

UHCA MEETING THURSDAY, NOV

Alice Birney Elementary School Auditorium / 4345 Campus

- 6:45 Crime Watch SDPD & PERT
 (Psychiatric Emergency Response Team)
- 7:00 Veterans Panel Discussion Light refreshments

University Heights Community Association / November 2016

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JOIN US AT THE UHCA NOVEMBER MEETING

PANEL DISCUSSION: UNDERSTANDING



eterans Day this year is Friday, November 11th. We try each November to find a way to recognize and honor those who have so bravely served our country in the military. Thus, the University Heights Community Association (UHCA) meeting on November 3rd will be dedicated to issues veterans face today, best practices for care and support, and ways the community can help veterans. Because the San Diego region serves as a nexus for one of the largest veteran populations in the nation, our community faces unique challenges and opportunities in addressing the complex needs of our veteran population. Many local organizations work in tandem to create a safety net for our veterans, active duty, and their families by first understanding their needs and then working through coalitions and collaborations to identify solutions.

Please join us on November 3rd for an informative panel discussion, moderated by Bill York, a resident of University Heights. The panel will consist of four experts from the veterans' services sector of San Diego who will explain the needs faced by our veterans and explore solutions that address these needs. Meet our panel of experts.

Randee McLain

Randee McClain is the Program Manager of Courage to Call, Mental Health Systems, Inc., and a U.S. Navy veteran, who spent time in Iraq, Kuwait and Spain. She was the 2013-14 San Diego Veteran of the Year. She holds a Master's Degree in Social Work with a concentration in Military and Veterans programs from the University of Southern California. Ms. McLain will first provide an overall picture of the principal needs our veterans face in their everyday lives, such as food assistance, financial and legal support, and education services. She will then address the ways in which we can help meet those needs through a coordinated network of systems, partners, and supporters.

Hanan Scrapper

Hanan Scrapper is the Program Director, Supportive Services for Veteran Families, for Veterans Village of San Diego (VVSD). This program operates under the Housing First model, helping homeless veterans and their families to quickly secure permanent housing while linking them to appropriate services. Ms. Scrapper has worked with the homeless population for more than ten years, specializing in domestic violence and human trafficking victims, but most recently serving homeless veterans. Ms. Scrapper will provide an overview of the issues relating to homelessness that our veterans and their families face, and the various (Continued on page 3)



LOOKING AHEAD: DECEMBER 2016

Pastries, Plumes, and Pets

Whatever your religious or cultural tradition, December is all about the holidays, and holidays always involve friends and good food. Of course, that includes desserts. Over the last 20 or so years, our community has established several lovely traditions of its own-the Lights in the Heights contest. Caroling in the Heights at several locations by a talented professional quartet dressed in Victorian costumes, and, of course our annual dessert potluck at our December UHCA meeting. So come to our meeting on December 1st and bring along some cookies or other dessert (homemade or purchased) to share with your neighbors. We will provide coffee, tea, water and other treats.

In addition to our usual potluck dessert event, we would like to honor those individuals who received Plumes and those whose pets were featured in the UHCA News during 2016. We will also complete the Giving Tree (see page 3) at the December meeting, and collect socks for the Veterans Village Sock Drive. We look forward to seeing you there!

MADISON WINS INTERIOR DESIGN AWARD

Also Named One of San Diego's "Sexiest" Restaurants

Madison, the newest member of Park Blvd.'s thriving restaurant scene, scored big-time in October, winning a coveted Orchid Award from the San Diego Architecture Foundation (SDAF; sdaf.org) and being named one of the "sexiest" restaurants in San Diego by Zagat.com, a leading online restaurant survey and guide.

On Thursday, October 13th, the SDAF presented Madison an Orchid Award for Interior Design at the 40th annual Orchids & Onions event, which

"celebrates the great (and not-too-great) contributions to our built environment" in San Diego architecture, interior design, landscape architecture and historic preservation over the last year. Madison was the first of only three winning Orchid nominations for interior design; 39 designs were nominated in the interior design category. Another 130 designs were nominated in the fields of architecture, landscapes, and historic preservation, for a grand total of 169—the most ever in the event's history. (Continued on page 6)



president's corner by Carol Neidenberg

It was 1988 when I first heard about University Heights (UH). At the time, we were living in Mission Hills and my newborn daughter was sleeping in a converted walk-in closet. I thought perhaps she may need her own bedroom as she grew out of the tiny crib. That's when Steve and Jan Frates told me about their community and introduced me to University Heights. When I first looked at houses in UH, I was convinced that the bungalow on Meade near the Birney School was not a place for us. There was little street appeal then; there were only

the classroom trailers and neglected buildings. I'll never forget the night my offer was accepted – kicking and screaming, I didn't want to buy the house, but JD persevered and had even appointed Mykl to be the babysitter. I'm so glad she convinced me to buy the house; it was one of the best decisions I've ever made.

What did Park Blvd look like in the late 1980s? Bars, automotive shops, vacant storefronts. It was a walkable neighborhood, but there was nowhere to walk to. The Trolley Barn Park had just opened, yet there were only a handful of

young children to be seen.

We moved again in 1994. This new house – only 12 blocks away - had bars on the windows and an overgrown front lawn. Fast forward to today - the neighborhood has been revitalized: Birney Elementary now has a waiting list; people move to the neighborhood just so their children can attend their award-winning IB program; trendy restaurants and cafes have opened.; and residents take pride in their homes and gardens. Times have changed. UH is the best neighborhood. I never want to leave.

What I ask of you in my first month of being president is your help. I ask that you become involved. Take part in an activity. Participate in an event. Donate time and/or money. Become an active UHCA member. During the next two years, I look forward to working with you on improvement projects, fun community get-togethers, and marketing UH to new businesses and residents. You can help me and the many other active volunteers make UH an even better place to live and work.

uhca news uhca officers

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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 8th of the month. Email submissions to uhcanews@yahoo.com. We retain the right to edit submissions for style and content.

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UHCA Website: www.uhsd.org

facebook.com/universityheightscommunityassociation

Opinions expressed in articles of the UHCA News are those of their authors and do no reflect those of the newspaper or the University Heights Community Association (UHCA).



