SURVEY RESULTS ARE IN!
2014 UH Community Improvement Survey
By Marybeth Chisolm

Want to know what your neighbors think about living in University Heights? We did so we asked you! Between last summer’s concerts in the park through mid-January, 467 paper and on-line surveys were returned. We exceeded our goal of 400 surveys and are glad to report what we’ve learned so far.

First some demographics. The responses were received from across all six UH Zone Watch areas. Respondents were 47% female, 37% male; the rest were not marked. Fifty-nine percent own property in UH, 25% rent, 14% did not answer and less than one percent were business owners. Twenty percent of respondents have been in UH less than 3 years and 18% have been here over 25 years. The rest of the responses were spread fairly evenly among the four categories in between. Not surprisingly, 71% of respondents use cars as their primary mode of transportation with 17% primarily either walk, bike, or use public transit.

Three questions were asked to gather information to help UHCA focus on priorities for neighborhood improvement.

(1) What are the problems in your neighborhood? Both owners and renters perceive the top three neighborhood problems to be speeding motorists, lack of street parking, and not enough lighting. The next concern for renters is the cost of street parking, and not enough lighting. Owners have similar concerns, with 17% primarily either walk, bike, or use public transit.

(2) What services would you be willing to pay more taxes to receive? The answers help us determine how much support there might be for getting tax dollars for improvements. In a match with one of the top neighborhood problems, 39% of respondents are willing to pay more taxes for improved street lighting. Forty-five percent of respondents are willing to pay more taxes for improved sidewalks, curbs, and gutters and 38% to upgrade existing parks. Improving streets, roads, and bike lanes and providing for additional parks rank close behind. More than 30% of respondents want to improve police protection, library service, and develop the Teacher Training Annex.

(3) What are the top three issues you would like to have addressed in the coming year? Top issues are improving library services, providing for additional parks (such as a multi-use park under the Vermont Street Bridge or pocket parks/parklets) and recreational facilities, improving sidewalks, curbs and gutters, rehabilitation of the Teacher Training Annex, and increased street lighting.

Thanks to each and every respondent for their thoughtful effort on this survey. We will continue to improve UH and do our best to use these survey results to guide us.

Looking Ahead: UHCAApril2Meeting

It’s birthing season in San Diego, and our native wildlife will be multiplying! We’re lucky to live in an area with such a diverse population, and spring is the perfect time to focus on living in harmony with our neighbors - whether they have two legs, four legs, or wings. Representatives from The Fund for Animals Wildlife Rehabilitation Center, Project Wildlife, and Project Coyote will educate us on the San Diego’s native wildlife, what we can do to promote compassionate coexistence, and what to do if we come upon an injured animal. Don’t miss it!

Coming Soon: UH Events

20 Years Vermont Street Bridge Celebration - Let’s Party!
Binney School Reunion (how many of you either taught or were a student at Binney?)

“Cream with the Cops” in the summer 2015
Community Cleanup for the Rock ’n Roll Marathon - May 31
Vertical Living Walls: Unveiling at 2 UH Bus Stops - Fall 2015

THURSDAY, MARCH 5 UHCA MEETING
Spotlight on El Cajon Boulevard
Bernie Miles, Episcopal Community Services/Friend of El Cajon Boulevard, will present an overview of their services to homeless adult (See article “You’ve Got a Friend” April 4.)
The renovated Lafayette Hotel set the standard. The advertising and promotion manager will speak of the great things that are happening at the hotel.

Learn about the fabulous Ethiopian restaurant/market and sample their delicious food - soon to be in UH.
San Diego Stage & Lighting at 2030 El Cajon Blvd, has been sold to G.W. Fenton Company! A representative agreed to come to a future meeting and discuss their plans for an upscale apartment building. In the meantime, let’s celebrate the vitality the Lafayette Hotel brings to UH and the expanding businesses of Luigi’s and Awash on El Cajon Blvd.

Luigi’s at 2211 El Cajon Blvd took over the space Eclipse Chocolate previously occupied. Just a few steps west of the Lafayette, they serve great pizza and craft beer. We won’t be serving beer at the March meeting but you will get a taste of their pizzas and sample Ethiopian cuisine from Awash Market & Ethiopian Restaurant. Awash has purchased the property at 2104 El Cajon Blvd, (the former Napa Auto Parts store, next to the property at 2104 El Cajon Blvd, (the former Napa Auto Parts store, next to the former Napa Auto Parts store, next to the former Napa AutoParts store, next to the Hotel Broadway) as a larger space was needed. Habtamu, one of the owners, will talk to us about his popular market/restaurant.

Join us in supporting these businesses.
Also continue dropping off “doggie poop bags” and eyeglasses for Lions Optometric Vision Clinic!

Local Water Agencies Encourage Customers To Show Off Water-Wise Landscapes
California-Friendly® Landscape Contest Entries Due April 10

As San Diegans continue to find new ways to conserve water during California’s unprecedented drought situation, the time is ripe for residents to showcase their water-wise landscaping success stories by entering the local water agencies’ California-Friendly® Landscape Contest. As much as 50% of a residential homeowner’s water use is for outdoor irrigation. Now is the perfect time for homeowners who have already taken this first step towards conserving water to show the community what they too can do. One of these options is moving from traditional grass lawns and/or landscaping to California Friendly® plants that require far less water.

