Thank you, Tyler Renner, from Council member Chris Ward’s office, for coordinating with Lennar to mitigate problems at this vacated property located on the east side of Park Blvd., from El Cajon Blvd. to Meade Ave. Lennar, the construction and real estate company who will be building on this property, was scheduled to demo the existing buildings but is being held up by SDG&E. Tyler is hoping to speed up this process but in the meantime, you may have noticed homelessness and graffiti. Tyler has secured the following from Lennar:

- **Graffiti mitigation:**
  Lennar is hiring a graffiti company and will maintain the graffiti removal on a weekly basis thereafter.
- **Securing the fences that have access points to the building:**
  Lennar is working with the fence company to repair and maintain the fences. Tyler has updated them on the recent fence issues as well.
- **Hazardous waste pick up:**
  Lennar is hiring a firm to complete the hazardous waste pickup on a weekly basis.
- **Security Schedule:**
  Lennar has hired a security company to work on the site during the day. Lennar is adding another shift for security to work on-site in the evening. On Saturday (8/24) they removed 10 people from the site and Sunday (8/25) they removed 6 other people.
- **Letter of Agency:**
  Lennar has filed the letter of agency with the SDPD. If you see a break-in, trespassing or other illegal activity — call the police.
- **Timeline:**
  Demolition is scheduled for the end of the calendar year. They are experiencing issues with SDG&E, which is holding the demo up. Tyler is working with his contact there to hopefully expedite the process. After demolition, it will be an active construction site for over a year.

Thanks to those of you who reported the issues. Please continue to report to SDPD (619-531-2000 or 911) and Tyler (619-236-6633 or TRenner@sandiego.gov). Thank you, Tyler, for supporting UH.

---

**LOOKING AHEAD**

**THE UPCOMING UHCA MEETING WILL BE THURSDAY, NOVEMBER 7, 2019**

**ALICE BIRNEY ELEMENTARY AUDITORIUM / 4345 CAMPUS AVENUE**

**6:45 pm CRIME WATCH, 7:00 pm MEETING**

**GUEST SPEAKER:** SAN DIEGO CITY ATTORNEY, MARA W. ELLIOTT

**TOPIC:** WHAT IS THE FUNCTION OF THE CITY ATTORNEY

---

**WHERE IS THE PASSION?**

Thirty-six years ago we had passion. Passion to start University Heights Community Association (UHCA) and create a park. If not for UHCA, you’d be looking at 150 units on that canyon rim at Adams Avenue instead of the Trolley Barn Park. Now, where is the passion to create something wonderful on the site of the Department of Education? Come on! This is our front door. This incredible, historic, beautiful piece of property deserves your passion. Please join us at our October meeting to hear the results of the visioning meeting which occurred September 25. Richard Barrera, our Board of Education representative, will be the speaker. Be there: October 3, 2019 in the auditorium at Birney Elementary School, 7 pm.

---

**HALLOWEEN ON MARYLAND STREET**

Halloween is on Thursday, October 31. As usual, nearly all the neighbors on Maryland Street between Madison and Lincoln will go all out with festive decorations and great treats, which attract Trick-or-Treaters as well as lots of onlookers from all over San Diego. Lots of fun and lots to see.

It’s best to avoid driving down Maryland Street that evening. We suggest parking near the Education Center and walking to Maryland Street if you don’t live nearby.

See you on Maryland Street.

Happy Halloween!

---

**STORAGE SPACE NEEDED BY DEC 31**

Our 8’X6’ storage shed needs a new home! Can you help? Back-up plan is a smaller shed or garage space. It’s for gardening tools, event materials, holiday decorations & more. Most important is our power washer and hoses need a home near the Vermont Street Bridge. Contact us at beautification@uhsd.org.
MEMBERSHIP

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

NEW / RENEWING MEMBERS

GOLDEN OSTRICH
Louisa Campagna
California Coast Credit Union

BUSINESS

Levine Davis, Jeann Rannels, Priscilla & Paul Heisel, Margaret & Kathleen Ohl, Ron Oliver & Brent Orlesky, Susanne Friedrich, Greg Clark, Chris Olsen, Tamara Zbyhlí, Walter Rossell, Naida Hindert, Terry Hayes

PHONE BOOK

JOIN, RENEW OR DONATE ONLINE AT UHSD.ORG.

ONLINE AT UHSD.ORG.

