Coexist and Enjoy the Web of Nature Around Us

Plant life around UH has shot up, budded, and bloomed gloriously over the past two months, and wildlife of all sorts has begun its spring population renewal.

Unbombers have been concerned residents have recently spotted rat poison—which is now illegal in the state of California—set out in public areas such as alleys and along fences, so we talked with Carly Padilla from Project Wildlife to learn strategies for coexisting successfully with the rest of our ecosystem while deterring undesired wildlife safely, ethically, and legally.

If we trap and “remove” a possum, the ticks, grubs, rats, and even rattlesnakes that the possum would have eaten will remain in our yards to harm our pets and plants. And skunks—while they may reduce air quality for a while—actually feed on Black Widow spiders, scorpions, and bugs that harm our gardens, so eliminating a skunk seems shortsighted at best. Meanwhile, hawks, falcons, and owls who feed on poisoned rats will also die, as will the owlets and hawk or falcon chicks back in their nests.

That’s two generations of death, notes Carly at Project Wildlife. This death cycle in our ecosystem caused by super-toxic rat poison is what led California to make its use illegal as of January 1st of this year. Carly says that wild animals are not out to attack us or our pets. They’re mostly trying to save us alive and get on with their lives. When rats and other wildlife become a nuisance, though, we can humanely encourage their departure from our properties.

Here are some strategies Project Wildlife recommends:

- **Stop feeding wildlife**, including squirrels. Feeding wildlife alters their behavior and is considered harassment, which is why it’s actually illegal. And leaving out food will attract undesirable species—like rats— alongside the ones you might seek to attract.

- **Keep pet food inside**, and keep compost in sealed bins on hard surfaces so it can’t be accessed via burrowing.

- **Install motion-detector lights** at ground level to scare away skunks.

- **Close up and block small openings** to your property (you avoid animals coming inside to “den”). Steel wool or even dryer sheets stuffed into crevasses will deter mice, who don’t like the smell.

- **Use skunks**, **possums**, and **rodents** sense of smell to discourage them: cages soaked in apple cider vinegar, cotton balls soaked in peppermint oil, mothballs under your house, or even cayenne pepper sprinkled on the ceilings. The property can work wonders to keep these critters moving along elsewhere. Check Project Wildlife’s website for ideas. – continued on page 6

San Diego District 3 Budget Forum

Our District 3 Councilmember and President Pro Tempo Stephen Whitburn will host a community forum on the city’s proposed Fiscal 2022 budget. Community members are welcome to participate on Thursday, May 6, 2021 from 6-7 pm. The purpose of the forum is to provide an overview of the Mayor’s proposed FY2022 budget, and then to allow community members to express their thoughts on budget priorities. The session will be held via Zoom and participants can join in via their computer, smart phone, or call in. Please register at https://www.sandiego.gov/citycouncil/c3/budgets/forum-registration to obtain the meeting link and instructions.

This forum will be on the same evening as our regularly scheduled UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.

**UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.**

If we trap and “remove” a possum, the ticks, grubs, rats, and even rattlesnakes that the possum would have eaten will remain in our yards to harm our pets and plants. And skunks—while they may reduce air quality for a while—actually feed on Black Widow spiders, scorpions, and bugs that harm our gardens, so eliminating a skunk seems shortsighted at best. Meanwhile, hawks, falcons, and owls who feed on poisoned rats will also die, as will the owlets and hawk or falcon chicks back in their nests.

That’s two generations of death, notes Carly at Project Wildlife. This death cycle in our ecosystem caused by super-toxic rat poison is what led California to make its use illegal as of January 1st of this year. Carly says that wild animals are not out to attack us or our pets. They’re mostly trying to save us alive and get on with their lives. When rats and other wildlife become a nuisance, though, we can humanely encourage their departure from our properties.

Here are some strategies Project Wildlife recommends:

- **Stop feeding wildlife**, including squirrels. Feeding wildlife alters their behavior and is considered harassment, which is why it’s actually illegal. And leaving out food will attract undesirable species—like rats— alongside the ones you might seek to attract.

- **Keep pet food inside**, and keep compost in sealed bins on hard surfaces so it can’t be accessed via burrowing.

- **Install motion-detector lights** at ground level to scare away skunks.

- **Close up and block small openings** to your property (you avoid animals coming inside to “den”). Steel wool or even dryer sheets stuffed into crevasses will deter mice, who don’t like the smell.

- **Use skunks**, **possums**, and **rodents** sense of smell to discourage them: cages soaked in apple cider vinegar, cotton balls soaked in peppermint oil, mothballs under your house, or even cayenne pepper sprinkled on the ceilings. The property can work wonders to keep these critters moving along elsewhere. Check Project Wildlife’s website for ideas. – continued on page 6

San Diego District 3 Budget Forum

Our District 3 Councilmember and President Pro Temp Stephen Whitburn will host a community forum on the city’s proposed Fiscal 2022 budget. Community members are welcome to participate on Thursday, May 6, 2021 from 6-7 pm. The purpose of the forum is to provide an overview of the Mayor’s proposed FY2022 budget, and then to allow community members to express their thoughts on budget priorities. The session will be held via Zoom and participants can join in via their computer, smart phone, or call in. Please register at https://www.sandiego.gov/citycouncil/c3/budgets/forum-registration to obtain the meeting link and instructions.

This forum will be on the same evening as our regularly scheduled UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.

**UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.**

If we trap and “remove” a possum, the ticks, grubs, rats, and even rattlesnakes that the possum would have eaten will remain in our yards to harm our pets and plants. And skunks—while they may reduce air quality for a while—actually feed on Black Widow spiders, scorpions, and bugs that harm our gardens, so eliminating a skunk seems shortsighted at best. Meanwhile, hawks, falcons, and owls who feed on poisoned rats will also die, as will the owlets and hawk or falcon chicks back in their nests.

