



**THURS MARCH 5**  
**UHCA Meeting**

- Crime watch 6:45 pm
- Spotlight on El Cajon Blvd. (details below)
- Also continue dropping off "doggie poop bags" and eyeglasses for Lions Optometric Vision Clinic!
- Light refreshments

**Alice Birney Elementary School Auditorium**  
**4345 Campus Ave.**

University Heights Community Association March 2015

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## SURVEY RESULTS ARE IN! 2014 UH Community Improvement Survey

By MaryBeth Chruden

Want to know what your neighbors think about living in University Heights? We did so we asked you! Between last summer's concerts in the park through mid-January, 467 paper and on-line surveys were returned. We exceeded our goal of 400 surveys and are glad to report what we've learned so far.

First some demographics. The responses were received from across all six UH Zone Watch areas. Respondents were 47% female, 37% male; the rest were not marked. Fifty-nine percent own property in UH, 25% rent, 14% did not answer and less than one percent were business owners. Twenty percent of respondents have been in UH less than 3 years and 18% have been here over 25 years. The rest of the responses were spread fairly evenly among the four categories in between. Not surprisingly, 71% of respondents use cars as their primary mode of transportation with 17% primarily either walk, bike, or use public transit.

Three questions were asked to gather information to help UHCA focus on priorities for neighborhood improvement.

(1) What are the problems in your neighborhood? Both owners and renters perceive the top three neighborhood problems to be speeding motorists, lack of street parking, and not enough lighting. The next concern for renters is the cost of housing, and for owners it's sanitation

(dog waste, trash, cigarette butts). Owners and renters alike are concerned about homelessness.

(2) What services would you be willing to pay more taxes to receive? The answers help us determine how much support there might be for getting tax dollars for improvements. In a match with one of the top neighborhood problems, 39% of respondents are willing to pay more taxes for improved street lighting. Forty-five percent of respondents are willing to pay more taxes for improved sidewalks, curbs, and gutters and 38% to upgrade existing parks. Improving streets, roads, and bike lanes and providing for additional parks rank close behind. More than 30% of respondents want to improve police protection, library service, and develop the Teacher Training Annex.

(3) What are the top three issues you would like to have addressed in the coming year? Top issues are improving library services, providing for additional parks (such as a multi-use park under the Vermont Street Bridge or pocket parks/parklets) and recreational facilities, improving sidewalks, curbs and gutters, rehabilitation of the Teacher Training Annex, and increased street lighting.

Thanks to each and every respondent for their thoughtful effort on this survey. We will continue to improve UH and do our best to use these survey results to guide us.

## Looking Ahead: UHCA April 2 Meeting

It's birthing season in San Diego, and our native wildlife will be multiplying! We're lucky to live in an area with such a diverse population, and spring is the perfect time to focus on living in harmony with our neighbors - whether they have two legs, four legs, or wings. Representatives from The Fund for Animals Wildlife Rehabilitation Center, Project Wildlife, and Project Coyote will educate us on the San Diego's native wildlife, what we can do to promote compassionate co-existence, and what to do if we come upon an injured animal. Don't miss it!

### Coming Soon: UH Events

- 20 Years Vermont Street Bridge Celebration - Let's Party!
- Birney School Reunion (how many of you either taught or were a student at Birney?)
- "Ice Cream with the Cops" in the summer 2015
- Community Cleanup for the Rock 'n Roll Marathon - May 31
- Vertical Living Walls: Unveiling at 2 UH Bus Stops - Fall 2015

## THURSDAY, MARCH 5 UHCA MEETING

### Spotlight on El Cajon Boulevard

- ◆ Bernie Miles, Episcopal Community Services/Friend to Friend's program manager will present an overview of their services to homeless adult (See article "You've Got a Friend" page 4.)
- ◆ The renovated Lafayette Hotel set the standard. The advertising and promotion manager will speak of the great things that are happening at the hotel.
- ◆ Learn about the fabulous Ethiopian restaurant/market and sample their delicious food - soon to be in UH.

San Diego Stage & Lighting at 2030 El Cajon Blvd. has been sold to H.G. Fenton Company! A representative agreed to come to a future meeting and discuss their plans for an upscale apartment building. In the meantime, let's celebrate the vitality the Lafayette Hotel brings to UH and the expanding businesses of Luigi's and Awash on El Cajon Blvd.

Luigi's at 2121 El Cajon Blvd took over the space Eclipse Chocolate previously occupied. Just a few steps west of the Lafayette, they serve great pizza and craft beer. We won't be serving beer at the March meeting but you will get a taste of their pizzas and sample Ethiopian cuisine from Awash Market & Ethiopian Restaurant. Awash has purchased the property at 2104 El Cajon Blvd. (the former Napa Auto Parts store, next to Boulevard Fitness) as a larger space was needed. Habtamu, one of the owners, will tell us about his popular market/restaurant. Join us in supporting these businesses.

Also continue dropping off "doggie poop bags" and eyeglasses for Lions Optometric Vision Clinic!

## Local Water Agencies Encourage Customers To Show Off Water-Wise Landscapes

California-Friendly® Landscape Contest Entries Due April 10

As San Diegans continue to find new ways to conserve water during California's unprecedented drought situation, the time is ripe for residents to showcase their water-wise landscaping success stories by entering the local water agencies' California-Friendly® Landscape Contest.

As much as 50% of a residential homeowner's water use is for outdoor irrigation. Now is the perfect time for homeowners who have already taken this important step towards conservation to show the community what they too can do. One of these options is moving from traditional grass lawns and/or landscaping to California Friendly® plants that require far less water.

One winner will be chosen from each of the 12 agencies participating in the contest and will receive a \$250 gift certificate and recognition on the agency websites and communications channels. The contest is open to customers of the City of San Diego, California American Water, City of Escondido, City of Oceanside, Helix Water District, Olivenhain Municipal Water District, Otay Water District, Padre Dam Municipal Water District, San Dieguito Water District, Sweetwater Authority, Vallecitos Water District, and Vista Irrigation District.

Last year's City of San Diego winner, Amelia Lima, says her front yard demonstrates

*continued on page 9*

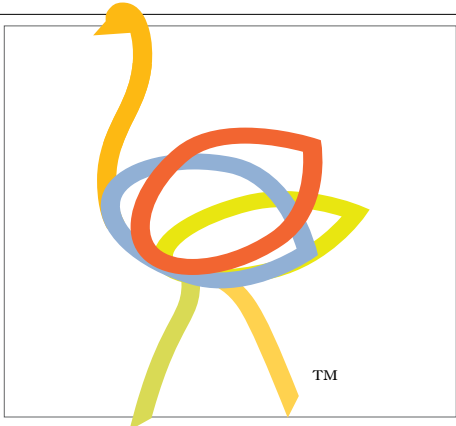
## UH Yard Waste Collection Route

By Christopher Hutchinson

On October 30, 2014, the Collection Services Division of Environmental Services started a yard waste collection route in University Heights. The route covers homes east of the 163 Freeway, West of Texas Street, West of Park Boulevard, North of Adams Avenue & North of Washington Street. There are 1,075 University Heights residents within the boundary of the new route. Just place a 32 or 45 gallon container on the street, on the same day as the biweekly collection of your blue recycling bin. These containers can be purchased from any home improvement store and should be green or black.

Yard waste items that can be placed in these bins include "clean" greens, such as leaves, flowers, plants, branches, grass, shrub clippings, and clean lumber. Participation in this program is key to the city expanding this route to the rest of the neighborhood, so for those located within this route, please remember to place your yard waste container at the curb on recycling day!





The ostrich design is owned by UHCA. Please note any usage of it must receive prior approval by UHCA.

