

Next UHCA Meeting May 4

HOUSING DEVELOPMENT FORUM
6:45 pm at Birney Elementary
www.uhhd.org/attend-a-meeting



Neighbor Interviews:
Angie Ziegler celebrating 100 years!

BY JANE GILBERT | PAGE 9



Chuck Lapinsky: Professional Photographer

BY JANE GILBERT | PAGE 7



Around the Neighborhood: Helping New Mothers

BY STU MCGRAW | PAGE 11

NEWS

University Heights Community Association
May 2023

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Housing Development: State vs. Local Control?

California Senate bills SB9 and SB10, recently signed into law by Gov. Gavin Newsom, provides that local agencies may adopt an ordinance to allow up to 10 dwelling units on any parcel. It does this by streamlining the process for developers to build new housing, particularly in areas that are currently zoned for single-family homes. While the intention of the law was to increase affordable housing options, it has caused a lot of confusion among homeowners who are concerned about the increased traffic, noise, and congestion that will come with the construction of these new buildings. Additionally, there are worries that the

law will lead to the displacement of long-time residents and the destruction of established communities. While the need for affordable housing is extremely important, it is essential that any new laws or regulations take into account the concerns and needs of all residents. Four out of nine San Diego City council members opposed the city's zoning changes, citing concerns about increased traffic and air pollution, the lack of funding for infrastructure (aggravated by a \$4.3 Billion infrastructure deficit), and the need for environmental review of the real-world impacts of this huge density increase.

UHCA is inviting you to hear both sides of the issue: Council Member Stephen Whitburn and State Assemblymember Chris Ward are invited to meet with representatives from Our Neighborhood Voices for an informative exchange of views so that the audience can draw their own conclusions. The meeting will be held on Thursday May 4th at 7 pm at the Alice Birney Elementary School auditorium at 4345 Campus Ave. The University Heights Community Association wants your voice to be heard, so please bring your questions and an open mind.
— Stu McGraw

SUMMER SPORTS ON BIRNEY FIELD

Get ready to have some fun this summer at the Alice Birney Field! Join your neighbors for Grass Volleyball (6v6 Coed Social / Best of 5) on Tuesdays, PRIDE Kickball League (11v11) on Wednesdays, and Kickball (11v11 Coed) on Thursdays, starting June 6th and running until July 13th. Each series will be 4 weeks + 2 playoff weeks. Our friends at Volo Sports <https://www.volosports.com> are passing along a discount for UHCA members. Please help us reach our GOAL to start a Free Youth League in UH! Please email sports@uhhd.org for more information. Have a fun summer!
— Stu McGraw



UHCA Pride

Last year was UHCA's debut at the San Diego Pride Parade. Thanks to the few but fabulous who joined us! Get ready, Pride '23 is right around the corner. We would love for you to join us July 15 for this year's Pride Parade, whose theme is "Thrive!" Please RSVP to walk with us, feel free to ask questions and volunteer to help us organize this event and more at pride@uhhd.org.
— Stu McGraw

UH Community Yard Sale

Mark your calendars for the UH Community Yard Sale happening on Saturday June 3rd! This is the perfect opportunity to declutter your home and make some extra cash. Hundreds of shoppers will be following the map of yard sale participants so remember to register your address at uhyardsale@gmail.com. It's free! Don't miss out on this chance to meet your neighbors and reuse and resell in UH!
— Stu McGraw

Community Planning Group March Election Results

Congratulations to the community planning groups' newly seated or re-elected board members from the March elections.

North Park Planning Committee:

www.northparkplanning.org

Carmen Cooley-Graham

Douglas Schueler

Glenn Todd

Gregory Horn

Heidi Orcino

John Hartley

Liz Saba

Patrick Garbani

Uptown Planners:

uptownplannersd.org

Blake Peterson

Clifford Weiler

Don Liddell

Jason Frye

Jim Walsh

Julie Hyde

Susan Blackwell

Susan White

MEMORIAL DAY

Way back in 431 B.C., soldiers killed in the Peloponnesian War were honored with a public funeral.

Meant to honor those lost in the Civil War, the Southern states honored their Confederate Soldiers who died. After WWI, the tradition of honoring our fallen soldiers evolved into Memorial Day. A few facts:

One sacred tradition of Memorial Day is that the President places a wreath at the Tomb of the Unknown Soldier.

Memorial Day is one of the few days flags are ordered to fly at half-staff at sunrise then full-staff at noon.

President Bill Clinton signed the National Moment of Remembrance Act in 2000, which asks Americans to pause and observe a National Moment of Remembrance at 3 pm local time.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

VINYL TOTE BAGS

We now have what is arguably the greenest possible tote bag available. Each pair of upcycled UHCA banners yields five tote bags. They are handmade right here in San Diego. No recycling pollution. No greenhouse gas emissions. No shipping thousands of miles from overseas like the trendy eco totes for sale in upscale shops and grocery stores. Just some thread and a hang tag. Plus, these are far heavier, and cooler looking and can be used almost anywhere. At \$40 they are not the cheapest bag, but remember each one is handmade here in San Diego.

To me, this alone is worth the price. Don't forget these are my children getting cut up into five tote bags a pop.

— Paul Farris



June 4th UH Canyon Cleanup



Fire Season is rapidly approaching fueled by the record rainfall this winter. Now is the time to work together to mitigate the risks from the buildup of invasive vegetation and highly flammable waste from abandoned campsites. All of UH is in a Cal Fire zone because of our proximity to canyons, so this concerns all of us. UHCA is teaming up with I Love a Clean San Diego and Adopt a Canyon to conduct fire mitigation in UH.

The first of these cleanups will be Sunday June 4th from 9 am to Noon at the S-163 freeway on-ramp (near Washington St just west of Lincoln Ave), which will be closed to traffic during the Rock 'n' Roll Marathon.

We will start at Mystic Canyon (aka Camelot Canyon) under the Vermont St Pedestrian Bridge and work our way down along Hwy 163. Please sign up at cleanup@uhhd.org. Remember to wear protective clothing and bring water. Tools will be provided. Please tell your neighbors. Thank you and stay safe!

— Stu McGraw

MEMBERSHIP

NEW MEMBERS & RENEWALS

BUSINESS/CORPORATE MEMBERSHIP

Eden University Heights, Liber8fit Underground, Summer's Market

GIFT

Anonymous

Thank You!

HOUSEHOLD

Bernard Dambron & Dawn Sassi Dambron, Cathleen Edwards, Ed & Judy Ross, Jeanette Showalter, John Kelleher & Mary Barger, Judy & Weston Riffle, Kelsey Brown, Mary Jo Barr & Jane Gilbert, Susanne Friedrich, Tom & Theresa Cesear, Walter Roussel

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



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



OUR MISSION

The University Heights Community Association (UHCA), founded in 1984, is a 501(c)(3) nonprofit, member-supported community association dedicated to improving the quality of life and the sense of community in San Diego's University Heights.



Yearly Membership

- () Feather – give what you can \$ _____
- () \$36 Plume (Household)
- () \$120 Golden Ostrich (Household)
- () \$100 Business Plume

Donor

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

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

Volunteer Your Time on a UHCA Committee!