That’s two generations of death, notes Carly at Project Wildlife. This death cycle in our ecosystem caused by super-toxic rat poison is what led California to make its use illegal as of January 1st of this year. Carly says that wild animals are not out to attack us or our pets. They’re mostly trying to save us alive and get on with their lives. When rats and other wildlife become a nuisance, though, we can humanely encourage their departure from our properties.

Here are some strategies Project Wildlife recommends:

- **Stop feeding wildlife**, including squirrels. Feeding wildlife alters their behavior and is considered harassment, which is why it’s actually illegal. And leaving out food will attract undesirable species—like rats— alongside the ones you might seek to attract.

- **Keep pet food inside**, and keep compost in sealed bins on hard surfaces so it can’t be accessed via burrowing.

- **Install motion-detector lights** at ground level to scare away skunks.

- **Close up and block small openings** to your property (you avoid animals coming inside to “den”). Steel wool or even dryer sheets stuffed into crevasses will deter mice, who don’t like the smell.

- **Use skunks**, **possums**, and **rodents** sense of smell to discourage them: cages soaked in apple cider vinegar, cotton balls soaked in peppermint oil, mothballs under your house, or even cayenne pepper sprinkled on the ceilings. The property can work wonders to keep these critters moving along elsewhere. Check Project Wildlife’s website for ideas. – continued on page 6

San Diego District 3 Budget Forum

Our District 3 Councilmember and President Pro Temp Stephen Whitburn will host a community forum on the city’s proposed Fiscal 2022 budget. Community members are welcome to participate on Thursday, May 6, 2021 from 6-7 pm. The purpose of the forum is to provide an overview of the Mayor’s proposed FY2022 budget, and then to allow community members to express their thoughts on budget priorities. The session will be held via Zoom and participants can join in via their computer, smart phone, or call in. Please register at https://www.sandiego.gov/citycouncil/c3/budgets/forum-registration to obtain the meeting link and instructions.

This forum will be on the same evening as our regularly scheduled UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.

**UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.**

If we trap and “remove” a possum, the ticks, grubs, rats, and even rattlesnakes that the possum would have eaten will remain in our yards to harm our pets and plants. And skunks—while they may reduce air quality for a while—actually feed on Black Widow spiders, scorpions, and bugs that harm our gardens, so eliminating a skunk seems shortsighted at best. Meanwhile, hawks, falcons, and owls who feed on poisoned rats will also die, as will the owlets and hawk or falcon chicks back in their nests.

That’s two generations of death, notes Carly at Project Wildlife. This death cycle in our ecosystem caused by super-toxic rat poison is what led California to make its use illegal as of January 1st of this year. Carly says that wild animals are not out to attack us or our pets. They’re mostly trying to save us alive and get on with their lives. When rats and other wildlife become a nuisance, though, we can humanely encourage their departure from our properties.

Here are some strategies Project Wildlife recommends:

- **Stop feeding wildlife**, including squirrels. Feeding wildlife alters their behavior and is considered harassment, which is why it’s actually illegal. And leaving out food will attract undesirable species—like rats— alongside the ones you might seek to attract.

- **Keep pet food inside**, and keep compost in sealed bins on hard surfaces so it can’t be accessed via burrowing.

- **Install motion-detector lights** at ground level to scare away skunks.

- **Close up and block small openings** to your property (you avoid animals coming inside to “den”). Steel wool or even dryer sheets stuffed into crevasses will deter mice, who don’t like the smell.

- **Use skunks**, **possums**, and **rodents** sense of smell to discourage them: cages soaked in apple cider vinegar, cotton balls soaked in peppermint oil, mothballs under your house, or even cayenne pepper sprinkled on the ceilings. The property can work wonders to keep these critters moving along elsewhere. Check Project Wildlife’s website for ideas. – continued on page 6

San Diego District 3 Budget Forum

Our District 3 Councilmember and President Pro Temp Stephen Whitburn will host a community forum on the city’s proposed Fiscal 2022 budget. Community members are welcome to participate on Thursday, May 6, 2021 from 6-7 pm. The purpose of the forum is to provide an overview of the Mayor’s proposed FY2022 budget, and then to allow community members to express their thoughts on budget priorities. The session will be held via Zoom and participants can join in via their computer, smart phone, or call in. Please register at https://www.sandiego.gov/citycouncil/c3/budgets/forum-registration to obtain the meeting link and instructions.

This forum will be on the same evening as our regularly scheduled UHCA May meeting starting at 6:45pm for Crime Watch and 7pm for the regular community meeting.
JOIN TODAY AND HELP MAKE A DIFFERENCE! OUR SUCCESS IS LARGELY DEPENDENT ON VOLUNTEER EFFORTS FROM AREA RESIDENTS LIKE YOU.

NEW MEMBERS & RENEWALS
GOLDEN OSTRICH
James & Maria Libbey
Mary Jo Barr & Jane Gilbert, Teresa Jackson

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

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.

Yearly Membership
( ) Feather – give what you can $ ___
( ) $836 Parme (Household)
( ) $1,250 Golden Ostrich (Household)
( ) $995 Single Ostrich (Household)
( ) $1,550 Business Golden Ostrich

Name ____________________________
Business Name ____________________
Address __________________________
City/State _________________________
Zip _______________________________
Phone ____________________________
Email _____________________________

Donor ____________________________
$ _______ Donation for Keeping Up the Good Work (Donate to a member or non-member)

Volunteer Your Time on a UHCA Committee!

□ Beautification & Planning
Keep UH beautiful.
□ Blockwalkers
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.

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

UH PHONE BOOK

Emergency & Police & Fire & Medical
Non-Emergency: Suspicions Active, Homeless Outreach Team, etc.
Online: non-emergency problems www.sandiego.gov/lgp/6-done
SD City Services non-emergency: street lights, pot holes, etc.
Online: www.sandiego.gov/scl/6-done
SD City Services emergency
Online: www.sandiego.gov/scl/6-done
Alert San Diego: Receive 611 notification to mobile phones for emergencies
www.sandiego.gov/611/san-diego/2-1-1-sandiego/

Free Resources: COVID-19: CalFresh, Medi-Cal, Covered California, etc.

