avenue outside the Multi-Use Playing Field at Alice Birney Elementary School.

Come out and show your support for the Alice Birney Gardening Program whose student have been working hard to design an amazing living wall!




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Cookie with the Cops (Continued from page 1)

Here's a little history: In the mid 80s when crime stats were high, UHCA encouraged Neighborhood Watch by aggressively seeking to turn back the stats. We created the concept, "Coffee with the Cops". Accompanied by SDPD, we went to vulnerable locations to meet with neighbors and troubleshoot the problems they had in their neighborhood. Eventually, Crime stats plummeted and drug houses disappeared. UHCA still encourages Neighborhood Watch, the model for community engagement with SDPD. We also accompany SDPD to different locations for you to meet and greet your neighbors along with our Police Community Relations Officer, David Surwilo, who hopes to bring a few surprise guests.

You will also have an opportunity to meet your Zone Watch Coordinator. Our two newest Coordinators are Mark Koopman for Zone 6 and Mary Lange for Zone 3. Thank you, Mary and Mark. We are looking forward to meeting you! Welcome to all and see you at our Cookies with the Cops, July 28.

More about Zone Watch & Neighborhood Watch



By Nan McGraw

Ideally, every block or apartment/condo building has an organized Neighborhood Watch. UHCA has an easy-to-follow pamphlet (go to www.uhsd.org for yours). Summer is an ideal time to host a Neighborhood Watch gathering on your block. Just recently after having too many cars broken into, Marce Ziolkowski gathered her neighbors together to discuss issues on Monroe Avenue. They networked and problem solved along with Officer Surwilo.

To go one step further, UHCA's invention, **Zone Watch**, links together many blocks within a neighborhood. Through **Zone Watch**, you will know what may be a problem a block or two away which can eventually affect your block. If you are not yet involved in a Neighborhood Watch and would like emailed information from a **Zone Watch** Coordinator, please look at the map on page 2 of the UHCA News to determine your Zone. Then, contact your **Zone Watch** Coordinator who will add you to their email list and send pertinent information, usually once a week unless there is an emergency situation. The coordinators always send blind copy to you to protect your email address and privacy.



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from your supervisor



HED: Help County Animal Services By Becoming A Foster Parent

'Tweenies' come free with all the supplies and services necessary

By Supervisor Ron Roberts

The rush of kittens into the County Department of Animal Services has begun. These babies need foster families to get and stay healthy. Being raised in a home environment helps kittens thrive, get socialized and gain weight.

To do that, we need your help

The county's "Tweenie" program places orphaned kittens between four and eight weeks of age into temporary homes. Sometimes we will even have a mother cat with newborns.

County shelters, including the one on the other side of Mission Valley in the Morena neighborhood, can't put kittens up for adoption until they reach about two pounds, a weight at which they can be spayed or neutered.

Participating foster families are sent home with free food, litter and toys, along with their kittens. Last year we were able to place more than 500 Tweenies in foster families, a record.

Experience shows us that once these kittens return to the shelter for adoption, they get snapped up. Yes, because they are adorable. But also because the kittens are used to being around people, and are friendly rather than wary.

If you are interested in providing a foster home, contact our Department of Animal Services at (619) 767-2675 or visit sddac.com and click on "Tweenie Program" in the left column.

Not a cat person, but still want to help? The county cares for more than 25,000 cats, dogs and farm animals each year that have been lost, abandoned and neglected.

We are always looking for volunteers at our three shelters. Get started at sddac.com/volunteer.asp and see how you can help. To those hundreds of volunteers already helping, thank you for your support.

County Supervisor Ron Roberts represents University Heights as part of his Fourth Supervisorial District. You can follow him on Facebook at Supervisor Ron Roberts, on Twitter at @RonRobertsSD and at www.RonRoberts.com.

from your speaker



Speaker Toni G. Atkins

On July 18, San Diegans will come together to celebrate LGBT Pride. The Stonewall Riots, the beginning of the modern movement for LGBTQ rights, started in June 1969. Forty-six years later, we are still working towards achieving equality. In California, we've made improvements to the status of LGBTQ individuals:

We created a transgender student bill of rights, which will allow transgender students in public schools to have access to sports teams and school facilities such as restrooms with respect to their gender identity; We ended the practice of "conversion therapy" for youth; We've worked toward establishing LGBT cultural competency across health care sectors; Last year, I passed legislation that requires death certificates to

reflect the decedent's gender identity. The progress we've made helps right the wrongs that LGBT individuals have suffered – the indignity of exclusion and discrimination and the fear of hate attacks.

But there is still more to do. Thirteen states do not allow same-sex marriage. LGBTQ youth still make up half of the homeless youth population. The federal government still hasn't passed the Employment Non-Discrimination Act (ENDA), which would end job discrimination. Only 17 states have non-discrimination laws without exceptions.

