

NEWS





University Heights Community Association
N E W S

THE OSTRICH STORY

University Heights, one of the oldest districts in San Diego, is a historic community. Mission Cliff Gardens, San Diego's premiere park during the early part of the 20th century was situated at the intersection of Park Boulevard and Adams Avenue in University Heights. Its Trolley Barn was the destination of San Diego's first trolley line.

Adjacent to Mission Cliff Gardens was the Harvey Bentley Ostrich Farm. In the early 1900's the ostrich farm became prominent due to the immense demand for lady's ostrich-feather hats and garments. The farm was a popular attraction for park visitors who were allowed to ride on the backs of the great birds.

The ostrich is brought back, on these pages, as a reminder of the color and character of our community's proud heritage. The Trolley Barn Park is a beautiful achievement due to the University Heights Community Association. Capturing the style of the original Mission Cliff Gardens, the park was awarded the prestigious AIA Orchid award in 1992.

OFFICERS

Please contact any officer of the University Heights Community Association if you have any questions or wish to volunteer a service.

President

Candace Bremond

Vice President

William DeJean

Secretary

Pegi Harvey

Treasurer

Brent Orlesky

STAFF

Editor

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Associate Editor, Around the Block

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Contributors

Bill Harris, Susan Holts, Nan McGraw, Steve Satz, Terry Weiner.

University Heights News is issued twelve times a year by the volunteers of the UHCA. We welcome articles and announcements about events in the greater University Heights area. We do not pay for articles or return disks. The Editor reserves the right to edit for length. Articles not time-sensitive may be printed in a future issue. **Our deadline is the 10th of each month.** Typed articles should be sent to:

University Heights News
P.O. Box 33032 San Diego, CA 92163

MEMBER UPDATE

UHCA ELECTIONS COMING IN OCTOBER

The election of officers for the University Heights Community Association (UHCA) for 2005/2006 will be held in October. Although it's only September, it's not too early to think about how you can participate in the life of your neighborhood. Being an officer requires some time and effort but the rewards are gratifying.

The offices are President, Vice-President, Secretary and Treasurer. The duties and responsibilities for each office are as follows:

- **PRESIDENT** The President leads the monthly meetings, writes the President's Corner column for the newspaper, represents the organization to the City, other groups and communities, sets the agenda for the UHCA, recommends the disbursement of funds, and appoints committee chairs.
- **VICE-PRESIDENT** The Vice-President fills in for the President when needed, also represents the community association to other organizations, and can chair committees and plan events.
- **SECRETARY** The Secretary takes notes at the monthly meetings, writes the "In Case You Missed It" article for the newspaper, and may write letters on behalf of the community association.
- **TREASURER** The Treasurer accepts membership dues, donations, and income, bills advertisers, and disburses funds as directed by the board.

Some of the current officers may run for another term. However, any current dues-paying member of the community association is eligible to run for office and to vote in the election. If anyone is interested in running for an office, please contact one of the current officers listed on this page. This is your community—get involved!

BLOCKWALKERS NEEDED

Thank you, you wonderful newsletter blockwalkers! You are the most important volunteers of our community. UHCA always needs a few more to be on standby just in case a blockwalker is on vacation or ill. Open blocks now are: 4100-4200 Park Boulevard. Would you help us out? Please call Nan at (619) 260-0668 or Ernie at (619) 297-3166 to be on standby or to fill in our need on either of these two streets. Thank you!

PICK UP YOUR UNIVERSITY HEIGHTS NEWS AT ONE OF THESE DROP-OFF POINTS

Although our blockwalkers do an extraordinary job delivering the *University Heights News* to neighborhood residents, it is impossible to cover every address. Residents who do not receive a newspaper can pick up their copy at the following supporting merchants:

- Adams Avenue Deli • American Market • Bourbon Street • Creations Cafe • European Market & Deli • Kadan Kensington Coffee Shop • Kensington /Normal Heights Public Library • Korova • Mission Hills Public Library North Park Public Library • Mystic Mocha • Park Blvd. Deli • Quality Market • Rocky's Antiques • Shearz, the Salon Summer's Market • Terra • Twiggs Tea and Coffee Co. • UHDCDC Office • UH Public Library • Well Spring Tea Room

Visit University Heights on the web at www.uhsd.org or www.neighborhoodlink.com!