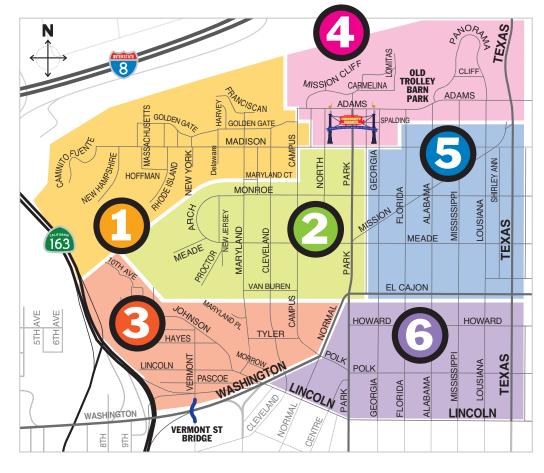
Golden Ostrich:

JD Abercrombie, Steven Kolbert, Brian Lexmond & Greg Holzschuher, Patricia Ryan & Lloyd Alexander, Rick Sierer & Doug Wallingford, Jill & Jesse Briggs Campbell

Household:

Craig & Peggy Bentley, Thomas Harrison, Pamela Issacs, Peter Rose & Maureen Markey, Doug McPherson & Ron Comparato, Theresa & Wayne Takasugi, Frank Serio & John Leier, Sol Schumer, Linda Castaneda & Bill Hardesty, Annemarie Sachs & Adam Hill, Ronald Shaheen & Kurt Hermansen, Arlon Staggs, Daniel & Tami Mannix, Christine Hernandez

University Heights Map: Boundaries and Zone Watch



The bold street names on this map define the boundaries of the community of University Heights. Every block and apartment/condo should have an established Neighborhood Watch.

A zone is a neighborhood within University Heights as defined by the six zones on this map.

The blocks within each zone are linked together via a *Zone Watch Coordinator* who manages an email list of participants wishing to receive crime watch information. For questions or for more info, contact either your zone's coordinator or Nan McGraw.

ZONECOORDINATORE-MAIL CONTACT1Nan McGrawnmcsan@aol.com2Pam Isaacspamisaacs1@gmail.com3Mary Langemlangeuhcazone3coordinator@gmail.com4Christopher Hutchinsonchristopherhutchinson@hotmail.com5Tamara Zyhylijtamara@tamarazhomes.com6Mark Koopmanmkzw6@yahoo.com

Membership Form

is tax-deductible to the extent allowed by law.

Now pay your dues or donate online at www.uhsd.org.

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

Yearly Membership \$25 Household \$45 Membership & mailed UHCA News \$75 Business Membership \$100 Golden Ostrich Name	Donor \$ Donation for Keeping up the Good Work (Donate as a member or non-member)
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Volunteer Your Time on a UHCA Committee!

☐ **Beautification & Planning** · Keep UH beautiful.

 \square Blockwalker \cdot Help deliver newsletters to UH residences and businesses.

 $\label{eq:marketing & Merchandising } \textbf{Merchandising } \cdot \textbf{Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.}$

 \square **Membership** · Help exceed goals for 2016 membership and meeting attendance.

 \square **Neighborhood/Zone Watch** · Join your neighbors to keep UH safe.

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

☐ Program & Events

Plan and oversee various events and general meetings.



Continued from page 1 JOIN US AT THE UHCA NOVEMBER MEETING

programs that VVSD provides to help veterans secure permanent housing to build and sustain healthy lives.

Kym Grey

Kym Grey is the Program Manager, Transition and Care Management (TCM), at the VA San Diego Healthcare System. TCM assists veterans who suffer from severe illness or injury as a result of their time in the military. Ms. Grey's TCM team services include educating veterans and their families on VA Healthcare, coordination of care/services, assessing needs and making referrals to VA and community providers, and advocating for veterans. Because health and healthcare is the cornerstone of the wellbeing of our veterans, Ms. Grey will explain the TCM program and the core services of the VA, as well as various initiatives between the VA and community agencies, nonprofits, and service-based organizations.

Walt Myhre

Walt Myhre is the Director of Strategic Partnerships at PsychArmor Institute, a national nonprofit that provides free education and support to all Americans who work with, live with, or care for service members, veterans, and their families. Mr. Myhre has dedicated his professional life to the service of his country, and he credits his 25-year career in the United States Air Force (USAF) for his leadership skills. Since his retirement from active duty, Mr. Myhre has continued to serve those in the military community as a part of the Armed Forces Services Corporation Team. Mr. Myhre will discuss the importance of understanding the veteran and military culture and community and the critical role of training those who serve veterans, as a vital bridge for civilians who want to do their part to help veterans.

Bill York (Moderator)

Bill York has for years been active in veterans' issues and military community components and activities and was named San Diego County's 2015 Veteran of the Year. As the Executive Vice President of 2-1-1 San Diego, Mr. York coordinated the redesign of the service delivery component of 2-1-1 San Diego, utilizing community entities to leverage the services of 2-1-1 to build a viable access-tocare system for military service members of all branches. Mr. York served as Chair of the San Diego Veterans Coalition Board of Directors and as Chair of the Military Transition Support Project (MTSP). Mr. York is also the Health and Human Services Working Group Liaison for the California Department of Veterans Affairs Interagency Council on Veterans. Mr. York served in the U.S. Army from 1983 to 1987 as a Specialist in the 24th Combat Infantry Division in Fort Stewart, Georgia. For his service, Mr. York was awarded the Army and Joint Service Achievement Medal.

In addition to the panel discussion on veterans' issues, the November meeting will feature Marla Kincaid, a representative from Phsychiatric Emergency Response Teams (PERT), who will be present at the crime watch part of the meeting that precedes the general meeting. PERT, which teams work with law enforcement and community members, provides licensed mental health clinicians in the field to assess an individual's mental health condition and needs, and, when appropriate, transport an individual to a hospital or treatment center. She has agreed to stay around to help respond to any questions that arise during the panel discussion. — Maureen Markey



Help Keep Our **Patriotic Trip** Hazards!

For the past two years, the Lions Club has set out American Flags along the business district of Park Boulevard on eight national holidays most closely associated with American history-Presidents' Day, Armed Forces Day, Memorial Day, Flag Day, Independence Day, Labor Day, Patriot's Day and Veterans' Day. The flags are not displayed on Christmas or Thanksgiving.

Somewhat shockingly, this created some controversy as one resident complained they were "trip hazards" and insisted code enforcement stop the program. After some bureaucratic red tape and many "you can't be serious" moments, a new permitting process for the flags was instituted and the program was allowed to continue.

Two years ago, the University Heights Community Association (UHCA) did a small fundraising campaign to raise funds and covered expenses of the program for the last two years. That money has now been spent, so we're starting another fund raising effort. There are 33 flags put out on each holiday, set up before 7am the morning of the holiday and taken down around 5pm. The Lions Club charges \$50

per flag to cover

the entire year

of 8 holidays, a

bargain by any measure. That adds up to \$1650 for the year for all 33 flags.

University Heights (UH) does not have a business association like Hillcrest or Adams Avenue that would organize and pay for a program like this, so UHCA has stepped in. We're separately going to individual businesses along Park Boulevard asking them to contribute a small amount, and we're also asking individual residents to contribute as well.

If you'd like to help UH keep the flags flying, please make a check out to the Hillcrest Mission Valley Lions Club and mail your checks to UHCA, P.O. Box 33032, San Diego, CA 92163. Or you can bring your check to the next community association meeting. The Lions Club is a 501(c) (3) non-profit organization and your contribution is tax-deductible.

