

EVENTS

Lantern Festival

Celebration of ancient tradition set for Aug. 26-28 on El Cajon Boulevard

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SAFETY

Residents take action

Fairmount Village residents work together to improve neighborhood safety.

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HEALTH

Discount drug program

Free county program offers discounts on prescription medications and much more.

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BUSINESS

Learn to cook

The El Cajon Business Improvement Association teams up with local restaurants to offer cooking classes on a variety of ethnic cuisines.

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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.



A bigger better Y.M.C.A.
Un Y.M.C.A. mejor y más GRANDE

Copley Family YMCA plans to build a premier facility in City Heights by 2014

By Helen Gao
City Heights Life

As Mid-City grew in population and diversity, the Copley Family YMCA in City Heights had to improvise to meet the community's changing needs. It converted a stage into a preschool classroom, an office into a computer lab, and a closet into a workroom.

After years of making do with cramped quarters, the Copley Family Y is now forging ahead with plans to open a new facility by mid-2014 on a lot bounded by 43rd Street, El Cajon Boulevard, Fairmount Avenue and Meade Avenue. Former home of the Pearson Ford dealership, the 3.5-acre site sits strategically at the intersection of three Mid-City communities: Talmadge, Kensington and City Heights.

Under the proposed plan, the land will be donated by the Price Family Charitable Fund to the Copley Family YMCA. The Price family, through both its family fund and Price Charities, has long played a pivotal role in the revitalization of City Heights.

[NEW YMCA, P7]

El YMCA Copley Family proyecta inaugurar un edificio de primera en City Heights en 2014

Por Helen Gao
City Heights Life

Debido al aumento de la población y de la diversidad en Mid-City, el YMCA Copley Family en City Heights ha tenido que improvisar para poder satisfacer las cambiantes necesidades de la comunidad. Transformaron un escenario en salón de preescolar, una oficina en laboratorio de computadoras y un armario en cuarto de trabajo.

Después de varios años de tratar de funcionar efectivamente en sus instalaciones, el YMCA Copley Family ha puesto en marcha sus planes de inaugurar un nuevo edificio a mediados del 2014 en un lote rodeado por 43rd Street, El Cajon Boulevard, Fairmount Avenue y Meade Avenue. En el lote estaba la concesionaria de autos Pearson Ford; mide 3.5 acres y está estratégicamente ubicado en la intersección de tres comunidades de Mid-City: Talmadge, Kensington y City Heights.

Como parte de la propuesta, el terreno será donado por Price Family Charitable Fund al YMCA Copley Family. La familia Price, tanto a través de su fondo familiar como de Price Charities, ha jugado

[YMCA NUEVO, P2]

To learn more about the Copley Family YMCA and its programs, visit www.copley.ymca.org. Para más información acerca del YMCA Copley Family y sus programas visite www.copley.ymca.org.

FIGHTING OBESITY
A matter of personal choice or access to healthy options?

By Megan Burks
Speak City Heights

A recent study published in the Archives of Internal Medicine contained findings that are particularly relevant to communities like City Heights, which suffer from high levels of obesity. Authors of the study suggest that diets are most affected by income and proximity to fast food restaurants; those with less money to spend and access to a quick meal had the poorest diets.

In other words, solving the obesity epi-

[OBESITY, P3]

COMBATIENDO LA OBESIDAD
Decisiones personales o el acceso a alimentos saludables?

Por Megan Burks
Speak City Heights

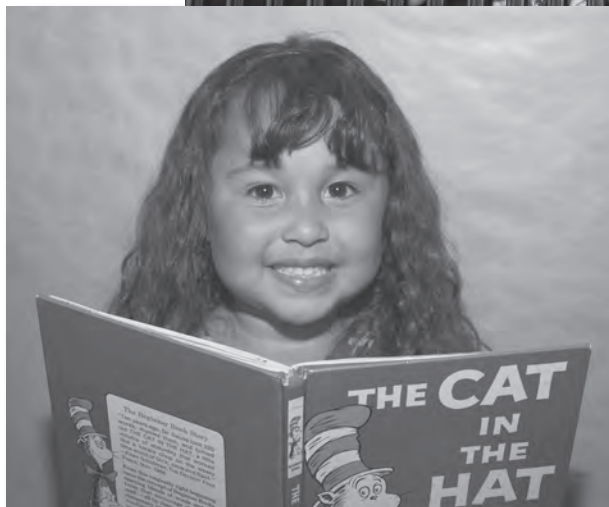
Un reciente estudio publicado en Archives of Internal Medicine contiene nuevos hallazgos que son particularmente relevantes para comunidades como City Heights que tienen un alto índice de obesidad. Los autores sugieren que la alimentación tiene que ver más con los ingresos de las personas y qué tan cerca viven de restaurantes de comida rápida; las personas con menores ingresos y con fácil acceso a comidas rápidas se alimentan peor.

[OBESIDAD, P3]

COMMUNITY PHOTO SHOWCASE

Crawford students see life through the lense
See page 6





Above, left, bottom: The Copley Family YMCA in City Heights offers a wide range of programs for people of all ages, everything from adult swimming and weightlifting to summer camp and youth literacy.

El Y siempre se ha enorgullecido de ser un lugar en donde la comunidad puede reunirse, en donde todas las personas, sin importar su procedencia, pueden jugar, aprender y ejercitarse, sin importar si pueden pagar o no.

“Existe un concepto del tercer lugar. Tenemos nuestro hogar y nuestro lugar de trabajo – primer y segundo lugar – y queremos contar con un tercer lugar para reunirnos,” dijo Vogelsang. “El YMCA es uno de esos “terceros lugares” en donde las personas se reúnen y encuentran ejercicio, recreación, guardería, días de campo...”

Percy Tolliver, padre soltero de dos niñas que asisten regularmente al Y Copley Family, está totalmente de acuerdo. “Copley es como Wal-Mart, todo en un solo lugar,” dijo. “Aquí encuentras todo lo que necesitas para tus hijos”.

Recaudación de fondos para el proyecto

Steve Totten, Vicepresidente de Donaciones Planificadas y Regalos Considerables del YMCA del Condado de San Diego, dijo que se espera que la construcción del proyecto cueste unos 13 millones de dólares. Varios donantes, incluyendo a la Fundación Helen K. and James S. Copley, han prometido cooperar con 4.5 millones. El Y Copley Family aplicó también para una subvención de 5 millones de dólares del estado para construir el proyecto. Una gran cantidad de personalidades de San Diego, incluyendo a Malin Burnham, Mel Katz, Phil Blair, Murray Galinson, Bill Geppert, Jack McGrory, Duane Roth y Ted Roth, encabezan la campaña de recaudación de capital para el Y Copley Family. El objetivo no es solo recaudar suficiente dinero para comenzar la construcción a principios del 2013, sino también crear un fondo que será utilizado para apoyar las necesidades futuras del centro.

Alcanzar la sostenibilidad económica a largo plazo es muy importante porque el 90% de los clientes del Y Copley Family reciben asistencia del gobierno, de acuerdo a los oficiales del Y. Cada año, la organización invierte más de 1 millón de dólares en subsidios. La población del área también se destaca por ser extraordinariamente diversa, tanto idiomática como culturalmente. En City Heights se hablan docenas de



Above: Leticia Leos is the executive director of the Copley Family YMCA. She has been working for the Y for 25 years, 13 of them at the Copley Family Y.

idiomas diferentes, desde somalí hasta vietnamita.

“Esta es una de nuestras sucursales más diversas porque Mid-City es el crisol de San Diego”, dijo Totten, indicando también que el proyecto es una emocionante oportunidad de crear un modelo de YMCA que atiende las necesidades de una zona marginada.

Leticia Leos, Directora Ejecutiva del Y Copley Family, dijo que personal del Y se ha reunido 18 veces con grupos comunitarios de Mid-City para conocer su punto de vista. Dijo que en la actualidad el Y atrae no solo a residentes City Heights sino también de Talmadge, North Park, Kensington y otras áreas.

“Están ansiosos de aprovechar las instalaciones del nuevo Y”, dijo.

YMCA NUEVO, from P1

un papel importante en la revitalización de City Heights.