MEMBERSHIP/TEAM SIGN-UP

Support your community association! Clip and return to: **UHCA P.O. Box 33032, San Diego, CA 92163**

- NEW** **RENEWAL** **Membership** **Team Sign-up** *(Check all that apply)*

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- \$15.00 1 year individual membership
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 - \$ _____ Donation to show support
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 - \$50.00 Vermont Street Bridge Builders *
 - \$100.00 Golden Ostrich Elite *
- (* includes membership with these categories)*

Become Part of the Team! The success of this community association has been largely dependent upon the volunteer efforts of area residents. If you would like to volunteer your time as a team member of any of the following special interest areas, please sign up below.

- Blockwalker Team** (Help to prepare & deliver this newspaper to homes on your block)
- Neighborhood/Zone Watch Team** (Join neighbors to help keep community safe)
- Historic Team** (Help to research and preserve UH's history)
- UH Park & Rec Council** (Participate in overseeing UH's recreational facilities)



MEMBERSHIP

NEW

Carla Brand & Jesse Adams, Gregory Best, Jeffery & Christine Mandrake.

Thanks for joining!

The UHCA appreciates your support. And a special thank you to all those who made extra donations!

NUMBERS TO KNOW

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POLICE EMERGENCY FROM CELL (619) 531-2065

POLICE NON-EMERGENCY (619) 531-2000

SDPD COMMUNITY RELATIONS OFFICER

Richard Edgil (619) 291-1729

E-WATCH

ewatch.sandiego.gov/ewatch

ZONE WATCH COORDINATOR

Nan McGraw (619) 260-0668

UH RESIDENT SHOWS HOW TO GO UPSIDE DOWN

Fighter pilots and astronauts take it for granted; the average citizen, however, may not be comfortable upside down or understand the benefits of inversion. Not to worry, there's help for all of us - University Heights resident Amy Caldwell helps by showing people how to go upside down in the August 2005 edition of Yoga Journal. Featured in the home practice section of the magazine, Amy demonstrates a series of poses that build the physical and mental strength necessary to move into a full inversion, in this case, Pincha Mayurasana (Forearm balance). "The first thing that changes while upside down is perspective", says Amy. "When we see things differently, new opportunities and solutions present themselves. Being inverted also benefits the immune system and gives our heart a break."

A resident of University Heights for more than four years, Amy and her husband Michael first began their practice of yoga while traveling through Australia where they picked apples to earn money. The couple continued through Southeast Asia, Europe and ultimately India where they completely immersed themselves into the philosophy and practice of yoga. In India Amy studied with some of the top yoga masters, and for six months dedicated four to six hours a day to her practice and studies.

Today, Amy and Michael own Yoga One, downtown San Diego's only fully dedicated, interdisciplinary Hatha yoga studio. Having discovered the joys and benefits of yoga, Amy is committed to sharing the experience. Since opening Yoga One in May of 2002, Amy is fulfilling her dream of offering a variety of yoga disciplines at one location.

Because Amy and Michael believe the practice of yoga should be as diverse as those who participate, they offer a multitude of styles and levels including Ashtanga, Yoga Flow (a blend of traditions that includes sun salutations), yoga for backs, Relax & Refresh, prenatal and yoga for caregivers with babies. All of the instructors at Yoga One embody the essence of yoga in and out of the classroom. Their knowledge creates a safe, comfortable environment for all levels of students.

Award winning Yoga One is located at 1150 7th Avenue, just south of B Street. They offer early morning, afternoon and evening class times on weekdays and weekends. A complete schedule is available on their website www.yogaonesandiego.com.

Yoga One's mission is to compassionately guide individuals toward improved physical and mental well being, enabling them to uncover a greater

sense of self-awareness and peace, which they can incorporate into their everyday lives.

Yoga One has been featured in *Shape Magazine*, the *Union-Tribune*, *Yoga Journal*, *San Diego Magazine*, KUSI morning news, the *Downtown News*, *La Jolla Light* and voted "Best Yoga" in *San Diego City Beat's* reader's poll the last two years in a row. For more information, please contact Michael Caldwell at (619) 294-7461, or Michael@YogaOneSanDiego.com.

MEMORIES OF EARLY UNIVERSITY HEIGHTS

Do you know how to tell how old your house is? Call the water dept. and they will tell you when your meter was installed and active. Our house was built in 1926 - coincidentally the year I was born on October 29th at the Sisters of Mercy Hospital, which was on 9th or 10th Street in Hillcrest. My sister and brother, Virginia and Harry Muns, had to sit on the front porch with their pumpkins while my dad went to visit my mother. Needless to say I was not very popular!

