

## SCHOOLS

### Reaching her dreams

Mama's Hoover High School senior Itza Perez has developed into a leader who won't let anything get in the way of her dreams.

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## SAFETY

### Preventing fires

The Manzanita Canyon has been the site of several recent fires, raising concerns over dangers posed to local youth.

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## NEWS

### Moving up in the job market

The Youth Resource Fair offers opportunities to find a job and complete your education.

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## Attention residents!

City Heights Life wants to hear from you! Please submit your articles, photos, letters, events or story ideas to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).

## HEALTH

### Planting the seeds

Somali Bantu group is looking to capitalize on recent zoning changes to create more community farms.

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## Building the future at Hoover High

*Construyendo un taller de madera futurista en la preparatoria Hoover*

By David Ogul  
City Heights Life

The future of education is on full display at Hoover High School in City Heights.

No longer are science, geometry, history, and English being treated as separate subjects. Instead, they are woven into a cutting-edge industrial arts program based in a new, ultra-modern shop building that is the most technologically advanced in the San Diego Unified School District.

The 5,700-square-foot, Green Construction Technology Building on the western edge of the campus was dedicated Feb. 29. It is the first in the district to secure the Leadership in Energy and Environmental Design (LEED) Silver Certification by the Green Building Certification Institute, said Greg Quirin, program specialist with the San Diego Unified School District's Office of College, Career & Technical Education. The designation means the facility's design, which includes ample natural lighting and the use of solar energy, met construction standards for sustainable design and green building strategies.

But the key, school and district officials say, is the instruction taking place inside the new digs. Under what the school calls the Sustainable Academy of Building & Engi-

[ HOOVER, P2 ]

Por David Ogul  
City Heights Life

*Bienvenidos al futuro de los talleres de madera en donde construir pajareras y cajones es cosa del pasado. En la actualidad, el taller se dedica a la creación de muebles a la medida usando las más avanzadas maquinarias computarizadas.*

*El vanguardista edificio de la Preparatoria Hoover es un laboratorio educativo de avanzada en el que los estudiantes podrán aprender acerca de tecnologías renovables aplicadas a la construcción, incorporando al mismo tiempo las matemáticas, el inglés y la historia en diversos proyectos.*

*La instalación, que mide 5,700 pies cuadrados y está situada en el lado oeste del campus, fue dedicada el 29 de febrero. Incluye un moderno taller comercial de madera ubicado dentro de un salón de clases de artes industriales.*

*El edificio Green Construction Technology es el primero en el distrito en obtener la Certificación Plata (Liderazgo en Energía y Diseño Ambiental, LEED por sus siglas en inglés) del Instituto de Certificación de Edificios Verdes, dijo Greg Quirin, Especialista de Programas de la Oficina de Educación Universitaria, Profesional y Técnica del Distrito Escolar Unificado de San Diego. La distinción significa que el diseño de la instalación, que incluye abundante luz natural y el uso de energía solar, cumple*

[ HOOVER SPN, P2 ]



Students in Hoover High's Sustainable Academy of Building & Engineering work on soap box derby cars. *Estudiantes de la Academia de Construcción e Ingeniería Sostenible de la Preparatoria Hoover trabajan en coches de cajas de jabón.*

*con las normas de construcción para el diseño sostenible y estrategias de construcción verde.*

*Pero lo más importante, de acuerdo a los funcionarios escolares y distritales, es la instrucción que tendrá lugar en las nuevas instalaciones. Gracias a la secuencia de cursos que la escuela ofrece a través de la Academia de Construcción e Ingeniería, que se conoce como el programa SABE, más de 70 estudiantes to-*

## USC brings resources to City Heights

Price Charities and the University of Southern California are partnering to improve the lives of City Heights residents through the new USC Sol Price Center for Social Innovation. The Center will operate from the University of Southern California's campus in Los Angeles, but its resources will be dedicated exclusively to City Heights for the next five years.

The term "social innovation" has many definitions but one that USC and Price Charities has agreed on is "a novel solution to a social problem that is effective, efficient and sustainable and for which the value created

accrues primarily to society as a whole rather than private individuals." How it will do that is still under development, but possible areas of focus may include improving public safety, transportation, access to health care and social services, quality low cost housing, and jobs in City Heights.

The partnership between Price Charities and USC developed from a gift the Price Family Charitable Fund made to the USC Sol Price School of Public Policy at the beginning of the year. Price Family Char-



USC dedicated the USC Sol Price School of Public Policy in February, where the Sol Price Center for Social Innovation will be based. *USC realizó la ceremonia de dedicación de la Escuela de Política Pública Sol Price en febrero, la cual será sede del Centro para la Innovación Social Sol Price*

[ USC, P2 ]

## USC Brinda sus Recursos a City Heights

Price Charities y la Universidad del Sur de California unieron fuerzas para mejorar la vida de los residentes de City Heights a través del nuevo Centro para la Innovación Social Sol Price. El Centro operará desde el campus de USC en Los Ángeles, pero sus recursos se dedicarán exclusivamente a City Heights durante los primeros cinco años y de forma no exclusiva durante los próximos 20 años.

El término “innovación social” tiene muchas definiciones, una de ellas es “una respuesta innovadora a una problemática social que sea efectiva, eficaz y sustentable, y cuyo determinado valor contibuya más a la sociedad en su conjunto que a los individuos.”

Esta es esencialmente la misión del Centro. La forma como lo logrará está todavía en planificación, pero potencialmente se concentrará en áreas como seguridad pública, transporte, acceso a servicios de salud y sociales, viviendas de calidad a bajo costo y plazas de empleo para City Heights.

La alianza entre Price Charities y USC se desarrolló a partir de una donación que hizo el Price Family Charitable Fund a la Escuela de Política Pública Sol Price de USC a principios de año. El CEO de Price Charities y del Price Family Charitable Fund, Robert Price, dijo que la razón de la donación fue que el “en-

foque que USC hacia la política pública... está estrechamente ligado con los principios básicos que atesoraba (Sol Price). Apoyar a la Escuela de Política Pública Sol Price de USC no solo honra la memoria de mi padre, sino que también promueve la investigación... y el desarrollo de futuros líderes”.

El Centro estará ubicado dentro de la Escuela de Política Pública.

Sol Price, su esposa Helen y su nieto David se graduaron de USC. Price fundó Price Charities y el Price Family Charitable Fund para incrementar la justicia social y mejorar la vida de las personas que viven en vecindarios de bajos recursos. El Centro para la Innovación Social Sol Price es una continuación de estos valores.

La Vicepresidenta Ejecutiva de Price Charities, Sherry Bahrambeygui dijo que la alianza combina las fortalezas de ambas organizaciones.

“Price Charities ha estado realizando una labor innovadora en City Heights con la ayuda de sus residentes y otras organizaciones sin fines de lucro durante más de una década”, dijo Bahrambeygui. “USC es reconocida nacionalmente por sus investigaciones académicas en áreas que promueven reformas sociales. Es una alianza lógica”.

El Centro está en proceso de organizar sus recursos y desarrollar proyec-

tos para beneficio de City Heights. En un futuro cercano, los pasantes de USC trabajarán en organizaciones sin fines de lucro en City Heights. También se están planificando talleres e investigaciones que estarán a cargo de estudiantes y profesores de USC. Estos estudiantes brindarán su apasionamiento y formación académica a la comunidad y se beneficiarán ganando experiencia laboral en el mundo real.

