

NEXT UHCA MEETING THURS, SEPT 5

ALICE BIRNEY ELEMENTARY AUDITORIUM / 4345 CAMPUS AVENUE 6:45 pm CRIME WATCH, 7:00 pm MEETING

TOPIC: Threats to the ocean from pollution, offshore development and climate change
Speaker: Mitch Silverstein from Surfrider Foundation

University Heights Community Association September 2019

NEWS



CONSENSUS EMERGES ON ED CENTER

In closing the June 27 visioning meeting, Board Trustee Richard Barrera offered encouragement when he observed that “some clarity and consensus” had emerged around the idea of thinking “first and foremost about this site as an education center.” Up to this point, he admitted, it had been thought of more like “an office space and an auditorium next to a school.”

The idea of a “teacher’s village” also gained traction: “Affordable housing for our teachers and staff [. . .] is critical to every student in this district,” he said, and this is precisely the reason the school

board kept this a publicly owned space.

Consensus decision-making respects all voices, but it does not mean everyone gets what they want. Everyone should, however, get what they can live with. Teachers housing may not maximize housing, but it is badly needed affordable housing nonetheless. The site may not be totally dedicated to green space, but if we build up, or under, it will yield a significant amount of that precious open space. The mid-century modern Brucker building may not survive, but more than just the Teachers Training Annex might, plus important heritage trees.

Nobody gets everything, but everybody gets something, including (we hope) the UH community, which might get to keep the school district as its neighbor after all. Now, if we can just secure a competitive design process, we might also get world-class architecture and intelligent urban design.

So, please, don’t miss the next visioning meeting and bring an open mind. Let’s see if we can score a win for our beloved community by showing that true consensus has indeed been reached.

— William Smith

LOOKING AHEAD

THE UPCOMING UHCA MEETING WILL BE THURSDAY, OCTOBER 3, 2019

ALICE BIRNEY ELEMENTARY AUDITORIUM / 4345 CAMPUS AVENUE 6:45 pm CRIME WATCH, 7:00 pm MEETING

TOPIC: ED CENTER PROPERTY UPDATE

Come hear from School Board Trustee Richard Barrera about the progress made during two recent community visioning exercises about the redevelopment of the historic School Board property on Normal Street

ALERT! NEXT VISIONING MEETING FOR ED CENTER PROPERTY

WEDNESDAY, SEPTEMBER 25, 6:00 PM
BOARD OF EDUCATION, EUGENE BRUCKER AUDITORIUM
SAN DIEGO UNIFIED SCHOOL DISTRICT, 4100 NORMAL ST.

UH BEAUTIFICATION

TEAM REPORT

CITY FUNDS CANYON CLEANUP!

You’ve heard the story: fire in the canyon, city takes months, does little, another fire, petition drive, yadda yadda. Well, participatory democracy works! The University Heights Community Association was thrilled to learn that the city’s 2020 budget included an additional \$1.8 million for canyon brush abatement, including under the Vermont Street Bridge. On July 31, trucks and a huge crane began pulling dead trees, palm fronds, and large live palms up from the canyon. The crew worked hard for more than two days. We don’t know if more work will be done, but follow us on Facebook to find out.

This is my first time being part of a change effort like this. It was exciting and satisfying to see our time and effort pay off. Many thanks to the UHCA Beautification Team members who collected more than 600 names at the bridge and at local meetings, as well as

to those who signed the petition, and UH residents and UHCA members who sat through two City Council budget meetings to give us extra time to make our PowerPoint presentation. Special thanks to Deborah Morrison and Bill Smith for their support. It was satisfying to hear that council members were impressed with our community effort.

Finally, huge thank yous to Councilmember Chris Ward and his Director of Community Outreach, Tyler Renner, who supported us since the March 2018 fire, as well as to the University Heights Community Association which sponsors numerous efforts that make our neighborhood safer and more beautiful. If you are not a member, please join at uhsd.org. To join the Beautification Team, contact Rod Girvin, at crgirvin@cox.net. — MaryBeth Chruden

BIRNEY BEES SOAR

Alice Birney Elementary is a place where monarchs fly and beautiful sunflowers tower like a canopy over children in the garden. It’s a place where kids eagerly hurry to school in the morning to join hundreds of their classmates in a running club and where dedicated teachers educate not just with books, but with experiences. Birney is a place where students of every personality, background, and ability are lifted up to achieve their own personal best. Our local public elementary school, situated

in the heart of UH, reflects our diverse and vibrant community, both in student body and in character. Birney’s motto, “Think Globally, Learn Locally,” mirrors our neighborhood’s ethos in its focus on local and big-picture issues alike.

The school’s award-winning International Baccalaureate Primary Years Programme (IB) has led Birney to recognition as a “California Distinguished School,” as well as an “Honors School” by the Business Round Table. Birney

has also earned the 2019 “Quality Schools in Every Neighborhood” Award for closing its achievement gap.

Birney’s teachers have special IB training and meet regularly to coordinate lessons while students participate in “Specials,” including gardening, Spanish, and the arts. The IB coordination among staff helps reinforce lessons taught in each class: kindergarten students learning about gravity in the classroom might discuss the force of gravity on a marble they are using for “marble painting” or sing about it in Spanish class.

Continued on page 8



MEMBERSHIP

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



NEW /RENEWING MEMBERS

GOLDEN OSTRICH

Grant Wilson
Lari Sheehan



BUSINESS

Kim Swearingen,
Asst. Branch Mgr.,
California Coast Credit Union

HOUSEHOLD

Colin & Ann McNeilly, Taylor Gray, Pamela Isaacs, Isabel & Scott Schechter, Layla Hains, Jennifer Gonzalez, Russell Sperling, Amy Waterman, Jeffrey Johnston, Susan Virgilio & Joan Foster, Rod Widmer & Patricia Kelly, George & Beverley Skinner, Brigitte Erpelding & Family, Lynne & Jim Manner, Tina McGlathery, Glen Moyer, William & Patricia Wild, Litzau family, Eric Saline, Rebecca Estrada, Maureen Kirk, Richard & Maureen King

JOIN, RENEW OR DONATE ONLINE AT UHSD.ORG.



Clip & Return to: UHCA PO BOX 33032 San Diego, CA 92163

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 meet record goals for 2019 membership and meeting attendance.
- Neighborhood/Zone Watch** Join your neighbors to keep UH safe.
- UHCA News** Write articles, edit articles, take photos or sell ads; these are just a few of the many ways to contribute your talent, creativity and energy to our paper.
- Program & Events** Plan and oversee the various events and general meetings.



UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

UHCA NEWS

EDITORIAL BOARD Maureen Markey, Phyllis Kessel, Nan McGraw

CONTRIBUTING WRITERS Carol Neidenberg, Maureen Markey, Nan McGraw, Phyllis Kessel, Jennifer Ayala, Scott Schechter, MaryBeth Chruden, William Smith, Erin MacKinnon, Elaine Sinsuan, Justine Hall, Shirley Perreira, Anna Ginsky, Jhana, Terry Weiner, Jennifer Winberry

ART DIRECTOR Felicia Crossley, O Design

PHOTOS Marshall Williams, Stuart McGraw, Terry Weiner

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 5th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

UHCA OFFICERS

PRESIDENT Carol Neidenberg
president@uhsd.org or (619) 549-3996

VICE PRESIDENT Maureen Markey

SECRETARY William Smith & Peter Rose

TREASURER Stuart McGraw

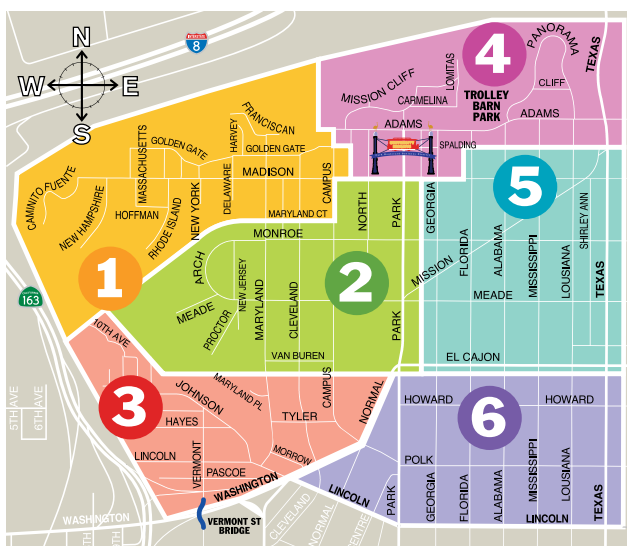
WEBSITE uhsd.org

FACEBOOK /universityheightscommunityassociation

INSTAGRAM /UniversityHeightsSD



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
- 2 Pam Isaacs** pamisaacs1@gmail.com
- 3 Mary Lange** mlangeuhcazone3coordinator@gmail.com
- 4 Christopher Hutchinson** christopherhutchinson@hotmail.com
- 5 Tamara Zyhljij** tamara@tamarazhomes.com
- 6 Mark Koopman** mkzw6@yahoo.com



CRIME WATCH SIGNS

UHCA installed new signs recently. If you know of an old sign that should be replaced or a location that needs a sign, please email UHCA President Carol Neidenberg at president@uhsd.org



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. Set your alarm clock 15 minutes ahead and slow down.