Abandoned Vehicles
Alice Binyon Elementary Office
911 858-297-3166

Animals
Non-Emergency
911 858-297-3166

Brush & Weed Abatement
Code Violation
911 858-297-3166

COVID-19: City of San Diego Daily Updates
911 858-297-3166

COVID-19 California Daily Updates
911 858-297-3166

COVID-19 County of San Diego Daily Updates
911 858-297-3166

COVID-19 National Updates
911 858-297-3166

Crime Stoppers Tip Line
Department of Natural Environmental Health Public Health / Rats / Rodents
858-694-2888

Downed Power Lines / SDG&E
858-694-2888

Emergency Water / Sewer Repair / Sink Holes
858-694-2888

Narcotics: Suspicious drug house / anonymous
Referral Coordinator or Nan McGraw.
858-495-7856

Retired Senior Volunteer Patrol (RSVP)
Councilmember Stephen Whitburn’s office.
858-694-2888

SDPD Community Relations Officers:
Officer David Surwilo dsurwilo@pd.sandiego.gov
Officer Michael Haynes mfhayes@pd.sandiego.gov

SDPD Western Division
5215 Gaines Street
Shopping Cart Pick-Up Service
619-692-4800

Stonewall Citizens Patrol
800-252-4613

University Heights Community Development Corporation
858-297-3166

University Heights Public Library
858-297-3166

UHCA installed 60 new 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.

3.25 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!

5.2021
It’s May in University Heights! With the pandemic regulations letting businesses open their doors wider and vaccines being available to the public, things are starting to look a bit brighter again. We’re not fully out of the woods yet, but it is really great to see things moving in a positive direction.

Over the last month, the most common question I have been asked is, “When can we start to hold events and meetings in person again?” The answer is that UHCA is still following CDC guidelines and San Diego Public Health Services advice, and there has been no indication yet that we can safely hold large gatherings, indoors or even outdoors just yet.

In the meantime, it is all of our responsibility, as good neighbors, to continue to do our part. Please wear your mask or face covering when you are out and about where you will be closer than 6 feet away from other people, even if you are walking your dog or running errands. Please, wear that mask. This small kindness will go a long way to bring down the spread of the virus and brings us all closer once again.

This month we recognize two special days: Mother’s Day on May 9th and Memorial Day on May 31st. UHCA would like to pay tribute to the mothers in our community who work hard to raise our next generation into good citizens, and we want to remember the mothers who lost their lives to COVID-19. UHCA would like to honor all those in military service who are working for us to fight against COVID-19. We also want to remember and pay tribute to the mothers in our community who work hard to raise our next generation into good citizens, and we want to remember the mothers who lost their lives to COVID-19. UHCA would like to honor all those in military service who are working for us to fight against COVID-19.

In their honor, let’s do our part as we aim to be even better neighbors. It takes a village! We’re all working to make University Heights a safe environment for everyone.

– Christine Hernandez, UHCA President
We have a rare plant in our collective backyard, and it’s blooming now. Wart-stem Ceanothus (C. verrucosus) grows only in San Diego County and northern Baja, with University Heights boasting two of the 60 known populations. Luckily, you can see one up close and personal along the short dead-end trail at the Point (#1 on map). Look for the evergreen shrub with small white flowers on your right. Check out the eponymous “warts” on the stems – they’re actually the remnants of old leaf bases. A little farther down the trail there’s a full-sized plant; then look downslope or along the canyon for scattered patches of white – that’s them!

Buchanan Canyon, with fewer invasive species, offers a look at Wart-stem Ceanothus in intact chaparral habitat. Where 10th Ave. jogs left (#2), look across the canyon (to the right of the pole). They grow on either side of a ravine, where the moister conditions allow other species to outcompete these slow-growing shrubs. Before you leave, check out the delightful succulent garden to your left!

The warty stems and thick, evergreen leaves are key characteristics that distinguish about half the species – the Cerastes group – from the true Ceanothus group. Besides thick leaves, Cerastes have sunken pores and shallow roots that make them even better water-savers than their cousins.

Ceanothus are harbingers of spring, covering the foothills with gauzy blue clouds. Ramona Lilac (C. tomentosus) is the most common species in the County of San Diego, but we boast three additional species that are found only here – the Otay Mountain, Lakeside, and Pendleton Ceanothuses (C. otayensis, cyaneus, and pendeltonensis). Ceanothus grow throughout North America, but California is the center of diversity, with 22 species in Napa and Sonoma alone, including six rare species.

How did this happen? As the mountains rose six million years ago, ancestral plants adapted to changing conditions, with some specializing on particular soil types. Isolated in small pockets, they continued to differentiate into today’s rare species.

This recent evolutionary divergence means that some Ceanothus do interbreed, a boon for horticulturists. Besides the 60 species in California, there are at least 30 hybrids, often named after their breeder (e.g. ‘Ray Hartman’), where they were found (‘Yankee Point’), or their color (‘Remote Blue’). Most cultivars are in the faster-growing, but still water-wise Ceanothus group. Great examples of mature cultivars can be found on Delaware St. For more, go to Arch St. (#4) and Cleveland Ave. (#5).
IN DEVELOPMENT

Tucci

“What’s going on with the building at Park and Monroe?” is a frequent question lately on social media and in conversations around the neighborhood.

According to project builder Dominic Tucci, a 3rd generation San Diegan and Uptown native, the project has been in the works for nearly 15 years and has had a lot of delays due to site issues and permitting. Then COVID slowed them down even more.