One winner will be chosen from each of the 12 agencies participating in the contest and will receive a $250 gift certificate and recognition on the agency websites and communications channels. The contest is open to customers of the City of San Diego, California American Water, City of Escondido, City of Oceanside, Helix Water District, Olivenhain Municipal Water District, Otay Water District, Padre Dam Municipal Water District, San Diego Gas & Electric Water District, Sweetwater Authority, Vallecitos Water District, and Vista Irrigation District.

Last year’s City of San Diego winner, Amelia Lima, says her front yard demonstrates (dog waste, trash, cigarette butts). Owners and renters alike are concerned about homelessness.

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Thanks to each and every respondent for their thoughtful effort on this survey. We will continue to improve UH and do our best to use these survey results to guide us.
Our February meeting was a great start to our new year. Andy Zlotnick and John Pan came and spoke to the group about their recent purchase of Lei Lounge and Bourbon St. Many people were interested in knowing their plans for the two businesses. They kept most of the future of these two businesses under wraps so we await their openings in the near future and then we can check them out firsthand.

I am equally excited by our monthly schedule this month! We have arranged for several of the businesses located in UH along El Cajon Blvd. to attend our meeting and tell us about themselves. This gives us all a chance to hear about the changes taking place on the Blvd. and meet some of the people excited about business in our community. Tasting some samples is always a good idea.

El Cajon Blvd. is in the process of change. We will have HG Fenton Co. represented at a future meeting to discuss their development of the block just east of Florida St. Several other parcels are also available for development so it’s good to keep our focus on those changes.

University Heights Community Association strives to keep informed of all details of our neighborhood. In turn, we want to make sure that the community at large becomes aware of these changes as they develop.

I hope to see you at this meeting and many more in the future.

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Thank you to those members who give an extra donation along with your membership dues. Our activities such as Caroling in the Heights, newsletters, and neighborhood cleanups depend upon your generosity. UHCA is a 501(c)3 organization. Dues paid in 2015 may be tax deductible.

Are you, family members, or neighbors celebrating an award, recognition, house historic designation, anniversary, etc. or anything else that’s special? If so, let us know about it so we may include it in the UHCA News. Email us (uhca_news@yahoo.com) with details and your contact info.

WELCOME NEW MEMBERS
Annette Pacatte & Bill Grimes

THANK YOU RENEWALS
Elaine Davis, MaryBeth Chruzen, Martha Carey & Elizabeth Fedler, Beth Jaworski & Dragan Grojtjan, Mary Lou Raine, Philip Gill, Debra Chadlock & Tiffany Monticino, Jennifer Vanden Eynden, Everett Eastman & Daniel Paul

THANKS TO UH BUSINESSES
Lisa Getz, owner of Original Skin,

THE OSTRICH STORY OF UH

Told for 126 years, this tale never grows old

University Heights is one of San Diego’s oldest communities—one with a colorful and exciting history. Our story began in 1888 when the College Hill Land Association subdivided the land that bordered the City Park for the purpose of developing the University of Southern California College of Fine Arts. The lots were sold at “reasonable prices” and part of the cost would go into a college building fund; however, a national recession stopped the construction. In 1898, the land was donated to build a Normal School, a teacher training college.

At the end of North and Adams, the SD Cable Railway Company developed The Bluffs, a park that eventually was purchased by John Spreckels just before the turn of the 20th century. This 20-acre botanical garden, Mission Cliff, was the end of the line for the Spreckles’ streetcars and was considered the city’s premiere public park. In 1964, the Harvey Bentley Orchid Farm moved to UH and enjoyed great success due to the popularity of orchid feathers in women’s fashions. The farm also was open to the public and visitors could ride the birds for a fee.

In 1913, a trolley car barn was built next to the farm. Used for repairs and down time storage until the 1940s, buses then replaced the street cars. From 1949 until 1986, the property was the San Diego Paper Box Company. In 1979, the building was sold and demolished.

Today this historical site is the Trolley Barn Park, a crowning achievement of UHCA, and inspired by the original Mission Cliff Gardens, the park won the 1992 AIA Orchid Award. One hundred and twenty six years later, UH remains a vibrant neighborhood and the ostrich graces our pages as a reminder of our community’s proud heritage.

The ostrich design is owned by UHCA. Please note any usage of it must receive prior approval by UHCA.

Our April program will be on Wednesday April 22nd at 7:00 p.m. The program will be presented outdoors at Trolley Barn Park, located at 4421 El Cajon Blvd. We are fortunate to have Christopher Hutchinson, who manages an email list of participants wishing to receive crime watch information. Please contact your Zone Coordinator for more information.

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 submissions is 15th of the month. Email submissions to uhca_news@yahoo.com. We reserve the right to edit submissions for style and content.

www.uhsd.org
Jacklyn Lewicki has many stories to tell about her life of survival. But one book she’s determined to write is the story of the Vermont Street Bridge. Jacklyn simply loves the Vermont Street Bridge. She loves it so much that she is writing a book that includes the artwork, the quotations, the authors, and the fact that it is one of the largest public art projects in the State of California. She envisions the bridge becoming the appreciated attraction it really should be. Her enthusiasm is a reminder to us how important the bridge is to University Heights and its vital link to Uptown. UHCA worked extremely hard for years to obtain funding to rebuild the bridge. It was promised to us when the previous trestle bridge was removed years before and on the “chopping block” many times before our lobbying finally paid off, thanks to then Councilmember Ron Roberts’ perseverance, and other support such as State Senator’s Lucy Killea, Christine Kelho, Tom Atkins, and Councilmember Todd Gloria.