# THE OSTRICH STORY OF UH

## Told for 126 years, this tale never grows old

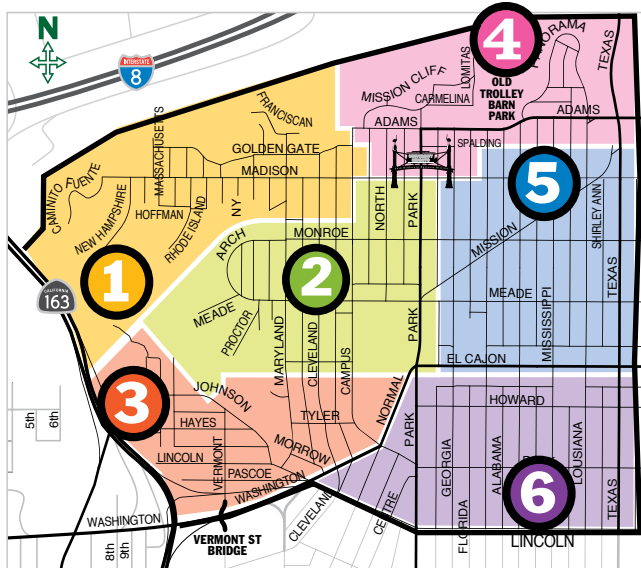
University Heights is one of San Diego's oldest communities – one with a colorful and exciting history. Our story began in 1888 when the College Hill Land Association subdivided the land that bordered the City Park for the purpose of developing the University of Southern California College of Fine Arts. The lots were sold at “reasonable prices” and part

of the cost would go into a college building fund; however, a national recession stopped the construction. In 1898, the land was donated to build a Normal School, a teacher training college.

At the end of North and Adams, the SD Cable Railway Company developed The Bluffs, a park that eventually was purchased by John Spreckels just before the turn of the 20th century. This 20-acre botanical garden, Mission Cliff, was the end of the line for the Spreckels' owned streetcars and was considered the city's premiere public park. In 1904, the Harvey Bentley Ostrich Farm moved to UH and enjoyed great success due to the popularity of ostrich feathers in women's fashions. The farm also was open to the public and visitors could ride the birds for a fee. In 1913, a trolley car barn was built next to the farm. Used for repairs and down time storage until the 1940s, buses then replaced the street cars. From 1949 until 1986, the property was the San Diego Paper Box Company. In 1979, the building was sold and demolished.

Today this historical site is the Trolley Barn Park, a crowning achievement of UHCA, and inspired by the original Mission Cliff Gardens, the park won the prestigious AIA Orchid Award in 1992. One hundred and twenty six years later, UH remains a vibrant neighborhood and the ostrich graces our pages as a reminder of our community's proud heritage.

## University Heights Map Boundaries and Zone Watch



The bold outer boundaries on this map define 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. Please contact your Zone Coordinator for more information.

### ZONE COORDINATOR

- 1 Nan McGraw
- 2 Pam Isaacs
- 3 Susan Fosselman
- 4 Christopher Hutchinson
- 5 Tamara Zyhylij
- 6 Nan McGraw

### E-MAIL CONTACT

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## president's corner by Bernie Horan

Our February meeting was a great start to our new year. Andy Zlotnick and John Pani came and spoke to the group about their recent purchase of Lei Lounge and Bourbon St. Many people were interested in knowing their plans for the future of these two businesses under wraps so we await their openings in the near future and then we can check them out firsthand.

I am equally excited by our meeting schedule this month! We have arranged for several of the businesses located in UH along El Cajon Blvd. to attend our meeting and tell us about themselves. This gives us all a chance to hear about the changes taking place on the Blvd. and meet some of the people excited about

business in our community. Tasting some samples is always a good idea.

El Cajon Blvd. is in the process of change. We will have HG Fenton Co. represented at a future meeting to discuss their development of the block just east of Florida St. Several other parcels are also available for development so it's good to keep our focus on those changes. University Heights Community Association strives to keep informed of all details of our neighborhood. In turn, we want to make sure that the community at large becomes aware of these changes as they develop.

I hope to see you at this meeting and many more in the future.

Thank you to those members who give an extra donation along with your membership dues. Our activities such as Caroling in the Heights, newsletters, and neighborhood cleanups depend upon your generosity. UHCA is a 501(c)3 organization. Dues paid in 2015 may be tax deductible.

Are you, family members, or neighbors celebrating an award, recognition, house historic designation, anniversary, etc. or anything else that's special? If so, let us know about it so we may include it in the UHCA News. Email us (uhcanews@yahoo.com) with details and your contact info.

## WELCOME NEW MEMBERS

Annette Pacatle & Bill Grimes

## THANK YOU RENEWALS

Elaine Davis, MaryBeth Chruden, Martha Carey & Elizabeth Fidler, Beth Jaworski & Doug Grotjahn, Mary Lou Ruane, Philip Gill, Debra Chaddock & Tiffany Monticino, Jennifer Vanden Eynden, Everett Eastman & Daniel Paul

## THANKS TO UH BUSINESSES

Lisa Getz, owner of Original Skin,

## uhca news

Editors: Carol Neidenberg and Nan McGraw  
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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

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

- \$10 Senior
- \$15 Single
- \$20 Family
- \$30 Friends of Trolley Barn Park
- \$35 Membership & mailed UHCA News
- \$50 Vermont Street Bridge Builders
- \$65 Business Membership
- \$100 Golden Ostrich Elite

### Donor

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

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.

## Volunteer your time on any of the following committees and tax forces:

- 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 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.

For more info, email membership@uhsd.org



# THE BIG BLUE VERMONT STREET BRIDGE

Celebrating 20 Years in University Heights and looking better than ever.



**1916**

The first bridge connecting Hillcrest to University Heights was built following the 1915 Panama-California Exposition in Balboa Park. The wooden trestle bridge shortened the walk between the residences in the two neighborhoods and access to the streetcar lines running along University Ave. and Park Blvd.

**Below: Sears Roebuck and Company during construction south of the bridge in 1952. Opening in 1953, Sears was one of the first stores to abandon downtown, thriving in uptown until being eclipsed by the malls in Mission Valley a decade later.**



**1952**



**1978-1994**

Deemed unsafe, the rotting trestle bridge was closed in November 1978 and demolished in the spring in 1979 leaving UH without a bridge for the next 15 years. Before its closure the city estimated that at over 400 people used the bridge daily. The Sears building was razed in 1988. Various uses for the 12 acre site were proposed including the location of a new San Diego Central Library. The Uptown District opened in 1990.



**1994-2015**

**UHCA led a 15 year fight to have the bridge rebuilt, tirelessly lobbying city and state officials for help.**



Although funding was a problem and a battle ensued over rebuilding it, the present modern steel bridge was opened in December 1994. Local residents concerned about original proposals by CalTrans played a major role in shaping the design. City engineers hired the firm Stone Paper Scissors to develop what became one of the largest public art installations in California. Artists Lynn Susholtz, Aida Mancillas, and Gwen Gomez created 32 laser-cut panels that include pictographs and quotations about everyday life. Each holiday season, UHCA volunteers decorate and light the bridge with over 5,000 lights.



## Upcoming Birthday Celebration Spring 2015

This special book, **The Vermont Street Bridge**, will be published with your help.

Jacklyn Lewicki has many stories to tell about her life of survival. But one book she's determined to write is the story of the Vermont Street Bridge. Jacklyn simply loves the Vermont Street Bridge. She loves it so much that she is writing a book that includes the artwork, the quotations, the authors, and the fact that it is one of the largest public art projects in the State of California. She envisions the bridge becoming the appreciated attraction it really should be. Her enthusiasm is a reminder to us how important the bridge is to University Heights and its vital link to Uptown. UHCA worked extremely hard for years to obtain funding to rebuild the bridge. It was promised to us when the previous trellis bridge was removed years before and on the "chopping block" many times before our lobbying finally paid off, thanks to then Councilmember Ron Roberts' perseverance, and other support such as State Senator's Lucy Killea, Christine Kehoe, Toni Atkins, and Councilmember Todd Gloria.

