



UHCA MEETING
THURSDAY, MAY 5

Alice Birney Elementary
 School Auditorium
 4345 Campus Avenue

- Crime Watch 6:45 pm
- Business & Program 7 pm
- Light Refreshments

University Heights Community Association / May 2016

NEWS

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City Council Candidates for District 3

By Melinda Pajak

It's election time again on Tuesday, June 7, and those of us who live in District Three will be voting for a new city councilmember to represent us. We had a chance to interview the two candidates, Chris Ward and Anthony Bernal.

Chris Ward, a longtime resident of University Heights (UH) and member of University Heights Community Association (UHCA), has a strong background to be a potent force on the City Council. He currently works as the chief of staff for State Senator Marty Block and has previously worked as a Land Use/Urban Planner. Chris holds a master's degree in public policy and urban planning from Harvard University. His priorities will be to increase public safety, reduce homelessness, and repair neighborhood infrastructure. One of his other concerns is preserving Balboa Park for generations to come. In addition, Chris says he will monitor new developments in UH closely to make sure they connect well with the existing character of our neighborhood.

In addition, Chris supports turning the Old Teacher's Annex into a new UH branch library. He has worked on getting this on the city's capital improvement program list, which is the first step towards getting it done. In a perfect world, Chris says he would like to see UH in one planning group and not be divided between Uptown and North Park. Chris adds he knows he only has a short amount of time while in office but plans to use that opportunity to leave a positive mark on San Diego.

Anthony Bernal is also running for the City Council District 3 and currently serves as the director of community and business projects for Councilmember Todd Gloria. Anthony's background in civil engineering working on water and wastewater projects in San Diego gives him a unique perspective. Anthony says his priorities will be to repair our infrastructure, reduce homelessness, create more affordable housing, increase public safety, and protect our water resources. Anthony says he is very concerned that our police force has decreased from 2,100 police officers to 1,800. Water is also one



of his main concerns. As he walks our neighborhoods, Anthony appreciates the newly installed drought tolerant plants that have replaced many lawns. He would like to see the city enact policy to encourage more in this regard.

Anthony says he is excited to see some of the projects he has been working on coming to life like the new Mission Hills/Hillcrest Branch Library coming this summer.

Continued on page 5.

OLD TROLLEY BARN
 1991 **PARK** 2016
 SAN DIEGO UNIVERSITY HEIGHTS CALIFORNIA

25

CELEBRATION RECAP PAGE 3

May Meeting

The May meeting's topic will be "Waste Facts" presented by Jeffrey Harding, president and founder of Recycle SD, Inc. Harding will tell us about how much of our waste could actually be recycled. This presentation will focus on the challenges recycling faces for various waste streams and provide solutions on where and how you can recycle at no cost. Find out May 5 what to do about electronics, batteries, light bulbs, paint, mattress recycling, and more.

Looking Ahead

The June 2 meeting will focus on SANDAG's transportation plan for University Heights and our surrounding neighbors. Concerned about where you need to go and how to get there? Then come to this meeting. This will be our last meeting before summer. We will resume meetings in the fall on Thursday, September 1.



Rendering of POP Pie Co. coming to University Heights later this Spring

In Case You Missed It: Baseball & Pies

By Mary Anne Stevens



The April meeting was all about baseball and we were pleased to have Sue Botos, vice president of community relations for the San Diego Padres, as our guest speaker. Sue gave a great presentation highlighting how proud the Padres are to be playing ball in San Diego and how committed they are to supporting the

community. Words that summarize their goal are "Live," "Learn," "Play," and "Give."

The spirit of "Live" is to encourage kids to make healthy decisions and to reach out to children battling life-threatening conditions. "Learn" is to promote education and recognize the region's outstanding teachers. "Play" is to grow the games of baseball and softball and encourage youth participation in sports through programs as the Little Padres Parks, Coaches Clinics and Baseball Tomorrow Fund. "Give" programs include Padre Foundation for Children, Military Outreach, and community appearances by team members.

Continued on page 4.

uhca news

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uhca officers

President: Bernie Horan president@uhdsd.org or (619) 301-0835
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 Secretary: Monica Lanctot and Mary Anne Stevens
 Treasurer: Peter Rose
 UHCA Website: www.uhdsd.org

facebook.com/universityheightscommunityassociation

Opinions expressed in articles of the UHCA News are those of their authors and do not reflect those of the newspaper or the University Heights Community Association (UHCA).

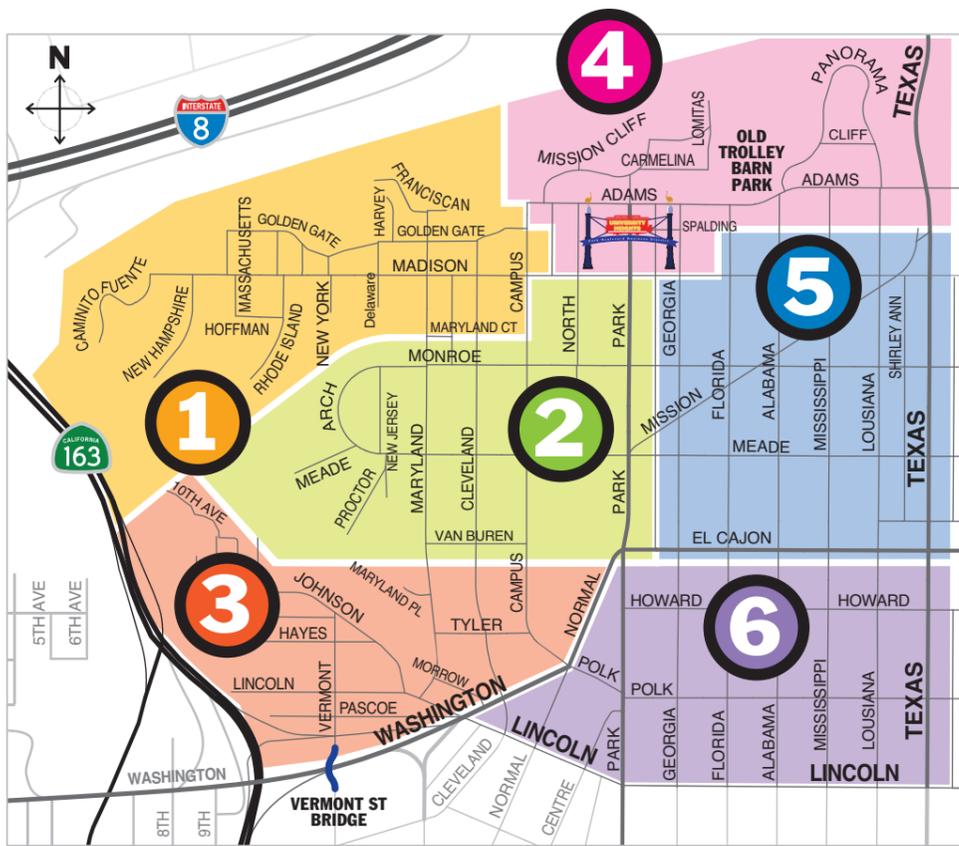


Golden Ostrich:
Susan Farmer

Household:
Michael Galarneau, Ed Ruegg, Theresa Jackson, Ellen Dodson, Michael & Patricia Rudd, Richard Burhenne, El Cajon Boulevard BID, Fran Howard, Des Kelly & Brogan Duffy, John & Kathi Kennedy, Barb Noyer, Kitty and Mark Brlej, Tim Sanders, Randy Brittingham, David Younkman & Anne McEnany, Ryan McIntyre, Herb Kulman, Debbie & Carl Dorfman, Curtis Brauer & Rahim Panjwani, Melinda & Arthur Pajak

Correction: We apologize for misspelling Janice and Eric's last name. The correct spelling is DuVall.