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

A portion of your membership is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org



**JOIN, RENEW, DONATE, OR VOLUNTEER
ONLINE AT UHSD.ORG.**

UHCA NEWS

EDITORIAL TEAM Nan McGraw, Lisa Getz, Stu McGraw

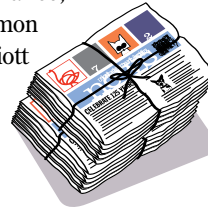
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ADVERTISING DIRECTOR Email Stu McGraw at ads@uhsd.org

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 first of the month. Please see www.uhsd.org/submissions for details.



UHCA BOARD

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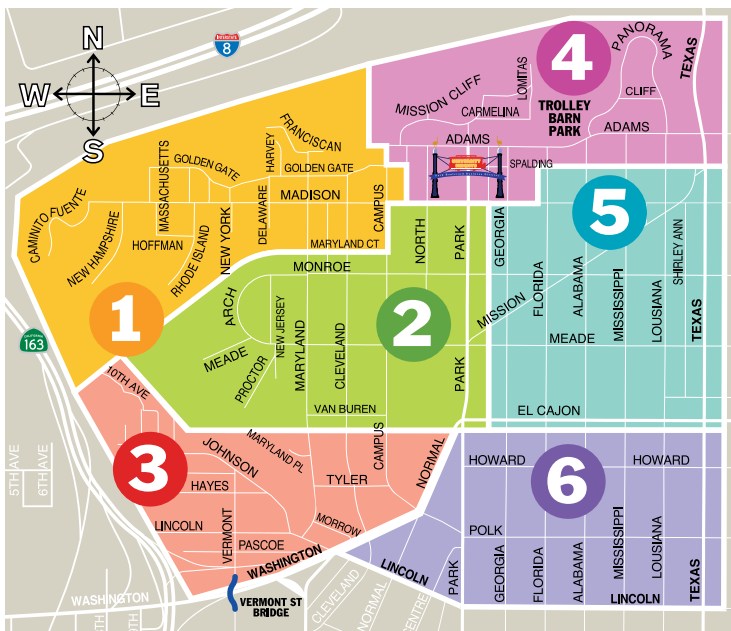


FACEBOOK <https://www.facebook.com/UniversityHeightsCommunityAssociation>



INSTAGRAM https://www.instagram.com/universityheights_sdcommunity/

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 Heather Wilcox** zone4watchuhca@gmail.com
- 5 Tamara Zyhylij** tamara@tamarazrealestate.com
- 6 Nan McGraw** nmcsan@aol.com



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, email signs@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! Please email signs@uhsd.org.



File a Police Report Online with SDPD
tinyurl.com/SDPD-OnlineReport

UH PHONE BOOK

Emergency • Police • Fire • Medical	9 1 1	PATH (People Assisting The Homeless) path@epath.org	619-810-8600
Non-Emergency Suspicious Activity, Homeless Outreach Team, etc.	619-531-2000	Retired Senior Volunteer Patrol (RSVP)	619-692-4945
SD City Services: Emergency & Non-Emergency Street lights, potholes, etc. Online: www.sandiego.gov/city-hall/departments	619-527-7500	Vacation home security check, welfare of home-bound, patrolling business districts, homeland security support	
Alert San Diego Reverse 911 notification to mobile phones for emergencies requiring evacuations	www.readysandiego.org/alertsandiego/	National Suicide & Crisis Lifeline	9 8 8
2-1-1 San Diego Free Resources: CalFresh, Medi-Cal, Covered California, etc.	2 1 1 or 858-300-1211	SDPD Community Relations Officers: David Surwilo Michael Hayes	dsurwilo@pd.sandiego.gov mhayes@pd.sandiego.gov
Alice Birney Elementary Office	619-497-3500	SDPD Western Division 5215 Gaines Street	619-692-4800
Brush and Weed Abatement	619-533-4444	Shopping Cart Pick-Up Service	888-992-4778
Code Violations	619-236-5500	UHDC University Heights Community Development Corporation	619-297-3166
County Dept. of Environmental Health Public Health/Rats/Rodents	858-694-2888	University Heights Public Library 4193 Park Blvd	619-692-4912
Downed Power Lines / SDG&E	800-411-7343	UH Zone Watch Coordinator Nan McGraw nmcsan@aol.com	619-260-0668
Emergency Water / Sewer Repair / Sink Holes	619-515-3525	Graffiti: In Progress Emergency: Report Online: Graffiti Hotline:	9 1 1 www.sandiego.gov/get-it-done 619-527-7500
Homeless Outreach Team (HOT) 5am-3pm M-F	619-446-1010	SD Vector Control mosquitoes / ticks / rats Online: vector@sdcounty.ca.gov	858-694-2888
Narcotics Suspicious drug house / anonymous	619-531-2468		



Download this app for reporting non-emergency issues, like abandoned vehicles, street repairs, potholes, graffiti, code violations, over-watering, sidewalk problems, etc. to the City of San Diego
www.sandiego.gov/get-it-done



DISASTER CONTACTS
 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.

NAN'S CORNER

Do We Have What It Takes?

40 years ago some of us lobbied the city for a park instead of high density housing where our Trolley Barn Park exists. That was hard work and we've worked hard since: Park Boulevard improvements (there were 5 sleazy bars, no restaurants, no pedestrian activity on Park), community identity, preserving our neighborhoods, fighting crime, beautification and more.

We've had fun events along the way and developed a University Heights Spirit. Our combo of single family housing, small apartments and larger complexes have created a mix of great neighbors who support a vibrant business district.

But, are we becoming complacent about things that truly matter to preserve and enhance our community character? Do we fight for the infrastructure needed to handle the increased density? Do we limit the increase in density (see our agenda for the May meeting)? Do we really want a new library? Do we want the Board of Ed property go the way of politicians' grand plans?

Let's work together to make University Heights a place our children and grandchildren will be proud to inherit. Come to our meetings. Voice your vision. Become involved.

— Nan McGraw

UHCA MEETING NOTES

Community Meeting Summary

The April 6, 2023 UHCA community meeting began with a Crime Watch segment discussing various issues in the neighborhood.

The main presentation's featured speaker was Marina Pangilinan, Environmental Educator with I Love a Clean San Diego cleansd.org, who informed and inspired the crowd at the UHCA Meeting with her engaging presentation on the new Organic Waste Recycling Program and new Food Waste recycling rules. This was perfect timing as green bins began arriving in April at curbs throughout University Heights.

She also provided ways each of us can reduce our waste toward a zero-waste goal, repurpose, repair or recycle items, and find a more sustainable way to live our lives, as well as volunteer to help cleanup our surrounding areas.

Did you know Miramar Landfill receives over 900,000 tons of trash per year and will reach capacity in 2030? San Diego County produces 500,000 tons of food waste yearly. Diverting that to produce products which help our gardens grow is a double win for a healthier life.

More information on the City's Organic Waste Recycling Program is here tinyurl.com/OWRProgram and related Webinars and Workshops are here tinyurl.com/OWRWorkshops.

