

THURS MAY 4
UHCA MEETING
 ALICE BIRNEY ELEMENTARY
 AUDITORIUM / 4345 CAMPUS
 6:45 CRIME WATCH 7:00 MEETING
 DISTRICT 3 COUNCILMEMBER CHRIS WARD
 Stacie Spector Solutions to Homelessness



University Heights Community Association May 2017



news



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SOLUTIONS TO HOMELESSNESS

Housing, Jobs, Adaptive ReUse



At the UHCA meeting on Thursday, May 4, 2017, our guest speaker will be Stacie Spector, a longtime public relations professional whom San Diego Mayor Kevin Faulconer has hired to help address San Diego's homeless problem.

Ms. Spector will speak about her mission to lead and collaborate with various organizations in San Diego to find long-term solutions to homelessness, including housing, jobs, adaptive reuse of existing city-owned buildings, and more. Mayor Faulconer said Spector is not a "homeless czar" who leads the region in solving the problem, but rather she collaborates with all stakeholders to provide a single point of contact internally

and externally. The City Attorney and Environmental Services Department are among the city entities that regularly deal with homeless issues internally. According to the mayor, there is currently an unprecedented level of cooperation among the city, county, and various agencies in helping find a long-term solution to the area's homeless, which number about 8,700 countywide and about 1,000 in downtown San Diego.

Ms. Spector has a diverse background that includes politics, education, and the private sector. She served as Deputy Communications Director in the Bill Clinton White House from 1997 to 1999 and most recently ran Spector Consulting, whose clients have included the Democratic National Committee, Step Up Women's Network, Pro Choice Resource Center, Busby for Congress, HBO/Everyman Pictures, and the American Civil Liberties Union of San Diego and Imperial Counties. She has also worked with the Nutrition Science Initiative, the Salk Institute, and UC San Diego.

Please join us on May 4 to welcome Stacie Spector and to hear her ideas on solutions to the problem of homelessness in San Diego.

LOOKING AHEAD

JUNE 1 UHCA MEETING ALL ABOUT GARDENS

As part of that theme, Michelle Fenwick will present her findings regarding the UH Urban Forestry Program. Michelle has been working on the Tree Mapping Project for University Heights, which identifies appropriate locations throughout the community for new trees in the city parkways. Her map in the April edition of the UHCA News indicates more data is needed for Zones 4, 5, and 6. If you are interested, please contact Michelle at fenwicmk@miamioh.edu. Photos of the Mission Cliff Gardens of yore will be on display. Now, that was a garden! Join us in June for garden talk.



I WANT TO RIDE MY BIKE

"Normal is getting dressed in clothes that you buy for work, driving through traffic in a car that you are still paying for, in order to get to a job that you need so you can pay for the clothes, car and the house that you leave empty all day in order to afford to live in it."

—Ellen Goodman

A few weeks ago I accepted a new position with a renewable energy firm in the corporate jungle affectionately referred to as Sorrento Valley. As a proud resident of University Heights, the sheer terror of

joining the daily parade of traffic on the dreaded 805 corridor sent shivers down my spine. After enduring the commute for a few days, I decided an alternative mode of transportation was in order.

I discovered my company offered commuter benefits that could be applied toward mass transit. Also available is the Renewable Energy Tax Credit legislation of 2008, affectionately known as the Bicycle Commuter Benefit which says, in essence, that Uncle Sam will help pay for commuters to ride their bikes to work! The light bulb went off and I purchased a commuter bicycle from Cal Coast Bicycles. The staff was friendly and knowledgeable, and the bike selection and life time tune-ups from a local bike shop were icing on the cake.

The experience became transformative, resulting in an investment in my overall health and mental well-being. The new morning commute is fun whether I ride my bike to work or cycle to the Old Town station and take mass transit, and biking is often faster than driving. Bike friendly policies and company culture can be invaluable to workers who want to skip rush hour by riding their bikes or taking their bikes on less crowded trains.

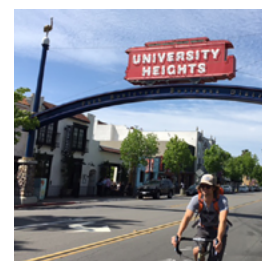
When the quality of life goes up, people become happier and more productive! So step out of your comfort level, join fellow University Heights residents for a unforgettable evening under the stars, and enjoy the Cycle in the Heights movie night premier featuring *E.T.* in Trolley Barn Park on May 20, at 7 pm.

—Tommy Cope, UHCA Bike Czar



"I Want To Ride My Bicycle I Want To Ride My Bike I Want To Ride It Where I Like"

—Freddie Mercury



PRESIDENT'S CORNER CAROL NEIDENBERG

Last month, I read an article about what makes a community. It was interesting in that it demonstrated that involvement in a community makes a difference. Although the research study was more than eight years old, the findings still provide valuable lessons:

"A major resource of small voluntary neighborhood organizations is their members, who give their time and energy to the organization to improve their community. The study explored the relationship between resident

members' perceptions of their neighborhood organization and their level of involvement and perceived personal and collective benefits from participation and members' perceptions of their organizations' effectiveness."

I have lived in various cities throughout this country as well as overseas. What strikes me about University Heights is the sense of community. We are a separate and distinctive neighborhood that was first mapped out in 1888. That's a long time ago, especially for San Diego.

We're a small but mighty community that has tangible accomplishments. To name just a few: working with the city to rebuild the Vermont Street Bridge; maintaining the green space as a park and not developing it into housing; and helping revitalize the businesses.

Yet, we don't rest on our laurels and in the next few months you'll hear about an innovative bike event, see new "bike UH" street pole banners, and attend movies at the Trolley Barn Park. We continue to work with our elected officials to

improve the community and offer both family-friendly and adult activities.

Recently, my block had a get-together as a way to welcome new neighbors. I encourage you to do the same. With longer daylight hours, it would be a snap to have a potluck and invite the neighbors you know and those you don't. I promise you that it too will be a great success.

*Mary L. Ohmer, The Relationship Between Members' Perceptions of Their Neighborhood Organization and Their Involvement and Perceived Benefits From Participation," Journal of Community Psychology, Volume 36, August 2008.

