A majority of California’s 17 million renters are considered “rent burdened,” meaning more than 30 percent of their income goes toward housing costs. San Diego’s homeless affordability crisis is acute as nearly one-third of renters spend more than 50 percent of their income on housing.

The state Legislature has passed numerous measures in the past three years with a mix of new funding sources for affordable housing, including my Senate Bill 2, and regulatory reform. Our state budget for the past two years has included $3.5 billion to combat homelessness and spur housing construction. Some of that funding is already being used to support local projects and programs.

Because of the increasing burden on renters, I was proud to co-author AB 1482, which was signed by Governor Gavin Newsom in October. This requires landlords to provide “just cause” for eviction and caps rent increases at 5 percent plus inflation, not to exceed 10 percent. Steep rent increases force tenants to move out, an “unforced eviction” that is not acceptable. The new law allows landlords to raise rents to cover costs, while protecting tenants from rent gouging that leads to displacement and homelessness.

Statewide and in San Diego, we fall far short of the number of homes we need to add in order to meet demand and curtail housing costs from outpacing wage growth. Everyone—state and local governments and community residents—must work together. It will remain one of my top priorities in 2020 and beyond.

—Toni G. Atkins, President Pro Tempore & State Senator for California’s 39th District, which includes University Heights

RESTROOMS IN TROLLEY BARN PARK PRO AND CON

In our last issue, we solicited opinions on the controversial issue of whether to install bathrooms in the Trolley Barn Park (TBP), with the goal of educating UH residents before we circulate a survey in a future issue of the News. We expected arguments on both sides of this question, which we got, with a strong majority opposed to restrooms live very near the park, so they would likely feel the impact more than others who live farther away. And they would be expected to have much stronger opinions—which they did.

Following is a consolidation of the pro and the con responses, respectively, edited for clarity and conciseness.

NO TO RESTROOMS IN THE PARK

Misallocation of Funds: Chris Ward’s office acknowledges that planning and construction could cost $1,500,000 of taxpayer funds. These funds could be better spent for brush removal, homeless services, or street maintenance. Police and EMTs, already frequently called to TBP, would be called more often. The City should use available resources to help our community and neighborhood with better care for our growing homeless population and to increase the number of police officers so residents can get much needed support and protection.

Inadequate City Resources to Maintain: The City does not have the resources to keep a restroom clean and in good repair. A recent professional evaluation of 20 public restrooms in Balboa Park determined that all were substandard and needed repairs. Vandalism, dirty needles, drug usage and sales, public sex, broken fixtures, and filth are commonplace. A TBP restroom maintained by the City would likely soon be in the same state—filthy, used for drugs and sex, and generally unsanitary.

The following responses were used for drugs and sex, and generally unsanitary.
MEMBERSHIP

JOIN TODAY AND HELP MAKE A DIFFERENCE! OUR SUCCESS IS LARGELY DEPENDENT ON VOLUNTEER EFFORTS FROM AREA RESIDENTS LIKE YOU.

JOIN, RENEW OR DONATE ONLINE AT UHSD.ORG.

NEW / RENEWING MEMBERS

Name ____________________________________________
Business Name ____________________________
Address ____________________________________________
City/State/Zip ____________________________
Phone ____________________________ Email ____________________________

Referrer by ____________________________ in November UHCA News.

Style and content.

5th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for

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Dave Holtz. Correction: Dave Harrison's credit for the Veterans Day flag photo was omitted

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Susan Holts Susan@Susanholts.com

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 is the 5th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

Volunteer Your Time on a UHCA Committee!

☐ Beautification & Planning Keep UH beautiful.

☐ Blockwalker Help deliver newsletters to UH residents and businesses.

☐ Marketing & Merchandising Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.

☐ Membership Help meet record goals for 2019 membership and meeting attendance.

☐ Neighborhood/Zone Watch Join your neighbors to keep UH safe.

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

☐ Program & Events Plan and oversee the various events and general meetings.

UHCA NEWS

is tax-deductible to the extent allowed by law. For more info, email membership@uhsd.org

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

is a 501(c)(3) non-profit charitable organization. A portion of your membership

Yearly Membership

$ _____________ Donation for Keeping up the Good Work (Donate as a member or non-member)

$$ _____________ Yearly Membership

$100 Golden Ostrich

$75 Business Membership

Make a Difference!


New & Renewing Members

Golden Ostrich

Wayne & Theresa Talaru		David & Susan Holts
Jennifer Colomos
Patricia Ryan & Lloyd Alexander
Peter & Patti Roehrs
Nan & Stan McGraw
Scott Kovacik
Carol Neidenberg

Business

BexBrands

Jeremy & Becky Dahl

Household


*Indicates extra donation

UHCA OFFICERS

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president@uhsd.org (619) 549-3996

VICE PRESIDENT Maureen Markey

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TREASURER Stuart McGraw

WEBSITE uhsd.org

FACEBOOK /UniversityHeightsCommunityAssociation

INSTAGRAM /UniversityHeightsSD

UH PHONE BOOK

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

Crime Watch Signs

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

Slow Down Signs

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

Disaster Contacts

In case of a major disaster such as an earthquake or fire, have two out of state contacts on speed dial. When the power is out, cordless phones won't work. Have a basic phone you can plug into a phone jack that you can use for calls.