UH PHONE BOOK

Emergency • Police • Fire • Medical	911
Non-Emergency Suspicious Activity, Homeless Outreach Team, etc. Online: non-emergency problems: www.sandiego.gov/get-it-done	619-531-2000
SD City Services non-emergency: street lights, pot holes, etc. Online: www.sandiego.gov/city-hall/departments	619-527-7500
SD City Services emergency Online: www.sandiego.gov/city-hall/departments Storm damage: fallen trees, flooding, clogged storm drains	619-527-7500
Alert San Diego reverse 911 notification to mobile phones for emergencies Requiring evacuations www.readysandiego.org/alertsandiego/	
2-1-1 San Diego Free Community Resources, such as CalFresh, Medi-Cal, and Covered California	211 or 858-300-1211
Abandoned Vehicles	858-495-7856
Alice Birney Elementary Office	619-497-3500
Animals / Non-Emergency	619-767-2675
Brush and Weed Abatement	619-533-4444
Code Violations	619-236-5500
Crime Stoppers Tip Line	888-580-TIPS (8477)
Department of Environmental Health public health/rats/rodents	858-694-2888
Downed Power Lines / SDG&E	800-411-7343
Emergency Water / Sewer Repair / Sink Holes	619-515-3525
Narcotics suspicious drug house / anonymous	619-531-2468
Retired Senior Volunteer Patrol (RSVP) Vacation home security check, welfare of home-bound, patrolling business districts, homeland security support	619-692-4945

SDPD Community Relations Officers: David Surwilo (dsurwilo@pd.sandiego.gov)	619-692-4858
SDPD Western Division 5215 Gaines Street	619-692-4800
Shopping Cart Pick-Up Service	800-252-4613
Suicide Prevention—National Suicide Prevention Lifeline For immediate confidential, suicide crisis counseling 24 hours a day, seven days a week, call toll-free, San Diego County Access & Crisis Line, 1-888-724-7240. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-800-273-TALK (8255). #BeThe1to at www.bethe1to.com; Website: up2sd.org; call local hotline at 888-724-7240 for live chat, 4-10 pm weekdays	
UHDC University Heights Community Development Corp	619-297-3166
University Heights Public Library 4193 Park Blvd	619-692-4912
UH Zone Watch Coordinator Nan McGraw nmcsan@aol.com	619-260-0668
Graffiti: In Progress Emergency: Report Online: apps.sandiego.gov/streetdiv/ email photos: Graffiti Hotline:	911 cericson@pd.sandiego.gov 619-257-7500
SD Vector Control mosquitoes / ticks / rats Online: vector@sdcounty.ca.gov	858-694-2888

Https://getitdone.force.com/ Download and use this app if you see a non-emergency problem in the city like potholes, graffiti, etc..

If all else fails, email TRenner@sandiego.gov at Councilmember Chris Ward's office.

DISASTER CONTACTS

In case of a major disaster such as an earthquake or fire, have two out of state contacts on speed dial. When the power is off cordless phones won't work. Have a basic phone you can plug into a phone jack that you can use for calls.

PRESIDENT'S CORNER

CAROL NEIDENBERG

At one of the Cookies with the Cops events, I listened to a UH resident ask about the homeless individuals on Park Blvd. Then the other night a neighbor commented about the growing number of homeless people in UH. Although we don't live in the downtown area, the evidence shows that a number of individuals have migrated to our community, especially to the alleys and main thoroughfares. It's not that the city and county aren't trying solve this societal problem; it's that the problem is deep and serious and not capable of easy resolution.

Many different types of individuals may be homeless. Veterans, for example, make up about ten percent of the San Diego homeless population. People with mental illness and/or substance abuse and families with children may be homeless. The reasons for homelessness are many, and the most recent Point in Time Count provides some insight: the individuals surveyed (estimated now at around 8,100 homeless individuals, a modest reduction from the previous few years) report the top three reasons are the loss of a job, lack of income, and scarcity of housing.

Not surprising, as affordable housing has become increasingly scarce especially in the urban core. A disabled or aged individual whose sole source

of income is SSI (\$932 per month plus some food stamps, now available thanks to the great state of California) will find it nearly impossible to find a safe and habitable apartment to rent. In addition, with the gentrification of downtown San Diego, the YMCA and SRO (single room occupancy) hotels have been either demolished or turned into hotels. Formerly vacant lots have become high rise condos, often with a selling price starting at just under a million dollars, including those in the East Village surrounding the downtown library and Petco Park. This gentrification of downtown and overall cost of housing have contributed to the spike in the homeless population in University Heights.

Unsheltered homeless individuals need access to substance abuse treatment, mental health services, and other support services, such as case management, transportation, and supportive employment. But we also need to destigmatize mental illness and look at proven prevention strategies including early intervention and education. For the chronically homeless population, there may never be a job training program that gives them the skills to secure work that pays a living wage. Yet there are proven solutions to reducing the cycle of poverty and the homelessness. It starts with housing.

SEPTEMBER IS SURFRIDER FOUNDATION

Join us at our September meeting for a discussion with Mitch Silverstein from Surfrider Foundation. Expanding industries, such as offshore oil drilling, threaten to crowd our ocean and degrade its health and that of the creatures who call it home. Our oceans, beaches, and other special places must be proactively protected before they

are ruined. Surfrider has built a network of passion-driven people who work to stem the tide before further damage is done to these treasured places. They are the voice for our oceans and beaches. With one foot in the sand and the other in the water, Surfrider is the only non-profit organization that is 100 percent focused on our coasts.

NEWS FROM THE POINT

On Saturday August 3, assisted by five female volunteers, City Park Rangers James and Tiffany conducted monitoring, watering, and trash clean-up at the Point, University Heights' open space overlooking the canyon at the end of Rhode Island St. Everyone worked together to remove the blue plastic cones that were installed to protect seedlings planted last fall. More than half of the little plants survived, which is quite a good percentage. Several hazards can hurt or kill transplanted plants even with protective cones. Wind can knock down the cones and plants, and native and non-native predators below and above the soil may munch them. Luckily, these plants did not suffer any human vandalism.

Several buckets of water were poured on each of the young plants, involving many trips back and forth to the water truck. One volunteer grabbed a large trash bag and headed down the trail to pick up trash. Unfortunately, human-created side trails seem to have



Tarweed

CHARLOTTE, THE CAN-DO KID

Ever since Charlotte was born prematurely, weighing just over one pound, she and her family members have endured dozens of medical professionals explaining all the things she cannot do. Not once has Charlotte bought into these beliefs. Charlotte attends third grade at Alice Birney Elementary School in a general education classroom, and participates in all of the additional courses offered by the school, including gardening, visual and performing arts, and Spanish.

Ever the observant one, Charlotte saw a need for updates in the equipment used for these programs, and when the time came to celebrate her ninth birthday, she launched a grassroots effort to raise the funds necessary to ensure all Birney students have access to the tools they need to succeed. To date, she has raised money for various gardening items, including a sunshade, to allow students to participate in garden class without the sun beating down on them. She has also raised money for new hula hoops, basketballs, and jump ropes, which will provide new equipment for both the general physical education and the adaptive physical education classes. In her time at Birney, Charlotte has participated in both classes, and understands the importance of providing her peers with the tools they need to thrive as IB learners. When Charlotte speaks of Birney, she says, "Everywhere

else I go, I have medical appointments or surgery. But at Birney Elementary, I feel like I can be a kid. I want to make sure all of the kids there have that."