Referred by

UNIVERSITY HEIGHTS BOUNDARIES AND ZONE WATCH

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

Susan Holts  Susan@Susanholts.com

Carol Neidenberg, Maureen Markey, Nan McGraw, Jennifer Ayala, Scott Schechter, MaryBeth Chruden, William Smith, Erin MacKinnon, Laura Gonzales, Shirley Perreira, Jennifer Ayala, David Harrison

CONTRIBUTING WRITERS

Maureen Markey, Phyllis Kessel, Nan McGraw

UHCA NEWS

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

City/State     Zip

Address



MAKE A DIFFERENCE!
JOIN TODAY AND HELP
RESIDENTS LIKE YOU.

EFFORTS FROM AREA

SUCCESS IS LARGELY

WEBSITE

facebook.com/universityheightscommunityassociation

INSTAGRAM

University Heights Community Association | 2 News

Yearly Membership

Donor

$100 Donation for Keeping up the Good Work
(Donate as a member or non-member)

Volunteer Your Time on a UHCA Committee!

RENEWAL

Clip & Return to: UHCA PO BOX 33032 San Diego, CA 92163

2019

10.2019  www.uhsd.org

New / Renewing Members

California Coast Credit Union

Asst. Branch Mgr., Kim Swearingen, BUSINESS

Karin Sanders

Louisa Campagna


San Diego, CA 92163

800-411-7343

Crime Stoppers Tip Line

619-236-5500

Code Violations

800-656-2888

Downed Power Lines / SDG&E

800-411-7343

Emergencies / Fire / Medical

911

Non-Emergency / Suspicious Activity, Homeless Outreach Team, etc.

Online: www.sandiego.gov/safety/Sections

911

Emergency Water / Sewer Repair / Sink Holes

819-297-3166

University Heights Public Library

4193 Park Blvd 619-692-4912

In Progress Emergency: 911

For immediate confidential, suicide crisis counseling 24 hours a day, seven days a week, call toll-free, San Diego County Access & Crisis Line, 1-888-724-7240. Other resources: Lifeline Chat at suicidepreventionlifeline.org/chat, 1-800-737-ACADE (2523), #BeThe1To at www.bethe1to.com; Website: up2sd.org; call local hotline at 888-724-7240 for live chat, 4-10 pm weekdays.

University Heights Community Development Corp 619-297-3166

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.
As I walk to Trolley Barn Park with my dogs, it sometimes takes me a minute to figure out why a certain corner or apartment building looks unfamiliar. I eventually realize that a seemingly new wall or building has appeared, starkly naked in the sun’s glare—no more leafy cover or dappled shade along the sidewalk, no haven for the sweetly singing and raucous local birds.

We’ve definitely lost a few great neighbor-hood trees this year, a fact that be comes all too apparent when the blazing heat of late summer and early fall.

Clearly some tree roots wreak havoc on water lines and can render slabs of concrete sidewalk an eyesore and nuis- ance, if not an outright trip-and-fall hazard. And some tree species can be quite messy, spewing seed pods, fruit, leaves, and twigs on sidewalks, streets, and parked cars.

And yet we lose a great deal when our neighborhood loses a tree, beyond just a moment’s respite on a walk to the park.

San Diego’s 2015 Climate Action Plan includes an approximately 44,000 metric ton reduction of CO2 to be captured by newly planted trees by the end of 2020, and an eventual 110,000 metric ton CO2 reduction by 2035, if we can achieve 35% urban tree coverage by then. Unfortunately, as reported by the Union Tribune’s Joshua Emerson Smith in January, the city is nowhere near its goal of planting over 500,000 large trees to increase the “urban tree canopy cover” to 15% by the end of 2020.

Most opportunities for developing our tree canopy lie in recreational and open space, according to San Diego’s Community Forest Advisory Board, but residential planting has a huge role to play as well, and the city encourages resi-dents to plant trees on their properties and along the street.

Our UH Beautification Team has worked with the city to have street trees planted and cared for in our neigh-borhood. Many residents have also taken advantage of various programs for ob-taining free trees, selecting drought-re-sistance trees, and employing planting and pruning strategies to avoid disrupt-ing sidewalks and water lines.

“Trees help reduce our carbon footprint and create beautiful, walkable neighbor-hoods,” Mayor Faulkoner told the UT’s Smith in an email touting the city’s Urban Forest efforts, and he’s right.