UHCA Community Resources

Free Community Resources, such as CalFresh, Medi-Cal, and Covered California

211 or 888-300-1211

1-800-497-3500

1-800-767-2675

619-257-7500

1-858-694-2888

UH Zone Watch Coordinator Nan McGraw

nnrman@cox.com

4193 Park Blvd 619-692-4912

Graffiti Hotline: 619-257-7500

619-692-4899

sredmond@stonewallcitizens.org

619-257-3166

Cynthia.earl@sandiego.gov

619-297-3166

4193 Park Blvd 619-692-4912


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### JANUARY 2020

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<td>1</td>
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<td>The Point Clean Up</td>
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*Note: Dates and times are subject to change. Check the website for the latest information.*
News

just as they were self-locking and slept cause homeless entered the restrooms time crime and abuse. Redding, CA, Locking the Restrooms Won’t Work: of our neighborhood, functioning quite space is a wonderful asset in the heart seniors, picnickers, and walkers would much less safe. Families with children, “need” occurs. A restroom will attract but locals can easily go home when the non-neighborhood guests who can’t easily go home to use the restroom, vandals, drug users, and the homeless, and become a magnet for other crimes. The provision of porta potties during the occasional larger events in the park would most likely be abused by vandals, drug users, and the homeless, and become a magnet for other crimes. TBP Designed as Neighborhood Park: TBP was carefully planned and designed with community input, and eventually dedicated 35 years ago with the intent not to have permanent restroom facilities. A similar public discussion determined then that restrooms would most likely be abused by vandals, drug users, and the homeless, and become a magnet for other crimes. The provision of porta potties during the occasional larger events in the park has proved adequate, and even they are locked before and after events. TPB was designed as a neighborhood park, to serve locals and their small children within a radius of a few blocks. Public restrooms are fine for the few non-neighborhood guests who can’t easily go home to use the restroom, but locals can easily go home when the “need” occurs. A restroom will attract homeless encampments and crime. It would make TPB less desirable and much less safe. Families with children, seniors, picnickers, and walkers would use the park less often. This green space is a wonderful asset in the heart of our neighborhood, functioning quite well the way it is. The park should remain a safe place for kids to play. Locking the Restrooms Won’t Work: Some suggest locking the restroom at night, that would not prevent night time crime and abuse. Redding, CA, closed their self-locking restrooms because they feel unsafe. We already have illegal activities at night, and restrooms will have a negative imp- pact on TPB. It would be a shame to ruin this family-friendly park by attracting those who just want a place to do drugs, take a spit bath, or cause damage. A permanent restroom would pose a great security and safety risk for families with young children who use the TPB’s playground. Wildfire Risk: The wildfire risk caused by the homeless living in the adjacent canyons would increase.

Homeless Population in the Park: I spend a lot of volunteer hours to help the homeless, but I don’t think that a TPB restroom would be beneficial for them or for residents. San Diego parks with public bathrooms have a much higher rate of homeless people camping out there as well as drug and alcohol activity. Larger groups of homeless people in one place generally create more risk of danger to homeless individuals themselves. Those in favor of restrooms in TPB should visit some of the existing city park restrooms. This proposal indic- ates a naivete about the way homeless people and substance abusers operate in our City. UH residents must stand together against this proposal. The fight to keep UH a beautiful place to live and work is worth it. A bathroom in TPB ensures that it will become a campground for transients. UH does not need more encampments in the canyon next to the park, especial- ly with the fire danger. TPB was built with the understanding that there would never be public restrooms. TPB already attracts a large number of homeless people, who enter and exit backyards from the canyon, which would wors- en with a restroom. Homeless people would congregate, taking over picnic ta- bles and benches for days, storing their belongings there, sleeping there, etc. I have not met any residents in the Panorama-Cliff St. neighborhood who favor restrooms. TPB has been a source of joy for our neighborhood, but we are among the most affected by park activities. A dramatic increase in homelessness and criminal activity in and near the park in the last year affects everyone who lives here. Many neigh- bors have recently installed alarms and cameras in their homes. Public bathrooms invite more crime, vagrancy, and drug abuse. As a 40-year resident, I would hate to see TPB become a place where neighbors can no longer go.

YEO RESTROOMS IN THE PARK

Parents with Young Children Need Restrooms: A park with no restroom is not quite fair to the parents and little girls, although little boys can get away with a “nuture bathroom.” Often I’ve had to pull my child away from playing and walk to Twiggies or one of the coffee shops. Also, kids who are potty learn- ing often don’t give a lot of notice. The homeless population might misuse a permanent facility, but I have been to parks with just a blue outhouse there, cleaned regularly, and locked at night. My children deserve to use a park and not have to worry they will experi- ence shame and embarrassment over a toileting accident because we, as a community, decided we didn’t want people experiencing homelessness to have access to bathrooms. University Heights is a solutions-oriented commu- nity; we can find a way to maintain and support restrooms as well as welcome and include all individuals, regardless of their housing status.

