The Mayor’s plan, “Complete Communities,” will waive height limits within one half mile of a bus stop, a vast area which includes all of Uptown and North Park (including University Heights, Normal Heights, and Mission Hills). With high density coming to UH, now is the time to identify and reserve public land and assets for potential park space and community centers, before the public land is all gone.

Uptown and North Park are already seriously deficient in parks. Uptown has no recreation center. The 2016 Uptown Community Plan, which anticipates the development of a rec center, will be overridden by the mayor’s plan. The City’s new “Park Master Plan” is expected to gut park standards. Canyons will be cut into the canyons to encourage public use.

May’s UHCA meeting will focus on potential parks, community centers, a dog park, and other infrastructure needs in our community. We will address the needs of our children, pets, and senior citizens needs that are being ignored by politicians, developers, and “thought leaders.” Please fill out the following survey and bring it with you to the meeting.

The Mayor’s plan would bypass communities, over-riding existing Community Plans and zoning. Ministerial approval of projects by city staff would not require review by Community Planning Groups or the Planning Commission. Pansy of Public Facilities: Although the program requires an on-site mini-park or plaza, it ignores the need for new ball fields, picnic areas, and concert areas. It includes no new requirements for traffic improvements, leading to a concern that developers will make more money, while communities are burdened with more traffic.

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The second major program is the Park Master Plan. Incredibly, Uptown and North Park are already 80 percent deficient in parks. Existing parks are and will be completely inadequate to serve thousands of new residents. University Heights has no Rec Center, Aquatic Center, or Senior Center.

In the most controversial part of the new plan, the City wants to abandon the current standard: 2.8 acres of parks per 1000 residents, instead counting other items, such as canyon trails, as “equivalent” to park space. Park supporters have derided this approach, calling it “accounting tricks in place of parks.”

Attend the monthly UHCA Meeting to see the maps and learn more about these two major programs. Thursday, May 7, 2020, at 7 pm at Alice Birney.

The City of San Diego has introduced two major programs that will shape our neighborhoods for twenty years or more: “Complete Communities” and “Park Master Plan.”

Complete Communities: More Density and Height Without Community Input

Mayor Kevin Faulconer introduced the Complete Communities program in January 2019, modeled after California Senate Bill 50, which was put on hold after strong opposition. The common thread is waiving existing zoning requirements, with the goal of spurring more housing development.

The Mayor’s plan consists of two parts: a requirement for affordable units with reduced permit fees, no limits on height or density, and ministerial approval with no public input.

Concerns expressed include the following:

- Affecting too large areas: The plan applies to all areas within one half mile of a bus stop, potentially affecting very large portions of the community.
- By-passing the community: The Mayor’s plan would bypass communities, overriding existing Community Plans and zoning. Ministerial approval of projects by city staff would not require review by Community Planning Groups or the Planning Commission.
- Pansy of Public Facilities: Although the program requires an on-site mini-park or plaza, it ignores the need for new ball fields, picnic areas, and concert areas. It includes no new requirements for traffic improvements, leading to a concern that developers will make more money, while communities are burdened with more traffic.
- Park Master Plan: Parks or No Parks

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Please check the websites to see if events have been canceled or postponed.

To report suspicious activity, homeless outreach team, etc., call 619-531-2000.

Graffiti hotline: 619-257-7500. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-800-273-TALK (8255). For immediate, confidential, suicide crisis counseling 24 hours a day, seven days a week, call toll-free, San Diego County Ac-cess & Crisis Line, 1-888-724-7240. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-888-724-7240. Be the 1 at www.bethe1to.com; Website: up2sd.org; call local hotline at 888-724-7240 for live chat, 4-10 pm weekdays.

San Diego City Services non-emergency problems: www.sandiego.gov/get-it-done

Blockwalker helps deliver newsletters to University Heights residents. 

City/State     Zip

Phone    Email

Donor

$75 Business Membership

$45 Membership & mailed UHCA News

$25 Household

$25 Membership & mailed UHCA News

$100 Golden Ostrich

Name:

Business Name

Address:

City/State     Zip

Phone    Email

Referred by:

NEW    RENEWAL

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

Due to COVID-19 related schedule changes we have gone to press, please check websites or call organizations to see if events have been canceled or postponed.

Crime Watch Signs

Speeding on neighborhood streets in UH is a chronic problem. Stealing time off trips by speeding has small benefits and high risks. Set your alarm clock 15 minutes ahead and slow down.

SLOW DOWN SIGNS

If all else fails, email the Graffiti Hotline: 619-257-7500.

For immediate, confidential, suicide crisis counseling 24 hours a day, seven days a week, call toll-free, San Diego County Access & Crisis Line, 1-888-724-7240. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-888-724-7240. Be the 1 at www.bethe1to.com; Website: up2sd.org; call local hotline at 888-724-7240 for live chat, 4-10 pm weekdays.

