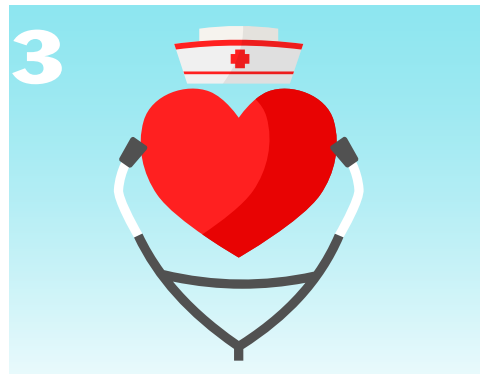


**MAY 7 MEETING TO BE CONDUCTED ON-LINE AT 5 PM VIA ZOOM**

DISCUSS LATEST UPDATES ON COVID-19 WITH COUNCILMEMBER CHRIS WARD. SUBMIT YOUR QUESTIONS IN ADVANCE NO LATER THAN TUESDAY, MAY 5, AT 5 PM. TO: CHRISTOPHERWARD@SANDIEGO.GOV. LOG ON INFORMATION WILL BE SENT OUT BEFORE THE MEETING. AFTER AN OPENING MESSAGE, YOUR QUESTIONS WILL BE POSED BY UHCA BOARD MEMBER, BILL SMITH. WE WILL CLOSE WITH A SPECIAL THANK YOU TO UH BUSINESSES.



University Heights Community Association May 2020



# NEWS

**ALTHOUGH OUR LIVES HAVE BEEN INTERRUPTED BY THE COVID-19 PANDEMIC, UHCA CONTINUES TO CARRY ON, AS IT HAS FOR MORE THAN 35 YEARS**

**WE ARE CONCERNED FOR ALL OF OUR RESIDENTS. WE HOPE YOU ARE COPING WELL**

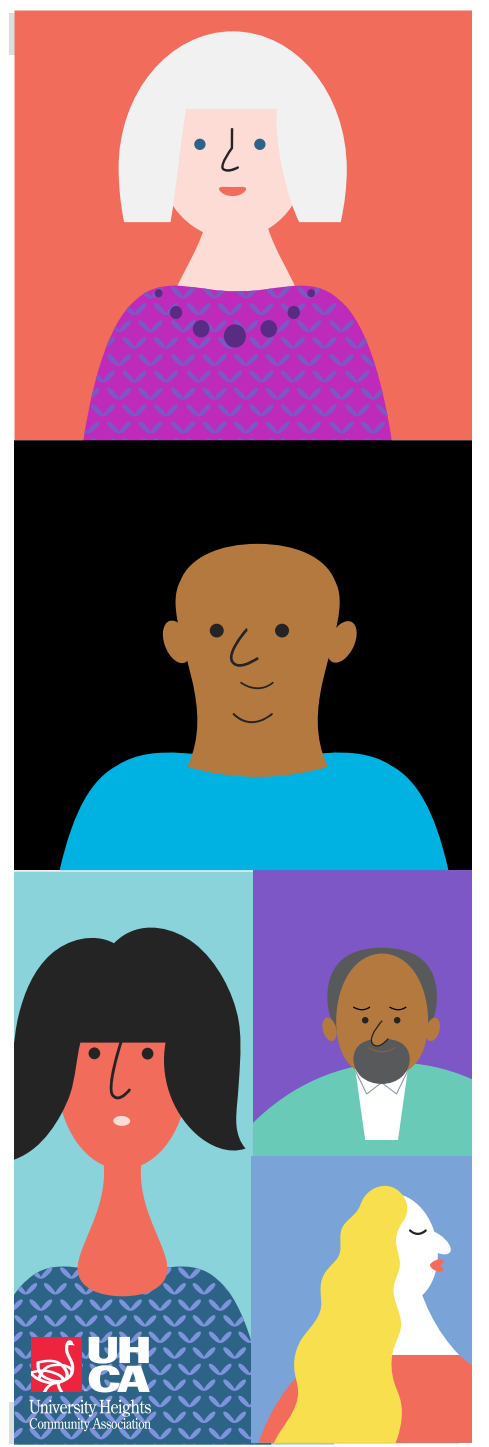
We realize events and meetings have been canceled and our lives have been upturned. But UHCA continues to support our residents. We would like to know your creative ways of coping with this stay-at-home mandate. How are parents and caregivers coping? How do you remain positive? What have you been doing to keep busy? Have your neighbors reached out to you? Have you reached out to them? Have promised government or private financial resources been accessible to help if you lost your job? Let us know at: [uhsd.org](http://uhsd.org).

The May UHCA meeting agenda was to discuss the infrastructure you support in University Heights. Please fill out the survey in April's UHCA News and send it to UHCA, PO Box 33032, San Diego, or to Stu McGraw at [stumcgraw@gmail.com](mailto:stumcgraw@gmail.com).

The first few years of UHCA, in the early 1980s, were incredibly productive. Four of the most important things we tackled during that time were:

- Advocating for the Trolley Barn Park
- Establishing a community identification
- Reducing the very high crime stats
- Renovating Park Boulevard with new sidewalks, trees, lighting, and underground utilities

In future issues of UHCA News, under the "Our UH History" section, we will feature each one of these topics, providing important historical background information about the early development of University Heights as a distinct and unique community.



## NURSES ARE UNSUNG HEROES

Since 1974, May 6, National Nurses Day, has marked the beginning of National Nurses Week. What can we do to make this year's recognition more meaningful than a shout out on the calendar? As an ICU nurse for ten years, I know well the critical support nurses provide not only to their patients, but also to families who are often grappling with the most disheartening tragedy they have ever faced. To imagine supporting patients and families through this level of illness and potential loss without the family able to be physically present is unfathom-

able. To do this while in circumstances where you are concerned for your own health and safety and for that of your family brings additional levels of stress and hyper-vigilance. Yet, of the almost four million nurses we have in the U.S., tens of thousands of them are heroically facing this new norm on a daily basis, doing everything within their power to provide physical and emotional support to patients and families, while battling an unknown opponent no one has ever been trained for.

