Making the Parks Master Plan Better

By Susan Baldwin, Parks and Recreation Coalition

PARC, the Parks and Recreation Coalition, was formed after the November 9th City Council meeting after a narrow 5-4 vote to delay adoption of the new Parks Master Plan. PARC consists of retired city and park planning professionals, park landscape architects, and concerned citizens from across San Diego.

PARC has presented to North Park Planning Group and Upstream Planners, and both groups have adopted resolutions supporting improvements it is recommending. PARC has also had meetings with all of the City Councilmembers and leaders in the city administration. UHCA and the University Heights Park, Recreation, and Open Space Advisory Group are members of PARC, and invited former University Heights resident and one of PARC’s leaders Susan Baldwin to present at our February 4th meeting – UHCA News

PARC is advocating for a better Parks Master Plan – “Parks for All.” This is the first Parks Master Plan in over 50 years, and we strongly believe more time and input are needed before embarking on such a monumental change in how we build, maintain, and fund parks.

We appreciate the efforts by the City to make equitable investments into our park system, and we advocate keeping the good elements that are in the current draft – promoting a parks system that is relevant, accessible, iconic, sustainable and equitable; meeting the changing needs and priorities of current and future residents; and addressing the long-standing inequities that exist in our current parks system.

PARC has identified five key issues we believe need to be addressed before the Parks Master Plan, General Plan Recreation Element, and Citywide Park Development Impact Fee are approved.

Public engagement

While the city held many meetings for input into the Parks Master Plan, alter the Draft Plan was released, meetings were not held with key stakeholders like the community planning groups and community recreational groups. Since this Plan will be the basis for any bond measures on future ballots, it’s critical that public support is built now. We need to love this Plan as much as we love our parks!

More parkland for our growing city

One of the biggest issues is the elimination of the current land standard of 2.8 acres per 1,000 people - just when we’re increasing housing density and incentivizing smaller units. PARC supports the need for flexibility for communities to add recreational amenities into parks, but there should still be an easily understandable land standard. More people need more parks, not just more amenities added into existing parks. As with affordable housing goals, just because we can’t meet them doesn’t mean we shouldn’t have them. We are advocating to retain the current 2.8 acre land standard, including minimum protections for passive recreation in parks, and to increase the minimum funding from development fees (10 percent was proposed on Nov. 9) for parkland acquisition.

Funding for parks and addressing inequities

Funding - we all know there’s not enough and PARC is suggesting additional sources of funding. We believe that there are other potential additional sources of funding to support our park system: consideration of non-residential park Development Impact Fees and Community Benefit Zoning. Also, a Prioritization Framework will direct how the new Citywide Park Fee will be allocated, however it has not been released. It should be so we can see how the goals of addressing our inequitable park system will be accomplished. We believe that any decision on changing funding and allocating that funding must be built on transparency.

Confusing, complicated points system devalues land acquisition

The points being proposed is complicated and as the first such approach being tried by any city, needs more discussion and changes. PARC examined some of the points in the proposed system and saw that a sign would have the same “value” as one acre of parkland! We strongly advocate that land and recreational amenity points be separated, and to ensure that amenities are included based on what the communities are asking for – not what developers want to include to discount their impact fees.

Other issues: commercialization, historic resources, habitat protection, tree canopy, and design review

There are other issues in the draft Plan that we are concerned about: commercialization in public parks, clear identification of historic resources and cultural landscapes, strengthening protection of both tree canopy and Multiple Species Conservation Program, and ensuring that design and design review are done with community input.

We’re asking all San Diegans to support the vision of Parks for All by reaching out to the Mayor and your Councilmember and ask that they support the changes that PARC is advocating for. You can find a sample letter at uhsd.org/ParksForAll as well as contact information for elected officials. Working together, we believe that we can create a Parks Master Plan that will serve our needs today and into the future.

Project Passion

Have you wondered what’s been going on for the last few years at the “Lancer’s” building on Park at Adams? This landmark in the heart of University Heights Village was originally built in 1915 as The Mission Cliff Apartments. In recent years, it was partially occupied by Cecilia’s Fine Jewelry and Lancer’s Cocktail Lounge, with the building owner living upstairs. In 2018, the owner passed away, and the building was purchased by developer Steve Ortiz and his family’s business, Project Passion, run by Steve, his parents, and his sisters. They have purchased and renovated a number of properties, including a few others in University Heights. “I really like the University Heights area and know it will appeal to people who want to be in a vibrant neighborhood with great restaurants, parks, and is close to everything,” Steve said. The building at Park and Adams was completely gutted and rebuilt, including a new steel superstructure and an updated facade. The new building, which will be named One Passion, will officially open on March 4 after nearly two years of work. One Passion will introduce ten new modern luxury rental studios, one and two-bedroom units on the second level— several with balconies— all equipped with modern, high-efficiency systems, appliances, and high-end finishes. On the ground level, University Heights Jewelers and new UHCA business member, Cecilia’s Fine Jewelry, which has remained open during the reconstruction, will enjoy a larger space and be completely refreshed inside and out. A new hair salon will also debut and one other commercial tenant will be announced soon. As for the name, Steve added, “I mentioned our main company name being Project Passion. That’s where the One Passion building name comes from. We pride ourselves on our People, Partnership, Product, and Philanthropy.” And what about Lancer’s? Steve was very happy to share that Lancer’s will be back. In the exact same spot, and will be exactly as regulars remember it, only with new and improved plumbing, air conditioning, and the appliances. As soon as COVID-related closings are lifted, that is. To get a sneak peak inside the apartments, visit www.inyours.com/OnePassionListing

