

UHCA MEETING THURSDAY, MAR 3

Alice Birney Elementary School Auditorium
4345 Campus Avenue

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

University Heights Community Association / March 2016

NEWS

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MARCH 3 MEETING: IS IT POLITICAL? IS NIMBY BAD? DOES MAJORITY RULE?

By JD Abercrombie



Do we owe affordable housing to those who cannot afford to live in our area? Are bicycle lanes worth it? Is it ok to tear down some historic houses to make way for high density and not other historic structures? Isn't it true that keeping areas that attract residents and businesses the way they are is the way to continue having an attractive area? Is the density being spread around fairly to our older downtown "villages?" What is affordable housing?

Probably our long awaited Plan Update by which we will gain new zoning

guidelines (how high, how far from the side yard, parking, use, etc.) is as much political as it is not. Our March meeting will be the best chance to show the current powers that be who are not politicians that University Heights (UH) cares and what we want.

Lara Gates and Tait Galloway. These are two experienced expert planners who have been tasked with getting it done (years overdue now) by the end of this year. They will bring information we can understand along with visuals so we may see examples of what the new density

will look like. Since UH is not a planning group, we are very fortunate to have both of these planners come to us. Plus, they have power.

Our main wish voted on several times now is to be within one planning group-Uptown Planners. We also have weighed in on height limits, bonus densities, parking, and what we don't want. Lara and Tait will tell us about recent changes from what we thought we had and will listen to our reactions. It is another golden opportunity to try and have a say in the future of development in UH.

LOOKING AHEAD

The April 7 UHCA meeting will be dedicated to all things baseball. With spring training completed and the season in full swing by the end of March, early April seems an opportune time to refocus our sports-related attention on something positive - a team we know will be staying in San Diego! And that would be our wonderful Padres! A representative of the Padres organization will be at the April meeting to discuss the team and its prospects for the 2016 season and to answer your questions. We hope you will join us for a lively discussion about a beloved San Diego institution.



ADMIT ONE

4 | 7 | 16

ELECTION ANNOUNCEMENT

By Beth Jaworski



Uptown Planners Election: Tuesday March 1

On Tuesday, March 1, from 6:00 to 6:30 pm, the Uptown Planners will be filling seven seats for a term of four years.

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

are also asked to advise the city before issuing permits for new or additional construction in residential areas for projects that require special entitlements; these may include development such as adding an extra living unit, exceeding size or height restrictions, or developing on or near environmentally sensitive land.

To vote, an individual must present identification proving residency, property ownership, or business ownership within the Uptown planning boundaries. Identification may be in the form of a

driver's license, utility bill, tax bill, business license, or rent receipt - any document that has the individual's name and street address. Photocopies of documents are acceptable.

As a courtesy, it is suggested that before completing the ballot, voters first listen to the three-minute statements candidates will make regarding their qualifications and the reason they would like to serve, or continue to serve, on the board.

president's corner by Bernie Horan

We've been talking a lot about what we want our community to become, thanks to the city updating their overall community plan that will guide development and permitting for the next decade or more. We've spent several hours in meetings understanding the initial draft of the plan and then providing our input on this. The letter we sent with our comments was included in last month's UHCA News. By the time the paper hit our neighborhood doorstep, the letter unfortunately was a moot point. The city had released an update to the plan that changed much of the originally proposed permitting.

The updated proposal eliminates the "density bonuses" since just about everyone objected to these. In place of this, however, they've just greatly increased the allowable density along El Cajon and Park Boulevards - no "bonus" needed. Much to our frustration, we found out that the North Park Planning Committee had already approved all the new density proposals along El Cajon and Park Blvd without talking to anyone from our neighborhood. And North Park Planning Committee wonders why we want to get out from under their control.

Of course, our concerns about large development can only happen if property owners actually sell or choose to develop their property. After last month's newspaper came out, Andre Lusti came forward to say his family had no plans to sell the Lusti Motors property at El Cajon and Park to CVS Pharmacy or anyone else. And the minister at the church on Park and Meade Ave. contacted me to let me know they had absolutely no intentions of selling the church.

Still, it's important to have reasonable permitting restrictions in place in case

these and other properties do get sold 15 years from now. In a nutshell, we feel there should be reasonable growth allowed along the main corridors of Park and El Cajon Boulevards—say, three- or four-story buildings, not seven stories! And the areas of our neighborhood off these main thoroughfares should remain largely unchanged. So it's back to the review process to try to get these points heard and ultimately incorporated. Please attend this month's UHCA community meeting to understand how you can help accomplish this.

uhca news

Editors: Carol Neidenberg and Philip Gill
Contributing Writers: JD Abercrombie, Janet Tait, Philip J. Gill, Beth Jaworski, Monica Lancot, Carol Neidenberg, Bernie Horan, Kim Schultz, Laura Dadmun, Kim Schmidt, Nan McGraw, Brian White, Reprinted article by Paul Krueger from San Diego Reader April 4, 1991.
Food Editor: Andrea Bacal
Graphic Design: Paul Farris
Layout: Brooks Bedwell brooksbedwell@mac.com
Advertising Director: Susan Holts susan@susanholts.com

Published 10 times per year by the University Heights Community Association. We welcome articles, letters, and announcements about issues and events relating to University Heights. The deadline for submission is the 8th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

uhca officers

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

 facebook.com/universityheightscommunityassociation

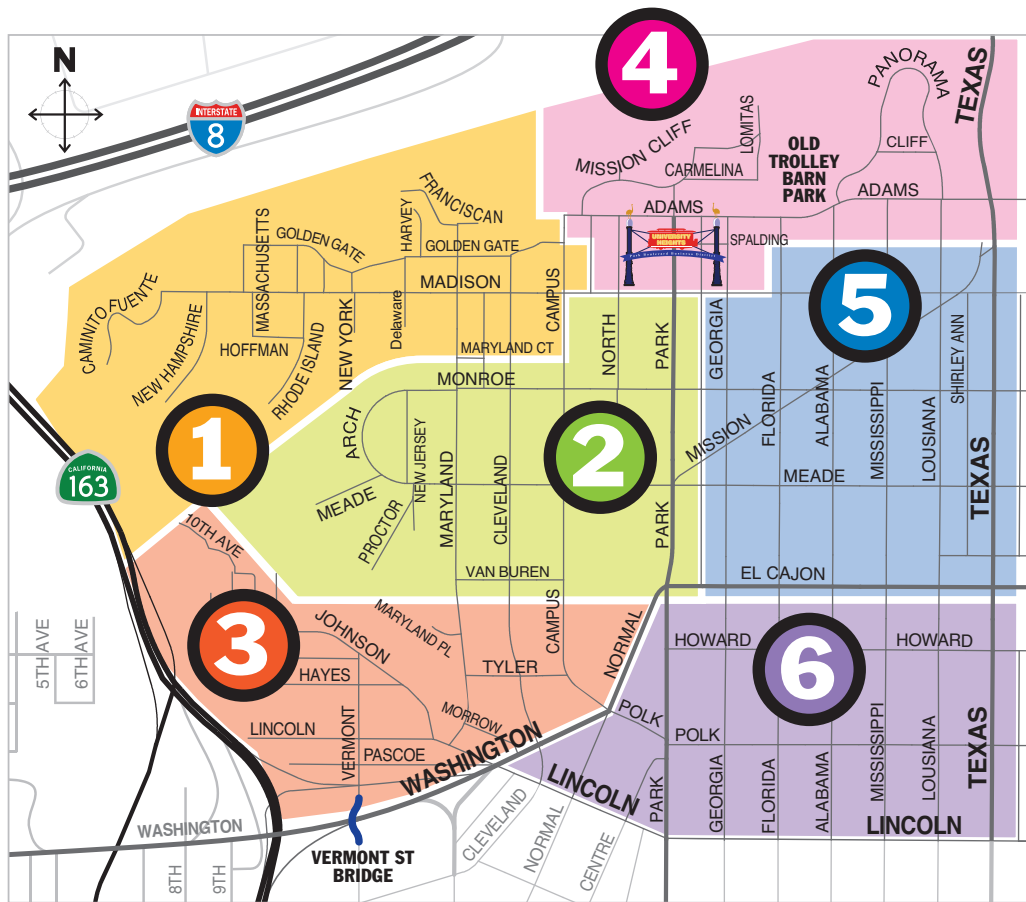


Golden Ostrich:
 Jennifer Colosimo
 ELE Collective
 Joseph Caperna and
 Jon Conway