Durante los próximos años, el Centro ayudará a Price Charities a evaluar la Iniciativa City Heights para determinar lo que está funcionando y lo que se puede mejorar. La información será usada para mejorar los servicios que se ofrecen a los residentes de City Heights y se espera que también sirvan como un modelo a través del cual otras organizaciones sin fines de lucro puedan optimizar sus recursos.

Más adelante, el Centro tiene planificado utilizar todo lo aprendido en otras comunidades, extendiendo su impacto a todo el país. USC desarrollará cursos especializados en el área de innovación social para la formación de más líderes que encabezarán organizaciones sin fines de lucro que transformarán al mundo.

— Staff report

## USC, from P1

table Fund CEO Robert Price said the reason for the gift is that USC’s “approach to public policy... is closely aligned with the core principles (Sol Price) held dear. Endowing the USC Sol Price School of Public Policy not only honors my father’s legacy but also advances sound research... and develops future leaders.” Sol Price, his wife Helen, and grandson David, all graduated from USC.

Price Charities Executive Vice President Sherry Bahrambeygui says the partnership brings together the strengths of both organizations.

“Price Charities has been doing innovative work in City Heights in partnership with residents and other non-profits for more than a decade,” Bahrambeygui said. “USC has a national reputation for academic research in areas designed to improve society. It is a logical match.”

The Center is in the process of directing its resources to and developing projects for City Heights. In the near future, USC interns will be placed in City Heights-based nonprofits. Plans are also in the works for workshops and research efforts staffed by USC students and faculty. These students will bring their passion and academic training to the community and receive real world experience.

Over the next few years, the Center will assist Price Charities in evaluating the City Heights Initiative and provide feedback on what’s working well and what can be done better. The information will be used to improve service delivery to City Heights residents and hopefully be instructive for other nonprofits to optimize their resources.

In time, the Center plans to showcase what it has learned with other communities, spreading its impact to across the country. USC plans to develop specialized courses in the area of social innovation to produce more nonprofit leaders who will transform the world.

— Staff report

## HOOVER, from P1

neering course sequence, which teachers here refer to as the SABE program, the 70 or so students enrolled in the effort take English, Earth science, geometry, algebra, world history, woodworking, literature and green technology classes that are interrelated with the projects they create. For example, students making furniture use algebra and geometry in their design work and English in writing up a project proposal. World history lessons would be incorporated into researching the evolution of tables, chairs and cabinets.

“It makes for a much more constructive program,” said Karen Aguilar, who is the director of the SABE academy and who also teaches mathematics. “Students will be meeting their graduation requirements while anchoring it to something they’re interested in,” such as woodworking.

Because the focus is on green technology, students also will be preparing themselves for professions in a growth industry, Quirin said.

“This is not a classroom where you’re going to build a birdhouse,” Quirin said. “You’re going to build furniture. You’re going to research your project, write a proposal for it, and use mathematical elements to design it. And you’re going to build it in a modern, environmentally sensitive building that relies on renewable resources.”

In fact, all the wood that students

will be using to craft their projects has been salvaged from elsewhere; just outside the building lie huge beams removed from the old bleachers at a recently renovated football field. They will be used to make everything from furniture to guitars.

Vice Principal Andy Trakas said the strategy incorporates what is known as “project-based learning,” a strategy that uses common sense. Referring to students who will be designing and making acoustic guitars in the new building, he said, “Why not bring in the math, why not bring in the music, why not bring in the science?”

The nearly \$3.9 million facility was funded by the school district’s Proposition S bond and state matching grants. The building has huge windows that virtually eliminate the need for lights, and giant vacuum tubes that suck out sawdust and other particles so common in traditional wood shops. The classroom, which includes a Promethean whiteboard, is separated from the construction lab by double-pane, soundproof windows.

It replaces a decaying woodshop across a walkway that was ventilated by oscillating fans and blanketed in dust.

“Everything is state of the art here,” woodworking instructor Arturo Gonzalez said of the new building. “You can’t compare it to what we had.”

## HOOVER SPN, from P1

marán clases interrelacionadas de inglés, ciencias de la tierra, geometría, álgebra, historia mundial, carpintería, literatura y tecnología “verde”. Por ejemplo, para diseñar los muebles los estudiantes aplicarán sus conocimientos de álgebra y geometría y practicarán inglés al escribir la propuesta del proyecto. Se incorporarán lecciones de historia mundial en la investigación de la evolución de la arquitectura y del diseño de mesas, sillas y armarios.

“Aplicarán lo aprendido en matemáticas, inglés y las demás clases fundamentales,” dijo Quirin.

“Es un programa mucho más constructivo,” dijo Karen Aguilar, Directora de la Academia SABE y profesora de matemáticas. “Los estudiantes reunirán los requisitos para graduarse y al mismo tiempo practicarán algo que les interesa,” tal como carpintería. También dijo que los estudiantes podrán tener experiencias laborales y visitar diversos sitios de construcción ambientalmente responsables en la región.

De acuerdo a Quirin, como el enfoque es la tecnología “verde”, los estudiantes también estarán preparándose para ingresar a carreras dentro de una industria en crecimiento. “No es el tipo de salón de clases en el que van a construir una pajarera,” dijo Quirin. “Aquí van a construir muebles. Investigará todo lo relacionado con el proyecto, escribirán una propuesta y aplicarán sus conocimientos matemáticos en su diseño. Además, los muebles serán construidos en un edificio moderno, ambientalmente responsable y utilizando recursos renovables.”

De hecho, toda la madera que los estudiantes usarán en sus proyectos ha sido recuperada en otros lugares; podemos incluso ver en la parte externa del edificio una viga enorme que fueron removidas de un campo de fútbol renovado recientemente.

El Subdirector, Andy Trakas, dijo que la estrategia incorpora lo que se conoce como “aprendizaje basado en proyectos”, el cual se basa en el sentido común. Acerca de los estudiantes que estarán diseñando y fabricando guitarras acústicas en el nuevo edificio, dijo: “¿Por qué no aplicar la matemáticas, la música



The 5,700-square-foot Green Construction Technology Building. The nearly \$3.9 million facility was funded by the school district’s Proposition S bond and state grants. El Edificio Green Construction Technology de 5,700 pies cuadrados. La instalación, con un costo de casi \$3.9 millones, fue financiada a través del bono de la Proposición S del distrito escolar y subvenciones estatales.

y la ciencia?”

La instalación, que costó casi \$3.9 millones, fue financiada a través del bono de la Proposición S del distrito escolar y subvenciones de los fondos compensatorios de la Proposición 1D de California, los cuales solo pueden ser usados para mejoras que incrementen el capital de las instalaciones.

Las enormes ventanas del edificio virtualmente eliminan la necesidad de luces artificiales y cuenta con gigantescas tuberías que succionan el aserrín y demás partículas asociadas con los talleres de carpintería tradicionales. El salón de clases, que cuenta con una pizarra Promethean, está separado del laboratorio de construcción por ventanas con doble cristal a prueba de ruido. Reemplaza el antiguo taller de carpintería lleno de polvo con abanicos oscilatorios como única ventilación.

“Todo es tecnológicamente avanzado”, dijo el instructor de carpintería Arturo Gonzalez acerca del nuevo edificio. “No se puede comparar con lo que teníamos”.

Quirin añadió: “Es como comparar un caballo con un automóvil”.

## Youth resource fair presents opportunities to find a job and complete education

By Adam Ward  
Mid-City CAN

Looking to get a job, find an internship or complete your education? The inaugural City Heights Youth Resource Fair may be the place for you.

The City Heights Teen Center and San Diego Park and Recreation Department will co-host the Resource Fair on Saturday, April 28, from 10 a.m. to 2 p.m. at the Mid City Gymnasium at 4302 Landis St. The event targets youth from 16 to 24 years old, but it is open to all.