Meanwhile, all the maladies that brought people to hospitals before COVID-19 still exist. Nurses in the ER, OR, Pediatrics, Labor and Delivery, Oncology, Med/Surg units, Psych, and every other hospital department are still caring for patients, but with

the additional burden of the potential for COVID-19 in every patient. Nurses also continue to provide care outside the hospital-home health nurses, as well as nurses in medical device companies, nursing homes, community health *continued on page 3*

**LOOKING AHEAD**

**IT IS UNCLEAR AS WE GO TO PRESS IF THERE WILL BE A JUNE 4, 2020, MEETING.**

**PLEASE CHECK OUR WEBSITE FOR UPDATED INFORMATION.**

**DONATE TO THE SAN DIEGO BLOOD BANK**

- DURING THE COVID-19 PANDEMIC, THE SAN DIEGO BLOOD BANK NEEDS BLOOD DONATIONS.
- BLOOD BANK COLLECTION IS TAKING PLACE AT ALL SIX REGULAR CENTERS, AS WELL AS POP-UP AND MOBILE CENTERS.
- CLICK ON THE LINK BELOW FOR UPDATED INFORMATION FOR DONORS >> INCLUDES LINKS TO FAQ, DEFERRALS, AND APPOINTMENTS.
- TO MAINTAIN SOCIAL DISTANCING, DONATIONS ARE BY APPOINTMENT ONLY.
- THANK YOU SO MUCH FOR DONATING BLOOD.
- STAY SAFE AND HEALTHY OUT THERE

[WWW.SANDIEGOBLOODBANK.ORG/COVID19](http://WWW.SANDIEGOBLOODBANK.ORG/COVID19)

**CANCELATIONS BECAUSE OF COVID-19 PANDEMIC**

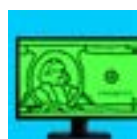
- UNIVERSITY HEIGHTS ANNUAL NEIGHBORHOOD TAG SALE
- CYCLE IN THE HEIGHTS AND FIRST MOVIE IN THE PARK
- PARTY ON PARK

MEMBERSHIP

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



NEW MEMBERS & RENEWALS GOLDEN OSTRICH Julie & Jeff Rubtchinsky, Kristie Edgmond, Walter & Ruth Matranga, George & Cynthia Driver, Thomas Mullaney\*



BUSINESS Ryan Wilson (The UPS Store) JOIN, RENEW, OR DONATE ONLINE AT UHSD.ORG.

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

Yearly Membership

- \*\$25 Household
\*\$75 Business Membership
\*\$100 Golden Ostrich
\*\$20 Add UHCA News Delivered Via USPS to your Membership

Name
Business Name
Address
City/State
Phone
Referred by

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & Planning
Blockwalker
Marketing & Merchandising
Membership
Neighborhood/Zone Watch
UHCA News
Program & Events

A portion of your membership is tax-deductible to the extent allowed by law.



UHCA OFFICERS

PRESIDENT Carol Neidenberg
VICE PRESIDENT Maureen Markey
SECRETARY William Smith & Peter Rose
TREASURER Stuart McGraw

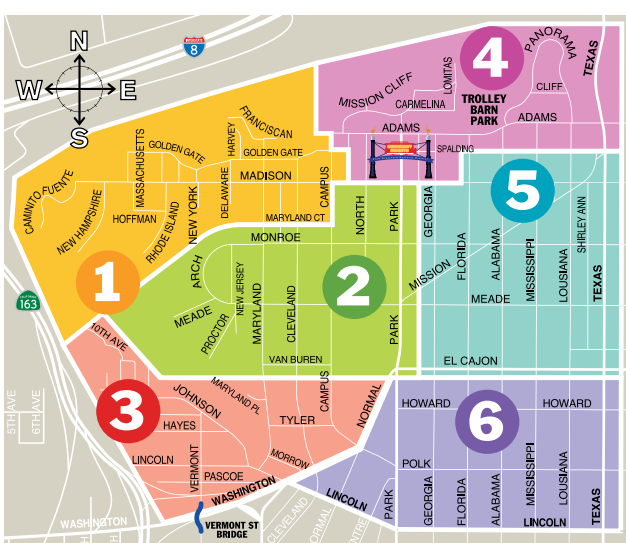
- WEBSITE uhsd.org
FACEBOOK /universityheightscommunityassociation
INSTAGRAM /uheightscommunitysd

UHCA NEWS

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ADVERTISING DIRECTOR Susan Holts

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.

UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH



Zone Watch Coordinators manage email lists of participants wishing to receive University Heights crime watch information and updates.

- 1 Nan McGraw
2 Pam Isaacs
3 Mary Lange
4 Christopher Hutchinson
5 Tamara Zylyij
6 Nan McGraw

CRIME WATCH SIGNS UHCA installed 60 new signs in 2016. If you know of an old sign that needs replacing or a location needing a sign, please email UHCA President Carol Neidenberg at president@uhsd.org.

SLOW DOWN SIGNS Speeding on neighborhood streets in UH continues to be a problem. Shaving time off trips by speeding has small benefits and high risks. PLEASE SLOW DOWN!

UH PHONE BOOK

Table with 3 columns: Category (Emergency, Police, Fire, Medical, SD City Services, etc.), Contact Info (Phone numbers), and Description (Services provided).

PRESIDENT'S CORNER CAROL NEIDENBERG

GRATITUDE IN DIFFICULT TIMES

I've often been told that it's best to write about something you know. Best to write something personal. To do so, I'll start off by expressing my gratitude to those unseen people who work every day to help us.

Every day I feel grateful to live in University Heights. We have great neighbors who have responded with multiple offers of help. I feel grateful to live in a beautiful house that overlooks a canyon.

I feel grateful that I experience nature by simply being in University Heights. While walking (yes, practicing social distancing!), I see people I haven't met

before. Most nod their heads or wave as we pass while still keeping the mandatory six-foot distance. So many neighbors are out walking, jogging, riding bikes, and walking their dogs.

When my daughter was an infant and would cry incessantly, my mother would wisely say that this too will pass. Like many who lived through the Depression and fought in World War II, she was right.

Hang in there, my Friends. I look forward to the time that we'll see others without face masks or standing six feet apart. We'll exchange pleasantries and remember that we've done this together.

The University Heights Community Association (UHCA), founded in 1983, is a 501(c) (3) nonprofit, member-supported community association dedicated to improving the quality of life and sense of community in San Diego's University Heights.

IN CASE YOU MISSED IT

Well, we missed it, too. We all did because the March 2020 UHCA monthly community meeting was canceled. In order to follow the state and local directives to combat the coronavirus, we canceled all of our scheduled meetings and events for March, April, and part of May.

information about our community during the pandemic. And we hope to be able to reschedule popular community events like Party on Park, the UHCA Annual Tag Sale, and the Movie(s) in the park when we are on the other side of this national crisis.