Donation:
 Lindy Rodwell
 Jennifer Vanden Eynden

Household:
 Amer Heric, Rudi and Susan Lusti, Patricia Egan, Meghan Wharton, Maureen Steiner, Margaret Cobleigh, Walter Roussell, Joan Emerick, Mary Lou and Fred Ruane, Marie DeSanti, Valerie Berg, John and Kristen Chandler, Elaine Davis, Michele Morgan and Steve Winchell, Richard L. Hook, Charles Arthur and Randolph Miriotte, Humberto Lopez, Randall Mann and Sarah Luth

University Heights Map: Boundaries and Zone Watch



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

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

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

ZONE	COORDINATOR	E-MAIL CONTACT
1	Nan McGraw	nmcsan@aol.com
2	Pam Isaacs	pamisaacs1@gmail.com
3	Mary Lange	mlangeuhcazone3coordinator@gmail.com
4	Nan McGraw	nmcsan@aol.com
5	Tamara Zyhylij	tamara@tamarazhomes.com
6	Mark Koopman	mkzw6@yahoo.com

Membership Form

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

Yearly Membership

- *\$25 Household
- *\$45 Membership & mailed UHCA News
- *\$75 Business Membership
- *\$100 Golden Ostrich

Name _____
 Business Name _____
 Address _____
 City/State _____ Zip _____
 Phone _____ Email _____
 Referred by _____
 NEW RENEWAL

University Heights Community Association is a 501(c)(3) non-profit charitable organization. A portion of your membership is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & Planning** · Keep UH beautiful.
- Blockwalker** · Help deliver newsletters to UH residences and businesses.
- Marketing & Merchandising** · Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.
- Membership** · Help exceed goals for 2015 membership and meeting attendance.
- Neighborhood/Zone Watch** · Join your neighbors to keep UH safe.
- UHCA News** · Write articles, take photos or sell ads; these are just a few of the many ways to contribute your talent, creativity and energy to our paper.
- Program & Events**
 Plan and oversee various events and general meetings.



University Heights Community Association

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

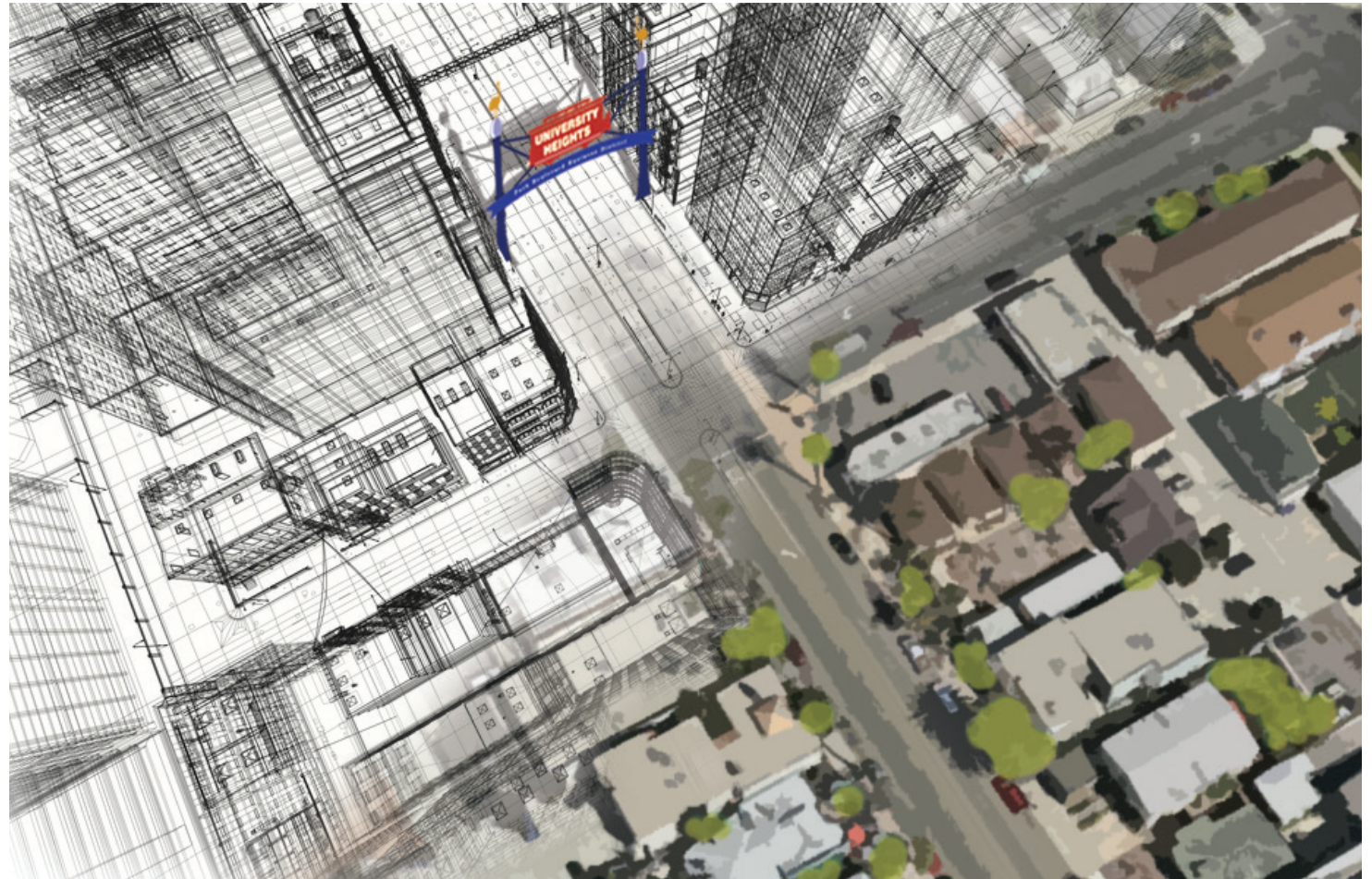
HELP DESIGN THE FUTURE OF UH

UHCA to Host Community Design Charrettes

By Philip J. Gill

Change, in the form of urban development, is coming to University Heights (UH). So if you're interested in helping to shape the future development of UH, then you won't want to miss a series of meetings the University Heights Community Association (UHCA) is hosting to ask for community input to updates to the City of San Diego's master plan for UH.

As some of you may know, the Planning Department of the City of San Diego is



currently updating the master plan for the Uptown and North Park community planning districts. Both include parts of University Heights - UH west of Park Blvd. is part of Uptown Planners, while UH east of Park Blvd. is under the North Park Planning Committee. Please consult the map on Page 2. These meetings are your chance to have input to these plans, which will affect the shape, scope, of development in UH for the next 20 to 30 years.

On Monday, February 22, our first charrette* (workshop) took place at Twiggs' Green Room. On Monday, March 7, between 6:30 and 8 pm, our second charrette will also be at Twiggs.

To participate, you don't have to be a UHCA member, but you do have to live in or own a business within the borders of UH as defined in the UHCA By-Laws. Please consult the map in this paper. Seating is limited and a list is forming, so please RSVP to philipjgill@gmail.com.