Together with his wife, Broker/Realtor® Melissa Goldstein Tucci, the builder and developer duo have made this project a major focus of their lives, and when completed, it will be a testament not only to their vision, but to their perseverance.

This project began when they purchased a commercial mixed-use house for Melissa’s office, and then 10 years later, the neighboring corner house. As the project’s design came together, they decided to make their mark in University Heights by building something, as Melissa said, that “wasn’t just another plain building along Park Boulevard, but reflected the character and history of the neighborhood. We want to create something special, that stands out, yet feels like it belongs. We’ve designed and built this for ourselves and are putting our name on it.”

With a scheduled completion in late 2021, this will be a large but well scaled project with many architectural features, including a number of artisanal accents from local San Diego craftsmen to add detail and charm. One very unique detail that Dominic takes special pride in: rocks dug up in the excavation were carefully sorted and saved, with the help of their daughters, and are being re-used on the exterior of the building, making this truly a family project.

To further tie the project to University Heights history, Dominic and Melissa are working with local historical groups to incorporate University Heights historical prints in the lobby areas.

The Tucci project will include dining on the ground level with indoor and outdoor seating. Greater San Diego, University Heights in particular, is known as a foodie destination, and Melissa and Dominic are being selective in finding the right restaurant partner: “We want someone who will bring a special experience to the area, serving breakfast, lunch, and dinner. We want this to be a draw for the entire neighborhood.”

The second floor will contain space for Melissa’s brokerage as well as other offices. The top floors will feature five luxurious multi-story townhome rentals ranging from 1,200-1,600 square feet, featuring roof decks with amazing views. Approximately 20 parking spaces will be located underground.

Melissa says, “My husband grew up here, and I’ve come to love the University Heights area. We’re looking forward to adding to this community.”

- Marc Johnson
May is National Bike Month

May is National Bike Month, when cyclists pledge to ride and log their miles while encouraging others to give biking a try. Even though I grew up riding in Davis, the “Bike Capital of California,” I didn’t realize back then that National Bike Month isn’t just about reducing carbon emissions and improving health. Long before automobiles were commonplace, bikes played a significant role in transportation. Cyclists in the 1800s no longer had to rely on train schedules to get where they needed to go, and women could transport themselves to work or engage in social causes away from home without the need of a horse.

Bikes provided flexibility and freedom, but with the increasing popularity of cycling came safety concerns. Roads were unpaved and treacherous—slick, muddy, rutted—which led cyclists to lobby for safer, smoother roads. Remarkably, this lobbying became the foundation of the paved roadway system we use today!

As decades passed and seemingly every household had a car, cyclists once again found themselves vying for space, fighting for safety, and advocating for better places to ride. This advocacy ultimately led The Bicycle Institute of America in 1956 to declare May National Bike Month. San Diego County Bike Coalition has weekly and daily challenges throughout this month to encourage us to get out and ride. For those of you new to cycling, the first week is dedicated to you! Week 2 encourages us to ride with our families, week 3 is “Bike Anywhere Week,” and week 4 is dedicated to women/trans/femme riders.

Consider taking advantage of the longer days and warmer evenings of May by riding your bike!

Check out the Bike Coalition’s calendar and join in the fun: https://sdbikecoalition.org/event/bike-month-love-to-ride/

− Carol Morris

GO to BIKE Pledge video with: San Diego Mayor Todd Gloria, National City Mayor Alejandra Sotelo-Solis, and Executive Mayor/SANDAG Avisor Catherine Blakespear
Uyen Tran is the founder & CEO of UPT Marketing Consultants, LLC. Uyen graduated with a degree in Accounting from Tulane University. After working for 5 years as an auditor, she quickly realized that her passion was no longer in accounting, so she decided to earn her MBA from Washington University in St. Louis, where she double majored and received her MBA in finance and marketing.

Uyen’s first marketing job was at Mattel, Inc. in New Jersey. She was looking for a well-rounded experience, and Mattel provided just that. Since then, she has worked in several different industries, including for big brands like WD-40 and Jack in the Box here in San Diego, all of which provided a true training ground for her to learn strategy, product development, brand building, and brand management.

In the summer of 2019, Uyen started her own business and was retained by her first client within two weeks. Uyen’s goals are focused on building strategy and learning about a wide range of industries, people, and products. She has a huge interest in products and services, building, and brand management.

Ashley Gill
Fibre the Venue and Salon

Fibre, the Venue and Salon, is the 4th salon by industry veteran Ashley Gill. “The concept for a venue and salon came at a time when both hair stylists and beauty industry educators were beginning to truly grow as self-employed people and build themselves as independent small business brands.” Although the booth rental concept is not a new model for hair salons, Fibre is a co-working space for educators and hair stylists to work, sell retail, and fully grow their own independent brands under one roof.

The name of the salon refers to hair fiber. Ashley explained, “Most people see the entire head of hair, but each individual hair fiber is important and needs to be cared for to create an amazing head of hair.” Pre-COVID days, Fibre welcomed traveling hair stylists, educators, and permanent stylists, and the salon looks forward to being fully functioning for both education and stylists caring for their clients.

Uptown Marketing Consultants provides its clients with fresh eyes to develop customized marketing strategies. Think of them as your strategic adviser on digital marketing, traditional marketing, and lead generation.

They develop, execute, and manage all aspects of a client’s marketing initiatives, including brand building.

For more information, please visit: https://www.uyenptran.com.

Joe Hoffmann

The UHCA board offers a pittance of respect and great thanks to Joe Hoffmann for his ceaseless work caring for our neighborhood. The east end of Pascoe Street as it parallels the 163 onramp looks as nice as it does because Joe has installed and planted flower boxes, erected wooden fencing where the old chain-link fence was, and installed sprinklers to keep the plant life green. Joe even weeds and mows the grass, keeping this gateway area to our community looking better than it has in over 40 years.