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

Volunteer Your Time on a UHCA Committee!

Beautification Team & Planning

Keep UH beautiful.

Blockwalker

Help deliver newsletters to University Heights residents and businesses.

Marketing & Merchandising

Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.

Membership

Help meet record goals for membership and meeting attendance.

Neighborhood/Zone Watch

Join your neighbors to keep UH safe.

UHCA News

Write articles, edit articles, take photos or sell ads; these are just a few of the many ways to contribute your talent, creativity and energy to our paper.

Program & Events

Plan and oversee the various events and general meetings.

New Readers Like You.

Dependent on Volunteer Success is largely

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PRESIDENT’S CORNER
CAROL NEIDENBERG

You have probably commented many times about how University Heights is such a walkable community. Whatever street you live on, people are walking, pushing or running with strollers, strolling with their dogs, or biking. Our neighbors and canine friends feel safe. With Daylight Savings back once again, we’ll have more hours of light to enjoy the outdoors. Most of us love dogs as they bring out the best in us humans. However, please don’t go onto a neighbor’s yard, garden, or property without permission; and be sure to scoop your dog’s poop and take it with you. Many locations throughout UH have containers filled with plastic bags just in case you forget to bring one. We also appreciate you keeping your dog on a leash so that we can walk safely on the sidewalks.

I am confident that UHCA has plenty of delightful events coming up this spring and summer that are also dog friendly, including the Party on Park, the Tag Sale, and the Movies in the Park, just to name a few. We are forever grateful to you for your memberships, donations, and support; and to our government partners such as the city, county, and SANDAG, our appreciation goes without saying.

We listen to you and we are your advocates for improved lighting, safer streets, ongoing contact with our elected officials at all levels, and regular communication with SDPD liaisons. We are your go-to source for accurate and timely information. As of March 1, we can proudly say that we have more than 400 paid members! Our new mission statement that follows reflects our genuine desire to continue to be the organization that consistently and fervently advocates for a better University Heights — as we have been in the past, we are in the present, and we will be in the future. Tell us how we can best meet these goals. Let us work together to create a better place in what we believe is the best community in San Diego!

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

Among many other San Diego Earth Day events this year, Balboa Park’s 30th annual Earth Fair, the world’s largest free event of its kind, has been postponed until Sunday, September 13. See EarthDayWeb.org for details.

Judith Annicchiarico

IN CASE YOU MISSED IT

EARTH DAY
HAPPY 50TH BIRTHDAY

The first Earth Day was held April 22, 1970, when ten percent of the U.S. population, Democrats and Republicans alike, rallied across our country for cleaner air, safer water, and respect for the environment in general. Inspired by Rachel Carson’s Silent Spring, terrible oil spills off of Santa Barbara (which brought tar balls to the beaches of San Diego), and the anti-war movement, the actions of that first Earth Day led to creation of the U.S. EPA and legislation mandating safer air and water for citizens across the country. Fifty years later, we’ve come a long way in solving many of our environmental problems. But, of course, the major threats continue, and people across the U.S. and around the globe are still fighting.

MARY’S GATE
MISSION CLIFF GARDENS
HISTORIC REBUILD

Mary Yee Debruner, an early land use activist in University Heights in the 1970s, initiated an effective campaign to stop developers from building in our canyons. She publicly expressed her opposition as a member of Uptown Planners, and was uniquely instrumental in convincing the city to protect our canyons.

Mary died a few years ago, but her legacy remains. Her home at the corner of Adams Avenue and Mission Cliffs Drive was recently renovated. You may notice the beautifully restored wooden trellis and gate structure that led into the west end of Mission Cliffs Gardens (1890-1930). This project, endorsed by San Diego History Center, involved remounting the gate and reinstalling the original bolts. UHCA applauds this historic renovation and thanks the San Diego History Center. —Nan McGraw

IN CASE YOU MISSED IT

MARCH 2020 MEETING

Elected officials’ representatives:

• Tamra Kohler, Task Force on Homelessness, 31 member board. Invests in services, with goal of reaching a 50% reduction in homelessness by providing shelter for homeless youth and veterans. County funding about $50 million for homeless services. Rtfhsd.org is website. Avg. income is $1300/ mo. for homeless people; avg. apartment is $1800. Homeless people tend to have grown up in the community where they are homeless.

* County unincorporated area includes about 500 homeless people. County total homeless population is 8000-9000; 2600 not sheltered. 1500 emergency shelters. Need more affordable housing stock for 30% of homeless who need permanent housing. San Diego anticipates a 4% budget cut so things may get worse before they get better.

Next meeting is Thursday, May 7. Topic: Infrastructure.