Note: The word charrette refers to any collaborative session in which a group of designers drafts a solution to a design problem. Charrette is a French word for cart. In Paris in the 19th century, it was not unusual for student architects to continue working furiously in teams up until a deadline, when a charrette would be wheeled among the students to pick up their scale models and other work for review while they, each working furiously to apply the finishing touches.

IN CASE YOU MISSED IT

By Monica Lanctot



Our February meeting started with an update from San Diego Police Dept. (SDPD) Community Relations Officer Dave Surwillo on the most pressing issues currently facing our community. These included loitering on the Vermont Street Bridge and illegal activities at The Point and surrounding areas of University Heights (UH), which was also the larger topic of the meeting. As per usual, this was followed by updates from our elected officials' representatives and information about the upcoming Old Trolley Barn Park 25th Anniversary Celebration, to be held Saturday, April 16, from 11 am - 4 pm; see the article on page 4 for more details.

Our guest speakers were Doug Wallingford and Janet Tait, local UH residents who live near The Point and have been leading the charge to implement a curfew and alcohol ban that will give law enforcement more tools to respond to neighborhood reports

regarding the increased illegal activity in the area. They provided a presentation outlining the issues and reviewing results from a neighborhood survey taken in late 2015 to get a pulse from residents regarding their feelings on the idea of a curfew and alcohol ban. The presentation can be downloaded from the UHCA website at uhsd.org.

In addition, Doug and Janet updated attendees on the state of the process they are pursuing at Parks & Recreation Dept. and the City Council to have their proposal implemented. For more information, please see the article by Janet on this page.

The program closed with a brief discussion of the recent changes to the density bonus plan that was removed from and then re-introduced with changes into the North Park Community Plan Update. This will be the topic of our March meeting, with presentations by city representatives involved in both the North Park and Uptown Community Plan updates, so don't forget to attend if you are interested in this topic.

Finally, UHCA held a drawing for gift certificates to Florabella and the new restaurant on Park Blvd, Madison. Congratulations to the winners, and thank you to all of the attendees and participants for making our February meeting another valuable one.



By Janet Tait

At the February 4 University Heights Community Association (UHCA) meeting, Doug Wallingford and I updated attendees on the proposal to reduce criminal activity and improve quality of life issues for the area known as The Point. Residents have proposed a 24-hour alcohol ban and a curfew (8 pm to 6 am from November to March and 10 pm to 6 am from April to October). The curfew will not apply to the pathway along The Point between New York and Rhode Island Streets as this area is a right of way for residents.

The proposal has been formally endorsed by the University Heights Recreation Council (UHRC), the University Heights Community Development Corp. (UHCDC), and the Community Parks II Area Division Committee. After neighbors at The Point took a survey of area residents indicating that 88% of respondents favored an alcohol ban and over 80% supported a curfew, the UHCA board issued a letter endorsing the proposal.

In response to feedback from the Community Parks II Area Division Committee, the UHRC decided at their February 4 meeting to include the area of open space bordered by Franciscan Way on the west, Campus Ave. at the east, and Golden Gate and Cleveland Streets on the south in the proposal. We notified residents bordering this area about the proposed change before the meeting and

several came to the UHRC meeting to support including this additional area in the proposal.

The City of San Diego's Parks & Recreation Dept. will present the proposal to the Park and Recreation Board, the City Council's Public Safety and Livable Neighborhoods Committee, and, finally, to the full City Council in the coming months. If it passes, the alcohol ban and curfew should be in place by late summer.

After a lull because the recent inclement weather and holidays, we expect illegal activity will undoubtedly pick up again. The increased vigilance of UH residents and other actions taken in recent months are helping to make a difference! Please continue to report illegal activity to the San Diego Police Dept. non-emergency number, (619) 531-2000, or call 911 as appropriate. Thank you for your help.

CORRECTION: In the February 2016 UHCA News in our article "Update on the Point: Proposed Liquor Ban and Curfew Move Forward," we incorrectly stated the hours of the proposed ban approved by the University Heights Recreation Council (UHRC) for the public open space The Point at University Heights. The UHRC proposes a 24/7 alcohol ban and 10 pm to 6 am, April through October, and 8 pm to 6 am, November to March.

TROLLEY BARN PARK

SITE HISTORY:

Some content supplied by the City of San Diego Council District # 2, April 1991, author unknown:

- 1912: J.D. Spreckels levels the site at 1924 Adams Avenue and builds a brick building to accommodate the repair and overnight storage of up to 100 electric streetcars.
- 1949: Busses are introduced as a more cost-effective mode of public transit and the electric trolley system is phased out. The trolley "barn" is sold to the San Diego Paper Box Co. and converted into a manufacturing warehouse.
- 1979: After 30 years at the site, the Paper Box Co. sells the property to Heritage Park Investors, who plan a 96-unit residential project. Efforts to declare the site historic are unsuccessful and the structure is demolished.
- 1984: Residential developers propose 150 units for the site and University Heights (UH) residents' band together in an effort to convince the city to purchase the site. The City Council begins exploring the possibility of acquiring the site and authorizes an appraisal.
- 1985: The City Council approves the establishment of a Capital Improvement Project for the site acquisition and identifies \$2.2 million for its purchase.
- 1986: The city finalizes the purchase of the property.
- 1987: The University Heights Community Association (UHCA) begins enlisting suggestions and input from the community regarding the development of the site as a park.
- 1988: The park's preliminary design is approved by the city's Park and Recreation Board and its subcommittees. It was designed by KTU+A landscape architects.
- 1989: Despite a recommendation from the city manager to eliminate the funding for the park's construction, City Councilmembers Ron Roberts and Gloria McColl are successful in sustaining the construction funding in the 1989-90 budget. Final plans receive approval of the City Council and the project is advertised for bids for construction.
- 1990: The contract is awarded for the \$879,500 project, and on Thursday, May 10, a groundbreaking ceremony is held at the site. "Proving that grassroots action by neighbors can work," then City Councilmember Roberts, joined by members of UHCA, celebrated the start of construction of the first new inner-city park to be built in San Diego in years. Construction began on May 12.
- 1991: On April 6, the Grand Opening is held at the Trolley Barn Park. Councilmembers Roberts and John Hartley, joined by other dignitaries and community leaders, officially dedicated the park at 12 noon. The theme of the Grand Opening was *One Hundred Years of History*.

ONE HUNDRED YEARS OF HISTORY

Parks have played an important role in the development of University Heights (UH) over the past century. The following is a snapshot of the historical record.

TROLLEY BARN PARK PREDECESSORS

UH was subdivided and lots began selling in 1887. In order to entice potential buyers to take the plunge, sales brochures of the era indicated that numerous parks and even a lake were planned for the area. However, due to a lack of funds, none of these were developed. In 1889, investors formed the San Diego Cable Railway Co.



with the intention of connecting a bustling downtown with the newly established residential areas of Hillcrest, Florence Heights, and UH. Unfortunately, because of financial difficulties, the cable car line was forced to close after only 13 months of operation. However, during that time the company developed a five-acre recreation park known as The Bluffs, located at the end of the cable car line, in an effort to attract people to the then thinly populated northern rail segment.

In 1895 the assets of the Cable Railway were acquired by George Kerper, who renamed the company the Citizens Traction Co. This new enterprise made two significant changes. First, it converted the cable car line into an electric rail system and, second, it



enlarged the park at the end of the line and turned it into a full scale amusement park, which they renamed Mission Cliff Park. As fate would have it, after only three years this new company also failed. The land and railway assets of the Citizens Traction Co. were sold in 1898 to the San Diego Electric Railway Co, owned by John D. and Adolph B. Spreckels.

In 1882 the Spreckels street car company was one of 25 serving San Diego, but by 1909 their company controlled the city's entire public transport system. After expanding and remodeling Mission Cliff Park to almost 20 acres, John D. Spreckels renamed Mission Cliff Park as Mission Cliff Gardens and set about to create a botanical garden attraction at the end of his trolley line that would promote ridership and encourage further residential settlement in University Heights. By 1912, Mission Cliff Gardens had grown to 42 lovely acres and was a very popular attraction for tourists and locals alike.