Hepatitis A Or Birthday Parties: I cannot host birthday parties for my two young daughters at TPB because there are no bathrooms. Since my daugh- ters were born, I’ve been told that the lack of bathrooms at TPB was meant to discourage homeless San Diegans from using the park. This reasoning has unfortunate consequences. In 2016, our city was the epicenter for a nationwide outbreak of the hepatitis A virus now affecting more than 27,000 people. This outbreak was concentrated among the homeless. A major factor in the spread of this virus was poor sanitation—spe- cifically the lack of available public bathrooms. We have a duty to promote the health of our fellow San Diegans. We can start locally by building bathrooms in our neighborhood park.

TPB Should Be Usable by Every- one: People with disabilities, parents with small children, and elderly people may be prevented from using TPB if restrooms are not available, decreasing their opportunities to be active. TPB needs to provide access and facilities for all citizens. Help make TPB accessible and enjoyable for the whole community: homeowners, residents, children, stu- dents, the elderly, able-bodied people, people with health needs, and those who may be experiencing homeless- ness. Residents’ fear of people who do not have access to shelter should not overtake a decision to make our parks accessible to everyone.

Build a Snack Bar with Restrooms Open Only During the Day: I live near TPB so people park in front of my house, and I’ve been asked by strangers for a bathroom. There is a demand for restrooms, but my concern is how the city addresses this demand. For rest- rooms that are accessible only during the day, the city should spend more for a better solution by building a snack bar (e.g., hot dogs, ice cream, etc.), similar to those found in Balboa. Several advan- tages of this design are: 1) TPB benefits from restroom amenity plus food and beverage amenities; 2) Revenue generated from TPB would go toward park services, which could pay for workers and maintenance of the area; 3) A new snack bar would create jobs without adding to existing workers’ tasks. 4) Instead of city employees making a trip to lock and unlock gates, snack bar em- ployees would manage bathrooms.

The best decision would be for the city to purchase the building under con- struction at Adams and Florida for a snack hut, which would have the same three advantages. With the crosswalk leading directly to those doors, it would feel like an extension of the park. The City would have a net zero cost because it would acquire a new asset, and it could finish a project that has been on hold for years, thus fixing an eyesore. Partnering with the owner would ad- dress the bathroom issue for a fraction of the current budget (e.g., city gives owner costs of the restrooms if (s)he allows access to the public). As an alter- native, I recommend building a snack bar that has restrooms open only during the day. If it’s an option, I say keep it as the designers originally intended — no restrooms.

[Editors’ Note: Thank you to all of those who responded to our request for opinions on this issue: Jim Ziegler, Ed Ruegg, Faye Allen, Pete Brown, Craig Brown, Marlene & Ron Buckley, Janene Christopher, Zech Duran, Russell Eldred, Anne Feingold, Sara Persson & Mat-thew Helbig, Dieter Muenich, William Robinson, Robert Seybold, Diane Sherwood, Susan Tiley, Heather DeSisto, Scott Levy, Amna Sandhia, Anne Rosales, Amanda Farr, Ned Totah, and Joel Wertheim.]

CORRECTION

An article in the November issue of the University Heights Community Asso- ciation News stated that the Red Fox restaurant at the Lafayette Hotel on El Cajon Blvd. would be closing November 13th. After the News went to print, we learned that the Red Fox will actually be open until mid-January, 2020. We hope you are able to visit before the restaurant closes at its current historic location. www.redfoxsd.com.
UNIVERSITY HEIGHTS HOLIDAY SHOPPING GUIDE

For many, the holiday season means bright twinkly lights, traditional family recipes, and bundling up in an extra sweater or two. It can also mean navigating crowded parking lots and poring over websites to secure the perfect gift for family, friends, spouses, co-workers, teachers, which can feel like a Herculean task. The solution? Rather than battling crowds or scouring the internet, walk to one of your favorite University Heights businesses to find unique and thoughtful gifts for everyone on your list, while supporting local businesses at the same time! This year’s University Heights gift guide highlights a few of our favorite gift ideas and locations, to get you started. And far more options exist than could fit on these pages. So this year, shop locally and enjoy!

Kairoa Brewery
Our favorite neighborhood brewery now offers “crowlers,”—32-oz cans that replace glass growlers. Crowlers are generally favored over growlers because they’re cheaper, lighter, and can keep beer fresher longer. Good news for us. Stop by Kairoa to snag any of their house beers in the to-go growler version; consider shopping on a Monday, when they’re 25 percent off! How’s that for a holiday deal?

Twiggs
For the University Heights lover on your list or for the person who says they really don’t need anything this year, look no further than Twiggs. The beloved neighborhood shop stocks all kinds of unique clothing and gifts. On any given day you might find Hawaiian shirts, vintage tees, turquoise jewelry, art prints, and candles. They also stock cards, tote bags, perfumes, and other fun items sure to impress even the toughest critics.

Yipao Coffee
Everyone has a coffee fanatic in their lives, and really, who doesn’t love coffee from Yipao? Our favorite neighborhood Columbian coffee roaster sells single-origin, freshly roasted coffee at their Madison Ave. location and online. Select from five different roasts, or pick an assortment pack filled with samples of each. To complete the gift, Yipao offers mugs, hats, and shirts.

The Original Pickle Store
Consider the Original Pickle Store for the foodies in your life. You’ll find an assortment of fermented and pickled foods from across the U.S. everything from traditional-style dill pickles to pickled cherry tomatoes, and even pickled cherries. You can also find infused apple cider vinegars (which make great drink mixers) and stacks of cookbooks describing pickling and fermentation processes.