Now, 20 years after the completion, we have an opportunity to celebrate the Vermont Street Bridge and its

importance through Jacklyn's upcoming book. We hope this book will be in San Diego schools and libraries to illustrate the artwork by Stone, Paper, Scissors and the many significant stories behind the artwork.

### About Jacklyn

She was born in Paris of Jewish parents and was only five years old when the war began. Her older sister was twelve and a younger brother, Bernard, was three. From 1940 she was in many places, fleeing the Nazis to survive. Her father had been taken by the French Police, who collaborated with the Germans. He was imprisoned in Drancy, outside Paris and later sent to Auschwitz.

Jacklyn's mother was advised by a Jewish organization to put her children in a home that had at one time been a school. Jacklyn remembers once when the children were preparing to put on a performance for their visiting parents, a German truck came with armed soldiers to take the screaming parents.

Thankfully, Jacklyn's mother, she, her sister, and her brother were sent to a

family in Normandy, France. The family housed many children and was paid by an organization to care for orphaned children. After the payments stopped, however, the children were put to work, her sister working as a maid and Jacklyn churning butter and chopping wood. They barely had enough food. Her sister stole the water residue from making cream and sneaked it to Jacklyn and Bernard. She also left the pantry unlocked so later at night she could steal sugar for them. The caretakers would look at the children's tongues to see if they had stolen apples. If their tongues were brown, it was a sure sign of guilt. The punishment was severe. Bernard was four by now and forced to be on his knees all afternoon working in the garden. Meanwhile, Jacklyn's mother was hiding in the home of a French lady outside Paris. She had no contact with her children, not knowing for a year if they were alive or dead. The "caretakers" warned the children not to try writing family or they would denounce them to the Germans. Eventually, Jacklyn's sister wrote a cousin to tell her of their plight. The cousin came to get them and was

appalled at the state of their health. They had lice and body sores. When the children returned to Paris, they were reunited with their mother who lived in a tiny room, not large enough for three children. So Jacklyn was farmed out to friends, bounced from one location to the other. She recalls being a frightened little girl when she traveled alone by bus to visit her family, afraid she wouldn't remember the correct exit. Jacklyn is thankful to her sister, whom she credits as a heroine, acting like a mother and protector. In fact, thanks to her sister's letter to the cousin, they were rescued just in time. The other children in the "orphanage" did not survive. The three children, Jacklyn and her siblings, and their mother survived the war. Not their father.

*Jacklyn continues to suffer emotional trauma and PTSD but she's a survivor with a dream, a dream to publish the story about our Vermont Street Bridge. To help Jacklyn publish her book, please contact her at [jaijlink55@yahoo.com](mailto:jaijlink55@yahoo.com) or (619) 294-9871.*

# Support Our Advertisers

# In Case You Missed It

By Monica Lanctot

Our February meeting started with an update from SDPD Community Relations Officer Dave Surwillo on the most pressing issues currently facing our community, including our homeless population, door-to-door solicitors, and the status of legal marijuana dispensaries in San Diego. As per usual, this was followed by updates from representatives from elected officials, providing additional insight into how homelessness is being addressed, current tree trimming activity by SDG&E, various infrastructure repairs, and events taking place throughout the month.

Our first guest speaker was Marcia De Runtz from Lions Optometric Vision Clinic, a non-profit organization that provides glasses to low and no-income residents of San Diego County. Marcia, who has been totally blind for 34 years, was presented with a box of approximately 50 donated eye glasses from the UH community. For additional donations, please drop off at the clinic located in the Community Center for the Blind at 1805 Upas Street or bring them to future UHCA meetings.

ELE Collective Partners John Pani and Andy Zlotnik, the new owners of the Bourbon Street & Lei Lounge properties, provided a general update

on their plans for the spaces. Bourbon Street is currently undergoing some structural enhancements (e.g., getting rid of dry rot, etc.) because of the age of the building. The type of liquor license dictates a 21 and older crowd, so it will be a bar that also serves food. They will take advantage of the indoor/outdoor space and will have live music and DJs on some occasions. They are targeting an opening in May. Many members of the community expressed a need for more family-friendly restaurants in the area and mentioned liking what the owners did with their Waypoint Public establishment. John and Andy were open to the input, as their plans for Lei Lounge are still being developed, and are dedicated to working with the community to make these properties beneficial for the whole neighborhood.

The program closed with a drawing for several Valentine's Day gifts, with items donated from Florabella, Twiggs, Red House Pizza, Original Skin, and Cecilia's Fine Jewelry. Special thanks for the support of those local businesses and to all who attended and participated in the meeting.



Lisa Getz, owner of Original Skin

# My Knickers Are Still in a Twist Over This One

By "Mrs. Kravitz"



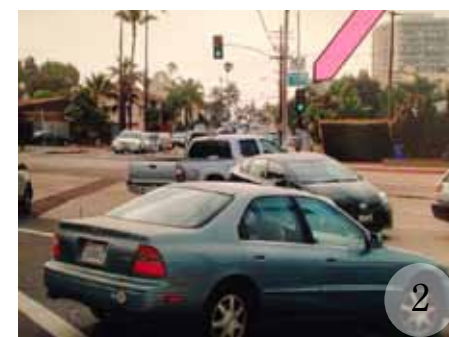
Imagine, as I'm sure you can, driving to work in the morning, coming to an intersection, getting the green light but you can't go anywhere because there are cars blocking the intersection. So even though you want to ram your car into them you instead go around them (muttering a whole bunch of expletives) by using the lane next to you, marked for cars proceeding forward but that is your only choice (and let's remember who is blocking the right of way here) only to look in your rear view mirror to see a cop motioning you over to WRITE YOU A \$239 TICKET for going around the cars that were blocking the intersection because your "movement was other than marked"!! HUH??!! So it's about the arrows?? UNBELIEVABLE. Apparently the officer was very sympathetic admitting that it is a poorly engineered light but... BUT WHAT???

Hopefully by now you know that I am referring to the light at Lincoln St and Washington St.

OK that was the last straw. Even though this did not happen to me but I know the person who it did happen to (and taught her my solution by going around the cars myself and so do you ) I thought OK it's Mrs. Kravitz's responsibility to step into action and get the community involved in remedying this.

Another resident of UH, whose name shall remain anonymous, decided to attend the May 1, 2014 UH meeting where Todd Gloria would be the guest speaker, with petitions in hand. No one hesitated to sign the petitions and ALL the comments were the same - FIX THE PROBLEM.

Said resident was asked to segue into the discussion after Mr. Gloria made his remarks about how so many things are happening /going to happen to improve Hillcrest, libraries, streets and that UH was one of his main concerns. So when the Lincoln/ Washington light was brought up he, sympathetically, nodded and harkened back 10 years to when it was first installed and how bad it was then. Well guess what? IT'S STILL BAD and is only getting worse. Nothing of substance was said or suggested but it was determined that it is a Cal Trans matter and of course it will probably entail a "study" by the "engineers". Sounds like another 10 years (if trash pick up along 163 is any indication). Wait until the people who will be living in the units being constructed on the corner of Lincoln and Maryland pour out into the morning madness.



OK so you could be thinking "why don't you just go down Cleveland and avoid the situation?" and my response is why should people have to be inconvenienced in their commute due to poor engineering? The residents of UH and other areas that use these streets as their route have been putting up with the problem for...well...10 YEARS!!! It's the latest insult to injury of ticket writing that really chaps my hide.