El edificio ubicado El Cajon Boulevard aumentará dramáticamente la visibilidad del Y Copley Family. En su ubicación actual entre las calles Landis y 40th es difícil de encontrar, escondido detrás de Cherokee Point Elementary School. Construido en 1956 en un lote de 1.9 acres, el Y Copley Family es un edificio viejo y pequeño, de acuerdo a Stanley Vogelsang, presidente de la junta directiva de la organización.

“La comunidad tiene necesidades significativas que no podemos satisfacer porque no tenemos el espacio o las instalaciones adecuadas”, dijo.

El Nuevo Y Copley Family será más grande y mejor

El plan para el edificio de El Cajon Boulevard incluye 53,000 pies cuadrados de espacio interior, mientras que el actual mide 40,000 pies cuadrados. Se proyecta que las nuevas instalaciones atiendan a 18,000 personas, más del doble de la cantidad que se atiende en la actualidad. Pero el centro seguirá concentrándose en tres áreas principales: desarrollo de la juventud, vivir saludablemente y responsabilidad social.

El nuevo Y Copley Family contará con varios servicios que no están disponibles en la actualidad, incluyendo un campo de soccer, una alberca al aire libre para natación recreativa y competitiva (además de una alberca bajo techo), un centro para adolescentes, un salón especializado para clases con bicicletas estacionarias y un área de juegos acuáticos para niños conocida como “splash pad”. El nuevo edificio hará que sea posible expandir los servicios de guardería/cuidado infantil y los programas dirigidos a combatir la epidemia de obesidad infantil.

El tercer lugar para reunirse

Antes de que se le ofreciera el terreno, el Y Copley Family estaba planificando una remodelación importante de sus instalaciones actuales. El plan cambió después de que Robert Price, el director de las fundaciones caritativas de su familia, ofreciera el donativo sorprendiendo a los directivos del Y.

Price se enteró por un amigo de los planes de remodelación. Dijo que le gustaba la idea de tener un prominente edificio comunitario en El Cajon Boulevard para atraer a una clientela más amplia que no fuera solo de City Heights sino también de Kensington y Talmadge.

“Tiene sentido porque los servicios del Y son atractivos para todos”, dijo Price y añadió que existe una propuesta para construir en el futuro una parada de autobús frente al nuevo Y Copley Family que trasladará pasajeros entre el centro de la ciudad de San Diego y San Diego State University.



SDHCC helps to educate City Heights resident about health care reform

Editor's Note: This is part of an ongoing series on community organizations that are funded by The California Endowment as part of its Building Healthy Communities initiative.

By Adam Ward
Mid-City CAN

When federal health care reform takes effect over the next few years, many City Heights residents who are uninsured and underinsured will likely become eligible for new health care programs.

One of the community groups dedicated to educating residents about the ramifications of federal health care reform – formally known as the Patient Protection and Affordable Care Act of 2010 – is

“Our mission is to expand coverage for all San Diegans. We want everyone to have access to care, and we believe that coverage is the primary vehicle to get folks access.”

KAMAL MUILENBURG
SDHCC Associate Director

San Diegans for Healthcare Coverage (SDHCC).

Earlier this year, SDHCC brought together leaders of East-African community groups in City Heights to help them understand what the new law means for San Diego.

“It was a great dialogue and very useful for us,” said Kamal Muilenburg, SDHCC’s associate director.

During the next two years, the group plans to partner with City Heights organizations on more health-reform community education efforts. The goal is to reach those who might be eligible for new health care programs starting in 2014 and help them enroll in those programs.

“Our mission is to expand coverage for all San Diegans,” said

Muilenburg. “We want everyone to have access to care, and we believe that coverage is the primary vehicle to get folks access.”

Under federal health care reform, the San Diego region could eventually see its non-elderly uninsured population drop more than five fold to 4 percent or less, according to a recent report by the SDHCC.

Muilenburg is active on the Ac-

cess to Healthcare Momentum Team, a project of the Mid-City Community Advocacy Network that works on facets of the Building Healthy Communities initiative funded by The California Endowment.

SDHCC was founded in 2001. It evolved from a public-private effort spearheaded by the county to test new approaches to covering the uninsured. The group is a diverse coalition representing different sectors in the community and varying political perspectives.

— 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. Contact him at award@midcitycan.org or (619) 283-9624 ext. 210.

OBESITY, from P1

demic in low-income communities involves much more than improving access to fresh fruits and vegetables.

In City Heights, diet-related health problems are a major concern although although residents have access to national and local grocers, a farmers market and community gardens. Initiatives aimed at getting people to the farmers market have seen success, but it seems many residents are still choosing Jack and Ronald McDonald.

Perhaps that’s the real crux of the issue: choice.

Within seven square miles of City Heights, there are nearly 60 fast food restaurants, 40 convenience stores and 120 liquor vendors, according to Health Equity By Design.

In a commentary of the study, Jonathan Fielding from the Los Angeles County Department of Public Health and Paul Simon of the University of California, Los Angeles, suggest that limiting these options could go farther in combating obesity than making healthy foods and grocery stores more widely available.

They recommend solutions like the 2008 Los Angeles moratorium on new fast food restaurants in South Los Angeles. A smaller-scale solution is the new healthy food financing initiative by the San Diego County Childhood Obesity Initiative called Cilantro to Stores. The project will entice four Chula Vista corner markets to replace some junk food with healthier options by funding store facade upgrades.

In City Heights, food justice advocates have focused on bringing a farmers market to the neighborhood and opening community gardens. These programs address availability, but they also influence healthy choices by way of price.

Unlike a new grocery store or a fast food moratorium, the efforts in City Heights make healthy food

Editor's Note:

This is an abridged version of an article from speakcityheights.org, which is funded by The California Endowment, a statewide health foundation.

Speak

CITY HEIGHTS

Nota del Editor:

Está es la versión condensada de un artículo publicado en speakcityheights.org, organización patrocinada por The California Endowment, una fundación estatal de salud.

cheaper. In poor neighborhoods, especially ones with a high refugee population, choice is as much a function of one’s budget as it is of taste.

The farmers market and community gardens have made strides in changing eating habits, not because they brought produce to the community, but because they made the produce affordable. The International Rescue Committee doubles Cal Fresh and Women, Infant and Children (WIC) dollars spent at the market through a program called Fresh Fund.

The California Endowment is also trying to influence food choice by lining wallets. In June, the statewide health foundation announced a project that will double WIC funds spent on healthy foods anywhere the vouchers are accepted. The increased spending power gives low-income residents the option to make healthy choices and could make over convenience store shelves if owners see profits on produce rise.

— Megan Burks is the Web editor for *Speak City Heights*. She also writes and produces videos for HealthyCal.org. Her favorite City Heights restaurant is *Bale French Sandwich Shop*.

OBESIDAD, from P1

En otras palabras, erradicar la epidemia de obesidad en comunidades de bajos recursos involucra mucho más que mejorar el acceso a frutas y vegetales frescos.

En City Heights, los problemas relacionados con la mala alimentación son comunes, a pesar de que los residentes tienen acceso a tiendas de comestibles locales y nacionales, un mercado de productos agrícolas y huertos comunitarios. Las iniciativas dirigidas a hacer que las personas visiten los mercados agrícolas han sido exitosas, pero parece que muchos residentes siguen prefiriendo a Jack y a Ronald McDonald.

Tal vez ese es el problema: decisiones. Dentro de las siete millas cuadradas de City Heights, encontramos casi 60 restaurantes de comida rápida, 40 tiendas de conveniencia y 120 tiendas de licor, de acuerdo a Health Equity By Design.

En un comentario del estudio, Jonathan Fielding del Departamento de Salud Pública del Condado de Los Ángeles y Paul Simon de la Universidad de California, Los Ángeles, sugirieron que limitar estas opciones puede ayudar a combatir la obesidad más efectivamente que

augmentar la cantidad de tiendas saludables y de comestibles.

Recomiendan soluciones como la moratoria que impuso la ciudad de Los Ángeles en el 2008 que prohibió la apertura de más restaurantes de comida rápida en el sur de Los Ángeles. Una solución menos drástica es la iniciativa de financiamiento de alimentos saludables patrocinada por la Iniciativa San Diego County Childhood Obesity llamada “Cilantro to Stores”. El proyecto pretende motivar a los mercados de Chula Vista a reemplazar parte de la comida chatarra que venden por opciones más saludables ofreciéndoles mejoras a las fachadas de sus tiendas.