Now, 20 years after the completion, we have an opportunity to celebrate the Vermont Street Bridge and its importance through Jacklyn’s upcoming book. We hope this book will be in San Diego schools and libraries to illustrate the artwork by Stone, Paper, Scissors and the many significant stories behind the artwork.

About Jacklyn
She was born in Paris of Jewish parents and was only five years old when the war began. Her older sister was twelve and a younger brother, Bernard, was three. From 1940 she was in many places, fleeing the Nazis to survive. Her father had been taken by the French Police, who collaborated with the Germans. He was imprisoned in Drancy, outside Paris and imprisoned in Drancy, outside Paris and later sent to Auschwitz. Jacklyn’s mother was hiding in the garden. Meanwhile, her sister was working as a maid and Bernard was forced to be on his knees all afternoon making cream and sneaked it to Jacklyn. She was farmed out to a tiny room, not large enough for three children. After the payments stopped, the children were put to work, her sister working as a maid and Jacklyn churning butter and chopping wood. They barely had enough food. Her sister stole the water residue from making cream and sneaked it to Jacklyn and Bernard. She also left the pantry unlocked so later at night she could steal sugar for them. The caretakers would look at the children’s tongues to see if they had stolen apples. If their tongues were brown, it was a sure sign of guilt. The punishment was severe. Bernard was four by now and forced to be on his knees all afternoon working in the garden. Meanwhile, Jacklyn’s mother was hiding in the home of a French lady outside Paris. She had lice and body sores. When the children returned to Paris, they were reunited with their mother who lived in a tiny room, not large enough for three children. So Jacklyn was farmed out to friends, bounced from one location to the other. She recalls being a frightened little girl when she traveled alone by bus to visit her family, afraid she wouldn’t remember the correct exit. Jacklyn is thankful to her sister, whom she credits as a heroine, acting like a mother and protector. In fact, thanks to her sister’s letter to the cousin, they were rescued just in time. The other children in the “orphanage” did not survive. The three children, Jacklyn and her siblings, and their mother survived the war. Not their father.

Jacklyn continues to suffer emotional trauma and PTSD but she’s a survivor with a dream, a dream to publish the story about our Vermont Street Bridge. To help Jacklyn publish her book, please contact her at jace@janken55@yahoo.com or (619) 294-9871.
My Knickers Are Still in a Twist Over This One

By ‘Mrs. Kravitz’

Imagine, as I’m sure you can, driving to work in the morning, coming to an intersection, getting the green light but you can’t go. I know why it’s because there are cars blocking the intersection. So even though you want to ram your car into them you instead go around them (muttering a whole bunch of expletives) by using the lane next to you, marked for cars proceeding forward but that is your only choice (let’s remember who is blocking the right of way here) only to look in your rear view mirror to see a cop motioning you over to WRITE YOU A $239 TICKET for going around the cars that were blocking the intersection because your “movement was other than marked”!

HUH??!! So it’s about the arrows? UNBELIEVABLE! Apparently the officer was very sympathetic admitting that it is a poorly engineered light but… BUT WHAT??!!

Hopefully by now you know that I am referring to the light at Lincoln St. and Washington St.

OK that was the last straw. Even though this did not happen to me but I know the person who it did happen to (and taught her my solution by going around the cars myself and so do you.) I thought OK it’s mine to Kvitz’i’s responsibility to step into action and get the community involved in remedying this.

Another resident of UH whose name shall remain anonymous, decided to attend the May 1, 2014 UH meeting where Todd Gloria would the guest speaker, with petitions in hand. No one hesitated to sign the petitions and ALL the comments were the same – FIX THE PROBLEM.

Said resident was asked to segue into the discussion after Gloria made his remarks about how so many things are happening /going to happen to improve Hillcrest, libraries, streets and that this was one of his main concerns. So when the Lincoln/Washington light was brought up he, sympathetically, nodded and barked back 10 years to when it was first installed and how bad it had was then. Well guess what? IT’S STILL BAD and is only getting worse. Nothing of substance was said or suggested but it was determined that it is a Cal Trans matter and of course it will probably entail a “study” by the “engineers”. Sounds like another 10 years (if trash pickup along 163 is any indication). Wait and see what they come up with, (619) 260-0668 or call her at (619)236-6633 mchase@sandiego.gov

OK so you could be thinking “why don’t you just go down Cleveland and avoid the situation?” and my response is why should people have to be inconvenienced in their commute due to poor engineering? The residents of UH and other areas that use these streets as their route have been putting up with the problem for…well…10 YEARS!!! It’s the latest insult to injury of ticket writing that really chaps my hide.

Having always been known as the nosy neighbor complaining all the time, I’d rather be known as the neighbor offering possible solutions and helpful information. That does more to untwist my knickers and make life a little better for you and me. Hopefully, by the time you read this someone will have asked you to sign the petition that requests that the light be reengineered – in our lifetime. But if not or even if you have, here are some contacts. Please email or call them and voice your feelings, frustrations, or whatever. The more we bug them the better chance we have of getting this resolved. YES WE CAN. Anywho…

Transportation Engineering for City of San Diego
(619) 527-7500
Street_Service@sandiego.gov
San Diego City Councilmember Todd Gloria
(619)236-6633
mchase@sandiego.gov

In Case You Missed It

By Monica Lawot

Our February meeting started with an update from SPD Community Relations Officer Dave Surwillo on the most pressing issues currently facing our community, including our homeless population, door-to-door solicitors, and the status of legal marijuana dispensaries in San Diego. As per usual, this was followed by updates from representatives of elected officials, providing additional insight into how homelessness is being addressed, current tree trimming activity by SDG&E, various infrastructure repairs, and events taking place throughout the month.