The last thing Charlotte wants any of her fellow Birney students to hear is that they cannot participate in an activity. She wants to make a lasting impact on Birney in her own way. Charlotte is currently raising funds to update and expand the equipment offered to students through these nonacademic classes. The school, through the Friends of Alice Birney Elementary organization, is now accepting tax-deductible donations for this fundraiser in Charlotte's name.

— Jennifer A. Winberry



proliferated, resulting in sensitive native shrubs being trampled and annual flowering plants being crushed. We picked up plenty of trash, including empty and broken bottles, cigarette butts, bags of dog waste, make-up, socks, mail, assorted wrappers, and lots of plastic.



California Buckwheat

Next time you visit our beautiful UH Point, please consider carrying a small trash bag or two and pick up litter as you go. You will feel more connected to the Point by becoming a protector! Meanwhile enjoy the prolific bloom of California Buckwheat in its summer colors of light pink to brilliant maroon-rust. Tarweed, the tiny plants with deep yellow flowers, is in the daisy family. Rub their leaves for a wonderful spicy scent.

Please join us for the next watering/clean-up on Saturday September 7, 1:30-3:30 pm. Park on Rhode Island or New York, next to Golden Gate.

— Terry Weiner, Friends of University Heights Point, terryweiner@sbcglobal.net

IT'S YOUR BUSINESS

MEXIVET EXPRESS

Moose, a chocolate chihuahua who lives with his human dad in University Heights, needed some dental work, but his vet in San Diego said it would cost around \$4,000. What's a dog on a limited budget to do?

San Diegans may know that their proximity to the border offers access to affordable, quality veterinary care in Baja California—but just knowing it's there doesn't make it easy to access.

I am Anna Ginsky, an employee at Twiggs Coffeehouse on Park Blvd., and I have a solution. My dog, Elle, has been seeing a vet in Mexico since 2015. Last year, I wondered if I could provide other San Diegans with easy access to the same low-cost, high-quality vet care that Elle receives. After incubating the idea with my friends in the Twiggs community, I created MexiVet Express, an innovative alternative to expensive veterinary care, which has been saving my

clients 50 percent or more.

Here's how it works: MexiVet Express is a federally licensed and insured, cross-border pet courier and liaison. Your pet is picked up from your home and transported safely to a 5-star veterinary clinic in northern Baja. A professional and caring courier, who is fluent in both Spanish and most pet languages, stays with your pet during the appointment and can phone you in to speak directly with your veterinarian. The courier waits with your pet until it is ready, and then brings it back home to you.

University Heights residents love MexiVet Express. Remember Moose, the chihuahua? Through MexiVet Express, his dad paid only \$545 for everything, including an echocardiogram, a teeth cleaning with anesthesia, eleven extractions, and door-to-door care and transportation. That's a savings of over \$3,400. — *Anna Ginsky*

STONEWALL CITIZENS' PATROL MARKS 13 YEARS

Stonewall Citizens' Patrol, San Diego's LGBT and inclusive citizens safety organization, celebrates its 13th anniversary patrolling the streets of our communities.

In 2006, a group of concerned citizens responded to the assaults on several gay men that occurred outside of the Pride Festival. The response was the formation of Stonewall Citizens' Patrol. The group adopted the name "Stonewall" in honor of those who stood up and said, "We've had enough. It's time to do something about how our community is treated." These citizens had had enough of the violence against LGBT people and decided it was time to take a stand.

The Patrol remains a volunteer neighborhood watch patrol group operating in the highly diverse University Heights, Hillcrest, Bankers Hill, and North Park neighborhoods of San Diego. In addition to patrolling, the orga-

nization focuses on crime awareness, crime prevention, and community safety. Volunteers use a "hands-off" approach and do not carry weapons. The volunteers are merely additional eyes and ears for the community and the San Diego Police Department.

When not out on patrol, volunteers also provide a safe environment for several community events. As a non-profit organization, Stonewall Citizens' Patrol understands the need for community involvement, and it provides the opportunity to partner with other agencies in order to realize the mission of the several organizations. Stonewall Citizens' Patrol is proud to serve in "Helping Keep Our Community Safe Since 2006"!



More information about Stonewall Citizens' Patrol can be found at www.stonewallcitizens.org. Citizens can request a ride-a-long patrol, apply to be a volunteer, or donate to help keep the wheels turning.

A BIG THANKS TO OUR SUMMER VOLUNTEERS AT THE CONCERTS IN THE PARK

JESSICA AND CASE, MONICA AND ADAM, BRENT AND RON, STU, MARY ANNE, PATTI, MARYBETH AND BILL, DEBORAH, KRISTIE, AND NAN. WHAT WOULD WE DO WITHOUT THEM!!



SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Hillcrest Farmers Market 9 am - 2 pm	2  HAPPY LABOR DAY	3 Uptown Planners Meeting Joyce Beers Center, Uptown Complex, 6 pm Beautification Team Meeting Hope Lounge at the Lafayette Hotel, 6:00 pm	4 UHCDC Meeting 4452 Park Blvd. Suite 104, 6:30 pm	5 UH Rec Council Meeting Alice Birney Library, 5:30 pm UHCA Meeting Alice Birney Auditorium, 6:45 pm October News articles due	6	7 The Point Clean Up Golden Gate btwn RI & Del 1:30 - 3:30 pm
8 Grandparents Day Hillcrest Farmers Market 9 am - 2 pm	9	10 Hillcrest Town Council Joyce Beers Center, Uptown Complex, 6 pm	11  NEVER FORGET PATRIOT DAY	12  Curbside Recycling & Yard Waste Collection	13	14 Coffee with Councilmember Chris Ward UH Branch Library, 9:30-11am
15 Hillcrest Farmers Market 9 am - 2 pm	16	17 North Park Planning Committee North Park Christian Fellowship, 2901 North Park Way, 6:30 pm	18 UH Library Task Force Meeting UH Branch Library, 6:30 pm	19	20 Preview Book Sale (Friends members only) UH Library, 3 - 6 pm	21 Book Sale (open to the public) UH Library, 8 - 3 pm
22 Hillcrest Farmers Market 9 am - 2 pm Bag O' Books sale (open to the public) UH Library, 12 noon-4 pm	23  AUTUMN BEGINS	24 Board of Ed Meeting Eugene Brucker Auditorium 5 pm 4100 Normal St	25 Visioning Meeting for Ed Center Property Brucker Auditorium, SD Unified School District 4100 Normal St., 6 pm UH Book Club & Salon UH Library, 6:30 pm	26  Curbside Recycling & Yard Waste Collection	27	28
29 Hillcrest Farmers Market 9 am - 2 pm Rosh Hashanah begins at sundown	30					

CRAFT COCKTAILS AT HUNDRED PROOF

Since the 1990s, San Diego has earned a reputation for knowing a thing or two about making stellar craft beers and that reputation is spilling over into craft cocktails, pioneered by a new class of fledgling artisans. Stephen Kurpinsky, one such master, recently found a new home at University Heights' Hundred Proof. He previously ran the bar program for George's at the Cove in La Jolla, where he notably developed a tribute to San Diego's 23 diverse communities by creating 23 original craft cocktails. Bringing that zest for designing new drinks to Hundred Proof, Kurpinsky just renovated the drink menu, doubling its offerings to more than 50 libations.

Hundred Proof, a cocktail bar at heart, also dapples with brunch and dinner menus that can hold their own. Developed by the folks at Trust Restaurant Group, Hundred Proof opened its doors on Park Blvd in the summer of 2017 and hasn't stopped since.

Walk into the space and you'll find plenty of seating with tall tables and booths along a wall of windows allowing for ample natural light. As you enter, you'll be handed Hundred Proof's menu; really, a tome at more than 20 pages long and leather-bound. Nearly two-thirds of it contains the extensive list of tipples, a meticulously constructed drink program that is a modern take on the cock-

tail culture of the 1970s. You'll find old favorites mixed with Hundred Proof's modernized classics.

The innovation doesn't stop there. Kurpinsky also developed a series of cereal-inspired drinks for Saturday brunch. You'll find the Fruit Loop Ramos Fizz (Singani 63, lemongrass, Aperol, lemon, orange blossom, cereal whipped cream, egg whites, soda) and Cinnamon Toast Punch (cane, agave, Grain & Bitter Spirits, coconut, pineapple, cinnamon, Oolong tea, cereal milk clarification) among others. Kurpinsky aims to bring back childhood memories of noshing on the actual cereal but with an elevated twist.