-UHCA News Editorial Board



THANK YOU TO ALL THOSE WHO SUPPORT US AND KEEP US SAFE

We want to shower with Plumes all of the following people who make our lives safer, more livable, and more enjoyable in this time of national crisis.

- To the moms and dads who must contend with entertaining and homeschooling their kids.
To the caregivers who help to care for those who cannot care for themselves.
To the people buying gift certificates or purchasing take-out food to support our UH businesses.
To our restaurants offering take out or delivery.
To our neighbors who have been so kind and willing to help one another.
To our local businesses who are doing what they can to survive the closing down of operations, with sincere hope that all of them are still here when this is over.
To our families and friends who reach out to us to reassure us that they are well and that they love us and wish us good health.

- To our doctors, nurses, and everyone in the medical field, who are doing heroic work.
To the San Diego Police Department and all those first responders who work to keep us safe.
To the delivery drivers, truck drivers, and grocery and pharmacy workers who keep working so the rest of us can access the supplies we need.
To the 211 and Access and Crisis Line staff, who are always there for us by answering calls 24/7, without regard to the weather, the nature of the emergency, or any other exigency.
To the many UH volunteers who have stepped up to help their neighbors.

Let's demonstrate our gratitude by respecting San Diego County's social distancing rules by wearing face coverings when we shop or interact with front line workers, as we must do when coming within 6 feet of non-family members anywhere.

NURSES ARE UNSUNG HEROES

continued from page 1

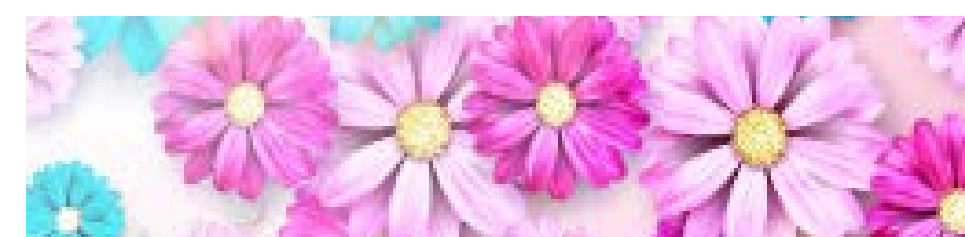
clinics, clinics, doctor offices. Again, the list goes on and on.

Every day and in every setting, nurses are going beyond the call of duty to usher patients and families through their individual healthcare journeys, bringing all the care, compassion, and expertise they have to offer.

there anything you can do to help lighten the heavy load and help them protect their family? Provide meals, child care, grocery shopping, or send flowers and a thank you note for anyone not local. You might create a poster or write a thank you note to post at the gas station, grocery store, or takeout-anyplace a nurse might see it.

Advertisement for Cecilia's Fine Jewelry, featuring jewelry images and contact information: 4669 PARK BLVD SAN DIEGO, CA 92116 619 297-7300

Advertisement for computer repair: We Fix Your Computer! We come to you or you come to us for the lowest rates. Call Robert at 858-449-1749



Advertisement for disaster contacts: SOS In case of a major disaster, have two out-of-area contacts handy. When the power is out, landline phones may not work. Make sure your cell phone is charged. Call 211 for updated information.

# WHO IS THE MYSTERIOUS CHALK ANGEL?



## MAY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DUE TO COVID-19 RELATED SCHEDULE CHANGES AFTER WE HAVE GONE TO PRESS, PLEASE CHECK WEBSITES OR CALL ORGANIZATIONS TO SEE IF EVENTS HAVE BEEN CANCELED OR POSTPONED.		PLEASE FOLLOW THE GUIDELINES ON STAYING WELL AND, IF YOU DECIDE TO ORDER OUT OR SHOP, PLEASE FREQUENT THE UNIVERSITY HEIGHTS BUSINESSES THAT REMAIN OPEN.		5	1	2
3 Hillcrest Farmers Market	4	5 CINCO DE MAYO Uptown Planners Meeting (uptownplanner.org) UHCA News Articles Due Board of Education Meeting Eugene Brucker Auditorium 4100 Normal St.	6 Nurses Day and 1st Day of Nurses Week UHCA Meeting, TBA	7 UH Rec Advisory Group Meeting--CANCELED UHCA Meeting Alice Birney Auditorium CANCELED Curbside Recycling & Yard Waste Collection	8	9
10 Mothers Day Hillcrest Farmers Market	11	12 Hillcrest Town Council Joyce Beers Center, Uptown Complex  Board of Education Meeting Eugene Brucker Auditorium 4100 Normal St.	13 Beautification Team Meeting, Hope Lounge Lafayette Hotel	14	15	16
17 Hillcrest Farmers Market	18	19 North Park Planning Committee (northparkplanning.org) TBA	20 UH Library Task Force Meeting TBA	21 Curbside Recycling & Yard Waste Collection	22	23
24 Hillcrest Farmers Market	25 MEMORIAL DAY	26 UHCA News Out Board of Education Meeting Eugene Brucker Auditorium, 4100 Normal St.	27 UH Book Club & Salon TBA	28	29	30
31 Hillcrest Farmers Market						

# UNIVERSITY HEIGHTS STORIES

At the beginning of April, we asked UH residents what their biggest challenges have been during the pandemic and whether they had found any silver linings. Here are some of their responses -JA



**Andrea**

(4/4) The biggest challenge for me has been going through this while living alone. I tried to sign up to foster a dog, but agencies don't need any more foster homes!

I'm grateful to be able to continue my work as a therapist online through Telehealth, and to be able to take long walks in our neighborhood, saying hello to friendly people and petting friendly dogs along the way.



**Mike & Comanche**

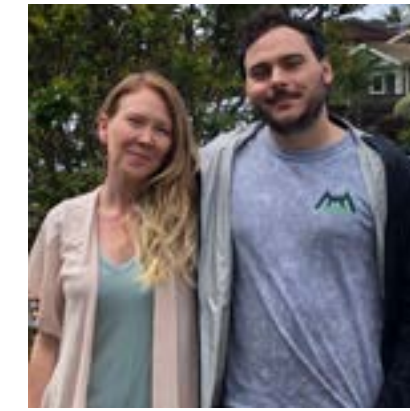
(4/4) The thing that gets me most is missing the social contact I so took for granted. That makes me especially appreciate seeing and talking to folks in our neighborhood (while maintaining appropriate space, of course). This neighborhood is an awesome place, and the people of UH have helped me maintain some continuity during this crisis.