In Development will be a regular feature in UHCA News to highlight new building developments and redevelopments in our neighborhood. If you have a development you want to highlight, or want to know more about one, please let us know at uhcanews@uhsd.org.

NEXT UHCA MEETING

MAR 4

UHSD.ORG/ATTEND-A-MEETING

JOIN THE ONLINE MEETING WHERE YOU’LL HEAR THE LATEST ABOUT THE LENAR 374 UNIT DEVELOPMENT AT 4353 PARK BLVD

Lenmar Building Update

During the March 4 UHCA meeting, Lenmar Multifamily Communities will present updates and answer community questions about their project currently underway at Meade and Park.

LMC broke ground on December on their newest San Diego community, Window, which will join Shift (East Village) and Lana (Little Italy) as a class-A luxury development with 379 apartment homes and 20,000 feet of ground floor retail. Window is scheduled to be completed with first move-ins in early 2023.

Be sure to attend the March 4th meeting via Zoom at 7pm to get the latest info and ask questions directly to the developer!
JOIN TODAY AND HELP MAKE A DIFFERENCE!
OUR SUCCESS IS LARGELY DEPENDENT ON VOLUNTEER EFFORTS FROM AREA RESIDENTS LIKE YOU.

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

New Members & Renewals
Business
Parkhouse Eatery
BFD
Brian McClean Photography
Gabriel Stockton Fine Art

Golden Ostrich
Kelly Kaldenberg, James Gerber & Marion De Koning, Phyllis Charlton & Randi Droipkin, Michael Gorman & Patrick Patterson, Andrew Guznow & Cathy Strittmatter, Thomas Stempel, Jeanne Christopher

Household
Jennifer Taylor, Justin Lozoya, Lynnne Russo, Xeni Llagaur, John & Jean Earl, Paul Farris, Katrina Dickson & Octavio Serranno, Scott & Melanie Levy, William Pierce & Renee Carnetti, Katie Surray, Erin & David MacKinnon, Nahid Hinder, Alysson Christensen, Janice Han, Judith Ross, Blythe Dillingham, Carol Wiedenfeller, Jeffrey Ramsey, Shawn Carleton

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

Volunteer Your Time on a UHCA Committee!

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

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

Published 10 times per year by the University Heights Community Association. We welcome articles, letters, and announcements about issues and events relating to University Heights. The deadline for submission in the first of the month. Email submissions to uhcanews@uhsd.org. We retain the right to edit submissions for style and content.

Golden Ostrich
Kelly Kaldenberg, James Gerber & Marion De Koning, Phyllis Charlton & Randi Droipkin, Michael Gorman & Patrick Patterson, Andrew Guznow & Cathy Strittmatter, Thomas Stempel, Jeanne Christopher

**Advertisement**

**UHCA News**

**UHCA Officers**

President
Christine Hernandez
Vice President
Marc Johnson
Secretary
Meghan Kight
Treasurer
Brent Orlesky

**Website**

uhsd.org

**Facebook**

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**Instagram**

@uheightscommunitysd

**Crime Watch Signs**

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

**Slow Down Signs**

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

**Disaster Contacts**

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

**University Heights Boundaries and Zone Watch**

**UH Phone Book**

**Crime Watch Signs**

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Hello Neighbors!

Spring is in the air, and warmer weather is upon us, with the trees blossoming and people enjoying Trolley Barn Park in the sunshine.

Just a couple months into this new year, and we have already seen our environment change, from the shocking events at the US Capitol, to a new Administration being sworn in, and the first phase of Covid vaccinations being distributed to essential populations. While our Stay-At-Home orders have been lifted, I hope we are all still practicing safety.

The world continues to evolve, and the University Heights Community Association is also going through some changes. Last month we hope many of you caught the sneak peek mini version of our beloved UHCA News. You may have also seen that we are making big strides to recruit volunteers to help us with the paper. The New Year has certainly been a busy one in which to keep our organization moving. While we may not yet be able to enjoy in-person events, we do still want to engage with our neighbors. Be sure to join our monthly meetings held every 1st Thursday of the month, via Zoom. Or follow us on Instagram and Facebook.

February was a special time in our country as we celebrated Black History Month. The world has significantly benefited from the incredible contributions of the black community, and we at UHCA recognize our amazing black-owned businesses for their contributions. Some of our favorites include Brian McClean Photography, Edna Massa Alyssian Bistro, and Flavors of East Africa.