— Stu McGraw

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SAN DIEGO, CA 92116

CALL 619 297-7300 FOR APPOINTMENT

If you have ideas for stories, a knack for editing, and want to get more involved with keeping our community better informed, we have a great way for you to exercise those creative muscles! UH News is looking for writers and editors and needs a few extra hands! This is a great way to volunteer and work with an awesome, fun, creative team. email news@uhcd.org!

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Pet of the Month Hershey

Hershey is a two-year-old red merle Australian Shepherd/Border Collie mix. He was adopted from a barn in Brawley, Calif. in March 2021 by my good friend Alexis. I've been helping care for Hershey since he was a puppy and now, I'm his unofficial "Godfather."

Hershey is the best exercise companion - he loves running, swimming, and hiking. No need for a leash because he will never leave your eyesight, not even to chase a squirrel!

He was also my therapy dog. Hershey came into my life shortly after I lost my bestie, Dexter.

It's difficult for Hershey to get tired, but I try to get him as much exercise as possible. Whether we are hiking in the mountains, or running around Trolley Barn Park, Hershey is a soft and cute ball of energy. Hershey loves to walk the streets of University Heights and smell the flowers in our neighbors' front yards.

Hershey is a very friendly dog and enjoys receiving petting and belly rubs from humans anytime. He is always hungry too so if you have treats in your pocket, he'll be especially nice. Be careful - he never forgets a treat and will come back for more the next time he sees you! Blueberries and carrots are his favorite.

He's always had oversized paws, like a bear cub, and he uses those paws to ask for more petting, and for a treat. It's a very effective tactic for Hershey.



Hershey

Hershey likes to say hi to other dogs and race them to see who is the fastest. He is also a big fan of the beach and playing in the snow, just like me.

If you see Hershey around the neighborhood, feel free to say hi and run your hands through his soft coat. He really loves that. In the meantime, you can follow him on Instagram at @hersheyaussiedog.

— Ramon Galindo

Do you know a pet we should feature? We'd love to highlight all of our furry (and not so furry) UH neighbors! Send info & photo to news@uhcd.org!

How to Build Resilience to Anxiety

Anxiety is a feedback loop between the brain and body. It usually starts in the brain with a worried thought. Our brains automatically search for solutions to worried thoughts when they arise because humans have relied on this powerful problem solver to save us from danger, illness or starvation. Today, those thoughts can be triggered by a number of things, many of which have nothing to do with immediate survival.

Because many of these anxiety-producing thoughts don't have a clear or easy solution, our brains churn and churn, turning over the same issue like clothes in a washing machine. This churning (or rumination) sends chemical signals to the body essentially saying, "Things aren't good up here!" And the body responds in a variety of ways that trigger feedback to the brain saying, "Things aren't good down here either!" Now the feedback loop is in motion, meaning these processes fuel each other, making it difficult to stop. Methods for reducing anxiety are centered around interrupting this loop.

Move Focus From Brain to Body. Do something that gets you out of the brain and back into the body. This could be cardiovascular exercise, doing a full-body plank for as long as you can hold it, pressing your palms together at the center of your chest and applying maximum pressure for ten seconds, breathing exercises, or meditation. Anything that shifts focus from the chatter in your head back into your body

will work. Engaging in a regular practice where you intentionally make this shift will help to improve your ability to use this technique during moments of anxiety, so consistency is important!

Face The Feeling. Anxiety is a way of avoiding unpleasant feelings. Rather than facing a difficult emotion our brains stay busy turning over possible scenarios and outcomes. If you find yourself doing this, pause to notice and accept that this is what's happening. Then ask yourself, "What difficult feeling is my brain trying to avoid?" You can Google "feelings wheel" and get a printable PDF of feeling words to help improve your feelings vocabulary. Name the feeling. Then notice where in your body you feel it and come up with descriptive words for it, like fast/slow, hot/cold, or light/dark. Even something more expressive, like "icky vice grip" or "hot molasses" will help you to better understand how your body processes emotion.

With practice using these two skills, you will build a sense of trust with yourself that you are capable of feeling the underlying feeling, whether it be an emotion or physical discomfort. This self-trust is what ultimately reduces anxiety.

Michelle Whipple is a psychiatric physician assistant helping folks in San Diego County. You can read more of her writings on mental health, motherhood, creativity and spirituality at ThatIWouldBeFree.com.

—Michelle Whipple

PLUME: PAUL FARRIS



Paul Farris (and Cassandra)

You might recognize this photo as our long time neighbor, Paul Farris, as he's been a resident of University Heights for nearly 25 years, first on New Hampshire Street and more recently on Louisiana Street.

What you may not know is that Paul is the talented wizard who rebranded UHCA and helped put UH back on the map. Initially, he took the UHCA News from a dated black and white rag to a full 12-page newspaper with bold colors, headlines, and distinctive graphics including the stylized ostrich. After that, it would be hard to name any UHCA-sponsored event in the past 15 years that wasn't designed by Paul: Movies in the Park, Caroling in the Heights, t-shirts, mugs, sweatshirts, street pole banners, Party on Park, recycling day, the UH125 historic brochure and celebration, and Covid "wear a mask" posters to name just a few.

Paul grew up in St. Petersburg, Florida (note: same middle school as Angela Bassett – both served in student government!) and his talent enabled him to get a degree from the prestigious Parsons School of Design/New School, then move to the West Coast, and settle in LA. There he was privileged to work for Saul Bass, the Academy-award winning graphic and film title designer (think Hitchcock's Psycho and Scorsese's Goodfellas). Working with Saul and his wife, Elaine, Paul created identity, packaging, and branding systems for such iconic American companies as AT&T,

Paul's creativity is extraordinary as is his willingness to pitch in whenever asked. Though we say that no person is irreplaceable, it would be hard to find another such talented volunteer. For those who know Paul, they are fortunate to be able to call him a neighbor and friend. This month, we are pleased to give him a Plume for his years of continually updating our image that reflects the great neighborhood we are all proud to live in.

SUSTAINABLE UH

Whose Responsibility?

Spotted at a Park Blvd. restaurant recently: a stylish young woman tipping half her meal into a small glass dish, snapping a lid on it, and placing the container into a lovely purse-sized insulated tote bag. No need for the wait staff to box up her uneaten food, and no wasted packaging to dump in the trash later. Awesome! Let's hope she's spreading the good word on her socials!



An automatic 1-year waiver on the polystyrene ban that went into effect April 1 means any San Diego food seller that grossed less than a half million last year can keep legally selling meals, snacks, and drinks with a large side order of Styrofoam. We can therefore expect to continue seeing puffy white containers stuffed into Trolley Barn Park trash cans and occasionally littering our streets and sidewalks for a while longer.

Even when government gets it right, the perceived need to allow exceptions to the rules drags out the process of cleaning up our collective mess and healing our environmental woes. Balancing various interest groups' desires and needs is complicated, to be sure. Unfortunately, one of the alternative to-go food packaging solutions the city lists on its website is "rigid plastic." Sigh.

In comedian Marc Maron's recent HBO special, *From Bleak to Dark*, he opens his set by describing why smart people know in their hearts that "It's ****ing over."

