

In her words

Long-time City Heights resident Linda Pennington shares her story of how she became a community activist.

[P4]

BUSINESS

A new supermarket

The family-owned Northgate Market at 54th and University spans 41,000 square feet and offers shuttle rides home to shoppers.

[P10]

EDUCATION

A top honor

The Ocean Discovery Institute, devoted to serving City Heights exclusively, will receive a prestigious award from the White House on Dec. 12.

[P9]

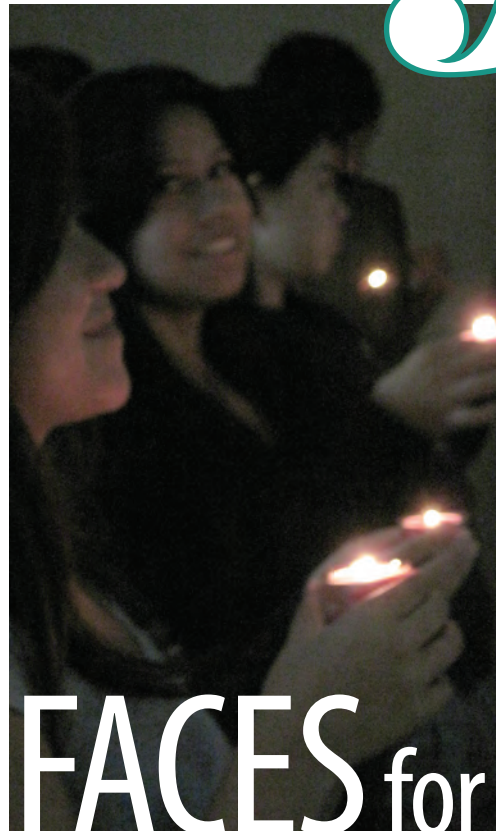
Immigration services

The Employee Rights Center provides nonprofit immigration services and much more through its City Heights office.

[P5]

Attention residents!

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



FACES for the FUTURE

Preparing Hoover teens for health careers and more

By Helen Gao
City Heights Life

There was a time when Sierra Jenson used to get mostly C's in her classes, but in the past three years, the Hoover High School student has worked hard to earn A's and B's. Now a senior, she is looking forward to college so she can follow in her cousin's footsteps and become a medical technician.

Jenson is among 78 sophomores, juniors, and seniors enrolled in FACES for the Future, a collaboration between Rady Children's Hospital and Hoover High School that provides health career exploration, academic assistance, wellness support, and leadership development. A key goal of the program is to prepare youth from low-income

communities, especially those from ethnically diverse backgrounds, to enter health professions.

"I want to make a difference in other people's lives and also mine," said Jenson who aspires to work in neonatal and pediatric intensive care units because of the job shadowing experiences she's had at Rady's through FACES.

FACES started at Hoover in 2008 and is modeled after a program by the same name founded by doctors at Children's Hospital & Research Center Oakland who were disturbed by what they saw in their adolescent patients. They wanted to combat teen pregnancies, homicides, suicides and other problems by providing at-risk youth with opportunities for personal and professional development. Eventually,

FACES evolved to become a statewide model that educates all youth interested in the health industry, regardless of their background, to understand the complexities and benefits of working with diverse populations.

Participants at Hoover are all enrolled in the Academy of Health and Healthier Communities, and they enter FACES in their sophomore year and stay for three years. If they fail any class or their GPA drops below 2.0, tutoring is mandatory.

Besides getting specialized courses in health care, they attend monthly workshops that focus on personal development, go on "clinical rotations" at Rady's where

[FACES, P2,3]

Spanish and Vietnamese translations on pages 2 and 3

Para traducción vea páginas 2 y 3.

FACES students participated in an induction ceremony in November. They lit candles as part of a team-building exercise to enhance solidarity and unity.
Photos: /City Heights Life

AT YOUR SERVICE

'Tis the season for safety

By Helen Gao
City Heights Life

Every holiday season, there are stories of families losing their loved ones to Christmas tree fires, carbon monoxide poisoning, and other preventable tragedies. To ensure your family and loved ones have a wonderful holiday season, there are a number of safety tips you should follow to prevent mishaps. Below is a list of tips provided by the San Diego Police Department and other public safety agencies.