March is another special time as we celebrate Women’s History Month. Our community certainly has our share of amazing women leaders and activists—our organization and the jewel of our neighborhood, Old Trolley Barn Park, are here because of the tireless work of women (and the men who stood with them). Next month, we will celebrate the 30th anniversary of our park, with stories and pictures from those days, highlighting what happened when a neighborhood banded together to do important things.

As the sun warms up our beautiful neighborhood, please continue to support our wonderful businesses and continue to practice safety. We hope we see you around the neighborhood, with friendly smiles behind all of our masks to show care for our neighbors.

CHRISTINE HERNANDEZ
UHCA President
IT'S YOUR BUSINESS

The UPS Store

The UPS Store is a one-stop-shop for all your shipping and printing needs. With over 11 employees and 11 locations throughout the San Diego area, The UPS Store has become a trusted name in the community. Our flagship store on Park Boulevard has been in operation for over 20 years and has served thousands of customers with their shipping and printing needs.

What services and products do you offer?
The UPS Store offers a wide range of services to help you succeed in your business. We offer shipping, printing, copying, and more.

How do you advertise your business?
We use a variety of advertising methods to reach our customers. We advertise online, in local newspapers, and on billboards. We also participate in community events and sponsor local sports teams.

How many employees do you have?
We have over 11 employees at our Park Boulevard location.

The Perfect Trifecta

Love story, business, and growing family. The stars aligned for this business. My love story happened here, and now my family is growing here. After business school, I spent years being the right hand man to CEO’s and various early-stage startups. I had a lot of experience with failure at that stage in my career. I drove Rideshare for a year when I was trying to figure out what to do with my life and fell in love with the Uptown area. The different neighborhoods, restaurants, bars, and culture really resonated with me. In 2015, Ryan and wife (then girlfriend) moved right by the Georgia Street bridge and the rest is history.

Tell us your story.
I’m born and raised in San Diego and always wanted to start a business here. After business school, I spent years being the right hand man to CEO’s and various early-stage startups. I had a lot of experience with failure at that stage in my career. I drove Rideshare for a year when I was trying to figure out what to do with my life and fell in love with the Uptown area. The different neighborhoods, restaurants, bars, and culture really resonated with me. In 2015, my wife (then girlfriend) and I moved right by the Georgia Street bridge and the rest is history. My love story happened here, my business started here, and now my family is growing here.

How did you get started in this business?
The stars aligned for this business. My wife worked for the franchise corporate office when we first met. The two of us had intimate knowledge of the business model. Both of us had full-time jobs, so it was necessary to build this as a family business. My mother, Cindy, came out of retirement to help us run the store, train employees, and instill the customer-centric culture we are known for.

How many employees do you have?
We have over 11 employees and are growing. Our flagship Park Blvd store has grown into a South Bay location and I moved right by the Georgia Street bridge and the rest is history.

 Brian McClean

Brian McClean has always had a vivid imagination, a love for the arts and an eye for beauty. However, he did not know these characteristics would eventually lead to a career as a photographer. Growing up in Philadelphia, Brian initially wanted to be a basketball player, but a turn of events pointed him in a different direction. In June 2004, Brian enlisted in the United States Coast Guard. Throughout 12 years of active duty, Brian was a Presidential Honor Guardsman in the White House, an IT Specialist aboard a Coast Guard Cutter in Alaska and Bahrain, and lived in various cities to include Los Angeles, San Diego, and Washington D.C.

Photography began as a hobby to cope with stress, trauma, and other challenges throughout life and military service. Brian seeks to bring healing and relaxation art photography through sunset, coastal, landmark and nature captures. His work is printed on small standard prints and large vibrant wall art prints to hang in any space. Work is also printed on home décor and apparel.

The love of nature, keen eye, dynamism, and heart of Brian McClean has brought forth photography that awarded him Best Visual Artist and Photographer for Black San Diego Magazine and segments on ABC 10 News, Fox 5 San Diego, and CBS 8. Brian has also been featured in art consulting company Artsy Shark and has had work even published in China through the Healing Art Photography foundation.

Overall, the vision of McClean Photography is to provide healing art to every business, home, hospital or space. 5% of all work sales are donated to TheMentalHealthFund.org.

Brian is a University Heights resident and UHCA business member, you can see his photography at www.mccleanphotography.com.
The Long Goodbye
How COVID-19 Took My Dad's Life—Randly Dolenga

This moving story by local writer Randy Dolenga does not have a happy ending. It is a story about one family's loss during this pandemic, but also a universal story in many ways. We are publishing it to remind all of us of what this pandemic is doing to our neighbors, and with the hope that Randy and his family remain well and find peace.

UHCA News Team

My 85-year-old father loved people, and he thought well of everyone as he tucked around his Escondido assisted living facility in his tricked-out electric wheelchair. He couldn’t resist talking to a neighbor at his door when the building went off pandemic lockdown a few weeks ago. They couldn’t hear each other, so they pulled off their masks for a quick chat. How’re ya, fine thanks. What a year!