Thank you, Joe! We appreciate everything you do to keep University Heights beautiful!
Skunks actually feed on Black Widow spiders, scorpions, and bugs that harm our gardens, so exterminating a skunk seems shortsighted at best.

It's all of our best interests to follow the law and to engage humainely with all our neighbors. Homo sapiens and otherwise. Coexisting with the wildlife around us is key to a thriving and sustainable environment that we all desire.

For more information, see sdhumanesociety.org/coexist and biologicaldiversity.org.

− Judith Annichiarico & Susan Holts

We invite individuals and businesses to sponsor a Birney student or classroom or to provide support through a general RFTG sponsorship donation (individuals or businesses donating $500 or more will be recognized on RFTG shirts and the Wall of Fame Board on campus). Please contact rftg@friendsofalicebirney.org if you are able to sponsor our students for this worthwhile event!

While this year has been challenging for our students, teachers, families, and community, I’m grateful that Birney will continue to encourage balance. In addition to traditional curriculum absorbed in class during this unusual school year, our students have also undoubtedly learned lessons in flexibility, compassion, responsibility, and resilience.

− Erin MacKinnon

At age twelve, Karla Martinez knew that she wanted to teach Physical Education, and she never took her eye off of that goal. Growing up in Tijuana, her P.E. classes consisted of “one basketball and one volleyball,” and yet somehow Ms. Martinez, a Track & Field athlete, knew that physical education could be so much more.

Ms. Martinez’s resume is impressive: athletic scholarship to SDSU where she earned her Bachelor’s and Master’s degrees, National Board Teaching Certification, and International Baccalaureate teacher of the year in 2013. She has been teaching at Roosevelt Middle International School for five years, and is the school’s top evangelist for integrating the principles of the International Baccalaureate (IB) Programme—which seeks to “develop active learners and internationally minded young people who can empathize with others and pursue lives of purpose and meaning”—into Physical Education.

At Roosevelt and other IB schools, curriculum must be developed keeping both the California Standards and the International Baccalaureate (IB) approach in mind. While some of these standards overlap, IB’s international focus affords students an opportunity to explore sports like cricket, rugby, and jiu-jitsu—Chinese sport involving a shuttlecock struck with any body part besides the hands.

When SDUSD schools went fully online due to the pandemic, it became clear that a robust Physical Education program would be key to not only students’ physical health, but their emotional and mental health as well. Ms. Martinez and her colleagues quickly reinvented their classes, integrating video-based workouts, skill-building health lessons, fun competitions, and video-sharing tools like Flip Grid to assess students’ learning. During this stressful time, her department focused more than ever on health education and mindfulness.

Now that SDUSD schools are going to a hybrid in-person/online format, Physical Education will have to radically transform once again. Safety precautions such as masks, physical distancing, hand-washing, and equipment wipe-downs will give PE. a different vibe than students were used to pre-pandemic, but at least they will be outside, with their peers, “getting their yayas out.”

Due to the uncertainties surrounding the course of the pandemic and the public health issues it entails, Ms. Martinez does not know exactly what the P.E. program will look like next fall. She does predict that some of the lessons of this school year will carry over into the next. “The biggest changes we will continue with,” she says, “are the daily ‘mindful minute’—a time for reflection and meditation, where we can get centered, and dedicating one day per week to just mindfulness and health education.”

To learn more about Physical Education, the International Baccalaureate Programme, and all things Roosevelt International Middle School, visit www.friendsofroosevelt.org.

− Andy Hinds

**A Balanced Education**

Birney focuses on developing the whole child—nurturing the intellectual, physical, and emotional growth of each student. The healthy balance of traditional curriculum with specials classes including gardening, art, and Spanish, as well as physical and emotional wellness, is more important than ever during these challenging times.

Run for the Green (RFTG), our annual wellness jog-a-thon fundraiser, reinforces the school’s focus on physical fitness and helps fund many of the important “Specials” programs that provide that balance for our students. RFTG was postponed until April 16 this year and will run for 5 weeks.

**ROO NEWS**

**Roosevelt Middle School’s Unique Physical Education Program**

At age twelve, Karla Martinez knew that she wanted to teach Physical Education, and she never took her eye off of that goal. Growing up in Tijuana, her P.E. classes consisted of “one basketball and one volleyball,” and yet somehow Ms. Martinez, a Track & Field athlete, knew that physical education could be so much more.

Ms. Martinez’s resume is impressive: athletic scholarship to SDSU where she earned her Bachelor’s and Master’s degrees, National Board Teaching Certification, and International Baccalaureate teacher of the year in 2013. She has been teaching at Roosevelt Middle International School for five years, and is the school’s top evangelist for integrating the principles of the International Baccalaureate (IB) Programme—which seeks to “develop active learners and internationally minded young people who can empathize with others and pursue lives of purpose and meaning”—into Physical Education.

At Roosevelt and other IB schools, curriculum must be developed keeping both the California Standards and the International Baccalaureate (IB) approach in mind. While some of these standards overlap, IB’s international focus affords students an opportunity to explore sports like cricket, rugby, and jiu-jitsu—Chinese sport involving a shuttlecock struck with any body part besides the hands.

When SDUSD schools went fully online due to the pandemic, it became clear that a robust Physical Education program would be key to not only students’ physical health, but their emotional and mental health as well. Ms. Martinez and her colleagues quickly reinvented their classes, integrating video-based workouts, skill-building health lessons, fun competitions, and video-sharing tools like Flip Grid to assess students’ learning. During this stressful time, her department focused more than ever on health education and mindfulness.

Now that SDUSD schools are going to a hybrid in-person/online format, Physical Education will have to radically transform once again. Safety precautions such as masks, physical distancing, hand-washing, and equipment wipe-downs will give PE. a different vibe than students were used to pre-pandemic, but at least they will be outside, with their peers, “getting their yayas out.”