He muses, "I think in the back of our heads, we're like, 'I don't wanna get in the way of anything that Swedish teenager's doing. ... Greta's got focus, she's young, I think she's gonna nail it.'"

He completes the joke about the psychologically overwhelming nature of climate change saying, "I have moments where I'm like, 'What can I do?' And then I'm like, 'Is that gnocchi?'"

Many of us who care and want to do our parts totally get that joke. It's hard! We can plant a tree, we can recycle and compost and stop buying stuff we don't need, stop buying plastic-wrapped anything, take public transit or drive an electric car, stop wasting food, etc. But if we're doing these things on our own, or in concert with a few neighbors, how much are we actually accomplishing?

Some experts say personal actions are key: individuals must stop buying plastics, stop driving gas guzzlers, stop all those globe-hopping vacations, etc. Other experts say governments must lead, and corporations must be required to follow.

To be sure, our city has done what the state of California has required by supplying us with blue and (finally) green recycling bins, which is great. And when they write their Climate Action Plans, they talk a lot about trees, and about equity. Some neighborhoods will benefit from that focus on equity, at some point, which will eventually help us all, we hope. But without a majority of voters showing candidates that their top priority is environmental sustainability, it's not clear whether or how quickly our region will actually turn things around...

In the meantime, how amazing would it be if every single person in UH who buys take-out food or takes home a "doggy bag" from a restaurant would bring their own reusable containers and refuse any sort of disposable packaging offered by the restaurant? We'd probably make the news, maybe even start a movement. Check out Etsy for cool carry ideas: https://www.etsy.com/market/stylish_lunch_bag.

Why not? Greta's good, but let's face it: she can't do this thing all on her own.

—Judith Annicchiarico

MEET THE NEIGHBORS!

Now is the time for all good neighbors to gather together and meet one another. Have a block party!

If you live on a canyon, invite the opposite canyon rim neighbors to start a "Canyon Watch." After all, your opposing canyon neighbors often see your property better than you do. Buchanan Canyon, with all its fingers is very vulnerable to fire. It was the site of San Diego's first 5-alarm fire on September 27, 1957, destroying homes along canyon rims. Recent communications between neighbors on the rims of Rhode Island, Hoffman and New Hampshire Streets enabled "Get It Done" to find and remove a homeless camp. The time is now, before fire season!

—Nan McGraw

UH BEAUTIFICATION

PARK BLVD. CLEANUP

On Sunday, May 21 from 8:30-11:30 am the Beautification Team (B-Team) will be conducting a cleanup on Park Boulevard between Meade Avenue and Adams Avenue and along adjoining streets. We will be removing graffiti and stickers and picking up litter.

Goof Off, rags and tools to remove the graffiti and pick up litter will be supplied. Volunteers can participate for all or part of the morning. The B-Team will be checking in volunteers and handing out supplies starting at 8:15 am on the corner of Meade Avenue and Park Boulevard at the entrance to the Birney Joint-Use Field.

Volunteers should bring gloves, water and sunscreen. We will also have a small supply of disposable gloves available, as well. We would welcome your participation in this event.

To be added to the list for this event and receive reminders, please email B-Team leader Jennifer Bishop at beautification@uhsd.org. We look forward to seeing you at the cleanup!

—Jennifer Bishop, Beautification Committee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 2023	1 May Day June News Articles Due	2 Uptown Planners Meeting 6 pm uptownplannersd.org	3 UHCDC 6 pm uhcdc.org UHCA Beautification Meeting 6 pm	4 UH Park & Rec Meeting 5:30 pm UHCA Meeting 6:45 pm www.uhsd.org/attend-a-meeting 		6 Garden Club: Miramar Greenery 9-10:30 am UH Library: Children's Storytime & Crafts 3 pm National Nurses Day
7 Hillcrest Farmers Market 9 am - 2 pm 	8	9 SDUSD Board Meeting 5 pm sandiegounified.org Friends of the UH Library Meeting 6 pm Hillcrest Town Council Meeting 6:30 pm	10 UH Library: Toddler Storytime 10 am	11	12	13 World Migratory Bird Day
14 Hillcrest Farmers Market 9 am - 2 pm Mother's Day	15	16 SDUSD Board Meeting 5 pm sandiegounified.org UH Library: Kamishibai Storytime 6 pm North Park Planning Committee 6:30 pm	17	18 Bike Anywhere Day International Museum Day 		20 UH Library Book Sale 9am-3pm UH Library: Ventriloquist Marc Griffiths 11 am Garden Club: Gala Fundraiser 4-7pm
21 Hillcrest Farmers Market 9 am - 2 pm UHCA Beautification Park Blvd. Cleanup 8:30-11am UH Library Book Sale 12-3 pm	22 Harvey Milk Day	23 World Turtle Day June News Out	24 National Scavenger Hunt Day	25 National Missing Children's Day	26	27
28 Hillcrest Farmers Market 9 am - 2 pm  MEMORIAL DAY	30 SDUSD Board Meeting 5 pm sandiegounified.org	31 National Smile Day	 May is National Pet Month			

Multiple Offers & Sold in a Few Days



1026 Meade Ave | San Diego, CA 92116
 3 BD | 2 BA | 1,347 ESF | \$925,000

Diamond in the rough! Prime University Heights location at the end of a quiet cul-de-sac and on a fabulous lush 1/2 acre canyon lot! Spanish home with covered ceilings, large MBR plus a separate office off the one car garage. Large sprawling yard that cascades toward the canyon.



4496 Arch Street | San Diego, CA 92116
 3 BD | 3 BA | 2,948 ESF | \$1,950,000

Magnificent Spanish Style 2-story home built in 2010! The custom features and built-ins exemplify amazing quality and craftsmanship. The north facing living areas on both levels feature canyon views and offer indoor/outdoor living with Cantina style doors that open to expansive decking overlooking the lush greenery. The home includes a turreted entry, gourmet kitchen, 10 ft+ beamed ceilings, skylights, MBR suite and a separate living area on the lower level with full kitchen.



MARYANNESHOMES@GMAIL.COM BREWER.ANASTASIA@GMAIL.COM



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Liber8Fit Underground

On your next drive down El Cajon Blvd take a look south of the big Boulevard sign and you'll spot our gym! Liber8Fit is your local University Heights studio gym where they offer daily circuit training, yoga and hybrid combo classes. Liber8fit is female owned and operated and proud to be an LGBTQ safe space where ALL are welcome through their doors. Come in for a class and you'll swing kettlebells, deadlift barbells, do pull-ups on a rig, crunches on a Bosu, even sweat it out on everyone's favorite machine—the assault bike! At Liber8 we combine the attention to detail and intimacy of a small group training boutique with the bumping music, slamming weights, and butt kicking workouts of a high intensity cross training gym. But what we're most proud of offering at L8F is a fitfam community unlike any other. Stop in any time to check them out and try out a class, all fitness levels are welcome and encouraged—just show up and they'll take care of the rest!

