MARCH 3 MEETING: IS IT POLITICAL? IS NIMBY BAD? DOES MAJORITY RULE?

By JD Abercrombie

Do we owe affordable housing to those who cannot afford to live in our area? Are bicycle lanes worth it? Is it ok to tear down some historic houses to make way for high density and not other historic structures? Isn’t it true that keeping areas that attract residents and businesses the way they are is the way to continue having an attractive area? Is the density being spread around fairly to our older downtown “villages?” What is affordable housing?

Probably our long awaited Plan Update by which we will gain new zoning guidelines (how high, how far from the side yard, parking, use, etc.) is as much political as it is not. Our March meeting will be the best chance to show the current powers that be who are not politicians that University Heights (UH) cares and what we want.

Lara Gates and Tait Galloway. These are two experienced expert planners who have been tasked with getting it done (years overdue now) by the end of this year. They will bring information we can understand along with visuals so we may see examples of what the new density will look like. Since UH is not a planning group, we are very fortunate to have both of these planners come to us. Plus, they have power.

Our main wish voted on several times now is to be within one planning group-Uptown Planners. We also have weighed in on height limits, bonus densities, parking, and what we don’t want. Lara and Tait will tell us about recent changes from what we thought we had and will listen to our reactions. It is another golden opportunity to try and have a say in the future of development in UH.

ELECTION ANNOUNCEMENT

By Beth Jaworski

On Tuesday, March 1, from 6:00 to 6:30 pm, the Uptown Planners will be filling seven seats for a term of four years.

The Uptown Planners is a community planning group recognized by the City of San Diego to represent the community in planning and land use issues. Topics subject to recommendations by the Uptown Planners include, but are not limited to, advising the city on broad land-use topics such as density, zoning, and infrastructure investment. Community planning groups like Uptown Planners are also asked to advise the city before issuing permits for new or additional construction in residential areas for projects that require special entitlements; these may include development such as adding an extra living unit, exceeding size or height restrictions, or developing on or near environmentally sensitive land.

To vote, an individual must present identification proving residency, property ownership, or business ownership within the Uptown planning boundaries. Identification may be in the form of a driver’s license, utility bill, tax bill, business license, or rent receipt — any document that has the individual’s name and street address. Photocopies of documents are acceptable.

As a courtesy, it is suggested that before completing the ballot, voters first listen to the three-minute statements candidates will make regarding their qualifications and the reason they would like to serve, or continue to serve, on the board.

LOOKING AHEAD

The April 7 UHCA meeting will be dedicated to all things baseball. With spring training completed and the season in full swing by the end of March, early April seems an opportune time to refocus our sports-related attention on something positive - a team we know will be staying in San Diego! And that would be our wonderful Padres! A representative of the Padres organization will be at the April meeting to discuss the team and its prospects for the 2016 season and to answer your questions. We hope you will join us for a lively discussion about a beloved San Diego institution.

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University Heights Community Association / March 2016
We’ve been talking a lot about what we want our community to become, thanks to the city updating their overall community plan that will guide development and permitting for the next decade or more. We’ve spent several hours in meetings understanding the initial draft of the plan and then providing our input on this. The letter we sent with our comments was included in last month’s UHCA News. By the time the paper hit our neighborhood doorstep, the letter unfortunately was a moot point. The city had released an update to the plan that changed much of the originally proposed permitting.

The updated proposal eliminates the “density bonuses” since just about everyone objected to these. In place of this, however, they’ve just greatly increased the allowable density along El Cajon and Park Boulevards - no “bonuses” needed. Much to our frustration, we found out that the North Park Planning Committee had already approved all the new density proposals along El Cajon and Park Blvd without talking to anyone from our neighborhood. And North Park Planning Committee wonders why we want to get out from under their control.

Of course, our concerns about large development can only happen if property owners actually sell or choose to develop their property. After last month’s newspaper came out, Andre Lusti came forward to say his family had no plans to sell the Lusti Motors property at El Cajon and Park to CVS Pharmacy or anyone else. And the minister at the church on Park and Meade Ave. contacted me to let me know they had absolutely no intentions of selling the church.

Still, it’s important to have reasonable permitting restrictions in place in case these and other properties do get sold 15 years from now. In a nutshell, we feel there should be reasonable growth allowed along the main corridors of Park and El Cajon Boulevards—say, three- or four-story buildings, not seven stories! And the areas of our neighborhood off these main thoroughfares should remain largely unchanged. So it’s back to the review process to try to get these points heard and ultimately incorporated. Please attend this month’s UHCA community meeting to understand how you can help accomplish this.

Membership Form

Join UHCA today and be part of the team! The success of the University Heights Community Association is largely dependent upon the volunteer efforts of area residents.

Yearly Membership

- $25 Household
- $45 Membership & mailed UHCA News
- $75 Business Membership
- $100 Golden Ostrich

Name:
Business Name:
Address:
City/State:
Zip:
Phone:
Email:

Sponsor:

Refereed by:

- NEW
- RENEWAL

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

Volunteer Your Time on a UHCA Committee!