UHCA NEWS

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

APOLOGY

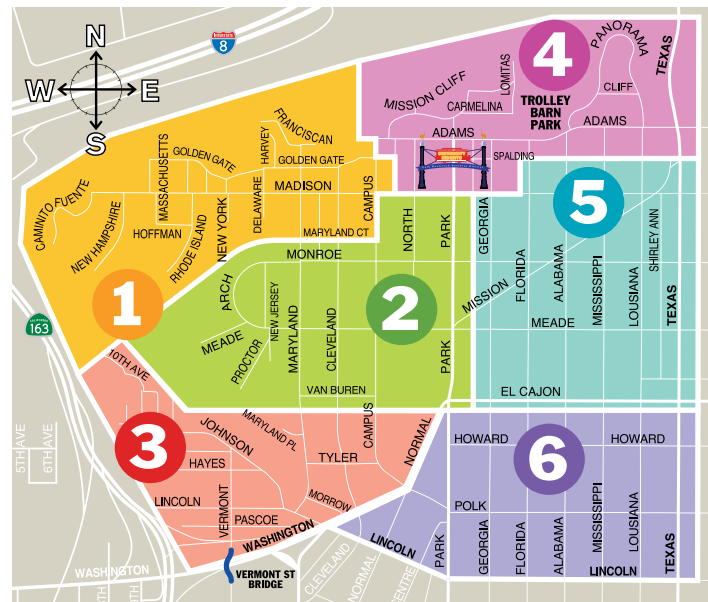
It is our policy once a year, on April Fools' Day, to poke fun at topical events, celebrities, and ourselves. However, the three April Fools' jokes in last month's News were apparently not funny to some of our readers who found the topics too sensitive or serious to joke about. The editorial staff of the UH News apologizes for offending any of our readers by publishing these jokes. They were meant purely in fun, and we certainly did not intend them to be taken seriously or to offend anyone. We always appreciate your feedback and we are happy that you read the UHCA News. -UHCA News Editorial Board

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UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH



Zone Watch Coordinators manage email lists of participants wishing to receive University Heights crime watch information and updates. Download more on the UH Zone Watch program at uhsd.org or contact your zone's coordinator, or Nan McGraw.

- 1 Nan McGraw nmcsan@aol.com
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NEW CRIME WATCH SIGNS
Be on the lookout for our new signs coming soon. If you know of an old dilapidated sign that should be given priority, please email UHCA Secretary, Kurt Hermansen at: kdh@habeaskurtus.com.

SLOW DOWN SIGNS
Speeding on neighborhood streets in UH is a chronic problem. Shaving time off trips by speeding has small benefits and high risks. If your neighbors can't let their kids play outside because of you, set your alarm clock 15 minutes ahead and slow down.

MEMBERSHIP

JOIN TODAY AND HELP MAKE A DIFFERENCE! OUR SUCCESS IS LARGELY DEPENDENT ON VOLUNTEER EFFORTS FROM AREA RESIDENTS LIKE YOU.

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*\$75 Business Membership
*\$150 Golden Ostrich

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

Donor

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

Volunteer Your Time on a UHCA Committee!

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



WHAT IS ONE PLANNING GROUP? And why should I care?



If you've read the UHCA News or attended UHCA meetings, you've probably heard of One Planning Group. It's an ongoing effort to fix a mistake that divides University Heights in half when it comes to community planning and development proposal review. Although it may sound like a bureaucratic detail, the division adversely affects the identity of University Heights and its residents' sense of community. This impacts the health of our business district and the value of our homes, but more importantly it discourages community participation, not just in planning but in all aspects of community life.

In 1966 an independent group of citizens prepared the "Park North-East Community Plan," bounded on the west by Park Blvd., coincident with the western boundary of then Council District 3. Park Blvd. also served as the eastern boundary for the 1974 Uptown Plan, located in Council District 2. Neither plan identified the area east or west of Park as University Heights. It was not until the early 1980s that the University Heights Community Association (UHCA) was formed and began to create a sense of community and a distinct identity for University Heights.

Prior to that time, University Heights was little more than a name on subdivision maps filed in 1888 by a hopeful developer. Although some argue that these maps (which stretched farther to the east and to the west than today's University Heights) definitively identify today's UH boundaries, that would be like arguing that Arkansas and Missouri are really part of Louisiana because they were part of the Louisiana Purchase. A community is more than lines on an old map. It is a place where residents feel a sense of belonging, that they matter to one another, and that they share a faith that their needs will be met through their commitment to be together.

With the help of a strong community association, University Heights has developed into an empowered and an empowering community. But its future is threatened by an accident of redistricting that our former councilmember declined to correct.

A strong sense of community encourages participation in community matters, such as planning, as well as acceptance of the results, even when there is disagreement. This, by the way, is the "compelling land use planning rationale" for a boundary change that city planning staff did not see, or chose to ignore, when they recommended not changing the boundaries to place University Heights under a single planning group.

The North Park Planning Committee (NPPC) and the City of San Diego acknowledge that the area east of Park Boulevard is part of University Heights. The only debate is how far east of Park, and under which community planning group (Uptown Planners or NPPC) UH should belong. These and related questions deserve serious consideration. If you agree, please urge your community representative to give them priority, and show your support by becoming a member of the University Heights Community Association. - Bill Smith



OH, THE PLACES WE WILL GO BY BIKE, ON FOOT, OR BY CAR! The Dos & Don'ts of Safe Biking

Bike Awareness Month is here! Therefore, we've assembled some tips from the California Vehicle Code (CVC) to help our community be a safer, happier neighborhood no matter what mode of transportation you use. We know that University Heights provides the opportunity to bike, walk, or drive at any time of the year. And with the weather warming up, more of us will be out and about!

This informational article is split into two sections. The first addresses biking rules, and the second covers pedestrians and driving. This is meant to be a foundational education piece as many of our neighbors bike, walk, or drive at any given time.



Bicycling

You may not be aware that bicyclists have the same rights and responsibilities as motor vehicle drivers. See CVC 21200. This means that as drivers and pedestrians, we need to be on the lookout for bicyclists. And as bicyclists, we must abide by the rules that apply to vehicles to keep the Heights moving safely!

Q: Where Can I Ride? A: On the Roadway.

Bicyclists must ride on the roadway, not the sidewalk. Bicyclists can ride anywhere on the street when traveling at the speed of traffic. If traveling slower than the speed of traffic, bicyclists can still position themselves anywhere in the lane as necessary for safety. Bicyclists must ride as close to the right side of the road as safely practicable, except under the following conditions: when passing, when preparing for a left turn, in avoiding hazards, when the lane is too narrow to share, and when approaching a place where a right turn is authorized. See CVC 21202.