En City Heights, los defensores de la justicia alimenticia, se han concentrado en traer mercados de productos agrícolas al vecindario y sembrar huertos comunitarios. Estos programas no solo resuelven el problema de la disponibilidad, sino que también influyen en la toma de decisiones saludables al bajar el precio de las hortalizas.

A diferencia de abrir una nueva tienda de comestibles o establecer una moratoria a los restaurantes de comida rápida, los esfuerzos en City Heights se concentran en hacer que los alimentos saludables sean más baratos. En los vecindarios de bajos recursos, especialmente en los que la población de refugiados es numerosa, las decisiones se basan tanto en el presupuesto como en el sabor de los alimentos.

Los mercados de productos agrícolas y huertos comunitarios han logrado que muchas personas modifiquen sus hábitos alimenticios, no porque se introdujeron hortalizas a la comunidad, sino porque las mismas son más baratas. El Comité Internacional Rescue duplica los dólares de Cal Fresh y de Women, Infant and Children (WIC) que se gastan en estos mercados a través de un programa llamado “Fresh Fund”.

California Endowment está intentando influir en las decisiones alimenticias aumentando el poder del dinero. En junio, una fundación estatal de salud anunció un proyecto que duplicará los fondos del WIC que se utilicen para comprar alimentos saludables en todos los establecimientos donde se acepta el programa. Aumentar el poder adquisitivo de los residentes de bajos recursos les permite tomar decisiones saludables y potencialmente modificaría los productos disponibles en los anaqueles de las tiendas de conveniencia si sus propietarios perciben que sus ganancias por la venta de productos saludables aumentan.

— Megan Burks es la editora web de *Speak City Heights*. También escribe y produce videos para HealthyCal.org. Su restaurante favorito en City Heights es *Bale French Sandwich Shop*.

City Heights Hope provides support to Somali families

Group helps by bridging cultural, generational gaps



Abdishakur Osman is a Somali immigrant and project coordinator for the City Heights Hope summer program. **Photo courtesy of Abdishakur Osman**

By Abdishakur Osman
City Heights Hope

City Heights is home to immigrants from all corners of the globe, including a large Somali population from East Africa. Many of these immigrant families not only have to adjust to a new society, they also face unique generational challenges; while the parents struggle to understand English, their children have adapted to their new environment. Many of the parents are concerned about the cultural gap growing between them and their children. They also worry about their children failing to achieve in school.

That's why City Heights Hope was formed in the summer of 2009, through a grant from The California Endowment, with the goal of becoming a voice for Somali-speaking women in San Diego. The mothers in the group voiced concerns about their children becoming juvenile delinquents and ending up in the justice system.

The first steps City Heights Hope took was to bring together a group of young people within the Somali community who were attending college and have them discuss the challenges they faced while growing up. With insight from young people who have gone through some of the same challenges faced by today's youths, a plan was formed to bring about an organization that would bridge the gap between the young and old.

As a young person myself, I feel that connecting youths to their lost culture, language, history, and religion would help them

develop a sense of who they are and what they can become.

One of the challenges faced by the community is a lack of clear communication between schools and parents. Most parents don't speak English. The disconnect grows as their children become full-fledged Americans and forget their native tongue and thus lose their only means of effectively communicating with the older generation.

The youths who tend to get into trouble are often not grounded, meaning they lack a strong sense of identity, a set of values, and a sense of direction. To curb this trend, the City Heights Hope group proposed a pilot summer program that's focused on connecting East African youths to their roots by providing them with classes on Somalia's history, culture, poetry, literature and religion.

We hope the youths in the pilot program will show an increased sense of responsibility, develop a clear sense of direction, and embrace a set of values consistent with their culture. We also hope they will learn to eat healthier and get more physical exercise. Our goal is to eventually provide the youths with the tools needed to develop strong ties to their community and become leaders.

— *Abdishakur Osman is a Somali immigrant and project coordinator for the City Heights Hope summer program. He graduated from Crawford High School and currently attends San Diego City College majoring in mechanical engineering.*



The City Heights Square apartments are scheduled for completion in October. **Photo/City Heights Life**

Pricing announced for City Heights Square apartment homes

Apartments scheduled for October completion

Pricing for the 92 apartment units at City Heights Square has been set. One bedroom units will be offered in the range of \$1,000; two bedroom units in the range of \$1,200; and three bedroom units in the range of \$1,450. Pricing includes basic cable and a washer and dryer in each unit. The actual price of each unit may vary due to location, balcony size, and other attributes. Fourteen units have been set aside under the affordable housing program.

One bedroom units average 915 square feet, two bedroom units average 1,126 square feet, and three bedroom units average 1,221 square feet. Each unit comes with two underground parking spaces, a washer and dryer, ceiling fans, granite countertops, refrigerators, microwave ovens, and central air conditioning. Residents will also have access to a rooftop barbecue, a computer room, playground, and two recreation rooms.

The application process will begin in August, with move in dates scheduled around the middle of October. Applications will be processed on a first come, first serve basis. To join the interest list, submit your information on the internet at www.cityheightsquare.com or call Marlyn at 619-795-2003.

— *Staff report*

Dónde llamar para reportar un problema

- Actividades de drogas (619) 531-2468
- Basureros Llenos (858) 694-7000
- Control de animales (619) 236-4250
- Control de roedores (858) 694-2888
- Crime Stoppers (888) 580-8477
- Eliminar malezas/herbazales (619) 533-4444
- Emergencias con el Sistema de Agua/Alcantarillas (619) 515-3525
- Grafiti (619) 525-8522
- Limpieza/reparación de desagües (619) 527-3471
- Mantenimiento de árboles (619) 527-7500
- Pandillas (619) 531-2000
- Remoción de animales muertos (858) 694-7000
- Remoción de basura (858) 492-5055
- Remoción de coches (619) 531-2000
- Reparación de aceras/calles/postes de luz/semáforos (619) 527-7500
- Vagancia/prostitución (619) 531-2000
- Vehículos abandonados (858) 495-7856
- Violaciones al código de vivienda/construcción (619) 236-5500
- Puede consultar la base de datos organizada alfabéticamente de los servicios de la Ciudad de San Diego visitando <http://apps.sandiego.gov/citizenservices/resource.php>.

Who to call to report a problem

- Abandoned vehicles (858) 495-7856
- Animal control (619) 236-4250
- Auto tow-away request (619) 531-2000
- Brush/weed abatement (619) 533-4444
- Crime Stoppers (888) 580-8477
- Dead animal removal (858) 694-7000
- Drug activity (619) 531-2468
- Dumpster overflow (858) 694-7000
- Gangs (619) 531-2000
- Graffiti (619) 525-8522
- Gutter cleaning/repair (619) 527-3471
- Building code violations (619) 236-5500
- Loitering/prostitution (619) 531-2000
- Rodent control (858) 694-2888
- Sidewalk/street/streetlight/traffic signal repairs (619) 527-7500
- Trash removal (858) 492-5055
- Tree maintenance (619) 527-7500
- Water/sewer emergencies (619) 515-3525
- A searchable database of City of San Diego services, organized alphabetically, is available at <http://apps.sandiego.gov/citizenservices/resource.php>.

Programa del condado ofrece descuentos en medicamentos y más

Residentes ahorran hasta 65 por ciento

Por Helen Gao
City Heights Life

Gracias a un programa que lanzó el Condado de San Diego en el mes de junio, los residentes pueden ahorrar hasta un 65% en el precio de medicamentos que se venden bajo receta médica y hasta un 80% en exámenes de laboratorio y de imágenes. También pueden recibir sustanciales descuentos en servicios dentales, visión y audición y en medicamentos para sus mascotas.

Para participar en el programa solo solicite la tarjeta "Coast2Coast Rx" en farmacias, bibliotecas y Centros de Recursos Familiares del condado. Los residentes también pueden solicitar el envío de la tarjeta por correo postal llamando a Coast2Coast Rx al teléfono 800-931-8872 o pueden imprimirla visitando www.coast2coastrx.com.

El programa no tiene restricciones de ingresos, edad o de ningún otro tipo. No existe ningún proceso de aplicación ni periodo de espera. Los residentes solo tienen que presentar la tarjeta junto con su receta médica para recibir el descuento.