In 1904 Spreckels chose John Davidson, a Scottish immigrant, to oversee the grounds. Davidson and his wife lived on the second floor of the pavilion. Under his care, the park became renowned throughout Southern California for its magnificent gardens and horticultural exhibits. Davidson built pergolas along the rim of the canyon and trellised them. Trees flourished.

That same year, Spreckels invited Harvey Bentley to move his ostrich farm from Coronado. One of the garden's

main attractions and chief curiosities soon became the relocated ostrich farm. For a small admission fee, visitors could watch the dozen or more ostriches being raced around the yard; some intrepid visitors even rode the birds. Beyond their entertainment value, ostriches had a great utility - their feathers were coveted nationwide for hats, boas and stoles. But the advent of the auto, open cars created too much wind for ladies



to wear big feathered hats, and women adopted tight little hats and bobbed hair. Ostrich feathers plummeted in value from \$350 a pound to \$3.50 a pound.

Sadly, during the 1920s, Mission Cliff Gardens was frequented by fewer and fewer visitors, owing to the development of the nearby and much larger Balboa Park, created in 1915 for the exposition celebrating the opening of the Panama Canal. Also, the Spreckels' attention shifted to promoting their amusement center in Mission Beach. With the death of the Spreckels brothers in 1924 and 1926, their vast empire was slowly dismantled and the gardens were offered for sale. The property was sold to developers in 1942, who subdivided the land for private housing.

SAVE THE DATE

CELEBRATING 25 YEARS OF OUR LOCAL COMMUNITY PARK

It took quite a fight to make Trolley Barn Park a reality. Now it's time to revisit that spirit of community perseverance by celebrating the park's 25th anniversary.

Saturday, April 16
11 am – 4 pm
Old Trolley Barn Park (of course!)

Here are a few of the program highlights:

- Live music provided by local entertainers: The John Hull Band for the adults and Hullabaloo for the kids
- Dog agility course provided by Kamp Kanine
- Old fashioned field day with sack races, 50 yard dash, and more
- On-going games with prizes, including bean bag toss, go fish, and more
- Face painting & photo ops with our UH ostrich mascot
- Food options from local restaurants
- Exhibits featuring products and information from local vendors

25

We'd currently like to thank Mary Anne Stevens Realty, Pemberley Realty, Twiggs, Trader Joe's, Kamp Kanine, The Fund for Animals Wildlife, and Pop Pie for their sponsorships. Want your name here? Or interested in volunteering your time or ideas to make this event happen? Contact me at webmaster@uhsd.org to find out how your local business can get involved.

(More about the park on page 10.)



Happening in the Heights



COMEDY

TWIGGS

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

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

LESTAT'S ON ADAMS

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

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

ACROSS THE STREET AT MUELLER COLLEGE

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

- Contact John Ciccolella for details

MUSIC

PARK & REC

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

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



MYSTIC MOCHA

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

LESTAT'S ON ADAMS

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

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



3RD SPACE

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

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

ACROSS THE STREET AT MUELLER COLLEGE

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

- Contact John Ciccolella for details

TWIGGS GREEN ROOM

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

LAFAYETTE HOTEL

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

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

THEATER

DIVERSIONARY THEATER

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

● NOW OR LATER:

An incisive and politically provocative new play, that takes on religion, freedom of expression and the dangers of an increasingly interconnected global community.
—Thurs, Feb 11 – Sun, Mar 13



MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	1 Uptown Planners Mtg & Board Elections* Joyce Beers Center Uptown Center 6 pm Senior Tech Lab UH Library 12:30-2:30 pm	2 UHCDC Meeting 4452 Park Blvd. #102 6:30 pm Toni Atkins "Public Office Hours" UH Library 4 pm	3 UH REC COUNCIL Birney School Lib. 5:30 pm UHCA MEETING Birney School Auditorium 6:45 pm 	4	5 The Point Cleanup 1:30-3:30 pm (Golden Gate between Rhode Island & Delaware Sts)
6 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	7 PLANNING CHARRETTE AT TWIGGS 6:30-8 PM (See article on page 3)	8 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm Friends of UH Library Meeting 6:30 pm uhca.news April Deadline	9	10	11	12
13 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm Daylight Savings Time begins (Spring Forward)	14	15 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	16 Library Task Force UH Lib. 6:30-7:30 pm Uptown Planners Special Meeting Balboa Park Santa Fe Rm 6 pm	17 	18 PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm	19 Friends of the Library BOOK SALE 8 am -3 pm, UH Library
20 Friends of the Library BOOK SALE Noon -4 pm, UH Library Hillcrest Farmers Market Spring Begins Palm Sunday	21	22	23	24	25 Good Friday	26
27 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm 	28 	29 uhca.news Comes out 	30 UH Book Club & Salon 6:30 pm UH Library	31 Cesar Chavez Day 	1 	2

*Eligible voters must live in the Uptown Community Planning district which is west of Park Blvd.

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

By Kim Schmidt, Librarian

Senior Mobile Tech Lab — Tuesday, March 1, 12:30 pm - 2:30 pm

If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader, etc. Tutors will be on hand with laptops for the public to use. Patrons are also encouraged to bring their own devices to the session. Learn how to send and receive email, surf the internet, use Facebook and other social networks and more. The program is free – thanks to the wonderful tutors from the Legal Aid Society of San Diego!

Summer Reading Program

Phew! It's already March and the Summer Reading Program is just around the corner! Each summer the library encourages kids and teens to read throughout the summer months. Read 10 books and earn a bag of prizes and a chance to win the raffle for a grand prize. Prize bags include coupons for kids' meals to San Diego Restaurants and free passes for the San Diego Zoo and various Balboa Park museums & attractions. This year, the Summer Reading Program will also feature eight special children's performances including clowns, puppeteers, magicians, animals, and more. These events take place on Wednesdays at 6 pm in May, June, and July. Please check this column in future issues for information on the performance schedule.

PLEASE NOTE: the library will be closed Thursday, March 31, in celebration of Cesar Chavez Day.

Meet Toni Atkins, California State Assembly Speaker and Her Staff

The University Heights Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker Toni Atkins and her staff. Please feel free to drop in, say hello, ask questions, and discuss your concerns. The "Office" is open to the public at 4:00pm on the first Wednesday of every month. The next session will be on Wednesday, March 2 at 4 pm.

Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the UH 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 UH Library. For a minimum donation of \$10 (\$5 for students and seniors) you can sign up for an annual Friends membership. Just stop into the branch and ask a staff member for a membership envelope. Help our library to be fabulous, make new friends, and join the Friends of the UH Library.

Friends of the Library Book Sale – Saturday, March 19, (8 am – 3 pm) and Sunday, March 20 (noon – 4 pm)

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

Book Club and Salon

Wednesday, March 30, 6:30 pm, *The Demon in the Freezer* by Richard Preston



Regular Monthly Programs for Kids

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

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

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

The University Heights Branch Library

4193 Park Blvd.
San Diego, CA 92103
(619) 692-4912

FROM THE PRESIDENT FRIENDS OF THE UNIVERSITY HEIGHTS LIBRARY

By Philip J. Gill



The following letter was sent to the Friends of the University Heights Library:

Thank you for your membership in the Friends of the University Heights Library (FOUHL). As 2016 moves into full gear, we are again asking you to support your local branch library by renewing your membership.