And what’s good for our neighborhood, in this case, is also good for the planet. Losing huge swaths of Amazon rain-forest, often referred to as the “earth’s lungs,” to fires that seem to be burning away our chances for stemming man-caused climate change is beyond disheartening.

But the Swiss “trillion trees” study published in the journal Science this past July holds out hope for the least expensive and most effective potential climate change solution on the horizon. The study urged immediate action to capture 3.5 million square miles of canopy cover in areas that would naturally support woodlands and forests. This glob-al tree-planting action could sequester 830 billion tons of carbon dioxide from the atmosphere, roughly equivalent to the amount of carbon pollution humans have generated over the past 25 years, according to Phys.org.

We can’t plant a trillion trees, obviously. But we could certainly plant 100 trees in UH over the next year, between new street trees and trees on private prop-erty. Cleaner air, more shade, plus a contribution to our city’s Climate Action Plan goals would be a great investment in our community and in hope for a sus-tainable future. —Judith Annicchiarico

IN CASE YOU MISSED IT

**REFORESTING UNIVERSITY HEIGHTS**

As a life-long health care professional, I’m concerned about the general health and well-being of my neighbors and friends. It concerns me that our health care system—far from being perfect—is described politely as “interesting times.”

We have witnessed unprecedented set-backs to the Affordable Care Act (ACA) at the federal level that seem to be fo-cused on dismantling every success at-tained since its implementation. These efforts have resulted in seven million fewer Americans being covered since 2013. Despite these attacks, I’m proud to live in a state where elected officials on all levels fight to defend Californians to live in a state where elected officials have passed legislation to implement California’s own individual mandate to ensure market stability.

As a result, premium costs have risen by the smallest rate since ACA implementa-tion, and in some areas they have de-creased. Medi-Cal will now be expanded to children and young adult immigrants. These efforts have more than stabilized our marketplace; they have reaffirmed our values as Americans and steadied us for the fight ahead.

University Heights is a model commu-nity with volunteers working to keep the medians and bridge clean, make the Trolley Barn Park even better, provide fun activities for residents and visitors, advocate for affordable housing, and ex-pand our green spaces. We’re a neigh-borhood that welcomes new residents – owners and renters alike – no matter what their ethnicity, country of origin, or sexual orientation. Let us do what we can to remain a neighborhood of toler-ance and respect.

University Heights Community Association | March 2019
LIVING OUT LOUD GOES PINK!

I want you to know about a very special place, dear to my heart, because this place and its staff saved the life of someone in my family. This special place, Stepping Stone of San Diego, is having a fundraising Gala called Living Out Loud – the theme is PINK – on October 25th at the Natural History Museum in Balboa Park. Wear Pink if you want to. I am!

Stepping Stone provides a long term residential recovery program, outpatient treatment services and sober living homes with life-saving programs and support services and aftercare support for those affected by addiction and/or HIV. It is targeted toward the LGBT community but is open to all in need. Stepping Stone of San Diego, is having a fundraising Gala called Living Out Loud – the theme is PINK – on October 25th at the Natural History Museum in Balboa Park. Wear Pink if you want to. I am!

Stepping Stone is right in our community, North Park and University Heights, and we should all be very proud of that. Addiction can and does touch almost everyone in some way, and we are locally registered 501 (c) (3) non-profit organization, and its staff saved the life of someone in my family. This special place, Stepping Stone of San Diego, is having a fundraising Gala called Living Out Loud – the theme is PINK – on October 25th at the Natural History Museum in Balboa Park. Wear Pink if you want to. I am!

Told for 130 years, this tale never grows old.

University Heights is one of San Diego’s oldest communities, one with a colorful and exciting history. Our story began in 1888 when the College Hill Land Association subdivided the land that bordered the City Park for the purpose of developing the University of Southern California College of Fine Arts. The lots were sold at “reasonable prices” and part of the cost was to go into a college building fund. However, a national recession halted the construction. In 1888, the land was donated to build a Normal School, a teacher training college.