—Peter Rose, UHCA Secretary

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Many Eastern traditions have a concept of “life force” that they use in heal- ing practices or in exercise/martial arts. Everyone has this life force. In yoga, the force is called “prana,” and in tai chi, it’s called “chi.” The Japanese word for “chi” is “ki,” and Reiki means “spiritually guided life force.” In a Reiki session, the practitioner facilitates and maximizes the flow of this energy in the client, resulting in relaxation and reduced stress, which in turn can help promote healing. Reiki is most definitely for nearly everyone.

Reiki was developed in Japan in the 1920s by Dr. Mikao Usui, and it was spread in the west by a woman in Hawaii named Mrs. Hawayo Takata. She was trained by one of Dr. Usui’s stu- dents, and she adapted it slightly for westerners. A traditional Japanese form of Reiki, called Jikiden Reiki, is also practiced and taught by people all over the world. I am trained and certi- fied in both these styles.

Sound interesting? Give it a try! I live and work right here in University Heights. Reiki is a wonderful thing that’s changed my life for the better in many ways, and it can be of benefit to you as well. I can be reached by phone or text at 619-253-1325.

—Aless Watz

**REIKI**

May be you’ve heard of it, and won- dered what it’s about. I’ll do my best to convey my ideas of what Reiki is, and why I think it’s useful and worthwhile for nearly everyone.

Reiki is an ancient form of energy healing that is now being practiced all over the world. It is a non-invasive, non-contact therapy that has been used for thousands of years in Japan. The word Reiki comes from the Japanese words for “life force” and “healing.”

Reiki is based on the belief that all living things are interconnected and that energy flows through the body. The practitioner uses their hands to channel this energy into the client, helping to balance and strengthen the body’s energy field.

Reiki can be used to help relieve stress, pain, and promote healing. It is safe and effective for nearly everyone, including children and babies. Reiki is often used in conjunction with other medical treatments to enhance their effectiveness.

Reiki is a beautiful and holistic practice that can benefit anyone. It can be used to treat a wide range of physical, emotional, and spiritual issues. It is a gentle and non-invasive form of healing that can be used by anyone, regardless of age or health status.

Sound interesting? Give it a try! I live and work right here in University Heights. Reiki is a wonderful thing that’s changed my life for the better in many ways, and it can be of benefit to you as well. I can be reached by phone or text at 619-253-1325.

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**APRIL 2020**

**SUNDAY**

5 Palm Sunday

6 Board of Education Meeting

8 Board of Education Meeting

9 National Volunteer Blockwalkers Day

12 Happy Easter

13 Board of Education Meeting

14 Board of Education Meeting

16 Tax Day

19 National Volunteer Week Begins

21 Holocaust Remembrance Day

26 Board of Education Meeting

**MONDAY**

3 Board of Education Meeting

6 Board of Education Meeting

10 Good Friday

13 Board of Education Meeting

16 Board of Education Meeting

19 Board of Education Meeting

20 Bag O’ Books sale

23 Earth Day

26 Board of Education Meeting

**TUESDAY**

1 April Fool’s Day

2 Canceled UHDC Meeting

8 Passover begins at sundown

9 UH Library Task Force Meeting

16 Tax Day

21 Board of Education Meeting

22 Board of Education Meeting

23 Ramadan begins at sundown

26 Board of Education Meeting

**WEDNESDAY**

3 Happy 23rd Birthday, UH Sign

4 Canceled UH Rec Advisory Group Meeting

9 Beautifulization Team Meeting

10 UH Library Task Force Meeting

16 Preview Book Sale

21 Board of Education Meeting

22 Board of Education Meeting

29 UH Book Club & Salon

**THURSDAY**

3 Canceled UH Rec Advisory Group Meeting

9 Preview Book Sale

14 Board of Education Meeting

20 UH Library Task Force Meeting

21 Board of Education Meeting

26 Board of Education Meeting

30 UHCA News Out

**FRIDAY**

7 Board of Education Meeting

8 Passover begins at sundown

15 UH Library Task Force Meeting

23 UH Library Task Force Meeting

30 UHCA News Out

**SATURDAY**

5 Board of Education Meeting

6 Board of Education Meeting

9 Easter Egg Hunt

10 UH Library Task Force Meeting

16 Tax Day

20 National Volunteer Week Begins

23 Earth Day

26 Board of Education Meeting

30 UHCA News Out

**NEED RECOMMENDATIONS TO JOIN AN ORGANIZATION TO SEE IF EVENTS HAVE BEEN CANCELED OR POSTPONED.**

**NEW UH WEBSITE AND INSTAGRAM**

Last July, University Heights welcomed several new volunteers to create the UHCA Communications Team. These four talented women-Rachel Bowdon, Christine Hernandez, Meghan Kight, and Uyen Tran-have been hard at work supporting UH’s digital marketing ef- forts.