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

UHCA to Host Community Design Charrettes

By Philip J. Gill

Change, in the form of urban development, is coming to University Heights (UH). So if you’re interested in helping to shape the future development of UH, then you won’t want to miss a series of meetings the University Heights Community Association (UHCA) is hosting to ask for community input to updates to the City of San Diego’s master plan for UH.

As some of you may know, the Planning Department of the City of San Diego is currently updating the master plan for the Uptown and North Park community planning districts. Both include parts of University Heights - UH west of Park Blvd, while UH east of Park Blvd. is under the North Park Planning Committee.

Please consult the map on Page 2. These meetings are your chance to have input into these plans, which will affect the shape, scope, of development in UH for the next 20 to 30 years.

On Monday, February 22, our first charrette* (workshop) took place at Twiggs’ Green Room. On Monday, March 7, between 6:30 and 8 pm, our second charrette will also be at Twiggs.

To participate, you don’t have to be a UHCA member, but you do have to live in or own a business within the borders of UH as defined in the UHCA By-Laws. Please consult the map in this paper. Seating is limited and a list is forming, so please RSVP to philipjgill@gmail.com.

Note: The word charrette refers to any collaborative session in which a group of designers drafts a solution to a design problem. Charrette is a French word for cart. In Paris in the 19th century, it was not unusual for student architects to continue working furiously in teams up until a deadline, when a charrette would be wheeled among the students to pick up their scale models and other work for review while they, each working furiously to apply the finishing touches.

IN CASE YOU MISSED IT

Our February meeting started with an update from San Diego Police Dept. (SDPD) Community Relations Officer Dave Surwillo on the most pressing issues currently facing our community. These included loitering on the Vermont Street Bridge and illegal activities at The Point and surrounding areas of University Heights (UH), which was also the larger topic of the meeting. As per usual, this was followed by updates from our elected officials’ representatives and information about the upcoming Old Trolley Barn Park 25th Anniversary Celebration, to be held Saturday, April 16, from 11 am – 4 pm; see the article on page 4 for more details.

Our guest speakers were Doug Wallingford and Janet Tait, local UH residents who live near The Point and have been leading the charge to implement a curfew and alcohol ban that will give law enforcement more tools to respond to neighborhood reports regarding the increased illegal activity in the area. They provided a presentation outlining the issues and reviewing results from a neighborhood survey taken in late 2015 to get a pulse from residents regarding their feelings on the idea of a curfew and alcohol ban. The presentation can be downloaded from the UHCA website at uhsd.org.

In addition, Doug and Janet updated attendees on the status of the process they are pursuing at Parks & Recreation Dept. and the City Council to have their proposal implemented. For more information, please see the article by Janet on this page.

The program closed with a brief discussion of the recent changes to the density bonus plan that was removed from and then re-introduced to the North Park Master Plan Update. This will be the topic of our March meeting, with presentations by city representatives involved in both the North Park and Uptown Community Plan updates, so don’t forget to attend if you are interested in this topic.

Finally, UHCA held a drawing for gift certificates to Florabella and the new restaurant on Park Blvd, Madison. Congratulations to the winners, and thank you to all of the attendees and participants for making our February meeting another valuable one.

At the February 4 University Heights Community Association (UHCA) meeting, Doug Wallingford and I updated attendees on the proposal to reduce criminal activity and improve quality of life issues for the area known as The Point. Residents have proposed a 24-hour alcohol ban and a curfew (8 pm to 6 am, from November to March and 10 pm to 6 am from April to October). The curfew will not apply to the pathway along The Point between New York and Rhode Island Streets as this area is a right of way for residents.

The proposal has been formally endorsed by the University Heights Recreation Council (UHRC), the University Heights Community Development Corp. (UHCD), and the Community Parks II Area Division Committee. After neighbors at the Point took a survey of area residents indicating that 88% of respondents favored an alcohol ban and over 80% supported a curfew, the UHCA board issued a letter endorsing the proposal.

In response to feedback from the Community Parks II Area Division Committee, the UHRC decided at their February 4 meeting to include the area of open space bordered by Franciscan Way on the west, Campus Ave. at the east, and Golden Gate and Cleveland Streets on the south in the proposal. We notified residents bordering this area about the proposed change before the meeting and several came to the UHRC meeting to support including this additional area in the proposal.

The City of San Diego’s Parks & Recreation Dept. will present the proposal to the Park and Recreation Board, the City Council’s Public Safety and Livable Neighborhoods Committee, and, finally, to the full City Council in the coming months. If it passes, the alcohol ban and curfew should be in place by late summer.

After a lull because the recent inclement weather and holidays, we expect illegal activity will undoubtedly pick up again. The increased vigilance of UH residents and other actions taken in recent months are helping to make a difference! Please continue to report illegal activity to the San Diego Police Dept. non-emergency number. (619) 533-2000, or call 911 as appropriate.

Thank you for your help.