DIRECTION OF TRAVEL

Bicyclists must travel on the right side of the roadway in the same direction as other traffic, except when passing, making a legal left turn, riding on a one-way street, riding on a road that is too narrow, or when the right side of the road is closed because of road construction. See CVC 21650.

Bicycles must travel in same direction as other traffic, not against it, for the following reasons:

By riding against traffic, bicyclists approach intersections and driveways from a direction that motorists do not expect and that is out of the normal sight pattern. The same applies to pedestrians who walk against traffic in bike lanes. San Diego's roadways are already confusing enough

for roadway users to navigate. Let's work together and all travel in the same direction

By riding against traffic, bicyclists may not see applicable traffic control devices or warnings for road hazards. By riding against traffic, bicyclists may not see applicable traffic control devices or warnings for road hazards.

BICYCLE BEST PRACTICES

Bicyclists should normally ride in a straight line as near to the right curb or edge of the roadway as is practical, but always at least a car-door's length away from cars. This keeps bikes well within the line of sight of drivers and eliminates the "popping in and out of traffic surprise" effect that can cause problems. Bicyclists must use proper hand signals, appropriate lighting, and courtesy. Smile and wave to your neighbors! Make new friends!

BICYCLE LANES

Bicyclists traveling slower than the traffic must use bicycle lanes, if they are available, except when making a left turn, passing, avoiding hazardous conditions, or approaching a place where a right turn is authorized. See CVC 21208.

LIGHTS & REFLECTORS

At night a white headlight visible from the front must be attached to the bicycle or the bicyclist. See CVC 21201(d) and (e).

At night bicycles must have the following reflectors:

- A red reflector visible from the back
A white or yellow reflector on each pedal or on the bicyclist's shoes or ankles, visible from the front & back
A white or yellow reflector on the front half of the bicycle, AND a red or white reflector on each side of the back half of bike, visible from the side.

These reflectors are not required if the bike has reflectorized front and back tires. See CVC 21201(d)



Walking and Driving

Q: Where Should I Walk? A: Generally, on the Sidewalk.

PEDESTRIANS

Pedestrians generally have the right-of-way. However, use courtesy and caution when crossing the roadway. Be alert, limit time with smartphones or music that may distract at intersections, and enjoy your walk! The driver of a vehicle (driver) must yield the right-of-way to a pedestrian crossing the

roadway within any marked crosswalk (or any unmarked crosswalk at an intersection), except as otherwise provided in the Vehicle Code. See CVC 21950 (a).

Of course, a pedestrian must use due care for his or her own safety. No one may suddenly leave a curb and walk or run into the path of a vehicle that is close enough to constitute an immediate hazard. No one may unnecessarily stop or delay traffic while in a crosswalk. See CVC 21950 (b).

RUNNING OR WALKING IN BIKE LANES

Additional code sections address running or walking in bike lanes. The best practice is to use the wide sidewalks in University Heights as much as possible. Occasionally obstructions on the sidewalks or avoiding a dog or a car backing out of a driveway may necessitate leaving the sidewalk, but usually sidewalks provide the best place to walk or run. If there is no sidewalk, you may walk on the roadway, but you must face oncoming traffic and walk as far to your left as possible. If an obstruction on the sidewalk requires running or walking in the roadway, limit time in the street for the safety of everyone. You may walk close to the right-hand edge of the road if a crosswalk is not available or if existing conditions would compromise your safety. See CVC 21956 (b). If you are walking on a road at any point other than within a crosswalk, you must yield the right-of-way to all vehicles close enough to constitute an immediate hazard. See CVC 21954 (a). In order to assure safe passage for all forms of travel, pedestrians are not allowed to walk, jog, or run in bicycle lanes if sidewalks, walking paths, or crosswalks are available. See CVC 21966.

Let's give one another a place to ride or walk safely. Sharing the roads makes for a more neighborly community! Remember that depending on the light (sunrise going east-bound and sunset going westbound), it may be difficult to see figures even if they use proper illumination and /or bright colors. So dress to be seen! Reflective, light and bright colors, blinky lights—whatever makes it known you're out!

BIKE PATH OBSTRUCTION

No one may stop on or park a bicycle on a bicycle path if such action impedes the normal and reasonable movement of any bicyclist, unless it is necessary for safe operation or is otherwise in compliance with the law. See CVC 21211.

DRIVING

Driving in University Heights can be challenging because of residential proximity to business districts, parking or lack of it, road construction, schools, pets, etc. However, like the rest of California, the rules are based on what is considered reasonable and prudent under the circumstances.

For these reasons, the observable speed limit is 25 miles per hour and 15 miles per hour in alleys and blind intersections. Give yourself sufficient time to get to where you need to go and with sufficient preparation for traffic and difficulties with parking; and because you may need to park a few blocks out to walk to your destination. Or you could always ride a bike and avoid that mess!

Adjust speed based on conditions. Remember that many people use the roadways. We don't want anyone to have the burden of knowing that "if I only slowed down, this person/pet/child would not have been injured, or worse."

We hope these tips help provide knowledge for even the most tenured resident of University Heights! Thank you for doing your part to make University Heights a safer place to walk, bike, drive, and live! -Alison Liebrecht

IMAGINE UNIVERSITY HEIGHTS WITHOUT UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION(UHCA)

The Trolley Barn Park on Adams Ave. was the reason UHCA was created in 1983. If not for UHCA, 150 apartments (two five-story, 75-unit towers with inadequate parking) would exist where you now enjoy concerts, movies, playing, dog walking, and picnicking on the grass. UHCA originated as a true grass-roots movement, lots of hard work by neighbors collecting signatures and petitioning the City to build us a neighborhood park instead of allowing a significant increase in the density without adequate infrastructure support. That neighborhood movement resulted in the Trolley Barn Park, which was dedicated with great fanfare in 1991.

Without UHCA, there would be no Vermont Street Bridge, no improvements to Park Boulevard, and no real community identification. Before UHCA, we were known variously as Normal Heights, Hillcrest, or North Park. Without UHCA, we would have no street banners identifying our wonderful and unique community. We would have no UHCA newspaper delivered by a dedicated cadre of volunteers to 4600 households every month! Also no Cookies with the Cops, no Caroling in the Heights, no Lights in the Heights, or any of the other events sponsored by UHCA. That means no Beautification Committee. No one advocating for good planning. No Zone Watch and no safe community—crime stats 30 years ago were off the charts. We would have no cool merchandise like our beautifully designed totes and tees. And we would have no monthly meetings providing a discussion of topics important to our community. All of these endeavors were undertaken by a committed group of volunteers who work vigorously to improve our community.