Our first guest speaker was Marcia De Runtz from Lions Opthometric Vision Clinic, a non-profit organization that provides glasses to low and no-income residents of San Diego County. Marcia, who has been totally blind for 34 years, was presented with a box of approximately 50 donated eye glasses from the UH community. For additional donations, please drop off at the clinic located in the Community Center for the Blind at 1800 Upas Street or bring them to future UHCA meetings.

ELE Collective Partners John Pani and Andy Zlotnik, the new owners of the Bourbon Street & Lei Lounge properties, provided a general update on their plans for the spaces. Bourbon Street is currently undergoing some structural enhancements (e.g., getting rid of dry rot, etc.) because of the age of the building. The type of liquor license dictates a 21 and older crowd, so it will be a bar that also serves food. They will take advantage of the indoor/outdoor space and will have live music and DJs on some occasions. They are targeting an opening in May. Many members of the community expressed a need for more family-friendly restaurants in the area and mentioned liking what the owners did with their Whingate Public establishment.

John and Andy were open to the input, as their plans for Lei Lounge are still being developed, and are dedicated to working with the community to make these properties beneficial for the whole neighborhood.

The program closed with a drawing for several Valentine’s Day gifts, with items donated from Florabella, Twiggis, Red House Pizza, Original Skin, and Cecilia’s Fine Jewelry. Special thanks for the support of those local businesses and to all who attended and participated in the meeting.

YOU GOT A FRIEND IN ME:
ECS Friend To Friend Program

By Bernie Miles, MA

The Friend to Friend (F2F), a program of Episcopal Community Services (ECS), serves the needs of mentally ill homeless adults of central San Diego. Individuals may be eligible to receive services in the areas of income, housing, and mental health with the goal of regaining independence. The program is located in a quiet unassuming building on the corner of Cajon Blvd and Minnesotta Street.

F2F has been located at this site since August 2013. The staff working out of this facility includes three Outreach Workers, a Peer Support Specialist, a Vocational Rehabilitation Specialist, a Security/Mental Health Advocate, a Case Manager, a Program Coordinator, and a Program Manager. It is the responsibility of this staff to recruit, assist, advocate, and educate the clients that seek our services to change lives.

Friend of Friend program is involved in the 25 Cities Initiative (http://www.25citiesinitiative.org) to end homelessness in San Diego. Other community engagements include the annual Stand Down (http://25citiesinitiative.org/standdown.html) held in partnership to support homeless veterans held at San Diego High School, the San Diego Housing Commission’s We All Count (http://www.housingsd.org/standdown.htm) event to support the annual Stand Down (http://www.vvsd.org/standdown.htm) to end homelessness in San Diego. 25 Cities Initiative (http://www.housingsd.org/25CitiesInitiative) is a non-profit that supports our programs offer grace-fulscalifornia.org/programs) offers grace-ful services truly meeting people where they are in their journey by abiding by our mission of “serving God by serving those in need.” Anyone willing to help support our mission may check out website for ideas. Come to the March 5 UHCA meeting and learn more about the Friend to Friend program.

It doesn’t take long. It’s 10 times a year and a vital service to University Heights residents.

Please contact Nan McGraw (nmcsan@aol.com) or call her at (619)260-0668

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www.uhsd.org

4 News University Heights Community Association

Blockwalkers needed

Georgia from El Cajon Boulevard (ECB) to Lincoln Florida from ECB to Lincoln Texas from ECB to Lincoln Lincoln from Park to Texas All of Carmelina 1700-2399 Adams

Please contact Nan McGraw (nmcsan@aol.com) or call her at (619)260-0668
Happening in the Heights

COMEDY
Twiggs (4590 Park Blvd - Park & Madison)
(619) 296-0616 / www.twiggs.org
Comedy Heights: Every Sat at 8 pm
Roar Theater Comedy: Fri, March 20, 7 - 9:30 pm
Celtic Ensemble: Every Sunday between 4 - 6 pm

Swedenborg Hall (1531 Tyler Ave)
www.swedenborgianchurchsandiego.org
College (4607 Park Blvd)
Across the Street at Mueller
(619) 296-0616 / www.twiggs.org

OTHER
3rd Space (4610 Park Blvd)
(619) 282-0437 / www.3rdspace.com

MUSIC
Java Joe’s (3536 Adams Ave)
(619) 283-1151 / www.javajoesel.com
Open Mic Night: Every Sunday Night between 6:30 - 11 pm
Robin Henkel Band With Whitney Shay
Wednesday, March 11 & 25, 8 - 10 pm

Lestat’s on Adams (3343 Adams Ave)
(619) 296-2101 / www.lafayettehotelsd.com
Every Monday Night in March between 6:30–11 pm