Besides playful and smart craft cocktails, Hundred Proof offers a wine and beer list, and a smattering of dinner options and plates to share like truffle mac and cheese, poke, and pizza. Be sure to order a few bites for the table, because odds are, it will be hard to choose just one cocktail. *-Justine Hall*

Hundred Proof
4130 Park Blvd
www.hundredproofsd.com
(619) 501-6404
Monday-Thursday 4 pm - 11:30 pm
Friday 3 pm - 12:30 am
Saturday Brunch 10 am - 2:30 pm
Dinner 3 pm - 12:30 am



DINING IN UH

American Market	4395 Cleveland Ave.	296-8333
Bahia Mexican & Seafood	1985 El Cajon Blvd.	542-0540
Bahn Thai	4646 Park Blvd.	299-6363
bfd (big front door)	4075 Park Blvd.	255-4100
Cueva Bar	2123 Adams Ave.	269-6612
El Zarape	4642 Park Blvd.	692-1652
Flavors of East Africa	2322 El Cajon Blvd.	955-8778
Grains	2201 Adams Ave.	269-5999
Great Maple	1451 Washington St.	296-8268
Hope at Lafayette	2223 El Cajon Blvd.	780-0358
Hundred Proof	4130 Park Blvd.	501-6404
Kairoa Brewing Company	4601 Park Blvd.	295-1355
Lestat's on Park	4496 Park Blvd.	501-6638
Loving Hut	1905 El Cajon Blvd.	683-9490
Madison	4622 Park Blvd.	296-6566
Mama's Bakery & Lebanese Deli	4237 Alabama St.	688-0717
Meraki Café	1735 Adams Ave.	269-9618
Muzita Abyssinian Bistro	4651 Park Blvd.	546-7900
Mystic Mocha	2105 Mission Ave.	688-0858
The Original Pickle Store	4075 Park Blvd., # 101-B	841-1108
Park Boulevard Deli	4504 Park Blvd.	295-1362
Park House Eatery	4574 Park Blvd.	295-7275
Pizzeria Bruno Napoletano	4207 Park Blvd.	260-1311
Pizzeria Luigi	2121 El Cajon Blvd.	294-9417
Plumeria Vegetarian Cuisine	4661 Park Blvd.	269-9989
Pomegranate Restaurant	2312 El Cajon Blvd.	297-4007
Pop Pie Co.	4404 Park Blvd.	501-4440
Red Fox Steak House	2223 El Cajon Blvd.	297-1313
Red House Pizza	4615 Park Blvd.	546-7430
Small Bar	4628 Park Blvd.	795-7998
Soichi	2121 Adams Ave.	677-2220
Sprouts Market & Deli	4175 Park Blvd.	291-8287
Stella Jean's Ice Cream	4404 Park Blvd.	501-8252
Summer's Market	4602 Park Blvd.	296-0504
Twiggs	4590 Park Blvd.	296-0616
Twisted Taps (brews & chews)	2302 El Cajon Blvd.	542-9927
Wing Stop	1901 El Cajon Blvd.	297-9464
Yipao Colombian Coffee	1728 Madison Ave.	



TWIGGS

BAKERY • COFFEEHOUSE



TWIGGS.ORG

Celebrate with a Twigg's cake for weddings, birthdays or any occasion. Each one made from scratch with handcrafted decorations!

TWIGGS • UNIVERSITY HEIGHTS

The informal community center of University Heights for over 19 years.
4590 Park Blvd • 619.295.0616

TWIGGS • ADAMS AVENUE

Home of our bakery, serving homemade baked goods, sandwiches, salads and salad along with a killer **breakfast daily!**
2804 Adams Ave • 619.296.4077

OUR UH HISTORY

ART AND COMMERCE IN ONE 19TH CENTURY LOCATION

Thirty-four years ago, I rented a house on Madison Avenue with a lovely, large-leaved tree that hung over my driveway from the neighboring yard. I never knew what kind it was until the morning when two fellows from the San Diego Zoo knocked on my door. They asked if they could cut some branches from the tree to feed the giraffes at the Zoo. My answer was yes, and I asked what kind of tree it was.

Mulberry was the answer, and they proceeded to tell me that there were several in the University Heights neighborhood. It seems that around the turn of the century there was a **silkworm factory** at 1735 Adams Avenue near the west end, and mulberry leaves fed the silkworms. It became quite the cottage industry for housewives living in University Heights.

Research revealed that this silk manufacturing factory endured until the 1920s and was a popular place to visit. Elizabeth McPhail wrote about her memories for the San Diego History Center, of growing up in the neighborhood and visiting the factory as a child. You could watch a silkworm eating leaves, silk thread being spun, and buy “handkerchiefs, silk mufflers, neckties and plain and figured dress goods,” produced in the factory. Records show that William Hilton was the owner.

The building continued to have a long and interesting history. In 1969, Rhoda LeBlanc Lopez, a renowned potter/ceramist and member of Allied Craftsmen, who had been teaching at the Art Center in La Jolla, opened her studio, **Clay Dimensions**, at 1735 Adams. She continued there, teaching students in the UCSD Extension program and local potters, while exhibiting her own ceramics

and working on major commissions. Some of the most prominent projects were done working with the late architect, Sim Bruce Richards.

Gerald Thiebolt remembers he met Rhoda around 1975, showed her his ceramics, and she took him on as an associate right away. By 1978-79, he was helping her with architectural projects. Rhoda retired in 1983, handing the studio over to her collaborator, Gerald Thiebolt, and six other potters who renamed the studio **Clay Associates**. This group also landscaped the entrance to the historic Mission Cliff Gardens across from the studio.

Clay Associates became a non-profit in 1986. In 1993 Thiebolt and other associates purchased a property at 3667 Adams Avenue and moved Clay Associates, where it thrives to the present as a pottery center. It has more than 100 students and a five-year waiting list for classes.

In the early 1990s, several friends of mine started a silk-screen textile business that flourished for several years in that same building at 1735 Adams Avenue. Richard Fischer was the owner of **Richard Fischer Textiles**. Artist Jimmy Nocito and Persimmon Design owner, Eileen Boniecka, old friends of mine, designed the textiles with Richard and worked with Duane McGregor and her sister Robin and others. Echoing the past, sans silkworms, they hand dyed and silk-screened charmeuse and velvet scarves, throws, pillows, and other fashion accessories. The company grew and eventually sold their products not only through Neiman Marcus, but through international stores such as Harrods in London. For a few years, they exhibited at the prestigious Maison et Object an-



Interior of Richard Fischer Textiles, 1966. Fischer on phone.

nual show in Paris. At that time there still was a lawn out back and a clothes line where Fischer Textiles hung the newly dyed fabrics to dry. The original fig tree endures to this day, ancient by current standards.

Things are hazy after Fischer moved out. An import business, **Sun Designs**, is remembered by some, (including myself), as occupying the location for a few years. At some point the backyard was paved over and a succession of restaurants took over, improving the grand old building by steps. **Monica's** occupied the space from 2007 until 2013. **DeMi Café Café** (that's correct) took over in 2014 to 2016.

From 2016 to the present, it has been **Meraki Cafe**, a Greek word that loosely means putting your passion into your work. Owner April Brandenstein had been travelling and lived in Greece; hence the name and inspiration. The walled patio, with its red umbrellas and yes, the old fig tree, is a pleasant gathering place from early morning on. Fresh made salads and sandwiches, an extensive coffee and tea menu, and other temptations are offered—perhaps enhanced by your knowledge of the fascinating past history — *Phyllis Kessel*.