The idea for the Resource Fair came from the Collaboration to Keep City Heights Youth Safe, a grass-roots group of community organizations. Crysta Meador, job developer for the San Diego-Imperial Counties Labor Council, AFL-CIO, says she has engaged many City Heights youth who have dropped out of school to provide for themselves and their families. She said many are willing to complete their education, but need to get paid in the process. She says the Resource Fair will provide such op-

portunities.

Rosi Montijo, City Heights Community Development Corporation's resident services manager, says some of the the people she works with never leave their own neighborhood and don't know that job-training programs and internships may exist just a few blocks away.

Paige Newman of the City Heights Foundation says the bad economy has made it especially tough for youth to find a job, but the Resource Fair will provide opportunities for those still in high school to find summer employment and access needed services.

Organizers are expecting between 200 and 300 participants and have commitments from more than 40 vendors. The Resource Fair will have free food, live music, and dance lessons provided by TranscendANCE Youth Arts Project. Council members Todd Gloria and Marti Emerald are scheduled to deliver short presentations.

Plenty of free parking will be available in the Price Charities building and the Mid City Gym parking lot.

## Feria de recursos juveniles ofrece oportunidades para obtener empleo y terminar los estudios secundarios

¿Estás tratando de encontrar trabajo, una pasantía o de terminar tus estudios? Entonces, la primera Feria de Recursos Juveniles de City Heights puede ser el lugar indicado para ti.

El Centro para Adolescentes de City Heights y el Departamento de Parques y Recreación de San Diego serán co-anfitriones de la Feria de Recursos el sábado, 28 de abril de 10 a.m. a 2 p.m. en el Gimnasio de Mid City ubicado en 4302 Landis St. El evento está dirigido a jóvenes de 16 a 24 años, pero está abierto al público en general.

La idea de la Feria de Recursos surgió de la Colaboración para Mantener a la Juventud de City Heights Segura, una organización comunitaria de base. Crysta Meador, Promotora de Empleos del Consejo Laboral de los Condados de San Diego e Imperial, AFL-CIO (por sus siglas en inglés) ha logrado que muchos jóvenes de City Heights que habían abandonado los estudios puedan mantenerse a sí mismos y a sus familias. Meador dijo que muchos de estos jóvenes están dispuestos a terminar sus estudios, pero necesitan un salario mientras lo hacen y la Feria de Recursos les ofrece este

tipo de oportunidades.

Rosi Montijo, Gerente de Servicios para Residentes de la Corporación para el Desarrollo Comunitario de City Heights, dijo que algunas de las personas con las que trabaja nunca han salido del vecindario y no saben que existen oportunidades de empleo y pasantías a unas cuantas calles de distancia.

Paige Newman, de la Fundación City Heights, dijo que la economía en la que vivimos ha hecho que sea especialmente difícil para los jóvenes encontrar empleo, pero la Feria de Recursos les ofrecerá a los estudiantes de preparatoria la oportunidad de encontrar empleos de verano y tener acceso a servicios importantes.

Los organizadores esperan la participación de 200 a 300 personas y contarán con más de 40 proveedores. La Feria de Recursos incluye comida gratis, música en vivo y lecciones de baile cortesía del Proyecto Artístico Juvenil TranscendANCE. Los concejales Todd Gloria y Marti Emerald ofrecerán breves presentaciones.

Una gran cantidad de estacionamientos gratuitos estarán disponibles en el edificio de Price Charities y en el lote de estacionamientos del Gimnasio de Mid City.

**City Heights Youth Resources Fair**  
**Saturday, April 28**  
**10 a.m. to 2 p.m., Mid City Gym**

**Feria de Recursos Juveniles de City Heights**  
**Sábado, 28 de abril**  
**10 a.m. a 2 p.m., Gimnasio de Mid City**

## SAFETY

# Every Season is Fire Season in local canyon

By Lindsay Goodwin

Chair, City Heights Canyons and Communities Alliance

Manzanita Canyon has been the site of several fires over the past year, raising concerns over dangers posed to kids in the area. Some of the fires happened near the canyon entrance off Thorn Street, a block west of Monroe Clark Middle School. Several of the fires were set and are being investigated by San Diego Fire Department.

The fires prompted members of the City Heights Canyons and Communities Alliance and people living near the canyon to take action. As a result, community groups and residents are watching for suspicious activity, the city's Park and Recreation is improving signs, and volunteers through an upcoming Red Cross Cesar Chavez Day of Service will be distributing fire prevention information. In addition, San Diego Canyonlands will continue to clear non-native plants from the area and inform the public about appropriate brush management techniques. The Canyonlands

group also assembling a list of things a home owner can do to protect against burning embers that can pose a danger during canyon fires.

The recent events can serve as a reminder to make sure our youth are not being risky with fire. According to San Diego Burn Institute, arson has a higher rate of juvenile involvement than other crimes, especially with youth between 5 and 17 years old. On average, young people set more 56,000 fires across the U.S. each year. While the most death and damage comes from fires at home, three out of four fires caused by young people happen outside, including areas such as Manzanita Canyon.

The Burn Institute runs the region's Juvenile Firesetters referral program, used by parents and police for more than 250 youth annually who are found to be setting fires. For information and resources, see [www.burninstitute.org](http://www.burninstitute.org).



San Diego firefighters respond to the latest Manzanita Canyon fire. Photo courtesy of Dennis Wood

If anyone has any information about suspicious fires, please contact Crime Stoppers at 888-580-8477, or San Diego Police Department Community Liaison Officer Rene Murillo at 619-520-

7763, [rmurillo@pd.sandiego.gov](mailto:rmurillo@pd.sandiego.gov). City Heights Canyons and Communities Alliance meets on the second Tuesday of each month at 3:30 pm at Hamilton Elementary School.

— Lindsay Goodwin chairs the City Heights Canyons and Communities Alliance

# Student Spotlight

## Hoover student lets nothing between her and her dreams



**By Ashley Quintero**  
Hoover High School

Hoover High School senior Itza Perez is an exceptional student who puts the needs of others before her own and was recognized for her efforts when she won last year's Principal's Award.

Perez is the president and founder of Hoover Dreamers, a club aimed at immigrants who have been enrolled in a California high school for three or more years and are intent on establishing legal residency. Inspired by the Dream Act, the club's purpose is to supply resources to so-called AB 540 students who wish to pursue higher education. Itza also works to unite other "dreamers" while helping them find resources to get into college.

"I want to show them that they are not alone," Itza said.

In fact, some 48 percent of students at Hoover are refugees or fall under AB 540 guidelines, according to Itza's research.

"A lot of students are scared they are going to be judged so they isolate themselves," Itza said. "With the Hoover Dreamers, I want to show them that there are people willing to help and that they should not be afraid to ask."

Itza, who plans to continue working with Hoover Dreamers regularly after she graduates, said her passion has long been helping others. She is involved in more than Hoover Dreamers and the cause of AB 540 students.

Itza founded Cardinal Leaders, a group of students who work with administrators to help improve the campus and provide input on school activities and programs. She also is co-president of Link Crew, an organization aimed at getting seniors to mentor underclassmen, and she is part of a dance group at transcENDANCE, a dance studio in City Heights.