Having always been known as the nosy neighbor complaining all the time, I'd rather be known as the neighbor offering possible solutions and helpful information. That does more to untwist my knickers and make life a little better for you and me. Hopefully, by the time you read this someone will have asked you to sign the petition that requests that the light be reengineered - in our lifetime. But if not or even if you have, here are some contacts. Please email or call them and voice your feelings, frustrations, or whatever. The more we bug them the better chance we have of getting this resolved. YES WE CAN. Anywho....

Transportation Engineering for City of San Diego  
(619) 527-7500  
Street\_Service@sandiego.gov

San Diego City Councilmember Todd Gloria  
(619)236-6633  
mchase@sandiego.gov

# YOU GOT A FRIEND IN ME: ECS Friend To Friend Program

By Bernie Miles, MA

The Friend to Friend (F2F), a program of Episcopal Community Services (ECS), serves the needs of mentally ill homeless adults of central San Diego. Individuals may be eligible to receive services in the areas of income, housing, and mental health with the goal of regaining independence. The program is located in a quiet unassuming building on the corner El Cajon Blvd and Mississippi Street. F2F has been located at this site since August 2013. The staff working out of this facility includes three Outreach Workers, a Peer Support Specialist, a Vocational Rehabilitation Specialist, a Social Security Income Advocate, a Case Manager, a Program Coordinator, and a Program Manager. It is the responsibility of this staff to recruit, assist, advocate, and educate the clients that seek our services to change lives.

Friend of Friend program is involved in the 25 Cities Initiative <http://www.housingsd.org/> to end homelessness in San Diego. Other community engagements include the annual Stand Down <http://www.vvvsd.net/standdown.htm> event to support homeless veterans held at San Diego High School, the San Diego Housing Commission's We All Count <http://www.rtfhsd.org/> annual homeless census, as well as Project Homeless Connect <http://www.sdhc.org/Special-Housing-Programs.aspx?id=7764> a annual day

of providing a multitude of services to people who are homeless at Golden Hall. The Outreach Worker goes to a number of community agencies looking for potential members who need support including Alpha Project Neil Good Day Center, PATH Connections Veterans Shelter, and Rachel's Women Center. Out of these facilities we have found web designers, banking professionals, counselors and engineers who have been eligible and in need of our services.

The overall outcome goals for the F2F program is to provide the referrals or services that address the issues as to the root causes of a person's homelessness issues. Once those issues have been categorically addressed be it; mental health, income employment, physical health, substance abuse or housing, the member is on the way to a stable recovery plan. Members can stay connected even if they become housed just in case they may need our services or support.

F2F like most ECS <http://www.ecscalifornia.org/> programs offer grace-based services truly meeting people where they are in their journey by abiding by our mission of "serving God by serving those in need." Anyone willing to help support our mission may check out website for ideas. Come to the March 5 UHCA meeting and learn more about the Friend to Friend program.

# block walkers needed



It doesn't take long. It's 10 times a year and a vital service to University Heights residents.

- Georgia from El Cajon Boulevard (ECB) to Lincoln
- Florida from ECB to Lincoln
- Texas from ECB to Lincoln
- Lincoln from Park to Texas
- All of Carmelina
- 1700-2399 Adams

Please contact  
**Nan McGraw**  
(nmcsan@aol.com)  
or call her at  
**(619)260-0668**

# Happening in the Heights

## COMEDY

**Twiggs (4590 Park Blvd - Park & Madison)**

(619) 296-0616 / www.twiggs.org  
 Comedy Heights: Every Sat at 8 pm  
 Roar Theater Comedy: Fri, March 20, 7 - 9:30 pm  
 Celtic Ensemble: Every Sunday between 4 - 6 pm

**Swedenborg Hall (1531 Tyler Ave)**

www.swedenborgianchurchsandiego.org  
 Comedy Show: SideStage Improv  
 No Show Scheduled For March 2015  
 Next Show: Sat, Apr 4, 8 -10 pm  
 Doors open at 7:30 pm  
 Tickets: \$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 Night in March between 9 -11 pm

**Across the Street at Mueller College (4607 Park Blvd)**

(619) 507-7223 / www.sidestageimprov.com  
 Contact John Ciccolella for details

## MUSIC

**Java Joe's (3536 Adams Ave)**  
 (619) 283-1151 / www.javajoessd.com

Open Mic Night: Every Sunday Night between 6:30 - 11 pm  
 Robin Henkel Band With Whitney Shay  
 Wednesday, March 11 & 25, 8 -10 pm

**Lestat's on Adams (3343 Adams Ave)**  
 (619) 282-0437/ www.lestats.com

Open Mic Night: Every Monday Night in March between 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/?sk=lf#!/acrossthestreet

Contact John Ciccolella for details

**Hillcrest Farmers Market (3960 Normal St, at the DMV parking lot)**

Various musicians; every Sunday between 10 am -1 pm

**Nates Garden Grill (3120 Euclid Ave)**

(619) 546-7700 / www.natesgardengrill.com

Robin Henkel Solo Blues  
 Saturday, March 7 & 21 between 12 - 3 pm

**Swedenborg Hall (1531 Tyler Ave)**

(619) 296-5662 / www.swedenborgianchurchsandiego.org

**Twiggs Green Room (4590 Park Blvd)**

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Baby With The Bathwater: A story of two parents who are woefully unprepared for parenthood

Every Friday & Saturday Night - 8 pm

Every Sunday - 2 pm

## OTHER

**Hillcrest Farmers Market (Lincoln St. & Normal St, at the DMV parking lot)**

(619) 299-3330 / www.hillcrestfarmersmarket.com

140 vendors offer a wide variety of locally grown in-season fruit, produce, gifts, arts and crafts, flowers, and food with an emphasis in international cuisine: Sundays between 9am and 2 pm.

# March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>HILLCREST Farmers Market</b> Lincoln & Cleveland 9 am - 2 pm	2	3 <b>Uptown Planners Meeting</b> Joyce Beers Center Uptown Center 6 pm	4 <b>UHCDC Meeting</b> 4452 Park Blvd. Suite 104, 6:30 pm <b>Toni Atkins "Public Office Hours"</b> UH Library 6 pm <b>YOGA for seniors at UH Library 6 pm</b>	5 <b>UH Rec Council 5:30 pm</b> <b>UHCA mtg 6:45 pm</b> Birney School Auditorium 4345 Campus Avenue <b>Curbside recycling and yard waste collection</b>	6	7 <b>The Point Cleanup</b> 1:30 - 3:30 pm
8 <b>HILLCREST Farmers Market</b> Lincoln & Cleveland 9 am - 2 pm <b>DAYLIGHT SAVINGS TIME BEGINS</b>	9 <b>uhca news</b> Deadline for April Issue Articles & Advertising (Tomorrow the 10th)	10 <b>Hillcrest Town Council</b> Joyce Beers Center in Uptown Complex 6:30 pm <b>Friends of Library UHBranch Library</b> 6:30 pm	11 <b>YOGA for seniors at UH Library 6 pm</b>	12	13	14
15 <b>HILLCREST Farmers Market</b> Lincoln & Cleveland 9 am - 2 pm	16	17 <b>ST. PATRICK'S DAY</b> <b>North Park Planning Committee</b> North Park Christian Fellowship 2901 North Park Way 6:30 pm	18 <b>Library Task Force</b> UH Library 6:30 pm <b>YOGA for seniors at UH Library 6 pm</b>	19 <b>Curbside recycling and yard waste collection</b>	20 <b>PREVIEW BOOK SALE FSDPL (members only)</b> <b>Book Sale 3 - 6 pm</b> <b>FIRST DAY OF SPRING</b>	21 <b>BOOK SALE FSDPL</b> <b>Book Sale 8 am - 3 pm</b> <b>Buchanan Canyon Cleanup</b> 9 am Johnson between Lincoln & Hayes
22 <b>BOOK SALE FSDPL</b> <b>Book Sale noon - 4 pm</b> <b>HILLCREST Farmers Market</b> Lincoln & Cleveland 9 am - 2 pm	23	24	25 <b>UH Book Club &amp; Salon</b> UH Library 6:30 pm <b>YOGA for seniors at UH Library 6 pm</b>	26	27	28
29 <b>PALM SUNDAY</b> <b>HILLCREST Farmers Market</b> Lincoln & Cleveland 9 am - 2 pm	30	31 <b>CESAR CHAVEZ DAY</b>	March is National Nutrition Month and Women's History Month.			