**Hannah & Will, Jr.**

(4/4) Our biggest challenge has been having the four of us confined in a 900 sq foot house, with kids who are used to spending lots of time having fun outside. Every day our daughter asks if people are still sick or if we can go play with friends.

The silver lining is slowing down the pace of life, not feeling rushed to pack in so many different tasks and activities, and getting to spend more time together.



**Rose & Matt**

(4/9) We're both furloughed, and we have rent to pay, plus a mortgage back home. If our renter isn't able to pay rent, we'll have our own rental payment here plus our mortgage to pay. As millions are experiencing, the unemployment system is weeks behind and Matt hasn't heard back yet. Luckily, Rose has picked up some delivery work from Shipt, which treats its shoppers and drivers better than other companies do (providing masks and gloves). We love the outdoors and both work in adventure fields (diving and rock climbing), so our biggest challenge, really, has been not being allowed to spend time outside doing those things we love.



**Tom & Happy**

(4/5) The biggest challenges for me have been getting laid off - hopefully that's temporary - and the frustration of seeing so many people not taking social distancing and the need to wear masks in public seriously; they seem to not understand the reasons and what will happen if our medical system becomes overwhelmed.

Silver linings have included being able to spend more time with my wife and seeing how many people are embracing prayer.



**Sue**

(4/5) The biggest challenges are loneliness and isolation, and not being able to shop for myself. Without a car, I usually ride the bus and take Ubers and Lyft, but it isn't safe for me to do that now, so my daughter and neighbors are shopping for me, which I'm very grateful for. I don't like having to burden other people, and it's hard not to be able to hug my daughter when she drops things off for me.



**Matisse & Monica**

(4/10) The most challenging part has been the rollercoaster of emotions of so much uncertainty. It's stressful not being able to bring in any money from my work as a hair stylist, and trying to work on business planning while taking care of a 2.5-year-old and 8-month-old is nearly impossible. I'm grateful knowing I'll be in demand doing work that I love when this is over. I'm so grateful for my mom quarantining with us and for my husband's job and our little house. We're lucky we have everything we need to be safe and try to stay healthy.



**Jeff**

(4/9) I work at a grocery store, and I'm very grateful to still have a job. The biggest challenge has been the stress associated with cashiering - being trapped in close contact with customers, some of whom don't care enough to wear a mask. Many customers have been wonderful and generous, but some have shown that other people's lives don't matter to them, like when they throw their used gloves and cart wipes into their cart or on the ground as they leave the store. We employees are working extremely hard, and it's challenging to deal with the thoughtlessness at times.

and the community in this uncertain environment, as well as the financial viability of moving forward, we made the extremely difficult decision to temporarily close until further notice.

My partners and I are currently navigating the complex requirement process for local and federal small-business assistance, including the Federal CARES Act. With three locations in North Park, Mission Beach and East Village, the temporary closure has affected many people who are relying on the end of this pandemic.

Though Happy is sad not to get to the dog beach/park, his silver lining is having his daddies home more often to spend time with him and his cat brother Carl.

## THANK A NURSE ON NATIONAL NURSES DAY

May 6 is National Nurses Day and also the first day of National Nursing Week.

The week concludes on May 12, the birthday of Florence Nightingale, who is recognized as the founder of modern nursing. She came to prominence while serving as a manager and trainer of nurses in the 1854 Crimean War, during which she organized care for wounded soldiers. She became an icon of Victorian culture, known as "the lady with the lamp" because she routinely made the rounds of wounded soldiers at night.

Florence Nightingale is credited with creating a favorable, professional reputation for nursing.

After witnessing the terrible condition of wounded soldiers in the war, she introduced crucial hygienic practices such as frequent handwashing, which reduced the death rate by two-thirds.

Our nurses and others in the medical field are on the front lines now during the COVID-19 pandemic. If you know a nurse or anyone in the medical field, please be sure to thank them for their steadfast commitment to our health and well-being.

And we would like to recognize all those medical professionals who live in University Heights with a special thank you. You are our heroes.

—Nan McGraw



FOOD AND BEVERAGES

SUPPORT UNIVERISTY HEIGHTS BUSINESSES DURING PANDEMIC

The majority of businesses in University Heights along Park Blvd and Adams are open. Now more than ever, we need to come together and support each other. Please frequent these businesses so they can continue to serve all of us during these challenging times.

All restaurants have takeout, so go online or call ahead to order. Delivery service is also available for most of these businesses. Call or check online. [See "Takeout Safety" article for more details - eds.]

RESTAURANTS

Bahn Thai Restaurant- Pickup: Mon-Thur 11 am-10 pm; Fri/Sat 11 am-11 pm; Sun 4-10 pm. Call 619-299-6363. Menu: bahnthai.net.

Big Front Door- Pickup: Daily 10 am-6 pm. Call 619-255-4100. Menu: bfdsandiego.com.

Cueva Bar San Diego- Pickup: Tues-Sat 4-8 pm. Call 619-269-6612. Menu: cuevabar.com/online.

El Zarape -Pickup: Daily 11 am-8 pm. Call 619-692-1652. Menu: elzarape.menu.toeat.com.

Grains - Pickup: Daily noon-8 pm. Call 619-269-5999. Menu: grainscafe.com.

Kairoa Brewing Company- Beer Only. Roll up window opens at 3. Crawl only; no growler fills. (619) 295-1355.

Madison on Park -Pickup: 5 pm-8:30 pm; Brunch Sat/Sun 9 am-12:30 pm. Closed Mon. Call 619-269-6566. Menu: Madisononpark.com

Meraki Cafe - Pickup: Mon-Fri 7 am-3 pm; Sat/Sun 7:30 am-3 pm. Call 619-269-9618. Menu: places.singleplant-form.com

Muzita Abyssinian Bistro - Pickup: Mon-Thur 5-9 pm; Fri-Sun Noon-9 pm. Call 619-546-7900. Menu: muzita.com

Parkhouse Eatery - Pickup: Tues-Thurs 10 am-4 pm; Fri/Sat 9 am-7:30 pm; Sun 9 am-3 pm. Closed Mon. Call 619-295-7275. Menu: parkhousesd.com.