All proceeds from the Flag Program go to support The Hillcrest Mission Valley Lions Club support services for the blind, the visually impaired and other community



Ralphs, and Trader Joe's. These allow a family to buy gifts or necessities for the holidays. We will be featuring the holiday Giving Tree at our November and December UHCA

meetings, where you will be able to contribute in any of the following ways. You can: • Select an ornament (or two or three) with a gift amount and store brand, then purchase

the matching gift cards to bring to our December UHCA meeting. Purchase a gift card (or two or three) in any amount the next time you find yourself out

shopping, and bring the gift cards to the November or December UHCA meetings.

• Donate cash, and a member of the UHCA board of directors will be happy to purchase the gift card (or two or three) of your choice and add it to The Giving Tree. We are also happy to take your cash or gift card donations at any time before our final meeting of 2016.

For more information on where to drop off donations, please contact Marcia Sorini at msorini@att.net. — Marcia Sorini



FOR THE LOVE OF SCIENCE AND FOOD

CIRCA'S MIKE ALMOS COMBINES HIS TWO PASSIONS AT UH RESTAURANT

What do you get when you combine math, the physical sciences, and computer science?

A chef, of course, and in particular, Mike Almos, owner and chef of Circa Restaurant on Adams Avenue in University Heights (UH).

Opened in 2014 by Mike Almos and his wife, Terri, Circa is the combination of Mike's background in the sciences and in culinary arts. Mike has been involved in the culinary business for 36 years, but his original career plan was to work in the aerospace industry. Towards that end, he took math, the physical sciences, and computer science courses throughout elementary, high school, and his first year at San Diego State University (SDSU), and they came easily and naturally for him. But he was always looking for a way to combine both his sciences background and his yearning to be more creative.

Born and raised in San Diego, Mike started working in a restaurant at age 15 because "I was tired of throwing newspapers." He continued in the

restaurant business as a way to put himself through college. In 1984, while working as a cook at Vic's Restaurant in La Jolla, he was offered the sous chef position there. Mike accepted the position, a huge crossroads for him as it allowed him to fully mesh his sciences background (the how and the why and what food goes together) with his need for creativity—putting it together successfully and originally with the best ingredients.

As Mike says, "Once you understand how things work, you can start writing your own music." He left SDSU at the end of his second year to fully devote himself to "writing his own music" in the culinary arts.

All of Circa's food is sustainable and natural; and Mike deals directly with local farmers and ranchers. He also offers local craft beers to his guests. As Circa's executive chef, Mike does much of the cooking and menu planning, but he also enjoys being in the front



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UH PLANNING MOVES FORWARI

University Heights business

owners. — Jane Rannells

Things are moving quickly on the planning front as the community planning effort comes to a close in both North Park and Uptown.

The North Park Planning Committee submitted its Community Plan Update (CPU) for review to the Planning Commission on September 22nd. The commission recommended it to the City Council, but without support for Potential Historic District (PHD) regulations. These PHDs would limit what homeowners in more than 30 such districts could do with their properties for as long as a decade to determine if the districts warrant historic designation.

On October 5th, the City Council's Land Use and Housing Subcommittee forwarded the plan to the full City Council without recommendation, but with the understanding that the Planning Department would remove the Planned Historic District regulations. The City Council will review the plan on October 25th.

The Uptown Planning Committee submitted its CPU for Planning Commission review on October 6th. The commission expressed similar concern with "potential" historic districts, plus concern that anticipated transportation improvements were less than needed to meet Climate Action Plan goals.

Both CPUs went to decision makers with a Response to Public Comments attachment that stated planning staff found no compelling land use rationale to unite future planning for UH residents east and west of Park Boulevard, something UHCA has advocated for years. Fortunately, planning commissioner Theresa Quiroz voiced a strong opinion that there is indeed a compelling land use rationale, "that a more complete unified plan happens when communities are kept whole, when residents have a strong sense of place and belonging, and they all want to work together to reach one unified vision." She said separating the community takes that away, and that now is the time to correct this error. You can be sure that UHCA will support Theresa's effort to the best of its ability. — Bill Smith



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COMEDY

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- Comedy Heights: Every Saturday 8 pm
- Celtic Ensemble: Every Sunday 4-6 pm

LESTAT'S ON ADAMS

3343 Adams Ave. (619) 282-0437 / www.lestats.com

Comedy Night: Hosted by Rajan Dharni Every Tuesday 9–11 pm

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223 www.sidestageimprov.com

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MUSIC

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LESTAT'S ON ADAMS

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Open Mic Night: Every Monday 6:30-11 pm

3RD SPACE

4610 Park Blvd. (619) 255-1151 www.3rdspace.co

- Co-Working & Club For The Creative
- Check out The Underground Jazz Session

ACROSS THE STREET AT MUELLER COLLEGE

4607 Park Blvd. (619) 507-7223 www.facebook.com/acrossthestreet

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TWIGGS GREEN ROOM

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- Lafayette Jazz Concerts: 1-4 pm every Sunday
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- October 16 Sue Palmer & Her Motel Swing

THEATRE

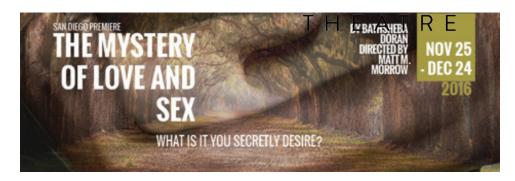
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The Mystery of Love and Sex November 25 - December 24

As Charlotte and Jonny tumble into their twenties confronting the mysteries of their own bodies and desires, Charlotte's parents face their own perceptions about love and happiness. Traversing years, shifting relationships and unexpected outcomes, this provocative Southern Gothic romantic comedy peeks behind the curtain of sexuality and race to illuminate secrets of the heart and the fabric of a family.

DIVERSIONAI





Plume

Bernie Horan, Mary Anne Stevens Monica Lanctot

Plumes to the outgoing officers of the University Heights Community Association (UHCA): President Bernie Horan and co-secretaries Mary Anne Stevens and Monica Lanctot. The UHCA is into recycling our officers: Outgoing, interim vice-president, Carol Neidenberg, is the incoming president; Maureen Markey, our new VP, was president in 1997-98 and co-president in 1998-1999; and Peter Rose has agreed to be treasurer one more time. Peter, Bernie and Mary Anne were presidents in the past: Peter (1991-92 and 1995-97), Bernie (1999-2002) and Mary Anne (1998-99).