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.

ZONE	COORDINATOR	E-MAIL CONTACT
1	Nan McGraw	nmcsan@aol.com
2	Pam Isaacs	pamisaacs1@gmail.com
3	Mary Lange	mlangeuhcazone3coordinator@gmail.com
4	Christopher Hutchinson	christopherhutchinson@hotmail.com
5	Tamara Zyhylij	tamara@tamarazhomes.com
6	Mark Koopman	mkzw6@yahoo.com

Membership Form

CLIP & RETURN TO: UHCA P.O. BOX 33032, SAN DIEGO, CA 92163 ✂

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 _____

Business Name _____

Address _____

City/State _____ Zip _____

Phone _____ Email _____

Referred by _____

- NEW
- RENEWAL

University Heights Community Association is a 501(c)(3) non-profit charitable organization. A portion of your membership is tax-deductible to the extent allowed by law.

Donor

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

Volunteer Your Time on a UHCA Committee!

- Beautification & Planning** · Keep UH beautiful.
- Blockwalker** · Help deliver newsletters to UH residences and businesses.
- Marketing & Merchandising** · Promote UHCA via marketing/advertising, visual arts, photography, and product merchandising.
- Membership** · Help exceed goals for 2016 membership and meeting attendance.
- Neighborhood/Zone Watch** · Join your neighbors to keep UH safe.
- UHCA News** · Write articles, take photos, or sell ads; these are just a few of the many ways to contribute your talent, creativity, and energy to our paper.
- Program & Events**
Plan and oversee various events and general meetings.



University Heights Community Association

UHCA BEAUTIFICATION & PLANNING COMMITTEE

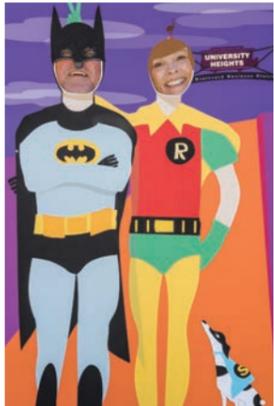
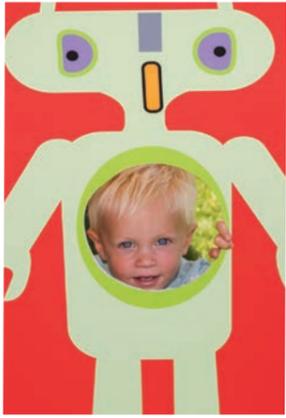
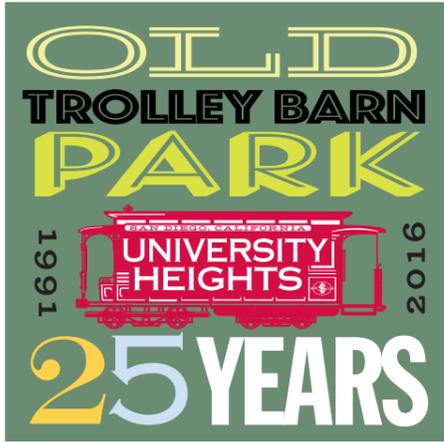
Trolley Barn Park Clean Up

On March 29, two groups of over 50 teenagers from New Vision Christian Fellowship and their leader Mike Haskins joined UH residents in filling over 30 bags with landscape debris at the Trolley Barn Park. The San Diego City Parks and Recreation groundskeeper had also been working to get it ready for its 25th anniversary celebration. Their hard work and enthusiasm is so appreciated. We hope you enjoy the results. There is a lot of energy afoot to improve the park after many years of minimal maintenance. Let us know if you want to help!

Join us for the Annual ROCK 'n ROLL Clean Up

Sunday, June 5, from 9 - 11 am
 Meet at Washington & Lincoln
 More details in the June UHCA News

APRIL 16 2016 A DAY FOR KIDS GAMES FOOD MUSIC AND FUN



The Trolley Barn Park and Beginning of the University Heights Community Association

By Eric DuVall

In the early 1980s, my wife Janice and I had a little house just off of Florida St on Madison Avenue, and a baby daughter. We would push her around the neighborhood in her stroller, frequently going by the ruins of the old Trolley Car Barn on Adams Avenue. We didn't know what had been there before, but we did wonder what was going to happen with that big piece of property. It looked like it would make a great spot for a park. It sure seemed like the neighborhood could use something like that, and it would have been ideal for us. So we started calling the Trolley Barn site "The Park." We had been calling it that for maybe six months when Janice called me at work one day very upset. She said, "They're building something at the Park!" I said, "What are you talking about?" She said, "There is a bunch of big earth moving equipment on that lot! Somebody is going to build something on our park!"

False alarm. It turned out the city was doing some road work down the street, but that event got us moving. We found out that there was a project planned for the site: Two five story apartment buildings! We printed up some alarmist flyers spilling the beans on the "Apartment Towers." Eventually we held a community meeting with close to two hundred riled up neighbors at Alice Birney Elementary School. That was the very beginning of the UHCA. University Heights as a community name had fallen out of common parlance at that time. People would say: "We live over by North Park." So one of the first things the community association did was to put up the "Entering University Heights" signs on all the major thoroughfares. People began to say that they lived in University Heights.

The Park did not happen overnight. It took several years but we were finally able to convince the city to do the right thing and purchase that historic site for the beautiful Park we know today. A community may be a locale or a part of town, but people are what makes a community special. In our case the Trolley Barn Park became the issue that the people rallied around and that brought the community of University Heights together.

Friends of Trolley Barn Park

By Jill Briggs Campbell

Every person in the University Heights community has reason to love our Trolley Barn Park (TBP): families spending time together, dog lovers and others playing and exercising on the fields, groups celebrating in the picnic and barbeque areas, and folks just taking a stroll or bike ride along its paths. The TBP25 celebration on April 16 was a great reminder to us all of the importance of this community resource. Community members have shown new interest in preserving and improving the park by helping out with clean-ups and volunteering during the celebration, but we can do more.

To capture and coordinate this new interest and energy the University Heights Community Association and the Beautification Team is launching the Friends of Trolley Barn Park. This community group, through our soon to be new Facebook page (stay tuned) will welcome feedback and ideas for how the park can better serve the needs of the neighborhood. It will also and inform the community of clean-up activities, future plans for the playground and canyon areas and more community events like the summer concert series.