Liber8 has been proudly serving this beautiful community for nearly 5 years now and we will be celebrating our 5 year milestone anniversary on May 6th at Pure Project North Park from 9am-12pm! In collaboration with RecUniversal, Milestone Running and a number of other local small businesses, we will be leading a community run fundraiser to start the morning followed by raffle prize giveaways and a mural unveiling. Tickets may be purchased at recuniversal.org to get a swag bag full of merchandise plus a drink ticket—any/all are welcome to show up and



Liber8Fit

participate free of charge! Afterwards the celebrations will begin as Liber8fit toasts to 5 years with a live DJ and food truck!

If you can't catch us for our anniversary you can still find us at Party on Park on Saturday April 29th from 5-8pm! This University Heights Community Association event will feature a number of local businesses offering tasty foods, drink sampling, and live music. Find our table and come get a free 2 week trial voucher and meet the owners! Get your tickets early through Eventbrite or in person and come mingle with your community!

For more info or to view the class schedule or upcoming gym and free outdoor events just head to their website liber8fit.com or connect through Instagram!

—Angela Balistreri & Alyssa Charbonneau
Liber8Fit Underground
1825 El Cajon Blvd
San Diego, CA 92103
Liber8fit.com



MOTHERS' DAY QUOTES

"Moms are as relentless as tides. They just don't drive us to practice, they drive us to greatness." - Steve Rushin

"My mother was the making of me. She was so true, so sure of me, and I felt I had something to live for, someone I must not disappoint." - Thomas Edison

That strong mother doesn't tell her cub, "Son, stay weak so the wolves can get you!" She says "Toughen up, this is reality we are living in." - Lauryn Hill

FRIENDS OF BUCHANAN CANYON

On that September day back in 1957 when San Diego had the first 5-alarm fire, it was a relatively mild one for September-75 degrees. The humidity was 55%, but then the 9.5 MPH winds soon whipped up a firestorm of 50 MPH throughout Buchanan Canyon. This fast acting fire took out houses along the canyon rims, many on Rhode Island Street. The lush conditions from our recent rains can turn very dry very soon. It may be time to resurrect Friends of Buchanan Canyon!

Let us know your volunteer interest by sending an email to buchanan@uhsd.org.

—Nan McGraw

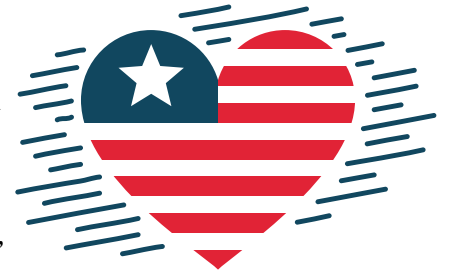


Buchanan Canyon

CALLING ALL UH VETERANS

UHCA looks forward to honoring our local veterans once again this coming Veterans Day in November. It's been too long since our last tribute. We've lost some brave souls the last few years but we still have Vietnam vets and many others who have served our country. UHCA would like to honor you this coming November. Please contact me with name, branch of service, years of service and deployments to: Nan McGraw, nmcsan@aol.com or 619-260-0668.

—Nan McGraw



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NEIGHBOR INTERVIEWS

Chuck Lapinsky: Professional Photographer

A job transfer brought Chuck and his wife to San Diego from Chicago in 1999. While searching for a house, Chuck fell in love with University Heights. They bought a home in the neighborhood and have lived here ever since.



Chuck Lapinsky

While Chuck had a career in tech support, his passion has always been in the arts. He was a drummer as a youngster and got his first Nikon camera as a teenager. Melding his love of music with his love of photography, Chuck's favorite subjects to photograph are concert musicians. Back in the day, he used to sit in and play percussion for various musicians on tour, but now his focus is on photographing the musicians. After his retirement from the tech world, his full-time job now is photography.

has appeared in Guitar Girl Magazine, Boogie Magazine, and the San Diego Troubadour. His goal is to assist in promoting emerging independent musical acts unencumbered by the corporate music business.

When the pandemic hit and the music industry shut down, Chuck started taking photos of landscapes, nature, and wildlife. He frequently visits the beach, Santee Lakes, and Wild Animal Park to take pictures. He has a fondness for photographing birds and enjoys taking pictures of the falcons at Torrey Pines. You may also see Chuck walking through University Heights, Hillcrest, and North Park taking photos.

Now that the pandemic is behind us and musicians are back to playing live music, Chuck's dream is to go on tour with a musical act and be their tour photographer. Chuck is available for hire to photograph any event or for individual portraits. His website is: chucklapinsky.smugmug.com.

—Jane Gilbert



Park Blvd

Chuck has traveled all over taking pictures of musical acts in concert. He has been at every local venue to photograph musicians, including the Belly Up Tavern, House of Blues, 4th & B, Brick by Brick and the Casbah. In addition to taking the photos, he also occasionally writes articles about the musicians. His work

Free Tree Program

Street trees are an essential part of any urban landscape, providing numerous benefits to both the environment and the community. Trees help to reduce air pollution, combat climate change, and provide shade and beauty to our streets. In addition to their environmental benefits, street trees also have social and economic benefits. They can increase property values, attract businesses and tourists, and provide a sense of community pride.



Through the City's program, Free Tree SD, residents can request a new street tree. This program allows residents and the City to work together by increasing San Diego's tree canopy cover, creating a more livable and sustainable community for all. You just need to identify a space in the public right-of-way, submit an application and agree to water the tree for three years. City arborists will evaluate the space and determine an appropriate tree selection.

In utilizing this program, we can create healthier, more sustainable, and more beautiful communities for generations to enjoy. Please check out the City's website for more information including the application, the 'Watering Schedule' and 'Tree Selection Guide.'

—Stu McGraw

EL CAJON BLVD. CLEANUP

On Saturday, March 18th, Council member Stephen Whitburn's office organized a community cleanup on El Cajon Blvd. from Park Blvd. to Alabama St. Thanks to all of the volunteers who came out in support of the UH community! Luckily, we got a break in the mostly rainy weather to spruce up this iconic community gateway.



El Cajon Blvd. Cleanup Volunteers



—Stu McGraw




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UH GARDEN CLUB

Garden Gala

The University Heights Garden Club is proud to be hosting a Summertime Garden Gala on Saturday, May 20th from 4:00 - 7:00 PM to fundraise for much needed garden supplies for Birney Elementary School's garden. The Garden Gala will feature live bluegrass music, light bites, botanical cocktails, and a silent auction, all set in the beautiful backyard garden of Susy and Dave Holts. Tickets can be purchased online for \$40 each at uhgardengala.eventbrite.com.

If you or a local business you know would like to donate a gift card, service, product, or gift basket for the event's silent auction, please contact universityheightsgardenclub@gmail.com to make your donation. Silent auction donors will be featured by name/company name on the Club's social media sites, on the Club's website, and mentioned via email to the Club's 250 membership list. Please consider donating to this great cause!

—Lauren Doucette



UHCA GARDEN CLUB

SUMMER garden party

bluegrass botanical cocktails light bites silent auction

FUNDRAISING GALA FOR BIRNEY
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UNIVERSITY HEIGHTS GARDEN CLUB

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Visit our website for more details!
www.universityheightsgardenclub.com

Spring Seed Swap is a Success!