Due to the uncertainties surrounding the course of the pandemic and the public health issues it entails, Ms. Martinez does not know exactly what the P.E. program will look like next fall. She does predict that some of the lessons of this school year will carry over into the next. “The biggest changes we will continue with,” she says, “are the daily ‘mindful minute’—a time for reflection and meditation, where we can get centered, and dedicating one day per week to just mindfulness and health education.”

To learn more about Physical Education, the International Baccalaureate Programme, and all things Roosevelt International Middle School, visit www.friendsofroosevelt.org.

− Andy Hinds

‘Tis a Rare San Diego Morn for Sure

Aye, but ‘tis a fine mornin’ out for a wee constitutional jes me 4-paw pal and I stridin’ between the splash splash, a bit o’ silver rain on high playin’ sprint round puddles tis a game of cubistic schemes dedicate by all common means a paw illy placed, a foot so a chorus of squeals ensue torrents soon expected, we dash towards the safety of the lair warm coco, milk-biscuit awaits countin’ the blessings of the hour lookin’ through me window’s silver streams for now we’ll be awaitin’ old Trolley Park, a beckon we can hear beggin’ for a romp an’ muddy ball toss when willie’ sun again toasts our backs a familiar pair of tails waggin’ joys

− Jon Von Roh, 11/2020
I’m very excited to introduce the latest addition to our UH Branch Library family, Tracie Moreland:

“Hi everyone, I’m Tracie, the newest member of the University Heights Branch Team. I have been with the San Diego Public Library since 2017, I recently transferred from the North Park Branch. I am super excited to now be here at the UH Branch. I’ve heard so many great things about all the wonderful patrons here. I can’t wait to meet you all and get to know you - see you soon!”

In other news, we’re getting closer to potentially reopening, as library staff qualified to get vaccinated starting in mid-March. Until we’re able to fully reopen, more branches may be allowed to provide limited in-person services and contactless holds pick-up. We hope our UH branch will be one of them!

As mentioned in previous articles, we are doing a great deal behind the scenes in preparation for welcoming our patrons back. We’ve done a major facelift on our collection by getting rid of out-of-date and back. We’ve done a major facelift on our preparation for welcoming our patrons doing a great deal behind the scenes in March. Until we’re able to fully reopen, qualified to get vaccinated starting in mid-March.

Additionally, the library is undergoing a major upgrade with the installation of security cameras! These cameras will provide an enormous benefit since their presence will help deter illegal activity in and outside of the library and will help give our patrons a sense of security. A HUGE SHOUT OUT and THANK YOU to our University Heights Friends of the Library for providing key funding for this project!

We say it over and over again; public libraries need Friends, so please join us today. To learn more, contact friendsofhealthlibrary@gmail.com.

All City Libraries are CLOSED on Monday, May 31 for Memorial Day.

Please call 619-402-4912, email UHLibrary@sandiego.gov, or visit our closest in-person service branch at the Mission Hills–Knox location Mon – Sat from 9:30 a.m. to 5:30 p.m. (with a sanitation break from 1 p.m. to 2 p.m.) for all of your library needs. We miss you all and hope to see you soon!

– Rachel Esguer, Branch Manager, University Heights Library, 619-402-4912, www.sandiego.gov

Thank you for Saving our Friends Chapter! Thank you to everyone who stepped up and helped save our Friends of UH Library chapter!

After last month’s UHCA meeting and News article asking for members and volunteers, we received more than a dozen responses from people in the community who are committed to our library and willing to serve on our Friends of UH Library committee and board.

Because of this great response, our chapter will be able to continue supporting our branch library.

WHAT ARE YOU READING?

The Song of Achilles is about Patroclus, an exiled prince, and his growing relationship with Achilles through the years. Madeline Miller’s adaptation of the Iliad caught my attention because the point of view is from Patroclus, and the way he describes and views the Trojan War made the book really interesting for me. I would definitely recommend this book to anyone, but especially to people who like Greek and Roman mythology.

–Isabel, age 13

The Sleeping Nymph by Ilaria Tuti is her second novel featuring Superintendent Teresa Battaglia. It was written in Italian and translated into English. Teresa is a criminal profiler who doesn’t fit the stereotype - at 60 years old, she is has multiple health issues, including what I assume to be the early stages of Alzheimer’s. In a remote part of Italy, while investigating the origin of a World War II era painting that contains blood and hair, Teresa finds much more than murder - the occult, a love story, and unexpected help for her physical and mental ailments. The origin of the painting surprised me, as did the ending of the book. The Sleeping Nymph is an engaging read, especially for those who enjoy mysteries/thrillers with unexpected twists.

– Lisa Haney

Library Hours

UH facility is closed to the public. Staff are available by phone and e-mail Monday-Saturday from 9:30 a.m.-5:30 p.m. 619-402-4912 / UHLibrary@sandiego.gov
Hello University Heights!

Our office continues to hear from many of you about a variety of issues affecting the neighborhood and city, particularly related to our unhoused community members. We have heard concerns about individuals seeking shelter in storefront doorways and leaving litter in the canyons, and many of you have simply wanted our office to help connect homeless individuals to resources. We are here to help and encourage you to continue contacting our office for assistance or to use the City’s Get It Done app when appropriate.

This issue is of urgent importance to my office. Many of you may have heard that, in mid-March, a car plowed into a homeless encampment on B Street in Downtown San Diego, killing three and injuring at least five. This tragic incident shocked the conscience of our city. It should be a given that no one should have to sleep on the sidewalk, but sadly, many do. And other similar incidents locally and nationwide have shown just how dangerous it is for human beings to live on the streets.

I have said since my first day in office (and long before that) that solving homelessness is my number one priority. Doing so will be a big task, but I am committed to looking at the many causes of homelessness, including unaffordable housing, low incomes, domestic violence, prejudice, health problems, mental illness, substance abuse, and more. Preventing homelessness in the first place requires tackling those underlying causes. While work has been done in all of those areas, it has clearly been insufficient. There are no one-size-fits-all solutions because the circumstances are unique to each individual.