A top priority of the team over the past year has been developing a new UHCA website. We aim to launch the new web- site in late April. Check out our new look at www.uhsd.org! With the guid- ance of UHCA Board members and in partnership with Coast Creative, a local North Park digital agency, the new website features a blog highlighting the latest neighborhood news and events, digitized editions of the monthly news- paper, opportunities on how to get in- volved, and much more.

Additionally, we are now on Instagram! Follow us @uheightscommunity to find the latest information on events, news in the neighborhood, ways to get involved, and content about how much we love University Heights. Do you want to be featured? Tag us and use the hashtag #uheightscommunity.

And if you haven’t already noticed, our beloved Facebook page is getting more attention. Check it out at @University-HeightsCommunityAssociation. If you are a local business and want to see your business promoted on our social media or website, contact us via Face- book to find out more.

Stay tuned. Our work is not done. You will be seeing more content and activity in all our channels in the months to come!—Meghan Kight, For the UHCA Commu- nications Team
ROO NEWS

ROOSEVELT HAS A NEW PRINCIPAL

Please join us in welcoming Roosevelt’s new principal, Bernard Steinberger. Mr. S (what he tells the students to call him) comes to us after five years as vice principal of Canyon Crest Academy; and before that, eleven years as a math teacher at University City High School. He brings a great deal of enthusiasm and passion for providing an outstanding education for all Roosevelt Rough Riders. Originally from Maryland, Mr. S attended an International Baccalaureate school and earned an IB diploma at his own high school graduation.

We invite you to come meet Mr. Steinberger and learn more about Roosevelt Rough Riders. Originally from Maryland, Mr. S attended an International Baccalaureate school and earned an IB diploma at his own high school graduation. He brings a great deal of enthusiasm and passion for providing an outstanding education for all Roosevelt Rough Riders. Originally from Maryland, Mr. S attended an International Baccalaureate school and earned an IB diploma at his own high school graduation. He brings a great deal of enthusiasm and passion for providing an outstanding education for all Roosevelt Rough Riders. Originally from Maryland, Mr. S attended an International Baccalaureate school and earned an IB diploma at his own high school graduation.

Another opportunity to learn more about our school is our annual IB Student Showcase on April 28, also open to the public. We hope to see all prospective 6th graders; they can even get their first official Roosevelt t-shirt for free!

Visit the RooFriends’s website for these and other community meetings, including our popular Coffee with the Principal: https://friends.ofroosevelt.org/calendar/. All these events are open to the public, and we hope to see you there. Even better, follow Mr. S on Twitter for all the latest breaking news! https://twitter.com/PrincipalRIMS.

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

Roosevelt has a new principal, Bernard Steinberger. Photo: Jennifer Ayala

PLUME

RANDALL MANN AND SARAH LUFT

Randall Mann and Sarah Luft have long been Blockwalkers for the UHCA News, but volunteering for the University Heights Community Association doesn’t stop there. Randall, an electrician contractor and retired Job Corps instructor, comes through for UH when we need him, especially for UHCA Beautification events.

He volunteers regularly at clean ups around UH. Twice he has brought his generator and supply to prep and paint the children’s table and benches in Trolley Barn Park, and he helped us prep some of the regular benches as well.

When the Vermont Street Bridge decorative holiday lighting needed his specialized help, Randall trouble shot and does repairs as needed. He also single-handedly took on a beautification painting project that saved the community thousands of dollars. Only a handful of people are aware of this project, but hundreds of people walk past it every day.

In addition, both Randall and Sarah frequently attend the monthly meetings to keep informed about neighborhood issues.

Thank you, Sarah and Randall, for your years of service as Blockwalkers and a special thanks to you, Randall, for your assistance with all kinds of projects and especially for keeping our bridge beautifully lit up over the holidays.

BIRNEY BUZZ

THE HEART OF OUR COMMUNITY

Alice Birney is, in many ways, a model community school. Located in the heart of University Heights, Birney is proudly recognized as one of our neighborhood’s high-achieving elementary school. The school has thrived in part because of the unwavering support of University Heights residents, businesses, and community organizations. At the same time, Birney’s recognition as a top school in the District has made our neighborhood a more desirable place to live. We love that neighbors are classmates and that we regularly see fellow Birney Bees out in the community! Birney strengthens our community ties in University Heights.

The school community at Birney is remarkable, made up of dedicated teachers, a diverse and driven student body, and supportive families. Teachers and staff at Birney create a positive school environment and are not just encouraged to work together as a team, but are given the time, training, and resources to develop impactful lesson plans together. Every month Birney holds a “Family Friday” where families join their students for a special student-led activity. Each month it is standing room only in our auditorium because our community is so strong and so involved. The camaraderie at Birney isn’t just among the students, but also among the families. Parents often linger after drop off to connect with other parents and regularly work together as a team to support the school and students.