We look forward to working with the families and other members of the community who use and cherish the park to make the next 25 years even better!

Please contact Jill Briggs Campbell at: friendsofTBP@gmail.com to join the Friends of Trolley Barn Park. We will soon have a Facebook page and there will be recurring articles in this newspaper.

**In Case You Missed It:
Baseball & Pies
Continued**



It was a fun evening and concluded with Sue tossing Padre paraphernalia to some lucky audience recipients.

We had an extra treat that evening, pies from POP Pie Co., a new store coming to UH later this Spring. Owner Steven Torres and owner/chef Gan Suebsarakham delighted us with three different pies—their classic Chicken Pot pie as well as new Earl Grey Tea and Coconut Cream pies—to tease us in anticipation of the opening this spring. You’ve probably noticed their location on the corner of Meade Avenue and Park Boulevard. We are all drooling in anticipation.

Plume

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

There are plumes aplenty to hand out in thanks for 25th anniversary celebration of our neighborhood landmark, the Trolley Barn Park, the event we all call TBP25!

Thanks to the volunteers who made the TBP25 such a huge success! Our sincerest thanks go especially to **Monica Lanctot**, fearless chairperson of the event, and the planning committee: **Erin MacKinnon, Mary Anne Stevens, Edie Jacobsen, Bernie Horan, Doug Wallingford, Nan McGraw, Peter Rose, and Paul Farris.** They all deserve special plumes!

Thanks to the Saturday TBP25 day-of-the-event volunteers: **George Lamb, Kristie Edgmond, Susy & Dave Holts, Peter & Patti Roehrs, MaryBeth Chruden & Bill Smith, Tim Sanders, Scott Schechter, Jill Briggs, Chris Huddy, JD Abercrombie, Marcia & Greg Sorini, Maureen Markey & Peter Rose, Kathi & John Kennedy, Nancy & Rod Girvin, Jeff Johnston, Phyllis Charlton & Randy**

Dropkin, Stu McGraw, Barb Noyer, Jeannie Hine, Carol Neidenberg, Geoff Morrison, Nicholas Morrison, Mike Rybarczyk, Adam Graham, Genene Johnson, and Dennis Smith (also helped with the construction of the outdoor games) - as well as the planning committee mentioned above. A special thanks goes to **Woodie Wilson** for coordinating the park set up. Thanks also to Speaker Emeritus Toni Atkins, Chair of the Board of Supervisors Ron Roberts, Councilmember Todd Gloria, former Councilmember John Hartley, and of course, the primary reason the TBP exists: **Janice and Eric DuVall.**

Thank you to all the event sponsors who made this possible: **Miller Design, Mary Anne Stevens Realty, Fenton Development Group, Pemberley Realty, Twiggs, Logan Property Management, UCSD Medical Center, Nature’s Whisper Yoga, Paul Farris Design, and Nan McGraw.**

To the donors, thanks to the following: **Vons, The Fund for Animals Wildlife Rehabilitation Center, Van Hutch Homes, Mrs. Frostie, Mike**

Rybarczyk, MaryBeth Chruden, Waypoint Public, Park & Rec, Baras Foundation, EDCO Disposal, Howard’s Rug Co. for printing the incredible graphic displays and posters, and **Kamp Kanine** for providing and running the dog agility course. Thanks to the raffle providers: **Soltan Banoo, Circa, Plumeria, Smart & Final Plus, Park Blvd. Deli, Florabella, Boulevard Fitness, Lafayette Hotel, DeMi Café Café, Trader Joe’s, Ralphs, Beauty & Body Lounge, San Diego Padres, Unleashed by Petco, Adams Ave. Bicycle, and Cueva Bar.** And, thank you, **Susan Holts,** for the beautifully decorated raffle prizes bags!

Again, bouquets of ostrich plumes to Monica for taking charge of this event, Erin MacKinnon for her ideas and drive to make the day special for children of all ages, and Paul Farris for the wonderful designs and his amazing creativity that brought to life what the celebration was all about: fun and a community gathering on a perfect spring day in University Heights!



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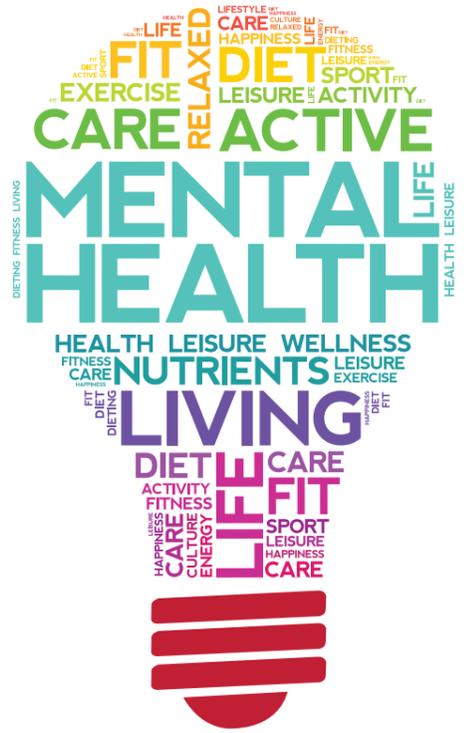


May is Mental Health Month

Across the nation, May is known as Mental Health Month. Many local and nationwide jurisdictions publish proclamations in recognition of the importance of mental health to support overall health and well-being.

In San Diego County alone, there is an estimated one in five children with an emotional or behavioral issue. In addition, there are one in five adults living with mental illness many of whom have not sought treatment often due to shame, embarrassment, and fear of stereotypes and judgment from the community. These barriers to treatment may lead to unfortunate outcomes, including life spans up to 25 years shorter than the general population.

In support of those living with mental illness, many community organizations partner with the County’s Behavioral Health Services (BHS) department to host events in recognition of May is Mental Health Month. Visit the BHS website for more information about events throughout the county.



“Each of us has a role in creating an environment that supports recovery, encourages social inclusion to reduce stigma and the resulting discrimination toward those living with mental health conditions,” said Alfredo Aguirre, Director of BHS for the County Health and Human Services Agency.

People suffering from a mental illness can access services by calling the County’s 24-hour, multi-lingual Access and Crisis Line at (888) 724-7240. Resources are also available at NAMI San Diego or the It’s Up to Us website.

Please join the County of San Diego and your neighbors as we change how Americans view mental illness and improve lives and our communities.

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Happening in the Heights



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TWIGGS
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(619) 296-0616 / www.twiggs.org

- **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

- Contact John Ciccolella for details

LAFAYETTE HOTEL
Celebrating 70 years
2223 El Cajon Blvd. (619) 296-2101
www.lafayettehotelsd.com

- **Finest City Improv** Thursdays-Sundays 7-11pm

MUSIC

PARK & REC
4612 Park Blvd.
(619) 795-9700 / www.parkandrecsd.com



LESTAT'S ON ADAMS
3343 Adams Ave.
(619) 282-0437 / www.lestats.com

- **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

- Contact John Ciccolella for details

TWIGGS GREEN ROOM
4590 Park Blvd. (619) 296-0616
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- **Industry Mondays:** 12-5 pm (\$5 cover)
- **Live Music Thursdays:** 5-7:30 pm

THEATRE

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4427 Park Blvd. (619) 220-0097
www.diversionary.org



City Council Candidates for District 3 Continued

Anthony also worked on the Birney Joint-Use Field initiative, which is a boon for all of us living nearby. He would love to see the Old Teacher's Annex become a community hub with a library, green space for recreation, and an outdoor concert area. Anthony says he sees UH's unique position of being in two planning groups as a positive because he sees potential for receiving developer impact fees from both groups, thereby enhancing projects and amenities for UH. Anthony loves seeing improvements get done in the neighborhood.