3rd Space (4610 Park Blvd)
(619) 255-1151 / www.3rdspace.com

Across the Street at Mueller College (4607 Park Blvd)
(619) 507-7223 / www.facebook.com/lestats.com
Open Mic Night: Every Monday Night in March between 6:30–11 pm

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

Swedenborg Hall (1531 Tyler Ave)
(619) 296-0616 / www.swedenborgianchurchsandiego.org

Nates Garden Grill (3120 Euclid Ave)
(619) 546-7700 / www.natesgardengrill.com
Robin Henkel Solo Blues
Saturday, March 7 & 21 between 12 - 3 pm

Twiggs Green Room (4590 Park Blvd)
(619) 296-0616 / www.twiggs.org
Lafayette Hotel (2223 El Cajon Blvd)
(619) 296-2101 / www.lafayettehotelsd.com

Normandie Wilson: Cool, Classy Jazz Music with a Touch of Pop
Every Wednesday between 4 - 6 pm

Swedish Hall (1531 Tyler Ave)
(619) 296-5662 / www.swedenborgianchurchsandiego.org

Twiggs Green Room (4590 Park Blvd)
(619) 282-0437 / www.twiggs.com

Celtic Ensemble: Every Sunday between 10 am - 1 pm
Various musicians; every Sunday between 10 am - 1 pm

Happening in the Heights

March 2015

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
1 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
1 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
8 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
DAYLIGHT SAVINGS TIME BEGINS
8 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
9 UH Branch Library 6 pm
9 UH Branch Library 6 pm
9 UH Branch Library 6 pm
9 UH Branch Library 6 pm
10 HILLCREST Town Council Joyce Beers Center in Uptown Complex 6:30 pm
9 The Point Cleanup 1:30 - 3:30 pm

10 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
10 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
10 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
10 HILLCREST Farmers Market Lincoln & Cleveland 9 am - 2 pm
11 YOGA for seniors at UH Library 6 pm
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12 UH Rec Council 5:30 pm
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14 The Point Cleanup 1:30 - 3:30 pm
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18 Library Task Force UH Library 6:30 pm
18 Library Task Force UH Library 6:30 pm
19 FAMILY NIGHT Lincoln & Cleveland 9 am - 2 pm
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20 PREVIEW BOOK SALE FSPL (members only) Book Sale UH Library 6:30 pm
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March is National Nutrition Month and Women’s History Month.
SECRET S OF SUCCESSFUL ORGANIZING Part Two
By Cathryn Golden

So to recap from last month—you “heard the voices” of guilt about the clutter. But you stopped “shoving” on yourself; you found something more enticing than the stuff; you figured it out; and you created a short saying (mantra). Great job! Now with that new focus, it’s time to take action and begin the next steps.

Where to start? If several areas are bothersome, try the one with the largest, least sentimental items. It’s easier to make quick decisions and see faster results. Examples: A pantry goes MUCH faster than photographs; office supplies go MUCH faster than files. Begin with the area that “speaks” to you the most—where will the best feeling results when things are paid what you decided to keep!

How to start? Set the project up for success by making appointments with yourself, for no more than 20 minutes. Small time increments are more realistic and manageable. Honor that time—no exceptions. It will keep you on track. . . .

What do you do? First, it’s time to SORT. This is probably not news to you! Generally, there are three piles: KEEP it (if you love, use, honestly need it—and it works); RELEASE it (trash, donate, gift, sell); and the dreaded third “WELL . . .” (Finally! Some good can come from those ad-filled weeklies that are made quickly—yes or no; black or white piles are pretty easy, and the decisions on it!!! It will keep you on track . . .

Decisions when things are paid what you decided to keep!"

President Cathryn Golden, CPO®, CFSC, CGLC, owner, BALANCED ENVIRONMENTS, decided to keep!"

A pantry goes MUCH faster than photographs; office supplies go MUCH faster than files. Begin with the area where you have the best feeling results when things are paid what you decided to keep!

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Decisions when things are paid what you decided to keep!"

Among the hidden gems of University Heights is The Point, the open space on the canyon rim overlooking Mission Valley. It is located between City of San Diego and Rhode Island streets, north of Golden Gate Drive. This tranquil point is home to many native plants and some weeds too. .

Please join us for our first Saturday of each month to clean the area, remove non-native weeds and perform trail maintenance. If you are willing to help preserve and enhance City of San Diego Open Space Canyons, this is for you. Volunteers must be physically able to hike on uneven terrain down into the canyon and perform varying degrees of manual labor. Tasks vary and can be accommodated to fit volunteer’s abilities. If you or your guest is below the age of 18, you need a Liability Waiver http://www.sandiego.gov/park-and-recreation/pdf/volunteer/volunteerwaiver.pdf. Please bring the signed waiver to the volunteer event.

Also, bring water to drink, wear a hat, use sunscreen, and bring gloves. Questions? Contact Park Ranger, Josh Lambdin at JLambdin@sandiego.gov.

Did you know that when UHCA initially lobbied the city for a park (now the Trolley Barn Park), the response was “you already have a park” (The Point). But we didn’t want a designated park at The Point. We wanted to keep it low key and Open Space. We, well, our park, The Trolley Barn Park, and Open Space too! Good for UHCA and University Heights!