In April, the Supreme Court heard arguments on same-sex marriage bans in different states. I'm calling on the Supreme Court to make the right decision for those members of our society who have suffered the indignity of exclusion for too long. It's time that full marriage equality is extended for everyone, no matter where you live. (Editors' Note: it's anticipated that the Supreme Court would have made their ruling by the time you read this paper.)

We must continue the tremendous progress made since Stonewall, 46 years ago. We must continue to defend the rights of everyone – gay, lesbian, straight, or transgender – to ensure that no one is left without a voice.

from your councilmember



Waste No Water

By Councilmember Todd Gloria

Starting in June, San Diego must cut water use by 16% to meet the water reduction goal mandated by the state of California. To ensure the city meets this goal overall, San Diegans are asked to save more water. These savings are in addition to the conservation measures already taken and above the savings goals achieved since the last major drought. If you're like me, you may consider this an impossible task because of the lengths you have already gone to address water waste.

The best way to achieve additional water conservation and hit the 16% target reduction is through citywide reduction of outdoor irrigation. Lush green lawns and foliage can look beautiful and welcoming, but even more attractive is acting responsibly for the long-term benefit of our environment.

Ideas for drought tolerant plantings are plentiful. University Heights is home to many great examples of water-responsible landscapes, and multiple water conservation

gardens are open to the public throughout the region. Incentives beyond knowing you are doing the right thing are available to help defray some costs of replacing your lawn.

Please visit the city's water conservation website, www.wastenowater.org for resources on how to be water-wise. The site includes rebate applications for turf removal, rain barrels and micro-irrigation, all of which will be available through the city beginning July 1, 2015. Rebates for turf removal, as well as other items such as high-efficiency washers, are available now through the Metropolitan Water District of Southern California.

I cannot urge you more strongly to water no more than two times per week, for no more than five minutes per day. If your address ends in an odd number, it is recommended you water on Sunday and Thursday. Residents of addresses ending in an even number should water on Wednesdays and Saturdays. Apartments, condos and businesses are encouraged to water on Mondays and Fridays. Also, please water only after 6 pm and before 10 am. When the weather is overcast and Mother Nature is kind enough to provide some drizzle or rain, decrease your outdoor watering accordingly.

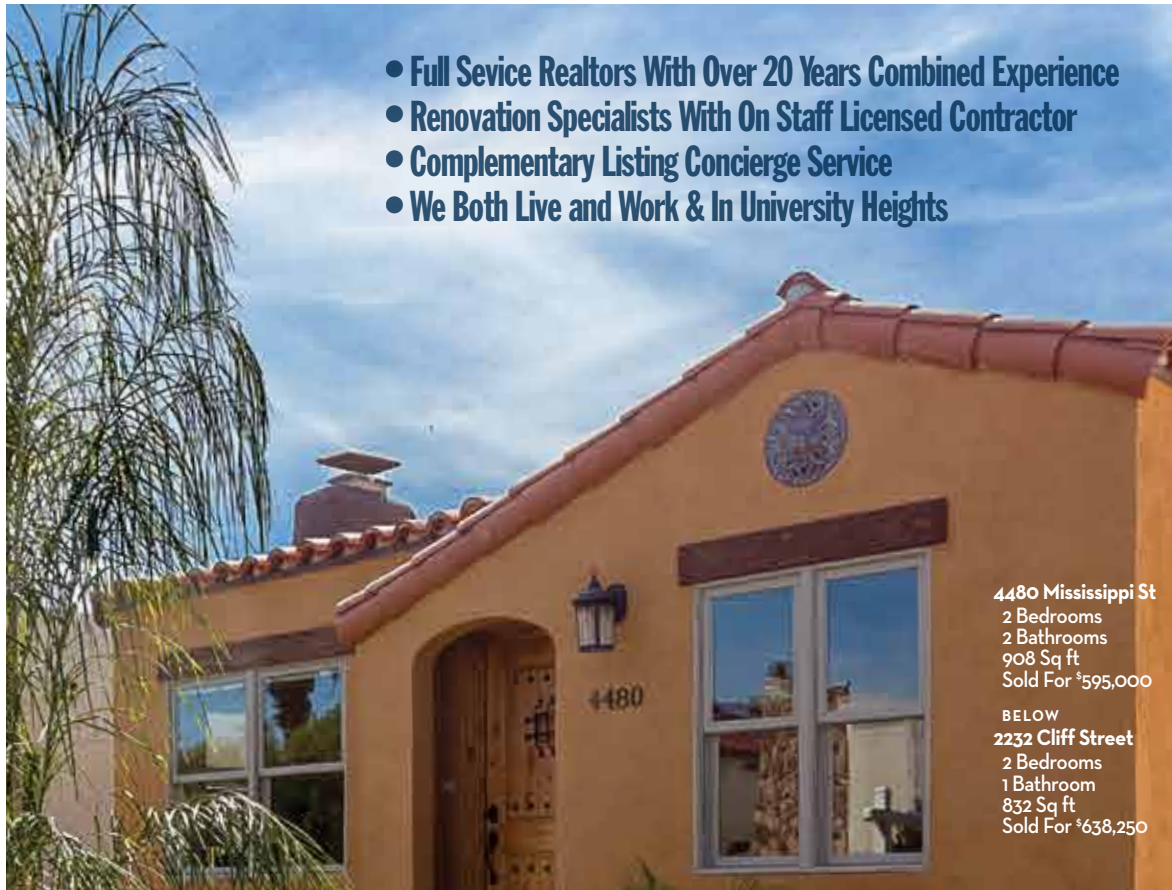
San Diego met the challenge during past droughts and will meet it again with the help of every San Diegan.