Please read up on both of these well-qualified candidates before June 7.

For more information on Chris Ward, go to www.voteforward.com.

For more information on Anthony Bernal, go to www.bernal4all.com.

MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	2	3 Uptown Planners Mtg Joyce Beers Center Uptown Center 6 pm	4 UHCDC Meeting 4452 Park Blvd. #104 6:30 pm	 5 UH REC COUNCIL Birney School Lib. 5:30 pm UHCA MEETING Birney School Auditorium 6:45 pm	6 NURSES DAY	7 The Point Cleanup 1:30-3:30 pm (Golden Gate between Rhode Island & Delaware Sts)
National Small Business Week / May 1-7						
8 Mother's Day uhca.news June Deadline Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	9	10 Hillcrest Town Council Joyce Beers Center Uptown Complex 6:30 pm Friends of UH Library Meeting 6:30 pm	11	12 	13	14
15 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	16	17 North Park Planning Committee North Park Christian Fellowship 2901 North Park Way 6:30 pm	18 Library Task Force UH Lib. 6:30-7:30 pm	19	 20 PREVIEW BOOK SALE (Members Only) Friends of the Library UH Library 3-6 pm	 21 Friends of the Library BOOK SALE 8 am-3 pm, UH Library
22 Friends of the Library BOOK SALE Noon-4 pm, UH Library Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	23	24 uhca.news Comes out 	25 UH Book Club & Salon 6:30 pm UH Library	26 	27	28
29 Hillcrest Farmers Market Lincoln & Cleveland 9 am-2 pm	 30 MEMORIAL DAY	31	1 	2	3	

from your councilmember



Shopping Small in District Three

By Councilmember Todd Gloria

I frequently remind people around San Diego that I represent the best Council District in the city. When I tell them why, I mention the walkable neighborhoods, the sense of community, and, of course, the small business culture. Whether you're dining in the East Village, grabbing a coffee on Park Boulevard, or trying a new craft beer on 30th Street, it is undeniable that District Three's small businesses have created unique social hubs that draw people from all over. These homegrown shops and restaurants give each neighborhood its own sense of identity, reflecting and reinforcing the culture shared by the locals that live, work, and play there.

Aside from being an integral part of each neighborhood's character, small businesses are the backbone of San Diego's economy. Small businesses are more likely to be owned by residents who live in the area, hire from within the region, and source goods and products from local vendors to sustain a cycle of reinvestment in the community.

Over 200,000 people in the region are employed by businesses with less than 10 employees. Patronizing small businesses is a way to support local jobs while you shop for one-of-a-kind gifts for friends, family, or even yourself. Shopping small also allows people leave the stresses of crowds and fighting for parking at malls behind, and instead walk or bike to shops in their own neighborhood.

University Heights' small business culture has continued to thrive with restaurants and retail shops opening up year after year that showcase the community's great sense of style and innovative spirit. From Park Boulevard to Adams Avenue and El Cajon Boulevard, clusters of businesses have joined together over the years and become vital community partners. They administer additional maintenance and streetscape enhancements for their districts, host annual events, and give back to local schools and organizations. As the elected representative for many thriving small businesses, I've worked on common sense regulatory reforms to foster economic development, such as reducing impediments to permitting sidewalk cafes so that businesses and their patrons can enjoy San Diego's beautiful weather while they dine.

There is no comparing the personalized service and experience one can get at a neighborhood business with a national chain. We can make a huge difference in our communities by choosing to shop small and I encourage everyone to explore the neighborhood and support local businesses.

from your supervisor



Come do Business with the County of San Diego

We Encourage Local!

By Supervisor Ron Roberts

With a \$5.4 billion annual budget, the County of San Diego does business with a lot of merchants big and small, near and far.

Yet for small business owners out there, a government agency our size can appear confusing and unfriendly. I know.

For 20 years, I was a partner in a local business in which we often found ourselves working with clients conducting business with local government, especially in the matter of trying to get something built. It wasn't always easy.

The good news today is the County of San Diego recognizes that we can be an intimidating entity to work with, and so have created programs and processes to smooth things out. Truly, we want and encourage the participation of local businesses.

My favorite program is the Procurement Outreach Workshops for local and small businesses. Over an hour's time, we will cover subjects such as how to register with the essential "BuyNet," the bidding and proposal processes, terminology, rules and regulations, and how to find available opportunities.

We even have a policy to give a slight preference to businesses located in the county.

With no registration required, these free programs take place in Room 172 at the County Operations Center, 5560 Overland Drive. Upcoming dates are May 13, August 12, and November 4. Each workshop starts at 10 am.

To talk with someone and learn more, call (858) 505-6367. We also operate a website, buynet.sdcounty.ca.gov, where you can login as a guest and see what contracts are available and the award history.

I would say "good luck," but you don't need it. Just find out if you have a service or goods we need, and let's get this small business partnership started.

County Supervisor Ron Roberts, who is serving in 2016 as Chairman of the Board of Supervisors, 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



SMALL BUSINESSES HELP CALIFORNIA COMPETE

By Toni G. Atkins, Speaker Emeritus of the California Assembly

My spouse is a small-business owner, and having once been a part of her business, I know how rewarding the experience is—but I especially know how much work it can be!

We hear a lot about the largest companies—the Apples and the Googles, for example—but small business is the backbone of our local, state, and national economy as well.

We have 3.5 million small businesses in California and they account for more than half of our jobs. These businesses offer every good and service you can imagine. There's great food at restaurants and cafes, helpful service from mechanics and plumbers, and just the item you need from small grocers and boutique owners.

And as committed as small businessmen and women are to their work, in the Assembly we are committed to helping them succeed.

I want to highlight one of the state's business tools that I am particularly excited about, the California Competes Tax Credit.

This is a tax credit available to businesses that want to come to California or stay here and grow. The state has set aside \$200 million for the California Competes tax credits in this fiscal year.

Better yet, 25% of the program's credits are reserved for small businesses.

San Diego has done exceptionally well since the awards began being issued in 2014—dozens of companies have received valuable credits to create thousands of jobs. In addition, the recipients represent many different and varied industries, from aerospace and biotech to craft brewing and construction.

I've held several workshops for San Diego small businesses, helping them work through the California Competes application process and it's great to hear the enthusiasm from those business owners. Applications for the final round of this year closed last month. I'm confident San Diego businesses will again be well represented when the winners are announced.