[SAFETY, P8]

Por Helen Gao
City Heights Life

Todas las temporadas navideñas, nos enteramos de familias que pierden a un ser querido por incendios producidos por las luces de los árboles de navidad, por intoxicación con monóxido de carbono y por otros tipos de tragedias que se pueden prevenir. Para asegurar que su familia y sus seres queridos tengan unas maravillosas fiestas de fin de año, puede seguir una gran cantidad de consejos de seguridad para prevenir accidentes. A continuación le ofrecemos una lista de consejos que pueden ayudarlo a

[SEGURIDAD, P8]

Bring your family photo for a mural project

City Heights is set to receive a piece of cultural history in the form of a public mural in spring 2012. The mural will consist of custom-printed tiles illustrating photos taken by residents. The mural's creator, The AjA Project, is holding an event to scan photos from community members on Saturday, Dec. 17 from 10 a.m. to 2 p.m. at the City Heights/Weingart Library, 3795 Fairmount Ave. at Wightman Street.

En la primavera de 2012, City Heights va a recibir una pieza de historia cultural en forma de un mural público. El mural será echo de azulejo personalizado con fotografías impresas que fueron tomadas por los residentes. The AJA Project, creador del mural tendrá un evento para fotocopiar fotografías de miembros de la comunidad el Sábado, 17 de Diciembre 2011.



FACES, from P1

they do job shadowing, and intern at community organizations in City Heights that are involved in a variety of health initiatives.

Ellen Hohenstein, director of Hoover's Health Center and Academy of Health and Healthier Communities, said students get exposed to a wealth of health careers beyond nurses and doctors.

"We want them to know if (they) are interested in health care, (they) don't necessarily end up in a hospital," Hohenstein said.

Hoover graduated its first FACES cohort in June. All 24 graduates of the program have gone on to higher education. Many plan to pursue careers in the health industry.

One of the graduates was Lan Dam, who now attends San Diego State University. Dam was recently hired by FACES to serve as a tutor.

For her, as for many other students, FACES was a life-changing experience. In the past, she had wanted to work in the for-profit sector, but now she's interested in nonprofit health care management.

"It comes down to more about helping people, rather than making profit out of people," she said.

Job shadowing doctors and nurses at Rady's greatly affected how she viewed the medical field. She used to think hospitals were scary places because of how they are portrayed on TV dramas. But when she visited Rady's, she found a warm environment filled with caring staff.

FACES changed her in other ways, too. Dam said before joining the program, she was not the type to get involved in school events. But after joining the program, she took part in raising funds for FACES activities and participated in field trips, potlucks, and team-building exercises.

"FACES not only helped me grow academically, it also helped me with personal growth," she said.

Because participants stay together for most of their high school career, they become a close-knit group with a strong sense of solidarity and unity. Jorge Palacios, a Hoover senior, said that's why he loves being in the program. The sense of togetherness and purpose drives him to succeed and pursue his dream of becoming a medical doctor.

Palacios said he will be the first in his family to go on to college, and he is leaning toward specializing in public health.

"I want to be in the medical field and make a difference in people's lives," he said.

Having met doctors through FACES and seen first-hand what they do, Palacios said he's confident that his dream is "achievable, doable."



The FACES program at Hoover was founded initially with financial support from The Price Family Charitable Fund and The Hervey Family Fund. Over the years, other funders have included the Gary and Mary West Foundation, The California Endowment, Gen-Probe, Inc., Duke Energy Foundation, Mission Federal Credit Union, RAHSI (Regional Allied Health & Science Initiative) and San Diego County Employees Charity Organization (CECO).

To learn more about FACES for the Future, visit facesforthefuture.org.

Above: A Rady Children's Hospital staff member teaches Hoover Senior Marlin Gonzalez about respiratory care. Photo courtesy of Rady Children's Hospital Below: Jorge Palacios, a Hoover High senior, said the FACES for the Future program showed him the path to become a medical doctor. Photo/City Heights Life



FACES for the Future prepara a los adolescentes de Hoover para dedicarse a carreras en el área de salud y más

Por Helen Gao
City Heights Life

No hace mucho, las calificaciones de Sierra Jenson eran C's en todas sus clases, pero en los últimos tres años, la estudiante de Hoover High School se ha esforzado mucho para sacar A's y B's. Ahora es estudiante graduanda, y desea asistir a la universidad para seguir los pasos de su tía y convertirse en técnico médico.