## SECRETS OF SUCCESSFUL ORGANIZING Part Two

By Cathryn Golden

So to recap from last month—you “heard the voices” of guilt about the clutter. But you stopped “shoulding” on yourself; you found something more enticing than “the stuff”; you figured out a vision; and you created a short saying (mantra). Great job! Now with that clear focus, it’s time to take action and begin the next steps.

Where to start? If several areas are bothersome, try the one with the largest, least sentimental items. It’s easier to make quick decisions and see faster results. Examples: A pantry goes MUCH faster than photographs; office supplies go MUCH faster than files. Begin with the area that “speaks” to you the most—where will the BEST feeling results be when things are cleared and organized?

How to start? Set the project up for success by making appointments with yourself, for no more than 20 minutes. Small time increments are more realistic and manageable. Honor that time—no cancellations. (Like concert tickets!) And, use a timer!!! When it goes off—you’re done...unless you’re on a roll and CHOOSE to continue. Try twice a week, and see how that works. It’s always better to under-commit (but perhaps over-produce?), so you’ll stay on track!

What do you do? First, it’s time to SORT. This is probably not news to you! Generally, there are three piles: KEEP it (if you love, use, honestly need it—and it works); RELEASE it (trash, donate, gift, sell); and the dreaded third “WELL...” (a/k/a “BUT...”) pile. The first two piles are pretty easy, and the decisions are made quickly—yes or no; black or white. The last one can implode the best of intentions and projects (especially if sentimentality is involved). I call it the “justification excuse”—you know what I mean: “Well...maybe I’ll need it one day!” “Well...I paid a LOT for that!” “But...it’s still got a lot of life left!” So how do you overcome this? Here’s the

SECRET: Ask yourself, “If someone paid me good money for this, would I let it go of?” In most cases, the answer is YES! So now you’ve determined where it belongs: RELEASE it—which is simply a matter of finding the proper outlet.

You can do it—by REMEMBERING your focus, vision, and mantra...and that this process is “making room for opportunities!”™ For the items being kept, it is critical to put LIKE WITH LIKE. Keep ALL the “tools” in the same area.

Simplify your life—you only want to look in ONE place to find the things related to what you’re working on! Within this process, ZONING is also important. Look at the function and natural flow of a space to help determine what group goes where. Then keep what is used most often the closest or handiest, within that assigned area.

And NOT do? Sorry to be the bearer of bad tidings, but going shopping for fun containers is the LAST thing you do! Figure out what and how much you’re containing FIRST, and then make selections. (HINTS: The shallower, the better. Repurpose whenever possible.) Also, I call this secret the 11th Commandment: “Thou shalt not DUMP!” Once you’ve organized a space, it stays that way. If you need a “temporary” holding space—pick somewhere else. ADMIRE your handiwork—don’t dump on it!!! It will keep you on track . . .

Previews of coming attractions: Practical & creative solutions for what you’ve decided to keep!

Cathryn Golden, CPO®, CFSC, CGLC, Owner, BALANCED ENVIRONMENTS Making Room for Opportunities!™

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## "The Point" Cleanup March 7, 1:30-3:30 pm



Among the hidden gems of University Heights is The Point, the open space on the canyon rim overlooking Mission Valley. It is located between New York and Rhode Island streets, north of Golden Gate Drive. This tranquil point is home to many native plants and some weeds too.

Please join us the first Saturday of each month to clean the area, remove non-native weeds and perform trail maintenance. If you are willing to help preserve and enhance City of San Diego Open Space Canyons, this is for you. Volunteers must be physically able to hike on uneven terrain down into the canyon and perform varying degrees of manual labor. Tasks vary and can be accommodated to fit volunteer’s abilities. If you or your guest is below the age

of 18, you need a liability Waiver: <http://www.sandiego.gov/park-and-recreation/pdf/volunteer/volunteerwaiver.pdf>. Please bring the signed waiver to the volunteer event.

Also, bring water to drink, wear a hat, use sunscreen, and bring gloves. Questions? Contact Park Ranger, Josh Lambdin at [JLambdin@sandiego.gov](mailto:JLambdin@sandiego.gov).

Did you know that when UHCA initially lobbied the city for a park (now the Trolley Barn Park), the response was “you already have a park” (The Point). But we didn’t want a designated park at The Point. We wanted to keep it low key and Open Space. Well, we got our park, The Trolley Barn Park, and Open Space too! Good for UHCA and University Heights!

## Friends of Buchanan Canyon

By Jeannie Hine

It was a good surveillance hike through the canyon in January. Rebecca, Paddy, Kaori, and I made the major trek down the canyon and all the way to the start of the TGI Friday’s parking lot. The old start of the trail down from Johnson Avenue was dozed straight down to the bottom in a rather narrow path. In the path was a small white plastic pipe going straight down to the bottom, also. The plastic pipe continued throughout the canyon bottom to the end of the roadway. I don’t call it the “trail” any longer, since the road was bulldozed throughout the canyon, obliterating our decade’s long “trail.” There were several small areas of recent planting along the bottom, but not all near the drip irrigation pipe. There were two large erosion gorges to transverse, so jumping in and climbing out the other side seemed to be the easiest route. It still is like venturing somewhere new, with all of the old familiarity removed.



We are working on getting more information on future work planned and will share it when we find anything out. We will keep taking our “look and see” hikes on the third Saturday of the month (March 21 is the next meeting). Wear closed toe shoes, bring drinking water, and join us at 9 am on the Johnson Avenue side of the canyon, between Lincoln and Hayes Avenues. See you there.



### Doggie Baggies Needed for Project No. 2

UHCA is collecting plastic bags to refill the Project #2 dispensers. All new and gently used plastic bags are welcome. (Finally! Some good can come from those ad-filled weeklies thrown in everyone’s driveway!) We will also gladly accept donations of DOGIPOT® SMART Litter Pick Up Bags™, which are the perfect fit for our dispensers. Please drop off your bags at the monthly UHCA meetings or feel free to stuff the boxes (yes, it’s legal!) if you are in the area. Thank you for your support!

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You may also visit us on Facebook and Twitter

## Plume

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

Randi Vita and Mark Koopman are an inspiration to their UH neighbors, especially in Zone 6. After being dismayed at how many dog owners did not pick up after their pets, they persistently brought this to our attention and convinced us to help. They installed two UHCA’s Project #2 dispensers to house doggie poop baggies near their Howard Ave home. One dispenser is located on Polk between Florida and Alabama, the other at the corner of Alabama and Howard.

Randi and Mark are also conducting a research project to determine if the poop count is down after the installation of the dispensers. Their ongoing research indicates a notable change for the better. People are using the bags to pick up after their pets and starting to pick up trash too. Evidently they observed Randi and Mark taking the time to chat with neighbors while they clean up their neighborhood. Watch out! It may be catching... Community Pride.

Thanks and many Plumes to Randi and Mark.

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

By Kim Schmidt, Librarian



## Free Hatha Chair Yoga Classes Extended Through March

Good news! Due to popular demand, our free yoga classes will continue in March. Sandy's program is specifically designed for seniors and others who may have difficulty with movement. Her method is called "Hatha Chair Yoga" and requires no equipment or excess strain. Classes are held every Wednesday from 6 to 7 pm. Join neighbors and Sandy Levin from Peaceful Heart Yoga.