When this all started thirty years ago, some of us were activists for a park instead of a high-density apartment project scheduled to be built where the Trolley Barn was demolished. The vacant land bred mosquitoes and languished for years until we organized and lobbied the city council for a park. After that, we asked for improvements to Park Boulevard (new sidewalks, trees, lighting, and, finally, a sign). Park Blvd. was pretty sleazy back then, no restaurants, no bakery, no hair salons. But we did have five bars. The University Heights Community Association was born from our Trolley Barn Park activism. We started advocating for the rebuilding of the Vermont Street Bridge; we began "Blockwalking" our UHCA News (then a single-page flyer); we created Coffee with the Cops because the crime stats were high; we instituted Caroling in the Heights to bring neighbors together for fun and celebration; we used our monthly meetings to bring issues of interest to our community; we created the Beautification Committee to keep the Vermont Street Bridge and other areas of UH clean; and we became involved in Birney Elementary to encourage a vital "neighborhood school." Thankfully, educators like Amanda Hammond-Williams took the reins of Birney. We've come a long way in 30 years thanks to these recycled officers, our new officers, and those of you who've supported us through the years with your membership and volunteerism.

We recycle our UHCA officers and thankfully add new people. The board of UHCA is committed to University Heights: to bring people together to solve problems, enjoy our neighborhoods, plan for our future, keep us safe, share our similarities and our differences, support our businesses, endeavor to make UH an Age in Place community, celebrate Birney Elementary and its progress, and above all, to continually strive to make University Heights better.

At this time of Thanksgiving, let's all be thankful for the community in which we live and to our outgoing officers, Bernie, Monica and Mary Anne. And to our new, incoming, some recycled, officers—Carol Neidenberg, president; Maureen Markey, VP; Kurt Hermansen, secretary; and Peter Rose, treasurer—a heartfelt thank you and plumes to you all!

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BRUNCH AT MADISON

Great Food in a Lively Setting

was so nice to walk into Madison on Park again—this time in broad daylight so all the sleek modern lines were so prominent!

We had made reservations and were seated in the outdoor section. Luckily, there was a great table open near the bar so we could move inside. The outdoor section was so noisy that it was hard to hear each other. The younger crowd did not seem to mind the noise, as it filled up quickly with 20- and 30-somethings who were having a great time!



The brunch menu was intriguing with many interesting combinations of foods, just like their dinner menu. The star of our show was the Potato and Beet Hash with fried egg, feta, scallions, and sprouted 12-grain toast with a side of blackberry jalapeño jam. What a surprise the beets were in the hash! They lent an unusual texture and surprisingly rich taste to the hash. I ordered the Carnitas Stack, which was a small Belgian waffle stacked



with grilled carnitas, pico de gallo, and manchego cheese with an avocado sauce drizzle topped with a poached egg. WOW! Great taste and very filling!

One friend ordered the Avocado Toast & Egg on sprouted 12-grain wheat with poached eggs, micro arugula, and heirloom cherry tomatoes, and raved about the heirloom tomatoes. I was hoping to have room to order the Waffled Churro Sticks—cinnamon and sugar coated waffle pieces with maple cream cheese sauce, blackberry puree, and fresh fruit—just to taste them, but alas, no one had any room left even for a bite.

There are still items on the menu that I would go back for, but I would definitely reserve a table near the bar to avoid the noisy patio.

Andrea Bacal, the UHCA News Food Editor.

Madison on Park 4622 Park Blvd. San Diego, CA 92116

Open Tues.-Sun. Bar: 4p.m.-12:30a.m. Restaurant: 5:30p.m.-10:00p.m. Weekend Brunch: 9a.m.-2:30p.m. 619-269-6566 / Madisononpark.com

CONTINUED FROM PAGE 1

MADISION WINS INTERIOR DESIGN AWARD



In commending Madison, the SDAF jury, a group of design professionals, noted the restaurant's dramatic arched dining room, use of materials, geometric panels that pay homage to modern art, the use of strings to tie the dining and bar areas together and other design elements as all adding up to a winner.

Todd Gloria, outgoing Third District Councilmember, presented the award to the owners Jeff Fink and Matt Sieve and designers David and Anna Sindelar of Archisects on stage at the Spreckels Theater in downtown San Diego. Gloria—noting humorously that "we don't do ugly in District Three"—commended Madison for adding not just to the vitality of the Park Byld. commercial district but the entire University Heights community.



Just two days before the SDAF ceremony, the online restaurant guide Zagat.com—one of the oldest and most venerable restaurant guides in the country—placed Madison number one on its list of the "8 Sexiest Restaurants in San Diego." Madison, it said, has "modernly appointed interiors [that] set a tone of wonder" and a menu "that's a little bit Italian and a little bit SoCal."

What's not to like? — Philip J. Gill

Birney Buzz

Great Outings with our Great Community

•••••



Birney kicks off this month with a reminder: If you'd like to be part of Birney next year and are not within Birney's borders, please be aware that San Diego Unified has shortened the School Choice application window this year. The new dates are **October 3rd to November 14th.** Birney may no longer be the best-kept secret in San Diego Unified, since we recently added additional 1st grade and kindergarten classes, so be sure to get those applications in.

We're thrilled to be participating in the 11th Annual Taste of University Heights event on Sunday, November 6th. Make Birney your first stop and bring your leftover Halloween pumpkin for our compost pile, then take a tour of Birney's award-winning school garden. Our farm stand will have student-grown beautiful produce available and all proceeds will support our garden program.



Birney invites the community to join us for Family Night with the San Diego Gulls at the Valley View Casino Arena (formerly the Sports Arena) on Friday, November 11th at 7:00PM. The Gulls will battle the Manitoba Moose and all kids will have a chance to be part of a high-five tunnel at second intermission. Tickets are \$20. A portion of each ticket goes to Birney. Purchase your tickets by Monday, November 7th. Email info@ birneypta.com or stop by Birney and pick up a flyer.

Finally, as we come to the season of thanks, we are always looking beyond the walls of our school for recognition and support of our award-winning International Baccalaureate (IB) Program. Every year our test scores get better and enrollment grows. Birney families are loyal to the businesses in our community who support our award-winning school, so step up today and sponsor a Birney garden, purchase a banner on the Park Blvd. fence, or cover art instruction for a grade. Email alicebirneyfriends@gmail.com for more information. — *Kim Schultz*

ROONEWS

from Roosevelt Middle School

WHAT IS ROOSEVELT ALL ABOUT?

Roosevelt International Middle School is our local grades 6-8 school serving the University Heights community. RIMS offers the International Baccalaureate (IB) Middle Years Program, which provides a rigorous, world-renowned curriculum within a globally relevant context. The International Baccalaureate Organization philosophy for the middle school student promotes international awareness and concern with an appreciation for the arts, world languages, music, and design. We also offer Spanish Immersion and STEM courses.

If Roosevelt is not your neighborhood school, you can apply via the Choice program. The School Choice window ends on November 14th. You can apply at www.sandiegounified.org/school-choice-application. School Tours are available at 9:00 a.m. every Thursday.