Jenson forma parte del grupo de 78 estudiantes de décimo, undécimo y doceavo grado que están inscritos en el programa "FACES for the Future", un esfuerzo conjunto de Rady Children's Hospital y Hoover High School que les ofrece la oportunidad de explorar las carreras del área de salud, asistencia académica, apoyo para el bienestar integral y desarrollo de liderazgo. Uno de los principales objetivos del

programa es preparar a los jóvenes que pertenecen a comunidades de bajos ingresos, especialmente a aquellos que son parte de grupos étnicamente diversos, para que puedan ingresar a las profesiones del área de salud.

"Quiero ayudar a los demás mejorando sus vidas y también la mía", dijo Jenson quien sueña en trabajar en unidades de cuidados neonatales y pediátricos intensivos gracias a las experiencias que ha podido vivir a través del programa FACES en Rady's.

FACES comenzó en Hoover en el año 2008 siguiendo el modelo establecido por un programa del mismo nombre en el Children's Hospital & Research Center de Oakland, los médicos del Centro se preocuparon por lo que veían en sus pacientes adolescentes. Querían

[SALUD, P3]

FACES for the Future giúp học sinh trường trung học phổ thông Hoover High chuẩn bị cho nghề nghiệp trong lĩnh vực y tế và nhiều hơn nữa

Người viết
Helen Gao

Đã có một thời gian Sierra Jenson hầu hết là đạt điểm C's trong lớp, nhưng trong ba năm qua, cô học trò tại trường trung học phổ thông Hoover High School đã học tập chăm chỉ để đạt được điểm A's và B's. Hiện tại em đang học lớp 12 và mong muốn được vào trường đại học để có thể theo bước chân của di trở thành một kỹ thuật viên y tế.

Jenson là một trong 78 học sinh năm thứ hai, thứ ba, và năm cuối tham gia vào FACES for the Future, là một chương trình dưới sự hợp tác giữa bệnh viện Rady Children's Hospital và trường trung học phổ thông Hoover High School để giúp các em học sinh tham khảo về nghề nghiệp trong y tế, trợ giúp trong học tập, hỗ trợ chăm sóc sức khỏe, và phát triển trong cách lãnh đạo.

"Em muốn làm nên một sự khác biệt trong cuộc sống của người khác và cả của chính tôi," câu nói của Jenson. Cô học trò này luôn mong ước được làm việc trong phòng hồi sức của khoa nhi qua những kinh nghiệm cô đã học được tại bệnh viện Rady Children's Hospital sau khi tham gia FACES.

FACES bắt đầu tại trường trung học phổ thông Hoover High School vào

FACES là một chương trình tại trường phổ thông trung học Hoover High School ban đầu đã được hỗ trợ tài chính từ The Price Family Charitable Fund and The Hervey Family Fund. Trong những năm qua, nhà tài trợ khác bao gồm Gary and Mary West Foundation, The California Endowment, Gen-Probe, Inc., Duke Energy Foundation, Mission Federal Credit Union, RAHSI (Regional Allied Health & Science Initiative) and San Diego County Employees Charity Organization (CECO).

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năm 2008 và mô hình theo một chương trình cùng tên bởi các bác sĩ tại bệnh viện Children's Hospital và trung tâm nghiên cứu Research Center Oakland, là những người cảm thấy lo âu bởi những gì họ thấy ở những bệnh nhân trẻ. Họ đã mong muốn ngăn chặn việc mang thai ở vị tuổi thành niên, ngộ sát, tự tử và những vấn đề khác bằng cách giúp đỡ trẻ em ở vị tuổi thành niên có những cơ hội phát triển cho bản thân và nghề nghiệp trong tương lai.

Là một phần của Academy of Health and Healthier Communities, các em học sinh tại trường trung học phổ thông Hoover High School tham gia vào chương trình này vào năm lớp 10 và lưu lại trong vòng ba năm. Nếu như các em không đạt điểm một lớp nào đó hoặc GPA dưới 2.0, các em cần phải ghi danh học thêm.