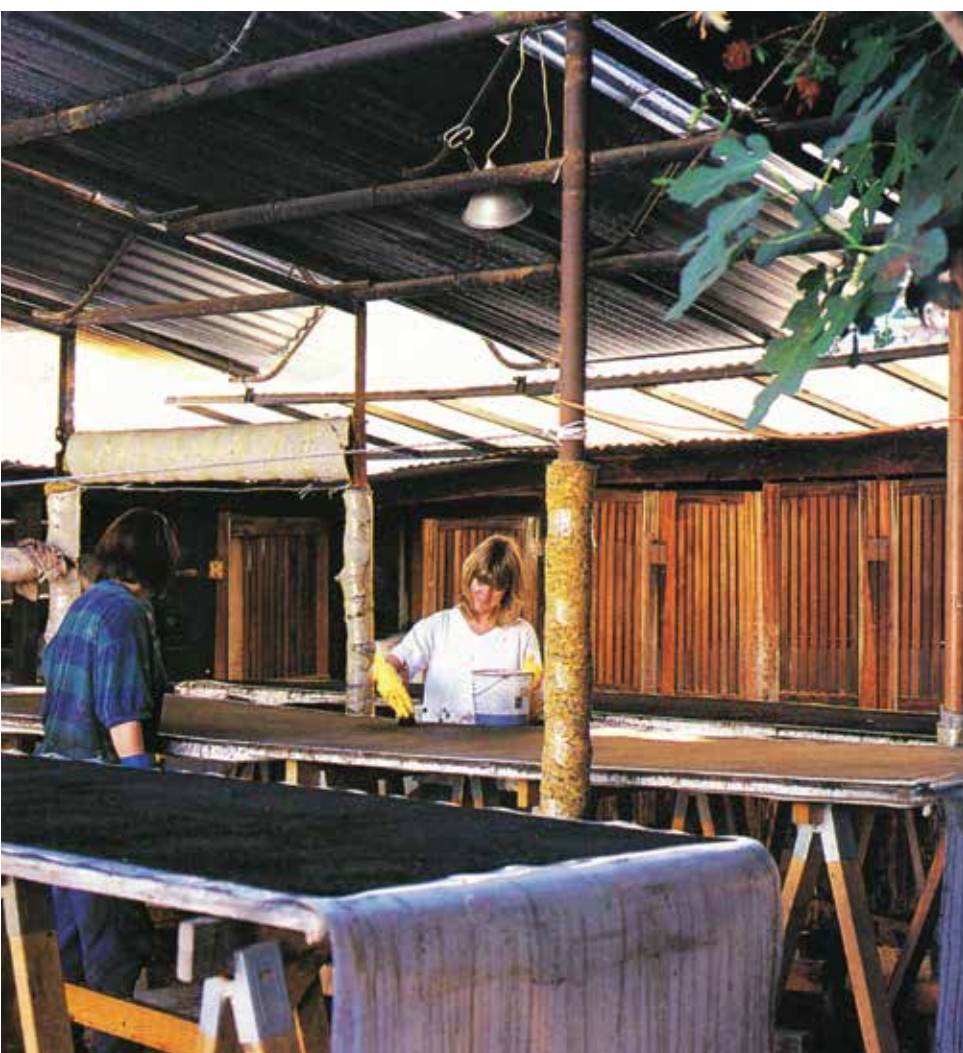
If you know any more of the history of this building, please contact uhsd.org/news-paper.



2019, Sign is attached to front of original building.



2019, Meraki Cafe interior, once a silk factory



In 1966, it's still a grassy yard with clotheslines and this shade area. Note fig tree branch.



Today's pleasant patio with ancient fig tree. Photos: Stuart McGraw

YOUR FINANCES

HOW TO MAKE A BUDGET YOU'LL ACTUALLY STICK WITH

It's one of the oldest pieces of advice out there, but it's one of the hardest to actually follow: Make a budget—and stick to it.

CNNMoney has reported that only 39 percent of Americans say they are able to cover a \$1,000 unplanned expense, One-third of households reported that they did have an unplanned expense, such as a car repair or a dental emergency, last year. And CNBC reports that 78 percent say they are extremely or somewhat concerned that they will not have enough money for retirement. The good news? Putting together a simple budget is not difficult. Here are some tips:

STEP 1: GATHER THE NUMBERS.

To create a budget you can live with, examine your habits. Think of yourself like a business. Essentially, you're trying to figure out how much you have left over (your "profit" so to speak) once you add up everything that comes in and goes out.

Use your pay stub to calculate how much you take home after subtracting out health insurance, your 401(k), and taxes. That number will tell you how much money you have to cover your expenses (and put together some savings) in any given year. Next, determine your expenses. Think through how much you spend on housing, food, your daily commute, and other recurring costs, like a monthly gym fee.

Now, subtract those recurring costs from your take-home pay. This is the amount you have for Step 2.

STEP 2: FIGURE OUT YOUR BIGGEST UNPREDICTABLE COSTS AND SET A LIMIT.

Now that you have your recurring costs, be honest with yourself. Figure out how much you usually spend on extra things like going out to eat, traveling, or entertainment. (According to Sophia Tulp in USA Today, Millennials eat up savings by dining out a lot.) Go over your credit card statements to identify

as many of these costs as possible.

Now, how much do you have left of that number you tallied at the end of Step 1? Are you seeing lots of your favorite coffee charges on there? Or are you racking up bills at your favorite cosmetic shop? Chances are, you'll find a pattern of small purchases that really add up at the end of the month.

Your budget is where you will map that out. Here's the key: Once you know how much you are spending on average, it's time to set a limit. A successful budget works directly with your current habits to set reasonable limits of what you can spend each month.

To stay with the coffee example, imagine you set a budget of \$70 a month for coffee. Divide \$70 by the cost of your favorite cup to determine how many coffees you can have per month.

STEP 3: PRIORITIZE.

Once you know your spending limits, you will need to prioritize. If you absolutely must have a coffee each day, that's fine. Perhaps you can find other places to cut back or look for cheaper options, like a regular coffee instead of a latte, or carrying your own in a thermos.

It's one thing to know that it's important to save money and quite another to make room in your budget to do it. We tend to think saving is hard because it means giving up things we love. But if you've accurately mapped out your costs and your assets, you know exactly how much is left to save—and what's left over for you to enjoy. It's all in the budget.

[This educational, third-party article is provided as a courtesy by Scott Schechter, Agent, (CA Ins. Lic. #0E52859) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Scott Schechter at 619-360-3600, sschechter@eaglestrategies.com.]



Graphic: Paul Farris

SLOW DOWN!

When we moved to University Heights more than a decade ago, only two young kids lived near us. Now more than 25 children (elementary school age or younger) live within two blocks of us. I love that we live in a community where we know our neighbors and our kids have impromptu play dates with friends on the street. But I continue to be very concerned for the safety of our children, pets, pedestrians, and bicyclists because of vehicle speeds on our residential streets.

SDPD and city traffic engineers conducted speed studies showing that vehicles regularly travel more than 40 mph on our neighborhood roads, and occasionally at dangerously high speeds. These statistics simply put numbers to what we see and experience everyday – most vehicles driving well above the posted speed limit and some even racing. Often day-to-day speeding in our community is unintentional; drivers are just distracted and vehicles naturally pick up speed on our hilly and wide-open streets. Madison Avenue, west of Maryland, has become a destination for dangerous joy riding or drag racing because there are no stop signs and essentially no police enforcement. I encourage the City to add additional stop signs at strategic intersections in our neighborhood to provide safer places for pedestrians to cross the street and to break up the straight stretches where racing occurs.

We've been working with the city on the issue of speeding for a number of years. However, the speed calming measures on Madison Avenue (including added speed limit signs and a buffer zone along the bike path to narrow the road) haven't made much of a difference. I've written multiple articles about this issue in the UHCA News, emailed neighbors and property managers, and posted numerous slow down signs. We've requested enforcement, but SDPD is not able to patrol with any regularity. Because speed bumps are not permitted on Madison, we are left with few remaining options.

The City proposed installation of v-calm signs to slow the traffic. But because some neighbors objected to the appearance of the signs, the City rejected the signs. Our immediate neighbors on Madison Avenue also believe that speeding is a serious concern and want something done. Households have varying degrees of concern about speeding, but as a community we need to work together to prioritize safety above all else. In addition to a commitment to drive the speed limit, we also need to find an effective traffic calming solution that will keep our community safe. — Erin MacKinnon

LOWER YOUR VET BILLS TODAY! MexiVet Express is an innovative alternative to expensive veterinary care

MexiVet Express is San Diego's federally-licensed and insured cross-border pet courier and liaison

- We work with the best vet clinics in northern Baja
- We handle all the legal documents necessary for travel
- We schedule the appointments
- We provide door-to-door care & transportation

	MexiVet	San Diego
Teeth Cleaning	\$300	\$700
Tumor Removal	\$400	\$800
TTA Surgery	\$2000	\$3000
MRI	\$985	\$2000

MexiVetExpress.com
619-782-4747

Cecilia's FINE JEWELRY

YOUR NEIGHBORHOOD JEWELER

CUSTOM DESIGN JEWELRY & WATCH REPAIR
ESTATE JEWELRY AND APPRAISALS

4669 PARK BLVD
SAN DIEGO, CA 92116
619.297-7300

Mon-Fri 10-6 Sat 10-4
Sunday by Appointment Only

CHRISTENSEN Building Design

CHRISTENSENBD.COM
619.994.5820

SPECIALIZING IN HOME ADDITIONS & REMODELS

BIRNEY BEES SOAR

Continued from page 1

Students don't just read about pollination; they witness it in the garden outside their classrooms and write their own reports about it.