At the end of North and Adams, the San Diego Cable Railway Company developed The Bluffs, a park that eventually was purchased by John D. Spreckels just before the turn of the 20th century. This 20-acre botanical garden, Mission Cliff, was the end of the line for the streetcars Spreckels owned and was considered the city’s premier public park. In 1904, the Harvey Bentley Ostrich Farm moved to UH and enjoyed great success because of the popularity of ostrich feathers in women’s fashions. The farm also was open to the public and visitors could ride the birds for a fee. In 1913, a trolley car barn was built next to the farm. The barn was used for repairs and downtime storage of the trolley cars until the 1940s, when buses replaced the street cars. From 1949 until 1986, the property was the home of the San Diego Paper Box Company. In 1979, the property was sold and the building was demolished.

Today this historical site is the Trolley Barn Park, a crowning achievement of UIKCA. The Park, inspired by the original Mission Clift Gardens, won a prestigious ALA Award in 1992. One hundred and thirty years after its beginnings, UH remains a vibrant neighborhood and the ostrich graces our pages as a reminder of our community’s proud heritage.

OCTOBER 2019

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<td>The Point Clean Up Golden Gate bln W &amp; Del 7:30 - 9:30 pm</td>
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<td>Hillcrest Farmers Market</td>
<td>Uptown Planners Complex, 6 pm</td>
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<td>Hillcrest Farmers Market</td>
<td>Hillcrest Town Council Uptown Complex, 6 pm</td>
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<td>Hillcrest Farmers Market</td>
<td>Columbus Day</td>
<td>Board of Ed Meeting Eugene Bricker Auditorium 4300 Normal St., 5 pm</td>
<td>North Park Planning Committee North Park Christian Fellowship, 2901 North Park Way, 6:30 pm</td>
<td>UH Library Task Force Meeting UH Branch Library, 6:30 pm</td>
<td>Beautification Team Meeting Hope Lounge at the Lafayette Hotel, 6:00 pm</td>
<td>Book Sale (open to the public) UH Library, 6-1 pm</td>
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<td>Hillcrest Farmers Market</td>
<td>Bag O’ Books sale (open to the public) UH Library, 12 noon-4 pm</td>
<td>UHCA News Out</td>
<td>Board of Ed Meeting Eugene Bricker Auditorium 4300 Normal St., 5 pm</td>
<td>UH Library, 6:30 pm</td>
<td>UH Book Club &amp; Salon UH Library, 6:30 pm</td>
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BY SCOTT HADDOX

In the large development of University Heights, which was mapped in 1888, the original street naming pattern consisted of states in the U.S. for streets oriented north-south, and presidents of the U.S. for streets oriented east-west. We have heard lots of different theories about the basis of the state naming pattern (geography? year of statehood?). This is my theory: The state streets roughly follow a geographic pattern, but you have to compare the 1888 University Heights map to the U.S. map by imagining you are holding the U.S. map standing on Adams Avenue at the north edge of the tract and looking southward toward Balboa Park.

Beginning on the upper left (northwest) side of the University Heights map and the upper right (northeast) side of the U.S. map, the street names are Maine, New Hampshire, Massachusetts, Rhode Island, Vermont, New York, Delaware, and Maryland (skipping Cleveland and Campus avenues which also run north-south). North, Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Texas, Arizona (missing New Mexico), and California, then circling around to Oregon, Idaho, Utah (missing Colorado), Kansas, Nebraska, skimming over to Ohio, then missing Indiana and circling back to Illinois, Iowa, and Missouri. Changes since the original naming are that Maine is now Caminito Fuente, Carolina is a continuation of Park, California was changed to Hamilton in 1889, Nebraska is now 30th, and Missouri is now 32nd. The name change of California Street was likely to match with Hamilton Street (now Villa Terrace) in the Park Villas tract to the south.

In University Heights, the presidential street naming pattern began with John Adams, president from 1797–1801, in the north. Names of the streets that are east of Park Boulevard and the site of the campus follow the presidents southward in chronological order of their terms in office with James Madison (1809–1817), James Monroe (1817–1825), Andrew Jackson (1829–1837), Martin Van Buren (1837–1841), William Henry Harrison (1841, died in office), John Tyler (1841–1845), James Polk (1845–1849), Zachary Taylor (1849–1850, died in office), Millard Fillmore (1850–1853), Van Buren Avenue is only on the west side of the campus site; University Boulevard was the name for the wide street leading to the campus from the east. This street name was changed to El Cajon Avenue in 1889. Other changes to names in this part of University Heights are that Jackson is now Meade (renamed in 1905 for George Meade, a Civil War Union general); Harrison is Howard (renamed in 1899, possibly for Oliver Otis Howard, another Civil War Union general and founder of Howard University); Taylor is now Lincoln (renamed in 1899 for Abraham Lincoln); and Fillmore is now University Avenue (renamed from Fillmore to Garfield in 1869 and changed in 1900 to University).