Maybe that was the moment the germs slipped into his chest.

Perhaps one of the caregivers brought the coronavirus into his apartment from the outside. Or he could have been infected when he visited the hospital for a vascular test.

We’ll never know for sure. It is clear, however, that COVID-19 found its way to my father and took his life. But not before a long, complicated and agonizing cascade of medical complications that left him exhausted, alone and afraid.

Novelist Philip Roth wrote that “old age is a massacre.” It’s got nothing on the horrible effects of a new deadly combo—isolation, hospitalization and COVID.

Unfortunately, thanks to our national and local failures, more San Diegans are destined to die like my dad.

The Rock of Our Family Gets a Positive Test
The story of how my parents met is literally a tall tale.

In the late 1980s, Ralph Dolenga — the son of Dutch immigrant dairy farmers — was a 6-foot-6 teacher at a Chula Vista elementary school. The ladies in the faculty lounge noticed his height and coaxed him to sit next to a fetching 5-foot-10 colleague with 6-foot-6 teacher at a Chula Vista elementary school. The ladies in the faculty lounge noticed his height and coaxed him to sit next to a fetching 5-foot-10 colleague with 6-foot-6 teacher at a Chula Vista elementary school. The ladies in the faculty lounge noticed his height and coaxed him to sit next to a fetching 5-foot-10 colleague with 6-foot-6 teacher at a Chula Vista elementary school. The ladies in the faculty lounge noticed his height and coaxed him to sit next to a fetching 5-foot-10 colleague with 6-foot-6 teacher at a Chula Vista elementary school. The ladies in the faculty lounge noticed his height and coaxed him to sit next to a fetching 5-foot-10 colleague with.

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He was fine, his nurses said, just confused. I don’t know if they comforted him or held his hand. In the era of coronavirus, we couldn’t be there at all.

Delirium and disorientation are common in people who are hospitalized, and they’re especially common in isolated patients with COVID-19 who are treated at the assistance living facility.

About a week after Dad went to the hospital, a brutal bout with COVID-19 left Mom afraid for her life and almost too weak to stand. A widow now, she’s still recovering.

Back at the hospital, Dad came down with a blood infection with MRSA, the horrific superbug that hangs around medical facilities. As patients and families learn every day, it’s dangerous to be extremely sick in a place full of germs.

The medical team installed a long-term intravenous line to administer an antibiotic for six weeks. Then disorientation set in.

A Test with a Single Word: “Help”
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Delirium and disorientation are common in people who are hospitalized, and they’re especially common in isolated patients with COVID-19 who are treated by medical professionals with their faces covered by masks, shields and goggles.

“This is a perfect storm for delirium. The best thing is to get them out of the hospital and into familiar surroundings,” said hospital physician Dr. Charlie Wray of the University of California at San Francisco, in an interview. “But when people stay in the hospital for prolonged periods of time, we often tend to find more reasons to keep them there.” — continued on page 10

Nonetheless, to borrow a phrase, he persisted. About a week before Thanksgiving, Dad fell and went by ambulance to Palomar Medical Center in Escondido. He’d cracked a bone in his knee and couldn’t stand up. The hospital got ready to send him to a skilled nursing home for rehab to get back on his feet—a drill he’d been through multiple times before. But first they gave him a coronavirus test. It was positive. This was the beginning of the end.

Isolated and Alone, the Complication Cascade Begins
Dad had no symptoms then, but he was stuck in the hospital. Only a pair of skilled nursing homes in the county would accept COVID-positive patients. They were full, we learned, or didn’t return phone calls.

San Diego County is home to 3.2 million people, roughly the population of Utah or Connecticut, and not a single nursing home bed was available for my father. Then again, maybe we dodged a bullet.

Those two COVID-friendly nursing homes had gotten bad press: “El Cajon Nursing Home Raided Big Profits While Shortchanging Resident Care, Analysis Shows,” read the October headline about one of them. The other nursing home needed assistance from the National Guard when COVID-19 overwhelmed its staff in November.

A few days passed, then Dad complained that the hospital food was more terrible than usual. His sense of taste was out of whack, a classic sign of COVID. COVID pneumonia soon set in as his oxygenation level dipped. He didn’t need a ventilator, but he went on oxygen and began a remdesivir-steroid regimen. No expensive fancy drugs for my father, though. He’s not the president.

Dad remained in good spirits for the most part, and he started reminiscing about his life. “I love your mother as much as anyone could love someone,” he said. “He must be delirious,” Mom joked when I told her. My response: “That’s what I said.”

Mom, unfortunately, was in for her own struggles amid a massive coronavirus outbreak at the assisted living facility.

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### Happenings in and around the Heights.