CORRECTION: In the February 16 UHCA News in our article “Update on the Point: Proposed Liquor Ban and Curfew Move Forward,” we incorrectly stated the hours of the proposed ban approved by the University Heights Recreation Council (UHRC) for the public open space. The Point at University Heights. The UHRC proposes a 24/7 alcohol ban and 10 pm to 6 am, April through October, and 8 pm to 6 am, November to March.
SITE HISTORY:
Some content supplied by the City of San Diego Council District # 2, April 1991, author unknown:

• 1912: J.D. Spreckels levels the site at 1924 Adams Avenue and builds a brick building to accommodate the repair and over storage of up to 100 electric streetcars.

• 1940: Busses are introduced as a more cost-effective mode of public transit and the electric trolley system is phased out. The trolley “barb” is sold to the San Diego Paper Box Co. and converted into a manufacturing warehouse.

• 1970: After 30 years at the site, the Paper Box Co. sells the property to Heritage Park Investors, who plan a 96-unit residential project. Efforts to declare the site historic are unsuccessful and the structure is demolished.

• 1984: Residential developers propose 120 units for the site and University Heights (UH) residents band together in an effort to convince the city to purchase the site. The City Council begins exploring the possibility of acquiring the site and authorizes an appraisal.

• 1985: The City Council approves the establishment of a Capital Improvement Project for the site acquisition and identifies $2.2 million for its purchase.

• 1986: The City finalizes the purchase of the property.

• 1987: The University Heights Community Association (UHCA) begins enlisting suggestions and input from the community regarding the development of the site as a park.

• 1988: The park’s preliminary design is approved by the city’s Park and Recreation Board and its subcommittees. It was designed by KTU+A landscape architects.

• 1989: Despite a recommendation from the city manager to eliminate the funding for the park’s construction, City Councilmembers Bob Roberts and Gloria McColl are successful in sustaining the construction funding in the 1989-90 budget. Final plans receive approval of the City Council and the project is advertised for bids to construct.

• 1990: The contract is awarded for the $879,500 project, and on Thursday, May 10, a groundbreaking ceremony is held at the site. “Proving that grassroots efforts by neighbors can work,” then City Councilmember Roberts, joined by members of UHCA, celebrated the start of construction of the first new-in-city park to be built in San Diego in years. Construction began on May 12.

• 1991: On April 6, the Grand Opening is held at the Trolley Barn Park. Councilmembers Roberts and John Hartley, joined by other dignitaries and community leaders, officially dedicated the park at 12 noon. The theme of the Grand Opening was One Hundred Years of History.

ONE HUNDRED YEARS OF HISTORY

Parks have played an important role in the development of University Heights (UH) over the past century. The following is a snapshot of the historical record.

TROLLEY BARN PARK
PREDECESSORS

UH was subdivided and lots began selling in 1887. In order to entice potential buyers to take the plunge, sales brochures of the era indicated that numerous parks and even a lake were planned for the area. However, due to a lack of funds, none of these were developed. In 1889, investors formed the San Diego Cable Railway Co. with the intention of connecting a bustling downtown with the newly established residential areas of Hillcrest, Florence Heights, and UH. Unfortunately, because of financial difficulties, the cable car line was forced to close after only 13 months of operation. However, during that time the company developed a five-acre recreation park known as The Bluffs, located at the end of the cable car line, in an effort to attract people to the then thinly populated northern rail segment.

In 1891 the assets of the Cable Railway were acquired by George Kerper, who renamed the company the Citizens Traction Co. This new enterprise made two significant changes. First, it converted the cable car line into an electric rail system and, second, it enlarged the park at the end of the line and turned it into a full scale amusement park, which they renamed Mission Cliff Park. As fate would have it, after only three years this new company also failed. The land and railway assets of the Citizens Traction Co. were sold in 1898 to the San Diego Electric Railway Co. owned by John D. and Adolph B. Spreckels.

In 1882 the Spreckels street car company was one of 25 serving San Diego, but by 1900 their company controlled the city’s entire public transport system. After expanding and remodeling Mission Cliff Park to almost 20 acres, John D. Spreckels renamed Mission Cliff Park as Mission Cliff Gardens and set about to create a botanical garden attraction at the end of his trolley line that would promote ridership and encourage further residential settlement in University Heights. By 1912, Mission Cliff Gardens had grown to 42 lovely acres and was a very popular attraction for tourists and locals alike.

In 1904 Spreckels chose John Davidson, a Scottish immigrant, to oversee the gardens. Davidson and his wife lived on the second floor of the pavilion. Under his care, the park became renowned throughout Southern California for its magnificent gardens and horticultural exhibits. Davidson built pergolas along the rim of the canyon and trellised them. Trees flourished. That same year, Spreckels invited Harvey Bentley to move his ostrich farm from Coronado. One of the garden’s main attractions and chief curiosities soon became the relocated ostrich farm. For a small admission fee, visitors could watch the dozen or more ostriches being raced around the yard; some intrepid visitors even rode the birds. Beyond their entertainment value, ostriches had a great utility - their feathers were coveted nationwide for hats, boas and stoles. But the advent of the auto, open cars created too much wind for ladies to wear big feathered hats, and women adopted tight little hats and bobbed hair. Ostrich feathers plummeted in value from $35 a pound to $0.05 a pound.