Birney is on a year-round schedule and currently has a four-week break, but we’ll see you out in the community!

Here is some more Buzz about our incredible teachers, written by Birney parents. “We are extremely thankful for every teacher at Birney! Ms. Fisher always greets her students with a warm and welcoming smile. Mr. Delany makes sure his students are doing well both academically and socially. Ms. Sidell and the whole kindergarten team of teachers are just amazing. They make their young students feel safe and secure but also challenge them and make learning fun!” “Ms. Kovelant, Ms. Garcia, Ms. Rapczynski, and Mr. O’Malley have all been exceptionally at developing the whole child and providing a strong IB academic foundation. Their passion for teaching and love for each student is evident in the classroom communities they create.”

–Erin MacKinnon, Proud Parent of Two

Birney kindergarten students exploring their neighborhood on a field trip through University Heights Photo: Kyle Kendrick

Birney kindergarten students exploring their neighborhood on a field trip through University Heights Photo: Kyle Kendrick

Law Office of Rosemary Leonard

Estate Planning ♦ Elder Law
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Medical Planning

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Conveniently located in University Heights

RMS.

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Modern life offers ample opportunity for cynicism, selfishness, and anger. But if we are fortunate, sometimes we find that despite the challenges and heartbreaks we face, life can surprise us. This is one of those times.

Thanks to recent restrictions on movement and gatherings, the meaning of place becomes more apparent than ever. Where we live and who we live near becomes relevant, even critically important. Ironically, the mandate to stay apart, to stay away, to stay home has the potential to bring us closer together. Being a good neighbor, a helpful friend, or a thoughtful partner seems to come easier. Fear and disappointment may still be present, but so are love and hope.

Any entity that calls itself a community organization exists to build a strong sense of community and to marshal community resources when they are needed. That is the mission of the University Heights Community Association (UHCA), working with many other public and private organizations, businesses, and individuals. It is in times like these that our efforts pay off.

In this case it was a University Heights resident, acting on a good idea, who got the ball rolling by sending an email to volunteer@uhsd.org. He suggested that we find out who needs help and who is willing to provide it. So, that’s what we have decided to do. It seems obvious, but such is the case with any good idea whose time has come.

We have created a form on our website where anyone who needs help can let us know, and those who are willing to help can raise their hands. You can use the link below or go to our home page at uhsd.org and click on the link, “Helping Neighbors.”

https://docs.google.com/forms/d/e/1FAIpQLSekko22qxF4781wvmjQOqD0bo8vR841u0-C0WOlvbR6biGUA/viewform

Fill out the simple form to tell us what help you or someone you know may need. Check the box to let us know you want to volunteer. We will try to match you up with someone close by.

What kind of help is available? No doubt we’ll find out as we go along, but some of our older or less healthy neighbors are likely to need someone to do a little shopping, pick up a prescription, or take them to the doctor. Many don’t have the stamina to stand in a long line or may fear a crowded grocery store. Some may just want to talk.

Healthcare providers also need help. After working long hours in difficult conditions, they may not have the energy to go to the store or their cat may need to be fed because they are still at work. Their shifts may make it impossible to get to the store while there is still toilet paper available.

You or your neighbors may need help. Many kind and generous people in University Heights are willing to provide it. To me, that’s what makes University Heights a place to love, not just a place to live.

—William Smith

We were all looking forward to warmer days and being able to get together as we usually do in the upcoming wonderful weather in San Diego. Unfortunately, the COVID-19 virus is sweeping the country and we are witnessing its unprecedented growth every day. To adhere to the governmental guidelines and to be safe, we regret that we must cancel the Party on Park, the Tag Sale, and the Cycle in the Heights/Movie in the Park. We hope that these events can be rescheduled at a later time. The articles in this 2-page centerfold replace the 2-page ad for Party on Park that was deleted when the event was canceled. We hope that they provide useful information for you at this difficult time.

Please be aware that we have made every attempt to provide accurate information here. The information was accurate when we went to press, but conditions are changing daily and may no longer be accurate when you read this. So it is a good idea to check websites and other information sources that are updated daily for the most accurate information.