Eden
Not sure what to get that tricky person on your list? Head over to Eden where you’ll find more indoor plants than you probably knew existed. To go with the perfect plant, the store carries stylish wood, ceramic, and fiberglass containers and vases to add a special touch to your gift and perfectly match your plant. Eden’s well versed staff can help you select just the right plant for anyone’s needs. You’ll also find a selection of unique, non-plant gifts like artisan-made jewelry and cards.

La Loupe Vintage
La Loupe, a neighborhood gem, supplies all kinds of unique clothing and gifts. On any given day you might find Hawaiian shirts, vintage tees, turquoise jewelry, art prints, and candles. They also stock cards, tote bags, perfumes, and other fun items sure to impress even the toughest critics.

Yipao
Photo: David Holts

Eden
Photo: Old Globe Theater

COMING ATTRACTIONS

HOLIDAY FUN FOR THE WHOLE FAMILY

Plays, concerts, and puppet shows can be some of the best gifts for children. Seek out family friendly entertainment this season and take the kids along, even if it’s sophisticated fare. Live performances make vivid memories for a lifetime.

Marinette shows, classical concerts, and A Christmas Carol are just a part of my recollections of the holiday weeks during childhood. My earliest memory of a holiday show, while still living in Western New York, was watching the magic of a travelling marionette production in the local high school auditorium. I was six or barely seven years old, it was 1940, and we trudged through snow for a matinee. It was so thrilling that to this day that bright colors and magic of it have lingered.

In Pasadena, where we moved when I was nine, we might be wearing shorts in December and shuttling off to the beach. In Pasadena, where we moved when I was nine, we might be wearing shorts in December and shuttling off to the beach. It takes some imagination to conjure up snowflakes and fireplace hot chocolate. Imagination is what you nurture taking the children with you to the theater and musical shows, even if they’re still learning not to wiggle in their seats.

Arthur Rubinstein, Marian Anderson, and the Ballet Russe de Monte-Carlo at the Pasadena Civic Auditorium in the 1940s and ’50s to the Pasadena Playhouse, a theater and school that produced a raft of name Hollywood actors, where I was introduced to Ebenezer Scrooge and Tiny Tim in my first A Christmas Carol. This was also the venue for the first Shakespeare’s The Tempest and A Midsummer Night’s Dream.

Now to December 2019! Holiday Nights, December 6 and 7 in Balboa Park, kicks off the season with free music, food, museum entrance, and more. Chula Vista’s Starlight Parade is free; so is the Holiday Family Festival in Village Walk at Eastlake with Santa, elves, and a snowfall. For a fee, the Holiday Parade of Lights on San Diego Bay can be viewed from the Maritime Museum or cruise ships. The San Diego Botanic Garden offers their wonderland Garden of Lights, and many other activities await us all throughout December.

Ticketed events include The Nutcracker by City Ballet at the Spreckels, Lamb’s Players Festival of Christmas, Cygnet Theatre’s A Christmas Carol in Old Town, and North County Rep’s Charlie Brown’s Christmas. The Old Globe in Balboa Park features Dr. Seuss’ How the Grinch Stole Christmas! and Ebenezer Scrooge’s BIG San Diego Christmas Show. Marie Hitchcock’s Puppet Theater is nearby. Check the calendars for Conrad Prebys Performing Arts Center in La Jolla and the San Diego Symphony, both excellent music venues, as are local churches and universities. For Hanukkah, December 22-30, there is the lighting of a giant Menorah at Liberty Station on the 22nd and maybe even latkes and dreidels.

CONTACT THE WORLD FESTIVAL CENTER FOR KWANZAA CELEBRATIONS STARTING THE DAY AFTER CHRISTMAS.

Google the venues or event titles for more information. Be aware that the free events may be very crowded. Don’t take a car to Holiday Nights. Google KFBS.org/events/winter-holidays; balboapark.org/park-wide-events. This list doesn’t begin to include all the performances, so you’ll likely find more on your own.

CHEERS! —Phyllis Kessel
Recently I overheard my first grader talking with her classmates about the solar system, which they’ve been studying. She understood that the earth and other planets move around the sun, and knew the moon moves through its phases as the sun moves at all. I was impressed with the discussion that ensued between these six- and seven-year-old children, who had the very important, and related, things related to space after their recent field trip to the Fleet Science Center, their school astronomy “Star Party,” homework tracing the changing moon, and related classroom lessons and reading! It is amazing to see firsthand how excellent classroom instruction, coupled with unique, hands-on experiences at Birney, truly inspire students to learn about new concepts, to continuously ask questions, and to become life-long learners.

Please join us in supporting the incredible programs at Birney on Tuesday, December 17, for our “Big Give”! This one-day, online donation drive will be bolstered by donations from several generous businesses and community organizations. Check out friendsofbirney.org to donate. It’s the perfect time to make an end-of-the-year, tax-deductible gift in support of your wonderful local elementary school.

We will recognize a few members of the Birney staff each month in Birney Buzz, and we hope you enjoy getting to know some of our wonderful educators through these comments from Birney parents:

“Ms. Raczynski wrote postcards during the long winter break to all her students—a personal note during vacation sent to each child’s home telling them she couldn’t wait to see them back at school. She always said, ‘Do your best and forget the rest’ when kids got stuck, and that’s something we still say at home today. She would also send a personal sticky note to each kid with a recommended class book to explain why she thought the student would enjoy it. I thought you’d like this book because you were so excited about the spaceship talk we had in class. I’d love to hear what you think of it when you’re done.’ What a truly wonderful and caring teacher!”