Friends of Buchanan Canyon
By Joann Hine

It was a good surveillance hike through the canyon in January. Rebecca, Paddy, Kaori, and I made the major trek down the canyon and all the way to the start of the TGI Friday’s parking lot. The old start of the trail down from Johnson Avenue was closed straight down to the bottom in a rather narrow path. In the path was a small white plastic pipe going straight down to the bottom, also. The plastic pipe continued throughout the canyon bottom to the end of the board. I don’t call it the “trail” any longer, since the road was bulldozed throughout the canyon, obliterating our decade’s long “trail.” There were several small areas of recent planting along the board, but not all near the drip irrigation pipe. There were two large erosion gorges to transverse, so jumping in and climbing out the other side seemed to be the easiest route. It still is like venturing somewhere new, with all of the old familiarity removed.

We are working on getting more information on future work planned and will share it when we find anything out. We will keep taking our “look and see” hikes on the third Saturday of the month (March 21 is the next meeting). Wear closed toe shoes, bring drinking water, and join us at 9 am on the Johnson Avenue side of the canyon, between Lincoln and Hayes Avenues. See you there.

We’ve got GOOD NEWS every Sunday

N° 2 PROJECT UNIVERSITY HEIGHTS
KEEP AN OPEN MIND AND MIGHT

Doggie Baggies Needed for Project No. 2

UHCA is collecting plastic bags to refill the Project #2 dispensers. All new and gently used plastic bags are welcome. (Finally! Some good can come from those ad-filled weeklies thrown in everyone’s driveway!) We will also gladly accept donations of DOGIPOT® SMART Litter Pick Up Bags™, which are the perfect fit for our dispensers. Please drop off your bags at the monthly UHCA meetings or feel free to stuff the boxes (yes, it’s legal)! if you are in the area. Thank you for your support!

"The Point" Cleanup
March 7, 1:30-3:30 pm

Randi Vita and Mark Koopen are an inspiration to their UH neighbors, especially in Zone 6. After being dismayed at how many dog owners did not pick up after their pets, they persistently brought this to our attention and convinced us to help. They installed two UHCA’s Project #2 dispensers to house doggie poop baggies near their Howard Avenue home. One dispenser is located on Polk between Florida and Alabama, the other at the corner of Alabama and Howard. Randi and Mark are also conducting a research project to determine if the poop count is down after the installation of the dispensers. Their ongoing research indicates a notable change for the better. People are using the bags to pick up after their pets and starting to pick up trash too. Evidently they observed Randi and Mark taking the time to chat with neighbors while they clean up their neighborhood. Watch out! It may be catching. . . Community Pride.

Thanks and many Plumes to Randi and Mark.

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Free Hatha Chair Yoga Classes Extended Through March

Good news! Due to popular demand, our free yoga classes will continue in March. Sandy’s program is specifically designed for seniors and others who may have difficulty with movement. Her method is called “Hatha Chair Yoga” and requires no equipment or excess strain. Classes are held every Wednesday from 6 to 7 pm. Join neighbors and Sandy Levin from Peaceful Heart Yoga.

Meet Toni Atkins, California State Assembly Speaker and Her Staff

The University Heights Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker Toni Atkins and her staff. Please feel free to drop in, say hello, ask questions, and discuss your concerns. The “Office” is open to the public at 6 pm on the first Wednesday of every month. March 4 is the next date.

Become a Friend of the University Heights Library

If you enjoy the services and programs provided by the University Heights Branch Library, you need to know that our programming depends on the generosity of donations from the community. One of the best ways you can help support the library is to join the Friends of the University Heights Library. For a minimum donation of $10 ($5 for students and seniors) you can sign up for an annual Friends membership. Just stop into the branch and ask a staff member for a membership envelope. Help our library to be fabulous, make new friends, and join the Friends of the University Heights Library.

Friends of the Library Book Sale – Saturday, March 21 (8 am – 3 pm) and Sunday, March 22 (noon – 4 pm)

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

Book Club and Salon

The University Heights Book Club and Salon monthly meeting will be held at the library on Wednesday, March 25, at 6:30 pm. This month’s book selection is Country Girl, a memoir by Edna O’Brien. Library on Wednesday, March 25, at 6:30 pm. This month’s book selection is Country Girl, a memoir by Edna O’Brien.

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**Jog A Thon 2015!**

On Friday, March 13, the kids at Alice Birney Elementary School will participate in their annual Jog-a-Thon. Our kids will be raising money to protect programs that make Birney unique and successful. 100% of the net proceeds will go to support enrichment activities, such as Spanish and art instruction, which are critical to our International Baccalaureate certification, as well as support teachers with needed supplies. Birney’s Foundation, Friends of Alice Birney Elementary School, is asking local businesses to sponsor the event by donating money or prizes for the kids who participate in the Jog-a-Thon. In the past, we’ve received generous support from Mary Anne Stevens, The Burger Lounge, Birch Aquarium, UHCA, the Midway Museum, the Automotive Museum, Sprouts, and The Water Lady, to name a few. How about you? Your donation will support our school activities and help us raise the needed funds to support our kids. Please contact alicebirneyfriends@gmail.com if you can contribute to our efforts in any way!

**Shoes with Heart Fundraiser**

Another successful Shoes with Heart fundraiser for Birney! Thanks to everyone who contributed! We collected almost 2,000 pounds of shoes for needy people in developing nations, and Birney will receive a donation based on our collection!