Bên cạnh được học thêm

những khóa học chuyên ngành trong lĩnh vực y tế, các em sẽ tham dự những workshop hàng tháng. Những workshops này tập trung vào sự phát triển cá nhân, đi "clinical rotations" tại bệnh viện Rady Children's Hospital nơi mà các em sẽ học và thực tập tại các tổ chức công đồng chăm sóc sức khỏe tại City Heights.

Ellen Hohenstein, giám đốc của Hoover Health Center và Academy of Health and Healthier Communities, khẳng định rằng các em học sinh sẽ có cơ hội khám phá nhiều nghề nghiệp trong lĩnh vực y tế không chỉ có y tá và bác sĩ.

"Chúng tôi muốn các em biết rằng nếu như các em thực sự yêu mến nghề nghiệp trong lĩnh vực y tế, các em không nhất thiết giới hạn mình trong bệnh viện," giám đốc Hohenstein nói.

Trường trung học phổ thông Hoover High School

tốt nghiệp nghiên cứu thuần tập FACES đầu tiên của mình vào tháng 6. Tất cả 24 tốt nghiệp học sinh của chương trình tiếp tục học cao hơn nữa. Nhiều em học sinh dự định theo đuổi nghề nghiệp trong lĩnh vực y tế.

Một trong những học sinh tốt nghiệp là Lan Dam, hiện đang học tại trường San Diego State University. Dam làm tutor tại FACES trong thời gian gần đây.

Đối với cô ấy nói riêng và các em học sinh nói chung, FACES là một kinh nghiệm thay đổi cuộc sống. Trước đây, Dam đã có ước muốn được làm việc trong một khu vực có lợi nhuận, nhưng bây giờ cô ấy quan tâm nhiều hơn đến quản lý y tế không lợi nhuận.

"Việc quan trọng bây giờ là giúp đỡ mọi người, hơn là kiếm lợi cho mình từ mọi người," câu nói của Dam.

Được làm việc và thực tập với các bác sĩ và y tá tại bệnh viện Rady Children's

Hospital có ảnh hưởng rất lớn tới cách nhìn của em về lĩnh vực y tế. Đã có thời gian em nghĩ bệnh viện là một nơi rất là sợ qua những hình ảnh được chiếu trên tivi. Nhưng tới khi em đến bệnh viện Rady Children's Hospital, em đã tìm thấy một môi trường ấm áp với sự quan tâm chăm sóc tận tình của nhân viên trong bệnh viện.

FACES đã thay đổi em qua mọi cách khác nhau. Dam cho biết trước khi tham gia chương trình, em không phải là một người thích tham gia vào sự kiện của trường. Nhưng sau khi tham gia chương trình, em đã tham gia trong quỹ gây từ thiện cho FACES và cũng tham gia trong các chuyến du ngoạn ngoài trời, potlucks, và các bài tập xây dựng đội.

"FACES không chỉ giúp em phát huy trong học tập, mà chương trình còn giúp đỡ em phát triển ngay cả về bản thân," câu nói của Dam.

Bởi vì tất cả thành viên gắn liền với nhau hầu hết trong suốt những năm trong trung học phổ thông, các em trở thành một nhóm gắn bó với một tinh thần đoàn kết và thống nhất mạnh mẽ. Jorge Palacios, một học sinh lớp 12 tại trường trung học phổ thông

[VIET, P3]

SALUD, de P2

combatir los embarazos precoces, homicidios, suicidios y otros problemas ofreciéndole a la juventud de alto riesgo oportunidades para desarrollarse personal y profesionalmente. Eventualmente, *FACES* evolucionó convirtiéndose en un modelo para todo el estado de un programa educativo dirigido a los jóvenes interesados en el área de salud, quienes sin importar su origen, pueden llegar a comprender las complejidades y beneficios de trabajar con grupos étnicos diversos.

Los participantes de Hoover pueden ingresar al programa, el cual forma parte de la Academia Health and Healthier Communities, cuando llegan al décimo grado y permanecen en él durante tres años. Si fracasan cualquier materia o su GPA está por debajo de 2.0, tienen la obligación de buscar ayuda con sus estudios.