As you know, our group (your local chapter of the Friends of the San Diego Public Library) is dedicated to providing and improving services at the University Heights branch library, the oldest branch in the SD Public Library System. Thanks to your help and support, the FOUHL last year our local branch was able to:

- Double revenues from our annual August book sale, to more than \$3,000

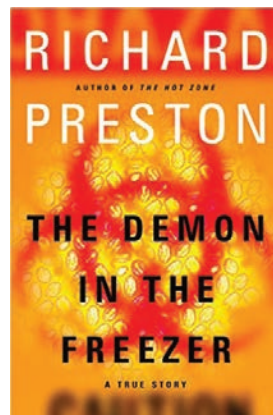
- Increase membership by 50%
- Begin year-round online book sales, raising more than \$300
- Purchase new security doors, furniture, and a Children's Literacy Computer
- Replace on a regular basis new banner signs on the Park Blvd. side of the building
- Make landscape improvements with the help of community volunteers

As you can imagine, these improvements rely on your support, which is why it is important that you continue to support our local library by renewing your membership. Membership is available for as low as \$5 for students and seniors, \$10 for individuals, and \$20 for a family. If you are able, please consider increasing your level of support this year by becoming a Sponsor or Life Time Member. Life Time memberships are available this year for a one-time contribution of \$250, instead of our former level of \$500.

Thank you for your renewed support of the Friends of University Heights Library and our local branch library.

Philip J. Gill
President, University Heights Chapter
Friends of the San Diego Public Library
He can be reached at
uhfriendsofthelibrary@gmail.com.

The March Book Club & Salon:



The Demon in the Freezer By Richard Preston

The first major bioterror event in the United States - the anthrax attacks in October 2001 - was a loud and clear call for scientists who work with "hot" agents to find ways of protecting civilian populations against biological weapons. In *The Demon in the Freezer*, the author, whose first nonfiction book was *The Hot Zone*, takes us into the heart of The United States Army Medical Research Institute of Infectious Diseases (Usamriid) at Fort Detrick, Maryland, once the headquarters of the

U. S. biological weapons program and now the epicenter of national biodefense.

Peter Jahrling, the top scientist at Usamriid, a virologist who cut his teeth on Ebola, is given security clearance to top secret information on bioweapons. His most urgent priority is to develop a drug that will take on smallpox and win. Eradicated from the planet in 1979, the smallpox virus now resides, officially, in only two high-security freezers at the Centers for Disease Control in Atlanta and in Siberia. But the demon in the freezer has been set loose. It is almost certain that illegal stocks are in the possession of hostile nations with the implications that biologists in secret labs are using genetic engineering to create a new superpox virus.

Preston takes us into the lab where they are reawakening smallpox and explains what may be at stake if this last bold experiment fails. He also reports on when the first anthrax letters were opened in New York and Washington, D.C., and the government's response to the attacks as well as the ongoing FBI investigation.

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

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

MORE HONOREES!

By Carol Neidenberg

Our apologies for neglecting to tell you that at the December UHCA meeting we honored many more wonderful individuals. Unfortunately, they were unable to attend the meeting. We'd still like to recognize the following individuals who are deserving of a special shout out to them for their service to the UH community.

Natalie Buczowski and Francis Weidinger

As the new owners of Mystic Mocha, Natalie and Francis have continued the Mystic Mocha magic: good food, coffee, and pastries. Bringing the 'hood together at their cozy corner café on Mission Ave and Alabama St, they continued the December tradition of hosting Caroling in the Heights.

Molly Chase

Molly was always there for us. Whether it was solving which city department to contact to cut down overgrown bushes to cracked sidewalks, she was our go-to person. She helped us navigate and obtained the UH Banner District, which we are forever grateful.

Sean Cole

Do you often find your mailbox full of torn and tattered circulars, carelessly crammed in so tightly that you need a crowbar to get them out? Not if your mail carrier is Sean Cole! Thanks, Sean, for a job well done!

Norma Cortez

We love Norma because she has become the face of Twiggs every Wednesday through Sunday. Great espresso is a learned art and she is a taskmaster for the barista staff. As a regular customer you just need to show up. She already knows your order when you walk in the door, which makes us feel like we live in a real neighborhood and are a part of a real community.

Josh Lambdin

Park Ranger Open Space: Thank you, Josh, for your monthly cleanups to The Point. We appreciate your attention to our wonderful Open Space on Golden Gate between Rhode Island and Delaware Sts. You and your recruits perform a superb service to the community of UH.

Dan Porter

Neither *snow* nor *rain* nor *heat* nor *gloom* of night stays Dan from the swift completion of his appointed rounds. He patiently handles the welcoming barks of neighborhood dogs with a nod and a sigh as he continues on his way to deliver mail both large and small throughout UH.

Sammy Sarmiento

Mail carrier Sammy goes far beyond his job. He is personable, helpful, and always has something nice to say. He goes above and beyond in his work. His cordial and warm attitude brings even more joy and vibrancy to UH.

Randy Wortman

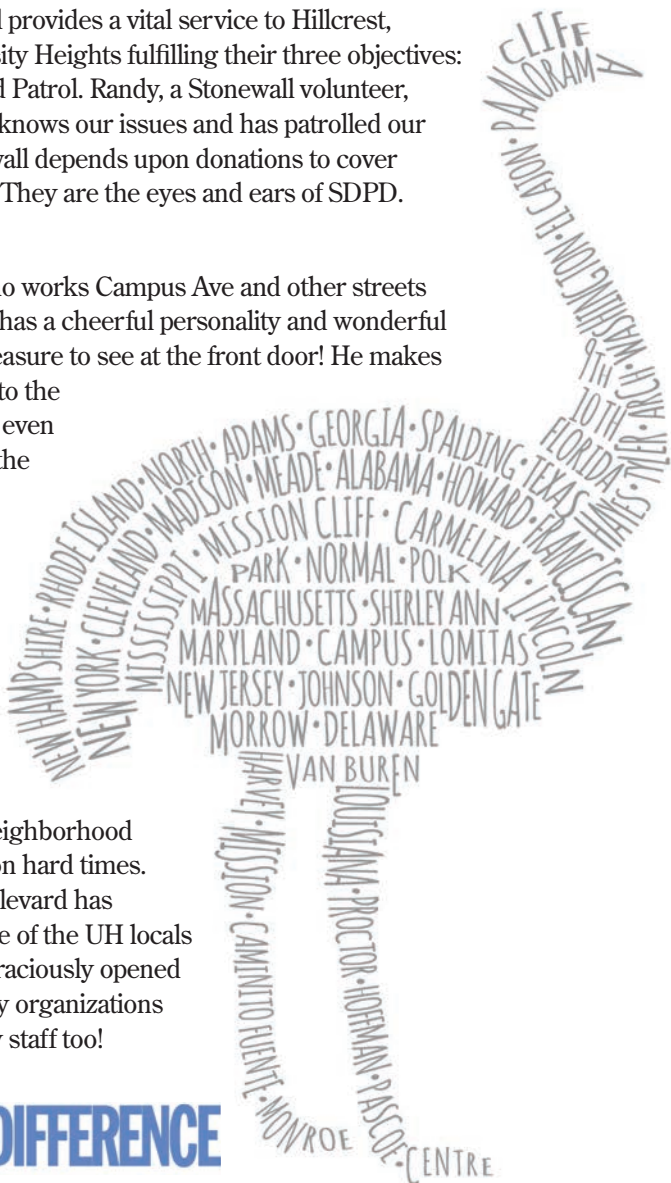
Stonewall Citizens Patrol provides a vital service to Hillcrest, North Park, and University Heights fulfilling their three objectives: Awareness, Educate, and Patrol. Randy, a Stonewall volunteer, lives in the heart of UH, knows our issues and has patrolled our vulnerable areas. Stonewall depends upon donations to cover gas and other expenses. They are the eyes and ears of SDPD.

Juan Zazueta

He is the mail carrier who works Campus Ave and other streets in the heart of UH. Juan has a cheerful personality and wonderful smile, and is always a pleasure to see at the front door! He makes sure the right mail goes to the right person, and he has even gotten to know many of the neighborhood pets, who also love him too!