**National Women’s History Month.**

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<td>April UHCA News Articles Due</td>
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<td>Uptown Planners 6pm uptownplanners.org</td>
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<td>UHDC Meeting  Via Zoom 6pm uhdc.org</td>
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<td>International Women’s Day 2021 #ChooseToChallenge</td>
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<td>St. Patrick’s Day North Park Planning Committee Via Zoom 6:30 pm northparkplanning.org</td>
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<td>St. Patricks Day Parade &amp; Festival Balboa Park 11am - 5pm</td>
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**Happenings in and around the Heights.**

- **March 20, 2021**
  - Palm Sunday
  - Holi 2021 Festival of Colors Mar 29-30 holfestival.org
  - César Chávez Day

**Upcoming Events:**

- **March 2021**
  - Hillcrest Farmers Market 9 am - 2 pm
  - International Women’s Day 2021 #ChooseToChallenge
  - St. Patricks Day Parade & Festival Balboa Park 11am - 5pm
  - First Day of Spring 17th Annual Daffodil Show Julian, CA March 20 - 21
  - Passover 2021 Begins at sundown

**Website:**

- redbubble.com/people/oteliacarmen

**Contact:**

- uhsd.org/attend-a-meeting
UH Garden Corner

Spring officially begins on March 20th, and here in UH the season is already on full glorious display. The last few months we saw succulents around the neighborhood flowering, like the candelabra aloe (Aloe arborescens) and fox tail agave (Agave attenuata). California native lemonade berry trees (Rhus integrifolia) are starting to bloom with their small, pinkish white flowers (common along Golden Gate Drive and at University Heights Point).

As I write this, there’s a particularly lovely orchid tree (Bauhinia variegata) starting to bloom on Meade Avenue between Maryland and New Jersey Street. If you’re up for a longer stroll, there are a number of beautiful pink trumpet trees (Handroanthus impetiginosus) that will be in bloom for the next few weeks along Park Boulevard near the Desert Garden in Balboa Park. As the season progresses we’ll be in for a visual treat, as California native plants in yards and along our canyons come into bloom.

For you gardeners – Spring is the season to start planting. Have you considered adding more native plants to attract our local pollinators? If you are considering growing milkweeds for the monarch butterfly, be sure to look for a native variety like narrow-leaf milkweed (Asclepias fascicularis). For more information, check out local resources like the San Diego County Pollinator Alliance at www.rcdsandiego.org/programs/pollinators and the San Diego Chapter of the California Native Plant Society at www.cnpssd.org.

– Layla Hains
Collections Manager, Botany Department
San Diego Natural History Museum

Old Trolley Barn Park, the jewel of University Heights (and an inspiration for the founding of UHCA), is turning 30 in April!

While we won’t be able to pack the park full for a proper celebration this year, we do want to celebrate the history and importance of our park. We’re asking for photos and anecdotes about what Old Trolley Barn Park means to you. Were you there for the park dedication in 1991? Do you have a special memory of a first date (or even a proposal), a peaceful escape from a hectic day, a chance meeting, a birthday party, or dog’s first walk? Please send anything that tells the story of our beloved park to UHCA News at uhcanews@uhsd.org by March 31st. Photo submissions should be 1MB in size or larger. Please let us know who is in the photos if they include people or pets. We will compile as many of your submissions as we can and share them in the April issue and on our website and social media. The UHCA News team thanks you for sharing your memories with us to celebrate this big milestone!

UH Garden Corner

Neighbours may have noticed a new, brightly colored Mexican food truck at 4395 Cleveland Ave near the corner of Meade next to American Market. First appearing around the holidays, the El Sabor truck and chef/owner Carlos are open for business Monday through Saturday from noon to 8PM. The menu features tacos, burritos, quesadillas, and rotating specials. The birria tacos here are outstanding – the tortillas are filled with magically tender, slow cooked beef and then lightly fried. These juicy tacos are accompanied by limes and a cup of broth for dipping. Chef Carlos has been cooking for 40 years and worked for many years as a butcher. He loves preparing BBQ and the specials reflect this, most recently with a “Padres” burrito featuring a crowd-pleasing homemade brisket. In the future he plans to introduce the residents of UH to suadero, a cut of beef popular in Mexico City that Carlos describes as the brother of brisket. While the taco truck is just a year old, Carlos has been in business for 16 years, and operates a restaurant and catering business by the same name in Lemon Grove. El Sabor is a family affair, Carlos’ daughter Paola helps out with the truck and runs the social media for the business.

To stay in the loop on specials, visit @elsaborfoodtruck on Instagram or on Facebook at www.facebook.com/elsaborfoodtruck/.

Signature items: Birria tacos (and anything else with birria), TJ style tacos, BBQ specials.

El Sabor Truck
4395 Cleveland Ave @ Meade
Mon – Sat Noon to 8pm

We’re offering prizes for the best photos and anecdotes. If you send a special photo or anecdote about the park, we will select three winners to receive a prize. Entries can be sent to uhcanews@uhsd.org. We can’t wait to see your photos and memories! Buon Appetito!