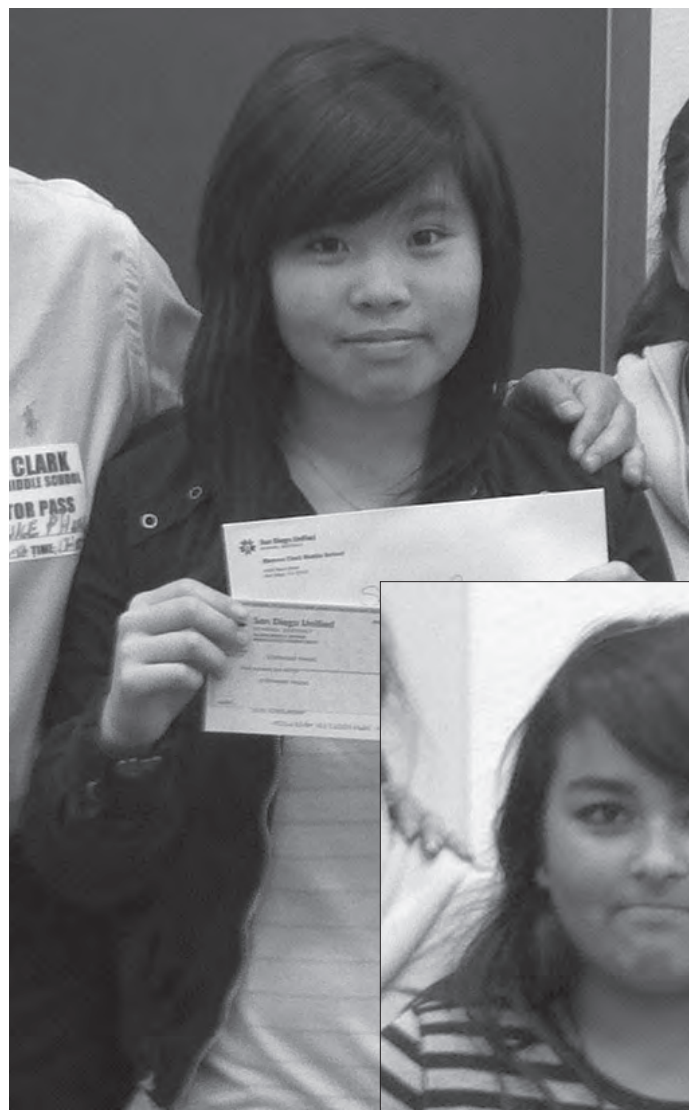
In addition, Itza mentors younger students at Cherokee Point Elementary on how to become leaders in the future. And she is part of Youth Voice, an organization tied into law enforcement that deals with social issues in the community.

Those who know her know that Itza will not let anything stand in the way of getting a good education. Despite her busy schedule, she maintains a 3.51 GPA.

Itza has been accepted into San Diego State University, and she is still waiting to hear from UC Riverside, UC Irvine, UCLA, CSU San Marcos, University of San Diego and Pepperdine University.

"People told me I couldn't go to college, so now I'm proving them wrong because I know I can," she said. "My dream is to go to school, and as long as I'm learning it doesn't matter which school I go to."

*Ashley Quintero, class of 2012, is  
the editor in chief of The Cardinal at  
Hoover High School.*



Stephanie (above) plans to go to medical school after attending Stanford University. Alejandra's (right) goal is to attend SDSU and study astronomy or ocean science. **Courtesy photos**

## Monroe Clark helps students get a head start on college

Two Monroe Clark Middle School graduates have received a healthy start to their college scholarship fund, thanks to the campus's English Learner Advisory Committee and Parent Center.

Alejandra Luevano and Stephanie Phung, both freshmen at Hoover High, won a scholarship competition last year as eighth grade students at Monroe Clark. They received their \$500 scholarship award at a recent ceremony in the Monroe Clark Parent Center.

Parent Center Director Rocio Agiss said the goal of the scholarship program is to encourage kids to continue their education.

Last year 25 applicants wrote essays expressing their thoughts on the benefits of belonging to a multi-cultural community, their interaction within the community, and the advantages of learning different languages. Alejandra's and Stephanie's were chosen as the most outstanding. Both say they will save their \$500 awards to help pay for college and will continue to look for further scholarship opportunities.

Stephanie says she wants to attend Stanford University and study either psychology or anesthesiology. She plays the flute

in the Hoover High School band and enjoys math and English. She has already calculated she will have at least a 4.6 grade point average when she graduates, if everything goes according to plan. Stephanie grew up in City Heights and is the daughter of Vietnamese immigrants.

Alejandra's goal is to attend San Diego State University after graduating from Hoover. She would like to study astronomy or something to do with the ocean. She is preparing to enroll in the ROTC program and wants to try out for the dance, soccer, and swim teams. Her parents are Mexican immigrants, but Alejandra says she is very interested in her friends' cultures. She says her friends have been teaching her Vietnamese and Thai and that she would someday like to learn French.

The English Learner Advisory Committee works in partnership with the Parent Center to advise the principal on issues pertaining to learning a language. They raise funds throughout the year through events and donations. They will be awarding two more scholarships to graduating students this year.

— *Staff report*

## EDUCATION BRIEFS

### Applications being accepted for PrimeTime Program

The San Diego Unified's before- and after-school program, PrimeTime, is accepting applications for the 2012-13 school year through May 4.

Parents and guardians must fill out applications for all students intending to take part next year, even those currently registered in the program. PrimeTime (formerly known as the "6 to 6" program) provides elementary and middle school students with activities and learning during the hours that most parents and guardians are working.

PrimeTime is offered at 132 schools and serves more than 20,000 students. Applications will be sent home with children and can be downloaded from the District's website. To be included in the initial review and enrollment process, applications must be sent via U.S. mail to the PrimeTime partner providing services at the child's school, postmarked on or before May 6.

For more information regarding PrimeTime, contact the district's Extended Learning Opportunities Department at 858-627-7562.

### Students in JROTC Urged to Aim for SDSU Camp

Applications are being accepted for a camp accommodating 50 JROTC students this summer at San Diego State University.

Students, who will be part of the College of Engineering's Science, Technology, Engineering and Math (STEM) camp, will be looking at engineering, biomedical, robotics and nursing education at the university level.

Course projects include the understanding of how the circulatory system functions, making a heart pump, creating a rocket-powered car, attempting to fly an airplane through the use of flight simulators, exploring the use of solar panels, and more.

The program is funded by the Army's JROTC Cadet Command and includes room and board at SDSU dormitories, a campus tour and other activities that give them a taste of campus life.

Students at Hoover High School in City Heights are among those eligible. Nominations must be submitted by April 17. Criteria for selection includes cadet eligibility, a GPA of 3.25 or higher, and a B average in science and math. Students must be enrolled in the JROTC program during the 2012-13 school year.

For more information, contact David Guzman at [dguzman1@sandi.net](mailto:dguzman1@sandi.net), or call 858 496-8203.

### Parents Invited to Join Anti-Bullying Effort at Schools

San Diego Unified is looking for parents or guardians to serve on the Safe Schools Advisory Group, a group that consults with officials on making sure students are free from bullying, harassment and intimidation while on campus, on school buses or at school events.

Those interested in becoming involved in the Curriculum Development Subgroup that will help develop curriculum to prevent bullying should contact Matt Hayes at 619-725-7138.

Those interested in joining the Communications Subgroup that will develop sharing information strategies with the community should contact Sandra Salom or Bernie Rhinerson at 619-725-5504.

Those interested in joining the Staff Training Subgroup to help develop bullying prevention programs and strategies should contact Marge Klenismmith-Hilderbrand at 619-725-7123.

Those interested in serving on the Student/Parent Involvement Subgroup that works with parent and student groups to promote anti-bullying on campus should contact Agin Shaheed at 858-490-8691.