Andy Zlotnick and John Pani

Andy and John are restaurateurs/entrepreneurs whose latest project, Park and Rec, has revitalized and reinvented a longtime neighborhood hangout that had fallen on hard times. Park & Rec on Park Boulevard has quickly become a favorite of the UH locals and others. They have graciously opened their doors to community organizations for events. Great friendly staff too!



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NEW GRAFFITI UNIT FOR SDPD WESTERN DIVISION

The Graffiti Unit has assigned a new detective to handle the tagging/graffiti incidents within Western Division. The new contact is Detective Cassie Ericson. If you have an incident of tagging and/or graffiti, please take a photograph prior to painting it out and email the photo to Detective Ericson: CEricson@pd.sandiego.gov. In your e mail, please include date, time, location, and approximate size of the graffiti.



Birney Buzz

By Kim Schultz

Birney Bees will be kicking off the month of March with our Read Across America week-long celebration ending in Bedtime Stories, one of Birney's most treasured events. Students wear their pajamas and bring blankets and pillows to school; Birney staff and community members read picture books and served cookies and milk to them.

You may have noticed our business sponsor banners have returned to the Park Blvd. We are so grateful for these donors who have sponsored our beloved school at the \$1,000+ level. If you would like to learn more about ways your business can gain exposure to the University Heights community and beyond through sponsorship of our IB Primary Years Program, please contact alicebirneyfriends@gmail.com for more details.

March is also our annual Run for the Green event, a school-wide fun-run that raises money for our highly prestigious IB program. Birney Elementary is a Title 1 school; more than half of our students come from socioeconomically disadvantaged households. These children often lack the means to raise pledges to be eligible for Run for the Green prizes. If you would like to sponsor a child who was not able to raise enough pledges to be included in our opportunity drawing, a \$20 sponsorship gives a child who participates but cannot submit any pledges a chance to win



excellent prizes. Your donation would be tax-deductible and would allow a child to fully experience this very fun event. Please contact alicebirneyfriends@gmail.com and ask about the Run for the Green sponsorship program.

Finally, as Birney closes for our spring break on March 28, we'd like to ask the UH community to keep an eye out for vandalism and graffiti around our campus. We've had our sponsors' banners removed from the fence as well as an increase in tagging and graffiti both on school property and the Willie Serrano Joint-Use Park. Please report any suspicious activity to help keep our campus beautiful and welcoming.



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ROONNEWS

from Roosevelt Middle School



By Laura Dadmun

Sponsor a Student (or Two) For Sixth Grade Camp

For over 60 years, San Diego 6th grade students have enjoyed the great experiences offered by the Outdoor Education 6th Grade Camp program, **but the days of district funding for 6th Grade Camp are over.** The Roosevelt PTSA now helps sponsor Sixth Grade Camp, but we need your help.

The cost for this year's trip is \$350 per student and we have a number of students who cannot afford the cost and are in need of scholarships. If you remember the fun and friendship you experienced at Sixth Grade Camp, or just want to help send as many kids as possible to camp this year, visit <http://roosevelt-6th-grade-camp.weebly.com/donate.html> and click the "donate" button. All funds received this way will go specifically to providing money for scholarships to Sixth Grade Camp.

St. Patrick's Day Parking

Attending the St. Patrick's Day parade but dreading finding parking? We've got you covered! Parking on the Roosevelt campus (not the dirt lot) will be available for a \$15 donation on March 12 beginning at 9 am ("Top of the morning to ye!") and closes at 9 pm ("Hand me a Guinness!"). The festivities on 6th Avenue are a five-minute walk West on Upas and across the Rt.163 foot bridge. All proceeds to support the PTSA and the International Baccalaureate Program at Roosevelt.

Last Month to Bring Shoes to the Shoe Drive to Support Sixth Grade Camp!

Our shoe drive supporting Sixth Grade Camp runs until March 11. Bring your gently used shoes to the Roosevelt IB Middle School main office between 7:00 am and 3:30 pm. Wearable shoes from our drive are sorted and delivered to developing nations in need of a low cost alternative to new shoes. The used shoes also create micro businesses in those countries. And the money Roosevelt receives will go to lowering the cost of Sixth Grade Camp for all Sixth Graders. It's a win/win/win for all!

Roosevelt Students Host Chinese Exchange Students

Roosevelt hosted Chinese exchange students for three weeks in January/February. The Chinese students shadowed Roosevelt students and got to see how an American Middle School student spends their day, and Roosevelt students got to learn a bit more about Chinese kids and their culture. This program helps teach Roosevelt students global awareness and understanding.

Your Amazon and Ralph's Purchases Can Help the Roosevelt PTSA

If you use the Amazon link at the bottom of the webpage at <http://www.rooseveltptsa.org/> to make your Amazon purchases, 4%-8% of your purchase amount goes directly to the Roosevelt PTSA. You can use the Ralph's link on our page to register your Ralph's card and support the Roosevelt PTSA that way as well. Thank you!

Digital Communications Volunteer Needed By UHCA

By Monica Lanctot

- Update website home page as often as possible to refresh content and on-demand based on requests by Board and other community members
- Other website updates as needed, including monthly update of newspaper, calendar, and meeting information
- On-going updates of photo gallery, merchandise, community contacts, etc.
- Maintain member database contacts in Constant Contact email system
- Utilize Constant Contact to create monthly UHCA meeting reminder, as well as emails for other community events and happenings
- Post on Nextdoor and UHCA Facebook page regularly with community happenings, meeting reminders, etc.



- Respond to inquires to webmaster@uhsd.org as needed
 - Maintain accounts with hosting company GoDaddy and email marketing tool Constant Contact
- Requires anywhere from 2 – 5 hours a week based on activity level, extent of updates, larger projects (e.g., new merchandise photos, ecommerce research and implementation, etc.)

PET OF THE MONTH

MARCH PET OF THE MONTH: DEXTER



WOOF! I am so fortunate to live in the best hood in the best city, University Heights, San Diego. It's hard to believe that over six years (42 in dog years) have passed since my furever parents and I found each other and my address became University Heights (UH).

Lots of changes since I first arrived as eight-week-old "energetic" pup. Many of you have seen me grow and mature. Besides maintaining our household, I also work as a Therapy Dog. One of the grrrr8 places I work is the San Diego Airport where I help calm and enhance the airport experience for both travelers and those who work there.

In my six years living here, our neighborhood has lost quite a few pack members both two- and four-legs that we miss. BUT we have gained lots of great new furiends to our pack. Many of the businesses that were fixtures of the hood have closed to be replaced by many new wonderful stores and restaurants. Fortunately for us pooches, many are dog friendly.

Our hood continues to improve and become an even better place to call home. Just take a stroll as I do at least

twice a day and not only will you see children, adults, dogs, cats and even the occasional pig enjoying all our hood has to offer. Children and adults playing in Trolley Barn Park. Neighbors and visitors to the hood enjoying one of many diverse restaurants, watering holes, places for entertainment, the growing number of stores or attending one of the many community events. The Summer in the Park Concerts are one my many highlights.

But what really makes UH so special is the diversity of people that make up our hood. From newborns to "cool" young adults to seniors that have called UH home for more years than I can bark out. Business people to the artistic and creative ones.

It is the many friendly and open minded beings, two and four legs that make living in UH so Grrrr8. BARK OUT to everyone, if you see me walking my parents around the hood, please say hello.