La tarjeta Coast2Coast Rx está dirigida principalmente a las personas que no tienen seguro médico o su cobertura de seguros es muy baja. No es un programa de aseguranza. Quienes tienen seguro médico lo más seguro es que obtengan mejores beneficios si presentan la tarjeta de su compañía de seguros. Sin embargo,

incluso quienes seguro se pueden beneficiar de la tarjeta Coast2Coast Rx; si su aseguranza no cubre un medicamento en particular, tal vez pueda recibir un descuento presentando la tarjeta Coast2Coast Rx ya que más de 60,000 medicamentos que se venden bajo receta, de marca y genéricos, están cubiertos bajo el programa.

Solicite la tarjeta Coast2Coast Rx en farmacias, bibliotecas y Centros de Recursos Familiares del condado o llame al 800-931-8872 para que se la envíen por correo postal.

Puede encontrar un listado de las farmacias participantes en www.coast2coastrx.com. El sitio web cuenta con un traductor automático para asistir a las personas que no hablan inglés.

La información se puede traducir al español, swahili, vietnamita y muchos otros idiomas.

De acuerdo a Financial Marketing Concepts, compañía que maneja Coast2Coast, la tarjeta es aceptada en la mayor parte de las farmacias de las grandes cadenas, tales como CVS, Wal-Mart, Walgreens, Target y Rite Aid, así como en muchas farmacias independientes. Para encontrar un listado de los lugares participantes por código postal, ciudad o condado, visite en el internet la página de Coast2Coast Rx.

County program gives discounts on prescription drugs and much more

Residents can save up to 65 percent on medications

By Helen Gao
City Heights Life

Under a free program launched in June by the County of San Diego, residents can save up to 65 percent on prescription drugs and up to 80 percent on lab and imaging tests. They also can get substantial discounts for dental, vision, and hearing services, as well as medications for animals.

To participate, simply ask for a Coast2Coast Rx Card at pharmacies, libraries and county Family Resource Centers. Residents can also have a card mailed to them by calling Coast2Coast Rx at 800-931-8872 or print one from www.coast2coastrx.com.

The program has no income, age or other restrictions. There is no application process or waiting period to get a card. Residents simply present the card with their prescription to receive a discount.

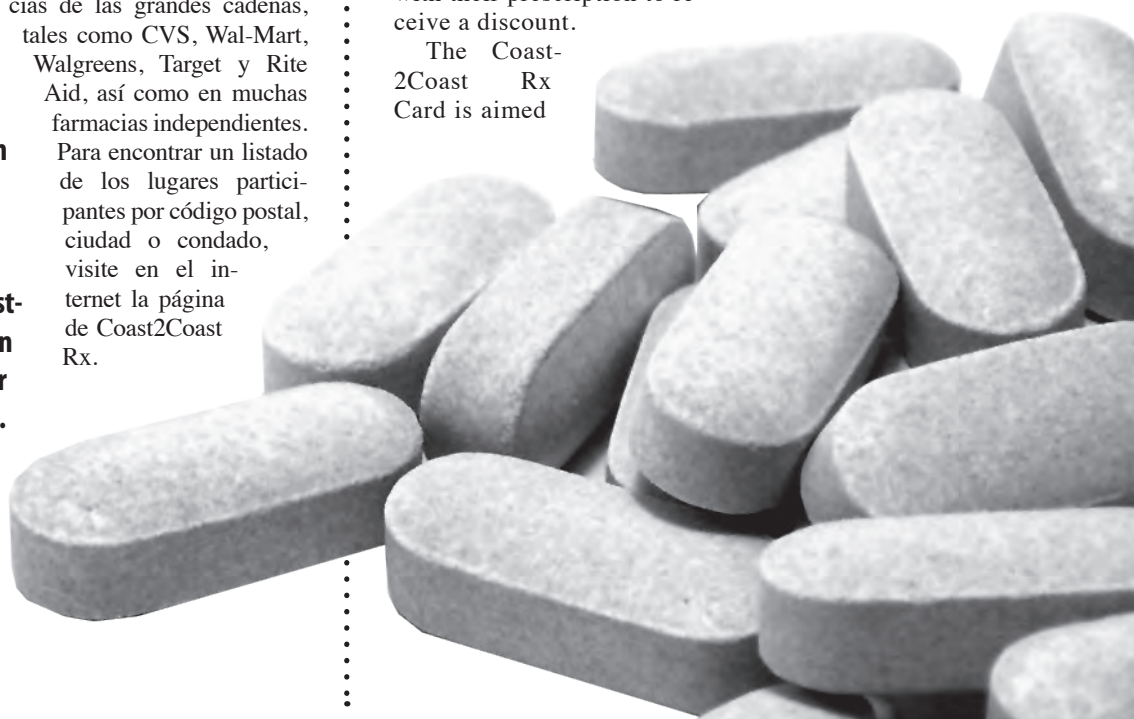
The Coast2Coast Rx Card is aimed

primarily at those who are uninsured or underinsured. It's not an insurance product. Those who already have insurance will likely get the most out of using their own insurance card. However, even the insured could benefit from getting a Coast2Coast Rx Card; in instances where their insurance does not cover a particular medication, they may be able to get a discount using the Coast2Coast Rx Card, as more than 60,000 brand-name and generic prescription drugs are included in the program.

To obtain a Coast2Coast Rx Card, ask for it at pharmacies, libraries and county Family Resource Centers, or call 800-931-8872 to have one mailed to you.

For a list of participating pharmacies, visit www.coast2coastrx.com. The website contains a translation feature to assist non-English speakers. Information can be translated into Spanish, Swahili, Vietnamese and many other languages.

According to Financial Marketing Concepts, which operates Coast2Coast, the card is accepted by all the major chains, such as CVS, Wal-Mart, Walgreens, Target and Rite Aid, as well as most independent pharmacies. To find a list of participating sites by zip code, city or county, visit Coast2Coast Rx online.



COMMUNITY PHOTO SHOWCASE

A slice of life through the camera lenses of Crawford students



As part of the Speak City Heights initiative, Crawford High School students took the following photographs during an arts-based workshop on food justice hosted by The AjA Project. Speak City Heights is a media collaborative that seeks to amplify residents' voices through journalism and multimedia projects. AjA is a partner in Speak City Heights. AjA specializes in photography-based educational programs for youths affected by war and displacement.

The first-person observations accompanying the photographs have been edited and condensed. The photos are courtesy of AjA.

"Sometimes I go to the farmer's market, but I usually go to an Asian supermarket. I think they buy vegetables from the farmers too. That's why vegetables are so expensive. Sometimes, my mom goes to her friend's garden, and she buys a lot of vegetables to eat."

— *Than Than, age 18, originally from Thailand*

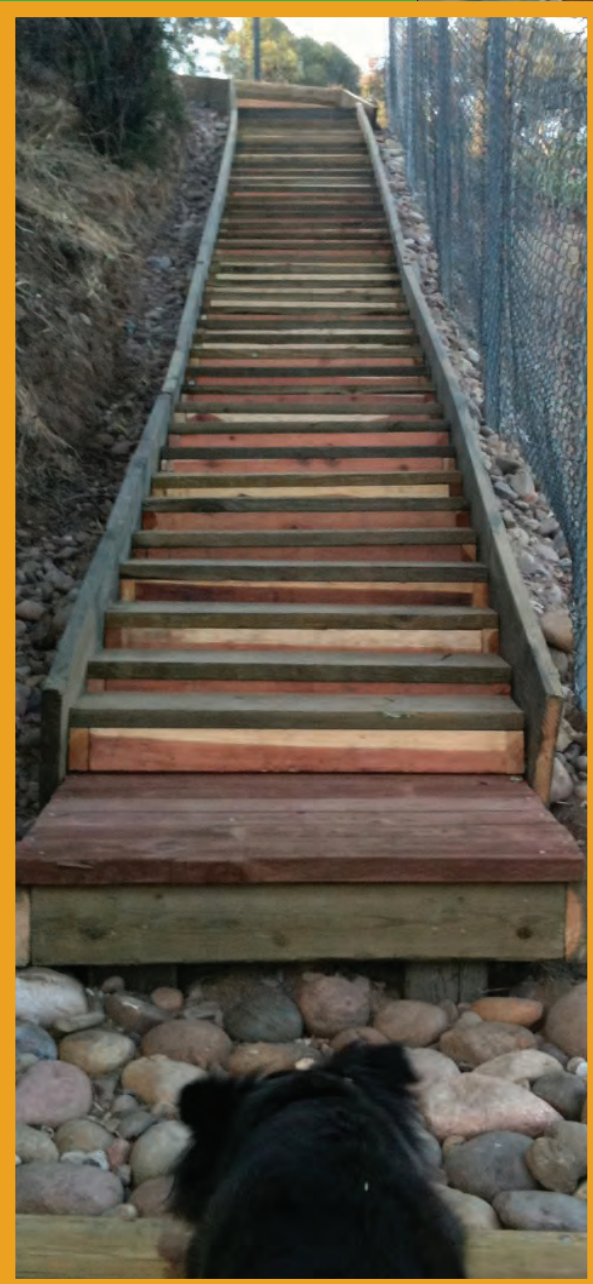


"In my country we eat together, but in America we don't have time to eat together. Sometimes, I'm at school, and my brother and father are at work, so my mother eats alone by herself at home."