Last month, I wrote an Op-Ed in the San Diego Union-Tribune outlining my thoughts on this issue and made it clear that this is one of our most pressing issues. I invite you to read it here: http://bit.ly/WhitburnOpEd, and I welcome your thoughts.

With that said, I encourage you to reach out to our office via Benny Cartwright, your representative for University Heights. His contact info is bcartwright@sandiego.gov or 619-510-6883.

Finally, I look forward to meeting with many of you virtually on Thursday, June 3rd, at the UHCA meeting that evening. I’ll update you on issues affecting the community and things we are working on, but most importantly, I look forward to hearing your questions and concerns.

Thanks again for being such active, concerned neighbors and San Diegans!

− Council President Pro Tem
  Stephen Whitburn
  (District 3)

San Diego City Councilmember

Law Office of Rosemary Leonard

ESTATE PLANNING • ELDER LAW
PROBATE • WILLS • TRUSTS
MEDICAL PLANNING

619-295-8705
rosemaryleonard@cox.net
Conveniently located in University Heights

Dorian E Brewer, Agent

Insurance License: 0944860
2313 El Cajon Blvd
San Diego, CA 92104
Bus: 619-831-8172

Give your home the protection it deserves.

Your home is where you make some of your best memories, and that’s worth protecting. I’m here to help.

LET’S TALK TODAY.

State Farm

Pet of the Month Odin

Hi, my name is Odin (my dad calls me sweet boy) and I’ve lived in University Heights for about a year. I was born in Mexico, but I think I got lost because my dad found me at a rescue and told me he’d been looking for me for a long time! I only have one eye but I have a lot of friends!

My favorite things to do in University Heights are to take my ball to the park and pretend I’m going to bring it back, then run away, then pretend I’m going to bring it back, but then run away again! I also like going outside then coming back inside and then going outside to yell “Hello” to my neighbors. I like my neighbors a lot. University Heights is a great place to live because it has everything I could want: treats at corner stores, grassy parks, and a bunch of different dogs to play with − all without ever needing to get into a car.

I love living in University Heights, me encanta esta hogar!!

− Odin (Alex Ferron)

AROUND THE NEIGHBORHOOD

Need a mask?

This friendly neighbor on Maryland is helping out by selling masks right at his front gate − self serve and on the honor system. Thanks for helping to keep the neighborhood safe!

A message posted from owner Jerry DeLane: “Want to thank all the UH people for buying my masks. It’s so nice seeing people walking around the neighborhood wearing my masks. My sidewalk store (on Maryland between Monroe and Madison) will continue as long as we need to wear masks.”

We Fix Your Computer!

We come to you or you come to us for the lowest rates
Call Robert at 858-449-1749

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
State Farm Life Insurance Company, Bloomington, IL

Pet of the Month Odin

Hi, my name is Odin (my dad calls me sweet boy) and I’ve lived in University Heights for about a year. I was born in Mexico, but I think I got lost because my dad found me at a rescue and told me he’d been looking for me for a long time! I only have one eye but I have a lot of friends!

My favorite things to do in University Heights are to take my ball to the park and pretend I’m going to bring it back, then run away - then pretend I’m going to bring it back, but then run away again! I also like going outside then coming back inside and then going outside to yell “Hello” to my neighbors. I like my neighbors a lot. University Heights is a great place to live because it has everything I could want: treats at corner stores, grassy parks, and a bunch of different dogs to play with − all without ever needing to get into a car.

I love living in University Heights, me encanta esta hogar!!

− Odin (Alex Ferron)

AROUND THE NEIGHBORHOOD

Need a mask?

This friendly neighbor on Maryland is helping out by selling masks right at his front gate − self serve and on the honor system. Thanks for helping to keep the neighborhood safe!

A message posted from owner Jerry DeLane: “Want to thank all the UH people for buying my masks. It’s so nice seeing people walking around the neighborhood wearing my masks. My sidewalk store (on Maryland between Monroe and Madison) will continue as long as we need to wear masks.”

We Fix Your Computer!

We come to you or you come to us for the lowest rates
Call Robert at 858-449-1749

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
State Farm Life Insurance Company, Bloomington, IL

Pet of the Month Odin

Hi, my name is Odin (my dad calls me sweet boy) and I’ve lived in University Heights for about a year. I was born in Mexico, but I think I got lost because my dad found me at a rescue and told me he’d been looking for me for a long time! I only have one eye but I have a lot of friends!

My favorite things to do in University Heights are to take my ball to the park and pretend I’m going to bring it back, then run away - then pretend I’m going to bring it back, but then run away again! I also like going outside then coming back inside and then going outside to yell “Hello” to my neighbors. I like my neighbors a lot. University Heights is a great place to live because it has everything I could want: treats at corner stores, grassy parks, and a bunch of different dogs to play with − all without ever needing to get into a car.

I love living in University Heights, me encanta esta hogar!!

− Odin (Alex Ferron)

AROUND THE NEIGHBORHOOD

Need a mask?

This friendly neighbor on Maryland is helping out by selling masks right at his front gate − self serve and on the honor system. Thanks for helping to keep the neighborhood safe!

A message posted from owner Jerry DeLane: “Want to thank all the UH people for buying my masks. It’s so nice seeing people walking around the neighborhood wearing my masks. My sidewalk store (on Maryland between Monroe and Madison) will continue as long as we need to wear masks.”

We Fix Your Computer!

We come to you or you come to us for the lowest rates
Call Robert at 858-449-1749

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
State Farm Life Insurance Company, Bloomington, IL

Pet of the Month Odin

Hi, my name is Odin (my dad calls me sweet boy) and I’ve lived in University Heights for about a year. I was born in Mexico, but I think I got lost because my dad found me at a rescue and told me he’d been looking for me for a long time! I only have one eye but I have a lot of friends!