Our address at that time was 1433 Madison. My father went into the contracting business after sixteen years in the Navy, and built a small house, followed by a larger house for us, and then added three more cottages. He chose University Heights as it was at that time the highest elevation. The family also lived at the Werts Apartments when my sister was a baby, moved to the 1500 block on Madison. My sister contracted polio while there.

Addresses are interesting as concerning their origins. My mother bought a lot in Mission Cliff Gardens and built the first or second house there. She asked for 1748 as a house number as our phone number had always been 1748 and then Jackson 1748. So that phone number was hers as well as our home being given the same number.

All the children in the neighborhood went to Birney, Horace Mann (now the S.D. Ed. Center) and then "Big Time" we took the street car at Park Blvd. and went to the "Old Grey Castle" (San Diego High School). We were the Cavemen.

When my mother saw the iceman or milkman, she would go to the street and pick up the horse droppings and use them in her garden. Quite a few of the roads were still unpaved.

My friends and I used to go up and down the canyon on the weekends. The attraction? The river and trapdoors spiders. Going down wasn't bad, but climbing back up was exhausting.

This is a sample of life in the early 1900s in UH! -Betty Jean Muns Dunton



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THE UH GARDEN

by Bill Hastings

Summer's last month can often evoke a wistful melancholy for many. Students are tackling this time of teachers and textbooks. Surfers are wrestling with wetsuits they weren't wearing a week prior. Long faces grimace in the long shadows as the sun surrenders to the certain succession of the seasons.

Weather-wise, daytime highs in the Heights still have that sultry smack of summer (our record hottest days occur this month), but to the gardener the subtle change in the quality of the light and the resulting cooler soil temperatures makes it certain that a time for making outdoor changes is upon us.

If your summer garden was thoughtfully planned and stress-protected—well mulched, deep-rooted, and fully established but not overfed—there won't be much to do in the garden this month but watch things grow. There's always a little dead-heading to do. Some of the shorter-lived annuals, like Marigolds, may be looking tired and are asking to be culled. But during the hottest spells you should sit in the shade, sip on something satisfying, and let your imagination go as you cleverly calculate your upcoming horticultural endeavors.

It's a good time to start cool-season flowers from seed. Try larger

varieties that aren't always available as started plants, like Giant Imperial Stock, or the "Pacific Beauty" Calendula. Retailers favor the dwarf varieties because they'll bloom in the container, but they're not nearly as impressive as these classics at full maturity. Try to have them ready for a mid-November planting with Pansies and Iceland Poppies.

Don't forget the easy-to-grow choices from seed. Sweet Peas can be planted now if the seeds are pre-sprouted in a shallow dish of water. Look for the "early" or "winter-blooming" types. A wildflower garden can be satisfying and care-free without the fuss of setting out a formal plot. Enrich the garden bed now to have it ready for scattering seeds early next month. Create your own mix using the time-tested Larkspur, Bachelor Buttons, and Shirley Poppies as the bulk of the blend.

The winter vegetable garden can be as productive and filled with much more variety than the summer tomato, squash and pepper patch. Start broccoli, cauliflower, Asian/Southern greens, beets, radish, snow/snap peas, carrots and celery now, and you may have some ready in time for a holiday meal.

Onions and garlic want to be started now as well. They take all season, but come June you can reap a great return on your investment. "Vidalia" onions are "short-day",

"Granex" hybrids with a proprietary trade name. These imports can be quite pricey. But sweep hybrids grow exceptionally well around here too. Harvested in the 'hood, they've often been referred to as "Heights Hummers." When well grown in rich soil with no added sulfur; they are every bit the luxury item as other named varieties. Look for seeds of "Texas Grano 1015."

Many mainstays of the Mediterranean-climate landscape are on the list—available to you for your conceptual use—as you wonder what to put in the ground during the upcoming window for fall planting. Lavender, rosemary and thyme as hedges, accents or groundcovers; shrubby sages of all sizes to attract wildlife; southern-hemisphere daisies and new world grasses; California natives and desert succulents; all of these and more should contribute to your design as you ponder the palate plantable possibilities between sips.

If you can spare the space for a little whimsy, add a bit of easy, almost carefree, color with blooming bulbs. A mature, healthy corm or tuber has a full-grown flower display lying within, ready and waiting to dazzle, with just a modicum of affection. Three, top recommendations now available in nursery display racks are: Ranunculus, Anemone, and the sure-fire Freesia.