An inconsistency in the pattern is that John Quincy Adams, president from 1825–1829, is skipped because the name had already been used. Also, on the map pictured there is no Jefferson Avenue for Thomas Jefferson, president from 1801–1809. But north of Adams Avenue, Collier Avenue was once Jefferson. On the west side of University Heights, the street names continue with the presidents, but not in any discernable chronological order. Names start in the northwest corner with James Buchanan (1857–1861), Franklin Pierce (1853–1857), Andrew Johnson (1865–1869), Rutherford Hayes (1877–1881), Abraham Lincoln (1861–1865, assassinated), Ulysses S. Grant (1869–1877), Thomas Hendricks (Grover Cleveland’s Vice-President in 1885, who died in his sleep on November 25, 1885, leaving the country without a vice-president for three years), Grover Cleveland (1885–1889 and 1893–1897), and James Blaine (a U.S. Senator who ran for president in 1884).

There is no street for Chester Arthur, president from 1881–1885. Perhaps the developers considered him a poor substitute for James Garfield, whose assassination would have been recent at the time of the subdivision mapping, and who was honored with a long street in the northwest corner of the subdivision facing a park. Abraham Lincoln was also honored with a long street, as was Grover Cleveland, who was president at the time of mapping. In the street naming, Cleveland is flanked by Hendricks, his Vice-President, recently deceased at the time of mapping, and Blaine, his opponent in the most recent election. The developers may also have liked the pattern of having Grant, chief of the Union army in the Civil War, followed by Lincoln, the President through that difficult time in our nation’s history. With Buchanan and Johnson in the correct places chronologically, Pierce and Hayes fill in the missing positions.

Changes to street names in this part of University Heights are: Grant Avenue is now Pascoe Street, and Hendricks Avenue is now part of Washington and the 163 highway interchange. The northeast trending portion of University Boulevard is now Normal Street, named for the campus that became a teacher’s college (a “normal school”), although it was originally proposed as an extension of the University of Southern California. Garfield Avenue is now part of Golden Gate Drive, which had been mapped in 1888 as Golden Gate Avenue from Maryland to Campus. By 1906, Arch Street, Proctor Place, and New Jersey Street replaced the area originally planned to be Mystic Lake.

Although the original mapping pattern in University Heights has been interrupted by subsequent name changes and a variety of inconsistencies, the overall geographic pattern for state streets and chronological pattern for president streets created a meaningful theme for this large development. The state name pattern carried into various subdivisions south of University Avenue in 1899, when the names of eleven north-south streets were changed from names of people known in the 1870s (when the Pauly’s Addition, Park Villas, and West End tracts were mapped) to the closest matching street in University Heights. But that’s another story! – Katherine Hon, Secretary, North Park Historical Society
Dear UH Ostrich Striders,

On Behalf of the American Cancer Society, I extend my sincerest gratitude to University Heights Ostrich Striders and their dedicated community for uniting with us last year at the 2nd annual University Heights Ostrich Striders Society, I extend my sincerest gratitude for your ongoing support and continued commitment to our mission.

I extend my sincerest gratitude for your continued partnership and hope you will join us again for next year’s event.

Sincerely,
Laura Gonzales
Senior Community Development Manager, Making Strides
BIG CHANGES
PARK BOULEVARD SAYS GOODBYE TO HUNDRED PROOF AND HELLO TO RARE SOCIETY

We wrote about neighborhood cocktail bar and brunch spot Hundred Proof in our September issue, only to find out Trust Restaurant Group had something else in mind for the Park Blvd location. The team announced Hundred Proof would be closing for good on August 30 and that the space is to be re-imagined into a mid-century steakhouse called Rare Society (originally dubbed 4130 West) with plans for a November 2019 opening.

Brad Wise and Steve Schwob, the names behind Trust Restaurant Group, said their new concept with an old-school menu and retro design, will fill a niche for a neighborhood steakhouse in a mid-range price point. You can expect wood-fired steaks, seafood, salads and classic steakhouse fare: like oysters Rockefeller, linguini and clams, filet carpaccio, roasted bone marrow and East Coast style crab cakes.