Those interested in serving on the Community Resources Subgroup that works with members of the community involved with youth-oriented organizations should contact Delores Jacobs at 619-692-2077, ext. 103.

### Free Book Teaches the Ins and Outs About Food

Just how does food get from the farm to your table?

A new book for kids is now available that helps kids understand where their food is grown and how local farms can help them be healthier.

Created in collaboration with San Diego Unified School District's Food Services Department, Farm to Table Adventure is aimed at teaching children the basics about the food they eat, as well as building a strong case for why local foods keep children healthy and strong, according to Vanessa Zajfen, San Diego Unified's Farm to School Specialist.

The book is aimed at fourth and fifth graders. The project was funded by The Network for a Healthy California's Power Play! Campaign.

The books are free and can be requested by emailing Steve Kempster at [steve.kempster@cdph.ca.gov](mailto:steve.kempster@cdph.ca.gov). Further information can be obtained by contacting Vanessa Zajfen at [vzajfen@sandi.net](mailto:vzajfen@sandi.net).

# Florist takes FUNKY approach



Shop owner Stephanie Marquis (left) poses with a center piece she made from an old branch. Above: Flower arrangements from Funky Floral.

## Stephanie's advice for buying flowers:

- Make sure to pick flowers with hard petals. Soft petals means a flower has only two to three more days before it starts wilting.
- Cut off an inch from the bottom of the stem daily
- Keep the water clean by changing daily
- Add flower food to the water
- Well taken care of flowers should last two weeks or longer

City Heights is home to a new flower shop and it's anything but business as usual. As the name would imply, Funky Floral takes a different approach to flower arrangements.

Owner Stephanie Marquis says the shop reflects her off beat personal style and seven years apprenticing under floral designers from around the world. She says she incorporates floral arrangement techniques from Europe, the Middle East, and the United States. She hand picks every flower in her shop and guarantees her customer's satisfaction.

Some of her unique styles include putting herbs and plants together, offering terrarium globes, arranging with colored moss, and creating European hand-tied bouquets ready to be dropped into a vase.

Funky Florals is located on the grounds of City Farmer's Nursery. Stephanie says she was driving around looking for a friend's house one day when she spotted a "For Rent" sign in a wooden shed facing Home Avenue. She went inside to inquire and within a few months had sold everything she owned to open her first business. Six months later she is thinking about ways to expand. She would like to become a regular at farmer's markets and plans to have a booth at the Del Mar Fair. She's also trying to get into the competitive bridal business.

Stephanie's design taste is influenced by her background in the Los Angeles music industry. She's lived in San Diego for the past 10 years and fell in love with flowers after getting a job at a flower shop through her boyfriend.

Funky Florals is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 3 p.m. at 4832 Home Avenue. For deliveries, calling 619-920-8566.

— Staff report

## Refugee moms and their American daughters cook up a way to bond

By Megan Burks and  
Katie Euphrat  
*Speak City Heights*



Young girls wearing pink and purple headscarves—some with matching sunglasses—ran circles around their mothers in a City Heights industrial kitchen. The moms, who shuffled oversized bowls of hot rice and chicken, didn't miss a beat. Soon, the smell of spicy Somali rice and coffee spiked with ginger and coriander would bring the boys in. Things would settle down.

Indeed, plates filled to the brim with basmati rice, Ethiopian chicken and greens weighted the young East African girls to their chairs. It was the unfamiliar taste of goat

cheese that finally hushed them.

Twice a month, refugee women and their children congregate at the City Heights Wellness Center for a cooking class. It started as a way for the moms to share traditional recipes with their teenage daughters, but the American-raised girls wanted to throw U.S. favorites like pizza and stir-fry into the mix. This month, they tried an Italian dish with tuna, spinach and goat cheese.

Most had never tasted the tangy cheese before. Many said they didn't like it. But experiencing new flavors is what this class is all about.

Mothers, who fled war-torn countries as adults, step out of their cooking comfort zones to connect with daughters who grew up listening to hip-hop and eating fast food with friends. The daughters, in turn, learn to cook family recipes and find Halal ingredients, foods allowed by their Islamic faith.

"We learn from them. They learn from us. We learn from each other," said Farhya Ahmen, 18, who came to the United States from a Nairobi refugee camp when she was 3 years old.

Finding ingredients for the class at their local Albertson's is the first step in bridging

cultural gaps. The group's grocery list has to be flexible because finding Halal ingredients is challenging. Anything containing alcohol or pork products like gelatin won't work. Meats have to be slaughtered a particular way.

"We take the recipe and change it. We make it our own," said Khadija Mussa about adapting different cuisines so they are Halal.

This month, the group had to go to one of City Heights' many Halal stores to finish the shopping. There, the women circled around a display of colorful headscarves and imported lotions and soaps. It got them talking about their homelands.

The conversation continued into the kitchen, where the moms and daughters prepared a meal for more than 60 people.

Ahmen and Ayan Ali, 16, said the conversation is the best part of the experience.

"What surprises me is how much fun they had," said Ali, who recounted stories about her parents swimming beneath waterfalls and going to the beach.

"They tell us stories about when they were younger, how they would go out and milk the cow," Ahmen said. "It makes me feel like I want to go there and milk a cow, like I'm missing out on something."

The pair said they used to avoid talking about their heritage around friends and would only speak English. The cooking class has sparked a new interest in their culture, they said.

The moms said adapting their food traditions is a welcome compromise.

"I'm feeling good, because I'm learning a different way," said Fadumo Aidid, who helped start the class with funding from the California Endowment. "Before, I only knew one way."

Both the moms and daughters said they hope the class continues to grow. Younger generations of East African girls—the ones running around the kitchen in their Barbie-pink clothes—are growing up further removed from their homelands than their older sisters were. They'll need to learn family traditions, too.

"We don't want to lose our kids and our religion and our culture," Aidid said. "We have to keep our kids."



Cooking classes at the Wellness Center meld traditional and modern recipes

AT YOUR SERVICE

# So many classes and programs for kids

From swim programs to classes on drawing, City Heights is offering a variety of programs to help keep teens and younger children busy during spring break and beyond.

Hours for doing laps at the City Heights Swim Center pool, 4380 Landis St., are from 3 to 7 p.m. Monday through Friday, and from 8:30 to 10 a.m. on Mondays, Wednesdays and Fridays. Recreation swim hours are from 3 to 4:15 p.m. Monday through Friday. The admission fee is \$2 for children under 16, \$4 for those 16 and older. Discount passes are available. Children under 7 or shorter than 4 feet must be accompanied by a paying adult.

At the adjoining City Heights Recreation Center, kids can enroll in an introduction to drawing class that runs from 5:30 to 6:30 p.m. Monday through Friday. Cost is 50 cents per class.

Meanwhile, the San Diego Children's Choir is presenting a program aimed at teaching kids how to sing. Classes are from 4 to 5 p.m. at the Recreation Center. The program is aimed at first- through fifth-graders, and classes are free.

But wait, there's more!

A daily creative crafts class is being offered from 4:30 to 5:30 p.m.

on Mondays, at a cost of 50 cents per class. On Saturdays, the center offers classes in violin, guitar, percussion and mariachi for all skill levels. And in the gym, there is open basketball and a variety of fitness classes. For further information, contact the center at 619-516-3082.

City Heights Recreation Center hours are from 2 p.m. to 8 p.m. Monday, Tuesday, Wednesday, and Friday; from noon to 8 p.m. on Wednesday; and from 9 a.m. to 5 p.m. on Saturday. The center is closed on Saturdays.