Your membership both confirms that our volunteer efforts are appreciated and makes possible all that UHCA does for the community.

Please join today and make University Heights even better. (See page 2).



To support the participation of more employers and employees, **Bike to Work Day** will be celebrated on a Thursday this year. Join thousands of commuters throughout the San Diego region as we **GO by BIKE** on Thursday, May 18.

MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HILLCREST FARMERS MARKET Lincoln & Cleveland 9 am - 2 pm	2 Uptown Planners Joyce Beers Center Uptown Center 6 pm	3 UHDC Meeting 4452 Park Blvd. 6:30 pm	4 UH Rec Council Meeting 5:30 pm UHCA Meeting Alice Birney Elementary 6:30 pm	5 uhca.news Deadline for June Issue Articles & Advertising CINCO DE MAYO	6 THE POINT CLEAN UP 1:30 - 3:30 pm Golden Gate btwn RI & Del. NURSES DAY
7 HILLCREST FARMERS MARKET 9 am - 2 pm	8 San Diego Public Library Budget on Agenda at City Council Chambers 9 am	9 Hillcrest Town Council Joyce Beers Center Uptown Complex 6 pm Friends of the Library UH Chapter UH Branch Library 6 pm	10 Susanne Flowers and Deanne Tiffany May 1-15 Gallery 23, Spanish Village, Balboa Park. Curbside Recycling & Yard Waste Collection	11 Curbside Recycling & Yard Waste Collection	12	13
14 MOTHER'S DAY HILLCREST FARMERS MARKET 9 am - 2 pm	16 NORTH PARK PLANNING COMMITTEE North Park Christian Fellowship 2901 North Park Way 6:30 pm	17 LIBRARY TASK FORCE UH Library 6:30 pm	18 GO byBIKE Bike to Work 2017	19 PREVIEW BOOK SALE Friends of the Library Members Only UH Library 3-6 pm	20 ARMED FORCES DAY BOOK SALE Friends of the UH Library 8 am - 3 pm, UH Library CYCLE IN THE HEIGHTS MOVIE NITE Trolley Barn Park, 6:30 pm	
21 HILLCREST FARMERS MARKET 9 am - 2 pm BOOK SALE Friends of the UH Library Noon - 4 pm, UH Library	22	23 uhca.news June Issue Out	24	25 Curbside Recycling & Yard Waste Collection	26	
28 HILLCREST FARMERS MARKET 9 am - 2 pm	29 MEMORIAL DAY	30 Shavuot Begins at Sunset	31 UH Book Club & Salon 6:30 pm UH Library			

Brooks Bedwell
A NATIVE CALIFORNIAN, BROOKS HAS BEEN A RESIDENT OF UH FOR 12 OF THE 18 YEARS HE HAS BEEN IN SAN DIEGO, AND CREATING THE LAYOUT FOR THE UH NEWS FOR THE PAST TWO. A SELF EMPLOYED GRAPHIC DESIGNER WITH A DEGREE FROM SDSU HE WORKS WITH SEVERAL LOCAL NON-PROFITS AND WANTED TO GIVE BACK TO THE COMMUNITY, EVEN WITH HIS BUSY SCHEDULE. WE HAVE BEEN LUCKY TO HAVE THE BENEFITS OF HIS TALENT, SKILL, TENACITY AND PATIENCE. THANK YOU FOR ALL THE BEAUTIFUL WORK WE LOOK FORWARD TO YOUR ONGOING CONTRIBUTIONS TO THE PAPER AND COMMUNITY.



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IN CASE YOU MISSED IT
Announcements galore at the UHCA monthly meeting on April 6!
• Edwin Lohr from Stonewall Citizens told us about a picnic on April 30th from 12 pm to 3 pm at Sixth and Laurel Streets.
• San Diego Police Department Officer David Surwilo followed with some good advice: Crime is down, but lock your house and car and keep your stuff out of view.
• Jill Briggs-Campbell reminded us about the upcoming Trolley Barn Park cleanup.
• MaryBeth Chruden is looking for volunteers for a June 4th Washington St. on-ramp cleanup.
• Isabel Schechter solicited book donations for the Friends of the UH Library fundraiser in August.
• Nan McGraw promoted the Park Blvd 20th Anniversary Sign Celebration on April 29, where Chris Ward and Ron Roberts will be featured guests and local businesses will offer treats if you have a wristband.
• A May 20 SANDAG-funded bike event will culminate with a free movie at Trolley Barn Park ("E.T.," please phone home!).
• Daria Flores announced a satellite "People's Climate March" on April 29 from 10 am to 2 pm, starting at Waterfront Park.
• Brittany Bailey from Chris Ward's office announced the equal pay ordinance will be voted on by City Council and that progress is being made on the homeless front. The city budget is up for review, so your input (if not your money!) is needed to help deal with the expected \$60M shortfall.
• U.S. Representative Susan Davis' publication, Dispatch, was distributed. Her aide, Mark Zambon, apologized for not being able to attend tonight's meeting.

Finally, our featured speaker, William Kelly, a senior advocate and consultant for the LGBT Center, spoke about North Park senior Apartments, the 76-unit, LGBT-affirmative senior housing project under construction at Texas and Howard Streets that will open in December. Mr. Kelly encouraged all of us to speak up to ensure a safe future for our growing elderly population, and to get the word out that applications for the new housing will be accepted online only, starting May 1 at 9 am. A word of apology here to Mr. Kelly for getting his title wrong in last month's News. He is affiliated with the LGBT Center and not with Community Housing Works, the developer of the new housing project. We incorrectly identified him as the Director of Marketing for Community Housing Works. We apologize for the error. *-Bill Smith*

UH TOTES
One-of-a-kind graphic tote bags made from upcycled University Heights street pole banners. Handmade right in San Diego. No greenhouse gas emissions. No shipping thousands of miles from overseas. Your purchase contributes to our community by helping fund neighborhood projects, instead of contributing to a landfill or that big trash pile floating in the Pacific Ocean.

AVAILABLE AT UHCA MONTHLY MEETINGS & ORIGINAL SKIN & BODY 4416 PARK BLVD

SAN DIEGO BIKE COALITION



Are you afraid of biking? I had a terrible accident ten years ago and haven't been near a bike since. So I googled SD Bike Coalition. Their programs may actually get me back on a bike. We'll see. Here are some of their classes and workshops that are open to the public.

Smart Cycling Classes:
Go to the Smart Cycling page.