Sadly, during the 1920s, Mission Cliff Gardens was frequented by fewer and fewer visitors, owing to the development of the nearby and much larger Balboa Park, created in 1915 for the exposition celebrating the opening of the Panama Canal. Also, the Spreckels’ attention shifted to promoting their amusement center in Mission Beach. With the death of the Spreckels brothers in 1924 and 1926, their vast empire was slowly dismantled and the gardens were offered for sale. The property was sold to developers in 1942, who subdivided the land for private housing.

TROLLEY BARN PARK

Historical Record

1924 Adams
1912: J.D. Spreckels levels the site at 1924 Adams Avenue and builds a brick building to accommodate the repair and over storage of up to 100 electric streetcars.

1940: Busses are introduced as a more cost-effective mode of public transit and the electric trolley system is phased out. The trolley “barb” is sold to the San Diego Paper Box Co. and converted into a manufacturing warehouse.

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MARCH 2016

**HAPPENING IN THE HEIGHTS**

### COMEDY

**TWIGGS**
4590 Park Blvd (at Madison)
(619) 296-0616 / www.twiggs.org
- **Comedy Heights:** Every Sat, 8 pm
- **Celtic Ensemble:** Every Sun 4–6 pm

**LESTAT’S ON ADAMS**
3343 Adams Ave.
(619) 282-0437 / www.lestats.com
- **Comedy Night:** Hosted by Rajan Dharni
  Every Tuesday: 9–11 pm

**ACROSS THE STREET AT MUELLER COLLEGE**
4607 Park Blvd. (619) 507-7223
www.sidestageimprov.com
- Contact John Ciccolella for details

### MUSIC

**PARK & REC**
4612 Park Blvd.
(619) 795-9700 / www.parkandrecsd.com
- **The Bedbreakers Band (Uptempo)**
- **Mystic Mocha**
  2105 Mission Ave.
  www.mysticmocha.net
  Music Every Saturday 10 am-noon
- **Lafayette Hotel**
  Celebrating 70 years
  2223 El Cajon Blvd. (619) 296-2101
  www.lafayettehotelsd.com
  - **Industry Mondays:** 12–5 pm ($5 cover)

**3RD SPACE**
4610 Park Blvd. (619) 255-1151
www.3rdspace.co
- Co-Working & Club For The Creative
- Check out The Underground Jazz Session

**DIVERSIONARY THEATER**
4427 Park Blvd. (619) 220-0097
www.diversionary.org
- **NOW OR LATER:** An incisive and politically provocative new play, that takes on religion, freedom of expression and the dangers of an increasingly interconnected global community.
  Thurs, Feb 11 – Sun, Mar 13

### THEATER

**PREVIEW BOOK SALE**
(Members Only) Friends of the Library
UH Library 3-6 pm
- Book Sale
- Library Task Force UH Lb 6:30-7:30 pm
- Friends of the Library Meeting 6:30 pm
- **PREVIEW BOOK SALE**
  UH Library 3-6 pm
- **Friends of the Library**
  Noon -3 pm, UH Library

### EVENTS

- **7**
  Hillcrest Farmers Market
  Lincoln & Cleveland
  9 am–2 pm
- **13**
  Hillcrest Farmers Market
  Lincoln & Cleveland
  9 am–2 pm
  Daylight Savings Time begins
  (Spring Forward)
- **20**
  Friends of the Library
  BOOK SALE
  Noon -4 pm, UH Library
  Hillcrest Farmers Market
  Spring Begins Palm Sunday
- **27**
  Hillcrest Farmers Market
  Lincoln & Cleveland
  9 am–2 pm
- **28**
  UHCDC Meeting
  5:30 pm
  Birney School Lib. 5:30 pm
  UHCDC MEETING
  Birney School Auditorium 6:30 pm
  Senior Tech Lab
  UH Library 12:30-2:30 pm
- **29**
  Hillcrest Town Council
  Joyce Beers Center
  Uptown Complex 8:30 pm
  Friends of UH Library Meeting 6:30 pm
  **uhca news**
  April Deadline
Between the Covers:
What’s Happening at the University Heights Library
By Kim Schmidt, Librarian

Senior Mobile Tech Lab —
Tuesday, March 1, 12:30 pm - 2:30 pm
If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader, etc. Tutors will be on hand with laptops for the public to use. Patrons are also encouraged to bring their own devices to the session. Learn how to send and receive email, surf the internet, use Facebook and other social networks and more. The program is free – thanks to the wonderful tutors from the Legal Aid Society of San Diego!