In addition, we'll soon honor small businesses in my district. Last year, I was pleased to select Twiggs to represent University Heights. The café has become a home away from home for neighbors and community groups alike, along with being known as a go-to bakery for unique wedding cakes.

Supporting small business should be a priority in each of our communities. I will continue not only to do my part in Sacramento, but in my choices of where I go to shop and dine when I'm at home.

Toni Atkins represents the 63rd California Assembly District and is Speaker Emeritus of the California Assembly.

THINK BIG AND SHOP SMALL BUSINESSES
CELEBRATE SMALL BUSINESS WEEK BY SHOPPING UH

By Lisa Getz

"Dream Big, Start Small" is the theme of this year's National Small Business Week, May 1 through 7. Most entrepreneurs start out with big plans and modest means, of course. But communities can also "dream big" by shopping at their local small businesses.

According to the U.S. Small Business Administration, 28 million small businesses create two out of three jobs in our economy. By supporting your local dry cleaner, coffee shop, or hair salon, you're helping businesses create jobs, which are the backbone of our families and communities. In California, small businesses make up 99.2% of all employers.

Besides creating jobs, many small business owners partner with residents, community leaders, churches, and schools to get things done, whether it's publicizing a recycling campaign or supporting the Little League team. The



support goes both ways – people trade at shops where owners and employees are involved in the community.

Most small business owners I know work hard to make sure their customers are happy. They care about the quality of their work and their products, and if they don't have something you need, they will make an effort to get it. It's a type of personalized, caring service you can't get at a large retail chain store.

As Representative Paul Ryan said, "Behind every small business, there's a story worth knowing." I hope you'll get to know more of the small business owners here in University Heights and stop by often. Together, we can strengthen our local economy and build community spirit.

Lisa Getz is the owner of Original Skin and Body Care at 4416 Park Blvd., (619) 295-7313.

The Importance of One Planning Group

By Cheryl Cooke

In the last few months, there has been a lot of talk about the future of University Heights (UH), the proposed developments, the extra density bonus plans and how they will affect our city. Why is this happening?

UH is currently divided between two community planning groups. West of Park Blvd. is in the Uptown Planners district, east of Park is in the North Park Planners district. Four years ago, JD Abercrombie of the University Heights Community Association (UHCA) led the charge to unite all of UH up to Texas Street under the Uptown Planners planning group.

In 2015 again, votes were taken supporting one city planning group and against bonus densities within both sides of UH proposed under the draft North Park Community Plan at www.sandiego.gov/planning/community/profiles/greaternorthpark and the Uptown Community Plan www.sandiego.gov/planning/community/profiles/uptown/plan.

Then I personally realized that my home was at risk and that UH and the UHCA has had active representation on the Uptown Planners committee and minimum on the North Park Planning

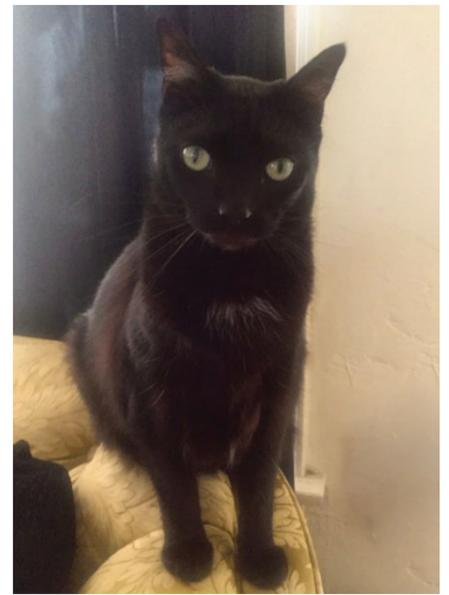
Committee (NPPC). I was quite angered by what I had found out and decided to start learning more about the NPPC.

Like Uptown Planners, the NPPC at northparkplanning.org provides advisory recommendations to the City of San Diego regarding projects in the community and is recognized by the city as an important part of the approval process for new development and services. The more participants, the more influence we have on the future of UH! I encourage those who live east of Park Boulevard to join me in getting more involved in this organization.

NPPC meetings are held monthly (except December) on the third Tuesday of every month at 6:30 pm at the North Park Christian Fellowship, located at 2901 North Park Way.

I encourage you to join me, an east UH resident, to become more involved and present a united front to our next city councilman about the importance of keeping all of University Heights in one planning group and keeping University Heights the community we know and love!

PET OF THE MONTH



MAY PET OF THE MONTH: ACE

Ace is my best buddy, pal, companion and a major napster and lapcat!

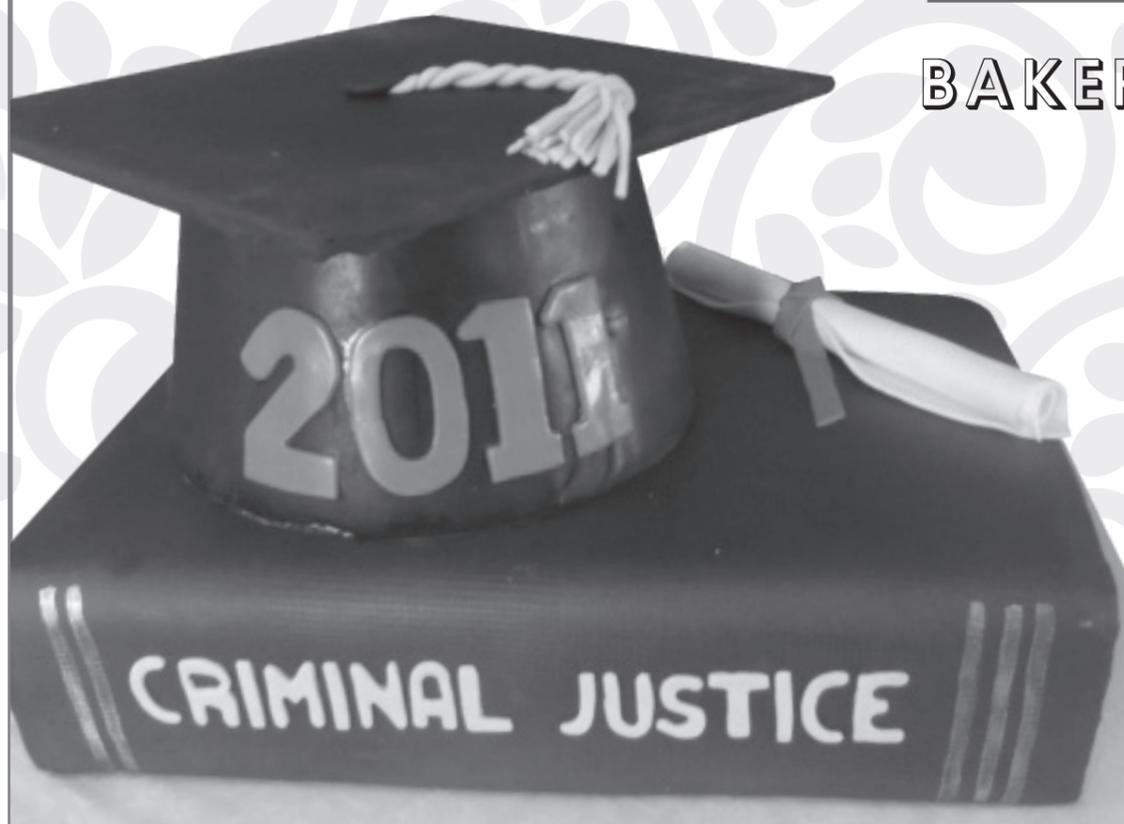
When I first met Ace, he was so small he could stand on all four paws in the palm of one hand. When I lifted him to chest he grabbed on, started purring, and hasn't stopped since. That was more than five years ago! During the day, when he's not sitting in window scouring the garden for possible intruders, he snuggles on my lap or on the floor at my side, purring, and napping. At night, he sleeps on my bed and in the cold of winter, often crawls under the covers with me.