Además de asistir a cursos especializados en cuidados de salud, también asisten a talleres mensuales que se enfocan en el desarrollo personal, participan en "rotaciones clínicas" en *Rady's* en donde observan de primera mano lo que significa trabajar en el hospital y trabajan como internos en organizaciones comunitarias de City Heights involucradas en diversas iniciativas de salud.

Ellen Hohenstein, Directora del Centro de Salud y de la Academia Health and Healthier Communities de Hoover, dijo que los estudiantes pueden conocer acerca de varias carreras dentro del área de salud, que no se limitan a enfermeras y doctores.

"Queremos que (ellos) sepan que si están interesados en el área de cuidados de salud, no necesariamente tienen que trabajar en un hospital," dijo Hohenstein.

Hoover graduó a su primer grupo *FACES* en el mes de junio. Los 24 graduandos del programa estudian en la actualidad en programa de educación superior. Muchos quieren dedicarse a carreras dentro de la industria de salud.

Una de las graduandas es Lan Dam, quien

estudia en San Diego State University. Dam fue contratada recientemente por *FACES* para trabajar como tutora.

Para ella, y para muchos otros estudiantes, *FACES* fue una experiencia que cambió su vida. En el pasado, su aspiración era trabajar en el sector comercial, pero ahora está interesada en la administración de la industria de salud sin fines de lucro.

"Porque al final se trata más de ayudar a las personas y no de ganar dinero gracias a ellas," dijo.

Observar a los doctores y enfermeras de *Rady's* modificó cómo percibía a la profesión médica. Ella creía que los hospitales eran lugares tétricos por la forma como los presentan en los programas de televisión. Pero cuando visitó *Rady's*, se dio cuenta que es un entorno acogedor lleno de personas preocupadas por sus pacientes.

FACES también la ayudó a cambiar en otras formas. Dam dijo que antes de formar parte del programa, no se involucraba en actividades escolares. Pero dentro del programa, participó en actividades para recaudar fondos para *FACES*, en giras escolares, convivios y actividades para reforzar el trabajo en equipo.

"*FACES* no solo me ayudó a crecer académicamente, también me ayudó a crecer como persona," dijo.

Como los participantes permanecen juntos durante la mayor parte de su secundaria, se convierten en un grupo unido con un gran sentido de solidaridad y unidad. Jorge Palacios, estudiante graduando de Hoover, dijo que eso es lo que más le gusta del programa. La sensación de unidad y utilidad lo motivan a buscar el éxito y trabajar en su sueño de convertirse en doctor en medicina.

Palacios dijo que es el primero en su familia en asistir a la universidad y que está pensando en especializarse en salud pública.

"Quiero trabajar en el área de medicina para poder ayudar a las personas," dijo.

Después de haber conocido a varios doctores a través de *FACES* y ser testigo de primera mano de lo que hacen, Palacios dijo sentirse confiado de poder "alcanzar" su sueño.



Above: Hoover Senior Porfirio Solis observes surgery being performed on an infant in an operating room at *Rady Children's Hospital*, while an assisting nurse explains the procedure. **Photo courtesy of *Rady Children's Hospital*** Right: After graduating from Hoover High, senior Sierra Jenson plans to study at Grossmont College or the Pima Medical Institute to become a medical technician specializing in the respiratory field. **Photo/City Heights Life**

VIET, from P2

Hoover High School nói đó là lý do em thích tham gia vào chương trình. Cảm giác gắn bó khăng khít với nhau và mục đích giúp đỡ em ấy thành công và theo đuổi ước mơ của em trở thành bác sĩ.

Palacios cho biết em sẽ là người đầu tiên trong gia đình vào đại học, và em đang học chuyên về sức khỏe cộng đồng.

"Em ước muốn làm việc trong lĩnh vực y tế và làm nên một sự khác biệt trong cuộc sống của mọi người," câu nói của Palacios. Được gặp các bác sĩ thông qua *FACES* và nhìn thấy những gì họ làm, Palacios cho biết

em tin tưởng rằng ước mơ của em là "có thể đạt được."