NATIONAL PARENT INVOLVEMENT DAY

In recognition and celebration of our parents, RIMS will celebrate National Parent Involvement Day on November 17th. Parents are welcome to spend the day with their student and experience life as a middle school student. A special BBQ lunch will be available for parents to purchase.



THORN STREET BREWERY FUNDRAISER

We had a fun and successful fundraiser on September 8th at Thorn Street Brewery to raise money for Roosevelt's mosaic mural project. If you missed that one, come join us for another fun time at the Thorn Street Brewery on November 17th. If you are interested in hosting a fundraiser at your restaurant or brewery, please contact rooseveltptsa1@gmail.com.

Or if you'd like to support this effort you can donate at: https://www.generosity.com/education-fundraising/bring-art-to-our-middle-school-campus or by mailing a check to: Friends of Roosevelt, P.O. Box 33192, 3911 Cleveland Ave., San Diego, California, 92103, with a note in the memo about the mosaic mural fundraiser.

— Laura Dadmun





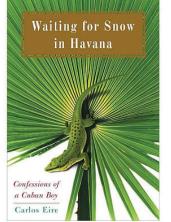
The University Heights Community Association's (UHCA) Beautification Team is excited to announce the annual Fall Neighborhood Cleanup Event on November 19th between 9 a.m. and 11 a.m.! Everyone who works and lives in University Heights can make a difference and improve the quality of life. The cleanup effort will focus on the medians on Washington Street and side streets. Please check in at the desk on the corner of Pascoe and Washington Streets by the bougainvillea. Volunteers will receive instructions and equipment necessary to accomplish the cleanup goals of targeted areas within walking distance of the check-in table. It's our community and it's our chance to make a difference! For further information on this and future cleanup events, or

if you have a suggestion for a future cleanup area, please contact the UHCA Beautification Team at uhcaostrich@ gmail.com.

The Beautification Team also wishes to welcome Kimmy Haines, artist and professional framer, as the head of our Utility Box Painting Program. Kimmy is currently working on establishing the program rules and budgets, in addition to formulating a list of all the utility boxes within University Heights. If you have a utility box on your street, please e-mail us at uhcaostrich@ gmail.com so we can be sure we do not miss it! Be sure to check the UHCA Newsletter monthly for future updates on this exciting new venture! — Cheryl Cooke



The November Book Club & Salon:



Waiting for Snow in Havana: Confessions of a Cuban Boy By Carlos M. N. Eire

This year's One Book, One San Diego is an opportune choice to familiarize ourselves with Cuba since President Obama of the United States and President Raul Castro of Cuba announced the normalization of diplomatic relations between our two countries in December 2014. Later, President Obama became the first sitting U.S. president to visit that country.

However, the author of this month's book provides a much earlier and different picture of Cuba. In 1962, when he was eleven years old, Carlos Eire was one of 14,000 children airlifted out of Cuba that year, exiled from his family, his country, and his own childhood by the Cuban Revolution. The memories of Carlos' life in Havana are at the center of this unforgettable memoir.

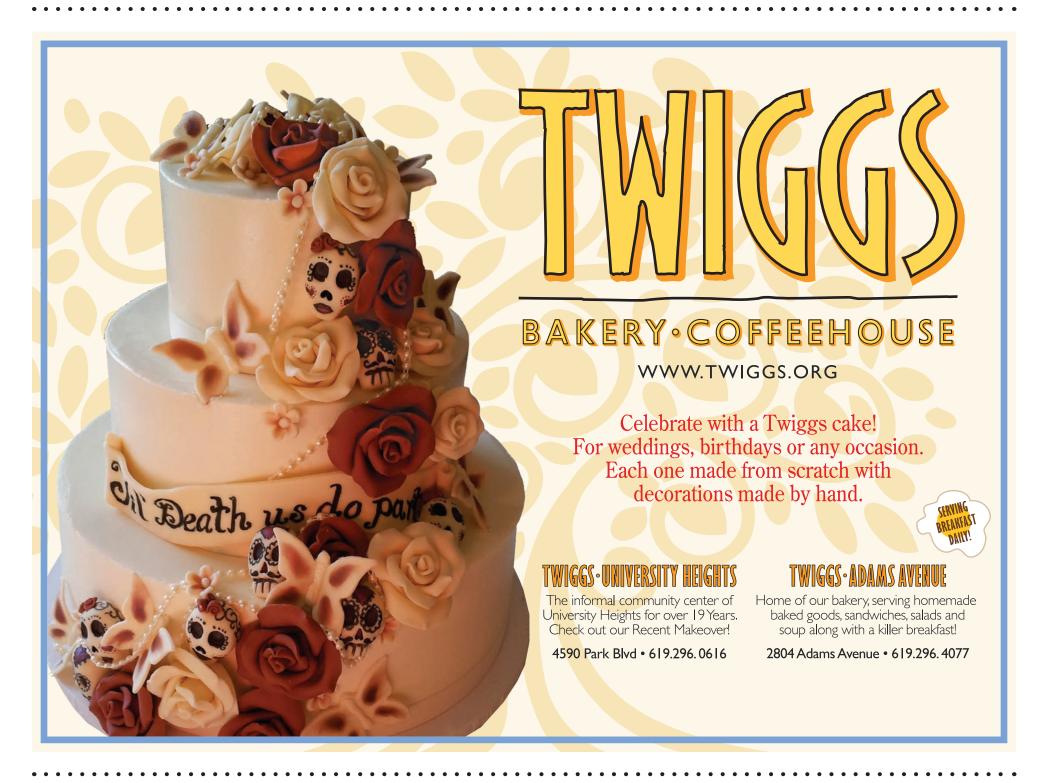
Published in 2004, Carlos' complex, introspective memoir begins the day his world changed, when Fidel Castro's troops sent Cuban President Fulgencio Batista into exile in 1959. Carlos was the son of a judge and had attended an elite school where Batista's children were his classmates. All this changed for him when Castro came into power. His family remained in Cuba even as many others left until finally Carlos and his older brother were sent away for their own safety where they were to experience a very different life. Years passed before their mother joined them.

Join the Book Club & Salon discussion on Wednesday, November 30, 2016, at 6:30 pm. The book will be available at the UH Library's front desk during October/ November. New members are always welcome!

UH Book Club & Salon Wednesday, November 30, 2016 at 6:30 p.m. **UH Branch Library** 4193 Park Boulevard (at Howard Avenue) 619-692-4912

LIBRARY HOURS

Monday 9:30 am-6 pm Tuesday 11:30 am-8 pm Wednesday 11:30 am-8 pm Thursday 9:30 am-6 pm Friday 9:30 am-6 pm Saturday 9:30 am-6 pm Sunday Closed



A SPECIAL

SAVING HATI: THE POWER OF COMMUNITY SPIRIT

UH Residents Work Together to Rescue a Stray Dog and Create Pre-Holiday Magic

Tovember marks the beginning of the holiday season, celebrated with food, song, and made-for-TV movies focused on newfound love, touching homecomings, and gentle reminders to appreciate what we have. Fortunately, these happy endings aren't relegated to the holiday season or the stories we watch onscreen. This past summer, the community of University Heights (UH) was inspired to join together to create a happy ending of its own, and that inspiration came in the form of a dog with many names.