Local squirrels have a new al fresco dining option in the neighborhood on Monroe St. Squirrel tables have emerged as one of the quirkiest trends of the pandemic. Resembling miniature picnic tables, they’re typically made from cedar or pine, and measure about 8 by 5 inches.
For many years, used coffee grounds from Twiggs have been donated to the Birney Elementary School gardening program, contributing to nutrient rich soil in the school garden. Under the expert, loving care of Birney’s gardening instructor, Ms. Mindy, the garden has flourished and the gardening program has become a highlight for students. Completing the circle of community support, produce from the school garden is now being offered at a monthly farmstand at Twiggs. Donations from the farmstand are helping to fund Birney Specials programs, including its gardening classes.

Each month the farmstand features a seasonal variety of fresh vegetables, fruit, herbs, and flowers harvested from the Birney garden. The farmstand also includes specialty homemade items including handmade wood planters with succulents, jams made with Birney fruit, loose herbal tea, homemade soaps and lotions, and hand-thrown ceramic pots with flowers.

During this year of distance learning, the gardening program continues to be a favorite hands-on learning experience for students. Ms. Mindy distributes seeds and soil at school supply pick-up days, and at the farmstand, so students can bring the gardening experience home until they are able to meet again at the beautiful Birney garden.

Friends of Alice Birney Elementary (FOABE) is the parent organization responsible for raising funds to support the school’s International Baccalaureate program and art, Spanish and gardening classes. Due to COVID, many of the annual large-scale fundraisers were not possible this year. The success of this Birney farmstand at Twiggs has helped raise critical funds to keep Birney’s award-winning programs running.

Please join us for our next Farmstand on Saturday, March 13 (typically the 2nd Saturday of every month) from 9-11am. Grab a delicious latte and pastry from Twiggs and then browse the fresh produce, flowers and gifts available at our farmstand!

We would like to thank Twiggs for hosting our Birney farmstand each month and thank our wonderful neighbors for your support of our school!

Erin MacKinnon, Proud Parent of two Birney Bees and Friends of Alice Birney Elementary (FOABE) Board Member.

If your middle-school music program was anything like mine, you might have fond (?) memories of singing cringey songs while awaiting your big moment to strike the triangle with a mighty DING. Students of Roosevelt International Middle School have a decidedly cooler experience.

Nathan Elias Kocivar, the Director of the music program, started substitute teaching at Roosevelt in 2017 to supplement his income as a gigging sax and keyboard player. His talents as a teacher and director quickly put him in such demand that he was splitting his days between Roosevelt and San Diego High for the next two years.

Working at San Diego High, Mr. EK, as his students call him, realized that “it was in the cluster’s best interest for [him] to push from the back,” preparing middle school kids for the more intense high school music program. So he developed the Roosevelt Middle School music program, which, during the 2019/2020 school year, included two orchestra classes, two band classes, a guitar class, and choir. He also managed to direct a jazz band, either as a class or a club. Mr. EK says his music program is ultimately built around and toward jazz, since it’s the form that both demands an understanding of the basics and offers an opportunity to create and improvise.

Unfortunately, COVID-19 threw off the groove of the music program, as it did with most nice things. But out of the cacophony came a whole new repertoire of creative and music literacy opportunities. Mr. EK has been using music composition and production platforms like Soundtrap, Beatniks Theu Theory, and Smart Music to encourage students to appreciate, create, and collaborate on music with their peers. Students in the elective music classes still practice their “real instruments,” and thanks to a parent fundraiser and a VAPA grant, 70 more students will receive MIDI keyboards (like a small digital piano) to enhance their synthesized music skills.

While in-person performances are not possible at present, Roosevelt still strives to connect musical expression to its International Baccalaureate identity, with events like its “Travel the World” program of concerts in collaboration with groups like San Diego’s Center for World Music. To learn more about “Travel the World,” the Roosevelt music program, and more, please go to www.friendsofroosevelt.org.

— Andy Hinds
**March at the University Heights Branch Library**

Last November, my fabulous colleague Elaine Sintra transferred to the San Ysidro Library, and I was promoted to the new Branch Manager of the University Heights Library. My name is Rachel Esguerra, and I just celebrated 21 years with the San Diego Public Library. We're here every Monday-Saturday from 9:30 a.m. – 5:30 p.m. We are also getting the inside of the library refreshed and ready for when we can finally welcome you all back!

**Friends of the UH Library**

Our library is a vital part of our community, and it needs your support more than ever.

Although we were not able to hold in-person meet-ings in 2020, we have remained active behind the scenes. As we do every year, we bought books and equipment for the branch, sponsored programs for children and adults, and are currently working with library staff on their funding wish list for 2021. Our library is a vital part of our community, and we are looking forward to continuing our support of the library with your help. If you have not joined or renewed your Friends of the University Heights Library membership for 2021, please do. Membership is only $5 for students and seniors, and $10 for adults.