Summer Reading Program
Phew! It’s already March and the Summer Reading Program is just around the corner! Each summer the library encourages kids and teens to read throughout the summer months. Read 10 books and earn a bag of prizes and a chance to win the raffle for a grand prize. Prize bags include coupons for kids’ meals to San Diego Restaurants and free passes for the San Diego Zoo and various Balboa Park museums & attractions. This year, the Summer Reading Program will also feature eight special children’s performances including clowns, puppeteers, magicians, animals, and more. These events take place on Wednesdays at 6 pm in May, June, and July. Please check this column in future issues for information on the performance schedule.

PLEASE NOTE: the library will be closed Thursday, March 31, in celebration of Cesar Chavez Day.

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 in celebration of Cesar Chavez Day.

Become a Friend of the University Heights Library
If you enjoy the services and programs provided by the UH 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 UH 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 UH Library.

Friends of the Library Book Sale — Saturday, March 19, (8 am – 3 pm) and Sunday, March 20 (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. Please join us.

Book Club & Salon
Wednesday, March 30, 6:30 pm, The Demon in the Freezer by Richard Preston

Regular Monthly Programs for Kids
Also on tap are the library’s regular weekly/monthly programs for children, including:
• Arts and Crafts for Children – every Saturday at 10:30 am
• Story Time for Babies, Toddlers, and Younger Children every Friday at 10:30 am.

ALL PROGRAMS ARE FREE TO THE PUBLIC. PLEASE DROP IN!

The University Heights Branch Library
4193 Park Blvd.
San Diego, CA 92103
(619) 692-4912

FROM THE PRESIDENT FRIENDS OF THE UNIVERSITY HEIGHTS LIBRARY
By Philip J. Gill

Thank you for your membership in the Friends of the University Heights Library (FOUHL) for 2016. As 2016 moves into full gear, we are again asking you to support your local branch library by renewing your membership.

As you know, our group (your local chapter of the Friends of the San Diego Public Library) is dedicated to providing and improving services at the University Heights branch library, the oldest branch in the SD Public Library System. Thanks to your help and support, the FOUHL last year our local branch was able to:

• Double revenues from our annual August book sale, to more than $3,000

The following letter was sent to the Friends of the University Heights Library:

The March Book Club & Salon:
The Demon in the Freezer
By Richard Preston

The first major bioterror event in the United States - the anthrax attacks in October 2001 - was a loud and clear call for scientists who work with “hot” agents to find ways of protecting civilian populations against biological weapons. In The Demon in the Freezer, the author, whose first nonfiction book was The Hot Zone, takes us into the heart of The United States Army Medical Research Institute of Infectious Diseases (Usamriid) at Fort Detrick, Maryland, once the headquarters of the U.S. biological weapons program and now the epicenter of national biodefense.

Peter Jahrling, the top scientist at Usamriid, a virologist who cut his teeth on Ebola, is given security clearance to top secret information on bioweapons. His most urgent priority is to develop a drug that will take on smallpox and win. Eradicated from the planet in 1979, the smallpox virus now resides, officially, in only two high-security freezers at the Centers for Disease Control in Atlanta and in Siberia. But the demon in the freezer has been set loose. It is almost certain that Illegal stocks are in the possession of hostile nations with the implications that biologists in secret labs are trying to recreate the plague and release it to cause mayhem in the United States and abroad.

Preston takes us into the lab where they are reawakening smallpox and explains what may be at stake if this last bold experiment fails. He also reports on when the first anthrax letters were opened in New York and Washington, D.C., and the government’s response to the attacks as well as the ongoing FBI investigation.

Join the Book Club & Salon discussion on Wednesday, March 30, at 6:30 pm. The book will be available at the UH Library’s front desk during February/March. New members are always welcome!

UH Book Club & Salon
WEDNESDAY, MARCH 30, 6:30 pm
UH Branch Library
4193 Park Boulevard (at Howard Avenue)
619-692-4912
OUR aplogies for neglecting to tell you that at the December UHCA meeting we honored many more wonderful individuals. Unfortunately, they were unable to attend the meeting. We'd like to recognize the following individuals who are deserving of a special shout out to them for their service to the UH community.

**Natalie Buczowski and Francis Weidinger**
As the new owners of Mystic Mocha, Natalie and Francis have continued the Mystic Mocha magic: good food, coffee, and pastries. Bringing the 'hood together at their cozy corner café on Mission Ave and Alabama St, they continued the December tradition of hosting Caroling in the Heights.

**Molly Chase**
Molly was always there for us. Whether it was solving which city department to contact to cut down overgrown bushes to cracked sidewalks, she was our go-to person. She helped us navigate and obtained the UH Banner District, which we are forever grateful.

**Sean Cole**
Do you often find your mailbox full of torn and tattered circulars, carelessly crammed in so tightly that you need a crowbar to get them out? Not if your mail carrier is Sean Cole! Thanks, Sean, for a job well done!

**Norma Cortez**
We love Norma because she has become the face of Twiggs every Wednesday through Sunday. Great espresso is a learned art and she is a taskmaster for the barista staff. As a regular customer you just need to show up. She already knows your order when you walk in the door, which makes us feel like we live in a real neighborhood and are a part of a real community.