**Come Out to U-31 on March 6 -- Have a Great Time and Support Birney!**

Join us on March 6 from 6 to 10 pm at U-31, a great local watering hole, for a fun evening of food, drinks and socializing while supporting Birney. U-31 is located at 3112 University Avenue. It has great food, including burgers, tacos, green bean fries, and a full bar. U-31 will give 40% of the receipts generated to Birney’s Foundation, so come check it out!

**Read Across America Week**

Birney hosted its annual Bedtime Stories on Friday, February 27, as part of Read Across America week. The Birney PTA provided cookies and milk; students attended in their pajamas with blankets while teachers and family members read them stories. Read Across America is a nationwide celebration of literacy, scheduled around the birthday of local author Theodore Geisel, better known as Dr. Seuss.

Almost 200 Birney Students Have Perfect Attendance!

Almost 200 Birney students (out of 570) have perfect attendance and celebrated their mid-year achievement at Birney’s first Perfect 100 Days of School party on February 27. All students with perfect attendance attended a special magic show to celebrate their achievement. Those who continue to have perfect attendance will be rewarded with a trip to get ice cream the last week of school.

**NEW TRASH “ANGELS” NEEDED**

By MaryBeth Chruden, UHCA Beautification Chair

For six years, Carol and Tiffany, who live by the UH entrance to the Vermont Street Bridge, have been diligently emptying the trash receptacle that the UHCA placed there to minimize trash on the footbridge. It’s time for these “trash angels” to give their halos to some new volunteers. It only takes five to ten minutes to empty the receptacle.

UHCA will provide the bags. There is a nearby brown bin where you can deposit the full bag. If you cross the bridge regularly or live near it, this would be an easy way to contribute to your neighborhood. If you live farther away, you can stop on your way to the freeway entrance, or you can park by the bridge, empty the trash and walk over to Uptown to shop (possibly faster than driving there and parking!)

Be a trash angel and give a little time to keep UH beautiful and clean. Send an email to mb552@aol.com with “trash angel” in the subject line.

**PETS OF THE MONTH**

**MONKEY AND TIGER**

There’s a little story about how Monkey got his name. Back at Christmas 2011, Bill and I were invited to a Christmas fundraising party in Ramona for an organization that rescues monkeys of all kinds, called Mostly Monkeys. After touring the facility, we spotted a cage of kittens and instantly noticed the cutest gray and white kitten lolling in a corner of the cage. We immediately knew that he was the one for us. We went home and couldn’t stop thinking about him, so the next day we went back to Ramona and adopted him, and named him Monkey! He was a feral cat so he needed nearly a month of love, nurturing, and patience before he would show affection. Now he’s one of the most loving cats ever.

Tiger was adopted only for the purpose of being Monkey’s companion. We adopted him from an organization called Animals without Borders in 2012. Both cats are very playful, cuddly, and nurturing to one another. We often find them both spooning each other and grooming each other with their paws wrapped around one another in an embrace.

**ROOSEVELT MIDDLE SCHOOL International Baccalaureate® Magnet**

by Richard Harris

Teddy Wants You!!

Roosevelt Middle School wants a few (or many) community volunteers to help students, teachers and staff.

How do students benefit? Volunteers can:

• Increase children’s motivation for learning
• Provide positive role models for students
• Help teachers provide more attention to individual students

How do volunteers benefit?

• Make a contribution to the community
• Be involved with young people and serve as role model
• Meet parents, Roosevelt Middle School staff, and other community volunteers

Volunteer at your convenience:

• Recurring tasks during the school day, after school, and Saturdays
• A few times per school year on weekends or evenings
• You can even take tasks home and complete them at your own pace

If you have skills, hobbies, experience, or interests that you wish to share with students and staff, we hope you will contact us and offer your time and talent. Visit FriendsofRoosevelt.org, click on “How You Can Help” follow the steps listed on our volunteer page and we’ll put you to work.

Here are some examples of volunteer opportunities:

• Alumni: Help set up and manage our web site Alumni section
• Career Day: Help plan Roosevelt’s first ever career day
• Cabello’s Closet, organize donated clothing for families
• Classroom wish lists, Help teachers write online applications
• Classroom/Teacher Support Team
• Family Friday on the Field Fun events: help plan/organize
• Field trip chaperones and/or drivers
• Garden to Table program for students & community
• Grant writing, help Roosevelt raise funds for numerous needs
• Lunchtime/Playground Monitor
• Traffic Monitor: provide safety to kids before/after school
• Make the Fences Disappear: Help students beautify the fencess
• Marketing Roosevelt to the Community

For more information, contact Richard Harris, Roosevelt Volunteer Coordinator and Chair of Friends of Roosevelt, at (619) 301-0177 or info@friendsofroosevelt.org.
Show Off Water-Wise Landscapes from Page 1

smart use of climate-appropriate plants. “The combination of succulents and Australian natives helps produce a garden that is attractive year-around,” said Amelia.

JoEllen Jacoby, Supervising Landscape Conservation Designer for the City of San Diego’s Water Conservation Program, says the City is always excited to collaborate with other agencies on the Landscape Contest and encourages homeowners to enter.

“We know San Diegans are embracing the concept of water-wise landscaping from the response we get to our rebate programs, questions from customers and an increased level of interest,” says JoEllen. “This is a great way to illustrate all that San Diego is doing to incorporate conservation into their homes, permanently.”