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

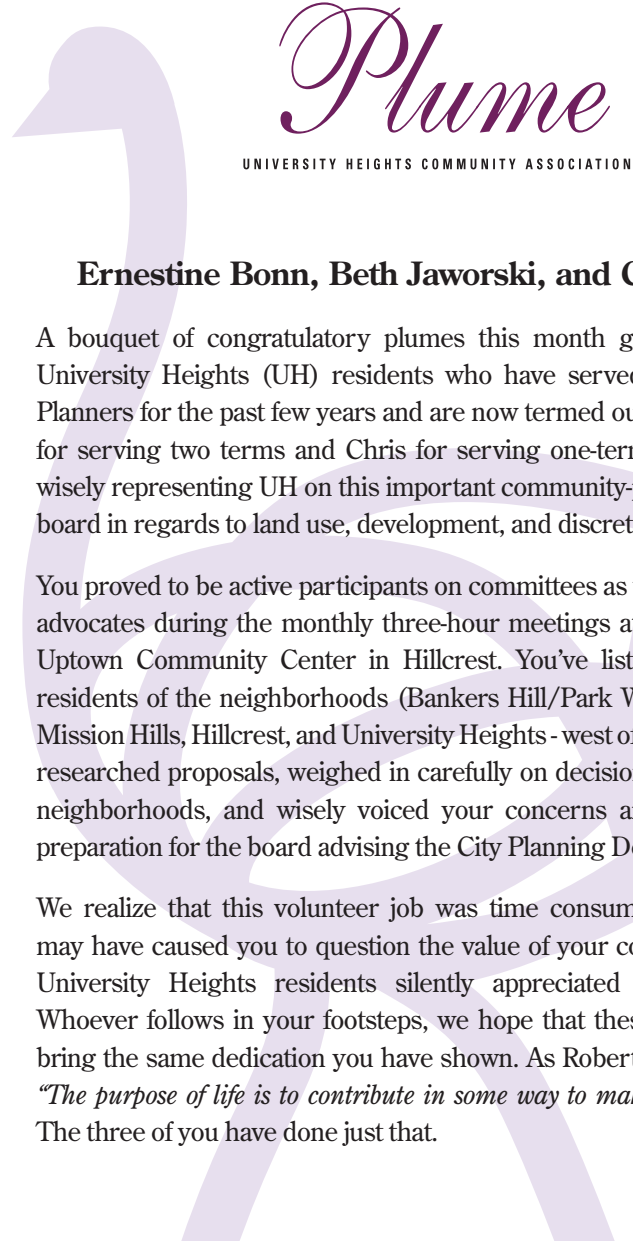
Tired of Those Pesky UT Supplements?

Here's how to stop their delivery: call the Union Tribune at 1-877-730-8232 and tell them that you do not want to receive the Friday supplement. They will only be stopped at the residence calling. Let's all call and have a tidier neighborhood.

Blockwalkers Needed



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



Ernestine Bonn, Beth Jaworski, and Chris Ward

A bouquet of congratulatory plumes this month goes to the three University Heights (UH) residents who have served on the Uptown Planners for the past few years and are now termed out: Ernie and Beth for serving two terms and Chris for serving one-term. Thank you for wisely representing UH on this important community-planning advisory board in regards to land use, development, and discretionary projects.

You proved to be active participants on committees as well as outspoken advocates during the monthly three-hour meetings at the Joyce Beers Uptown Community Center in Hillcrest. You've listened patiently to residents of the neighborhoods (Bankers Hill/Park West, Middletown, Mission Hills, Hillcrest, and University Heights - west of Park Boulevard), researched proposals, weighed in carefully on decisions affecting these neighborhoods, and wisely voiced your concerns and/or support in preparation for the board advising the City Planning Department.

We realize that this volunteer job was time consuming and at times may have caused you to question the value of your contribution. Many University Heights residents silently appreciated your dedication. Whoever follows in your footsteps, we hope that these individuals will bring the same dedication you have shown. As Robert F. Kennedy said, *"The purpose of life is to contribute in some way to making things better."* The three of you have done just that.

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from your councilmember



Planning the Future of University Heights

By Councilmember Todd Gloria

The neighborhood of University Heights (UH) brings to mind beautiful open space canyons, the Spanish Colonial Revival style homes in the Shirley Ann Place historic district, the street car inspired neon community sign, and wonderful Trolley Barn Park. UH residents are facing the same challenges as many other communities in San Diego's urban core, so the city wants their input on issues like densification, business development, historic and open space preservation, and transportation.

UH is covered by the community plans for Uptown and Greater North Park, which were developed in 1988 and 1986, respectively. Our city has changed a lot since then and it is my goal to ensure the plans are updated in a way that respects the integrity and character of the neighborhood while allowing for well planned development in University Heights for the next 20 to 30 years.

The latest drafts of the new community plans draw from a variety of sources including the adopted plans, constituent feedback, the city's General Plan, and the city's recently adopted Climate Action Plan, to name a few. The plans currently allow for a variety of development types with higher intensity development clustered along corridors with access to high quality transit.

Members of the North Park community have asked staff to evaluate the opportunity for density bonuses on transit corridors in their plan through a discretionary process along El Cajon Blvd. and on Park Blvd. between El Cajon Blvd. and University Ave. Currently, projects that adhere to the specifications in a community plan can be approved without any community input. If a developer chooses this option, their project would be subject to community review and the permit would be appealable to the City Council. Proper zoning could also discourage gas stations, liquor stores, drive-throughs, and other uses that don't allow the UH neighborhood to reach its fullest potential. Instead, the goal would be to attract projects that activate public space, increase walkability, and provide housing stock to an area that needs it.

Staff is continuing to receive input on the plans and I hope you will add your voice to the conversation if you have not done so already.

The draft plans that govern UH can be accessed online:

North Park: <http://www.sandiego.gov/planning/community/profiles/greaternorthpark/>

Uptown: <http://www.sandiego.gov/planning/community/profiles/uptown/>

from your speaker



Housing: A 21st Century Problem

By Toni G. Atkins, Speaker of the California Assembly

Housing instability is affecting more people than ever before, including more young people and families. Housing affordability is a growing crisis in California too, one that's threatening to further erode the middle class and making it difficult for many working families to escape poverty.

As demand for housing rises, the price rises. Already, Californians devote more of their income to housing than elsewhere in the U.S. The lower your income, the larger the portion of your pay goes to housing, topping out at two-thirds of income for the quarter of our residents on the lowest rungs of the economic ladder. Unless incomes rise for all workers, the portion of pay going to housing will continue to increase as the shortage worsens. Though the state and local economy has been strong, family income is lagging.

Rising housing costs means more homelessness. One in every five homeless people in our country lives in California, and nearly 11% of people who are members of homeless families nationwide live here.

Affordable housing has always been an issue close to me, because I remember

what it was like to grow up in sub-standard housing. Another issue that has a profound impact on our quality of life is transportation.

California cannot have a strong middle class or a thriving economy if our roadways are congested and people and goods cannot move efficiently throughout our communities. The state has overcome a dangerous recession in our very recent past; the present is fiscally stable, so now we need to look ahead. Addressing transportation funding so we can have better, safer and faster infrastructure on our local roads and state highways is a key part of this.

With 33 million registered vehicles, California has more cars on the road than any other state. And we're traveling farther each year: vehicle miles traveled in California has climbed 26% from 259 billion miles traveled in 1990 to 326 billion in 2012.

According to multiple studies in recent years, California faces numerous transportation problems:

- We have the second-highest share of roads in "poor condition" in the nation.
- Some 58% of state roads need rehabilitation or pavement maintenance and nearly one-third of our bridges and overpasses show signs of deterioration, or do not meet design standards.
- Nearly 70% of our urban roads and highways are congested.

The Legislature is taking a closer look at funding transportation and hopefully we can come together so that the state's roads, streets, and bridges will be able to handle the 44 to 48 million Californians expected here by 2025.

from your supervisor



Project One For All

New county program funds 24/7 services for all seriously mentally ill homeless

By Supervisor Ron Roberts

This year is shaping up to be the largest collaborative effort I have experienced to address homelessness in our community.

Among the most difficult individuals to help are those who are seriously mentally ill.

We have all know who they are and have encountered these men and women. They need more than just housing. Or a job. They need 24/7 wrap-around services to heal, and to get back on the path toward a better quality of life.