— *Maryan, age 17, originally from Somalia*

"I think Crawford (High School) has a community garden because most people don't grow food. I think they make community gardens so they can see what is healthy food."

— *Tember, age 15, originally from Thailand*



Staircase connects Azalea Park to Manzanita Canyon

Left: This staircase was built by the Urban Corps of San Diego to connect Azalea Park Recreation Center with Manzanita Canyon. The staircase replaces an eroded, dirt pathway that resident Sue Pelley says would become dangerous after rainfall. The staircase is part of a neighborhood effort to improve open space access.

MONROE CLARK'S MELON RUN



Right: In early July, Monroe Clark Middle School students had a blast with their annual watermelon relays during physical education. A 12-pound melon was used for the event. Students pictured are seventh graders: Juan Gonzalez, (standing), Stephanie Renteria (sitting), Anadela Navarette-Gomez, Mohamed Muhidin and Francisca Orantes carrying the watermelon. **Top:** Students at Monroe Clark Middle School enjoy jumping rope. Photos courtesy Annie King, a PE teacher at Monroe Clark Middle School.



Concert supports Ugandan youth



Above, right: Voices of Women, a City Heights nonprofit, sponsored a fundraising concert on July 11 at the East African Community and Culture Center to benefit orphaned and vulnerable Ugandan youth. The event raised \$1,300. **Courtesy photos**



NEW YMCA, from P1

The El Cajon Boulevard site will dramatically raise the profile of the Copley Family Y. Its current location at Landis and 40th streets is hard to find, hidden behind Cherokee Point Elementary School. Built in 1956 on 1.9 acres of land, the Copley Family Y is old and small, said Stanley Vogelsang, chairman of the organization's board of managers.

"There is a very significant need in this community that is not met by us because we don't have the space or facilities," he said.

New Copley Family Y will be bigger and better

The plan for the El Cajon Boulevard site calls for 53,000 square feet of interior space, whereas the current site has 40,000 square feet. The new facility is projected to serve 18,000 people, more than twice as many as the existing facility. But the focus will continue to be in three areas: youth development, healthy living and social responsibility.

The new Copley Family Y will feature several amenities not currently available, including a soccer field, an outdoor pool for lap and competitive swimming (in addition to an indoor pool), a teen center, a specialized room for stationary cycling classes, and a children's water play area known as a splash pad. The new building will make it possible to expand childcare services and programs that target the childhood obesity epidemic.

The third place for gathering

Before being offered the land, the Copley Family Y was planning on a major remodel of its existing facility. That plan changed after Robert Price, the head of his family's charitable foundations, stepped in with the unsolicited donation, much to the surprise of Y officials.

Price had heard about the remodeling plan from a friend. He said he likes the idea of having a prominent community

building on El Cajon Boulevard that attracts a broad clientele not just from City Heights but also from Kensington and Talmadge.

"The reason why it makes sense is that the services of the Y appeal to everybody," Price said, adding that there is a proposal to build a Rapid Transit bus stop in front of the new Copley Family Y in the future that will carry passengers between downtown San Diego and San Diego State University.

The Y has long prided itself on being a community gathering place, where people of all backgrounds can come to play, learn and exercise, regardless of their ability to pay.

"There is this concept of a third place. People have home and work – place one and two – and they want to have a third place for gathering," Vogelsang said. "The YMCA is one of those third places where one can gather for exercise, recreation, childcare, picnics..."

Percy Tolliver, a single father whose two girls are regulars at the Copley Family Y, couldn't agree more. "Copley is like Wal-Mart, one-stop shopping," he said. "You get everything you need for your kids right here."

Fundraising for the project

Steve Totten, vice president of planned giving and major gifts for the YMCA of San Diego County, said the project is expected to cost about \$13 million to build. Donors, including the Helen K. and James S. Copley Foundation, have already committed \$4.5 million. The Copley Family Y also has applied for a \$5 million state grant for the project. A list of who's who in San Diego, including Malin Burnham, Mel Katz, Phil Blair, Murray Galinson, Bill Geppert, Jack McGrory, Duane Roth and Ted Roth, is leading the Copley Family Y's capital campaign. The goal is not just to raise enough money to break ground in early 2013, but also to create an endowment fund to support the facility's future needs.

Creating long-term financial sustainability is crucial because 90 percent of the Copley Family Y's current patrons

receive financial assistance, according to Y officials. Each year, the organization spends more than \$1 million in subsidies. The demographics of its service area also stand out for its extraordinary linguistic and cultural diversity. Dozens of languages from Somali to Vietnamese are spoken in City Heights alone.

"This is the most diverse of our branches because Mid-City is the melting pot of San Diego," Totten said, noting the project presents an exciting opportunity to create a model inner-city YMCA.

Leticia Leos, the Copley Family Y's executive director, said the Y has held 18 meetings with Mid-City community groups to get their input. She noted that her facility already attracts some patrons from outside City Heights who live in Talmadge, North Park, Kensington and elsewhere.

"They can't wait to start using this new Y," she said.





Residentes de Fairmount Village toman acciones para aumentar la seguridad

Fairmount Village residents are taking action to improve safety

Residentes intercambian ideas para mejorar la seguridad en Fairmount Village.

Photo/City Heights Life

Residents share ideas on safety improvements for Fairmount Village.

Photo/City Heights Life

Los residentes de Fairmount Village están aprendiendo a identificar los problemas de seguridad del vecindario y a abogar por mejoras como parte de un nuevo programa que tiene como objetivo reducir el índice de criminalidad en el área. La Iniciativa de Seguridad está a cargo del Centro Consensus Organizing de San Diego State University.

La iniciativa comenzó en enero cuando Jessica Robinson, subdirectora del Centro Consensus Organizing, se reunió con los residentes y líderes comunitarios de Fairmount Village para invitarlos a participar en el programa. Los interesados pasaron 4 días trabajando con el experto en prevención de crímenes, Gregory Saville, y motivando a sus vecinos a involucrarse en actividades que pueden ayudar resolver problemas comunitarios.

Saville, ex-oficial de la policía con 26 años de experiencia en prevención del crimen, opina que la mejor forma de combatir el crimen es “aprovechando la creatividad de los grupos comunitarios y los residentes del área”. La Iniciativa de Seguridad aprovecha precisamente estos recursos. Los residentes se responsabilizan por su propio vecindario trabajando con la policía y utilizando diversos recursos.

Después de un taller de 2 días en el mes de abril, los participantes se organizaron en cuatro grupos y pasaron dos meses trabajando con la comunidad para identificar los problemas de seguridad del vecindario y desarrollar un plan de acción. Se volvieron a reunir antes del 4 de julio para compartir sus ideas. Estas ideas aún están en las fases tempranas de planificación, pero son prometedoras y tienen el potencial de hacer que la comunidad sea más segura.

Un grupo identificó la basura y el grafiti como problemas serios y propusieron iniciar un programa “adopta-un-bote-de-basura” para colocar más botes de basura en el vecindario; los patrocinadores se encargarían de comprar los botes de basura y co-

locarlos en cada calle y voluntarios del área les darían mantenimiento.

Otro grupo recomendó que se rediseñara la intersección de Fairmount Avenue con Wightman Street para hacerla más segura para los peatones. Sus sugerencias incluyen: instalar un cruce de seguridad diagonal para evitar que los peatones crucen imprudentemente y hacer que el tráfico vehicular sea más lento, o eliminarlo del todo, en Wightman a lo largo de Urban Village.