Tips for Contestants

Winners will be judged for overall attractiveness, appropriate plant design, demonstrated water savings, appropriate maintenance, and efficient methods of irrigation. Because the initial vetting of entrants is based solely on photos.
San Diego Secures $16 Million to Help End Homelessness

By Councilmember Todd Gloria

Whether you are in University Heights, Hillcrest, Downtown, or the beach community, you may see homeless people. I am pleased to provide you with some good news. Late in January in San Diego was awarded more than $16 million from the U.S. Department of Housing and Urban Development (HUD) to support housing and service programs for local homeless. These grants will reforestive projects already in operation and fund new projects identified through a transparent and comprehensive local scoring process that prioritized permanent supportive housing programs. These funds will go a long way to help us achieve real results addressing homelessness. As Chair of the Regional Continuum of Care Council (RCCC), I thank our membership for the intensive efforts that resulted in the award of these funds for our community. San Diego is fortunate to have local homeless housing and service providers dedicated to serving this vulnerable population.

The RCCC Governance Board has been recently reformed to include community, business, government, service providers, and philanthropic leaders all collaborating to align our resources and prioritize best practices that are proven to get results. This marks an important shift in how the community is working together and strategically planning to solve this problem, and includes the oversight of millions in federal funds for homeless housing and services each year.

Among the projects funded are the Homeless Management Information System, Connections Housing, and rapid re-housing.

Two annual efforts to help end homelessness also occurred in January. On January 23, along with hundreds of other San Diegans, I participated in #WALKCOUNT, the survey of sheltered and unsheltered homeless individuals throughout San Diego. The data collected is used by HUD to help determine funding and by local service providers to ensure resources are reaching those most in need. The purpose of Project Homeless Connect, which took place at Golden Hall on January 28, is to link homeless people with appropriate services. Organized by the San Diego Housing Commission, Project Homeless Connect served more than 1,300 people with health wellness, best flu shots, dental exams, haircuts, legal aid, housing counseling, and pet care.

Knowing who is on our streets, what they need to get back on their feet, and then linking them to services is key to making additional headway toward ending homelessness in San Diego.

Finally, the city and San Diego Housing Commission will soon be considering proposals to replace the emergency winter tent program with a year-round program in a permanent facility. Like the other adjustments I've proposed and implemented, this is meant to better serve homeless people every winter.

This marks an important shift in how we think about addressing homelessness in San Diego.

Continued on page 11
Just what is the Alexander Technique?

By Alex Watts

What do Paul McCartney, John Cleese, Aldous Huxley, Madonna, Kevin Kline, Dame Judi Dench, and George Bernard Shaw have in common? They have all benefited from lessons in the Alexander Technique, a unique method of kinesthetic re-education developed over a century ago and used by people in all walks of life who want freedom from muscle and joint pain, freer breathing, and greater physical and mental well-being.

I first came to the Alexander Technique in 1989, because of chronic lower back and neck pain, which seemed to be getting progressively worse. Within a few months of weekly Alexander lessons, my back and neck issues were resolved, which seemed almost miraculous to me as I had tried a number of other approaches without success. I continued as a student for many years before completing a three-year, 1,600-hour teacher training course in 2010.

People often ask me what Alexander Technique “treatments” are like. I tell them that the technique is not a treatment or a therapy; it’s a skill, something you learn to do for yourself. You can learn to retrain your kinesthesia in such a way that you feel freer, lighter and more in control of your body and of the way you move. A good deal of neck and back pain is the result of bad muscular and postural habits, excessive tension and unnecessary force, and a lack of internal connection and sense of flow. With conscious attention and work, those destructive habits can be undone and a natural sense of ease and flow re-established. An Alexander Technique teacher doesn’t “treat” you or do the work for you, any more than a guitar teacher plays the guitar for you. An Alexander teacher shows you how to do the work for yourself and make your own changes. And you can!

For more information, contact Alex Watts, mAmSAT, a professional organization, (619) 299-2807 or www.theexpandingself.com

HOST FAMILIES WANTED!

Supplement your income!

Call Kaplan International San Diego at 858-551-5750 for more information

Susan Holts
Realtor Certified Residential Specialist

Thinking of buying, selling or investing in a home? Over 20 years serving the San Diego metro area. Contact me today! www.susanholts.com

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Supplement your income!

Call Kaplan International San Diego at 858-551-5750 for more information
4325 10th Avenue  
2 Bedrooms 1½ Bathrooms  
$425,000  
7,910 Sq Ft Canyon Lot  

Picturesque and very private canyon location with views to the east and west. Open living space with lots of light. Hardwood floors and beamed ceilings in the main living area. The dining area is off kitchen and has views to the canyon. Skylight in the MBR plus one in the Bath. The MBR opens to the outdoor deck which looks over the serene canyon. Location is fantastic. Walks to Trader Joe’s, Ralphs and many restaurants and coffee houses.

Mary Anne Stevens  
Don’t make a move without me!

GLOW-IN-THE-DARK  
EGG HUNT  
SATURDAY 4/4  
6-8 PM

2111 Camino del Rio S. west of Texas St.  
Mission Valley  
619-297-4366  
FirstChurchSD.org

Sacred Poetry Share  
Bring yours.  
Or just listen.  

Sunday  
March 22, 2015  
11:00 am Service  
Everybody Welcome

Swedenborgian Church of San Diego  
4144 Campus Ave (at Tyler Street)  
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The Swedenborgian Church is a progressive, open and affirming congregation which supports the spiritual journeys of all people.