“Mr. Medlock has a kind and patient presence. I’ve watched him in awe as he brings a rambunctious classroom full of four and five-year-olds in from a field trip or recess and, with just a few calm words, gains their attention, and they are ready to learn. Mr. Medlock is a very experienced teacher with 22 years in the classroom, 20 of those at Birney. He creates an environment where children feel safe, welcome, comfortable, and respected, which instills a love for school and builds a strong foundation for learning in the years to come.”

—Erin MacKinnon

The Peer Mentor program at Roosevelt Middle School allows students to assist their peers with disabilities who require additional support in the classroom. Mentors focus on bonding with their peer student and assisting them in their classes, which forges relationships that benefit both peer and mentor. The mentor gets real world experience in developing patience and compassion. Mentored students learn to interact with students their age and to be more involved in their classes.

Zoe B., a mentor, said the program is all about “kids building a relationship with the students to help them focus.” Alexa H. added, “It’s a relationship you develop with the students to help them focus.”

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—Erin MacKinnon

The Peer mentor program clearly benefits everyone who participates. It provides kids with disabilities an outlet and someone who is not just a mentor but also a friend. The mentors connect with someone who needs special assistance, and they finish the program as more patient and caring people. This program is a perfect example of how people should be taught to act with one another and to respect everyone! RMS stands for an International Baccaulaureate school. —Eve Hudson, 7th grader at Roosevelt Middle School

To enjoy programs like these, consider enrolling your students in RMS, where students engage in rigorous, world class IB learning experiences that emphasize both strong academics and strong character. The IB program is made possible by dedicated teachers and staff, and the non-profit Friends of Roosevelt Foundation, a group of parents, guardians, and community volunteers who raise funds to fill the gaps left by public funding and provide the resources for students to receive the best possible educational experience.

Coming Soon: The 4th Annual Make-A-Match Fundraiser, Tuesday, December 3. On GivingTuesday, Roosevelt’s Foundation will host a campaign to support the IB program with a one-day, online campaign. Last year we raised almost $200,000 from 129 individual donors! Consider donating on this GivingTuesday. This campaign’s success depends upon caring community members who understand the value of strong, vibrant, public neighborhood schools.

If you plan to attend December Nights, December 6 and 7, consider parking on Roosevelt’s campus for a modest donation, another easy way to support our students. Thank you for your support! To learn more about Roosevelt International Middle School, please visit friendsroosevelto.org/contribute today.

— Jennifer Ayala, parent of students at Roosevelt and San Diego High School and a board member of the Friends of Roosevelt Foundation

Birney Buzz is a perfect example of how people should be taught to act with one another and to respect everyone! RMS stands for an International Baccaulaureate school.

—Eve Hudson, 7th grader at Roosevelt Middle School

Woody and Addie

The year 2018 was a rough one for Bernie and me, as we lost both Hazel, our miniature schnauzer, and Charlie, our Jack Russell terrier, with us for 12 and 17 years, respectively. We wanted to start off 2019 with two new companions, as we’ve found it much easier to have two dogs than one so that they entertain each other and aren’t completely dependent on us for companionship. Dogs also mean less anxiety when they’re left alone, which means far less damage to the house. I’d already decided their names would be Woody and Addie.

As Bernie was driving back to San Diego from North Carolina after the holidays, a friend alerted him to two dogs at a shelter in Espanola, New Mexico—a two-month-old male whose mother was a Jack Russell terrier, father unknown; and a female terrier mix stray that the shelter staff estimated was 10 months old. The Jack Russell mix looked a lot like our Charlie did as a puppy. The female was not a miniature schnauzer, but she’d been given the name Addette by the shelter, and they called her Addie, exactly what I’d planned to name our new dog. It just seemed like fate that they should get her.

Woody and Addie met for the first time a few minutes before Bernie loaded them in the car to drive to San Diego. They quickly became fast friends. They’ve worn out a race track in our backyard chasing each other around. Initially they were quite noisy playing in the yard, but we’ve learned that a garden hose works wonders for keeping them quiet while they play. Woody has grown into a much bigger dog than a full bred Jack Russell, but whatever his father was has also made him less wild. At our age, that’s a good thing. After years of having older dogs, adjusting to having two energetic puppies around has been a definite change and, at times, a challenge. But dogs inject such life and unconditional love into a home, it’s been a great change.

They say when the time is right, the dog will find you. Neither of us had even heard of Espanola, New Mexico, before January and never imagined we’d find our next dogs there. But life has a way of surprising you. And it’s been a wonderful surprise.

—Dan Stringfield

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Woody and Addie
The University Heights Library wishes everyone a great winter holiday and a wonderful new year. We would like to know if anyone could donate used ballpoint pens and 12-oz. used food or Mason jars with a smooth outer surface. The pens would be available for general use by library customers, and the jars will be upcycled into our upcoming Chinese New Year craft. Please drop them off at the library if you have such items that are no longer needed.

Check out some of our upcoming holiday and new year programs.