The Trapping of Wilv

UH resident Shirley Pereira first saw the beautiful German Shepherd/Belgian Malinois mix on August 10th. It was a Wednesday morning, and Periera was out for her usual morning walk with her own Labrador Retrievers when she saw the dog running loose at The Point.

"I immediately brought my dogs home and went back out again, but I couldn't find her," explained Pereira. A few days later after returning from a brief trip out of town, Pereira saw the dog again, but was unable to get close to her.

"I was distraught," said Pereira. "She was so skinny."

Other neighbors in UH, both West and East, had also spotted the furry new resident, who could easily be mistaken for a coyote when viewed in the dim morning light. Posts began appearing on NextDoor, an online social network for neighbors and communities, reporting the dog's movements:

"Was spotted early this morning in The Point area around 7 am."

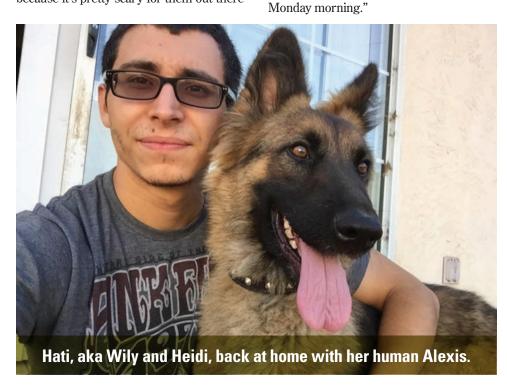
"Just seen running along and across Madison between about Rhode Island & Maryland."

"Saw him Friday am at 6 running on North toward Adams.'

San Diego County Dept. of Animal Services was notified and began patrolling the area, locating the dog on multiple occasions without being able to get close enough to secure her. Many concerned neighbors made their own attempts to corner and trap the visitor, who by now had established quite a following in the community and was nicknamed Wily for her initial (mistaken) identification as a coyote and her ability to evade capture.

Pereira continued to spread the news of the dog to those who would listen, which included neighbor Bridget MacConnel. MacConnel contacted Second Chance rescue, which in turn provided the name of volunteer independent trapper Laura Bidinger, who has been working with rescues across Southern California for more than 25 years.

"Even with your friendliest dog, their survival instinct kicks in once they are on the street," said Bidinger, explaining Wily's apprehension of well-meaning strangers. "Once the dog is caught, they release that instinct and know they are safe. Some (dogs) may need extra training or a little more help, because it's pretty scary for them out there



when they've previously experienced a safe home where they're loved."

Bidinger and fellow volunteer Jen Clark, who met Bidinger when reaching out for help in rescuing her own dog, began working with the UH community to provide guidance on safely trapping Wily. Bidinger's advice to Periera was to establish a feeding station in the area where Wily had been most frequently spotted. By providing a consistent source of food, an animal is more likely to continue its habitual visits to that location.

"When trying to secure an apprehensive animal, it's important that you don't try to approach it," explained Bidinger. "It can try to escape into traffic and get hit by a car, or change and expand its normal route, which makes it that much harder to track."

Periera began by trying to establish a food station near The Point, but noticed that sightings of Wily in that area were becoming less frequent. Neighbors throughout UH continued to post sightings of Wily on NextDoor, and some became more actively involved in the rescue attempt. Kristin Harms began facilitating a community-wide conversation on NextDoor about the rescue effort, and Marc Johnson created an online map of sightings of the dog. Still others continued to feed Wily or offered help in the rescue attempt, including Allen Clark, Jase Rickert, Rosemary Altinger, and many more concerned neighbors.

After spotting Wily and following the dog in her car, Periera was able to confirm from a fellow dog owner in the Trolley Barn Park area that Wily had been heading into the canyon via the park for successive evenings.

Wily was calmly sitting in the crate when Animal Services arrived to pick her up.

Pereira set up another feeding station in

Trolley Barn Park, and Johnson set up

a night vision camera near the feeding

station with the hope of capturing the dog's

movements on camera. The bad news: the

camera was gone the next morning. The

Based on this new evidence, Bidinger

worked with UH resident Jameson Merklow

to set up a trap in his yard on Carmelina

Street. However, the only animals secured in

the crate were feral cats, who were neutered

and released. When UH resident Thomas

Nelson was able to capture video outside of his Panorama Drive home of Wily visiting

his yard on consecutive nights, Bidinger

and Clark set up a larger crate on Nelson's

property, away from heavy foot traffic. They

then created a food trail from Trolley Barn

Park to the crate using strong smelling items such as cheeseburgers, burritos,

rotisserie chicken, and bacon. It was now

Sunday, August 28th, eighteen days from

"I waited in my truck until about midnight,"

said Bidinger. "I didn't see her come to

the yard, but she was there in the trap on

Periera's original Wily spotting.

good news: the food was gone as well.

The Homing of Heidi

Once at the local shelter, Dawn Danielson, a Registered Veterinary Technician and director of County of San Diego Dept. of Animal Services, provided regular reports of Wily's progress to the UH residents involved in the rescue, assuring the community that Wily's shyness was diminishing and she was reaching out for affection. The team at the county shelter suspected that she had previously been someone's pet, but that UH was not her home neighborhood.

"The best thing to do if you find a stray is to call us to have the dog come to our shelter," said Danielson. "If owners are looking for a dog, this is where they check."

With Wily safely off the streets, UH residents spread the word to find her previous owner or a new forever home. After being placed on a legal hold for three days to allow for an owner to be located, Wily was given a new name, Heidi, by the shelter volunteers and made available for adoption. Heidi had a handsome photo on the website and was making great progress with her human interactions at the shelter.

Within just a few days, Danielson delivered to the UH community the longed-for news of Heidi's pending adoption. But the initial excitement quickly waned when the adopters had to back out.

The Happy Ending of Hati

UH residents didn't have to wait long for another update from Danielson, with news that was almost unbelievable. Heidi's family had been found. They had been searching everywhere for her in Chula Vista, where they live, including checking the shelter there for the past month. The family didn't initially think to look outside of Chula Vista.

And that's when the UH community learned that they had rescued a wonderful soul named Hati.

"At first I was skeptical, but I was convinced very rapidly. They were so excited," said Danielson, of the reunion between Hati and her family. "She (Hati) knew Spanish cues! And she was so excited to see them."