Basic Road Safety Classes:
For a complete Basic Road Safety class schedule, go to the Basic Road Safety page.

Bike Rodeos:
This is a bicycle skills event, taught on a school playground or parking lot, which provides an opportunity for kids and teens to practice and develop skills that will help them become better bicyclists and avoid typical crashes. The objective is to teach children and teens the importance of seeing, being seen, and remain under control at all times when riding a bicycle. This is achieved through a series of bicycle handling drills and simulation of traffic situations. Bicycle skills stations give students the opportunity to practice a variety of specific bike handling skills and procedures for operating a bike legally and more safety on the street.

Community Rides:
This program offers kids and parents an opportunity to ride with an instructor safely around their neighborhood. This ride is often paired with a bike rodeo providing a

road setting to practice new bike handling skills. Community rides get kids and parents excited about riding in their neighborhoods and feeling empowered to use a bicycle to make everyday short trips to school, the store, and the park.

Women and Family Riding Panel:
Find out what is needed to safely ride with your family. Learn and converse with other women and family riders.

TS 101 Smart Cycling:
This two-day course will get you comfortable on the road and ready to commute or make those short trips to the store, library, or park. This course includes a three-hour classroom session as well as a six-hour road session. You will learn the following: proper bike and helmet fit, safety tips for riding in traffic, techniques for navigating hazardous roads, emergency maneuvers, using public transit with a bike, and your legal rights and responsibilities. You will also receive hands-on instruction on fixing a flat and bicycle adjustments.

BLT Rides (Bike & Learn Together):
Once a month, a fun ride is offered in a scenic part of San Diego County. It is a part learning experience, part coffee jaunt. These rides welcome all riders, but are geared toward beginners. The rides are typically 8 to 10 miles, mostly flat surfaces on bike paths and lightly traveled roads.
-Nan McGraw



LET'S GO SWIMMING!

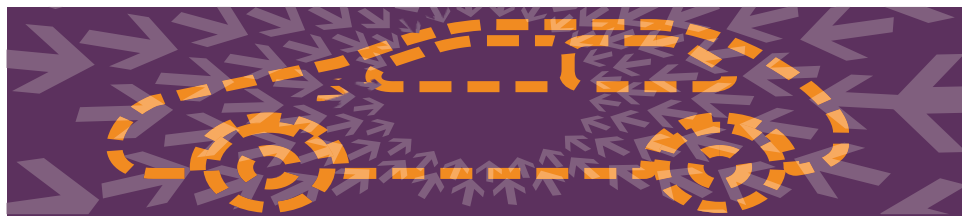
It's time to get outside, enjoy the sun, and play with friends and family. In San Diego, that often means fun at the beach, the bay, or in someone's pool. Perhaps you are among the one-third of adults in the United States who don't know how to swim. You sit on the sidelines while folks swim, paddleboard, kayak, and just play in the water. U.S. Masters Swimming has announced April as its Annual Adult Learn-to-Swim month - just in time to get ready for summer! You can contact a local pool for lessons or reach out to a U.S. Masters-Certified Adult Learn-to-Swim instructor for private lessons.

As adults, we approach swimming differently than kids do. We not only judge ourselves pretty harshly on the learning curve; we also understand the dangers of not knowing how to swim. Some of us may have had a traumatic experience around water as a child, or maybe we just never had the opportunity to learn. A University of Memphis study found that if a parent doesn't know how to swim, the children in that adult's household have only a 13 percent chance of learning how to swim. Learning how to swim as an adult can save lives - your own or perhaps that of someone in your family.

I am Edie Jacobsen, a long-time UH resident and a certified adult learn-to-swim instructor. I started my own adult learn-to-swim program, which uses the aquatic facilities at San Diego's Salvation Army Kroc Center. It has been a wonderful experience, teaching adults of a wide variety of ages to swim. So far, the age range spans 50 years, from 25 to 75 years of age. All students learn at their own pace, but most folks learn the basics in about eight lessons. Many of the clients have wanted private rather than small-group instruction. The driving goal for most people has been to swim with their children or grandchildren. They want to participate with their families in the fun.

Andrea, 75, approached me last year. She wanted to learn to swim so she could surprise her grandchildren during a summer visit to Minnesota. When Andrea was 4, she had a traumatic experience in the ocean and has avoided the water ever since. At the end of her first lesson, she wondered why she had waited so long. Her swimming pool surprise for her grandchildren was a great success!

You, too, can enjoy fun and wonderful times in the water this summer. It will all start with sticking your toe in the water at your very first swim lesson! Contact me to find out more. 619-322-4404 or sandiegoadultlearntoswim.com
-Edie Jacobsen



PREVENTING THEFTS FROM VEHICLES

The following tips have been provided by **Officer David Surwilo, our San Diego Police Dept. Community Relations officer. Officer Surwilo frequently appears during the Crime Watch part of our monthly UHCA meetings.**

- Never leave anything of value in plain sight. Conceal all navigation aids, cellular phones, audio systems, laptop computers, packages, sports equipment, cameras, purses, wallets, firearms, hand tools, sunglasses, etc., inside your vehicle.
- Take anything you can't afford to lose with you; for example, a wallet or laptop computer. Put other valuables in the trunk before you park, never after you park. Thieves may be watching.
- When shopping, ask the store to hold all your purchases until you are finished so you can carry everything to your vehicle in one trip. If you need to make more than one trip to load your trunk, move your vehicle to a different area of the parking lot after each trip.
- Install locking devices on batteries, wheels, audio equipment, spare tires, gas tanks, etc.
- When you return to your vehicle, make sure that any valuables that were locked in the glove box or trunk were not taken or tampered with. Thieves are able to get into some vehicles without leaving any visible signs of a break-in.
- Take the removable face of your CD player with you even if you are going to be gone for only a few minutes.
- Lock truck-bed toolboxes.
- Make several slices through your license plate registration sticker after it has been placed on the plate. If the sticker is stolen, you can get a replacement from your local Department of Motor Vehicles (DMV) office.
- If you are pumping gas and no one else is in your car, roll up all the windows, lock the doors, and take your keys with you so you don't lock yourself out of the car or leave the window nearest you open. This will prevent someone from taking anything you may have left in the car, like a purse on the front seat, while you are not looking.