Un tercer grupo recomendó construir un parque de monopatines porque en la actualidad se practica en el camino de incendios que está entre los campos de juego y el centro recreativo. También piden que se incrementen las horas de operación del centro recreativo para tratar de disminuir la vagancia y el tráfico de drogas.

El cuarto grupo realizó lo que Saville llama una “auditoría de seguridad” en el área alrededor de Monroe Clark Middle School para documentar las observaciones de los residentes y cómo se sienten con respecto al vecindario. Saville opina que las auditorías de seguridad pueden ser más valiosas que determinar el índice de criminalidad porque los residentes perciben cosas que la policía no puede ver. La auditoría reveló que los residentes creen que el área alrededor de Monroe Clark es segura durante el día pero insegura de noche. Dijeron que las razones son la falta de iluminación, el vandalismo, grafiti, la basura y los callejones oscuros. Por otro lado, en una nota positiva, los residentes dijeron que les gusta el área y que están dispuestos a prestar sus servicios y tiempo como voluntarios para mejorarla.

En los próximos meses, el Centro Consensus Organizing ayudará a los residentes a continuar con el programa. Están buscando más participación ciudadana y estarán utilizando medios diversos para llegar al público en general.

— Staff report

Para más información acerca de la Iniciativa de Seguridad o para participar en la misma, contacte a Jessica Robinson escribiendo a jmrobinson@projects.sdsu.edu o llame al (619) 594-0780.

To learn more about the Safety Initiative or to get involved, contact Jessica Robinson at jmrobinson@projects.sdsu.edu or (619) 594-0780.

Fairmount Village residents are learning to identify neighborhood safety issues and advocate for improvements as part of a new program aimed at reducing crime. The Safety Initiative is led by the Consensus Organizing Center at San Diego State University.

The initiative began in January when Jessica Robinson, assistant director at the Consensus Organizing Center, met with Fairmount Village residents and community leaders to collaborate on the program. Those who were interested in participating committed to spend four days working with crime prevention expert Gregory Saville and engage their neighbors in community problem-solving activities.

Saville, a former police officer with 26 years of experience in crime prevention, believes the best way to tackle crime is by “tapping into the creative genius of neighborhood groups and neighborhood dwellers.” The Safety Initiative does precisely that. Residents take responsibility for their own neighborhood, working with law enforcement and other resources.

After a two-day workshop in April, participants organized in four groups and spent two months working with the community to identify safety issues and develop an action plan. They reconvened before the Fourth of July to share ideas with each other. Their ideas are still in early stages, but offer promise to improve community safety.

One group identified trash and graffiti as a significant problem and proposed enacting an adopt-a-trash-can program to place more receptacles throughout the neighborhood;

sponsors would purchase the trash cans and make them available on each block and volunteers would maintain them.

Another group recommended redesigning the intersection of Fairmount Avenue and Wightman Street so it’s more pedestrian-friendly. Their suggestions included: installing a diagonal crosswalk to discourage jaywalking, and slowing or eliminating auto traffic on Wightman through the Urban Village.

A third group recommended building a skateboard park because many skateboarders now use the fire road between the ball fields and recreation center. They also advocated increasing the recreation center’s hours as a way to cut down on loitering and drug dealing.

The fourth group performed what Saville calls a “safety audit” in the area surrounding Monroe Clark Middle School to document residents’ observations and feelings about the neighborhood. Saville said safety audits can be more valuable than crime data because residents see things law enforcement doesn’t. The audit revealed that residents believe the area around Monroe Clark is safe during the day but unsafe at night. They cited poor lighting, vandalism, graffiti, trash, and dark alleys. On the positive side, residents said they liked the area and were willing to volunteer their time to improve it.

In the coming months, the Consensus Organizing Center will help residents carry on with the program. They are looking for more resident participation and will be establishing public outreach tools.

— Staff report

PHOTO SHOWCASE



After spending five months on rehearsals, 25 students from Our Lady of the Sacred Heart School performed Disney's *Beauty and the Beast Jr.* to sold-out crowds on June 3 and 4. Clarissa Martinez carried the leading role of "Belle", while Frankie Lua played both the "Beast" and "Gaston." Other main characters included Emily Betterton as "Mrs. Potts"; Sarahi Perez as "Lumiere"; Honey Groenedal as "Cogsworth"; Cesar Hernandez as "Lefou" and Tony Anaya as "Chip." Students staged the play under the guidance of Coach Jose Magana. Proceeds from the performances benefit the school's summer camp program. Our Lady of the Sacred Heart School, located at 4106 42nd St., has been a part of the community since 1927. The goal of its drama program is help students build self-confidence and develop life skills.

Photo courtesy of Our Lady of the Sacred Heart School

New charter school opens on El Cajon Boulevard

By Helen Gao
City Heights Life

A new public school will open Sept. 6 in one of City Heights' most prominent buildings on El Cajon Boulevard. America's Finest Charter School will serve students in kindergarten through sixth grade in its first year and will eventually expand to eighth grade.

Like all publicly-funded charter schools, America's Finest does not charge tuition, and it enjoys substantial flexibility in how it designs its school day. The school is overseen by its own board of directors, as well as the San Diego Unified School District.

America's Finest is one of scores of charter schools operating in San Diego. City Heights is home to at least three charter schools, including Iftin Charter School located off El Cajon Boulevard and 54th Street, which serves a predominantly East African population.

Jan Perry co-founded America's Finest with Sandra Martinez. The two seasoned educators met while working for San Diego Unified. Perry said her school will invest heavily in professional development. "We believe classrooms are based on teachers' knowledge and learning," she said.

In an interview in mid-July, Perry said her school has enrolled about 100 children. Her goal is to open in September with 180 kids. The school has already hired some staff, including residents from the community who speak Spanish, Vietnamese and Karen (a language spoken by a Burmese minority group).

America's Finest Charter School will operate year-round and have an extended school day from 8:30 a.m. to 4 p.m. Tutoring will be available before school. A variety of arts activities will be offered after school. Students and teachers will eat their lunches together in their classrooms family-style, passing around bowls of food to be shared. And one more thing: students won't get homework. They are expected to get their homework done during the school day.



America's Finest Charter School is renting about 6,000 square feet of space in one of the most prominent buildings in City Heights at 4001 El Cajon Boulevard.

Photo/City Heights Life



Jan Perry, an experienced school teacher and administrator, is the co-founder of America's Finest Charter School.

Photo/City Heights Life

EDUCATION BRIEFS

Save the date: Back-to-school conference is on Aug. 20

San Diego parents and students in kindergarten through 12th grade are invited to attend the annual back-to-school conference on Saturday, Aug. 20, at Lincoln High School.

The free one-day event will feature nearly 70 exhibitors who will provide information on everything from children's health screenings to childcare; workshops on education-related topics; and a rally and festival where children will receive backpacks filled with school supplies.

Formally known as Everybody Recommitting to Academic Achievement (ERAA), the event is from 7:30 a.m. to 4 p.m. at 4777 Imperial Ave. in Southeastern San Diego. It was founded by Pazzaz, a nonprofit organization that offers tutoring and other services to at-risk children in Southeastern San Diego, and the Center for Parent Involvement in Education, with support from the San Diego Unified School District.

Onsite registration is available on the day of the event. For more information, call Pazzaz at (619) 264-6870 or visit www.pazzaz.org.

New area superintendents overseeing City Heights schools

As part of a reorganization at the San Diego Unified School District, new area superintendents, who serve as liaisons between schools, parents and the district's central office, have been assigned to oversee City Heights schools for the 2011-2012 school year.

Area 5 schools, which include Hoover High and its feeder middle and elementary schools, are overseen by Mitzi Merino, who previously served as principal at Carson, Euclid and Hancock elementary schools.

Area 3 schools, which include Crawford High and its feeder schools, are overseen by Shirley Wilson, who won recognition from the California Department of Education for raising student achievement while serving as principal at Oak Park Elementary School.

Hirshman visits Rosa Parks Elementary

On July 5, his first day as the president of San Diego State University, Elliot Hirshman visited Rosa Parks Elementary School to meet with students, teachers, staff and parent volunteers.

Rosa Parks, along with Hoover High and Monroe Clark Middle schools, is part of the City Heights Educational Collaborative – a partnership between SDSU's College of Education, San Diego Unified School District, the San Diego Education Association and Price Charities. The collaborative's goal is to improve student achievement.



Dr. Elliot Hirshman is the eighth president of San Diego State University.