Ace has always been an indoor/outdoor cat, but lately he's become more and more a homebody. A new cat moved in next door, and she's a real fighter. Ace would rather cuddle than fight, so he spends even more time inside with me.

Because he is a black cat, Ace - named for the Ace of Spades, if you haven't already guessed - was the last of his litter to be adopted. Unfortunately black cats still get a bad rap as unlucky. That's so not true! I've always preferred black cats, maybe because I'm a Halloween baby. I find them to be especially loving and companionable and the common misperception of black cats as bad luck totally off the mark - I consider myself lucky to have him as my pal.

MAKE YOUR PET FAMOUS! Our pets are intricate parts of our lives and our families, and, let's face it, what proud parent doesn't want to brag about their furbabies! If you've got a pet you'd like to tell us about, send a 200-250 word article with photos for possible inclusion in a future issue of the UHCA News to uhcanews@yahoo.com.

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THE CRACK SHACK

By Andrea Bacal



The Crack Shack is a happenin' place! No matter what time we have gone, it is filled with happy folks looking like they are having a terrific time. Even when they are in line, they are having a good time. Myself, I did not look forward to being in a long line, so I used the very cool widget on their website showing the most and least crowded days and hours of the day to go.

On our first visit we stayed with the basics — fried chicken, fries and a Caesar salad. The fried chicken was like other new chicken places; the crust was very hard and crunchy, not like what one usually thinks of as traditional buttermilk battered Southern fried chicken — just a different style. But it was still wonderfully moist and juicy inside. There is a terrific sauce bar with six or so interesting sauces and dips. Our favorites were the kimchi BBQ and chimichurri.

We eat pretty healthy meals regularly so we can splurge once in a while in those high fat fried foods that tempt many of us. The schmaltz fries seemed right up our alley. After all, if duck fat fries are heaven, why wouldn't chicken fat fries be just as heavenly? Even with all the training our innards have in dealing with fatty foods, these fries proved to be challenging. Yes, to the mouth they were heaven. But after splitting half the order, we had our fill. So make sure you split the schmaltz fries with your whole group!

The sides are unique. The deviled eggs (three ways) were to die for, especially if you are deviled egg freaks like we are. Ditto the chicken oysters. These are the very succulent small pieces of dark meat hidden between the thigh and the back of the chicken, beautifully battered and fried, and served with a very nice sauce. Here was our opportunity to try all the dips. Yummmmmmm.

On our second visit, we shared the Brick House sandwich — too much bread for my taste, but a wonderful combination of flavors and textures. Next time we will try the Coop Deville, which many say is their best sandwich. Do try the unique sodas at their soda fountain, unless you are trying one of their many craft beer selections.

There are young people at the bar, drinking and laughing, but many older folks and families with children as well, sitting at the family style picnic tables or smaller round tables. There is a bocce court that went unused each time we were there, except for the kids running around on it.

The Crack Shack has found a great formula for attracting a happy clientele who seem to be coming back and telling their friends. I suggest using the crowd meter on their website to pick the best time to go! There is something magical about sitting under the sparkling lights, with the fun food, and the bustling happy crowd around you laughing and having a good time.

The Crack Shack
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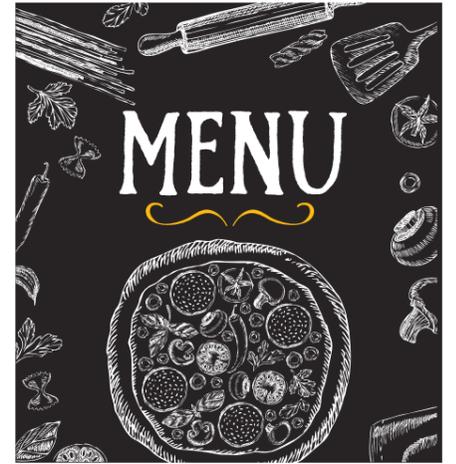
How to Eat Out at Restaurants

By Brian White

Eating out at restaurants is a way of life. We go out to eat when we want to spend time with friends, we go out to eat when we need to talk business, we go out to eat when there is no time to cook, we go out so there are no dishes to clean up. Since there is a multitude of great places to eat in University Heights (UH), you need to have a plan if you want to maintain your health and body when you are out and about.

Here are five items to include in your plan. First, plan ahead. The worst position to put yourself in and one that almost guarantees an unhealthy meal choice is to go to a new restaurant while you are starving. Nobody has that kind of will power. If you go online and look at their menu ahead of time and pick the healthiest option, you are far less likely to be swayed by other choices. (Ooooh, chocolate cake!)

Second, do the fork dip. The best way to combine your salad dressing with your salad is to dip your fork into the dressing before each forkful of salad - you'll be surprised how little dressing you'll use.



Third, portion control. It has been shown that most restaurants will double the amount of calories than what it is listed on the menu, and that is bad news. Ask to box half your entrée before it even arrives at the table. Out of sight, out of mind!

Fourth, ask for more vegetables. Many restaurants treat vegetables almost like a garnish and many will gladly double or even triple the amount of vegetables for you if you just ask.

Fifth and finally, be assertive. There is a lot of competition in the restaurant industry, so do not be afraid to ask for your meal exactly the way you want it. Most restaurants will cooperate with you for a healthier option.

Brian White owns a personal training gym, has boot camps in Balboa Park, and consults with San Diego companies about their wellness programs. www.youshouldbedoingit.com (619) 800-1625.

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Birney Buzz

By Kim Schultz

May is here and Birney will be showing its appreciation for teachers and staff from May 2 through May 6. If you'd like to contribute something for the dedicated staff members and teachers who make Birney an amazing school, please contact the Birney PTA at info@birneypta.com.

Birney is pleased to be offering the School Smarts Parent Academy from the California State PTA for a third year, thanks to funding from the Birney PTA and the San Diego Unified School District (SDUSD). This award-winning, research-based program brings parents from all backgrounds together in support of their common interest: helping their children and schools succeed. Birney was proud to be selected as a SDUSD pilot site for the School Smarts program two years ago, and we are thrilled to continue offering this wonderful parent education program to our families.

The seven-week Parent Academy will begin on May 9 and is free to all Birney families, including any incoming families enrolled for the 2016-2017 school year. Email info@birneypta.com for more information.