- Officer David Surwilo



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May is here and Birney will be showing its appreciation for teachers and staff. The entire Birney community is celebrating the success of our Run for the Green, where we surpassed our fundraising goal to raise \$33,000 to support Art, Spanish, and garden instruction at Birney. Thanks to all of our community partners who made that happen, with special thanks to our new neighbors at Pop Pie Co. who used Birney-grown produce to create delicious Bee Green Pies and Birney Lemonade to support our school. We're looking forward to our next collaboration!

If you love California Pizza Kitchen, please come out on Tuesday, May 2 to give 20 percent back to Birney. Pick up a flyer from Birney or our Facebook page. The flyer is good all day on both take-out and dine-in orders at the Fashion Valley Mall location.

The Birney PTA is running an exciting recycling awareness program, Bags for Birney, and contributing couldn't be easier. Simply collect your CRV aluminum cans and CRV plastic bottles (no glass, please) in a tall kitchen trash bag and drop it off at Birney from 9 am to 1 pm on Saturday, May 6th, 13th, or 20th. Items will be recycled with an additional 10 percent coming back to Birney.

The UH community is invited to U-31 for our next Birney Night Out on Friday, May 12, beginning at 6:30 pm

for great food and drinks (with a percentage of all proceeds going back to Birney), plus a DJ, a raffle, and a silent auction. We would love to bring this event to University Heights for the 2017-18 school year, so if your establishment would like to host an enthusiastic and loyal clientele while giving back to your award-winning local school, please contact us at alicebirneyfriends@gmail.com or visit our website at FriendsOfAliceBirney.org.

Finally, we are gearing up for our annual Passport to Adventure Festival on Saturday June 24th from 11am to 4 pm. Countries featured this year include Zimbabwe, Pakistan, the UK, Mexico, Samoa, and Spain. Donations of time and performances from cultural entertainment artists on our stage are encouraged, as well as participation from any food vendors, food trucks, or community organizations who would like to have a booth at this well-attended, free event. Please contact us at info@birneypta.com if you'd like to be part of this showcase event on June 24th.
-Kim Schultz



The Mosaic Is Finished

Roosevelt is now home to a beautiful mosaic art piece designed and installed by Roosevelt parents, teachers, students, and staff. A huge thank you to all who made this possible through vision, hard work, and donations. A special thank you to ARTS - A Reason to Survive - who sponsored and directed the project. Come see this wonderful public art project for yourself.

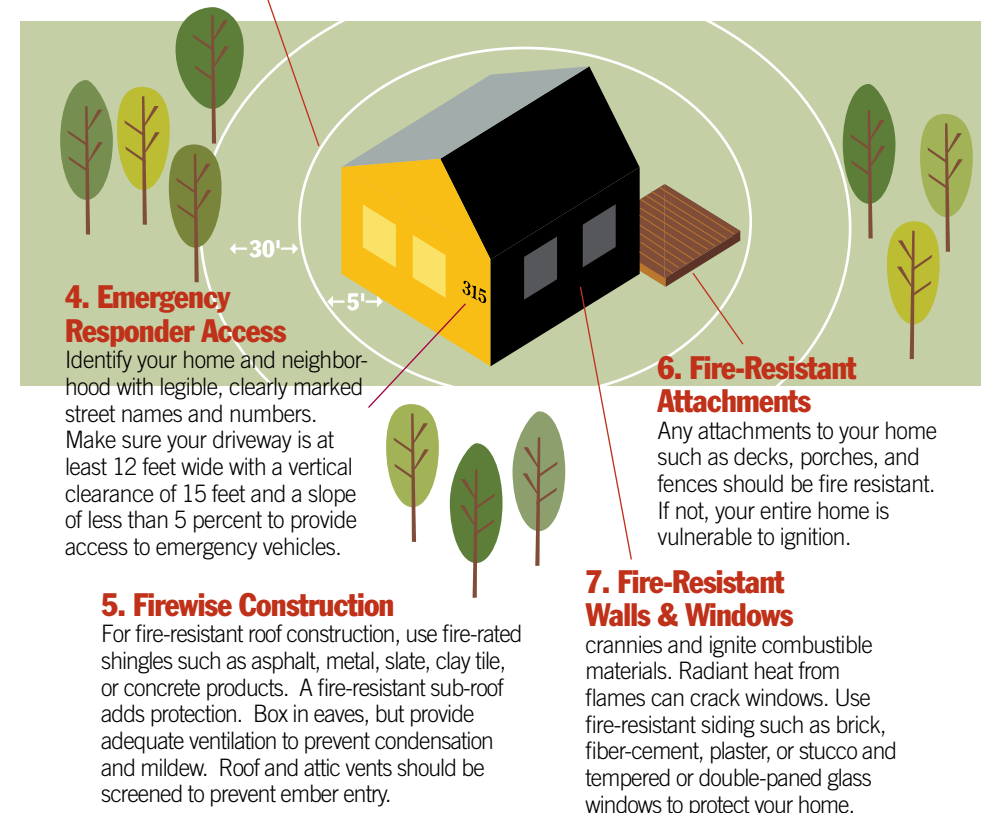


Roosevelt in the News

Roosevelt 6th Grade Campers were in the News. The 6th Graders really made a difference on their PTSA-sponsored trip to Camp Cuyamaca over spring break. In addition to the regular curriculum that provides great hands-on lessons in ecology, botany, geology, and more, all correlated with the Next Generation Science Standards, this year's students participated in a project to help replant oaks on the school's campus. It was a great way to see conservation in action and help them understand that they can make a difference. KPBS featured the project and our students in their article on Tuesday, April 4: Climate Change, Invasive Beetles - This Isn't the Sixth-Grade Camp of Yesteryear. Thanks again to all who supported our students and this wonderful experience!
-Laura Dadmun

YOU KNOW THE DRILL... OR YOU SHOULD A Fire Wise Home

- 1. Home Ignition Zone**
Keep leaves and needles off your roof and deck. Create a fuel-free area within 3 to 5 feet of your home's perimeter. From a minimum of 5 feet to 30 feet out, thin and space vegetation, remove dead leaves and needles, and prune shrubs and tree limbs. Keep areas around decks, sheds, fences, and swing sets clear of debris and vegetation.
- 2. Landscaping & Firewise Plants**
To prevent fire spread, trim back branches that overhang structures and prune branches of large trees up to 6 to 10 feet from the ground. Remove plants containing resins, oils, and waxes. Make sure organic mulch is at least 5 feet from structures. Choose firewise plants. Find lists at www.firewise.org.
- 3. Be Prepared**
Have a disaster plan. Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for pets. Program cell phones with emergency numbers. Know two ways out of your neighborhood and have a pre-designated meeting place. Have tools such as a shovel, rake, axe, handsaw, or chainsaw available and maintain an emergency water source. Always leave if you feel unsafe. Don't wait to be notified.