- Governor Newsom has issued a statewide order for everyone to stay home, except for essential business, like grocery shopping, medical needs, etc. Non-essential gatherings of any size are prohibited. Businesses must allow employees to work from home, if feasible.
- All bars and adult entertainment establishments must close, and all restaurants or businesses that serve food must close on-site dining. Food delivery, pick-up, and/or drive-through are available at some food establishments. Call ahead or go on the business’ website to make sure. These rules apply to all the wonderful businesses on Park Blvd. and Adams Ave., which we urge you to support in whatever way is allowable during this difficult time. See the business list elsewhere on these pages.
- All schools are closed, and likely to remain so for the rest of the school year.
- Individuals 65 or older, anyone who has a chronic underlying condition, or anyone who is immunocompromised is at higher risk of contracting the virus and should take special precautions to remain safe and healthy.
- Non-essential personnel must stay away from hospitals and long-term care facilities.
- All businesses that remain open to any extent must enact social distancing and increase cleaning standards. Businesses must suspend doctor verification for sick or other leave approval.
- CA Dept of Public Health: https://www.cdph.ca.gov/
- If you suspect infection by COVID-19 virus or need other accurate and up-to-date info, https://211sandiego.org/

If you’re a UH resident and need help picking up groceries and other things or want to volunteer, please let us know. See the link to our website and a survey in the preceding article. Click the link and take our survey to volunteer or get help. If you do not have access to a computer, you can call Nan McGraw at 619 260 0668, and we will mail you a survey that you can fill out and send it back to us. As a nation, we know we can pull together and stop the curve of infected Americans becoming a mountain and overwhelming our precious health care resources. Stay healthy and remain at home!

—Carol Neidenberg

We have a responsibility to ourselves and our neighbors to avoid crowds and groups, practice social distancing, and stay home. You can get coronavirus information from San Diego County via text message. Text COSD COVID19 to 488-311 for real-time updates. These guidelines might have changed by the time you read this, so please continue to access up-to-the-minute information from these reliable links.
TELEHEALTH VIRTUAL MEDICAL CARE

TeleHealth is a method to get your general health care/questions taken care of via telecommunications technology. This allows the health care system to reserve hospitals and other health care facilities for people seriously ill with the coronavirus or other diseases, and to avoid a crush of people worried they have symptoms caused by Covid-19.

This service is now available to those on Medicare regardless of where they reside.

https://www.medicare.gov/coverage/telehealth The Centers for Medicare and Medicaid Services expanded its Medicare telehealth coverage during the coronavirus crisis to enable more patients to get virtual care services from their doctors without having to travel to a healthcare facility.

Medicare beneficiaries will be able to receive care, including common office visits, mental health counseling, and preventive health screenings via remote technology. This helps ensure they don’t travel to clinics and hospitals where they could put themselves or others at risk of COVID-19. Sites to visit to get further information as to where they could put themselves and helping those around you when you can. Be safe and take care of yourselves and your families.

— Officer David Saruwil, San Diego Police Department, Community Relations Officer, Western Division
EL CAJON BOULEVARD FIRST FRIDAYS

If you’re ever wondering what to do on the first Friday night of the month, look no further than the new pop-up events space on El Cajon Boulevard known as BLVD Court. The venue was dreamt up by the El Cajon Boulevard Business Improvement Association as a “creative space for curious people,” with the goal of building a healthier, more connect-ed neighborhood through monthly events.

Muralist Justus Roe transformed the old Napa Auto Parts parking lot on El Cajon Boulevard between Alabama and Mississippi streets into a colorful, creative oasis for the community. Since December, 2019, the space has hosted BLVD Court events featuring a smat-tering of local vendors, food trucks, and live music. From 6 to 10 p.m. on each month’s first Friday, the commu-nity gathers for this “fully immersive” pop-up event.

Open to all ages, there’s something for just about everyone. You’ll find vintage clothing and artisanal goods alongside various food trucks, while listening to local bands and DJs. If you’ve been looking for a way to support the commu-nity and local businesses, there’s really no better way than to attend one of BLVD Court’s first Friday events where local is in their DNA.

In addition to Blvd Court, the El Cajon Boulevard Business Improvement As-sociation is launching a food tour pro-gram starting in April in partnership with MTS called Friday Food Tours on the Boulevard. The new series of weekly guided tours will showcase the wealth of places to eat and drink in the neighborhood. Each tour, led by a lo-cal guide who specializes in the week’s theme, will take you to three locations using the Rapid 215 bus. Tour themes include tacos, craft beer, vegan, and Vietnamese food.

For more on first Friday events and the upcoming food tours, visit https://the-boulevard.org/.

PARK BOULEVARD YIPAO UPDATE

The folks at Yipao Coffee are getting closer to opening their new space inside of Kaira Brewing Company on Park Boulevard. Last month, we brought you the news of the new part-nership between the local businesses, and soon you’ll be able to get exquisite-ly roasted Columbian coffee alongside locally brewed beer. Walk past Kaira and you’ll see Yipao’s yellow sign above their coffee window, where you’ll be able to grab coffee to go or pop inside for a pastry. The original opening date was set for February 2020 (construc-tion and permitting always takes longer than predicted), but you can expect to start getting Yipao coffee again soon. The Yipao team says, “We’ve poured our heart and soul into this project and we are so eager to open our doors and see familiar faces again along with new ones, too.”

RANTS & RAVES

RANT: CLEAN UP AFTER YOUR DOG!