Finally, looking ahead to June, we are gearing up for our annual Passport to Adventure Festival on June 25 from

11 am to 4 pm. This festival is Birney's opportunity to share our International Baccalaureate (IB) program with the community, and it is our best-attended event every year. Each grade researches a different country and hosts a booth featuring a food, a game, and a craft from that country.

This year's event will feature Italy, Germany, New Zealand, Vietnam, Argentina, and South Africa. Every child who attends gets a free passport to be stamped at each country's booth. Admission is free; additional games and crafts like mystery grab bags and tie-dye shirts are available at a minimal ticket cost.

We are looking for donations of time and performance from cultural entertainment artists on our stage, as well as any food vendors, food trucks, or community organizations that would like to have a booth at this well-attended event. While we're thrilled to have representatives from the countries students will be researching, we find that students love to see entertainment from around the world.

Due to demand, we have extended this event for an hour this year. Please contact us at info@birneypta.com if you'd like to be part of this showcase event.

ROONNEWS

from Roosevelt Middle School *By Laura Dadmun*

SIXTH GRADE CAMP WAS AWESOME!

The Roosevelt PTSA took 72 students to Camp Cuyamaca Outdoor School over spring break. Once a district-sponsored event, SDUSD students now attend over their spring break, at a cost of \$350 per student. Many students needed financial support in order to attend. This life-changing experience offers hands-on science that has been shown to be more effective than three months of classroom instruction, and is often students' first time away from home, fostering independence and self-reliance. If you'd like to donate to support next year's trip, you can do so at: <http://roosevelt-6th-grade-camp.weebly.com/donate.html>.

WHAT IS AN INTERNATIONAL BACCALAUREATE SCHOOL?

Have you been wondering what makes Roosevelt International Baccalaureate (IB) education unique? Because of its rigorous academic and personal standards, Roosevelt's IB program provides students with a high-quality education built on inquiry-based instruction across all subject areas. The IB program provides an instructional framework that encourages our students to understand the connections between traditional subjects and the real world as creative, critical and reflective thinkers, and engages them in global issues through inquiry, action, and critical reflection.

The IB program is designed to help students find a sense of belonging in an increasingly interrelated world by fostering a positive attitude toward learning and living as fully engaged

citizens. Roosevelt International Middle School is part of over 4,200 IB schools and more than 1.25 million students located around the world who are all united by a powerful mission - to develop internationally minded people who recognize their common humanity and shared guardianship of the planet.

Roosevelt students understand their responsibility to help create a better and more peaceful world and are internationally aware. The IB program at Roosevelt provides students with the 21st Century skills that will help them become responsible members of local, national, and global communities of the future.

ROOSEVELT'S IB FESTIVAL IS COMING MAY 17

On May 17, Roosevelt will have our IB Festival. This family friendly and free event will feature informational tables for school clubs, performances by our cheerleaders, band, orchestra, and dance. Student work and art will be also displayed. Our Frisbee Golf Club will have an activity, too, and hot dogs, hamburgers, popcorn, and nachos will be provided for sale by our ASB and M.e.C.H.A student groups. Check back for more details and come see all that Roosevelt has to offer!

TEACHER OF THE YEAR - MR. GARCIA

Congratulations to our Roosevelt teacher of the year, Francisco Garcia. Mr. Garcia teaches Sixth Grade English and History and organizes our after school garden club. He was selected by his peers to represent Roosevelt.

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Between the Covers: What's Happening at the University Heights Library

By Kim Schmidt, Librarian

UNIVERSITY HEIGHTS LIBRARY WELCOMES A NEW STAFF MEMBER

For the first time in decades, our library has been assigned a Youth Services Librarian! Laura Yee joined our staff in April and will be in charge of all things from toddler to teen. We are so happy to have her on board. Please stop in and introduce yourself to Laura.

SENIOR MOBILE TECH LAB – TUESDAY, MAY 3, 12:30 - 2:30 PM

If you are 60 years or older, join us for one-on-one tutoring in the use of your smartphone, tablet, laptop, electronic reader or other electronic gadget. Tutors will be on hand with laptops for the public to use. Patrons are also encouraged to bring their own devices to the session. Learn how to send and receive email, surf the Internet, use Facebook and other social networks and more. The program is free.

PLEASE NOTE! DUE TO THE POPULARITY OF THIS PROGRAM, THOSE WISHING TO ATTEND THE CLASS MUST SIGN UP IN ADVANCE BY CALLING (619) 471-2713. THIS IS THE NUMBER FOR THE AGENCY THAT PROVIDES THE TUTORS, NOT THE LIBRARY.

SUMMER READING PROGRAM PERFORMANCES

Our Summer Reading Performances for children and families begin in May. All shows begin at 6 pm and last one hour. The schedule is below.

- May 8 – Literature Comes to Life
- May 25 – Krypton Yvonne
- June 8 – Mad Science
- June 15 – Interval Magic
- June 22 – The Scott Land Marionettes Puppet Show
- July 13 – Little Catbird Music
- July 20 – Sparkles the Clown
- July 20 – Pacific Animal Productions Live Animal Show

SOCK DRIVE FOR HOMELESS VETERANS

Once again, we are partnering with Speaker Emeritus Toni Atkins to collect socks for homeless veterans. The socks will be distributed during the Annual Stand Down in Balboa Park. Please bring new (preferably white) socks for men, women, and children to the library. There will be a collection box just inside the front door. Last year's sock drive was a big success and we count on your generosity to make this year's drive even better.

MEET TONI ATKINS, CALIFORNIA STATE ASSEMBLY SPEAKER EMERITUS AND HER STAFF

The University Heights (UH) Library is honored to be chosen as one of the local venues for Public Office Hours for Speaker Emeritus Toni Atkins and her staff. Please feel free to drop in, say hello, ask questions, and discuss your concerns. The "Office" is open to the public at 4 pm on the first Wednesday of every month. The next session will be on Wednesday, May 4.

BECOME A FRIEND OF THE UNIVERSITY HEIGHTS LIBRARY

If you enjoy the services and programs provided by the UH Branch Library, you need to know that our programming depends on the generosity of donations from the community. One of the best ways you can help support the library is to join the Friends of the UH Library. For a minimum donation of \$10 (\$5 for students and seniors), you can sign up for an annual Friends membership. Just stop by the branch and ask a staff member for a membership envelope. Help our library to be fabulous, and make new friends, join the Friends of the UH Library.

FRIENDS OF THE LIBRARY BOOK SALE—SATURDAY, MAY 21, (8 AM–3 PM) AND SUNDAY, MAY 22, (NOON–4 PM)

Find great bargains on books, DVDs, music CDs and vintage vinyl at the Friends of the San Diego Public Library Book Sale. All proceeds for the book sale go to support the Friends of the San Diego Public Library. Please join us.

BOOK CLUB AND SALON

Someone by Alice McDermott, Wednesday May 25, at 6:30 pm, UH Library

REGULAR MONTHLY PROGRAMS FOR KIDS

Also on tap are the library's regular weekly/monthly programs for children, including:

- Arts and Crafts – every Saturday at 10:30 am
- Story Time for Babies, Toddlers, and Younger Children every Friday at 10:30 am.