Plumeria Vegetarian Restaurant - Pickup: Mon-Thurs 11 am-3 pm & 4:30-9 pm; Fri 11 am-3 pm & 4:30-9:30 pm; Sat 11 am-9:30 pm; Sun 11am-9 pm. Call 619-269-9989. Menu: my-plumeria.com/menu.php.

Pop Pie Co. - Pickup: Daily 8-8. Call 619-501-4440. Menu: poppieco.com

Red House Pizza- Pickup: Mon-Thurs 4-9 pm; Fri/Sat 11:30 am-11 pm; Sun 11:30 am-9 pm. Call 619-546-7430. Menu: redhousepizzasd.com.

Small Bar & Grill- Call for details on days/times/menu. 619-795-7998.

Stella Jean's Ice Cream - Pickup: Daily 12-9 pm. Call 619-501-8252. Menu: stellajeans.com/pages/menu

Twiggs Coffee House - Pickup Daily 7 am-3 pm at both Park Blvd & Adams Ave locations. Call Park Blvd 619-296-0616; Adams Ave 619-296-4077. Menu: twiggs.org/university-heights; twiggs.org/adams-ave.

Yipao Coffee -Pickup: Daily 9 am-5 pm. Order online: Yipao-coffee.com. Free delivery of coffee beans and ground coffee. Yipao window, Park Blvd side of Kairoa Brewery.

MARKETS-619-296-6910

Park Blvd Deli and Market-Deli & store daily 9 am-10 pm. Deli orders: 619-295-1362.

Buds Liquor-Mon-Thurs 8 am-11 pm; Fri/Sat 8 am-midnight; Sun 8 am-7 pm. Market & liquor sales.

Summers Market - Mon-Thurs 9 am-11 pm; Fri/Sat/Sun 9 am-midnight. Market & liquor sales. 619-296-0504 -Mary Anne Stevens

TAKEOUT SAFETY

If you can afford to order takeout from a local restaurant, that's a great way to keep the economy moving a bit during this pandemic. Experts from the FDA (Food & Drug Administration), the CDC (Centers for Disease Control), and numerous research institutions all say that there is no evidence COVID-19 is spread through food, so eating takeout food from restaurants that follow best sanitation practices is something we should feel comfortable doing. We must still follow social distancing and other safety guidelines, however.

Here is the CDC's guidance for accepting deliveries and takeout orders, as updated on April 6, 2020:

- If possible, pay online or on the phone when you order.
• Accept deliveries without in-person

contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Read more at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html

Eat well, and stay safe!

-Judith Annicchiarico

LIBRARY NEWS

THE UH BRANCH LIBRARY BETWEEN THE COVERS

Resources Still Available Although UH Library Is Currently Closed

In line with county health guidelines to prevent the spread of the COVID-19 virus, the San Diego Public Library (SDPL) will be closed to the public until further notice. Checked out items are not due until May 22, 2020. Library card accounts with expiration dates between Feb. 16 and May 6 have been extended until May 31, 2020.

Online services and resources are available 24 hours, 7 days a week through the library's website at www.sandiegolibrary.org. If you do not currently own a library card, digital library cards are available to San Diego County residents. San Diego Public Library's eResources includes access to electronic versions of books, audiobooks, magazines, and databases. Resources also include homework help, test taking guides, online classes, genealogical research, and many more.

Programs and Events

While the library is closed, programs of online story times, book talks, and arts and crafts instruction are avail-

able. Please join SDPL at www.facebook.com/groups/SDPLstorytime/ for Stay-In Storytime Club's Facebook Group. Schedules are subject to change.

Weekdays, 10 am-Stay In Storytime Dailies. Storytime with our librarians. Weekdays,noon-Lunch Bunch, Chapter a Day. Ms. Angie reads a chapter book. Fridays, 10 am- Bilingual Time with Ms. Ady. Sing songs in English and Spanish.

Saturdays, 2 pm- Getting Crafty. Enjoy arts and crafts with instruction. Sundays, 10 am- Performer Highlights. Tune in for featured guests.

Please check our Facebook page or the library website for updated information. We miss all of you very much and look forward to working with you again, hopefully soon. Be well and stay safe out there. Thank you from everyone at the University Heights Library. - Elaine Sinsuan, Branch Manager, University Heights Library, sandiego.gov.



SCHOOL NEWS

ROO NEWS COVID-19 SCHOOL RESPONSE



As we go to press, students are virtually returning to Roosevelt classes via distance learning per Governor Newsom's directives. SDUSD has committed to providing every student with a computer and internet access to allow Roosevelt's world-class education to continue via distance learning for the duration of the 2019-2020 school year. Next month, we'll be able to provide more details about distance learning at Roosevelt.

Currently, our teachers are reaching out to Roosevelt families about their plans for the remainder of the school year and to identify specific distance learning needs. Teachers and students are taking the time to get up to speed, and regular grading of assignments will resume on April 27th. SDUSD has confirmed that statewide CAASPP testing will be postponed until next year. We commend all of Roosevelt's students and staff for their continuing ex-

cellent work in unprecedented circumstances. For information on SDUSD's distance learning resources during the school closure, including free food distribution sites, visit: https://sites.google.com/sandi.net/covid19/.

For the latest news on Roosevelt, visit the RooFriends website, www.friendsofroosevelt.org, and Mr. Steinberger's twitter account, https://twitter.com/PrincipalRIMS

- Important dates:
• Mon., Apr. 16 - Fri., Apr. 24: Distance learning soft launch. All work will remain enrichment.
• Mon., Apr. 20: Roosevelt students receive distance learning materials.
• Mon., Apr. 27: Grading resumes.

-Jennifer Ayala, Parent of students at Roosevelt and San Diego High School and a Board Member of the Friends of Roosevelt Foundation

UH BEAUTIFICATION TEAM REPORT

UHCA BEAUTIFICATION PROJECTS ON HOLD

Spring is here, and for many of us this means working outside in our yards, gardens, or planters. It is no different for the UHCA Beautification Team and its many volunteers. Normally, at this time of year, we are planning projects in Trolley Barn Park, the major annual cleanup at the 163 on ramp area at the intersection of Lincoln and Washington, the annual cleanup on Texas Street, and many smaller initiatives throughout the community. Unfortunately, this is all on hold as we shel-

ter in place. Preliminary planning of team projects continues, however, and as soon as conditions permit, we will be back outside working to keep our neighborhood the beautiful place that it is. We will certainly let you know when our work is going to resume in the event that you would like to join us. In the meantime, stay safe. This too shall pass.