Unique experiences at Birney include a "Star Party," when a local astronomy club brings huge telescopes allowing students to view distant planets and stars; an annual St. Patrick's Day fundraiser and jog-a-thon called "Run for the Green" encouraging healthy athletic competition; a "Passport to Adventure" spring festival celebrating cultures from around the world with live music and dancing, food, crafts, and games; and monthly "Family Friday" events when families join their students on campus for a themed activity, such as a Dance Party for International Mother Tongue Day.

Recognized as one of the healthiest

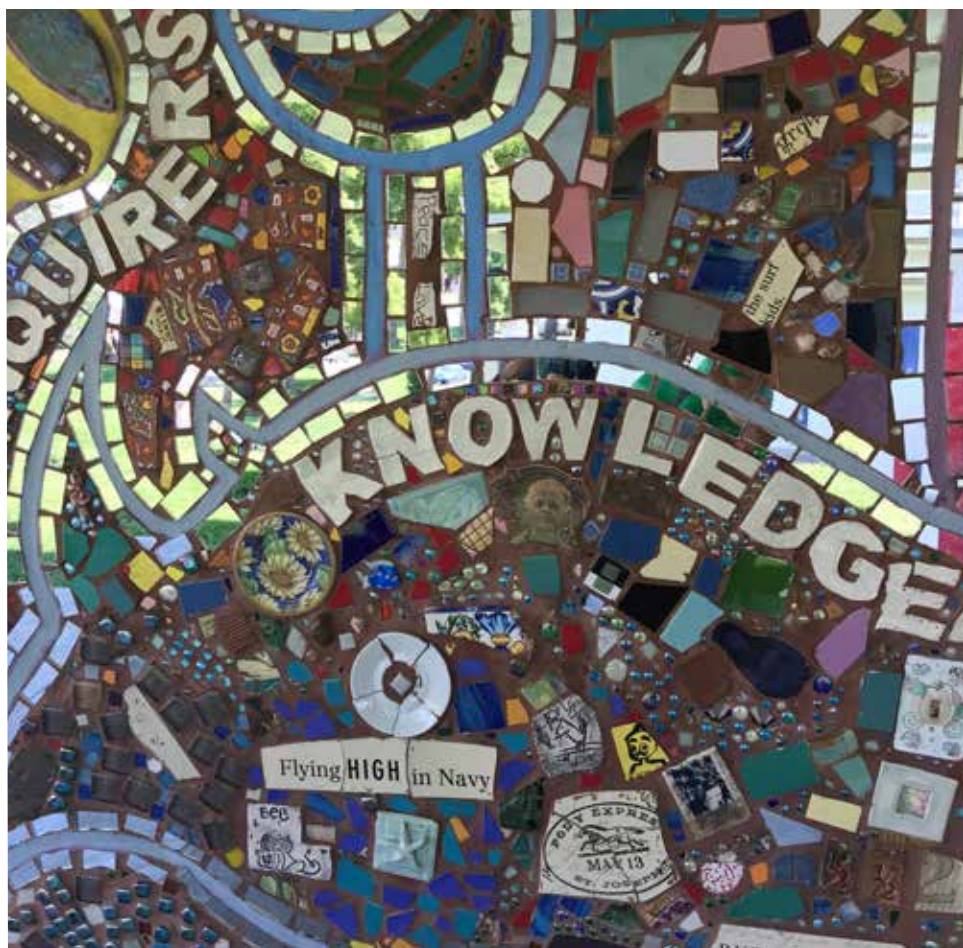
schools in America, Birney provides students regular PE classes, a hugely popular running club, and a garden where they harvest and eat healthy food they've grown themselves. There is also an emphasis on healthy food choices in the cafeteria, where all students have access to free meals.

Birney's continued success shows up in achievement gains every year including this one, increasing 4 points in both literacy and math on the 2019 state test with almost 70 percent of grades 3-5 achieving or exceeding state standards. Birney is a true success story for our public school system and for our community.

Financial support from families, local organizations, neighborhood businesses, and UH residents makes it possible to fund the IB Program and the "Specials" enjoyed by all 550 students at Birney, as well as educational field trips to local museums, the zoo, and theaters.

Thank you to the Principal, Ms. Amanda, and all the teachers and staff who work tirelessly to provide excellent learning opportunities for our local children. Support from the community

has helped Birney to thrive, and we all benefit from having this award-winning school in our neighborhood, making University Heights an even more desirable place to live! — Erin MacKinnon



Exterior mural at Birney School



In the Birney School garden

Birney Bees would love your support!
Tax deductible donations can be made to:

Friends of Alice Birney Elementary
 P.O. Box 635343, San Diego, CA 92163 www.friendsofalicebirney.org

Please reach out if you are interested in a business sponsorship or would like to donate goods or services! **Contact:** info@friendsofalicebirney.org

You can also support Birney by shopping our Fall Fundraiser at www.boonsupply.com/355050 Or by selecting Friends of Alice Birney Elementary as you AmazonSmile donation recipient!

Friends of Alice Birney Elementary is a non-profit 501(c)(3) Tax ID # 27-2414127. Thank you!

PLUME

COOKIES WITH THE COPS

A whole bouquet of plumes go to our Community Relations Officer, David Surwilo, and the San Diego Police Department (SDPD) for their consistent and reliable support of University Heights. For more than thirty years, at least once a year, the University Heights Community Association (UHCA) has sponsored either Coffee with the Cops, Ice Cream with the Cops, or Cookies with the Cops. This year it was another Cookies event, and those cookies were delicious.

We believe it important to introduce you to the SDPD officers who patrol our community. Thank you, Officer David Surwilo and your team of officers, for supporting University Heights and helping us keep our neighborhoods safe.

Plumes and thank yous also go to our neighborhood businesses that support

these events: Mystic Mocha's Natalie and Francis for hosting and serving their delightful, chocolatey morsels; Sheep and Laura for their yummy BFD cookies; and Tony Morales for his pickles from the Original Pickle Store.

As with all of these events, this one was brought to you by the University Heights Community Association. And we would be remiss if we didn't add an armload of plumes and a huge thank you to all the wonderful neighborhood volunteers who make these popular events possible. It takes a crew of them to cover the set up and take down at three or four different consecutive locations for each of these events, and we are grateful to both our regular and occasional volunteers, as well as to the SDPD and our business sponsors. Everyone working together to support this great community makes all of us happy!



AMERICAN CANCER SOCIETY
 MAKING STRIDES Against Breast Cancer

AVON
 National Preventing Sponsor

Making Strides Against Breast Cancer of San Diego

Walk with us to raise awareness and funds to end breast cancer.

WHAT UNITES US, IGNITES US

10.20.2019
BALBOA PARK
 Registration: 7:00 am
 Walk: 8:00 am

For more information:
 619.682.7426 • SanDiegoCAstrides@cancer.org
MakingStridesWalk.org/SanDiego

Whispurrrr Cat & Home Care

Loving Cat Care & Reliable Vacation Services
www.whispurrrrcatcare.com

Michele Simon
 619 952 7062

whispurrrrcare@yahoo.com



LIBRARY NEWS

THE UH BRANCH LIBRARY BETWEEN THE COVERS

The University Heights Library would like to thank you, the community, for including us in your summer plans. We had a much larger number of participants than in the past few years, who joined our Summer Reading Programs and events. It was a great pleasure to hear about everyone's visiting and reading experiences. If you have other ideas or suggestions for family programs, please feel free to let us know.

Beginning on September 5, the library will be starting a Silhouette Studio Maker Space on the first Thursday of every month from 4 to 6 pm, for ages 12 and up. Blend technology and art to create unique projects with vinyl decals, etching stencils, heat transferred images, and many more. The Silhouette Studio is brought to you by the Friends of the University Heights Library. Check out some of our other upcoming community events and programs listed below.

FEATURED PROGRAMS:

- Coffee with Councilmember Chris Ward. Sept. 14, 9:30-11 am. Stop by for citizen inquiries and concerns.
- CalFresh Workshop. Sept. 16, 9:30 am-12pm. Apply for nutrition benefits (Cal-Fresh) with Feeding San Diego.
- Banned Book Week Event. Sept. 18, 4:30 pm. Make an accordion book while you learn about six popular banned children's books. For ages 7 & up.