To help these individuals, Supervisor Greg Cox and I have launched a major initiative called Project One For All. This project commits long term resources to all of the seriously mental ill homeless county-wide.

Our best estimate, which is based on a 2015 count, is that 18% of the 8,500 homeless throughout San Diego

County region suffer from a serious mental illness. As they struggle with impairments caused by untreated behavioral and physical health ailments, they overuse emergency and law enforcement services, causing great expense to the public.

Project One For All counters their circumstances by deploying the Full Services Partnership model that provides a "whatever it takes" approach. We have been expanding the use of these partnerships, primarily with the city of San Diego's Housing Commission, and know they work.

Housing is essential to the success of this program. As part of the initiative, county staff are putting together an outreach and engagement plan to make sure that all cities in our region are aware of our program. We want them to pair our funding for 24/7 services with their housing resources.

Mayor Faulconer and Councilmember Gloria also recently announced a commitment to house 1,000 homeless veterans through the city's new "Housing our Heroes" initiative. I have promised both men that we will work cooperatively to house the greatest number of homeless individuals. The time is now to make a real change in our homeless population.

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

The Trolley Barn Park: The People's Park — thanks to Janice and Eric Duvall.

Reprinted in part from the San Diego Reader, April 4, 1991

By Paul Krueger

Eric and Janice Duvall were calling it "the park" eight years before it actually became one. The Duvalls would walk around the abandoned brick trolley barn that had been there since 1912. Then, it was torn down after not receiving historical designation. After delving into the proposed project of the new owners, Eric learned that the landowners wouldn't have to meet some of the stringent environmental regulations because the 150 apartments would be constructed with the help of a city agency. The Duvalls printed up and delivered flyers throughout the neighborhood, inviting people to a meeting. The flyers urged people to attend a City Council meeting that had on its agenda the fate of this piece of property. The large turnout at this and subsequent council meetings was an important lobbying force. The Duvalls called a community meeting of about 175 people in January 1984, which was the first meeting of the University Heights Community Association (UHCA).

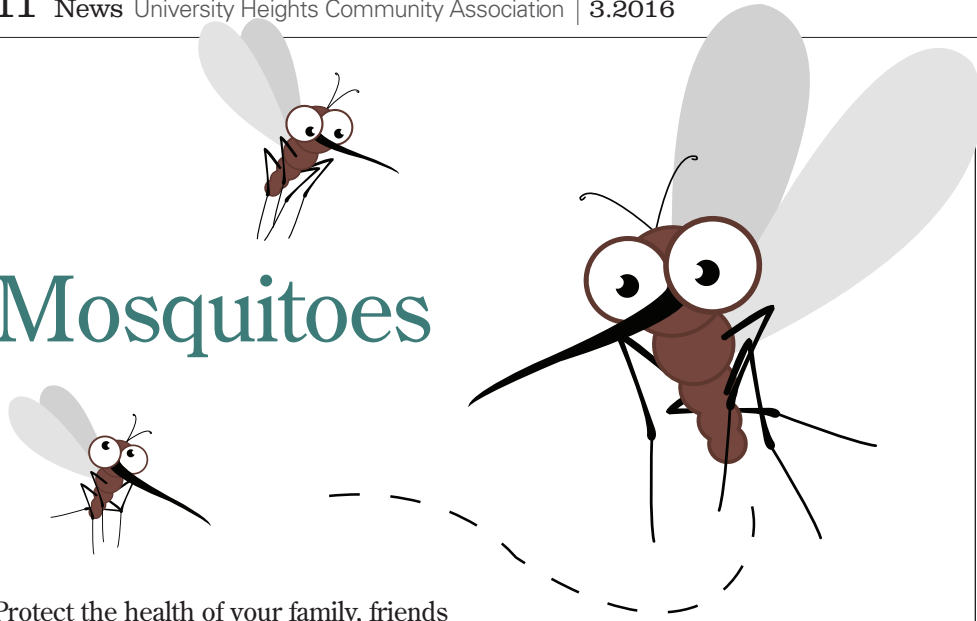
A strong argument in favor of the park was the fact that the neighborhood was deficient in park space according to the guidelines contained in the general plan for the City of San Diego and alternative undeveloped sites didn't exist. Another boost to the cause was the leadership and concern of Councilmember Gloria McColl.

The park is a memorial to the trolley barn that once stood there. Mock railroad tracks and the names of nearby streets have been stamped into the concrete walkways, recreating the routes plied by the old electric streetcars. There's a miniature map of the trolley system and a bronze plaque commemorating its historical significant.

Thanks to the Duvalls, Councilmember Gloria McColl, County Supervisor Ron Roberts, State Senator Lucy Killea, County Supervisor Leon Williams, and other officials, we have a park.

Please join us to celebrate the 25th anniversary Saturday, April 16.

Mosquitoes



Protect the health of your family, friends and neighbors by eliminating the places where mosquitoes breed. Mosquitoes can lay their eggs in as little as a half inch of standing water. Look for and remove standing water from your property. Vector Control Technicians are surveying and treating mosquito breeding sources in San Diego neighborhoods. If you know of standing water or mosquito breeding sources, including neglected "green" swimming pools, please call (858) 694-2888. A Vector Control Technician will be sent to investigate and treat the source if necessary. For more information on mosquitoes or the West Nile virus, please visit the web site at www.SDFightTheBite.com.

Also there's now the Zika virus. The mosquitoes known to transmit the Zika virus, primarily the *Aedes aegypti* (yellow-fever mosquito), but also the *Aedes albopictus* (Asian tiger mosquito), are not native to San Diego. But they have been discovered here - the yellow-fever

mosquito in 2014 and the Asian tiger mosquito in 2015.

These *Aedes* mosquitoes are different than the mosquito species native to San Diego County. They're smaller in size and have distinctive black and white markings. And unlike our native mosquitoes, they like to feed during daylight hours. They are known to be aggressive biters. County officials said the public should continue to remember the "Prevent, Protect, Report" slogan that has guided its fight against West Nile virus.

Tips that the county provides include preventing mosquito breeding sites. Every week, dump out and clean containers that hold water inside and outside homes. Fill plant saucers with sand or fine gravel to water won't form pools where mosquitoes can breed. There's much more up-to-date information on the county's website vector@sdcounty.ca.gov or call the Vector Control Program at (858) 694-2888.

Living Well

Why do you suffer more food cravings than other people?

By Brian White

Have you ever seen someone who looks at the top of their health, has a rippled stomach and boundless energy, and thought, "I'll never be able to look and feel like that, I lack the willpower?" If you have, you might be happy to know that the healthiest people don't have access to an unlimited supply of willpower that you just weren't born with, they just design their behavior better.

No one has an endless supply of willpower, but healthier people are better at designing their life so they don't have to rely on it. Of course, I could write a list of behavior design principles that healthy people use and fill this entire newspaper, but for maximum impact I want to talk about food cravings.

Why do some people have intense food cravings and other people seem relatively unaffected by it?

They drink more water.

This sounds too simple to be a solution to your cravings, but it is probably the

most common reason for cravings. Your body has a difficult time distinguishing from thirst and hunger. Even mild dehydration will cause a person to begin daydreaming about chips and salsa, so next time a craving hits drink a glass or two of water and wait 15 minutes for the craving to subside.

This behavior design works especially well before those mid-afternoon sugar cravings when you are in the middle of an afternoon slump. Before you head for a coffee, head for the water fountain for better health.

Also, another deeper behavior design is to drink 24 ounces of water right before you get in the car for your commute home. Getting home from work is where many people struggle with unconscious overeating. Drinking 24 ounces of water before driving home allows you to walk through your front door after work and be less likely to reach for a sugary or salty snack before you make dinner.



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



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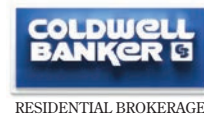
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 1048 Johnson Avenue
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