- Rod Girvin, UHCA Beautification Team Leader, rrgirvin@cox.net

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

BIRNEY BUZZ LIFE LESSONS



The world has changed dramatically over the past few months. COVID-19 has affected virtually every aspect of our day-to-day lives, and education is no exception. On March 16 Birney Elementary School was closed along with all District schools because of concerns about COVID-19. Upon our return from Spring Break, we will be shifting to distance learning from home. The school district will provide WiFi and a learning device for those who do not currently have access to those resources. Free meals will continue to be available to students at a number of school sites across the city. For more information, check out San Diego Unified's COVID-19 website: https://sites.google.com/sandi.net/covid19/home.

Parents and teachers are supporting students through this challenging and uncertain time. Birney Bees miss school friends, class routines, and specials, but are fortunate to still have the same amazing team of teachers and staff working with them, albeit from a distance. Our school community has stayed connected, while maintaining responsible social distancing, through Zoom chats, shared online "spirit week" activities, drive-by birthdays, and greetings from afar in the community.

We are grateful for the community's continued support of Friends of Alice Birney Elementary. Although our students will be learning from home for the foreseeable future, we still need to fund Birney's award-winning

International Baccalaureate programs. We want to thank the amazing small businesses that have supported us over the past year. A few unique examples of how neighborhood businesses support our Birney Bees: Kairoa Brewery welcomed the Birney community for a dinner night out and donated \$1,000 to the school! Each year, Leon's Produce donates more than 100 pounds of fresh oranges to give our students energy at the annual Run for the Green. Mission Hills Nursery donated \$1,000 to keep our gardening classes available to all students. Pop Pie and Stella Jean's have used Birney garden produce to create special menu items and donated a portion of the proceeds back to the school. Park & Rec hosts bi-annual Birney Night Out events and donates proceeds from sales to the school. Please go to http://friendsofalicebirney.org/sponsors/ to check out all our amazing Birney supporters, and to join us in thanking these generous local businesses!

We will get through this difficult time together. Birney students will continue to grow academically through distance learning, and likely during this unusual time will learn life lessons not found in a book—lessons about compassion, resiliency, courage, and community service.

-Erin MacKinnon, Proud Parent of two Birney Bees and Secretary/ Outreach on the Friends of Alice Birney Elementary (FOABE) Board.

WE'RE HAPPY PEOPLE IN ZONE 6 KNOW THEY LIVE IN UH



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YOUR HEALTH

COVID-19 UPDATES

A MESSAGE TO THE COMMUNITY FROM OFFICER SURWILO

Thank you for working with the city and following the directions related to the COVID-19 situation in San Diego. It has been a major adjustment for all of us and our families. I have been getting emails asking how our officers are doing and thanking us for working during this difficult time.

Our entire department is still working, but we have made some adjustments in how we do our job. We have taken on some new tasks, such as educating people about social distancing and closing parks and beaches.

Below is information from the San Diego County Coronavirus Disease website, which provides information directly related to COVID-19. A chart posted with website links is too long to publish here, but it sheds light on the age groups that are most affected here in San Diego, 20 to 50 years old.

For additional information, go to: www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\_epidemiology/dc/2019-nCoV/health-order.html

Stay Home Except for Essential Needs

San Diego County public health officials have issued orders to prevent the spread of COVID-19. A statewide order issued March 19 expands on parts of the local order.

San Diego County public health order California public health order List of essential critical infrastructure workers

What the Orders Mean
Everyone must stay home except to take care of essential needs or go to an essential job.
Practice social distancing. Keep at least six feet away from other people unless they're family living together in the same household.

What Is Open?
You need to follow social distancing when you visit these essential services, including
Grocery stores, farmers markets, food banks, convenience stores
Restaurants for take-out, delivery, or drive-through
Pharmacies
Banks
Laundromats/laundry
Hardware/home improvement stores

Essential government services are still available. Many government agencies have closed public offices but are offering services online, over the phone, or other ways.

What Is Closed?
Dine-in restaurants
Bars and nightclubs
Gyms and fitness centers
Hair and nail salons
Entertainment venues
Public events and gatherings

Businesses
Businesses and organizations that provide critical infrastructure are exempt, including health care and public health, public safety, food and agriculture, and media.
Businesses allowed to stay open must also practice social distancing, encourage employees to work from home if possible, and suspend any requirement that employees must provide written doctors' permission to stay home.

Schools and Childcare
All public and private schools, colleges, and universities are closed. Parents of minor children must take steps to keep them at home.

Daycares are still open, but only for children of parents working in essential sectors. Daycare centers that remain open should employ heightened cleaning and distancing requirements. Babysitters may also come to the house to care for minors of parents working in essential sectors.

Health Care and Helping Sick Relatives

What if I need to visit a health care provider?
If you are feeling sick with fever or cough or other symptoms, please first call your doctor, a nurse hotline, or an urgent care center.
If you need to go to the hospital, call ahead so they can prepare for your arrival.

rival. If you need to call 911, tell the 911 operator the exact symptoms you are experiencing so the ambulance provider can prepare to treat you safely.

What about routine, elective, or non-urgent medical appointments?
Non-essential medical care like eye exams, teeth cleaning, and elective procedures must/should be cancelled or rescheduled. If possible, health care visits should be done remotely.

May I leave home to care for my elderly parents or friends who need help to care for themselves? Or a friend or family member who has disabilities?
Yes, if you are not feeling sick. Be sure that you protect them and yourself by following social distancing guidelines such as washing hands before and after, using hand sanitizer, wearing a face mask, maintaining at least six feet of distance when possible, and coughing or sneezing into your elbow or a tissue and then washing your hands.

May I visit loved ones in the hospital, nursing home, skilled nursing facility, or other residential care facility?
Generally, no. There are limited exceptions, such as if you are going to the hospital with a minor who is under 18 or someone who is developmentally disabled and needs assistance.

18 or someone who is developmentally disabled and needs assistance. For most other situations, the order prohibits non-necessary visitation to these kinds of facilities except at the end of life. Hospital administrators may determine other exceptions in special circumstances.

Going Outdoors
You can go for a walk or walk your dog if you keep six feet from people who are not in your household. Avoid any groups. Some parks.