While Rare Society won’t be laser-focused on craft cocktails like its predecessor, Hundred Proof, you’ll still be able to enjoy a good drink. They’ll have classic martinis, cocktails designed to balance out some of the heartier dishes and an ample wine list featuring boutique producers and “culti-like red wines” of California.

While Hundred Proof’s dedication to craft-cocktails will certainly be missed in the University Heights community, come November we’ll see what Trust Restaurant Group has dreamed up for its latest project.

Rare Society
Open November, 2019
4130 Park Blvd

—Justine Hall

DINING IN UH

American Market 4395 Cleveland Ave. 296-8333
Bahia Mexican & Seafood 1985 El Cajon Blvd. 542-0540
Bahn Thai 4646 Park Blvd. 299-6303
bld (big front door) 4075 Park Blvd. 255-4100
Cuesta Bar 2123 Adams Ave. 269-6612
El Zarape 4642 Park Blvd. 692-1652
Flavors of East Africa 2322 El Cajon Blvd. 955-8778
Gratis 2401 Adams Ave. 289-5989
Grape Maple 1450 Washington St. 296-8288
Hope at Lafayette 2223 El Cajon Blvd. 780-0598
Hundred Proof 4130 Park Blvd. 501-6404
Karma Brewing Company 4601 Park Blvd. 296-1355
Lestari’s on Park 4496 Park Blvd. 501-6638
Loving Hut 1985 El Cajon Blvd. 689-9490
Madsen 4622 Park Blvd. 286-6566
Mama’s Bakery & Lebanese Deli 4237 Alabama St. 688-0377
Mesali Café 1736 Adams Ave. 269-9618
Muntia Abysinnian Bistro 4651 Park Blvd. 546-7960
Mythic Mecha 2105 Mission Ave. 688-0868
The Original Pickle Store 4075 Park Blvd. # 101-B 841-1108
Park Boulevard Deli 4094 Park Blvd. 295-1382
Park House Eatery 4074 Park Blvd. 296-7725
Pizzeria Bruno Napoletano 4220 Park Blvd. 260-1311
Pizzeria Luigi 2121 El Cajon Blvd. 294-9417
Plumenia 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 2225 El Cajon Blvd. 297-1313
Red House Pizza 4615 Park Blvd. 546-7430
Small Bar 4628 Park Blvd. 795-7998
Soschi 2121 Adams Ave. 677-2220
Sprintz Market & Deli 4175 Park Blvd. 291-8287
Stella Jean’s Ice Cream 4404 Park Blvd. 501-8520
Summer’s Market 4602 Park Blvd. 296-0504
Twigg’s 4586 Park Blvd. 296-0616
Twisted Taps (brews & chews) 2302 El Cajon Blvd. 542-9927
Wing Stop 1501 El Cajon Blvd. 297-9464
Yipao Colombian Coffee 1728 Madison Ave.
ROO NEWS

NOTHING SCARY ABOUT TRICK OR TROT ON OCTOBER 27

Come join Roosevelt International Middle School and RooFriends for the annual Trick or Trot 5k/1 mile fun run, at scenic Morley Field in beautiful Balboa Park on October 27, 2019 at 9AM. Halloween costumes are encouraged (but not required). Prizes will be awarded for individual best costumes, small and large group best costumes, as well as fastest runners. Individuals and families alike are encouraged to participate.

This fun fundraiser brings together students, families, alumni, neighbors, and local businesses to support the International Baccalaureate program (IB) at RMS. If you’re not a runner, bring the family for fun with pumpkin decorating, face painting, a pumpkin race, and entertainment with a DJ, local businesses, and Spanish, Arts, and Gardening classes, planning fun and educational events, engaging parents and the community, and advocating for the school and its 500+ students.

Birney staff and families have spoken out on numerous topics related to the school property and student safety in recent months. Parents and staff raised concerns for student safety because the vacant property across the street from the school has become a magnet for illegal activity. Birney families have also advocated for a clean, poop-free joint-use field.

Dozens of parents attended a meeting in June regarding the Board of Education Property next to Birney. Families were shocked to learn that all four proposals presented at the meeting included a major underground parking structure under the Birney campus, which would be disruptive and potentially dangerous. Several proposals also included a high-rise building immediately adjacent to the school while green space was situated next to Washington Street. Needless to say, Birney families will continue monitoring these proposals and advocating for a student and family-friendly development next door.