Just up the street, the City Heights Wellness Center has a variety of youth activities that include fitness and martial arts classes. Zumba classes are every Monday from 5 to 6 p.m., and Tuesdays and Thursdays from noon to 1 p.m. The center is at 4440 Wightman St. For more information, contact Marilyn Hermosillo at (619) 321-2920.

Pro Kids Golf in Colina Park is offering SAT and Microsoft Office workshops, field trips to Cal State Long Beach and the Torrey Pines Golf Course driving range, and a community service cleanup at Seaport Village. To learn more please call Kori Vigil at 619-582-7884.

— Staff report



A SU SERVICIO

# Un montón de clases y programas para los niños

Desde programas de natación a clases de dibujo, City Heights ofrece una variedad de programas que pueden ayudar a mantener a los adolescentes y niños ocupados durante y después de las vacaciones de primavera.

El horario de natación libre en la alberca del Centro de Natación de City Heights ubicado en 4380 Landis St., es de 3 a 7 p.m. de lunes a viernes y de 8:30 a 10 a.m. los lunes, miércoles y viernes. El horario para natación recreativa es de 3 a 4:15 p.m., de lunes a viernes. La cuota de admisión es de \$2 para los niños menores de 16 años, \$4 para las personas de 16 años y más. Tienen pases de descuento disponibles. Los niños menores de 7 años o de menos de 4 pies de altura, deben estar acompañados de un adulto.

En el Centro Recreativo de City Heights que está adyacente a la alberca, los niños pueden inscribirse en una clase de introducción al dibujo de 5:30 a 6:30 p.m., de lunes a viernes. El precio es 50 centavos por clase.

Entretanto, el Coro Infantil de San Diego estará presentando un programa dirigido a enseñarle a cantar a los niños. Las clases son de 4 a 5 p.m. en el Centro Recreativo. El programa ha sido diseñado para niños de prim-

ero a quinto grado y las clases son gratuitas.

¡Pero esperen, no hemos terminado!

Una clase diaria de manualidades creativas se ofrecerá de 4:30 a 5:30 p.m. los lunes, a un precio de 50 centavos por clase. Los sábados, el Centro ofrece clases de violín, guitarra, percusión y mariachi para todos los niveles. En el gimnasio, puede practicar baloncesto o participar en una de las diversas clases deportivas. Para más información, contacte al centro llamando al 619-516-3082.

El horario del Centro Recreativo de City Heights es de 2 p.m. a 8 p.m., los lunes, martes, miércoles y viernes; desde el mediodía a las 8 p.m. los miércoles y de 9 a.m. a 5 p.m. los sábados. El centro está cerrado los domingos.

En la misma calle, el Centro de Bienestar de City Heights cuenta con una variedad de actividades juveniles que incluyen deportes y clases de artes marciales. Las clases de Zumba son los lunes de 5 a 6 p.m. y los martes y jueves del mediodía a la 1 p.m. El centro está ubicado en 4440 Wightman St. Para más información, contacte a Marilyn Hermosillo al (619) 321-2920.

— Staff report



**City Heights Family Health Center**, 5379 El Cajon Blvd., (619) 515-2400

**La Maestra Community Health Centers**, Main Medical Clinic, 4060 Fairmount Ave., (619) 280-4213

**La Maestra Pediatrics**, 4060 Fairmount Ave., (619) 280-4213

**La Maestra Women's Clinic**, 4060 Fairmount Ave., (619) 280-7072

**La Maestra Behavioral Health Services - Family Wellness**, 4060 Fairmount Ave., (619) 564-8765

**La Maestra Optometry**, 4060 Fairmount Ave., (619) 280-4213 ext: 3803

**La Maestra Community Pharmacy**, 4060 Fairmount Ave., (619) 564-7013

**La Maestra Dental Clinic #1**, 4305 University Ave., Ste. 150, (619) 501-1235

**La Maestra Dental Clinic #2**, 4305 University Ave., Ste. 120, (619) 285-8135

**Mid-City Community Clinic - Pediatrics**, 4305 University Ave., (619) 280-2058

**Mid-City Community Clinic - Adults**, 4290 Polk Ave., (619) 563-0250

**Rady Children's Urgent Care Center**, 4305 University Ave., Ste. 150, (619) 280-2905





## Somali Bantu group planting the seeds of a greener future

By Adam Ward  
Mid-City CAN

Wanted: Land in City Heights for Somali Bantu refugees and others to farm.

"We can help the community by growing food around the neighborhood," said Hamadi Jumale, president of the Somali Bantu Community Organization, which is trying to boost urban agriculture efforts in area.

The organization serves about 400 Bantus in San Diego. They are a minority group who fled their homeland after facing violence and discrimination.

The organization's programs include health advocacy, English classes, job training, employment services, and housing assistance. It promotes farming because farming is something many recent immigrants have experience in, and it is a natural fit for many residents that the group serves, Jumale said.

"Most of them were farmers all their life, so they are farming in order to be self-employed, in order to make an income and in order to have fresh food in the community," he said.

Many City Heights Bantus also face language barriers that keep them from getting other jobs, Jumale said. However, a large number of them live in apartments where they don't have their own space to grow food.

The group has tilled land in North County, but members want to work closer to home so that farmers - and the food they produce - don't have to travel as far.

"A lot of our community, they don't drive, and they don't have any transportation," Jumale said. "It was difficult to transport the community there and do farming."

Because of recent changes that removes barriers to urban agriculture in San Diego, expansion of neighborhood farming and farmer's markets in places such as City Heights is now possible.

The missing ingredient for the Somali Bantu

Community Organization of San Diego is a central plot of land. Jumale explains his vision as a place where "everyone can walk by and see the community garden," he said. "They are able to go there and buy crops."

The group also is trying to get people aiming to change the look of their backyard to think about turning it into a garden. Anyone interested should contact the Somali Bantu Community Organization.

**SOMALI BANTU**  
Community Organization  
4034 43rd St., Suite C  
(619) 342-6999  
[jumale@sbantucofsd.org](mailto:jumale@sbantucofsd.org)

Youth outreach is a critical way the organization is working toward that vision and trying to create a community that is more proactive about health.

"In the last [few] months, we did one-on-one consulting with people about growing their own food, and the importance of healthy food and unhealthy food," Jumale said.

The group has 15 core youth members, including Hassani Ali, 19, and Megeney Maingula, 16. Ali was one of the first volunteers at the New Roots Community Farm off 54th Street, he said. They have both been volunteering with Somali Bantu Community Organization for about a year.

Megeney summed up why she stays involved with the program.

"It is important because there are a lot of refugees: Korean, Somali, all the people who migrated here," Megeney said. "They are used to farming ... so being able to farm would be good for them and for us. And there would be fresh vegetables."

Somali Bantu Community Organization of San Diego is part of the Mid-City CAN Food Justice Momentum Team. The California Endowment's Building Healthy Community Initiative is one source of funds for the group.

—Adam Ward is the Mid-City CAN staff writer and a former San Diego Union-Tribune editor. Adam has lived in San Diego for nearly a decade and is the father of a young son. You can contact him at [award@midcitycan.org](mailto:award@midcitycan.org) or (619) 283-9624



From left, Hamadi Jumale, president of the Somali Bantu Community Organization of San Diego, Hassani Ali, a 19-year-old youth member, Sitye Berre, also a group member, and Megeney Maingula, a 16-year-old youth member, show the types of produce their farmers grow March 3 at the City Heights Farmers' Market. Photo Courtesy of Adam Ward

# To your health!

## ¡A tu Salud!

By Susana Loro

As a health coach in training, I often find myself giving advice on changes that people can make to improve their health. I realize change is sometimes a hard thing to embrace, so I adapt to people's situation and mindset. One thing holds true for everyone, including men, women, and children: they all spend too many hours a day in front of a TV or computer. So I have chosen to use the TV and the computer as my teaching aides, squeezing in some great health, nutrition and wellness lessons in the form of highly informational, extremely entertaining and undeniably insightful documentaries. With that in mind, I am sure that at least one of the following documentaries will resonate with each person in one way and will cause them to think critically about their health and habits and therefore will want to move towards making changes.