REGULARLY SCHEDULED PROGRAMS:

- Homeless & Mental Health Outreach: Mondays from 10 am-12 pm. NAMI's Connection 2 Community will be on site to provide resources and information.
- Morning Story Time: Thursdays at 11 am.
- Arts & Crafts: Saturdays all day.
- Puppet Storytime with Caroline & Penelope: September 7 & 21 at 11:30 am.

As a reminder, the library will be closed on Monday, September 2 in honor of Labor Day. Please check our Facebook page, online calendar, or give us a call at 619-692-4912 for any further questions. Thank you from everyone at the University Heights Library. —*Elaine Sinsuan, Branch Manager, University Heights Library, 619-692-4912, sandiego.gov.*



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

THE NEXT MEETING OF THE FRIENDS OF THE UH LIBRARY WILL BE TUESDAY, OCTOBER 8, 2019 AT 6:00 PM AT THE UNIVERSITY HEIGHTS BRANCH LIBRARY



We Fix Your Computer!
We come to you or you come to us for the lowest rates
Call Robert at **858-449-1749**



University Heights Resident

- Purchases
- Refinances
- FHA and VA

Mortgages Made Simple.

Call **Michael McGee.**

619-564-8828


www.MichaelMcGeeLoans.net | Michael.McGee@MichaelMcGeeLoans.net

Equal Housing Lender, L.L.C. by the California Bureau of Real Estate | BRE Broker Lic. #01318790, NMLS #243318 | C2 BRE #01821025, NMLS #135622
Loan approval is not guaranteed and is subject to verification of specific information that is requested at time of application. Specified rates may not be available for all borrowers. Rates subject to change.

FRIENDS OF THE UNIVERSITY HEIGHTS LIBRARY

BOOK SHOP

UNBELIEVABLE BARGAINS! INVENTORY UPDATES DAILY!



Hardcovers	\$1
Paperbacks Small / Large	50¢/\$1
Specialty Books	Priced Individually
Magazines	20¢
DVDs	\$1
CDs	50¢ / Five for \$1

Open During UH Library Hours 4193 Park Boulevard • 619-692-4912

Graphic: Paul Farris

UH BOOK CLUB AND SALON

THE TEA GIRL OF HUMMINGBIRD LANE

BY LISA SEE

In a remote village, the survival of an Akha Tribe, one of China's 55 ethnic minorities, depends on tea. Li-Yan and her family center their lives on the seasons and the farming of tea. The proscribed ritual and routine has endured for generations, and these rigid traditions prohibit Li-Yan from keeping her baby born out of wedlock. In order to prevent its death at the hands of her people, she abandons the baby in the nearest city.

See herself, partly of Chinese ancestry, creates a complex narrative that ambitiously includes China's political and economic transformation, little-known cultural history, the challenges of East-West transracial adoptions, the changing roles of minority women, and an overview of the global implications of specialized teas.



Over several decades, the author reveals Li-Yan's exceptional story of departure and eventual return to her village, including at intervals the experiences of the daughter she had to abandon. This is a novel that brings to life the mother/daughter voices that emphasize the unbreakable bonds between mothers and daughters whether by birth or circumstance.

Join the Book Club and Salon discussion. New members are always welcome! The book will be available at the UH Library's front desk during September.

UH BOOK CLUB & SALON
Wednesday, Sept 25, 2019 at 6:30 pm
San Diego Public Library
University Heights Branch
4193 Park Boulevard
(at Howard Avenue) 619 692 4912

POLITICAL NEWS

FROM YOUR STATE SENATOR

AUTUMN BACK TO SCHOOL AND FIRE PREVENTION

As San Diego families prepare to send the kids back to school, I am happy to report that, this year, our schools will benefit from the highest funding level in California's history. The education budget is \$2.7 billion above last year's enacted budget – an increase of 3.4 percent. The budget makes major investments in our youngest learners, students with special needs, and professional development for teachers.

But just as it's time for children to focus on their studies, it's also time for adults to focus on fire danger. Although fire season is now a year-round phenomenon, fall is when we must be extra-vigilant. Addressing the impact of wildfires has been one of the Legislature's top priorities this year.

The budget includes hundreds of millions of dollars to shore up the capacity to prevent and fight wildfires. One of the most important bills we've passed so far will reduce the threat of wildfires caused by energy utilities, protect energy customers, help wildfire victims rebuild, and ensure that we continue to have access to reliable electricity.

Passing AB 1054 was necessary because, as a result of the utilities' role in some of the worst recent fires, Wall Street was preparing to dramatically downgrade their credit rating, making it much harder for them to invest in

the kinds of upgrades that will improve safety. The legislation creates a fund that utilities can draw upon if their infrastructure plays a role in a damaging fire, provided they are not negligent in maintaining their systems. The law also requires stringent new safety standards with which utilities must comply in order to access the fund, and it includes robust accountability measures.

Please make sure your family and your home are as safe as possible. University Heights isn't in the backcountry where most fires ignite, but it is perched atop a canyon, and wildfire can race up canyon slopes in mere minutes. Visit www.readyforwildfire.org. — *Toni G. Atkins, President Pro Tempore & State Senator for California's 39 District, which includes University Heights*



FROM YOUR CITY ATTORNEY

OUR SENIORS ARE WORTH PROTECTING

My maternal grandmother, who helped raise me and my brother, spent her final years in a safe and comfortable care facility. My mother visited with her every day to ensure that she was properly cared for, fed, and bathed. Sadly, this is not the case for many seniors in San Diego. As our aging population grows, so, too, do opportunities to rob seniors of their independence, their financial resources, and their dignity.

That's why my office has made it a priority to protect our vulnerable elderly residents. Since 2017, my office has prosecuted approximately 85 elder abuse cases, allowing us to hold offenders accountable.

Early intervention in elder abuse situations can prevent more serious crimes from happening in the future, which is why we are enlisting the public's help. Neighbors and anyone else concerned about an elder's well-being should speak up if they see something suspicious. Whether it's a caretaker fraudulently writing checks from their accounts, or an elusive stranger who convinces a victim to send money, my office stands ready to act when seniors fall victim to financial crimes.

Sometimes the harm is done by a be-

loved and trusted family member, and the victim does not wish to pursue criminal charges.

If you know of an elder who is being mistreated by a caregiver or family member, please contact my office's Domestic Violence and Sex Crimes unit at (619) 533-5544, or the San Diego Family Justice Center at (866) 933-HOPE (4673) or (619) 533-6000. Once a victim is connected to our office, we help get them the support they need so they don't return to a dangerous situation.

Not everyone can spend their golden years in the company of family, but mistreatment should never be the price of companionship. — *San Diego City Attorney Mara W. Elliott*



OUR POLITICAL REPRESENTATIVES

U.S. PRESIDENT
DONALD TRUMP
The White House
1600 Pennsylvania Avenue
Washington, DC 20500
202-456-1111/202-456-2461 fax
president@whitehouse.gov

STATE SENATOR
PRESIDENT PRO TEMPORE
TONI ATKINS, DISTRICT 39
1350 Front Street, Suite 4061
San Diego, CA 92101
619-645-3133/619-645-3144 fax
toni.duran@sen.ca.gov

CALIFORNIA GOVERNOR
GAVIN NEWSOM
State Capitol, Suite 1173
Sacramento, CA 95814
916-445-2841/916-558-3160 fax
governor@governor.ca.gov

STATE ASSEMBLYMEMBER
TODD GLORIA, DISTRICT 78
1350 Front Street, Room 6054
San Diego, CA 92101
619-645-3090/619-645-3094 fax
Javier.gomez2@asm.ca.gov

U.S. SENATOR
DIANNE FEINSTEIN
750 B Street, Suite 1030
San Diego, CA 92101
619-231-9712/619-231-1108 fax
senator@feinstein.senate.gov

SAN DIEGO COUNTY SUPERVISOR
NATHAN FLETCHER, FOURTH DISTRICT
1600 Pacific Highway, Room 335
San Diego, CA 92101
619-531-5544/ 619-531-6262 fax
Brandon.torres@sdcounty.ca.gov

U.S. SENATOR
KAMALA HARRIS
600 B Street, Suite 2240
San Diego, CA 92101
619-239-3884/202-228-3863 fax
senator@harris.senate.gov

SAN DIEGO MAYOR
KEVIN FAULCONER
202 C Street, 11th Floor
San Diego, CA 92101
619-236-6330/619-236-7228 fax
kevinfaulconer@sandiego.gov