Photo courtesy of San Diego State University

New program helps young kids read

Parents who want to make reading fun for their small children can access a new online literacy resource from home for free.

Available via the San Diego Public Library website, Scholastic BookFlix pairs classic video storybooks with related nonfiction e-books. Geared toward children in kindergarten through third grade, it's designed to open up a world of knowledge and exploration to early learners. Some of the BookFlix materials are available in Spanish.

BookFlix also includes educational games and activities, read-aloud supports, and age-appropriate web links for children to learn more about a topic.

For instructions on how to use BookFlix from home, visit www.sandiegolibrary.org or contact Marina Claudio-Perez at (619) 236-5865 or mcperez@sandiego.gov.

To learn more, visit
americasfinestcharterschool.org.
To enroll, visit the school 3 p.m.-6 p.m., Monday through Friday, at 4001 El Cajon Blvd.
The school will host a barbecue 1 p.m.-5 p.m., Aug. 28, at Teralta Park near the school.
Call (619) 546-4176 to RSVP.

Boulevard International Cooking Class *showcases cuisines from around the world*



Above: Participants in the Boulevard International Cooking Class got together recently at El Borrego to learn how to make Mexican food. **Right, bottom right:** El Borrego owners Rosario and Rodnia Navarro demonstrate how to cook chile rellenos.



El Cajon Boulevard offers a multitude of dining experiences from East African to Vietnamese to authentic Mexican cuisine. To showcase this diversity of flavors, the El Cajon Boulevard Business Improvement Association created the “Boulevard International Cooking Class” to periodically bring together food lovers and restaurateurs.

On a recent Monday evening, nine local residents who signed up for the five-week class sat down at the El Borrego (Spanish for “the sheep”) restaurant to watch Rosario Navarro and her daughter, Rodnia, demonstrate how to cook chile rellenos, south Mexican style.

El Borrego rose from an idea twelve years ago when Rosario noticed that nobody in City Heights was selling barbacoa (Mexican barbecue) the way she remembered it growing up in Acapulco, Mexico. At the time she was living in Tijuana and working for the airlines, but would visit her sister’s convenience store in City Heights.

Rosario’s idea was to serve Mexican food the way it’s prepared in the south, with lamb instead of beef, so she traveled to Mexico City to select the best recipes she could find. Rosario said she sampled restaurant after restaurant until she found the one she liked best. Using family connections, she was able to get the recipe and bring it back to City Heights.

At first the Navarros tested the south Mexican cuisine on customers at the family’s convenience store only on weekends. It was such a hit that they began getting customers from Los Angeles. Rodnia says people would line up with giant pots asking for large portions. It eventually became obvious they would need to open their own restaurant.

More than six years ago they found their current location on El Cajon Boulevard and 43rd Street. They spent eight months revamping the place to give people the feeling of being in Mexico. The efforts have paid off. Rodnia says, “People tell me ‘thank you’ all the time for making them feel like they are back at home.”

El Borrego is one of many restaurants where long-time City Heights resident Anna Daniels likes to dine. She signed up for the cooking class to expand her cultural vocabulary. “I live in City Heights, and the world has come to me,” Anna says. “Within a short walk from my home, I can eat at restaurants from all over the world.”

She says it’s great that the cook can point to a map and show where the recipe originates from and then tell her where to get the ingredients. Like the other eight participants, Anna received a copy of the chile relleno recipe, watched Rosario and Rodnia demonstrate how to prepare the food, and then ate it.

In following weeks, the class will visit restaurants specializing in Italian, African, and Vietnamese cuisine.

— Staff report



Above: El Borrego on El Cajon Boulevard and 43rd Street serves authentic, southern Mexican food.



If you’d like to sign up for a future Boulevard International Cooking Class, please call Beryl Forman at (619) 283-3608 or visit www.theboulevard.org.

The Euclid Tower is a beloved landmark with a colorful history

By Jon Luna

City Heights Life History Columnist

In 1995, I was a 9-year-old third grader attending Euclid Elementary School. One day, a woman in her late twenties appeared in class. The teacher hushed us into silence as she introduced the visitor, who began speaking by asking us if we knew about “The Tower” located two blocks from our school. Of course we all knew about it; everyone in City Heights could see the tall leaning building from nearly anywhere within a few miles. She told us that the building was going to be renovated. Our class, along with other third graders in various elementary schools across City Heights, was asked to draw pictures that would be chosen to be placed on the sides of the building. As a third grader, I was just happy that we were given a chance to draw. Little did I know that my scribbles had a chance at becoming a part of local history.

Many people, even natives, have no idea that dozens of tiles with children’s drawings decorate what’s officially known as the Euclid Tower, located near Euclid and University avenues. Next time you walk by the building, tilt your head up to catch a glimpse of the artwork.

While most City Heights natives are well aware of the existence of the building, they may not know it’s a historical landmark. The Tower

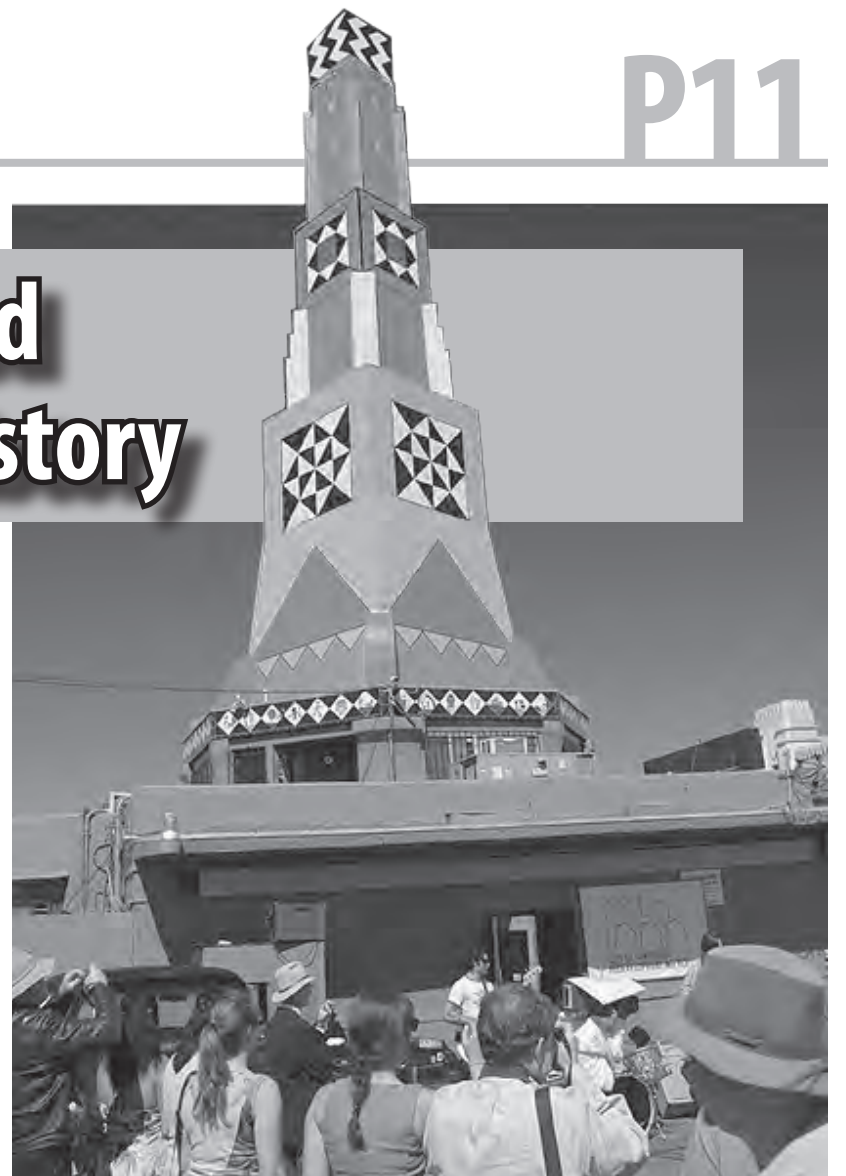
was originally built as a drive-in soda fountain in 1932. It consisted of two parts: a spire sitting on top of a two-story, octagon-shaped building. The 110-foot hollow monumental pylon was built to resemble the Empire State Building, but it was shortened by four to six feet so it could be more easily maintained. Originally, there was a clock on each side of the building, but they were removed due to children shooting out the glass with slingshots.