Another way you can support the University Heights Library through a charitable donation to the Friends of the University Heights Library. You can make a general donation or a donation in honor of a special occasion or in memory of a loved one. You can also sponsor a specific program or event at our library. If you are able, please consider becoming a Life-time Member of the Friends of the University Heights Library for a one-time contribution of $250. Membership dues and donations to the Friends of University Heights Library may be mailed to 4193 Park Blvd, San Diego CA 92103. The Friends of San Diego Public Library is a California Tax Exempt Non-Profit Corporation under IRS 501(c)(3). FBN: #95-331747. Tax deductible membership dues and donations may be matched by the City of San Diego.

Looking ahead, we are being asked to envision the UH library of the future. What do you want your Library to look like? What do you need from the Library? What services, technologies, and programs would help you? How can the Library serve our community? A new Library Master Plan is being developed, and your input can help craft the San Diego Public Library’s future, including that of our University Heights branch.

You can help by completing the Community Survey at https://supportmylibrary.org/mas-terplan/. The deadline for responding is April 17. We look forward to an exciting 2021 filled with lots of library programming and activities!

**Pets of the Month Diego and Frida**

My name is Diego, and my sister from another mother is named Frida. We came to live in UH nine years ago when our humans adopted us. We were both born in Kingman, Arizona, where we lived in a shelter for a short while. Apparently, there was also a large population of brown tabby cats in the shelter, so we were moved to the Helen Woodward Animal Center in Rancho Santa Fe. Pretty good digs for two little kittens from Arizona! When our humans came to visit the animal center, Frida and I were sharing a kitty condo together. Our humans visited with us and got to pet us. One of them said that my sis-ter had a really soft coat. The other human liked my eyes, even though I’m a little bit cross-eyed. So we were adopted! We love living here with all of the benefits of being spoiled and cuddled by our humans.

While we are not allowed to go outside, we both really enjoy spending time looking out the canyon-view windows at lots of canyon critters, including squirrels, skunks, possums, foxes, and even an occasional coyote. I am known to run from window to window to follow any critter who visits. And when we’re inside, the cute little birds we enjoy watching are safe from us as well. Frida enjoys snapping on a lag and getting lots of treats, while I love lying in a sunny spot waiting for dinner time. It is so fun to run around the house and chase each other and get our humans’ attention. They love us, and we love them, although probably not as much, because, after all, we are cats! — Saug and Dave Holtz

**Kid’s Corner**

Color in the drawing at left, or draw your own version, and send it if you like, to any local fire or police station, hospital, grocery store or to anyone who is helping on the front lines of this Coronavirus Outbreak. Let’s get them know we are thinking of them and we appreciate all they do to keep us safe!


5 crafty reuses for your newspaper
- Classic paper sailor hat
- Paper pots for seed starting
- Origami bird
- Paper rose
- Paper mâché

Show us your UHCA paper crafts! Share images by tagging @universityheights_sd-community on Instagram or emailing UHCAnews@uhsd.org

**Library Hours**

Library facility is closed to the public. Staff are available by phone and email Monday-Saturday from 9:30 a.m. – 5:30 p.m. 619-692-4912 / UHStaff@sandiego.gov

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He means that complications crop up like Dad’s MRSA blood infection.

The pneumonia cleared up after a few days but my dad remained positive for coronavirus so he couldn’t leave for a nursing home to get rehab for his leg. The two COVID-19-friendly facilities still weren’t available. Meanwhile, his muscles deteriorated since he was still unable to get out of bed on his own. Weeks passed, and more complications appeared. The hospital put him on blood thinners to prevent COVID-related blood clots, but he had bleeding and bruising, and they stopped the regimen. Then he had a uriniferous hole that caused pain until they removed two liters of urine via a catheter. He became so drowsy that nurses new to him never got to see the warmth and charm – “what a sweet man!” – that his colleagues spoke about weeks earlier.

After Almost Five Weeks, the End of a Story

Dad spent much of his last week asleep. Three nights before Christmas, he wouldn’t wake up when they tried to rouse him. Tests didn’t reveal a cause. The hospital – a physician who oversees cases at hospitals – talked to me about what we would want for him if things didn’t improve. He hoped my dad would die peacefully, but Dad passed away around 2 a.m. as the team prepared to administer the drug.

The physician gave me the news over the phone. I then called my mother and brother to tell them that Dad had just passed away.

My father’s death certificate says COVID-19 is the cause of death. It appears to have caused a fatal stroke – one of the things the virus does.

Dad was at the hospital for just shy of five weeks, alone the entire time. This is no way to live, and no way to die.

The Cost of Endless Hospitalization

This kind of endless saga isn’t unusual. Not everyone in the hospital with COVID-19 lives to tell the tale or dies after going on a ventilator. Some stay longer than a month, making it more likely that they’ll get other illnesses than hospital infections and suffer from the effects of not moving around like loss of muscle tone. And the lack of space in nursing homes means that hospitals can’t discharge patients when they’re ready to leave.

“If someone occupies a room for two to three weeks recovering from a disease, that’s two to three weeks in which the hospital doesn’t have that bed,” Wray said. “That’s longer than what usually happens, and that’s a complicating factor in this pandemic that a lot of people don’t fully understand. Simply put, we’ve got the spigot on, filling up the tub, while the drain is partially plugged.”