Although there were many critical people involved in Hati's rescue, the true star was the UH community spirit.

"Communication is a key factor in getting a dog to a safe place," said Bidinger. "When everyone gets the word out and starts talking, that's what gets the job done. This community was great; people showed an amazing amount of concern and willingness to help out."

Concluded Periera, "It wasn't until we all started talking and emailing that I realized that there were so many things that people were doing independently. We couldn't make this rescue happen until we got together. The biggest lesson is not to give up; it's not someone else's problem."

Cue inspirational music and that magical feeling one experiences with a real-life happily ever after. — Monica Lanctot

Working with San Diego County Dept. of Animal Services

The County of San Diego runs three shelters, located in San Diego, Bonita, and Carlsbad. The Dept. of Animal Services provides animal control services to the cities of Carlsbad, Encinitas, Solana Beach, San Diego, Santee, Del Mar, unincorporated areas from Bonita to the Imperial County line, and from San Marcos area all the way east of Borrego Springs and north to Riverside County.

"Last fiscal year we took about 25,000 animals into our three shelters," explained Danielson. "We handle about 27,000 calls for service each year, with 32 animal control officers who respond 24/7 to high priority issues.

Types of calls received by Animal Services range from cruelty and neglect complaints to injured animals or illegal activity involving animals, making calls regarding stray dogs a lower priority.

"We want the animals off the streets, but we have to work with the resources we have available," said Danielson. "So we regularly work with independent trappers like Laura (Bidinger), who is fabulous. Once an animal arrives at one of our facilities, we try to identify the owner via a license tag or micro-chip and then notify them by phone and mail."

If an animal is not claimed within three working days (not counting the day the dog arrives at the shelter), the animal will be made available for adoption. The cost for adoption is just \$60 and includes vaccinations, spay/ neutering, micro-chipping, and licensing.

Of the 12,000 dogs taken into the shelter in the last fiscal year, 94 percent walked out, meaning they were claimed by the original owner, adopted into a new home, or went to one of the shelters' 250 rescue partners.

To contact Animal Services to report a stray animal, call (619) 767-2675.

For assistance in trapping a stray animal, email Laura Bidinger at trappergirl@cox.net.

To find your perfect pet and save a life, see available shelter animals online at://www.sddac.com/adoptions.asp

from your councilmember



HOUSING OUR HEROES

The month of November provides us all with the opportunity to honor our veterans and the incredible sacrifices they make to protect our freedom. As the City Councilmember for District Three over the past eight years, taking care of our veterans and ending veteran homelessness have been some of my top priorities. There are approximately 8,000 homeless individuals in San Diego County, and between 1,000 and 1,600 of them are veterans. We can, and we must, do better for these individuals who have given so much to serve our great nation.

This year, the City of San Diego and the San Diego Housing Commission (SDHC) began working diligently to implement the Housing Our Heroes initiative to house 1,000 homeless veterans in San Diego by March of 2017. The initiative invests nearly \$12.5 million over two years in federal, city, and SDHC funds and resources to provide housing and supportive services to veterans across the City who are homeless. The initiative assists homeless veterans with security deposits, utilities, credit

check and application fees, and placement that matches veteran participants with the best possible apartment for their needs. In addition to housing, all veteran participants in the program are referred to a SDHC partner agency that provides supportive services and a case manager who will conduct monthly check-ins. So far more than 300 local veterans have been assisted through this program.

The most recent development in the Housing Our Heroes initiative came in September, with the completion of the renovation of the historic 102-year-old Hotel Churchill in the East Village. Hotel Churchill provides 72 units for homeless individuals, including 56 studios reserved for homeless veterans. Additionally, for the first time in San Diego County, the Veterans Affairs San Diego Healthcare System is dedicating a full-time clinical social worker to provide supportive services exclusively to the veterans who will reside at Hotel Churchill. The project serves as an example of the Housing First model as a long-term strategy to address homelessness.

As I am leaving office, I am proud to share with you the progress we have made in addressing veteran homelessness. However, our job will not be done until we make sure that no person that serves our country in uniform is ever forced to live on the streets.

Councilmember Todd Gloria represents Third District on the City of San Diego City Council.

from your supervisor



IN SAN DIEGO, EVERY DAY IS VETERANS DAY

The County is proud to provide resources to our veterans

Of the 3.2 million people in San Diego County, more than a third are associated with our nation's military. I know, I am one of them. My father was a submariner in World War II and our family settled here a few years after the war ended.

My history with veterans organizations is long, and includes supporting Veterans Village of San Diego and the Veterans Museum and Memorial Center in Balboa Park. I am also working with Mayor Kevin Faulconer on his Housing Our Heroes campaign to find homes for 1,000 homeless veterans.

The number of San Diegans with a military connection continues to grow. Today, we are the No. 1 region in the United States where veterans of the wars in Iraq and Afghanistan are choosing to settle.

American Market

I am proud to report the County of San Diego, through our Office of Military & Veterans Affairs, recognizes the special responsibility that comes with this status as a veterans' hub.

The office's mission is to provide professional and advocacy services for veterans, their dependents and survivors who are entitled to benefits from the federal Department of Veterans Affairs, the state of California and other agencies. The services it helps out with include VA disability claims, college fee waivers, education, in-home supportive services, emergency needs (shelter), survivor's compensation claims, non-service connected pensions, death pensions and appeals for veterans benefits.

Anyone unsure of where to find help, in need of aid to get started, or just unsure of their entitled benefits, can get assistance by calling either the Office of Military & Veterans Affairs in Kearny Mesa — (858) 694-3222 — or the one in Escondido — (760) 740-5604.

More information about these services, including a downloadable 20-page guide and a list of libraries offering services for veterans, can be accessed online at sandiegocountyveterans.com.

Our veterans stood up for us, and it is up to us to stand for them.

County Supervisor Ron Roberts represents University Heights as part of his Fourth Supervisorial District. You can follow him on Facebook at Supervisor Ron Roberts, on Twitter at @RonRobertsSD and at www. RonRoberts.com.

from your speaker



We can never thank the hard-working members of our Navy, Army, Air Force, Marine Corps and Coast Guard enough for their service to our nation.

California is home to nearly 2 million veterans, and more than 10 percent of them live in San Diego County.

It's always a pleasure to honor them locally, as we will at 11 a.m. Nov. 11th at San Diego's Veterans Day Parade on the downtown bayfront, and as we did in Sacramento over the summer.

Each year, the State Assembly honors veterans from throughout California. These women and men put their lives on the line in defense of our values and ideals, and have shown impressive leadership upon their return home.

Darcy and Al Pavich served with distinction and have continued to be dedicated to the welfare of local veterans.

Darcy, a retired Navy chaplain, and Al, a retired Navy commander, have long been part of Veterans Village of San Diego (VVSD), which offers services for veterans who are facing challenges from homelessness and addiction.