We’d love your support as we continue advocating for the students at Birney! Join us in speaking out on these issues and supporting FOA/B and PTA work! The University Heights Community Association is sponsoring a back to school book drive for the Birney Elementary School Library (link to the wish list can be found on the UHCA or FOABE websites) and the Birney Fall Fundraiser is going on now: www.boonsupply.com/355050. Thank you! —Erin MacKinnon

SCHOOL NEWS

BIRNEY BUZZ

ALICE BIRNEY - A LEGACY OF ADVOCACY

At a time when women couldn’t even vote, two women spoke out for children and made a substantial and lasting impact on public education. Over 120 years ago, Alice Birney and Phoebe Hearst created the National Congress of Mothers, which later became the National Parent Teachers Association (PTA). Our local elementary school proudly bears the name Alice Birney and her legacy of advocacy is very much alive in the students, staff and parents of Birney Elementary.

The two parent organizations at Birney, Friends of Alice Birney Elementary (FOA/B) and the PTA, play different, but equally important roles: raising funds to support the International Baccalaureate (IB) Program and local businesses to support the International Baccalaureate program at RMS. On August 29th, more than 300 6th graders came together for the first time at RMS from eight different elementary schools: Birney, Florence, Garfield, Golden Hill, Grant, Jefferson, Logan, McKinley, Sherman, and Washington Elementary Schools. RMS is an International Baccalaureate (IB) public magnet school for grades 6-8 located next to the world-famous San Diego Zoo.

At Roosevelt, students engage in a rigorous, world-class IB learning experience that emphasizes both strong academics and strong character. It’s a special place where students from diverse backgrounds innovatively solve problems and take responsibility for their own learning. Roosevelt’s IB program helps students develop the knowledge, skills, and positive attitudes needed to be successful in the fast-changing global society of tomorrow. Students experience project-based learning and inquiry alongside traditional instruction in both single-subject and interdisciplinary units. Roosevelt offers a well-rounded education that includes year-long classes in foreign languages (Spanish or French), visual and performing arts, band and orchestra, Gateway to Technology, and daily physical education. The IB program is made possible by dedicated teachers and staff and funded by the non-profit Friends of Roosevelt Foundation, where parents, guardians, and community volunteers raise funds to fill the gaps left by inadequate public funding and provide the resources needed for our students to receive the best possible educational experience.

To learn more about Roosevelt International Middle School, please visit www.friendsofroosevelt.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
The Great Believers by Rebecca Makkai

The author spans thirty years and two continents in her novel about a group of friends and their tragic journey through the 1980s AIDS epidemic and its effects on those who survived. Makkai explains that Fitzgerald, “My Generation” is referring to the lost generation, and she points to the similarities between that jaded generation and misfit artists who sought out Paris as a refuge in the 1920s and the generation that was lost to the AIDS crisis in Chicago in the 1980s. The arts scene in Paris was decimated. Yet there were those who recreated some of what had been lost.

New members are always welcome!

Attend the Book Club & Salon discussion on Wednesday, October 30, 2019 at 6:30 pm. The book will be available at the UH Library’s front desk during September and October. New members are always welcome!

Hello autumn! As we head into fall and the weather is hopefully cooling down, the University Heights Library invites you to join in on this season’s recommended reads. The One Book, One San Diego program is a community read in collaboration with KPBS and over 80 libraries throughout San Diego, with titles for all ages. The featured title is The Great Believers by Rebecca Makkai, a historical novel about the terrors and tragedies of the AIDS epidemic. Other titles include The Crossover by Kwame Alexander, which is the selection for young adults. Dreamers by Yuyi Morales is the selected picture book title for children, and Éramos esos niños” by Patti Smith is the selection for Spanish-language readers. In addition, there are themed programs throughout the libraries. Place a hold on one or some of the titles and keep us informed of your reading experiences. Visit www.kpbs.org/one-book/ for more information. Check out some of our other upcoming community events and programs listed below.

FEATURED PROGRAMS:
• CalFresh Workshop. Oct. 16, 9:30am-12pm. Apply for nutrition benefits (CalFresh) with Feeding San Diego.
• Sugar Skulls Workshop. Oct. 23, 4:30pm Celebrate Día de los Muertos with us. Learn about and decorate your own sugar skull in this fun workshop. Space is limited! Please register: https://sandiego.librarymarket.com/events/sugar-skulls-workshop-1.