Why Are We Doing This?
The goal is to "flatten the curve." That means to keep people from getting sick all at once. We can slow a virus' ability to infect people by keeping the people apart.
When a new virus like novel coronavirus appears, faster spread means higher demand on the health care system. The increase can overwhelm the health care system and make it harder to take care of all sick people, whether they have COVID-19 or not.

www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\_epidemiology/dc/2019-nCoV/status.html

FBI IDENTIFIES COVID-19 SCAM ALERTS

The Federal Bureau of Investigation (FBI) urges vigilance during the COVID-19 pandemic. As the United States and the world deal with the ongoing pandemic, the FBI's national security and criminal investigative work continues.

Please see the link at https://www.fbi.gov/coronavirus for an FBI COVID-19 Pandemic Scams Public Service Announcement (PSA). The FBI has identified a new fraud scheme using text messaging and social platforms to reach potential victims.

public that Costco is not texting or using social media platforms to reach the public or its customers to provide a "stimulus check," "freebies," or a "stimulus package," as shown in these fake messages.

These messages, containing a malicious link, are a scam. As previously advised by the FBI, the public is advised: Do NOT click on this type of unsolicited link. Do NOT provide personal information in unsolicited emails/texts.

Click on the link to the FBI for examples of fraudulent texts/messages related to this scam. Please remember these are only some of the scams that are occurring. So remain vigilant. Officer David Surwilo, San Diego Police Department Community Relations Officer, Western Division

YOUR HEALTH

COVID-19 UPDATES

THE SAN DIEGO FOUNDATION HELPING COMMUNITIES AFFECTED BY COVID-19



In response to the Coronavirus, The San Diego Foundation launched the San Diego COVID-19 Community Response Fund. The fund rapidly deploys resources to nonprofit organizations that support local workers, families, and the communities most affected by the coronavirus crisis.

Community foundations were created for just this reason. The San Diego Foundation has more than four decades of experience working in close collaboration and building strong relationships with our nonprofit community, local leaders, and other key partners.

A partnership with the San Diego COVID-19 Community Response Fund Leadership Council, a group of community experts in civic leadership, philanthropy, government, public health, business, grantmaking, communications, and fundraising, was created to inform fund efforts.

The first few rounds of grantmaking aided nonprofit organizations with deep roots and strong experience supporting affected communities, particularly those that are disproportionately affected by the global coronavirus pandemic and its economic consequences.

Thanks to the generosity of more than 1,600 individuals, companies, foundations, and donors at The San Diego Foundation, the San Diego COVID-19 Community Response Fund raised \$6.8 million in just two weeks in March to support San Diegans in need.

You can find out more at www.sdfoundation.org. — Pauline Martinson, Director of Development



MAKE A NO-SEW FACE MASK WITH HANDKERCHIEF AND HAIR TIE

As the demand for face masks has accelerated and they are nearly impossible to find in any store, DIY face masks have been trending on social media with Instagrammers and bloggers sharing ideas on how to make alternatives to surgical masks.

particularly skilled at this do-it-yourself kind of endeavor. But we took a stack of clean bandanas and a bunch of hair ties, and then each of us followed the directions for the first ones we made. We finished those in about 2 minutes. Then we each made 2 more in about 45 seconds each, without even looking again at the directions.

http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie?mc\_cid=7ac89cb614&mc\_cid=a706f59e58&fbclid=IwAR0u2QP5Eq1zW-zmbijRP6ZwppsAVKd8LgF-BzKZrIv5Sk7i4pAeuOISa-QeY

After seeing this tutorial, my husband and I decided to try it. Neither of us is



A thoughtful neighbor's gesture

Advertisement for State Farm insurance featuring Dorian E Brewer, Agent. Text: 'Give your home the protection it deserves.' Includes contact information for State Farm Fire and Casualty Company.



# WHO IS THE MYSTERIOUS CHALK ANGEL?



## POLITICAL NEWS

### FROM YOUR COUNCILMEMBER

# CITY COUNCIL ACTS TO PROTECT SAN DIEGANS

This week the City of San Diego approved several actions to protect all San Diegans during this unprecedented pandemic. Yesterday, the City Council approved an Economic Relief Package focusing on Small Businesses and an Emergency Ordinance that placed a moratorium on both residential and commercial evictions. These necessary steps will ensure that San Diegans have additional support to navigate the many hardships that COVID-19 continues to create.

#### The Small Business Relief Fund

The Economic Relief Package (officially, the Small Business Relief Fund) was unanimously approved to help business owners sustain operations and retain employees as all of us adjust our lives around the current safety measures. Small businesses are the fabric of our local economy and crucial to the health of our neighborhoods. Businesses, both owners and employees, face a difficult road to recovery after this crisis ends.

The application was posted on Friday, March 27, 2020 at 5 pm. To access the form and additional information on which businesses qualify, go to the city's website. The online completion

of this form will assist the Economic Development Department staff in assessing the needs of your business and connecting you with the most appropriate resources.

This relief fund is a vital first step. However, San Diegans will need major, systemic support at the state and federal levels that goes far beyond what we can do at the City level. I will continue to push state and local officials to deliver that support for our city and our region.

#### Eviction Moratorium

My colleagues and I on the City Council approved an emergency ordinance that places a temporary moratorium on residential and commercial evictions. San Diegans need to remain safe and secure in their homes, we need protections against falling into homelessness during this pandemic, and our local businesses need additional relief as they adjust to the County of San Diego's public health mandates.

The eviction moratorium ordinance, effective through May 31, 2020, provides tenants up to six months to pay any unpaid rent. Landlords may seek

payment of rent, but may not evict tenants who qualify for relief and provide documentation.

As part of the action, the Council asked City staff to work with banks and lenders to halt foreclosures of properties whose owners are unable to make mortgage payments; and to aggressively seek local, state, and federal economic aid packages to provide relief to landlords, which benefits tenants. This is in addition to Governor Newsom's announcement that several major banks and financial institutions have agreed to delay foreclosures and provide mortgage relief to California homeowners who are struggling to make their monthly payments.

Additionally, the San Diego Housing Commission and its nonprofit affiliate Housing Development Partners are prohibited from evicting tenants who reside in any of the 3,732 Commission-controlled affordable apartments.

To access a comprehensive list of the provisions in this emergency ordinance, Go to the city's website. A moratorium on evictions is a necessary step but not a long-term solution.

Delaying payment can set up a crisis for the same families and businesses we are trying to help. To address that potential hardship, I've requested that the Housing Commission determine the best way to assist renters and landlords once we are through this pandemic.

#### San Diego Working Together

How we plan now for this long-term disruption will set the stage for recovery and ensure we are mitigating hardships that will emerge on the other side. I want to thank all San Diegans who are doing their part by self-isolating and following the public health guidelines in place for our safety.