Dad is now waiting to be cremated and laid to rest. He is one of more than 1,800 people who have died in San Diego County of COVID-19. The pandemic has taken more than 25,500 lives in California — more than the population of Coronado or Lemon Grove.

Some people will say my father was old and sick and due for death. County Supervisor Jim Desmond, for instance, has claimed that most COVID-19 deaths aren’t “pure.” Yes, supervisor, Dad had a very important pre-existing condition: He was alive. And then, thanks to COVID-19, he wasn’t.

There’s also this fact: The coronavirus worked so hard to take my dad’s life that it seems like he had more time to live, to be a husband and father and friend. End this way – stuck in a hospital, isolated and robbed of human touch – is so brutal and so needless. And so undeserved for anyone, let alone a kind, sweet man known for his generosity of spirit.

We’ve been failed by so many careless people who’ve allowed this pandemic to grow and kill so many. The rapacious politicians, starting at the top. The cruel and heartless local Skyline megachurch, which we attended when I was a kid, whose website lies that “you more likely to die from a lightning strike” Some people will say my father was old and sick and due for death. County Supervisor Jim Desmond, for instance, has claimed that most COVID-19 deaths aren’t “pure.” Yes, supervisor, Dad had a very important pre-existing condition: He was alive. And then, thanks to COVID-19, he wasn’t.

“We Are More Likely to Die from a Lightning Strike”

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We’ve been failed by so many careless people who’ve allowed this pandemic to grow and kill so many. The rapacious politicians, starting at the top. The cruel and heartless local Skyline megachurch, which we attended when I was a kid, whose website lies that “you more likely to die from a lightning strike than the COVID-19 virus.” And the craven business owners, apathetic partiers and diners, and selfish anti-maskers. There’s no limit to their lack of caring for the vulnerable.

I’m my dad’s son, and I’m generally good-natured just like him. Anger always seems unnatural to me, and I usually can’t sustain it for long. But if enough people get furious and stay furious, maybe we can make this stop.

It will be expensive, and it will be hard. So what? I’m hardly the first to say this, but I know it now more than ever: The cost we’re paying is more than we can bear.

— Randy Dottinga (@rdotinga), Hillcrest resident. Versions of this article have appeared earlier on the medical news site MedPage Today (tinyurl.com/55ruhm2) and on Voice of San Diego (voiceofsandiego-go.org/author/randy-dottinga).

If you have lost a loved one, the San Diego County Medical Examiner Bereavement Center partners with The Center for Compassionate Care of the Elizabethe Hospice to offer grief support services at 858-349-2524.
It’s an absolute honor and privilege to be serving as your new City Councilmember, and I look forward to working with the many residents, business owners, and community groups who make up the vibrant communities of District 3, including University Heights. I am particularly aware of the great people that make up your neighborhood, and look forward to tackling the issues that many of you have already shared with my team and me.

Since taking office just over 2-1/2 months ago, the Council District 3 staff have been hard at work on several items, with a focus on responding to constituent inquiries and service requests. We’ve assisted with everything from trash collection and damage from the winter storms, to a host of other infrastructure needs. University Heights residents have also made it clear that park space is particularly important to them (and their four-legged friends, too!), and we have fielded a number of questions about things like off-leash violations, heard thoughts about a comfort station at Trolley Barn Park, and heard ideas for additional outdoor recreation opportunities.

We know there is a need for quality recreation facilities, especially during the pandemic, and the City of San Diego’s Park & Recreation staff are working hard to maintain these spaces for you. Please do not hesitate to share with us any issues you have with our parks and open spaces so we can address them.

Aside from parks, I know that COVID-19 is causing a variety of challenges for so many of our residents and business owners. I am committed to continuing to work with the City Council and Mayor Todd Gloria to find ways to aid all San Diegans. Some things we have already done include extending the moratorium on residential and commercial evictions and asking the mayor to cap fees that 3rd party delivery apps charge to restaurants. The mayor’s office will also soon be issuing more information on more than $87 million in federal and state rental assistance that will be available to residential tenants in the city.

My office is here for you, and we encourage you to reach out to us at any time. Your new District 3 Community Representative for University Heights is Benny Cartwright, who is also a University Heights resident. Benny can be reached at BCartwright@SanDiego.gov or 619-510-6883.

I look forward to connecting with many of you in the upcoming weeks and months.
In the Heart of Hillcrest!

3753 Richmond Street  $960,000
3+ Bedrooms, 2 Bathrooms  1,704 Square Feet

Grand Craftsman with High ceilings, wood floors, crown molding, beautiful remodeled kitchen with custom cabinets and granite counters, breakfast bar, spacious bedrooms, walk-up attic space, outdoor kitchen and patio is perfect for entertaining. Zoned multi-use and can be used for Doctors’ office, dentist, daycare etc but is currently being used as an Airbnb. Owner will sell fully furnished except for a few items. Walking distance to area restaurants, Balboa park and the zoo.

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