REGULARLY SCHEDULED PROGRAMS:
• Homeless & Mental Health Outreach: Mondays from 10 am - 12 pm. NAMI’s Connection 2 Community will be on site to provide resources and information.
• Morning Story Time: Thursdays at 11 am.
• Arts & Crafts: Saturdays all day.

As a reminder, the library will be closed on Friday, October 11 for Staff Training Day.

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

—Elaine Sinsuan, Branch Manager,

University Heights Branch 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
**COUNTY’S FIRST RESPONDERS**

**PROTECTING SAN DIEGO**

FROM YOUR COUNCILMEMBER

**FROM YOUR COUNTY SUPERVISOR**

On a daily basis, San Diego County first responders encounter a variety of traumatic situations. They are exposed to an array of violence, injuries and chaos that is inherent to their line of work, but it is compounded by immediate and delayed distress that can cause social and emotional impairments on behavioral health. If untreated, these traumas can cause profound psychological stress to their department. Having this will provide a trusted resource for clinical intervention without the stigmas of being passed over for promotion, breach confidentiality by sharing intimate information with a person associated with their department or being viewed as unfit to perform their duties.

On September 10th, the San Diego County Board of Supervisors approved a policy I brought forward for the Fire Captain Ryan J. Mitchell’s First Responder Behavioral Health Support Program. It will be unique due to its offering that any first responder in the midst of a mental health crisis - no matter their municipality or branch of public safety - will be able to access - world class, cost free, stigma free mental health care services. These services will be confidential and distinct from their own department.—Nathan Fletcher, Fourth District, San Diego County Supervisor

San Diego County first responders in the midst of a mental health crisis need quick access to a confidential and stigma-free support not directly connected to their department. Having this will provide a trusted resource for clinical intervention without the stigmas of being passed over for promotion, breach confidentiality by sharing intimate information with a person associated with their department or being viewed as unfit to perform their duties.

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HOW TO HANDLE YOUR FINANCES IF YOU GET SICK

Have you ever come down with a case of shingles, needed a knee replacement, or undergone emergency surgery? Let’s hope not—for the sake of your finances. Many people don’t realize just how much an illness can impact their financial lives.

Independent contractors, business owners, and even employees who need to miss work due to a non-job-related illness or injury may have to shoulder a serious financial burden. In today’s increasingly gig economy, you are not guaranteed paid sick leave even if you are a salaried worker, according to the United States Department of Labor.

What’s more, having paid sick leave doesn’t always protect you. A serious illness requiring significant time off can negatively affect your finances, forcing you to take out loans or use your credit cards to keep afloat.

The 2016 Federal Reserve Board survey found that 44 percent of adults say they either could not cover an emergency living expense costing $400 or could cover it only by selling something or borrowing money.

Here are four tips for handling your finances before—and after—getting sick:

• **Build an emergency fund:** Create a separate account from your retirement and other savings for emergency living expenses. Set up regular automated withdrawals from your checking account and aim for a minimum of three to six months of living expenses.

  **Look into disability insurance:** While most people with dependents understand the need for life insurance, they may overlook disability coverage. The latter can protect those in the gig economy, as well as stay-at-home spouses/partners, by replacing a portion of income that is lost when someone gets sick.

• **Negotiate medical bills:** Did you know that medical bills are negotiable? Just because the pay line says $5,000 doesn’t mean there isn’t some wiggle room. Research what is a fair and reasonable rate for a procedure by checking websites such as Healthcare Bluebook® or the Medicare/Medicaid provider database, which tracks procedure prices across the country. Then call both your health insurance provider and the hospital and try to negotiate a lower bill.

  A little planning now can save you from the big financial headache that frequently comes with a medical emergency.

This educational, third-party article is provided as a courtesy by Scott Schechter, Agent, (CA Ins. Lic. #0E52859) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Scott Schechter at 619-360-3600, sschechter@eaglestrategies.com.

Sources:
Pemberley Realty Group

Why we're different
- We're not just agents, we're a team.
- Specialists for each aspect of the transaction
- Our team leader, Roxanne Govari, has been a top agent in San Diego for 2 decades
- We have a love affair with older homes, know them inside and out and have the resources to serve the special needs of these homes.
- Call Today! to see why we are the best Real Estate team in town!

Compass

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(619) 598-1424

Helping University Heights businesses and residents achieve financial success

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