Ranunculi are a San Diego land-

mark and claim to fame. The "Tecolote" variety is grown for world export exclusively here in the county, off the Interstate 5, at Palomar Airport Road. The single burst of bloom is awe-inspiring, but quite short lived. Anemones, with the same cultural requirements, aren't quite as flashy, but the bloom comes in three or four waves over a 3-month period.

Saving the best for last, Freesias are a versatile, forgiving, must-grow item for any yard in the Heights. They don't suffer in heavy clay soils. Their growth cycle is perfectly timed for our wet-winter weather pattern. And their delicious fragrance gets better with each season as the clumps of corms get crowded and the stressed plants send stronger signals to potential pollinators.

If you do only one garden chore this fall, plant Freesias along the edge of a walkway this month or next, and make this coming March a *scentual* treat!



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'SMITHSONIAN MAGAZINE' FEATURES UH RESIDENT

The August issue of *Smithsonian Magazine* featured a comprehensive article titled "The Surprising Science of Sharks" in which one of our own residents was quoted. Dave Holts, a fisheries research biologist with National Marine Fisheries in La Jolla and long-time resident of University Heights was interviewed and featured in the magazine.

As the article states, sharks have been prowling our oceans for some 400 million years but now, due to decades of over fishing, these magnificent creatures are in trouble. Dave has been studying and collecting data on sharks for over 11 years. The survey data he collects is used to track the shark populations and reflects its declining numbers. Sharks are slow to reproduce and the low survival rates of their offspring, which are called pups, subject them to over fishing. By keeping a sharp eye on the data, adjustments on fishing restrictions, permits and catch limits may ensure that the populations will not continue to decline. If shark populations don't rebound, there may be serious consequences to the well-being of our oceans.

Dave Holts' goal is to ensure that the remaining populations of pelagic shark, like the shortfin mako, the Blue shark and threshers are conserved for future generations.

His work of tagging and tracking sharks and collecting the data is contributing to the protection of these great creatures.

Dave has been a University Heights resident for over 30 years and we are proud to have him as our neighbor. Congratulations, Dave, and keep up the good work!

('MYSTIC MOCHA' from page 1) or evening! All milk drinks can be made with soy.

Vietnamese coffee is also offered, iced or blended, and varieties of teas for neighborhood tea drinkers. That selection includes Japanese cherry Sakura, green herbal, white peony, and freesia's garden. These can also be ordered iced or hot.

Saturday evenings are "Cheesecake and coffee" nights at Mystic Mocha and Jeff has plans to have daily specials for every day of the week. And even though there isn't much wall space, there are works by local artists on display.

Jeff has another shop, the Pacific Bean Company on Garnet next to the Crystal Pier. "It's been there for eight years and we get a lot of people from Mission Beach and tourists, especially the Europeans looking for a good cup of espresso," he commented.

Mystic Mocha was a popular spot at the recent 'Summer in the Park' concerts and was a good

The Plume Award

The University Heights Community Association

Proudly Salutes

THE FRIENDS OF THE UH LIBRARY AND THE BOOK SALE VOLUNTEERS

Each August, the Friends of the UH Library are happy to staff the monthly book sale at our branch. Because of that participation, the local Friends receive most of the proceeds of the sales made on that day. These funds are used to financially support the library's needs, from books, videos, CDs, DVDs, reading programs and storytime events, and equipment for library staff.

Each year there is a stellar group of library "groupies" and stalwarts who pitch in and this year was no different. This year's VIPs (Very Important Participants) who helped to reshelve books, direct readers, answer questions, work at the "check out" table, and bag and box books for the buyers include Chris Milnes, Maureen Markey, Carol Salina, Mary Lou Ruane, Sylvia Naliboff, Marilee Kapsa, Laura Starr, Pat Johnston, and Ernie Bonn in spirit.

Thanks to the time and efforts of these library friends, the University Heights Friends will be able to continue their support for the local branch.

opportunity for the community and Jeff to get to know each other. He was pleased that with each concert, business at the coffee cafe increased.

Jeff's karma has led him through UH for a while. "I've come to this district, especially Gala Furnishings, and have liked the building we're now in. I just happened to be looking

in the paper and saw an ad for a kitchen for sale. I called & came right over and that was it, karma", Jeff said.

Situated at the Mission Avenue Islands area of UH, Mystic Mocha is in the perfect location to give University Heightsians a slice of the tropics and excellent coffee drinks in a friendly neighborhood setting.