The University Heights Garden Club teamed up with Mission Hills Garden Club, Lemon Grove Garden & Nature Club, and San Diego Seed Swap to host one of the largest seed swaps events ever hosted in San Diego on Saturday, April 1st at Old Trolley Barn Park. Close to 200 urban farmers/gardeners attended the swap and brought all sorts of gardening related items to share with fellow gardeners, such as seeds, seedlings, plant cuttings, gardening tools, garden-made goodies, compost, fertilizers, homesteading equipment, and more. Mission Hills Garden Club President, Ann Dahlkamp "was amazed by the creativity, and the sharing of ideas with the community garden clubs and supporting organizations" that attended the swap event.



Local non-profits and garden related organizations also attended the event and provided attendees with free giveaways and advice, including a "Make and Take Pollinator Station" by Epic Gardening, locally sourced and created compost from Food2Soil and Humble Servants of the Worm, local seeds from Ocean Beach Seed Library, native seed libraries for communities from San Diego Audubon Society, fertilizer from True Organics, mulch from HealthiStraw, soil from Malibu Compost, grow bags from San Diego Air & Space Museum, and more.

"The overwhelming turnout and enthusiasm for our spring garden swap is a testament to the community's love for gardening and sustainability. We are thrilled with the success of the event and are grateful for the support of all the co-hosts and attendees who made it such a great day," said Cassandra Smith and Cristina Aguilar, co-founders of San Diego Seed Swap.

"A big part of the UH Garden Club's mission is to teach folks how to grow their own food and empower them with simple lifestyle changes in order to build a more sustainable life and world. Seed Swap events like this that bring the community together is exactly what our focus is on and we could not be any happier with how this event turned out," noted Lauren Doucette, UH Garden Club Founder.

—Lauren Doucette

Monarch Garden Recap

The UH Garden Club hosted a seminar on Saturday, March 11th at the home of Cathy and Andrew Guzzon featuring Developing Monarch Friendly Garden Spaces & Certified Waystations. Presenter, Amber Mcpolin, a local urban farmer and co-founder of Monarch Messengers spoke with attendees regarding monarch butterfly migration patterns, growing milkweed (monarch caterpillar's only source of food), and developing pesticide free, pollen-rich pollinator friendly flower garden spaces for adult butterflies to feast on.



Cathy and Andrew Guzzon provided attendees a tour of their gorgeous backyard garden and shared about the process they underwent to certify their backyard as an official Certified Monarch Waystation. Xerces Society, a national invertebrate conservation organization, was also present and shared with attendees about the local initiatives the organization offers and provided volunteer opportunities to get more involved with conservation efforts.

Thank you to the Guzzons, Amber Mcpolin, and Xerces Society for making this event possible! To attend one of the many upcoming University Heights Garden Club events, visit our website at www.universityheightsgardenclub.com.

—Lauren Doucette



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BETWEEN THE COVERS

UH Library Happenings

Hello friends. It's May, and that means the Mother of all holidays. That's right folks. It's Star Wars Day! May the Fourth be with you as we celebrate the coming of Summer. May 29th will be Memorial Day, a day when we pause to honor our Armed Forces and those men and women who died while serving. May is also the month of Mother's Day, so don't forget to call or write, and make sure you have reservations.

Throughout March and April I have been lucky enough to be a judge for the 2023 Short Story Contest, part of the library's Local Author Program. I have read some truly wonderful and well-written short stories by a diverse group of authors. Although this year's Short Story Contest is now closed to submissions, stay tuned for the announcement of winners in early May, and be sure to check our website for other Local Author events.

For the month of May, the University Heights Library has some fun programs in store, including a couple of storytime events for children, a storytime for toddlers, and Write Out Loud San Diego's very own Walter Ritter doing his wonderful Kamishibai Storytime. Check the library's website for event dates and times.

All San Diego Public Library locations will be CLOSED Monday May 29th for Memorial Day. To learn more about supporting your local library, visit www.friendsofuhlibrary.org.

Happy Mother's Day ma!

—Martin Kessler, Library Assistant II
University Heights Branch Library
San Diego Public Library
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619-692-4912

FRIENDS OF UH LIBRARY

Support Your Local Library!

The University Heights Library has long been a staple of the community, providing a wealth of knowledge, resources and programming to residents of all ages. However, as with any institution, it relies on the support of its community to continue to grow and thrive. That's where the Friends of the University Heights Library come in.

The Friends are a group of volunteers dedicated to supporting the library by organizing fundraising events, advocating for the library with local government, and providing funds for new equipment, furniture, and books. The Friends have recently made some exciting new purchases thanks to the support of our members. These purchases include new pieces of children's furniture, designed to be kid-friendly and encourage children to spend more time in the library, exploring the many books and resources available to them.

We are also supporting the Library's collections and programs by providing resources for new books and for the Summer Reading Program, among other projects.

All of these efforts are helping to make the University Heights Library an even more valuable resource for the community. However, the Friends can't do it alone. If you're interested in supporting the library and making a difference in our community, consider joining the Friends of the University Heights Library. Your membership money goes directly to projects like the ones mentioned above. To become a member, go to our page at <https://www.friendsofuhlibrary.org/become-a-member>. If you are interested in volunteering, please email us at info@friendsofuhlibrary.org. We need people for all sorts of tasks, both big and small. With your help, we can continue to build a library that truly serves the needs of all members of the community.

—Janet Tait

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NEIGHBOR INTERVIEWS

Angie Ziegler – Celebrating 100 Years!

UH resident, Angie Ziegler, has lived in her home on Harvey Road since 1946. The house has large windows facing West overlooking the canyon at The Point. Through the years, Angie has witnessed Mission Valley changing from dairy and vegetable farms to hotels, shopping malls, and large apartment complexes.

Angie was born and raised in San Diego. Her parents both emigrated from Sicily. Her father was a fisherman and kept the family fed throughout the Depression. The family of 5 boys and 3 girls initially lived in Little Italy, then moved to Banker's Hill. Angie had a happy childhood and recalls playing outside with all of the neighborhood kids until the sun went down. Angie graduated from San Diego High and married a young Italian Navy man and they had a son. Tragically, her husband died in WWII. Angie eventually remarried another Navy man. Once the war ended, together with her son, they moved to the house on Harvey Road.

Angie had two more children with her second husband – a son and a daughter. All three of her children attended Alice Birney Elementary School, Roosevelt Jr. High, and San Diego High.

Angie loves living in UH. She used to enjoy gardening and could be seen in her front and side yard attending to her plants and flowers. She was especially adept at growing orchids. As the years progressed, Angie needed plants that were easier to tend to; so, she gravitated towards succulents.

For a long time, Angie's house provided a local voting place for UH residents. Angie enjoyed getting to know all of her neighbors during election time.

Angie's second husband passed away over 25 years ago; but Angie has been blessed with good health (her mother lived until age 92). Her two sons have moved away



Angie Ziegler

to Arizona; but her daughter still lives in San Diego as does her younger sister (in her 80s). Both her daughter and sister visit often. Angie has some problems with her knees that limit her walking now. She is content to spend her days looking outside her big windows and watching all of the birds that come to visit her bird feeders and bird bath. She also loves seeing the hummingbirds and butterflies hanging around her lantana plant. She welcomes visitors with open arms and a warm smile.