In 1964, The Tower was remodeled after a car went out of control and crashed through it. The building was given another facelift in 1995, and the spire was repainted in the bright and vibrant colors we are familiar with today. This was also when the powers that be decided to include children’s drawings on the building.

In 1999, the spire was demolished because it was leaning precariously, but the base building was preserved, along with the children’s artwork. Ten years later, the San Diego Redevelopment Agency resurrected the landmark by building an 80-foot replica of the spire.

Over the years, the building has been owned by various tenants, and its function has varied, ranging from a beauty shop to a restaurant. It now houses a bar and a tattoo shop.

Sadly, my drawing from third grade was never chosen to be displayed on The Tower, but those



that are on display add to its stature as a beloved icon in the community.

— Jon Luna is a first-generation Filipino-American who was raised in City Heights. A San Diego State University graduate, he still lives there and works regularly as a substitute teacher at Hoover High School and other City Heights public schools. He is also pursuing a master’s degree in history from the University of San Diego.

The Euclid Tower near the corner of Euclid and University avenues is one of the most distinctive landmarks in City Heights. Photo courtesy of the City of San Diego

DON'T MISS IT!

Lantern Festival coming to El Cajon Boulevard

By Gracelynn West

Little Saigon Foundation

Imagine 6,000 silk lanterns brightening up El Cajon Boulevard this summer while thousands of visitors enjoy carnival rides and non-stop entertainment. The decorative display will mark the Second Annual San Diego Lantern Festival and Street Fair on Aug. 26-28 in the Little Saigon District in City Heights. The event will take place on El Cajon Boulevard in and around Hoover High School.

Festival goers will be greeted by a large entry way filled with lanterns. Other attractions include a street fair (Saturday and Sunday), a martial arts competition, three nights of lion dance and lantern parades, multicultural entertainment, Asian cuisine, break dancing competitions, live performances and a beer garden. The Lantern Festival also will host the first-ever Miss Asia San Diego 2011 Pageant (Saturday).

The event seeks to bring together residents, community organizations, local businesses, students and visitors from throughout Southern California for a safe and fun cultural experience. This year, the Little Saigon Foundation, the organizer of the event, ex-

pects 20,000 to 30,000 people to attend.

The Lantern Festival is an ancient tradition that dates back more than 2,000 years ago to legends of the Han Dynasty. Although the tradition has not changed much in the past two millennia, the San Diego Lantern Festival is a unique celebration that showcases the local Vietnamese culture to the urban beat of City Heights.

This year’s theme is “Light up San Diego.” The goal is to brighten the Little Saigon District and bring visitors from all over the county to experience an ancient tradition with a modern twist. The Lantern Festival showcases City Heights as one of the most diverse communities in San Diego.

The multicultural family event is part of the Little Saigon Foundation’s ongoing effort to revitalize the six-block stretch of El Cajon Boulevard between Euclid and Highland avenues. The foundation has been working for two years to brand this area as the Little Saigon District.

— Gracelynn West is an intern at the Little Saigon Foundation, a nonprofit organization dedicated to building recognition for a Little Saigon District in San Diego through projects and events that promote economic revitalization and cultural diversity.



The San Diego Lantern Festival was held for the first time in City Heights last year.

Photo courtesy of the Little Saigon Foundation

The San Diego Lantern Festival will take place Aug. 26-28, Friday through Sunday, on El Cajon Boulevard in and around Hoover High School located at 4400 El Cajon Blvd. On Friday, the hours are 3 p.m. to 11 p.m.; on Saturday and Sunday, the

hours are noon to 11 p.m. The admission fee is \$5 for adults and \$3 for children. For more information, call the Little Saigon Foundation at (619) 752-9461, visit www.sdlanternfestival.com or email information@sdlanternfestival.com.

What's going on?

¿Qué está pasando?

August

<p>11 2 to 6 p.m. Mid-City Gymnasium Teen Center Open (619) 516-3082</p> <p>5 to 7 p.m. City Heights Urban Village Performance Annex Movie: Food, Inc. (619) 641-6103</p> 	<p>12 2 p.m. to 6 p.m. Mid-City Gymnasium Step, Circuit Training and Meditation (619) 516-3082</p> <p>7 to 9 p.m. City Heights Performance Annex Concert: City Ballet & Tangocentric (619) 641-6103</p>	<p>13 10 a.m. to 2 p.m. City Heights Farmer's Market Fairmount & Wightman (760) 751-4193</p> 	<p>15 4:30 to 5:30 p.m. Mid-City Gymnasium Kickboxing (619) 516-3082</p> <p>2 p.m. to 3 p.m. Mid-City Gymnasium PEE WEE Sports (619) 516-3082</p> 	<p>16 noon to 1 p.m. Mid-City Gymnasium Pilates/Abs Training (619) 516-3082</p> <p>2 to 6 p.m. Mid-City Gymnasium Teen Center Activities (619) 516-3082</p>	<p>17 4:15 to 5:15 p.m. Mid-City Gymnasium Arts & Crafts Class (619) 516-3082</p> 	
<p>18 noon to 1 p.m. Mid-City Gymnasium Steps Exercise (619) 641-6100</p> <p>5 to 7 p.m. City Heights Urban Village Performance Annex Movie: Rio (619) 641-6103</p>	<p>6 to 9 p.m. City Heights Recreation Center/ Mid-City Gymnasium CALGRIP Friday Teen Night, (619) 641-6125</p> 	<p>19 6 p.m. to 7 p.m. City Heights Performance Annex Concert: Noche Mexicana with Ballet Folklorico Jalisciense & live Mariachi Music (619) 641-6103</p>	<p>20 9 a.m. to 5 p.m. 4305 University Ave. Homebuyer Ed- Spanish (619) 282-6647, \$60.00 (or \$30.00 for Financial Fitness Graduates)</p> <p>10 a.m. to 2 p.m. City Heights Farmer's Market Fairmount & Wightman (760) 751-4193</p>	<p>22 2 to 6 p.m. Mid-City Gymnasium Teen Center Activities (619) 516-3082</p> <p>2 p.m. to 3 p.m. Mid-City Gymnasium PEE WEE Sports (619) 516-3082</p>	<p>23 1:30 to 2:30 p.m. Mid-City Gymnasium Zumba (619) 516-3082</p> <p>2 to 6 p.m. Mid-City Gymnasium Teen Center Activities (619) 516-3082</p>	<p>24 4:15 to 5:15 p.m. Mid-City Gymnasium Arts & Crafts Class (619) 516-3082</p> <p>noon to 6 p.m. Mid-City Gym Teen Center Activities (619) 516-3082</p> 
<p>25 7 p.m. City Heights Urban Village Performance Annex, Movie: Up Contact: Paige Newman (619) 955-7276</p> 	<p>26 7 to 9 p.m. City Heights Performance Annex Concert: Lindley Lopez Circus (619) 641-6103</p> <p>2 to 6 p.m. Mid-City Gymnasium Teen Center Activities (619) 516-3082</p>	<p>27 9 a.m. to 5 p.m. 4305 University Ave. Homebuyer Ed- Spanish (619) 282-6647, \$60.00 (or \$30.00 for Financial Fitness Graduates)</p> <p>9 a.m. to 1 p.m. City Heights Farmer's Market Fairmount & Wightman (760) 751-4193</p> 	<p>29 4:30 to 5:30 p.m. Mid-City Gymnasium Kickboxing (619) 516-3082</p> <p>2 to 6 p.m. Mid-City Gymnasium Teen Center Activities (619) 516-3082</p>	<p>30 1:30 to 2:30 p.m. Mid-City Gymnasium Zumba (619) 516-3082</p> <p>noon to 1 p.m. Mid-City Gymnasium Pilates/Abs Training (619) 516-3082</p>	<p>31 6 to 7:15 p.m. Mid-City Gym San Diego Special Olympics (619) 516-3082</p> <p>4:30 to 5:30 p.m. Mid-City Gym Hi/Lo Aerobics (619) 516-3082</p> 	

 For a more complete list of events, visit www.cityheightslife.com.

Submit events to editor@cityheightslife.com.

CALENDAR EDITOR: JULIE LE

— Julie Le was born and raised in San Diego. She graduated at the top of her class from Hoover High School. Julie is attending the University of California, San Diego, majoring in urban studies and planning while working at Price Charities.

We want to hear from you!

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