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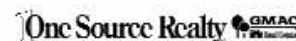
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VERMONT STREET BRIDGE UPDATE

The UH Community Association in cooperation with the UHCDC, would like to thank Acting Mayor Toni Atkins and her staff, Monica Pelaez, George Biagi, and Jeffery Tom for all their help in getting the Vermont Street Bridge Bollard Project funded. The UH community now has \$5,000 set aside to fix the bollard and the lighting system on the Uptown District side of this important gateway into our community. Mayor Atkins and her staff worked with us for over a year trying to obtain funds necessary for

this project. Community members look forward to providing oversight in the final design and implementation of the project, which will be managed by the City's Traffic Engineering Dept. The community also looks forward to working with Mayor Atkins and her staff in the future on the many other projects moving forward in Council Dist. 3.

COMING IN OCTOBER- 'DUMPSTER DAY' IN UH

Save this date! UHCA will be sponsoring a Dumpster Day in UH on Saturday, October 8th, 8 am-1 pm, at the Birney School parking

lot at 4345 Campus Avenue.

Get rid of that brush and stuff! We'll accept appliances, mattresses etc., but NO tires, paint or environmental waste!

Let's all pitch in and help clean up our neighborhood!

UH POINT CLEAN-UP

The crew of the Friends of UH Point clean-up had a surprise helper on August 10th in the form of new Open Space Park Ranger Jason Allen. He brought his city truck and donned work gloves with the rest of us. He has been on the job working under Ranger Sue Pelley for a few months. His job is to care for the open space parks & canyons in the city and will be working with the neighborhood canyons "Friends" groups.

Hats off to the neighbors who are obviously helping keep the Point clean in between our official clean up days. The coastal sage scrub plant community is in seed and looking dormant for the most part, though the laurel sumac bushes amazingly continue to flower. The weeds are flourishing in the native plant area, but we will take care of them in the fall before we begin watering. We have several neighbors who have expressed interest in helping with the weeding and watering. We are also going to hold the good folks at the San Diego film

Commission to their agreement to bring crews out in the fall to help us.

Meanwhile, we will do our next clean-up on the Saturday after the Labor Day weekend. Mark your calendars for September 10th. Come and meet our new park ranger, Jason. We will meet at 1 pm at the corner of New York Avenue and Golden Gate. Wear sturdy shoes and bring work gloves, if you have them. Please call Terry Weiner at (619) 543-0757 or Marcia Boruta, Chair of the University Heights Park and Rec Council at (619) 299-5351 for more info or to RSVP. Happy Labor Day!

-terryweiner@sbcglobal.net

UH URBAN DESIGN REVIEW COUNCIL

The UH Urban Design Review Council meets Thursday, September 8th, 7 pm, at 4452 Park Blvd., Ste. 103.

The Council meets with developers, city officials and other community groups to discuss and give input regarding new development in our area and the impact it will have on UH residents and businesses.

For meeting agendas and email, call (619) 297-3166.

UH PARK & REC COUNCIL

The next meeting of the UH Park & Rec Council will be Thursday, September 1st, from 5:30-6:45 pm in the Birney Library. All are welcome!

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The Council works with the City of San Diego Park & Rec Dept. to oversee development at Trolley Barn Park, the future joint-use park at Birney Elementary, and the open space UH Point. Last month volunteers picked up trash at UH Point and kept the Birney community garden growing during the school's summer break! Other developments last month included the removal of the portable buildings from the Birney playing field, opening up the view to the historical buildings and visually connecting the future Joint-Use Park with the future UH Library & Rec Center!

For more info call Chair Marcia Boruta at San Diego Permaculture Center (619) 255-6111, Vice-Chair Liem Do at Birney (619) 293-4400, or Debra Jones, City Park & Rec Dept. Area Manager at (619) 235-1161.

UH LIBRARY-NEW HOURS

The UH Library, and all city branch libraries, have adjusted their hours to reflect the city budget cuts.

The UH branch hours are **Monday and Wednesday:** 12:30 to 8 pm; **Tuesday and Thursday:** 9:30 am to 5:30 pm; **Friday:** 12:30 to 5:30 pm and **Saturday:** 9:30 am to 2:30 pm.

The Library provides services by

phone Monday through Thursday ONLY. The number is (619) 692-4912. If you wish to renew materials or place reserves, and have no outstanding fees or overdue materials, you can do so online at www.sandiego.gov/public-library.