Here are my top five favorite documentaries from the world of health and wellness. You can visit each of their websites to find out about screenings in your area or to download the film right onto your computer.

Happy movie watching!

### Hungry For Change

This film exposes shocking secrets that the diet, weight-loss and food industries don't want you to know about. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever. Featuring interviews with best-selling health authors and leading medical experts, plus real-life transformational stories from those who know what it's like to be sick and overweight. This film looks at the subject of obesity in the United States, specifically zeroing in on the business and culture surrounding the nation's fast-food industry.

[www.hungryforchange.tv](http://www.hungryforchange.tv)

### Food Matters

"Let thy Food be thy Medicine and thy Medicine be thy Food" - Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-

Directors James Colquhoun and Laurentine ten Bosch. Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally.

[www.foodmatters.tv](http://www.foodmatters.tv)

### Happy

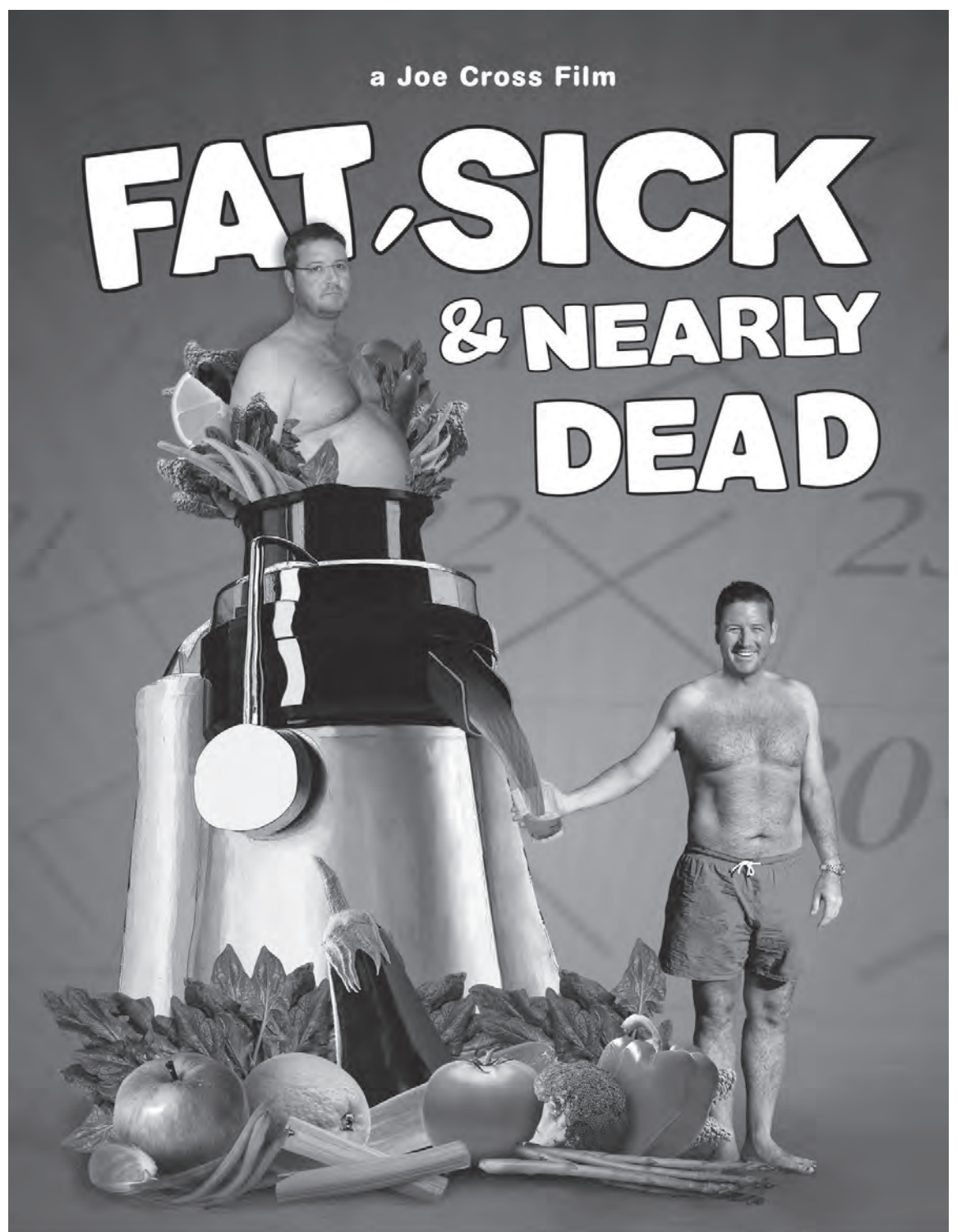
HAPPY combines cutting-edge science from the new field of "positive psychology" with real-life stories of people from around the world whose lives illustrate these findings. We see the story of a beautiful woman named Melissa Moody, a mother of three who had a "perfect life" until the day she was run over by a truck. Disabled for nine years and disfigured for life, she is happier now than before her accident. Manoj Singh, a rickshaw puller from the slums of Kolkata, India, who lives in a hut made of plastic bags with his family, is found to be as happy as the average American. Through these and other stories, HAPPY leads us toward a deeper understanding of how we can all live more fulfilling, healthy and happy lives.

[www.thehappymovie.com](http://www.thehappymovie.com)

### Food Inc.

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of E. coli—the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults.

[www.takepart.com/foodinc/film](http://www.takepart.com/foodinc/film)



### Fat, Sick and Nearly Dead

Some 100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the end of his hope. In the mirror he saw a 310-pound man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well. Fat, Sick,

and Nearly Dead is an inspiring film that chronicles Joe's personal mission to regain his health.

[www.fatsickandnearlydead.com](http://www.fatsickandnearlydead.com)

— Susana Loro is committed to finding ways to live a happy and healthy life every day and inspiring others to do the same. Loro has worked for various local nonprofits and govern-

ment organizations; currently, she is working part time for a bi-national recycling operations company while training to become a certified holistic health coach. She is active in City Heights as a member of the board of management at the Copley Family YMCA. She also is planning to begin her graduate studies at SDSU next fall.



CHW's new retail location is on Fairmount and University Avenues.

# Community Housing Works opening new retail location in City Heights

By **Krista Culhane**  
Community HousingWorks

Community HousingWorks has opened an office in City Heights Square that offers an array of assistance for people looking for a new home or struggling to remain in one they now have.

The center offers real estate brokerage services, home loans, down payment assistance, home-buying classes and financial coaching.

Community Housing Works - also known as CHW - is a 30-year-old nonprofit, HUD-approved, housing counseling agency that can help with anything from avoiding foreclosure, learning how to repair or establish credit, and offering guidance on finding an appropriate home. The organization is large and complex, its mission is simple: Helping people and neighborhoods move up in the world, through housing and supportive programs.