I have lived in this neighborhood for nearly fourteen years. My dog and I have walked around the neighborhood every single day of those fourteen years. He is seventeen this month; Happy Birthday, Brian! Many of his walking buddies have either passed on or moved, but we love meeting new walkers and finding new routes. When we moved here, we were impressed by how clean and courteous dog walkers were in cleaning up after themselves. Lately, though, we have seen dog feces left on sidewalks. If they are not imme-diately cleaned up, someone usually has stepped in it and the mess is then dragged up the block, creating more of a mess. This community con-tinues growing, with more people and pets moving in. Please, let us be role models for the newcomers and to all. Let’s clean up after our pups!

RAVE: DIVERSIONARY THEATER

Diversiory Theater, one of the oldest LGBT theaters in the country, is right here in University Heights. Founded in 1986 and moved to its current location in 1994, the theater has seen a lot of neighborhood changes. But it has nev-er lost its focus of bringing to this com-munity and all of San Diego some of the best plays that present LGBT char-acters and stories, and the stories of all of us. I have had the great fortune of volunteering with the theater recently, and the people I met there are enthusi-as tic and dedicated to making great entertainment for San Diego. Consis-tently, for the last fifteen years or so, I have seen many wonderful shows. The group does wonders with small stages–the main stage and a black box stage upstairs.

Diversiory has two more shows this season: Plot Points in Our Sexual History and Being a Burthen to Their Parents or Country, and for Making Them Beneficial to the Publick. Commonly known simply as A Modest Proposal, Swift’s 1729 satirical and ironic essay is a scathing moral indictment of the English for their maltreatment of the impoverished and starving children of Ireland. This memorable essay is at once horrifying, hilarious, and thought provoking.
The University Heights Library is excited to announce a Poetry Reading Reception that will take place on Wednesday, April 22, at 4:30 pm to celebrate National Poetry Month and National Library Week. Our special guest, Jonnie Wilson, will discuss Garment for a Long Journey: The Collected Poems of LaVerne Brown, a book based on the works of her mother, a California poet whose writing career spanned the late 1920s to the late 1990s. Ms. Brown’s many interesting accomplishments include founding the Ocean Beach Poetry Circle to encourage and support other writers and being selected to read her work on the 13-part PBS series, Voices and Visions. Her more than 200 poems cover nature, human relationships, politics, social justice issues, diversity, humor, and poetry itself. We hope that you will be able to join us.

FEATURED PROGRAM(S)
- Faux Insect Taxidermy Mount Workshop, Tuesday, April 14, 4:30 pm. Gill and mount a faux insect to create a unique wall hanging. All ages welcome. Space is limited; registration required. https://sandiego.library.marroduce.us/events/faux-insect-taxidermy-mount-workshop.
- CalFresh Workshop. Monday, April 20, 9:30 am-12 pm. Apply for nutrition benefits (CalFresh) with Feeding San Diego.
- Puppet Storytime with Caroline & Penelope: Sat. April 18, at 11:30 am.

REGULARLY SCHEDULED PROGRAMS
- Silhouette Studio. First Thursday of each month (Apr. 2), 3:30-5:30 pm. Blend technology with arts and crafts with Silhouette Studio and the Cameo 3 Cutter. Ages 12 and up.
- Morning Story Time: Thursdays at 11 am.
- Arts & Crafts: Saturdays all day.
- Fun Learning Saturdays, 2-4 pm. Kids 4th-6th grade. Participate in fun projects by joining teen volunteers who want to share their love of learning.
- Mental Health & Homeless Outreach: Mondays from 10 am-12 pm. NAMI’s Connection 2 Community on site to provide resources and information.

Please check our Facebook page or online calendar or give us a call at 619-692-4912 for any further questions. Thank you from everyone at the University Heights Library—Elaine Siessman, Branch Manager, University Heights Library, 619-692-4912, sandiego.gov.

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Of the many studies that have been conducted on this urban blight, all have concluded that the best way to address the problem is to remove graffiti as soon as it is detected. This is the approach taken by the UHCA Beautification Team. The team and its supporting volunteers try to remove graffiti from the Vernon Street Bridge, Trolley Barn Park, and throughout the community as soon as it is detected.

We encourage everyone in the neighborhood to participate in this effort. Most graffiti can be easily removed using products such as Good Off that can be obtained from any hardware store. If the graffiti is large and/or done with paint, a report to the city using the Get It Done App will normally lead to prompt removal.

Working together we can ensure that graffiti is removed promptly, sending a signal to those who do this unauthorized writing or drawing in our neighborhood that their efforts are a waste of their time and money.

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

The open space at The Point and the Trolley Barn Park hillside are under the management of the City’s Open Space Park Rangers, James Biedle and Levi Dean. For years they have managed The Point, restoring native plants, mulching, removing graffiti and trash, and mitigating erosion. The plantings are thriving, the weeds are under control because of the mulch, and there has been a decrease in transient activity.