**Josh Lambdin**
Park Ranger Open Space: Thank you, Josh, for your monthly cleanups to The Point. We appreciate your attention to our wonderful Open Space on Golden Gate between Rhode Island and Delaware Sts. You and your recruits perform a superb service to the community of UH.

**Dan Porter**
Neither snow nor rain nor heat nor gloom of night stays Dan from the swift completion of his appointed rounds. He patiently handles the welcoming barks of neighborhood dogs with a nod and a sigh as he continues on his way to deliver mail both large and small throughout UH.

**Sammy Sarmiento**
Mail carrier Sammy goes far beyond his job. He is personable, helpful, and always has something nice to say. He goes above and beyond in his work. His cordial and warm attitude brings everyone joy and vibrancy to UH.

**Randy Wortman**
Stonewall Citizens Patrol provides a vital service to Hillcrest, North Park, and University Heights fulfilling their three objectives: Awareness, Educate, and Patrol. Randy, a Stonewall volunteer, lives in the heart of UH, knows our issues and has patrolled our vulnerable areas. Stonewall depends upon donations to cover gas and other expenses. They are the eyes and ears of SDPD.

**Juan Zazueta**
He is the mail carrier who works Campus Ave and other streets in the heart of UH. Juan has a cheerful personality and wonderful smile, and is always a pleasure to see at the front door! He makes sure the right mail goes to the right person, and he has even gotten to know many of the neighborhood pets, who also love him too!

**Andy Zlotnick and John Pani**
Andy and John are restaurateurs/entrepreneurs whose latest project, Park and Rec, has revitalized and reinvented a longtime neighborhood hangout that had fallen on hard times. Park & Rec on Park Boulevard has quickly become a favorite of the UH locals and others. They have graciously opened their doors to community organizations for events. Great friendly staff too!

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

**NEW GRAFFITI UNIT FOR SDPD WESTERN DIVISION**

The Graffiti Unit has assigned a new detective to handle the tagging/graffiti incidents within Western Division. The new contact is Detective Cassie Ericson. If you have an incident of tagging and/or graffiti, please take a photograph prior to painting it out and email the photo to Detective Ericson: CEricson@pd.sandiego.gov. In your e-mail, please include date, time, location, and approximate size of the graffiti.
**Birney Bees**

Birney Bees will be kicking off the month of March with our Read Across America week-long celebration ending in Bedtime Stories, one of Birney’s most treasured events. Students wear their pajamas and bring blankets and pillows to school; Birney staff and community members read picture books and served cookies and milk to them.

You may have noticed our business sponsor banners have returned to the Park Blvd. We are so grateful for these donors who have sponsored our beloved school at the $1,000+ level. If you would like to learn more about ways your business can gain exposure to the University Heights community and beyond through sponsorship of our IB Primary Years Program, please contact alice@birneyfriends@gmail.com for more details.

March is also our annual Run for the Green event, a school-wide fun-run that raises money for our highly prestigious IB program. Birney Elementary is a Title 1 school; more than half of our students come from socioeconomically disadvantaged households. These children often lack the means to raise the money Roosevelt raises money for our highly prestigious IB program. Birney Elementary is a Title 1 school; more than half of our students come from socioeconomically disadvantaged households. These children often lack the means to raise the money Roosevelt raises for our students, and sponsors’ banners removed from the fence as well as an increase in tagging and graffiti both on school property and the Willie Serrano Joint-Use Park. Please report any suspicious activity to help keep our community beautiful and welcoming.

By Kim Schultz

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**Digital Communications Volunteer Needed By UHCA**

By Monica Lanctot

- Update website home page as often as possible to refresh content and on-demand based on requests by Board and other community members
- Other website updates as needed, including monthly update of newspaper, calendar, and meeting information
- On-going updates of photo gallery, merchandise, community contacts, etc.
- Maintain member database contacts in Constant Contact email system
- Utilize Constant Contact to create monthly UHCA meeting reminder, as well as emails for other community events and happenings
- Post on Nextdoor and UHCA Facebook page regularly with community happenings, meeting reminders, etc.
- Respond to inquiries to webmaster@uhsd.org as needed
- Maintain accounts with hosting company GoDaddy and email marketing tool Constant Contact

Requires anywhere from 2 – 5 hours a week based on activity level, extent of updates, larger projects (e.g., new merchandise photos, ecommerce research and implementation, etc.)

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**Sponsor a Student (or Two) For Sixth Grade Camp**

For over 60 years, San Diego 6th grade students have enjoyed the great experiences offered by the Outdoor Education 6th Grade Camp program, but the days of district funding for 6th Grade Camp are over. The Roosevelt PTSA now helps sponsor Sixth Grade Camp, but we need your help.

The cost for this year’s trip is $350 per student and we have a number of students who cannot afford the cost and are in need of scholarships. If you remember the fun and friendship you experienced at Sixth Grade Camp, or just want to help send as many kids as possible to camp this year, visit http://roosevelt6thgradecamp.weebly.com/donate.html and click the “donate” button. All funds received this way will go specifically to providing money for scholarships to Sixth Grade Camp.