## 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 6 pm on the first Wednesday of every month. March 4 is 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 (\$5 for students and seniors) you can sign up for an annual Friends membership. Just stop into the branch and ask a staff member for a membership envelope. Help our library to be fabulous, make new friends, and join the Friends of the University Heights Library.

## Friends of the Library Book Sale – Saturday, March 21 (8 am – 3 pm) and Sunday, March 22 (noon – 4 pm)

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

## Book Club and Salon

The University Heights Book Club and Salon monthly meeting will be held at the library on Wednesday, March 25, at 6:30 pm. This month's book selection is *Country Girl*, a memoir by Edna O'Brien.

## Regular Monthly Programs for Kids

Also on tap are the library's regular weekly/monthly programs for children, including:

- ◆ Arts and Crafts for Children – every Saturday at 10:30 am.
- ◆ Story Time for Children of All Ages – second and fourth Thursday of each month at 10:30 am.

All programs are free to the public. Please drop in!

## New Library Hours:

Sunday-Closed	Thursday: 9:30 am-5:30 pm
Monday: 9:30 am-5:30 pm	Friday: 9:30 am-5:30 pm
Tuesday: 12:30 pm-8:00 pm	Saturday: 9:30 am-2:30 pm
Wednesday: 12:30 pm-8:00 pm	

The University Heights Branch Library  
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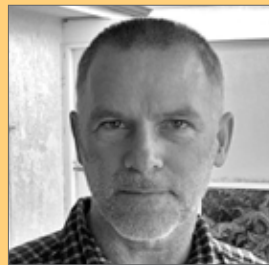
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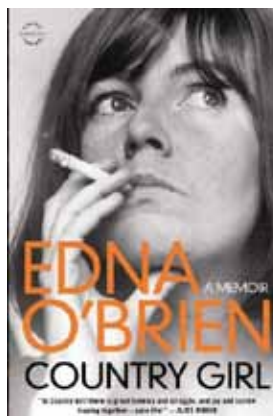


Joey Lewis

619-888-9238

JoeyFLewis@gmail.com

# UH Book Club & Salon: Country Girl A Memoir By Edna O'Brien



Ms. O'Brien's memoir, *Country Girl*, makes it very clear that the author was near the red-hot center of the Swinging '60s in London. Among those who came to her parties were Marianne Faithfull, Sean Connery, Princess Margaret, and Jane Fonda.

Ms. O'Brien was trouble. Her early novels were frequently banned, and burned, in her native Ireland when they appeared in the early 1960s. They were about young women who wished to escape their stifling families and small towns and express themselves freely, which, in many ways, reflected the author's own background and emotions.

Ms. O'Brien was born in a village in County Clare, in the west of Ireland, in 1930. She grew up in a religious small family; her father was a farmer and her mother was a former maid.

The author has described her village, Tuamgraney, as "enclosed, fervid, and bigoted." Ms. O'Brien was sent away to a convent school in Galway, but didn't attend college. She then moved to Dublin, and as she begins to read serious literature, she wondered why it was only in books that she "could find the utter outlet for my emotions?"

You might come to *Country Girl* for the gossip, but you'll stay for this memoir's passionate portrait of a young woman searching to find her identity both as an individual and a writer.

The Book Club is meeting on Wednesday, March 25, at 6:30 pm. The book will be available at the UH Library's front desk. New members are always welcome!

UH Book Club & Salon  
Wednesday, March 25, at 6:30 pm  
UH Branch Library  
4193 Park Boulevard (at Howard Avenue)  
(619) 692-4912



# Birney Buzz

By Laura Dadmun,  
Alice Birney Elementary School Parent

### Jog A Thon 2015!

On Friday, March 13, the kids at Alice Birney Elementary School will participate in their annual Jog-a-Thon. Our kids will be raising money to protect programs that make Birney unique and successful. 100% of the net proceeds will go to support enrichment activities, such as Spanish and art instruction, which are critical to our International Baccalaureate certification, as well as support teachers with needed supplies. Birney's Foundation, Friends of Alice Birney Elementary School, is asking local businesses to sponsor the event by donating money or prizes for the kids who participate in the Jog-a-Thon. In the past, we've received generous support from Mary Anne Stevens, The Burger Lounge, Birch Aquarium, UHCA, the Midway Museum, the Automotive Museum, Sprouts, and The Water Lady, to name a few. How about you? Your donation will support our school activities and help us raise the needed funds to support our kids. Please contact [alicebirneyfriends@gmail.com](mailto:alicebirneyfriends@gmail.com) if you can contribute to our efforts in any way!

### Shoes with Heart Fundraiser

Another successful Shoes with Heart fundraiser for Birney! Thanks to everyone who contributed! We collected almost 2,000 pounds of shoes for needy people in developing nations, and Birney will receive a donation based on our collection!

### Come Out to U-31 on March 6 -- Have a Great Time and Support Birney!

Join us on March 6 from 6 to 10 pm at U-31, a great local watering hole, for a fun evening of food, drinks and socializing while supporting Birney. U-31 is located at 3112 University Avenue. It has great food, including burgers, tacos, green bean fries, and a full bar. U-31 will give 40% of the receipts generated to Birney's Foundation, so come check it out!

### Read Across America Week

Birney hosted its annual Bedtime Stories on Friday, February 27, as part of Read Across America week. The Birney PTA provided cookies and milk; students attended in their pajamas with blankets while teachers and family members read them stories. Read Across America is a nationwide celebration of literacy, scheduled around the birthday of local author Theodore Geisel, better known as Dr. Seuss.

### Almost 200 Birney Students Have Perfect Attendance!

Almost 200 Birney students (out of 570) have perfect attendance and celebrated their mid-year achievement at Birney's first Perfect 100 Days of School party on February 27. All students with perfect attendance attended a special magic show to celebrate their achievement. Those who continue to have perfect attendance will be rewarded with a trip to get ice cream the last week of school.

## NEW TRASH "ANGELS" NEEDED

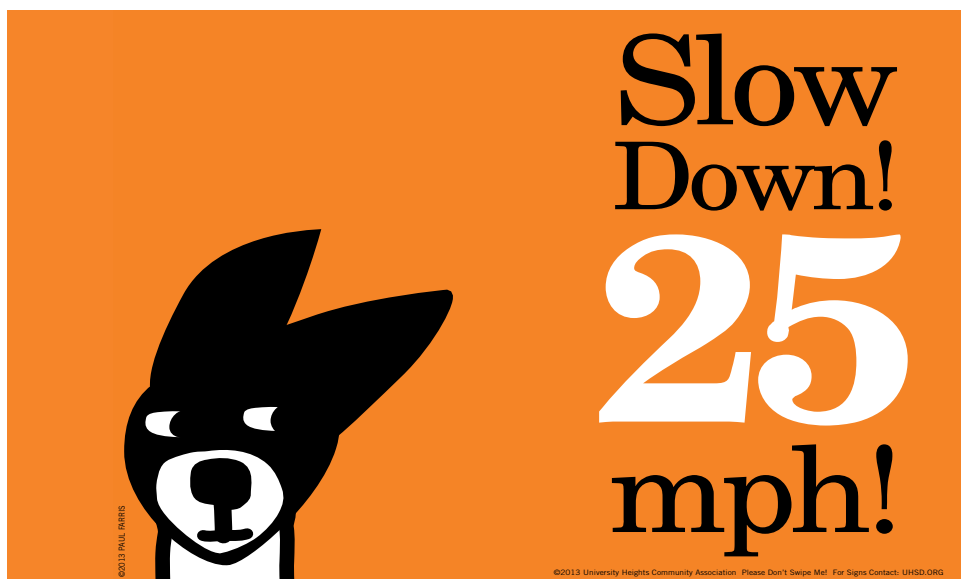
By MaryBeth Chruden, UHCA Beautification Chair

For six years, Carol and Tiffany, who live by the UH entrance to the Vermont Street Bridge, have been diligently emptying the trash receptacle that the UHCA placed there to minimize trash on the footbridge. It's time for these "trash angels" to give their halos to some new volunteers. It only takes five to ten minutes to empty the receptacle.