All programs are free to the public. Please drop in!

The University Heights Branch Library

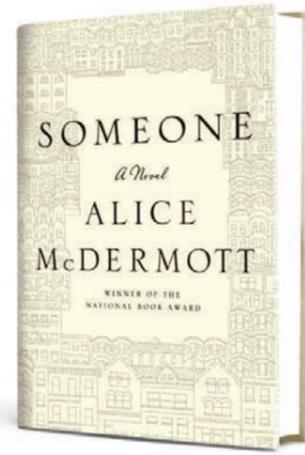
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LIBRARY HOURS

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

The Book Club & Salon:

Someone By Alice McDermott



Readers first meet the bespectacled Marie Commeford, age seven, sitting on her Brooklyn stoop in her tight-knit, Irish Catholic neighborhood waiting for her father to come home from work. Watching her 1920s neighborhood through her thick glasses, her poor eyesight makes her both figuratively and literally unable to see the world for what it is. From that point on, author McDermott takes us through her daily life from childhood until old age.

Marie lives an average life, but longs for "someone." Interwoven with heartache, lost love and family obligations, the story bears witness to a life lived through days. The story is episodic, interrupted with occasional jumps back and forth in time. The reader comes to have sympathy for this unremarkable woman, whose vulnerability, depicted in her life experiences, makes her all the more worthy of our attention. McDermott's keenly observed novel of conformity, selfhood and lace-curtain pretensions celebrates family, community and the grace of a shared past.

McDermott was born in Brooklyn in 1953. She is the 1987 recipient of a Whiting Writers Award and a three-time Pulitzer Prize nominee for fiction. She has taught at the University of California, San Diego (UCSD).

Join the Book Club & Salon discussion on Wednesday, May 25, at 6:30 pm. The book will be available at the UH Library's front desk during April and May. New members are always welcome!

UH Book Club & Salon
Wednesday, May 25, at 6:30 pm
UH Branch Library
4193 Park Boulevard (at Howard Avenue)
(619) 692-4912

THE FRIENDS OF UH LIBRARY UH LIBRARY BUILDING CELEBRATES 50 YEARS

By Nan McGraw
First Vice President of the Friends of the University Heights Library



Fifty years ago in April, the University Heights (UH) library opened its doors on Park Blvd. It is actually the third incarnation of a library in UH; over 100 years ago, on Mississippi Street, the first branch library in the City of San Diego was the University Heights library. That was replaced later a Spanish Colonial Revival building at the present site of the UH Library, which was later torn down and replaced by the present library, a modernist gem. Noted San Diego architect Hal Sadler designed this classic Mid-Century Modern building, complete with space below for a bookmobile. Remember those?

Hal Sadler is retired now but his firm Tucker Sadler Architects is one of the most prestigious firms in San Diego. Hal's signature is all over this city and beyond. We are fortunate to have such a good example of his modernism, the clean lines

and lack of ornamentation, in this special building.

The UH Friends have been busy the last two years sprucing it up and we will continue until the building shines. You may have already noticed the cool banners, the snazzy new book drop off box, and the succulent garden. We hope for more improvements before we celebrate its birthday and that's where you come in. Please help the Friends by saving your books for our main fundraising effort that is, the August book sale. August 1 will be our kickoff book drive. The money raised selling books in August will go directly toward more improvements to our branch library.

Also stay tuned for news of a birthday celebration in October when our elected officials and renowned architect Hal Sadler will join us.

BE ALERT FOR WATER DANGERS IN UH

PLUS A WATER-SAVING TIP!

By Mykl Parsons

There are two things we all should keep in mind about how water can create dangerous situations in our community. First, a few years back I wrote a piece about a dangerous underground water leak at the intersection of Washington Street and Lincoln Avenue. Fortunately, after many calls, finally to Councilmember Gloria's office, a crew was sent to repair before a sinkhole swallowed up some traffic.

If you see water bubbling up in streets or grounds, call the city water department to alert them. If it's on private property, you or they are responsible for stopping the leak.

Here's why it's so important: flowing underground water will seek lower ground, taking soil with it until the street or land above falls into the hole created by the flow. It's no more complicated than that. But there are some not so obvious reasons for action. Since UH is surrounded

by canyons, leaking water will eventually work its way to that lower ground, and once it is no longer being slowed by having to bore its way downward, the flow increases according to the amount of pressure in the leaking pipe. Once the water no longer has resistance, a sinkhole will eventually be "dug."

Also, if you see water bubbling up, it's from a leak in a pressurized pipe and that it will not stop until the leak is repaired!

Finally, if there's a significant earthquake, breaks in pressurized water lines and gas lines, are likely to create hazards that MUST be reported. Don't hesitate to use our excellent Neighborhood Watch system, especially if you haven't been trained by the Community Emergency Response Team (CERT) program.

Since sewer and storm drains aren't pressurized, they pose less of a threat but backups with either should still be

reported. To report a leak, meter leak, sewer spill, or pressure problem, call (619) 515-3525 or go to www.sandiego.gov/water/.

Standing water also presents its own dangers including serving as a breeding ground for mosquitoes that carry various nasty diseases. The most recent one is Zika, a virus that can be carried to anywhere in the world by an infected human. You can find a link to a Zika map at www.cdc.gov/zika/geo/united-states.html. Information about other well-known viral diseases that mosquitoes can carry can be found www.mosquito.org/mosquito-borne-diseases.

Now that we're in warmer weather when mosquitoes breed, we need to be vigilant about eliminating standing water on our own properties and calling attention to it on public lands. Such alerts are handled by vector control programs such as the city's Department of Environmental Health Services at www.sandiegocounty.gov/deh/pests/vector_disease.html or (858) 694-2888.

Finally, a water-saving tip: If you have gutters, clean them and then put rain barrels below to collect the wonderful, soft rainwater. Even if you look on Amazon, you won't find a better price for rain barrels

than Lemon Grove's SD Drums & Totes (www.sddrums.com). They sell recycled Greek 58-gallon olive barrels, with fittings to connect them to your downspouts, for \$75 (see information at sddrums.com/product/a-rain-barrel-58-gallon-upcycled). They have other, more decorative drums and fittings valves, stands to elevate the barrels. The SoCal Water District will give you a \$75 rebate per barrel up to four per house address (no reimbursement for sales tax). Information about this program is at socialwatersmart.com/?page_id=2973. Also check out the rules for a similar rebate for "cisterns" with a minimum capacity of 200 gallons – the rebate is \$300. That also goes well with SD Drums' cylindrical, 420-gallon tank, which sells for \$500. Less \$300 gets you a capacity more than the four 58 gallon barrels, is which 232 gallons with a 4 X \$75 rebate is \$300.

The City of San Diego also has a rain barrel rebate program, which you can read about at

www.sandiego.gov/water/conservation/rebates/rainbarrel.shtml

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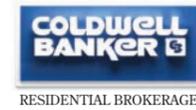
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