FEATURED PROGRAMS:
• Sing and dance with Hullabaloo, Wednesday, Dec. 11, 4:30-5 pm. Great fun for families with young children.
• Create a decorative lantern for Chinese New Year, Tuesday, January 21, 4:30 pm.

REGULARLY SCHEDULED PROGRAMS:
• Silhouette Studio. First Thursday each month (Dec. 5 and Jan 2), 4-5:30 pm. Blend technology with arts and crafts with the use of Silhouette Studio and the Cameo 3 Cutter. Ages 12 and up.
• Morning Story Time. Thursdays at 11 am.
• Arts & Crafts. Saturdays all day.
• Mental Health and Homeless Outreach Services. Every other Friday (Dec. 6, 20, and Jan. 3, 17, 31), from 1-4 pm with North Central Mental Health Center (NC-MHC).
• CalFresh Workshop. Monday, Dec 16, 9:30 am-12 pm. Apply for nutrition benefits (CalFresh) with Feeding San Diego.

The library will be closed Wednesday, December 25th, for Christmas; Wednesday, January 1st, for New Year’s; and Monday, January 20th, for Martin Luther King Day.

Please check our Facebook page or online calendar or give us a call at 619-692-4912. Thank you from everyone at the University Heights Library.

—Elaine Sinsuan, Branch Manager, University Heights Library, 619-692-4912, sandiego.gov.

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THE UH BRANCH LIBRARY
BETWEEN THE COVERS

The University Heights Library is the first in Stewart’s wonderfully witty series based on the true life of Constance Kopp, one of the first female deputy sheriffs in New Jersey at the turn of the 20th Century. Constance Kopp doesn’t quite fit the mold. She towers over most men, has no interest in marriage or domestic affairs, and has been isolated from the world since a family secret forced her and her sisters to move from the city to the country. When a powerful, ruthless factory owner runs down their buggy, a dispute over damages turns into violent threats against Constance and her sisters. The family is forced from their farm and must seek the help of the county sheriff. The sheriff enlists Constance’s help. It just so happens that she has a knack for outwitting and disarming the criminal element. When Constance starts to pack a revolver and doesn’t hesitate to shoot back, the game changes drastically. Through the author’s exuberant storytelling, Constance Kopp is thrust from being just an insignificant historical anecdote to an unforgettable historical fiction heroine – one very much ahead of her time.

The book will be available at the UH Library’s front desk during December and January. Attend the Book Club & Salon discussion. New members are always welcome!

UH BOOK CLUB & SALON
Wednesday, January 29, 2020, 6:30 pm
University Heights Branch Library
4193 Park Boulevard (at Howard Avenue).
619-692-4912
HOLIDAY CHEER IN THE HEIGHTS

Charming holiday libations abound in the Heights this season, from Parkhouse Eatery’s dreamy Spiced Iced Pepperminth Mocha and sophisticated thyme-infused Sahe Bourbon Whisky Apple Cider, to Park & Rec’s exotic concoction of bourbon, citrus, maraschino, and Jardesca, to Kairoa’s sunny and warm Rosé Mule and Winter Spice Red Wine cocktails. Tend bar at home with the generously provided recipes, or better yet, stop in with family and friends and let the professionals serve you. (They all make great mocktails, too! Just ask!)

Spiced Iced Peppermint Mocha
1 tbs chocolate
1 tbs Monin peppermint syrup
2 tbs cream or milk
2.5 oz cold brew infused Soju
2 oz coffee or espresso
top w/ whipped cream, crushed candy cane, and chocolate syrup

Sahe Bourbon Whisky Apple Cider
2.5 oz Sahe Bourbon Whisky
3 oz fresh apple cider
.5 oz lemon juice
.5 oz thyme simple syrup
dash of bitters
 garnish with fresh thyme and apple wheel or slice

Park & Rec Winter Cocktail
1.5 oz bourbon
.5 oz Luxardo Maraschino Liqueur
.5 oz tropical simple syrup
.5 oz lemon juice Jardesca float
Garnish with an organic pansy, if you have one