UHCA will provide the bags. There is a nearby brown bin where you can deposit the full bag. If you cross the bridge

regularly or live near it, this would be an easy way to contribute to your neighborhood. If you live farther away, you can stop on your way to the freeway entrance, or you can park by the bridge, empty the trash and walk over to Uptown to shop (possibly faster than driving there and parking!)

Be a trash angel and give a little time to keep UH beautiful and clean. Send an email to [mb552@aol.com](mailto:mb552@aol.com) with "trash angel" in the subject line.



# PETS OF THE MONTH



## MONKEY AND TIGER

There's a little story about how Monkey got his name. Back at Christmas 2011, Bill and I were invited to a Christmas fundraising party in Ramona for an organization that rescues monkeys of all kinds, called Mostly Monkeys. After touring the facility, we spotted a cage of kittens and instantly noticed the cutest gray and white kitten all lonesome in a corner of the cage. We immediately knew that he was the one for us. We went home and couldn't stop thinking about him, so the next day we went back to Ramona and adopted him, and named him Monkey! He was a feral cat so he needed nearly a month of love, nurturing, and patience before he would show affection. Now he's one of the most loving cats ever.

Tiger was adopted only for the purpose of being Monkey's companion. We

adopted him from an organization called Animals without Borders in 2012.

Both cats are very playful, cuddly, and nurturing to one another. We often find them both spooning each other and grooming each other with their paws wrapped around one another in an embrace.

They both have talents: Tiger has the ability to open every kitchen cabinet! He can even open a bedside drawer, get inside, and close it! Monkey likes to climb into reusable shopping bags and loves to have us swing him in the bag to and fro while he hangs out of the bag and picks up his toys on the ground in mid-swing! Monkey also loves healthy foods like tuna, kale, spinach, and wheatgrass!

All are welcome to like their Facebook page, Monkey and Tiger: <https://www.facebook.com/pages/Monkey-And-Tiger/187674131327769>

## ROOSEVELT MIDDLE SCHOOL International Baccalaureate® Magnet

by Richard Harris



### Teddy Wants You!!

Roosevelt Middle School wants a few (or many) community volunteers to help students, teachers and staff.

### How do students benefit? Volunteers can:

- Increase children's motivation for learning
- Provide positive role models for students
- Help teachers provide more attention to individual students

### How do volunteers benefit?

- Make a contribution to the community
- Be involved with young people and serve as role model
- Meet parents, Roosevelt Middle School staff, and other community volunteers

### Volunteer at your convenience:

- Recurring tasks during the school day, after school, and Saturdays
- A few times per school year on weekends or evenings
- You can even take tasks home and complete them at your own pace

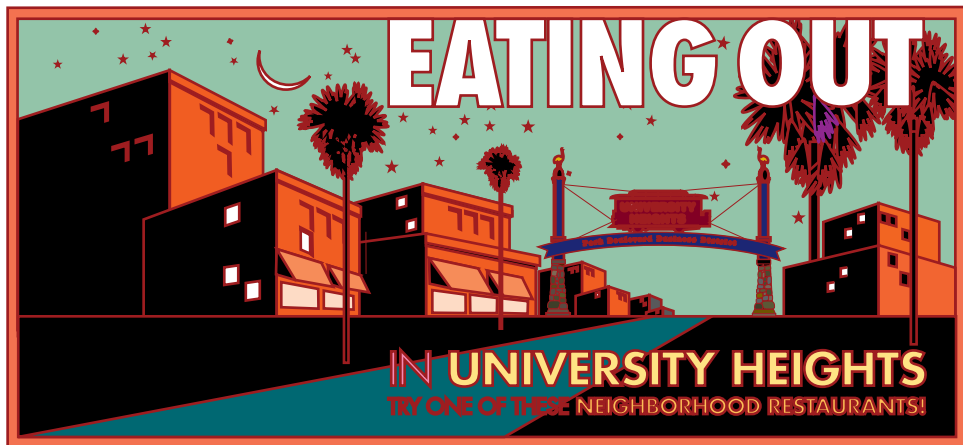
If you have skills, hobbies, experience, or interests that you wish to share with students and staff, we hope you will contact us and offer your time and talent. Visit [FriendsofRoosevelt.org](http://FriendsofRoosevelt.org), click on "How You Can Help" follow the steps listed on our volunteer page and we'll put you to work.

Here are some examples of volunteer opportunities:

- Alumni: Help set up and manage our web site Alumni section
- Career Day: Help plan Roosevelt's first ever career day
- Cabello's Closet, organize donated clothing for families
- Classroom wish lists. Help teachers write online applications
- Classroom/Teacher Support Team
- Family Friday on the Field Fun events: help plan/organize
- Field trip chaperones and/or drivers
- Garden to Table program for students & community
- Grant writing, help Roosevelt raise funds for numerous needs
- Lunchtime/Playground Monitor
- Traffic Monitor, provide safety to kids before/after school
- Make the Fences Disappear: Help students beautify the fences
- Marketing Roosevelt to the Community

For more information, contact Richard Harris, Roosevelt Volunteer Coordinator and Chair of Friends of Roosevelt, at (619) 301-0177 or [info@friendsofroosevelt.org](mailto:info@friendsofroosevelt.org).





Adams Avenue Grill	2201 Adams Ave.	298-8440
Bahia Mexican & Seafood	1985 El Cajon Blvd.	542-0540
Bahn Thai	4646 Park Blvd.	299-6363
BBQ 81	2302 El Cajon Blvd.	225-1958
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
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Park House Eatery	4574 Park Blvd.	295-7275
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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
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**Show Off Water-Wise Landscapes** *from Page 1*

smart use of climate-appropriate plants. "The combination of succulents and Australian natives helps produce a garden that is attractive year-around," said Amelia.

programs, questions from customers and an increased level of interest," says JoEllen. "This is a great way to illustrate all that San Diego is doing to incorporate conservation into their homes, permanently."

JoEllen Jacoby, Supervising Landscape Conservation Designer for the City of San Diego's Water Conservation Program, says the City is always excited to collaborate with other agencies on the Landscape Contest and encourages homeowners to enter.

**Tips for Contestants**

Winners will be judged for overall attractiveness, appropriate plant design, demonstrated water savings, appropriate maintenance, and efficient methods of irrigation. Because the initial vetting of entrants is based solely on photos.

"We know San Diegans are embracing the concept of water-wise landscaping from the response we get to our rebate

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**BIGBLOCK REALTY**

**from your councilmember**



**San Diego Secures \$16 Million to Help End Homelessness**

By Councilmember Todd Gloria

Whether you are in University Heights, Hillcrest, Downtown, or the beach communities, you likely see homeless people. I am pleased to provide you with some good news. Late in January, San Diego was awarded more than \$16 million from the U.S. Department of Housing and Urban Development (HUD) to support housing and service programs for local homeless. These grants will renew effective projects already in operation and fund new projects identified through a transparent and comprehensive local scoring process that prioritized permanent supportive housing programs.

These funds will go a long way to help us achieve real results addressing homelessness. As Chair of the Regional Continuum of Care Council (RCCC), I thank our membership for the intensive efforts that resulted in the award of these funds for our community. San Diego is fortunate to have local homeless housing and service providers dedicated to serving this vulnerable population.