U.S. CONGRESSWOMAN
SUSAN DAVIS, DISTRICT 53
2700 Adams Avenue, Suite 102
San Diego, CA 92116
619-280-5353/619-280-5311 fax
zach.bunshaft@mail.house.gov

SAN DIEGO CITY COUNCILMEMBER
CHRIS WARD, DISTRICT 3
202 C Street, 10th Floor
San Diego, CA 92101
619-236-6633/619-595-1481 fax
TRenner@sandiego.gov

**Law Office of
Rosemary Leonard**

Estate Planning ♦ Elder Law
Probate ♦ Wills ♦ Trusts
Medical Planning

619-295-8705
rosemaryleonard@cox.net

Conveniently located in University Heights

Andy's Plumbing Andy Simon
Installation, Service & Repair At Your Service
License # 1001958

andysplumbingsandiego.com • **619.952.7063**

SCHOOL NEWS

ROO NEWS

BACK TO SCHOOL: BILITERACY AS A TOOL FOR PEACE



More than half of the world's population speaks more than one language, and Roosevelt International Middle School is preparing students to be successful in our multicultural, multilingual world. Roosevelt is one of eight middle schools in the San Diego Unified School District to offer a Spanish dual language program. This allows students who are proficient in more than one language to be recognized with the *Pathway to Biliteracy Award* at their eighth-grade promotion ceremony. This unique offering is a step towards the Dual/World Language Pathway offered at San Diego High School.

Emma Hennick, a ninth grader at the School of International Studies at San Diego High School, received her *Path-*

way to Biliteracy Award from Roosevelt this past June, after starting her biliteracy program at Longfellow Elementary. Emma said, "My favorite part of foreign language immersion is the way I am able to learn about another culture through the language." Emma plans to pursue the dual language pathway through high school, and intends to use her language skills in her future career as a marine biologist, traveling the world and educating young people on the importance of the oceans. Ava Hennick, Emma's younger sister, began sixth grade at Roosevelt this fall. Ava also began her Spanish immersion studies at Longfellow, and she is thrilled to continue her Spanish learning at Roosevelt, "I like being able to communicate and having the skills to

translate for people who speak only one language." Ava plans to become an engineer and knows that Spanish will be a benefit. "I love knowing a second language."

today. — Jennifer Ayala, parent of students at Roosevelt and Birney and a board member of the Friends of Roosevelt Foundation International Middle School.

Roosevelt's dual language program integrates seamlessly with its International Baccalaureate (IB) program. Students in the program attend Spanish Language Immersion and Social Studies courses in Spanish. The aim of all IB programs is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world. Emma Hennick believes in the importance of biliteracy, "Biliteracy is such a useful tool as it connects people to each other, and to make change, people have to work together." To learn more about Roosevelt International Middle School, please visit www.friendsof-roosevelt.org/contribute



Emma and Ava

BIRNEY BUZZ

APPRECIATE MISS MINDY



Imagine this: You are in a beautiful, clean garden and you see a lovely patch of sunflowers. Suddenly, some wild boys come thrashing through the garden and come straight towards the sunflowers. "Stop! Watch where you are going! Stop!" But they ignore you and run over the sunflowers with no notice. Well, that's what some people in Miss Mindy's garden do to her beautiful garden. They pay no respect to her either. They interrupt her almost every time she's trying to speak, like they're the boss of everything. Here are some things we should appreciate Miss Mindy for:

— Most of the garden's fruits and vegetables come to our cafeteria where we eat lunch. Otherwise we would not get a nutritious lunch if you ask me.

— Without Miss Mindy, we would not know anything about gardens because she teaches us all about gardens. We could show what we learned by treating all gardens as very special because they are living things and deserve to be treated as so.

— Miss Mindy helped us grow our whole garden from the start of our school. Yep. The whole shebang.

Now I will tell you about what mean kids do to hurt Miss Mindy's feelings. They trample bugs and flowers. They also capture ladybugs, roly pollys, milkweed bugs, and ants. And don't even ask me to get into what they do with lizards!

They act like careless teenagers, if you

ask me. It makes Miss Mindy feel unappreciated. She does a lot for us, and it makes her feel sad to know that no one is grateful for what she does. It is like a puppy being abandoned on the street without anyone to care for her.

Miss Mindy also wants us to have fun. She made a club on Wednesday afternoons to make sure we have fun by spending time with the garden. She puts a lot of effort into her day to make sure that we kids have fun. That is why people should be grateful. You can show her that you appreciate her by stopping by and maybe giving her a card with nice appreciation words inside it. Or actually come up to her face to face and say that you really appreciate her! I know that she would very much like that. You should do that so she understands that we appreciate her for all she does.

In conclusion, I hope that after you have read this, you appreciate Miss Mindy more than ever. So no matter what way you show your appreciation, let's know you mean it! — Jhana, a 3rd grade student at Birney Elementary

Editors Note: Alice Birney's Garden Club is run by Mrs. Mindy Swanson, who every day introduces children of all grade levels to the wonders of gardening. The above essay by Jhana, remarkably sophisticated for a 3rd grader, is a testament to the loving care and excellent education provided by the dedicated teachers at Birney. The following is a short description from



Students plant a garden; then enjoy their produce, above.

Mindy Swanson about the Birney Garden.

The Birney Garden was initiated in the spring of 2007 and, in 2010 with the leadership of Principal Amanda Hammond-Williams, was incorporated into the school's special classes, along with the Arts (dance, theater and visual art), Spanish, and Physical Education. Known as the Birney Agriculture and Environmental Sciences Program, the garden helps students learn about all phases and seasons of the eleven major food plant families. Students help in every phase of the work, composting school lunch scraps, mulching, propagating, and monitoring the numerous insects including pollinators (our mascot is the Birney Bee).

The program also protects Monarchs

in a National Wildlife Federation Certified Monarch Habitat. Because the garden has become so productive with crops and forty fruit trees, students are able to enjoy produce almost every time they are in class, expanding their palates to include nutritious fruits and vegetables. Community members can support the garden program by donating to the Friends of Alice Birney (<http://friendsofalicebirney.org/>) to help us purchase supplies. Interested volunteers can contact the garden coordinator, Mindy Swanson, of Dig Down Deep Garden Educators, at d3gardened@gmail.com or (858) 522-0687. Volunteers who would like to work with students will need to complete volunteer paperwork for the school. If you just want to help weed or garden or come tour the site as a visitor, contact Mindy to get on the list for these opportunities!

Just Sold!

University Heights Condo



4561 North Avenue #7 \$441,000

2 Bedrooms, 2 Bathrooms 876 Square Feet

Super sunny upper end unit with vaulted ceilings, beautiful New Brazilian Cherry engineered wood flooring, freshly painted interior and fireplace in the LR! Updated baths with new vanities and tiled floors, plus each with a skylight. Granite counters and garden window in the kitchen. In unit stacked W/D. Spacious MBR with a large walk-in closet and private bath. 2 Balconies. Newer A/C unit. Great location! Near Park blvd restaurants & Trolley Barn Park.

Call me for all your real estate needs!



maryanneshomes.com

619-871-0635



MARY ANNE STEVENS

Don't make a move without me!

maryanneshomes@gmail.com
CalBRE #01034232

Are you planning to sell your house?



CAL BRE# 01319244

Call or Text us @ **619-778-0577**
619-598-1424

The Govari Sisters

roxanne@pemberleyrealty.com
www.pemberleyrealty.com



Have a real estate question?

Stop by our office located on Park Blvd and meet our team!

4637 Park Blvd
San Diego, CA 92116



Just Listed!

2814 Madison Ave
2BR / 1BA House
1,132 est sq ft
Hardwood floors
beautiful backyard
with storage shed



COMPASS



"COMMITTED TO EXCELLENCE BECAUSE WE CARE"

Helping University Heights businesses and residents achieve financial success



Scott Schechter, MBA, CFP®

Financial Advisor



Eagle Strategies, LLC
1048 Johnson Avenue
San Diego, CA 92103

sschechter@eaglestrategies.com

www.sschechter.com

619-350-3600

Eagle Strategies LLC

A REGISTERED INVESTMENT ADVISER

Financial Adviser offering investment advisory services through Eagle Strategies LLC, a Registered Investment Adviser. Registered Representative offering securities through NYLIFE Securities LLC (member FINRA/SIPC). Agent, New York Life Insurance Company CA Insurance Lic. #0E52859. Eagle Strategies LLC and NYLIFE Securities LLC are New York Life companies.