Ranger staff continue to patrol and monitor this area, including the area at Cleveland and Golden Gate. Recently, they removed three large and separate dumpings. They have observed a decrease in transient activity lately thanks to an increase in community members contacting ranger staff, which they encourage.

Ranger staff also continue to patrol and monitor the Trolley Barn Park Hillside. Volunteer events, which now occur the first Saturday of each month at TPB, focus on erosion control, habitat restoration, and trash removal. Rangers and volunteers have removed invasive species, including castor bean, black mustard, fennel, eucalyptus, and non-native grasses. Native species plantings, which are thriving and healthy, include black sage, golden bush, sawtooth golden bush, deer weed, and California sagebrush. During regular patrols of the hillside, ranger staff have become aware of several trails and hang-out spots, although they have seen very few active encampments. They are working with the Neighborhood Policing Division to address concerns at the bottom of the hillside.

Please consider volunteering the first Saturday of each month (at least through June), 9 am to 12 noon. Meet at 1943 Adams Avenue, and park near Carmelina Dr. If you plan to attend, please RSVP to Ranger Biedle (jpbiedle@sandiego.gov) at least 48 hours in advance. Look for the white Park Ranger truck. Come prepared with close-toed shoes, weather appropriate clothing, and a filled, re-usable water bottle. The ranger will supply gloves and tools.

Thank you to Terry Weiner, our contact with the park rangers. We appreciate you and wish you well in your retirement.

- Nan McGraw
HOUNDS IN THE HEIGHTS
THE SKINNY ON SIGHTHOUNDS

While out and about, you may have come across one of the many sight-hounds that resides in UH. These dogs are easily recognized by their unique slender bodies and long, thin limbs. This aerodynamic shape lends itself to running fast, but their laid back and loving temperament also makes them ideal pets.

Greyhounds, the most well-known breed of the group, can run at speeds up to 45 mph! The greyhounds you meet in UH most likely came from track racing. Because of animal welfare concerns and advocacy efforts, greyhound racing is illegal in most US states. But there is an active racing track in nearby Tijuana, as there are in a few remaining countries around the world. In fact, at least one greyhound in UH was rescued from a track in China! Some other greyhounds, including my dog Zoe, come from the dog blood bank industry.

Greyhounds have the universal blood type for dogs, meaning their blood can be given to any other dog that may need it, such as for surgery or illness. Greyhound adoption and rescue groups work with tracks and other sources to take in dogs that are no longer able to race because of age, injury, or illness, and to place them into loving homes.

Greyhounds make fantastic pets. There is a misconception that they need tons of exercise or large homes with a yard. In reality, these gentle, easy-going dogs are happy with regular daily walks and a comfy spot near their companion. They do well in apartments and small spaces. Although they do enjoy running fast, they are sprinters and need only a quick jaunt before they are ready to get back to their spot on the couch. For anyone interested in learning more about greyhounds or considering adoption, find helpful information at www.houndsavers.org.

Other sight-hound breeds you often see in UH include whippets and Italian greyhounds. Although the average adult greyhound is about 50 to 80 pounds, by comparison, a whippet is 15 to 35 pounds and an Italian greyhound is 7 to 15 pounds.

All of these breeds have smooth, short coats that are easy to care for. Whippets are known for being a bit more playful and energetic; they do well with lure-coursing and agility training. Favored by royalty, Italian greyhounds were bred to be companion dogs. They are often nicknamed “Velcro dogs” because although they enjoy bursts of playfulness, their main priority is being with their human as much as possible.

From our neighborhood walks, I estimate UH is home to about 10 greyhounds, several whippets, and at least 4 Italian greyhounds. Please feel free to stop and say hi if you see any sight-hounds around UH – you will find most owners more than happy to give you an earful about how amazing these dogs are.

—Meredith Barnes

CYCLE IN THE HEIGHTS AND FREE MOVIE NIGHT

For the fourth year in a row, University Heights has been recognized by SANDAG as a bike-friendly community and awarded the iCommute GO by Bike Mini-Grant. As a result, the University Heights Community Association is excited to host our annual Cycle in the Heights and Free Movie Night in beautiful Trolley Barn Park.

On Saturday, May 16, 2020, we will proudly present the modern film classic Star Wars. The screening is scheduled to begin at 7:30 pm, but be sure to arrive early to spread out your blanket, say hi to your neighbors, and enjoy a free bag of popcorn, compliments of UHCA.

We encourage everyone who is able to leave your cars at home and pedal to the park. This unforgettable evening under the stars will also include plenty of surprises and prizes for the kids. We hope to see you there!

—Richard Wood
NEW T-SHIRTS COMING SOON

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