The RCCC Governance Board has been recently reformed to include community,

business, government, service providers, and philanthropic leaders all collaborating to align our resources and prioritize best practices that are proven to get results. This marks an important shift in how the community is working together and strategically planning to solve this problem, and includes the oversight of millions in federal funds for homeless housing and services each year.

Among the projects funded are the Homeless Management Information System, Connections Housing, and rapid re-housing.

Two annual efforts to help end homelessness also occurred in January. On January 23, along with hundreds of other San Diegans, I participated in WeALLCount, the survey of sheltered and unsheltered homeless individuals throughout San Diego. The data collected is used by HUD to help determine funding and by local service providers to ensure resources are reaching those most in need. The purpose of Project Homeless Connect, which took place at Golden Hall on January 28, is to link homeless people with appropriate services. Organized by the San Diego Housing Commission, Project Homeless Connect served more than 1,100 people with health screenings, flu shots, dental exams, haircuts, legal aid, housing counseling, and pet care.

Knowing who is on our streets, what they need to get back on their feet, and then linking them to services is key to making additional headway toward ending homelessness in San Diego.

Finally, the city and San Diego Housing Commission will soon be considering proposals to replace the emergency winter tent program with a year-round program in a permanent facility. Like the other adjustments I've proposed and implemented, this is meant to better serve homeless people by ending their cycles

*Continued on page 11*



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**from your supervisor**



**HED: Vaccines Not Just For Infants  
SUB: Are your teens protected?**

Measles. Mumps. Polio. Chickenpox. Whooping Cough. These are just five of the 14 childhood diseases that can be prevented by vaccines.

But infants aren't the only ones who need vaccines. Teens need to be protected too!

While vaccines are the best defense against certain infectious diseases, it is estimated that about 150,000 San Diego teenagers have not received all of their recommended vaccines.

For teens, the Centers for Disease Control and Prevention (CDC) recommends vaccinations for HPV, Tdap booster, Meningococcal disease, Chickenpox and an annual flu vaccine. These vaccine-preventable diseases can have serious and severe complications and, in some cases, could result in death. Parents should make sure all their children are up-to-date with recommended immunizations.

Meningococcal disease is known to cause serious illness in children and adolescents, infecting the blood and causing inflammation of the tissues covering the brain and the spinal cord, while HPV has the potential to cause cancer in both men and women. The meningococcal disease vaccine is recommended for teens and adolescents and also people at increased risk, including college students living in dorms, military recruits and individuals traveling to parts of the world where meningococcal disease is common.

Getting your teens vaccinated is easy. Vaccines are available at physician offices, community clinics and many retail pharmacies. People without medical insurance can get vaccinated at one of the seven County Public Health Centers.

Also, the region is in the midst of a whooping cough epidemic and a recent measles outbreak. Whooping cough resulted in 2,048 cases last year. Parents should be aware that all seventh graders need to show proof they received the pertussis booster shot (Tdap) before starting school.

Remember, it is never too late to be vaccinated, even as an adult. If you didn't have vaccinations as a child and were never infected with the disease, you can still protect yourself and others around you – such as infants who are too young to be vaccinated – by getting immunized yourself.

For more information on vaccines, call the HHSA Immunization Branch at (866) 358-2966 or visit [sdiz.org](http://sdiz.org).

*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](http://www.RonRoberts.com).*

**from your speaker**



By California Assembly Speaker Toni G. Atkins

**Pacific to Plate**



San Diego's Tuna Harbor Dockside Market, and other coastal fish markets like it, should be able to grow and thrive. But changes to state law are needed to support them, and I've partnered with San Diego County, the San Diego Port District and other San Diego lawmakers to ensure that will happen with my "Pacific to Plate" legislation.

Located just 15 minutes away from University Heights, the Tuna Harbor market is small, but impressive and has made a big splash since its August 2 opening. The market draws 350 visitors

a week, who spend about \$15,000 on more than a ton of fresh seafood brought directly to the pier by local fishermen.

Though the Market has been successful, there are still some barriers in state law. The "Pacific to Plate" bill I'm introducing in the Assembly will help keep red tape from tangling up this boon to San Diego's blue economy.

Currently, Fishermen's Markets are not defined in state law as food facilities, complicating permitting. In addition, a special exemption is needed to allow vendors to clean fresh fish, an important service for fish-loving, but squeamish patrons.

I joined San Diego County Supervisor Greg Cox, Port of San Diego Board Chairman Dan Malcolm and local fisherman Peter Halmay – the grass-roots force behind the market – for a news conference on January 17 to announce "Pacific to Plate."

The legislation would:

- Allow Fishermen's Markets to operate as food facilities and for fresh fish to be cleaned for direct sale at the markets, and
- Streamline the permit process, so commercial fishermen can organize under a single permit—just as Certified Farmers' Markets do.

"This bill can help us establish more fishermen's markets, create more jobs for local fishermen and give San Diegans more fish caught fresh off our waters," said Supervisor Cox, a champion of the market.

The bill has attracted broad bipartisan support from San Diego's state



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## Just what is the Alexander Technique?

By Alex Watts

What do Paul McCartney, John Cleese, Aldous Huxley, Madonna, Kevin Kline, Dame Judi Dench, and George Bernard Shaw have in common? They have all benefited from lessons in the Alexander Technique, a unique method of kinesthetic re-education developed over a century ago and used by people in all walks of life who want freedom from muscle and joint pain, freer breathing, and greater physical and mental well-being.

I first came to the Alexander Technique in 1989, because of chronic lower back and neck pain, which seemed to be getting progressively worse. Within a few months of weekly Alexander lessons, my back and neck issues were resolved, which seemed almost miraculous to me as I had tried a number of other approaches without success. I continued as a student for many years before completing a three-year, 1,600-hour teacher training course in 2010.

People often ask me what Alexander

Technique "treatments" are like. I tell them that the technique is not a treatment or a therapy; it's a skill, something you learn to do for yourself. You can learn to retrain your kinesthesia in such a way that you feel freer, lighter and more in control of your body and of the way you move. A good deal of neck and back pain is the result of bad muscular and postural habits, excessive tension and unnecessary force, and a lack of internal connection and sense of flow. With conscious attention and work, those destructive habits can be undone and a natural sense of ease and flow re-established. An Alexander Technique teacher doesn't "treat" you or do the work for you, any more than a guitar teacher plays the guitar for you. An Alexander teacher shows you how to do the work for yourself and make your own changes. And you can!

For more information, contact Alex Watts, *mAmSAT*, a professional organization, (619) 299-2807 or [www.theexpandingself.com](http://www.theexpandingself.com)

### California Assembly Speaker Toni G. Atkins *from page 10*

delegation. Assemblymembers Rocky Chavez, Brian Jones, Brian Maisenschein, Marie Waldron and Shirley Weber are co-sponsoring "Pacific to Plate," along with state Senators Joel Anderson, Patricia Bates, Marty Block, and Ben Hueso.

The Tuna Harbor Dockside Market takes place from 8 am-1 pm every Saturday on a pier just north of Seaport Village and west of the Headquarters. Metered

parking is adjacent to the Chesapeake Fish Co., 535 Harbor Lane.

Speaker Atkins proudly represents the people of coastal San Diego, from Imperial Beach, along the Mexican border, north to Solana Beach, and most of central San Diego. For more info about Toni, please visit <http://asmdc.org/speaker/>. Follow her on Twitter @toniatkins, or at Facebook.com/SDToni.

### Councilmember Todd Gloria *from page 10*

of homelessness and connect them to necessary resources instead of just giving them a temporary bed out of the weather.

As I continue to work with stakeholders throughout the region to fund and implement results-oriented programs and

policies, it will take time for us to notice a significant decrease in the numbers of San Diegans who remain unsheltered. I appreciate you being part of the solution by supporting responsible allocation of available resources.

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