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RESTAURANT REVIEW

FLAVORS OF EAST AFRICA



As a restaurant reviewer, I like to visit restaurants with a large group of people. It lets me taste different foods and gives me feedback from others that is often valuable; that is, different from mine. Last night my husband and I joined a group of old friends from University Heights for dinner at Flavors of East Africa on El Cajon Blvd. I must say that my plan kind of backfired. We had not seen our UH friends in months, and the conversation was so lively and the company so much fun, that it almost overshadowed the meal.

best. You may wonder why jerk chicken is East African. Well, Wikipedia says that its origins are actually African, although when it was brought to Jamaica by Africans, the scotch bonnet pepper was added, which accounts for the very hot Jamaican jerks. This chicken was moist, full of flavor, just a hint of spiciness, and oddly had the mouth feel of beef! The vegetarian entrée, Sukuma Wiki, was the most surprising! Described as "collard greens and cabbage sautéed in mild spices with fresh garlic," it had none of the bitterness of collard greens and cabbage, nor an overwhelming garlic taste – just a sweet nuttiness that surprised all of us. We tried the Mbatu, braised short ribs. They were delicious, but with just one skinny flat piece (cut like Korean short ribs), the portion was small.

I would definitely go again. There was so much on the menu that sounded great, and we just didn't have enough room for more. Next visit, I will certainly try the lamb curry and the slow-cooked oxtail! – Andrea Bacal

Flavors of East Africa
2322 El Cajon Blvd. San Diego 92104
M-Th: 5 pm-10 pm, F-Sun: 12 pm-10 pm
(619) 955-8778

Each one of us had a different entrée. By far, I thought the jerk chicken was the

EATING OUT IN UH

Table listing various restaurants in University Heights with their addresses and phone numbers. Includes American Market, Bahia Mexican & Seafood, Bahn Thai, bfd, Circa Restaurant, Cueva Bar, El Zarape, Flavors of East Africa, Grains, Great Maple, Hope at Lafayette, Lestat's on Park, Loving Hut, Madison, Mama's Bakery & Lebanese Deli, Meraki Café, Muzita Abyssinian Bistro, Mystic Mocha, Park Boulevard Deli, Park House Eatery, Pizzeria Bruno Napoletano, Pizzeria Luigi, Plumeria Vegetarian Cuisine, Pomegranate Restaurant, Pop Pie Co., Red Fox Steak House, Red House Pizza, Small Bar, Soitan Banoo, Sprouts Market & Deli, Summer's Market, Twiggs, Twisted Taps (brews & chews), Wing Stop.

BETWEEN THE COVERS



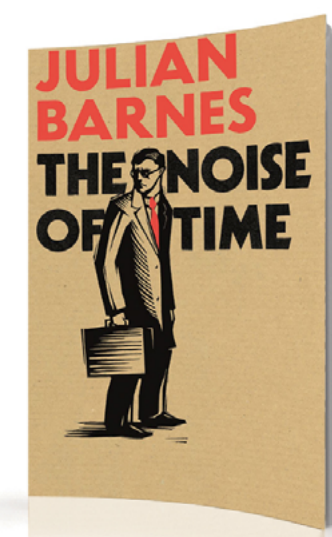
WHAT'S HAPPENING AT THE UNIVERSITY HEIGHTS LIBRARY

Because of the extended leave of absence of Branch Manager Kim Schmidt, we will have an interim branch manager taking the reins through July. Devin McClain started at the University Heights branch on Monday, April 10. She has been part of San Diego Public Library since September 2014, recently serving as the Youth Services Librarian at the North University Community Branch. Prior to that, she worked as an archivist for the Museum of Man. Devin's reading interests are varied and she likes to create timely, thought-provoking book displays based on current events. Swing by the library and introduce yourself! –Erin Wilson



Table showing library hours: Monday 9:30 am - 6 pm, Tuesday 11:30 am - 8 pm, Wednesday 11:30 am - 8 pm, Thursday 9:30 am - 6 pm, Friday 9:30 am - 6 pm, Saturday 9:30 am - 6 pm, Sunday CLOSED.

MAY BOOK CLUB AND SALON



THE NOISE OF TIME BY JULIAN BARNES

The Noise of Time is a novel of tremendous grace and power. In just 201 pages, it gives voice to the complex and troubled man whose music outlasted the government that tried to silence him. Dmitry Shostakovich (1906-1975), the renowned Russian composer, is the subject of Julian Barnes' biographical novel. Barnes captures the humanity of Shostakovich by emphasizing certain themes in his life: his insecurities, his relations with women, his several marriages, and his never ending conflicts with the Soviet establishment.

We meet Shostakovich in 1936 at the beginning of Stalin's Great Purge – a time when incurring the disfavor of Stalin could land even musicians and poets in Siberia or worse. Consequently, Shostakovich wrote much of his music under exceedingly trying conditions. The author details how for years the composer slept each night with a packed suitcase at his side in case he heard the knock on the door.

Even when his reputation was reestablished after Stalin's death, Shostakovich continued to experience confrontations with a Communist party determined to use him for its own needs. By concentrating on the political situation and focusing on the composer's compromises, not his compositions, the novel becomes universal in its exploration of repression and resistance.

Join the Book Club & Salon's monthly discussions. New members always welcome! Selected book available at the UH Library's front desk during April & May.

UH Book Club & Salon
Wednesday, May 31, at 6:30 pm
UH Branch Library
4193 Park Boulevard (at Howard Avenue)
619-692-4912

BEAUTIFICATION TEAM REPORT

In the classic western, Butch Cassidy and the Sundance Kid, Butch and Sundance are pursued by a posse of agents from the Pinkerton Detective Agency. Repeatedly as they are being chased across the western landscape, the two outlaws stop, look back at their pursuers, and ask, "Who are those guys?" Frequently over the past few months while cleaning the Vermont Street Bridge, pulling weeds from the Lincoln Avenue median, watering the plants at the Park Boulevard bus stop garden, and conducting many other beautification projects throughout University Heights, I and other participants in these efforts have been asked by passersby, "Who are you guys?" I don't recall if Butch and Sundance ever figured out who was trying to chase them down. I can reveal, however, that "those guys" you see cleaning the bridge, pulling weeds along the 163 on-ramp, or doing a recent spring clean up of Trolley Barn Park are the UHCA Beautification Team and the many additional volunteers who support the team's efforts to keep University Heights the beautiful and attractive place that it is.