Councilmember Todd Gloria represents City Council District 3, which includes University Heights. He can be reached at (619) 236-6633 or toddgloria@sandiego.gov.

Phone Book

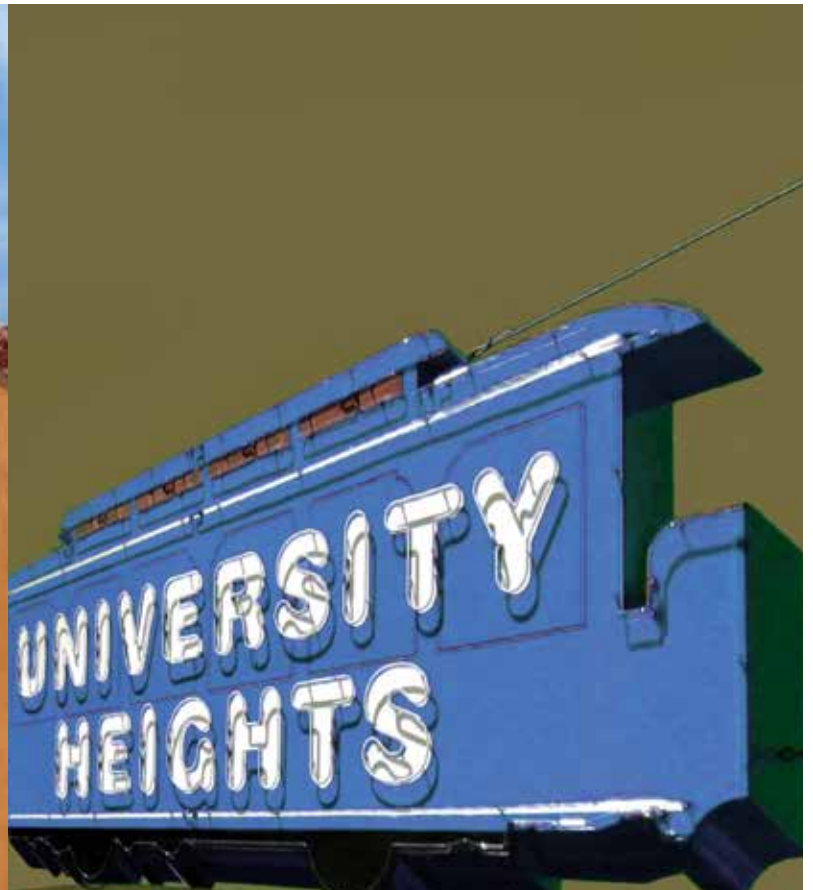
Emergency (Police, Fire, Medical)	911
Non-Emergency suspicious activity/HOT-Homeless Outreach Team/etc.	619-531-2000
Abandoned Vehicles	858-495-7856
Alice Birney School Office	619-497-3500
Arson (SD Arson Investigators)	619-236-6815
Barking Dogs	619-238-2400
Brush and Weed Abatement	619-533-4444
Code Violations	619-236-5500
Crime Stoppers Tip Line	888-580-TIPS (8477)
Dead Animals	888-299-9905
Department of Animal Services (non-emergency)	619-767-2675
Department of Environmental Health (public health/rats/rodents)	858-694-2888
Downed phone lines	800-288-2020
Downed Power Lines (SDG&E)	800-411-7343
Dumpster Divers: in process: SDPD	619-531-2000
Environmental Services Department	858-694-7000
Emergency Water/Sewer Repair/Sink Holes	619-515-3525
Gangs	619-531-2847
Gas Leak	800-411-7343
Graffiti vandalism	619-531-2000 or 858-484-3154
Urban Corps	800-829-6884
Narcotics (suspicious drug house/anonymous)	619-531-2468
Noisy Neighbors	619-531-2000
Homeless Camps	SDPD 619-531-2000
Project Wildlife	619-225-WILD (9453)
RSVP: Retired Senior Volunteer Patrol	619-692-4945
RSVP (SDPD's Volunteer Patrol)	619-692-4800
SDPD Community Relations Officer David Surwilo	619-692-4858
SDPD Western Division: 5215 Gaines Street	619-692-4800
Shopping Cart Pick-Up Service	800-252-4613
Street Division	619-527-7500
University Heights Branch Library	619-692-4912
Waste Management (uncollected trash)	619-596-5100

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