—Chris Ward, Councilmember, San Diego City Council, District 3



## FROM YOUR STATE ASSEMBLYMEMBER

# COVID-19 RESOURCES FOR RENTERS

I have just returned from my nightly routine of providing updates and answering questions via Facebook Live. See [www.facebook.com/toddgloria](http://www.facebook.com/toddgloria). Many constituents have reached out to my office with questions about relief for renters. As a fellow renter, I understand the concerns. No one should lose a home as a result of this public health crisis. Fortunately, both state and local governments have created several layers of protection for renters.

On March 16, Governor Newsom issued an executive order to authorize local governments, at the discretion of local authorities, to institute extra protections for renters and homeowners. With several of my colleagues in the legislature, I signed a letter urging the Governor to enact a uniform eviction moratorium policy across the state, providing consistency and security for all California renters impacted by the COVID-19 pandemic. In response, Governor Newsom amended the executive order and instituted a statewide ban on the enforcement of

eviction orders for renters affected by COVID-19, effective through May 31, 2020.

In the meantime, the City of San Diego, the County of San Diego, and several other jurisdictions in the region have enacted their own emergency eviction moratoriums. These local ordinances go further than the statewide policy, and several include commercial as well as residential rental properties.

However, it's important to note that none of these policies permanently waive rental payments and none apply to all renters automatically. Participation will require timely notification to your property owner as well as documentation of how the COVID-19 pandemic or related government orders have affected your ability to make rent payments on schedule.

My advice is to read up on any local policy that may cover your residence, contact your local government representatives with any questions, and

start gathering supporting documents such as bank statements or pay stubs. Most important, reach out to your landlords as soon as possible to notify them of the issue and ask to set up a deferred repayment plan. My office is happy to assist you if you have additional questions or concerns.

Another resource at the local level is the San Diego Worker Assistance Initiative, operated by the United Way. It will provide direct rent and utility payments for qualifying low-wage workers affected by COVID-19. You can apply online here.

The latest \$2 trillion federal stimulus package signed into law on March 27 will provide more direct financial support. The Coronavirus Aid, Relief, and Economic Security Act (CARES Act) stimulus package includes significant expansions to unemployment programs as well as direct payments to American households meeting the income criteria. I have found this article to be a helpful resource on the stimulus. Also, the Assembly has put

together a Stimulus Calculator to estimate how much you and your family can expect to receive.

I know much more must be done to help those struggling during this pandemic, but I hope the measures described here provide a baseline of support as we move forward. Please continue to monitor the State's COVID-19 website at [covid19.ca.gov](http://covid19.ca.gov) for the latest information. My office has also set up a dedicated page on our web site that we update regularly with information as we receive it.

If you have any questions about renter relief, any other COVID-19 issue, or legislative concern, please contact my office by e-mail at [assemblymember.gloria@assembly.ca.gov](mailto:assemblymember.gloria@assembly.ca.gov) or by phone at (619) 645-3090.

Above all else, please stay safe and healthy.

— Todd Gloria, Assemblymember for California's 78th Assembly District, which includes University Heights

## FROM YOUR STATE SENATOR

# CALIFORNIA'S RESPONSE TO THE COVID-19 CRISIS

Despite a rapidly evolving public health situation, both clarity and calm have been at the center of California's response to the COVID-19 crisis. I have seen both at work throughout our state, from the actions of our medical professionals to San Diegans rapidly changing their activities to stop the spread of the virus. As the threat of COVID-19 loomed, California public health officials and leaders prepared for a potential outbreak. Those efforts were key, and set a precedent of steady composure in the weeks that followed.

I am deeply grateful for Governor Gavin Newsom's actions to safeguard our state, as well as the Senate's leadership in authoring two bills to ensure our state and communities have proper resources and support. First, the Senate voted to pass a budget bill to fund lifesaving care and protect Californians, including those experiencing homelessness and seniors. Second, the Senate passed a bill to implement Governor Newsom's order to increase protective equipment, supplies, and cleaning for schools, and to ensure districts will not lose expected revenue over because of coronavirus-related closures.

As we returned to home districts to serve constituents and abide by the stay-at-home order, the Governor is-

sued orders providing shelter for those experiencing homelessness, strengthening our health care system, and requesting federal assistance to prepare for a COVID-19 surge.

We did, and are doing, what California does best. We examine possibilities, determine solutions, and take to heart the needs of all Californians. And we are working to ensure that aid from the federal stimulus gets into the hands of those who need it the most.

— Toni G. Atkins, President Pro Tempore of the California Senate and State Senator for California's 39th District, which includes University Heights. More info at [senate.ca.gov/Atkins](http://senate.ca.gov/Atkins)



## FROM YOUR CITY ATTORNEY

# OFFICE PROTECTING THE PUBLIC DURING HEALTH EMERGENCY

Even in the best of times, the attorneys who advise our elected officials and department heads face an abundance of legal work. During a crisis, however, unprecedented situations may require original solutions and even new laws. At these times, our Civil Advisory Division attorneys are the unsung heroes, ensuring the City can respond to rapidly developing situations swiftly and legally.

Issues covered by our Office have included nearly every aspect of City operations:

- Using City facilities and property for emergency housing and other purposes necessary to combat the spread of COVID-19
- Defining "essential" and "non-essential" businesses under the Governor's executive order, and the City's powers to enforce closures of businesses that don't comply
- Utilizing the City's ability to preemptively cancel public events that violate the Governor's executive order in parks and on leased property
- Keeping City business flowing smoothly when the employees needed to review and sign documents are working remotely
- Promulgating rules for holding public meetings under the Brown Act when members of the public cannot be physically present

In addition to these issues, our Office quickly drafted the Eviction Moratorium and Business Relief resolutions that were approved by the City Council on March 25.

Other divisions in our Office are working equally hard. Our Affirmative Civil Enforcement Unit (ACE) protects consumers from price gouging and scams. ACE is cracking down on retailers who raise the price on essential goods more than 10 percent, which is illegal during a state of emergency. To make a report, call 619-533-5618.

Even though the courts are closed, one can still obtain restraining orders related to gun violence and domestic violence. Domestic violence victims may reach our Family Justice Center staff at 619-533-6000 or 619-533-6001.

During this difficult time, the City Attorney's Office is working diligently to protect the health and safety of you and your community.

— Mara W. Elliott, San Diego City Attorney



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