Darcy served from 1983-1990, working as a pastoral counselor, suicide intervention trainer and specialist, and designing and leading workshops and retreats to help service members facing post-traumatic stress.

Now Darcy is VVSD's director of Stand Down, the annual weekend of support and counseling for homeless veterans. Our local Stand Down serves about 1,000 veterans and their families each year with the help of more than 4,000 volunteers.

Al joined the Navy as a seaman recruit in 1968 and retired as a commander in 1998.

While still on active duty, Al became involved with Vietnam Veterans of San Diego as a volunteer at Stand Down, and eventually joined their Board of Directors, became President and CEO, then led VVSD in developing and building the vision which became Veterans Village of San Diego.

now offers shelter and VVSD rehabilitation services to nearly 400 veterans daily. Al remained with VVSD until 2007, when he retired and accepted the title of CEO Emeritus.

I was pleased that Darcy and Al could join me in Sacramento for the Veterans Recognition Luncheon to share in the state's celebration of their fellow

I commend them for lending their talents and considerable experience to guiding veterans who are struggling after their return to civilian life, and I thank them for their continued devotion to the cause.

Speaker Emeritus Toni Atkins represents the 76th Assembly District, which includes University Heights.

EATING OUT IN UH

Adams Avenue Grill Bahia Mexican & Seafood Bahn Thai bfd (big front door) Circa **Cueva Bar** El Zarape Flavors of East Africa **Great Maple Hope at Lafayette** Lancer's Bar **Lestat's on Park** Loving Hut Madison Mama's Bakery & Lebanese Deli Meraki Café Muzita Abyssinian Bistro **Mystic Mocha** Park Boulevard Deli Park & Rec Park House Eatery Pizzeria Bruno Napoletano Pizzeria Luigi Plumeria Vegetarian Cuisine Pomegranate Restaurant Pop Pie Co. (NOW OPEN) Red Fox Steak House **Red House Pizza** Small Bar **Soltan Banoo Sprouts** Summer's Market **Twiggs** Twisted Taps (brews & chews) (NOW OPEN) Well Spring Tea Room

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*Bold denotes UHCA supporters

Wing Stop

Pop Pie's Much Anticipated Grand Opening October 8, 2016











Blockwalker Needed

- Louisiana from El Cajon Blvd. to Lincoln
- Texas from El Cajon to Lincoln

Contact Nan McGraw at nmcsan@aol.com

IN CASE YOU **MISSED IT** The October UHCA **General Meeting**

Mary Anne Stevens ran the meeting in Bernie Horan's absence. (We miss you, Bernie!) The meeting had five segments.

First, as is customary, the meeting opened with our San Diego Police report by our SDPD community relations officers. They assured attendees that they drive down Adams Avenue by Trolley Barn Park every morning, and that they drive by The Point. They also reminded attendees not to leave things in plain sight in parked cars because doing so creates crimes of opportunity.

Zambian. Second, Mark Veterans Representative Community Congresswoman Susan Davis, reported regarding two topics. First, Mark invited everyone to a Veterans Day Town Hall hosted by Congresswoman Susan Davis. The town hall meeting is a community forum between local veterans, friends, and the neighbors they fought for. The event will be held Thursday, November 10, 2016, 6:30-9:30 PM at the Balboa Park Club, 2144 Pan American Rd. W., San Diego, Calif. 92101. RSVP via email to susandavis. house.gov/veterans-day-town-hall or by phone at 619.280.5353. Light refreshments will be provided.

Mark also indicated that Susan Davis joined Feeding America San Diego in their

official launch of the Starbucks Foodshare Program. The program will take surplus food that would have previously been thrown away by Starbucks locations and put it in the hands of Feeding America to distribute throughout San Diego County. Hopefully, the partnership will mushroom and spread to other companies to both eliminate food waste and feed the hungry.

Third up at the meeting, Jill Briggs Campbell and Luke Logan reported that they and Friends of Trolley Barn Park are inspired to improve the park to make it an even more inviting, family-friendly environment for children, families, and all community members. They are looking for a landscape architect who would be willing to donate time to draw plans that could be used to beautify the park.

Fourth, candidates for open UHCA board officer positions introduced themselves and were voted into office without opposition. Our new UHCA officers are:

President Carol Neidenberg Vice President Maureen Markey Treasurer Peter Rose Secretary Kurt Hermansen

Honorable Mention as the glue that holds us all together: Nan McGraw (aka the heart of University Heights).

Fifth, Karen Boyle from the League of Women Voters helped guide attendees through the many propositions on the November ballot. It was exhausting work given the number of ballot initiatives and propositions. Thanks go out to Maureen Markey for arranging the speaker. — Kurt Hermansen









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\$374,800 **876 Square Feet**

Fabulous ground floor unit with a 28'x7' outdoor patio! Freshly painted interior and beautiful flooring throughout. Gorgeous kitchen with wood cabinets, garden window, recessed LED lighting, and all appliances convey plus stacked Washer and Dryer. Fireplace in the LR and adjacent cabinet with shelving. Central A/C. Spacious walk-in closet in the MBR plus access to the large outdoor patio. 2 car tandem parking spaces in the front on north end (large enough to hold 3 cars). Walk to Trolley Barn Park, shops & dining!

Call me for ALL your real estate needs! 619-871-0635

Mary Anne Stevens

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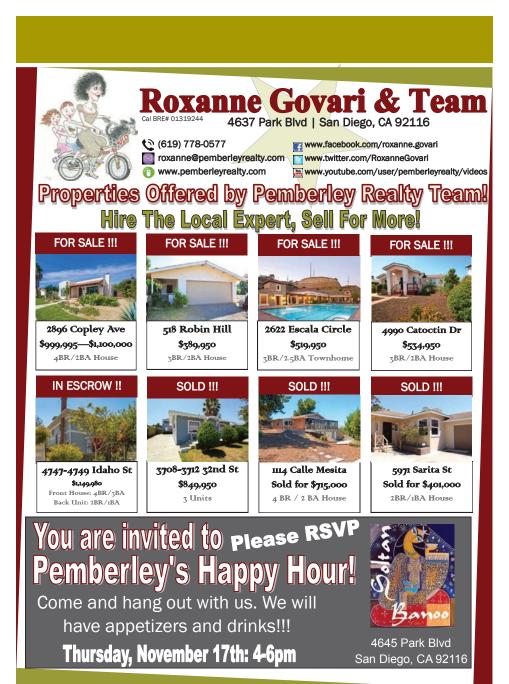


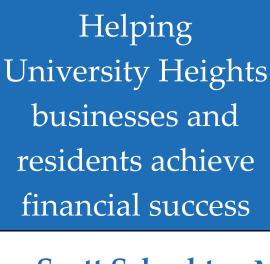
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RESIDENTIAL BROKERAGE







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