My favorite things to do in University Heights are to take my ball to the park and pretend I’m going to bring it back, then run away - then pretend I’m going to bring it back, but then run away again! I also like going outside then coming back inside and then going outside to yell “Hello” to my neighbors. I like my neighbors a lot. University Heights is a great place to live because it has everything I could want: treats at corner stores, grassy parks, and a bunch of different dogs to play with − all without ever needing to get into a car.

I love living in University Heights, me encanta esta hogar!!

− Odin (Alex Ferron)

AROUND THE NEIGHBORHOOD

Need a mask?

This friendly neighbor on Maryland is helping out by selling masks right at his front gate − self serve and on the honor system. Thanks for helping to keep the neighborhood safe!

A message posted from owner Jerry DeLane: “Want to thank all the UH people for buying my masks. It’s so nice seeing people walking around the neighborhood wearing my masks. My sidewalk store (on Maryland between Monroe and Madison) will continue as long as we need to wear masks.”

We Fix Your Computer!

We come to you or you come to us for the lowest rates
Call Robert at 858-449-1749

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
State Farm Life Insurance Company, Bloomington, IL
In Escrow in just days....

University Heights!

4736 Arizona Street
2 Bedrooms, 2.5 Bathrooms
$749,000
1,500 Sq Ft
Incredible, private, canyon view towhome! Feels like a treehouse in the woods. Gorgeous newer acacia-traveled floors throughout, huge LR picture window with awesome canyon and sunset views. Flooded with light from 4 skylights and clerestory window. Vaulted ceiling, fireplace, balcony and updated kitchen with granite counters and stainless appliances. Spacious canyon view bedrooms, plus the MBA has a walk-in closet, double sinks and oversized tub. 2 Car side-by-side garage is a huge bonus. One-of-a-kind property in a well-maintained small 4-unit complex.

4610-12 Georgia St Duplex
Two 1 Bedroom 1 Bath Units
$725,000
525 Sq Ft Each
Great duplex in the heart of University Hts! Just steps to Park Blvd restaurants, shops and Trolley Barn Park! 4610 is a bright and airy upper unit with hardwood floors, coved ceilings, unique arched and angled wall and updated kitchen and bath. 4612 is the lower unit with upgraded LR flooring and an updated bathroom. Nice sized backyard plus 3 off street parking spaces in front.

MARY ANNE STEVENS
(619) 871-0635
COLDWELL BANKER REALTY
maryanneshomes.com

ANASTASIA BREWER
(619) 992-1912

Don’t make a move without us!

In Escrow in just days…. University Heights!

Take Comfort From Twiggs!
Order Family Meals online and pick up at either Twiggs location by 5 pm.
www.twiggs.org.
Keeping UH Safe:
Cookies with the Cops and Zone Watch, Plus a New Community Relations Officer, Michael Hayes

UHCA’s commitment to keeping University Heights residents safe and proactive against crime includes maintaining a close relationship with our SDPD Community Relations Officer via our monthly meetings and bi-yearly Coffee/Cookies with the Cops events.

UHCA invented Coffee with the Cops in the 1980’s to combat the high crime in UH neighborhoods. We encouraged each block to have a Neighborhood Watch. Then we realized that what happens on one block affects the adjacent block and so on. So we introduced “Zone Watch,” which links contiguous blocks within a greater neighborhood Zone. Each Zone Coordinator notifies people within their Zone, via emailed blind copy (bcc), regarding crime stats and other issues affecting that neighborhood.

Our Coffee with the Cops events were frequent back in the1980’s and 1990’s because our crime stats were high back then. The stats are much lower now because of you and your participation in Neighborhood Watch, Zone Watch, and UHCA’s Cookies with the Cops events. We’ve been able to shut down drug houses, a crime-plagued motel, and illegal activity in some of our open spaces.

It’s up to us and our partnership with SDPD to keep our community safe.

Like Officer David Sarwilo before him, our new Community Relations Officer, Michael Hayes, will attend the crime watch portion of our UHCA meetings where you can have your questions and concerns answered directly by him. Please attend our May 6 meeting to meet Officer Hayes and ask any questions you might have.

And make sure to join Zone Watch, if you haven’t already. Refer to the map of University Heights on page 2 to see which Zone you live in. Then join in by contacting your coordinator via email (see addresses page 2).

Our Zone 5 Coordinator, Tamara Zlyblij describes her role: “I do not have any special feed on what’s happening in the area UNLESS I am directly notified of the incident by someone in Zone 5, in which case I am able to broadcast that to those who have subscribed to be on the Crime Watch Zone 5 distribution. Once per month, or as relevant info is communicated to me, I provide a summary of activity from Crimemapping.com, and from other Zone coordinators who may have issues occurring that also do/could affect people living in Zone 5.”

Zone 3 Coordinator, Mary Lange, says: “Be sure to report any illegal or suspect- ed illegal activity to the police and to their zone distribution list. The distribution list gives the information more immediately to everyone. It can help neighbors look out for specific activity and see a pattern. That helped me (and Nan) work with the police to get more patrol in the area and keep a lookout for specific people we had seen (with the help of photos) in the area at the time of certain crimes.”

Zone 1 Coordinator, Nan McGraw, says the areas of concern in Zone One are the open spaces on Golden at Cleveland going west to The Point at Rhode Island. Nan says, “I’m grateful for those who alert me to crime and homelessness those areas attract. Together along with SDPD and the park rangers, we aim to keep that area of Zone One safe. Thank you.”

Zone 6 Coordinator, also Nan McGraw, says “I have a few people from Zone 6 on my list. I would like to expand communication in that important part of University Heights. If you live in Zone 6, please contact me to join: nmcsan@aol.com.”

Please attend our May 6 meeting to meet Officer Hayes and ask any questions you might have. — Nan McGraw

UHCA Zone Watch Coordinator