Where Voting Took Place

On May 29th, Angie will turn 100 years old. She doesn't want a big party (she laments about having too much "stuff" already), but she will be celebrating the milestone event with her loved ones. If you are in the vicinity of Harvey Road, stop by to wish Angie a Happy 100th Birthday!

—Jane Gilbert

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BIRNEY BUZZ

Birney Fosters Love of Reading in Its Students

The week before Birney’s spring break was filled with fun activities. In addition to half days for teacher conferences, students enjoyed five days of the Scholastic Book Fair in the Birney Library. Parent Kim Cooper was the chair of the book fair in the fall and spring; she flawlessly organized the book fair and coordinated other parent volunteers. Students were able to purchase a wide range of books, and Birney’s PTA earned fundraising dollars in the process.



Jackson L, 4th grader, browses the chapter books at the Scholastic Book Fair.

First grader Soren P shared his purchase, a humorous picture book about Gilbert the Goblin: “I was super excited to find Dragons are the Worst! I already have Unicorns are the Worst! I like the goblin because he’s funny.” Soren also purchased a copy of Unicorns are the Worst! for his teacher Mrs. Garcia, which was another benefit of the book fair—students could purchase books for their teachers’ classrooms.



First graders Grayson B, Soren P, and Hayden B look at a Spanish language book fair selection in the Birney Library.

Capping off the week was “Spring into Reading Bedtime Stories” in the Birney Auditorium. Students were invited to wear their pj’s and get cozy as some of their favorite adults read stories. Readers included art teacher Mr. Evans, garden teacher Ms. Mindy, and Mr. Steven, branch manager from the Mission Hills Library.

Someone who inspires Birney’s students’ love of reading is Ms. LeeAnn, Birney’s librarian. Ms. LeeAnn has been at Birney for six years and also works at Jefferson and Normal Heights Elementary. Her duties include circulating, ordering, and shelving books as well as implementing students’ regular visits to the library. Ms. LeeAnn says, “I’m committed to sharing books to support the [IB] learner profile and promote global citizenship. I aspire to foster a responsible caring environment inside the library so they carry it forward into the world.”

Second grader Olivia H shares what she appreciates about Ms. LeeAnn: “[S]he taught me how to be an IB learner... [S]he told us what it means, how to be one, and why you should be one.”

Finally, some upcoming events Birney families can look forward to are the Birney Movie Night & Bake-Off on May 6th and Passport to Adventure on May 20th.

— Sarah Layne, Proud Birney Parent and UH Community Member

ROO NEWS

Teacher Spearheads Campus Beautification Project



Shannon Jones

The move from elementary to middle school can be a lot for a new sixth grader; but at Roosevelt International Middle School (RMS), the transition is eased by keeping the youngest students mainly in their own area of campus: the “Sixth Grade Village.” This area comprises sixteen “bungalows”—the modular classrooms seen on many campuses that are typically installed as temporary accommodations for a growing student body, but end up remaining on campus indefinitely.

While the bungalows at RMS are structurally sound and brimming with state-of-the-art educational technology, aesthetically the buildings and grounds are in dire need of a glow-up. That’s where Social Studies teacher Shannon Jones came in, leading a group of educators who work around the bungalow area.

In the summer of 2022, Ms. Jones submitted a proposal to the Home Depot Foundation, outlining a project that would “create classroom raised gardens, shaded seating areas, game zones, colorful murals, and a large shaded picnic table area where classes can be held outdoors;” adding, “These improvements will go a long way to create a healthy, warm, and cheerful

environment that will greatly benefit the social and emotional health of our students.”

The proposal was accepted in November of 2022, and through “countless phone calls, emails, text messages, campus tours, store visits and more to help bring this project to fruition,” Ms. Jones and her team finalized a plan. Home Depot would provide the material and most of the labor, with the help of volunteers from the Roosevelt campus community.

Due mostly to weather issues, however, the timeline was not so easy to nail down. After several scratched launches, the project is presently slated to move forward during summer break, at which point we hope the atmospheric rivers will have run their course. Rising sixth graders can look forward to a much more inviting physical environment—one that’s commensurate with the overall school climate.

To stay current with the goings-on at Roosevelt International Middle School, please visit the Friends of Roosevelt Foundation’s website at www.roofriends.org.

— Andy Hinds

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AROUND THE NEIGHBORHOOD

Helping New Mothers

Happy Mother's Day to all the mothers out there! I would like to take this opportunity to thank one exceptional University Heights resident in particular; Nikki Helms, Midwife, Lactation Educator, Birth & Postpartum Doula.

Nikki is the founder and principal midwife at San Diego Community Birth Center at 2801 4th Avenue, San Diego. Nikki founded San Diego Birth Center to help the underserved communities including LGBTQIA+ family builders, marginalized BIPOC, immigrants and asylum seekers.

Nikki's career in birth work started in 2003 when a close friend asked Nikki to be her doula. Soon afterwards she gave birth to her first daughter in 2004. These experiences revealed her purpose and career path.

Representation matters in all areas of healthcare, and maternal care is no exception. When Black women have access to midwives who understand their culture, history, and experiences, they are more likely to receive quality care that meets their special needs.

Nikki Helms is on the front lines of conquering the issue of implicit bias in maternal care, which can lead to medical neglect, mistreatment, and even death for Black mothers. Studies have shown that Black patients are less likely to receive pain medication and other forms of pain relief during labor, and are more



Nikki Helms

likely to experience complications during childbirth.

The maternal mortality rate in the United States is one of the highest in the developed world, and it disproportionately affects Black mothers. According to the Centers for Disease Control and Prevention, Black women are three to four times more likely to die from pregnancy-related causes than their white counterparts. By working with African American midwives, Black women can receive care that is free from bias and discrimination.

Thank you Nikki, for your value to society is beyond estimation. On behalf of University Heights and the hundreds of lives you've touched, Happy Mother's Day!

—Stu McGraw

IN DEVELOPMENT

CLEVELAND AVE. HIGH-RISE PROJECT PROTEST

A grassroots group of residents hosted a protest in front of the vacant lot at 4350 Cleveland Avenue on Saturday, April 15th. That lot is about to be developed into an 8-story, 49-unit project in the middle of a medium density, low scale residential block, zoned for 15 to 29 units per acre and three stories in height.

The protesters oppose the project and the City's "build anything anywhere" housing strategy and would rather have the City require a higher proportion of deed-restricted affordable housing units along transit corridors like Park Blvd and El Cajon Blvd.

According to a neighbor who spoke with the developer of the Cleveland Avenue project, another 40 similar projects are planned for North Park.

Their hope is that the developer will scale the project back and the City will heed the recommendations of the 2020 "City of San Diego Housing Commission Report on Preserving Affordable Housing in the City of San Diego," which states that, "San Diego cannot solely rely on new construction of housing units to mitigate the housing affordability crisis the City faces; this necessitates a robust preservation strategy."

—Stu McGraw

MEMBERSHIP RENEWAL TIME?

UHCA Memberships fund our programs like ZoneWatch, Beautification, UH News, meetings, social media, and more! Renew when you get your reminder email or go to our membership page at www.uhsd.org/membership.