Rosé Mule
Sparkling Rosé
Ginger Syrup
Lime
Dry Vermouth

Winter Spice Red
Cabernet
5 Spice Syrup
Asian Pear

DINING IN UH

American Market
4315 Cleveland Ave. 298-8333
Bahia Mexican & Seafood
1985 El Cajon Blvd. 542-0540
Bahn Thai
4646 Park Blvd. 298-6063
bldg (big front door)
4075 Park Blvd. 256-4100
Cueva Bar
2123 Adams Ave. 269-6912
El Zarape
2322 El Cajon Blvd. 692-1652
Flavors of East Africa
2322 El Cajon Blvd. 955-8778
Grains
2210 Adams Ave. 269-5999
Great Maple
1451 Washington St. 298-8268
Hope at Lafayette
2223 El Cajon Blvd. 780-0038
Hundred Proof
4130 Park Blvd. 501-6404
Kairoa Brewing Company
4601 Park Blvd. 298-1395
LeSota’s on Park
4466 Park Blvd. 501-6638
Loving Hut
1905 El Cajon Blvd. 688-9490
Madison
4622 Park Blvd. 298-6566
Mama’s Bakery & Lebanese Deli
4237 Alabama St. 688-0717
Marti Café
1735 Adams Ave. 269-9618
Mussa Abuburan Bistro
4651 Park Blvd. 546-7900
Mythic Mocha
2165 Mission Ave. 688-0858
The Original Pickle Stone
4075 Park Blvd., 101-B 841-1108
Park Boulevard Deli
4504 Park Blvd. 298-1362
Park House Eatery
4574 Park Blvd. 298-7275
Pizzana Bruno Napoleonaro
4201 Park Blvd. 269-1311
Pizzana Lugia
2121 El Cajon Blvd. 298-9417
Plumena Vegetarian Cuisine
4661 Park Blvd. 269-9889
Pomegranate Restaurant
2312 El Cajon Blvd. 297-4007
Pop Pie Co.
4404 Park Blvd. 501-4440
Red Fox Steak House
2223 El Cajon Blvd. 297-1313
Red Rock Pizza
4015 Park Blvd. 546-7430
Small Bar
4628 Park Blvd. 795-7088
Soschi
2121 Adams Ave. 677-2220
Sprouts Market & Deli
4175 Park Blvd. 291-8297
Stella Jean’s Ice Cream
4404 Park Blvd. 501-8525
Summer’s Market
4602 Park Blvd. 290-0504
Twigg’s
4590 Park Blvd. 298-0616
Turntail Taps (beers & chews)
2302 El Cajon Blvd. 542-9907
Wing Stop
1901 El Cajon Blvd. 297-9464
Yipao Colombian Coffee
1728 Madison Ave. 734-6844

On December 10, 1994, 25 years ago, the Vermont Street Bridge opened to much fanfare, with bands playing, dignitaries speaking, ribbons being cut, and food being served. We were very proud of ourselves for fighting to rebuild the bridge, which replaced the old wooden trestle structure, torn down for safety reasons in 1980, That old bridge linked University Heights and the Sears store in Hillcrest, which is now the Uptown shopping district or “The Hub.” Fourteen years after the wooden bridge was demolished, a steel and concrete span with a significant arts component re-established the pedestrian corridor between the two communities. Funding was promised, then taken back, then promised again. Thanks to the University Heights Community Association for advocating for this important link to Hillcrest. Thank you to all the volunteers who currently maintain the bridge and decorate it for the holidays. A special thanks to Tommy Cope for his advocacy in 2013 to have the bridge repainted. The next time you cross the bridge, notice the public art. Designs from STONE/PAPER/SCISSORS created the largest public art project in the state of California. We are justly proud of our beloved Vermont Street Bridge.

HAPPY 25TH ANNIVERSARY VERMONT STREET BRIDGE
FROM YOUR COUNTY SUPERVISOR

MAKING PROGRESS THROUGH PARTNERSHIP ON BEHAVIORAL HEALTH

In an unprecedented partnership, we joined UC San Diego Health and Scripps Health last month to outline a shared vision to turn a dilapidated, vacant, county-owned building at 4307 Third Avenue in Hillcrest (once slated for luxury condos) into a Behavioral Health Services Hub. The challenges of mental health and substance abuse contribute to San Diego’s homelessness crisis.

The concept first introduced in March will now become the cornerstone of a new regional behavioral health system that connects seamlessly to other services in the community. It will be both a one-stop shop connecting individuals to step-down services and a care coordinator, and a long-term care plan that will set them on a path to stability and healing.

The County’s commitment of significant resources to the hub model in both the central region and other parts of the county constitutes substantive progress in just seven months. This is a vital step toward a stronger, more integrated behavioral health continuum of care that serves the most vulnerable people. With bold thinking and a willingness to approach this work differently, we strive to make progress through a partnership acting to fix our broken behavioral health system.

For those who say “not in my backyard,” consider this: If a problem exists in your backyard (or neighborhood), the solution needs to be in your backyard (or neighborhood), too. All areas of San Diego have to be part of the solution.

Learn more by visiting www.SupervisorNathanFletcher.com, call 619-531-5544, or email Nathan.Fletcher@sdcounty.ca.gov.

County Supervisor Nathan Fletcher represents University Heights as part of his Fourth Supervisorial District.

FROM YOUR CITY ATTORNEY

DRUGGED DRIVING HAS CONSEQUENCES EVEN WHEN USING LEGALLY PRESCRIBED MEDICINE

As we head into the holiday season, people should be aware that mixing even the slightest amount of alcohol with prescription drugs can have serious consequences, especially for older drivers who may be using new medicines for the first time.

We have seen an increase in otherwise law-abiding San Diegans who drive after consuming legal substances – alcohol, prescription drugs, and cannabis – that, in combination, impair their ability to drive, putting lives at risk. We prosecute these drugged driving cases (“combo” cases that involve both alcohol and drugs) under a state grant that has enabled us to develop expertise in these tricky cases involving multiple substances.

Although illegal drugs are always a significant part of the problem, we see a surprisingly large number of cases involving older drivers who unknowingly mixed alcohol with prescription drugs. Of 178 drugged driving cases in the past 11 months, only four went to trial. One defendant was acquitted – who drove while on Ambien, a drug used to combat insomnia. The 174 other defendants all pleaded guilty.

Drivers who have taken a medication for years may think it no longer affects them because they are accustomed to it. But it does, especially when mixed with even a small amount of alcohol, another drug, or even cold medicine.