By Laura Dadmun

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By UHCA

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**Roosevelt Middle School**

**March is also our annual Run for the Green event, a school-wide fun-run that raises money for our highly prestigious IB program. Birney Elementary is a Title 1 school; more than half of our students come from socioeconomically disadvantaged households. These children often lack the means to raise the money Roosevelt raises for our students, and sponsors’ banners removed from the fence as well as an increase in tagging and graffiti both on school property and the Willie Serrano Joint-Use Park. Please report any suspicious activity to help keep our community beautiful and welcoming.**

By Kim Schultz

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Tired of Those Pesky UT Supplements?

Here’s how to stop their delivery: call the Union Tribune at 1-877-730-8232 and tell them that you do not want to receive the Friday supplement. They will only be stopped at the residence calling. Let’s all call and have a tidier neighborhood.

WOOF! I am so fortunate to live in the best hood in the best city, University Heights, San Diego. It’s hard to believe that over six years (42 in dog years) have passed since my forever parents and I found each other and my address became University Heights (UH).

Lots of changes since I first arrived as eight-week-old “energetic” pup. Many of you have seen me grow and mature. Besides maintaining our household, I also work as a Therapy Dog. One of the grrrrr places I work is the San Diego Airport where I help calm and enhance the airport experience for both travelers and those who work there.

In my six years living here, our neighborhood has lost quite a few pack members both two- and four-legs that we miss. But we have gained lots of great new furry friends to our pack. Many of the businesses that were fixtures of the hood have closed to be replaced by many new wonderful stores and restaurants. Fortunately for us pooches, many are dog friendly.

Our hood continues to improve and become an even better place to call home. Just take a stroll as I do at least twice a day and not only will you see children, adults, dogs, cats and even the occasional pig enjoying all our hood has to offer. Children and adults playing in Trolley Barn Park. Neighbors and visitors to the hood enjoying one of many diverse restaurants, watering holes, places for entertainment, the growing number of stores or attending one of the many community events. The Summer in the Park Concerts are one of many highlights.

But what really makes UH so special is the diversity of people that make up our hood. From newborns to “cool” young adults to seniors that have called UH home for more years than I can bark out, Business people to the artistic and creative ones. It is the many friendly and open minded beings, two and four legs that make living in UH so Grrrr. RARK OUT to everyone, if you see me walking my parents around the hood, please say hello.

Got a pet? Got a story? Want some press for your pet? Send your story and a picture of your pet to Nan McGraw at nmcsan@aol.com.

MARCH PET OF THE MONTH: DEXTER

Ernestine Bonn, Beth Jaworski, and Chris Ward

A bouquet of congratulatory plumes this month goes to the three University Heights (UH) residents who have served on the Uptown Planners for the past few years and are now termed out: Ernie and Beth for serving two terms and Chris for serving one-term. Thank you for wisely representing UH on this important community-planning advisory board in regards to land use, development, and discretionary projects.

You proved to be active participants on committees as well as outspoken advocates during the monthly three-hour meetings at the Joyce Beers Uptown Community Center in Hillcrest. You’ve listened patiently to residents of the neighborhoods (Bankers Hill/Park West, Middletown, Mission Hills, Hillcrest, and University Heights - west of Park Boulevard), researched proposals, weighed in carefully on decisions affecting these neighborhoods, and wisely voiced your concerns and/or support in preparation for the board advising the City Planning Department.

We realize that this volunteer job was time consuming and at times may have caused you to question the value of your contribution. Many University Heights residents silently appreciated your dedication. Whoever follows in your footsteps, we hope that these individuals will bring the same dedication you have shown. As Robert F. Kennedy said, “The purpose of life is to contribute in some way to making things better.” The three of you have done just that.

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Help the University Heights Community Association (UHCA) out and become a Blockwalker. Delivering the UHCA News is a valuable service to our community. Please contact Nan McGraw (619) 260-0688 or nmcsan@aol.com to volunteer.

Your Neighborhood Church
We invite you to check out our new website: www.uchristianchurch.org

An Open and Affirming Congregation, Everyone is Welcome
The neighborhood of University Heights (UH) brings to mind beautiful open space canyons, the Spanish Colonial Revival style homes in the Shirley Ann Place historic district, the street car inspired neon community sign, and wonderful Trolley Barn Park. UH residents are facing the same challenges as many other communities in San Diego’s urban core, so the city wants their input on issues like densification, business development, historic and open space preservation, and transportation.

UH is covered by the community plans for Uptown and Greater North Park, which were developed in 1988 and 1986, respectively. Our city has changed a lot since then and it is my goal to ensure the plans are updated in a way that respects the integrity and character of the neighborhood while allowing for well planned development in University Heights for the next 20 to 30 years.

The latest drafts of the new community plans draw from a variety of sources including the adopted plans, constituent feedback, the city’s General Plan, and the city’s recently adopted Climate Action Plan, to name a few. The plans currently allow for a variety of development types with higher intensity development clustered along corridors with access to high quality transit.