CHW Realty can help buy or sell a home anywhere in the region. As the only nonprofit Realty in San Diego County, CHW's Realtors do not work

on commission, so buyers can be confident the firm has your best interests in mind. CHW Lending provides home loan and down payment assistance programs that help underserved communities such as City Heights realize the dream of homeownership. By providing a variety of loans, in partnership with local government, FHA lenders, and others, CHW Lending makes homeownership possible for working families.

In addition to the realty and lending programs, CHW Classes & Coaching offers clients HUD-approved financial courses and one-on-one counseling. Financial Fitness helps residents create workable and actionable financial goals, improve credit, and deal with creditors - while boosting savings and decreasing debt. The Home Buyer Class provides the steps and information a person needs to navigate the home buying process, and possibly find reduced rates. And once a buyer has secured a new home, the nonprofit's HUD-approved financial coaches can continue working with you to achieve your financial goals.

The one-stop center also continues the organization's commitment to struggling homeowners, and can provide the kind of certified counseling that has achieved more loan modifications than any other organization in San Diego County. Counselors not only guide homeowners through the hurdles of the modification process, but provide a thorough household financial analysis and a detailed explanation of California's foreclosure regulations.

The new center will be open Monday through Friday beginning on April 9th. Certain services, such as financial and home buying classes, will also be available on Saturdays, with Realtors and Lenders available by appointment at the clients request and desire.

The center is on Fairmount Avenue in City Heights Square. Free parking will be available within the City Heights Square building. For further information, call (619) 282-6647.

— *Krista Culhane is the public relations and marketing manager for Community HousingWorks.*

# What's going on?

## ¿Qué está pasando?

# April

- 4** **9 to 10 a.m.**  
4305 University Ave. Suite 540  
Clean & Safe Committee Meeting  
Contact: (619) 906-4443
- 2 to 3 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Craft Time for Kids  
Contact: (619) 641-6100  
Find your creative side and make a fun and easy craft to take home!
- 5** **noon to 2 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Gamefest: Test your skills on the Xbox and Wii with a variety of games, Ages 8-18  
Contact: (619) 641-6100
- 2 to 4 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Movie in the Heights, Contact: (619) 641-6100  
Bring the whole family for a family friendly movie in the library. Call the library for movie information.
- 7** **9 a.m. to noon**  
4035 University  
IRC New Roots:  
Aqua Farm Garden  
Contact: (619) 641-7510
- 9 a.m. to noon**  
Olive Street and Highland Avenue  
Swan Canyon Restoration  
Habitat restoration, maintenance, and clean-up. Please bring water, sun protection and wear sturdy, closed-toe shoes.  
Contact: (619) 284-9399
- 9** **6:30 to 7:30 p.m.**  
Metro Center  
3910 University Ave.  
Redevelopment Project Area Committee  
Translations can be requested for free.  
Contact: (619) 236-6700
- 10** **6 to 7:30 p.m.**  
UPAC Program Office  
5348 University Ave., Suite 202  
Love and Life Group  
Young Ladies Ages 13-18  
Contact: Cherise Young  
cyoung@upacsd.com or (619) 265-2777
- 11** **noon to 2 p.m.**  
City Heights Wellness Center  
4440 Wightman St.  
Food Justice Momentum Team  
Contact: (619) 283-9624
- 3:30 to 4:30 p.m.**  
Hamilton Elementary School Auditorium  
2807 Fairmount Ave.  
City Heights Canyons and Communities Alliance
- 14** **9 a.m. to 1 p.m.**  
Fairmount Avenue and Wightman St.  
City Heights Farmers' Market  
Contact: Lorrie Scott (760) 751-4193
- 17** **noon to 1 p.m.**  
City Heights Wellness Center  
Zumba Class  
Contact: Marilynn (619) 321-2920  
Limited space: for more information/registration place call for the start of the new session.
- 3:30 to 5 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Mobile Stories, Ages 9-18  
Contact: (619) 641-6100
- 18** **5 to 7 p.m.**  
East African Community and Cultural Center  
4061 Fairmount Ave.  
Youth-led "Town Hall Meeting": Underage Drinking: Discussion of underage drinking, its prevalence, consequences and solutions.
- 6 to 7 p.m.**  
Colina del Sol Park Recreation Center  
5319 Orange Ave.  
Colina Park Recreation Council  
Contact: (619) 235-114
- 19** **noon to 2 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Gamefest  
Contact: (619) 641-6100  
Test your skills on the Xbox and Wii with a variety of games.  
Ages 8-18
- 21** **1:30 to 2:15**  
City Heights Recreation Center  
4380 Landis St.  
West African Drumming Class  
Registration fee: \$25 per session (10 weeks)  
Scholarship available, instruments provided.  
Contact: Victoria Eicher (858) 442-0237
- 1 to 3 p.m.**  
Myrtle Avenue and 46th Street  
47th Street Canyon Cleanup  
Habitat restoration, maintenance, and clean-up. Please bring water, sun protection and wear sturdy, closed-toe shoes.  
Contact: Brent Carter brent@sdcanyonlands.org (619) 261-2385
- 25** **2 to 3 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Craft Time for Kids  
Contact: (619) 641-6100  
Find your creative side and make a fun and easy craft to take home!
- 26** **noon to 2 p.m.**  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Gamefest  
Contact: (619) 641-6100  
Test your skills on the Xbox and Wii with a variety of games.  
Ages 8-18
- 28** **10 a.m. to 2 p.m.**  
Mid-City Gymnasium  
City Heights Youth Resource Fair,  
Ages 16-24 encouraged  
Contact: Crysta (619) 283-5411 ext. 121  
The event serves to connect youth in the City Heights area to valuable community resources, internship & employment opportunities!
- 29** **5 to 6 p.m.**  
City Heights Wellness Center  
Zumba Class  
Contact: Marilynn (619) 321-2920  
Limited space: for more information/registration place call for the start of the new session.



# May

- 1** **6:30 to 7:30 p.m.**  
City Heights Recreation Center  
4380 Landis St.  
City Heights Town Council  
Contact: (619) 708-3476
- 2** **9 to 10 a.m.**  
4305 University Ave. Suite 540  
Clean & Safe Committee Meeting  
Contact: (619) 906-4443
- 3** **3:30 to 5:30 p.m.**  
3:30 p.m. – 5:30 p.m.  
Mid-City Police Division  
4310 Landis St.  
Youth Voice
- 5** **9 a.m. to noon**  
Olive Street and Highland Avenue  
Swan Canyon Restoration  
Habitat restoration, maintenance, and clean-up. Please bring water, sun protection and wear sturdy, closed-toe shoes.  
Contact: (619) 284-9399
- 5** **noon to 1:15 p.m.**  
City Heights Recreation Center  
4380 Landis St.  
Intermediate Mariachi Class  
Registration fee: \$25 per session (10 weeks)  
Scholarship available, instruments provided.  
Contact: Victoria Eicher (858) 442-0237
- 7** **6:30 to 7:30 p.m.**  
Metro Center  
3910 University Ave.  
City Heights Area Planning Committee  
Translation can be requested for free.  
Contact: (619) 235-5200
- 8** **6 to 7:30 p.m.**  
Monroe Clark Middle School  
4388 Thorn St.  
Dad's Club  
Contact: Kenneth Woods (619) 795-2036
- 9** **8 to 9 a.m.**  
4305 University Ave. Suite 540  
City Heights Business Association: Board of Directors Meeting  
Contact: (619) 906-4443

## We want to hear from you!

*Please submit photos taken in City Heights to editor@cityheightslife.com! Story ideas, articles, letters to the editor and comments are also welcome.*



For a more complete list of events, visit [www.cityheightslife.com](http://www.cityheightslife.com).