Please be vigilant this holiday season, when many people drink more than usual. Keep a careful eye on yourselves and others who get behind the wheel of a car. Hail a cab, call a ride-sharing service, have a friend or family member drive, or better yet, stay home. There are plenty of options that won’t end in a life-changing accident or land you in court.

—San Diego City Attorney Mara W. Elliott

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Supervisor Nathan Fletcher, City Councilmember Chris Ward, UC San Diego Health CEO Patty Magnus, and Scripps Health Corporate Senior Vice President and Regional Chief Executive Tom Geimmers announce partnership remote location in Hillcrest for Behavioral Health Hub.
At Bex, we’re making the future what we want. We work with progressive brands who are proudly sustainable and love to throw shine on the fact that they do things differently. We help you find your voice, pick your colors, fly your flag, and challenge you to be the “youest” you there is.

We, Jeremy and Becky Dahl, founded BexBrands in 2010 by working with James Brennan and Brian Malarkey on Burlap restaurant in Del Mar. This led to more restaurants, which eventually led us to packaged goods when James and three others (Jeff Church, Annie Lawless, and Eric Ethans) founded Suja Juice in 2012. It was a dream come true when Suja took off, as it was a category both of us are passionate about.

Currently as a team of eight, Bex has been lucky enough to work with leading brands in the health and wellness space. Present and past clients include: Suja Juice, Chameleon Cold-Brew, Once Upon a Farm, Dr. Praeger’s, Kopari Beauty, Lily’s Sweets, Frankly Organic Vodka, bioClarity Skincare, Ovary Family Bakery, Animae Restaurant, and Bumble Bee Seafoods. We are truly fortunate to work with amazing brands doing better for people and planet.

---Jeremy Dahl

**BEXBRANDS**

_HAVE FUN. DO GOOD WORK. DESIGN FOR CHANGE._

**A CHOICE THAT MATTERS**

By the time you read this, the San Diego Unified School District is likely to have announced it will be moving its administrative center. Sad as this might be after a century of educational history on the site, the district has needs and obligations beyond the promise it made to University Heights a year ago to leave behind “a treasured neighborhood amenity.”

Besides the need to be frugal in choosing new headquarters, it has an ethical obligation to consider the financial challenges its 14,000 employees face finding affordable housing in a high cost urban economy like San Diego. Because the eleven-acre Ed Center property is owned by a public agency that does not need to make a profit, a significant amount of affordable housing can be built for its educators and workers who earn a median income from $40,000 to $70,000 per year. Whereas a private developer might build only 10 percent affordable units, the school district is committed to making 100 percent of its units affordable. Thus, if 500 units were built on the site, 450 more of those could be affordable units than a private developer would likely build.

Unfortunately, at the last visioning meeting, the conceptual renderings appeared to blanket the site with low-rise buildings. Green space was non-existent, beyond the tree-lined perimeter, several walkways, and some gathering spaces. The disappointing design suggested to some that we had been duped. Yet, out of this unfortunate conflict of good intentions, comes a win-win solution. You can build higher, at least on part of the property, to allow for more green space.

The experts will tell us how high we must go to make it work physically and financially. But it was a retired teacher and 45-year UH renter who told us why we must make it work, morally. She still lives here only because she was able to get into a senior highrise on Park Boulevard built in 1967.

For me, concerns about neighborhood character carry little weight because this is a unique parcel. Good design can address concerns about shadows, parking, and traffic. I would prefer a couple of well-designed, 20-story buildings and a park over a dozen “stick and mud” low-rise buildings without much open space. It’s about design, not density. If the buildings are beautiful, who cares how many people live in them. But that’s just my opinion. Perhaps you will consider it.

---William Smith, Member, Uptown Planning Committee, and Member, UHCA Board of Directors

**IT'S YOUR BUSINESS**

**BEXBRANDS**

_HAVE FUN. DO GOOD WORK. DESIGN FOR CHANGE._

Celebrate with a Twiggs cake for weddings, birthdays or any occasion. Each one made from scratch with handcrafted decorations!

It’s Twiggs holiday pie season again!  
**November - December only.**

**Pumpkin • Apple Chocolate Pecan**

Order early to guarantee your first choice!

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It’s Twiggs holiday pie season again!  
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Order early to guarantee your first choice!
Mary Anne
brought the buyer!

4560 New Hampshire St  $900,000
3 Bedrooms, 2.5 Bathrooms  1,500 Sq Ft
Fabulous canyon location! This lovely home has hardwood floors, fireplace, updated kitchen with granite counters, canyon view deck and patio, 2 car garage all on a terraced lot and on a cul-de-sac street in the prime west end of University Heights.

maryanneshomes.com
619-871-0635

Helping
University Heights
businesses and
residents achieve
financial success

Scott Schechter, MBA, CFP®
Financial Advisor

Eagle Strategies, LLC
1048 Johnson Avenue
San Diego, CA 92103

sschechter@eaglestrategies.com
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619-350-3600

Financial Advisor offering investment advisory services through Eagle Strategies LLC, a Registered Investment Adviser. Registered Representative offering securities through NYLIFE Securities LLC (member FINRA/SIPC). Agent, New York Life Insurance Company CA Insurance Lic. #0635259, Eagle Strategies LLC and NYLIFE Securities LLC are New York Life companies.