"Who are those guys?"



Our next major project will be the annual Rock 'n Roll clean up of the Washington Street medians and adjacent areas bordering the 163 on-ramp. So when you see that large group of people working along the side of the street next month, you won't have to ask the question, "Who are those guys?" Better yet, you can be one of those guys. Mark your calendar to meet us there on June 4th at 9 am! New volunteers are always welcome. – Rod Girvin

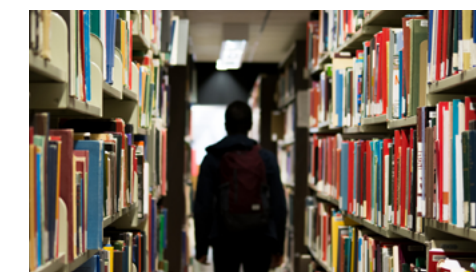
Beautification Team Leader
(crgirvin@cox.net)

Rock 'n Roll CLEAN UP OF UH SUNDAY JUNE 4 9AM SAVE THE DATE!

Advertisement for Twiggs Bakery & Coffeehouse. Features a large image of a graduation cake with a red cap and gown. Text includes 'TWIGGS BAKERY • COFFEEHOUSE', 'WWW.TWIGGS.ORG', and 'Celebrate with a Twiggs cake! For weddings, birthdays or any occasion. Each one made from scratch with decorations made by hand.' It also lists two locations: Twiggs - University Heights and Twiggs - Adams Avenue.

LIBRARY FUNDING IN DANGER

Friends of the UH Library



Library funding for the next fiscal year is in danger! Let Mayor Faulconer and Council Member Ward know you're opposed to deep cuts to library funding! Over the last few years, we have been able to restore library funding and hours to pre-2008 recession levels. But that progress is now threatened by a budget deficit projected to be larger than anticipated, prompting Mayor Kevin Faulconer to ask all city departments to cut their budgets by 3.5 percent for fiscal year 2018.

Although that might not seem like much, for the UH library as well as all the other branches, it's a big deal. A 3.5 percent cut equals the entire San Diego Public Library system's annual expenditures on new books and materials. Such a drastic cut will threaten the progress we have made in recent years, at the UH library and other branches, that has increased library hours by 17 percent and attendance by 20 percent.

So we urge you to contact Mayor Faulconer by phone at 619-236-6330 or by email at kevinfaulconer@sandiego.gov. Thank him for his past support and urge him not to cut library funding. And while you're at it, contact Third District Councilmember Chris Ward, who represents and lives in University Heights, as well. He can be reached by phone at 619-236-6633 and by email at christopherward@sandiego.gov.

Finally, mark your calendars & show up on Monday, May 8, at 9 am

—that's when next year's library budget comes up before the city council. We need a show of force, all hands on deck, to demand that the city not go back on the progress we've made with our libraries.

FROM YOUR COUNCILMEMBER

MAY IS NATIONAL BIKE MONTH



May 2017 is the 61st Annual National Bike Month, an opportunity to showcase the many benefits of biking in our community.

As an avid bike rider myself, I am committed to improving our neighborhoods by making our streets safer and more bicycle-friendly for people of all ages and abilities.

Through investments in a transportation network of separated bike facilities throughout Uptown and Mid-City, District Three residents will have more and more

options for how to get around our neighborhoods. In addition, we are looking at all of our street resurfacing and infrastructure projects for opportunities to add bike and pedestrian amenities.

I'm proud of the bold standards that San Diego has established with our Climate Action Plan for getting people out of their cars, and I'm excited for the opportunity to continue promoting more opportunities to bike both at City Hall and here in our community.

I'm excited to participate in Bike to Work Day on May 19, and I hope to see many of you out there with me. Thank you for your continued work for University Heights, and for the opportunity to serve our neighborhood.

FROM YOUR SUPERVISOR

LET'S GO RIDE A BIKE!



Mark Your Calendars: Bike to Work Day is Thursday, May 18

Once again, Bike to Work Day is rolling our way. While our great weather and thousands of miles of bikeways mean almost any day is a great day to ride, May 18 is a day to celebrate your ability to bike to work, shop, or play.

Each May, thousands of San Diego cyclists take part in National Bike to Work Day. On many occasions, I've made a point to greet riders at designed "pit stops."

University Heights' residents interested in participating in San Diego's 2017 Bike to Work Day should visit icommutesd.com. Register there for a free T-shirt and details on the 100 designated pit stops where you can pick up goodies and encouragement.

The two-wheel fun isn't just on Bike to Work Day. With more than 1,340 miles of bikeways in the San Diego region, there's almost always somewhere new to go.

As the street banners throughout University Heights and the many miles of newly designated bikeways demonstrate, you truly live in a community that supports and encourages biking as an everyday, cost-saving way of getting around.

In celebration of Bike Month, don't miss the family friendly movie, E.T., on May 20 at Trolley Barn Park, sponsored by the San Diego Association of Governments (SANDAG). Watch on the giant portable screen as Elliott and E.T. ride Elliott's bike to the forest, where E.T. makes the blockbuster film's signature call home.

Plans for new bikeways throughout San Diego County can be viewed at GObyBIKEsd.com. Newer riders can check in with iCommute to get riding tips, information about taking your bike on transit, bike safety tips, and more.

If, like E.T., you'd rather call, then dial 511 and say "iCommute" for more information. Now everyone, get rolling.

San Diego 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.

PET OF THE MONTH Sydney came to us in April 2016 through Animal Rescuers Without Borders, a group that rescues animals from Mexico. Sydney is a loving, adorable, snuggly girl. Her favorite things to do are to run around at the dog beaches, hike in the mountains, and play in the snow.

UH PHONE BOOK

Table with 2 columns: Service Name and Phone Number. Includes Emergency, City Services, Abandoned Vehicles, and various neighborhood services.

ADMIT ONE FREE EXTRA-TERRESTRIAL 05.20.17 PRESENTED BY UHCA IN WIDE SCREEN INFLATARAMA UNDER THE STARS CYCLE IN THE HEIGHTS MOVIE NITE E.T. THE EXTRA-TERRESTRIAL SAT MAY 20 TROLLEY BARN PARK 6:30-9PM 7:15 SHOWTIME FREE VALET BIKE PARKING BRING A BLANKET A SPACE ALIEN WALK THE RED CARPET GAMES FREE RAFFLE* FREE POPCORN

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