For info or assistance on Friday, Saturday and Sunday, call the Central Library at (619) 236-5800, between 9:30 am-5:30 pm, Friday and Saturday, and 1-5 pm on Sunday.

UH LIBRARY TASK FORCE

The Library Task Force, like the Community Association, was dark in August. Be that as it may, some things are still happening.

Our goal and mission statement remains that of creating a greater community asset out of the historic site, that is currently being used merely for record storage, and have it fulfill the community's, and Birney's need for better Library facilities, as well as offer a community center. All of these attributes can result, we feel, from a rehabilitation of this beautiful building, and the project appears to be one that can not only be self sustaining, financially, but its Phoenician ascension from the ashes of neglect can be largely self-funded. If you would like to become involved in this exciting project, come to the meet-

ing, Tuesday, September 14th, at 6:30 pm, at 4452 Park Blvd., UHCDC office. "We shall overcome"!

FRIENDS OF UH LIBRARY

The Friends of the UH Library will meet on Saturday, September 3rd, 10 am, at the UH Branch Library, corner of Park Blvd. and Howard.

The UH Friends support the local branch through their advocacy and fundraising efforts. The majority of the proceeds from last month's monthly book sale are delegated to the UH Friends to provide books through the matching book fund, CDs, videos, magazine subscriptions, and supplies needed by the library staff.

Be a Friend! Help support our branch library by becoming a Friend of the UH Branch. Membership applications are available at the front counter of the library.

UH BOOK CLUB & SALON

The UH Book Club & Salon will hold their next discussion on Wednesday, September 28th, 6:30 pm, downstairs at the UH Library.

This month's selection is "The Remains of the Day" by Kazuo Ishiguro, the story of Stevens, a butler in post WWII England. It's a compelling psychological study and a portrait of a vanishing social order.








Pick up your copy at the UH library and come join the discussion! New readers are always welcome.

('CERT SAN DIEGO' from page 1) rorism/biohazards, basic medical, search and rescue, IC, documentation, and hands-on skills. Wednesday evening classes are from 6-10 pm and Saturday morning 8:30 am-12:30 pm. For further info, contact CERT through their website at www.certsandiego.com or at CERT@sandiego.gov.

Our goal in UH is to have fifty trained CERT members. So far we have 15! Will you be one of those 35 to make up the gap? Training covers many situations including earthquake preparedness, triaging and terrorism. We also have a need for ham radio operators.

Won't you please take this opportunity to increase your knowledge and join your neighbors in UH to become CERT TEAM UH!

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
Mail your calendar happenings by the 10th of the month to: UH News P.O. Box 33032 San Diego, CA 92163 All meetings are open to the public unless otherwise noted.		 September 17th - 23rd CONSTITUTION WEEK		Park & Rec 5:30 pm 1 Crime Watch 6:30 pm UHCA Meeting 7 pm Birney Auditorium	2	Friends of the UH Library 10 am 3 Park Boulevard & Howard Avenue
4	 LABOR DAY 5	'Uptown Planners Meeting 6:30 pm 6 Joyce Beers in Uptown	UHCDC Meeting 6:30 pm 7 4452 Park Boulevard Suite 104	Curbside Recycling 8 Urban Design Review Council 7 pm 4452 Park Boulevard Suite 103	9	UH Point Clean-up 1 pm 10 UH News Deadline!
 PATRIOT DAY 11	12	13 <i>Street Sweeping</i>	Library Task Force Meeting 6:30 pm 14 4452 Park Boulevard Suite 103	15	16	Book Sale UH Library 8 am - 3 pm 17 Park & Howard 
18	19	North Park Planning Committee Meeting 6:30 pm 20 2901 North Park Way	21	Curbside Recycling 22 First Day of Autumn 	23	24
25	26	27 <i>Street Sweeping</i>	UH Book Club & Salon 6:30 pm 28 UH Library UH News Distribution	29	30	The CURBSIDE RECYCLING DATES for the month September are Thursday, September 8th and Thursday, September 22nd.

GOD'S PRESENCE THROUGH DANCE

First United Methodist Church of San Diego presents a liturgical dance concert, "A Season to Dance" by the Mojalet Dance Collective on Sunday, September 11th, at 4 pm, in Linder Hall at First United Methodist Church of San Diego, 2111 Camino Del Rio South.

This special event of festive and prayerful dance will uplift and inspire you. The Mojalet Dance Collective, along with members of Soulscape, will portray themes of the Christian faith such as mercy, hope, prayer, and faith.