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FROM THE CITY ATTORNEY'S OFFICE

Stalking is All Too Common; Reporting Isn't

Aided by technologies that make it easy to track victims online and in real life, stalking is a growing and often deadly crime that largely targets young people. Thirty years ago, the term "stalker" was hardly known. Today, more than 1 million victims are stalked every year, most of them women and most of them under 25. Their stalkers are usually someone they know – an ex-boyfriend, a date, or someone at work – and 80 to 90 percent of stalkers are male.

Parents need to be especially vigilant. Children may not recognize the point when a romantic interest in them becomes an obsession or an unrequited crush leads to a desire to control and harm.

Stalking can occur in many ways, but here are some commonly identified tactics:

- Following and watching the victim;
- Showing up uninvited in places such as the victim's home, work place, or school;
- Repeatedly seeking information from friends and family;
- Sneaking into the victim's home or car to scare the victim or let the victim know he'd been there;
- Making repeated phone calls, including hang-ups and voice messages; and
- Sending unwanted texts, emails, social media messages, cards, letters, flowers, or presents.

Advances in technology are adding more tools to a stalker's toolbox.

Stalkers use social media profiles to monitor the habits, preferences, and likely whereabouts of their victims. They use hidden cameras and recorders to spy on victims and the Internet to post threats or virtually harass them. Global positioning system (GPS) technology allows stalkers to track a victim's location. Small GPS devices, like Apple AirTags, can be dropped into a purse or a car window.



Stalking may be charged as a felony or a misdemeanor, depending on the facts. My Office handles misdemeanors, and we take all such incidents seriously.

We recognize that victims can experience psychological distress, including post-traumatic stress and an increase in suicidal thoughts.

Before we can prosecute, however, we must hear from the victim. Most stalking incidents are not reported out of fear, embarrassment, or a failure to recognize that the behavior is a crime.

If you are a victim or hear about repeated incidents of stalking behavior, please report it to the police. They can investigate, identify the stalker, and take steps to keep you safe. This could include seeking restraining orders, arresting the stalker, or adding patrols to your home or workplace. In some cases, police officers may recommend counseling or other support services to help the victim.

As with any behavior where someone tries to assert power over you, being stalked is a terrifying experience that can take a huge emotional toll – or prove lethal. Calling 911 is not an overreaction. In addition, my Office's Your Safe Place – A Family Justice Center offers a safe, supportive environment for victims of stalkers who also experience domestic violence, family violence, or sexual assault.

You can find out more at 619-533-6000.

—Mara W. Elliott, San Diego City Attorney

IT'S A TROLLEY BARN PARK DAY FOR SURE

the sun is shining the content of my morning
 being myself, I walk, a free of spirit to the park
 families line up for riding the swings to freedom's will
 and Canadian Geese part the waters, sharp as knives
 elegant smiles of the day, a picnic time, all for sure
 lawns vivid with the honors of spring, bursting green
 the picture of those who love, walk their dogs leash loose
 hounds cluster, one to three, silent gossip as they might
 tails, the conductors they are, direct the band of them
 such a delight to watch canine smiles, all and one
 merry-go-round kids beg for more, 'Hey dad, Please mom'
 Frisbees play whiz and sing as if only children can hear
 toddlers with dimpled faces, the Cotton-Candy man
 a guy on a Unicycle, the fruited ice cream woman
 tourists with their saying baseball caps, 'Go Padres'
 all are out and about under the grace of dappled blue sky
 me, I take in, all, a vacuum cleaner of sorts, happy fella
 so many soothing words play in my head of thanks, fine
 with not a chance splash of rain, relish I do this time
 blessed, I am for the love that has rained on this day

- Jon Von Erb, Your University Heights Poet

UH HISTORICAL SOCIETY

FREE HISTORIC ARCHITECTURAL ASSESSMENT

The University Heights Historical Society is pleased to offer a new, free service via email to property owners in University Heights to assess the historic architectural integrity of their older home or property. This service is limited to properties over 45 years of age.

One of our volunteer architectural historians, Amie Hayes, MA, or Ginger Weatherford, MPS, will review information and photos provided by the owner and conduct basic research to determine the property's age, architectural style, historic features, and architectural integrity. They will then provide a professional opinion about the likelihood that the property could be locally designated on the basis of architecture only.

Properties may be historically designated by the City of San Diego on the basis of one or more of six criteria but this free service will only focus on Criterion C, "embodies distinctive characteristics of a style, type, period, or method of construction or is a valuable example of the use of indigenous materials or craftsmanship."

Historic designation of your home or property has many benefits, including:

- Eligibility for significant property tax reductions through the Mills Act
- Potential increase in property values, as documented by many studies
- City of San Diego development incentives for the preservation of designated historic resources

If you would like to have the architectural integrity of your home or property evaluated, please send an email to uhhs@att.net and include the following information:

- Owner name
- Owner email address
- Owner phone number
- Property address
- Photos of the front, back, and sides of the house

Once all the information is received via email, an architectural historian will review the information and prepare a written assessment, which will be emailed to the owner within 3 weeks.

— Kristin Harms



Historically Designated Homes on Louisiana Street, University Heights

UNIVERSITY HEIGHTS ARCHITECTURAL STYLES: CRAFTSMAN

Founded in 1888, University Heights is one of San Diego's oldest neighborhoods with several significant historic landmarks including the former Mission Cliff Gardens, Ostrich Farm, Trolley Car barn, and San Diego Normal School.

University Heights also has many older homes, including 170 that are historically designated, representing a wide variety of architectural styles from Craftsman, Spanish Colonial Revival, Minimal Traditional, Contemporary, Victorian, and Queen Anne Free Classic to Mission Revival.



4769 Panorama Drive

This is the first in a series of articles that will focus on the architectural features that define some of the most common architectural styles in University Heights. Homes designed in the Craftsman style were built between 1905 and 1930 and represent about 28% of the properties in the 2007 Uptown Historic Resource Survey database for University Heights.

What is the Craftsman Architectural Style?

Architectural style is defined as a set of characteristics and features that make a building or other structure notable or historically identifiable.

The Craftsman architectural style in Southern California was popularized by the work of Charles and Henry Greene, architects who practiced in Pasadena from 1893 to 1914. The Greenes had been influenced by the Arts & Crafts movement in England, a movement that placed emphasis on the use of natural materials and fine hand craftsmanship to produce not just architecture, but furniture, fabrics, and decorative arts as well.

With the rise in popularity of high-style Craftsman homes such as those designed by the Greene brothers, demand for more modest versions grew, and regional architects and builders stepped in with their own versions of the Craftsman style. Eventually, pattern books brought the Craftsman style to the working class and allowed a small and easy-to-construct version, a Craftsman Bungalow, to be delivered to a building site for construction by local builders and homeowners.

Craftsman Style Architectural Features

There are a wide variety architectural features that distinguish the Craftsman style including hipped roofs, dormers, exposed rafters, triangular knee braces and many more.

For a slide show of University Heights homes with Craftsman architectural features, please visit <http://www.uhhs-uhcdc.org/blog>.

— Ginger Weatherford, Architectural Historian, <http://www.gingerweatherford.com>



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