Members of the North Park community have asked staff to evaluate the opportunity for density bonuses in transit corridors in their plan through a discretionary process along El Cajon Blvd, and on Park Blvd, between El Cajon Blvd, House Ave and Park Ave. Currently, projects that adhere to the specifications in a community plan can be approved without any community input. If a developer chooses this option, their project would be subject to community review and the permit would be sent to the City Council. Proper zoning could also discourage gas stations, liquor stores, drive-throughs, and other uses that don’t allow the UH neighborhood to reach its fullest potential. Instead, the goal would be to attract projects that activate public space, increase walkability, and provide housing stock to an area that needs it.

Staff is continuing to receive input on the plans and I hope you will add your voice to the conversation if you have not done so already.

The draft plans that govern UH can be accessed online:

North Park: http://www.sandiego.gov/planning/community/profiles/greaternorthpark/

Uptown: http://www.sandiego.gov/planning/community/profiles/upownt/

The Trolley Barn Park: The People’s Park... thanks to Janice and Eric Duvall.

Reprinted in part from the San Diego Reader, April 4, 1991

By Paul Krueger

Eric and Janice Duvall were calling it “the park” eight years before it actually became one. The Duvalls would walk around the abandoned brick trolley barn that had been there since 1912. Then, it was torn down after not receiving historical designation. After delving into the proposed project of the new owners, Eric learned that the landowners wouldn’t have to meet some of the stringent environmental regulations because the 150 apartments would be constructed with the help of a city agency. The Duvalls printed up and delivered flyers throughout the neighborhood, inviting people to a meeting. The flyers urged people to attend a City Council meeting that had on its agenda the fate of this piece of property. The large turnout at this and subsequent council meetings was an important lobbying force. The Duvalls called a community meeting of about 175 people in January 1984, which was the first meeting of the University Heights Community Association (UHCA).

A strong argument in favor of the park was the fact that the neighborhood was deficient in park space according to the guidelines contained in the general plan for the City of San Diego. At the end of the street car era in 1959, virtually all railroads had been converted to arterials, creating the routes plied by the old electric streetcars. There’s a miniature map of the trolley system and a bronze plaque commemorating its historical significant.

Thanks to the Duvalls, Councilmember Gloria McColl, County Supervisor Ron Roberts, State Senator Lucy Killea, County Supervisor Les Williams, and other officials, we have a park.

Please join us to celebrate the 25th anniversary Saturday, April 16.
Mosquitoes

Protect the health of your family, friends, and neighbors by eliminating the places where mosquitoes breed. Mosquitoes can lay their eggs in as little as a half inch of standing water. Look for and remove standing water from your property. Vector Control Technicians are surveying and treating mosquito breeding sources in San Diego neighborhoods. If you know of standing water or mosquito breeding sources, including neglected “green” swimming pools, please call (619) 694-2888. A Vector Control Technician will be sent to investigate and treat the source if necessary. For more information on mosquitoes or the West Nile virus, please visit the web site at www.SDFightTheBite.com.

Also there’s now the Zika virus. The mosquitoes known to transmit the Zika virus, primarily the Aedes aegypti (yellow-fever mosquito), but also the Aedes albopictus (Asian tiger mosquito), are not native to San Diego. But they have been discovered here - the yellow-fever mosquito in 2014 and the Asian tiger mosquito in 2015.

Living Well

Why do you suffer more food cravings than other people?

By Brian White

Have you ever seen someone who looks at the top of their health, has a rippled stomach and boundless energy, and thought, “I’ll never be able to look and feel like that, I lack the willpower?” If you have, you might be happy to know that the healthiest people don’t have access to an unlimited supply of willpower that you just weren’t born with, they just design their behavior better.

No one has an endless supply of willpower, but healthier people are better at designing their life so they don’t have to rely on it. Of course, I could write a list of behavior design principles that healthy people use and fill this entire newspaper, but for maximum impact I want to talk about food cravings.

Why do some people have intense food cravings and other people seem relatively unaffected by it?

They drink more water.

This sounds too simple to be a solution to your cravings, but it is probably the most common reason for cravings. Your body has a difficult time distinguishing from thirst and hunger. Even mild dehydration will cause a person to begin daydreaming about chips and salsa, so next time a craving hits drink a glass or two of water and wait 15 minutes for the craving to subside.

This behavior design works especially well before those mid-afternoon sugar cravings when you are in the middle of an afternoon slump. Before you head for a coffee, head for the water fountain for better health.

Also, another deeper behavior design is to drink 24 ounces of water right before you get in the car for your commute home. Getting home from work is where many people struggle with unconscious overeating. Drinking 24 ounces of water before driving home allows you to walk through your front door after work and be less likely to reach for a sugary or salty snack before you make dinner.

Brian White owns a personal training gym, has boot camps in Balboa Park and consults with San Diego companies about their wellness programs. www.youshouldbedoingit.com / (619) 800-1625.

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