Tickets are \$3 in advance at the church, and \$5 at Art Tix and at the door. Youth under age 18 are free.

OSTEOPOROSIS SUPPORT GROUP

The Metropolitan Osteoporosis Support Group, for both men and women, meets on the first Tuesday of each month, from 10 to 11:30 am, at the Joyce Beers Community Center in Uptown, at the Ralph's Shopping Center. For info call (858) 279-1016.

DEDICATION OF NORTH PARK THEATRE

The most anticipated event of the San Diego performing arts season is just a few short weeks away! The Stephen and Mary Birch North Park Theatre, 2891 University Avenue, is scheduled to celebrate its on-stage dedication on Friday, September 30th at 12 noon. Lyric Opera San Diego will be the principal artistic company in residence at the theatre and will be presenting its upcoming season at its new home. Join the dignitaries who will be in attendance at the event as the most glittering new jewel in the crown of San Diego's performance venues, the newly restored, historic North Park Theatre is unveiled. For more info and to RSVP, call (619) 231-5714 or visit the website at www.lyricoperasandiego.com.

CITY FARMER'S NURSERY PRESENTS PROPAGATION

This month the City Farmer's Nursery will be presenting the next in their series of continuing gardening classes. This month's class is "Propagation". Learn easy and money saving skills of starting plants. The class will be held on September 3rd at 4832 Home Avenue, and will be at 1 pm. For more information, or for directions please call (619) 284-6358.

SCANDINAVIAN FILM SERIES AT SAN DIEGO ART MUSEUM

To commemorate the 100-year anniversary of the peaceful dissolution of the union between Norway and Sweden, the Balboa Park's Houses of Sweden and Norway are presenting a Scandinavian film series featuring three highly acclaimed films produced by the two countries.

The first film is "The Emigrants" from Sweden in 1971. Directed by Jan Troell, this film tells the story of the resourceful Swedish immigration to America in the 19th century. The film stars Liv Ullman and Max Von Sydow, and was nominated for many Academy Awards including Best Picture, Best Director and Best Actress. The film will be shown on September 15th.

The second film is Bille August's "Pelle The Conqueror", also from Sweden. Max Von Sydow stars as an immigrant whose dream is to conquer the world. When he fails, he instills the same ideal into his son, and they learn more through their failures than through their successes. This film won an Oscar® for Best Foreign Film for 1987. The film will be shown on September 22nd.

The final film in the series will be "Elling" by Peter Naess. This comedy tells the story of two recently

released psychiatric patients who go to Oslo, Norway, and discover that the real world is much more challenging than he ward. The film will be shown September 29th.

Show times are 7 pm in Copley Auditorium. Tickets per film are \$6 for museum and House of Sweden/Norway members, and \$8 all others.


MUSEUM OF ART - NEW EXHIBIT AND CONCERTS

On September 7th, the next in the Jazz In The Park series will take place at 5:30 pm. This month's concert will be The Clayton Brothers Quintet. Bassist John Clayton, and his brother, stellar alto sax player Jeff will be bringing their classic, swinging style to San Diego for a rare performance. Accompanied by pianist Gerald Clayton on piano, come see this group in this great small setting. Tickets are \$14 for members, and \$17 for nonmembers.

On September 25th, classical virtuoso guitarist Fred Benedetti will be playing some of his favorites from various eras. The concert will be held at 2 pm, admission is free with museum admission.

Finally, starting on August 27th and running through November 13th, will be a new exhibit, "Farsites: Urban Crisis and Domestic Symptoms in Recent Contemporary Art". Sponsored by *inSite*,

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Classes For Men & Women
Awana 5:00 p.m.

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AROUND THE BLOCK

and a collaboration between the San Diego Museum of Art and the Centro Cultural Tijuana, this exhibit is the 13th year of this annual bi-national project, and this is the first time the exhibit has been held in a museum setting. Artists from various countries including America, Europe, Africa, etc., present their different art forms, including paintings, sculpture, collage and other art forms.

**AcousticMusicSanDiego.com
CONCERTS IN SEPTEMBER**

by Michael A. Johnston

This month, Carey Driscoll and company present an abbreviated schedule, but the talent is far from short. Three concerts, four performers, low prices, what's not to love?

Starting on September 11th, the first performer of the month is Peter Himmelman. Formerly of the Minnesota band Sussman Lawrence, Himmelman has had a prolific solo career that has encompassed performing on the soundtrack for CBS' "Judging Amy", children's albums, as well as his folk-troubadour stylings. He has released 2 albums with Sussman, and about a dozen solo albums in his career, including three children's albums, and with his new album,

"Imperfect World", he hopes to expand his audiences even wider. Tickets are \$15 in advance, and \$20 at the door.

On September 15th will be the Irish duo of singer-songwriter Andy M. Stewart and Celtic guitarist-songwriter Gerry O'Beirne. Known as one of the best interpreters of traditional Irish songs, Stewart's voice has been called by The Beacon Herald, a voice that "conveys more emotion in one line than most singers do in a lifetime". O'Beirne's guitar playing mixes traditional Celtic with contemporary song stylings. This promises to be a beautiful concert, so get your tickets now. Tickets are \$18 in advance, and \$22 at the door.

Finally on September 16th will be fiddler Jamie Laval. Like the previous duo, Laval's traditional Irish roots show through his music with songs of tenderness, reels and jigs, and other types of music. He has performed on the latest Dave Matthews Band album, "Some Devil" as well as the soundtracks to "Everwood", "Wild America" and "Finding Home". Tickets are \$15 in advance, and \$20 at the door.

All concerts are held at 4650 Mansfield, and start at 7:30 pm. For tickets, or more info, please call (619) 303-8176, or visit the website at www.AcousticMusicSanDiego.com.

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- Korova • (619) 260-1917 • 4496 Park Boulevard
- Mystic Mocha • (619) 688-0858 • 2105 Mission Avenue
- Park Boulevard Deli • (619) 295-1362 • 4504 Park Boulevard
- Parkhouse Eatery • (619) 295-7275 • 4574 Park Boulevard
- Pomegranate • (619) 297-4007 • 2302 El Cajon Boulevard
- Red Fox Steak House • (619) 297-1313 • 2223 El Cajon Boulevard
- Seoul House • (619) 299-3571 • 4670 Alabama Street
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LETTER TO THE EDITOR

Dear 'University Heights News',
 I read about a series of tire slashings along Madison Avenue in your June issue. Although I hadn't heard anything about this particular incident, I must say that I was hardly surprised to read about it.
 Some of us remember a time (not so long ago) in which a person could work at home or sleep through the

night without being subjected to the honks, chirps, beeps, squawks, and sirens that now appear to come standard with most cars and which most car owners, apparently, find difficult to disconnect.
 These unwelcome intrusions have become quite a problem for those of us who have windows near on-street parking spaces or by alleyways. I myself have witnessed no fewer than

three altercations concerning car alarms in the past few months. On one occasion I witnessed an entire trash can emptied onto the offending vehicle. The most recent incident nearly came to blows.
 While boorish behavior hardly justifies tire slashing, the pattern of vandalism mirrors that of other cities. A recent 'New York Times' editorial describes an enraged resident tossing a toaster oven through a windshield.
 In my own experience, approaching people politely about their car alarms has yielded unsatisfactory results and has even resulted in a retaliatory increase in noise levels from one neighbor. As a result, I am

quickly becoming one of the increasing numbers of city dwellers more bothered by traffic noise—including car alarms—than any other aspect of city life including crime or the conditions of schools.
 Citizens groups are cropping up across the country with the express purpose of eliminating car alarms altogether. We have had several informal gatherings here on Alabama Street, but you can form your own. For more information see the websites for Silent Majority and Transportation Alternatives among others. —CK



Remember to visit! www.uhsd.org

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 (619) 280-5353 contact: Todd Gloria

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Retired Senior Volunteer Patrol (RSVP)	619-221-8958
Richard Edgil	619-291-1729
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San Diego Crime Statistics	http://www.sannet.gov/police/
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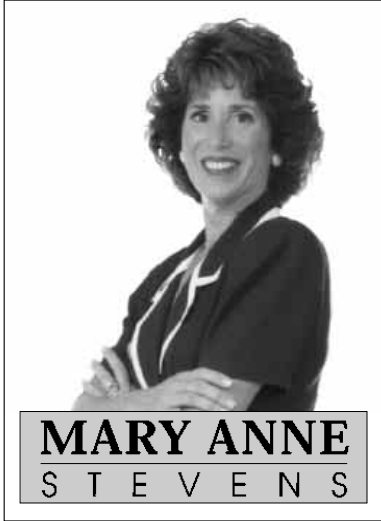
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