Breakout Box: *FACES* là một chương trình tại trường phổ thông trung học Hoover High School ban đầu đã được hỗ trợ tài chính từ The Price Family Charitable Fund and The Hervey Family Fund. Trong những năm qua, nhà tài trợ khác bao gồm Gary and Mary West Foundation, The California Endowment, Gen-Probe, Inc., Duke Energy Foundation, Mission Federal Credit Union, RAHSI (Regional Allied Health & Science Initiative) and San Diego County Employees Charity Organization (CECO).

Để biết thêm chi tiết về *FACES for the Future*, visit facesforthefuture.org.

EDUCATION BRIEFS

Central Elementary earns YMCA Principal of the year

Cindy Marten, the top administrator at Central Elementary School in City Heights, was celebrated as Principal of the Year at the YMCA's annual Principals' Recognition Breakfast held on Nov. 3.

She was given the honor by the YMCA of San Diego County, which operates 16 branches and more than 175 after-school programs in the region. The Copley Family YMCA in City Heights nominated her for the award for her collaboration with the Y's PrimeTime extended day program at Central.

"Principal Marten is by far the most influential, involved, committed and caring principal," her nomination form stated, according to the San Diego Unified School District. "Since day one that we got here (Central Elementary), Principal Marten has demonstrated a "WE" attitude by staying in constant communication with PrimeTime. She is a role model to the YMCA and an absolute pleasure to work with."

La Directora de Central Elementary School fue nombrada "Principal of the Year" por el YMCA

Cindy Marten, la Directora de Central Elementary School de City Heights, fue galardonada como "Principal of the Year" durante el Desayuno Annual de Reconocimiento a los Directores organizado por el YMCA, celebrado el día 3 de noviembre.

Recibió la distinción de parte del YMCA del Condado de San Diego, el cual es responsable de dieciséis instalaciones y cuenta con más de 175 programas después de horas de clases en la región. El Copley Family YMCA en City Heights la nominó para el premio por su labor dentro del programa de horario extendido "Y's PrimeTime" en Central.

"La Directora Marten es sin lugar a dudas una de las Directoras más influyentes, involucradas, dedicadas e interesadas," según dice en su formulario de nominación, de acuerdo a San Diego Unified School District. "Desde su primer día aquí (en Central Elementary), la Directora Marten ha demostrado su actitud manteniéndose en comunicación constante con PrimeTime. Es un ejemplo para el YMCA y es un absoluto placer trabajar con ella."

Students at Monroe Clark pledge to say no to tobacco

In honor of the annual Great American Smokeout, 369 sixth graders at Monroe Clark Middle School in City Heights took a public pledge on Nov. 17 to never try tobacco products. The event was organized with the support of Kaiser Permanente San Diego.

Students participated in an hour-long workshop that shed light on the harmful effects of tobacco and marketing strategies designed to lure youth. They learned about the real cost of smoking and the diseases caused by tobacco.

A recent study published in the the American Journal of Preventive Medicine found that occasional smoking among teens rose from 67.2 percent in 1991 to 79.4 percent in 2009, while heavy smoking fell from 18 percent to 7.8 percent. One particularly worrisome trend is that the percentage of Hispanic high school students who are heavy smokers rose from 3.1 percent to 6.4 percent.

Los estudiantes de Monroe Clark le dicen NO al tabaco

Con motivo del "Great American Smoke-out", 369 estudiantes de sexto grado de Monroe Clark Middle School en City Heights juraron públicamente el 17 de noviembre no probar jamás ningún producto derivado del tabaco. El evento fue organizado con el apoyo de Kaiser Permanente de San Diego.

Los estudiantes participaron en un taller de una hora de duración a través del cual aprendieron acerca de los efectos dañinos del tabaco y de las estrategias de mercadeo diseñadas especialmente para atraer a la juventud. Aprendieron cuál es el verdadero precio de fumar y acerca de las enfermedades relacionadas con el tabaco.

En un reciente estudio publicado en American Journal of Preventive Medicine, se reveló que el uso ocasional de cigarrillos entre los adolescentes aumentó del 67.2% en 1991 al 79.4% en el 2009; mientras que fumar excesivamente se redujo del 18% al 7.8%. Una tendencia que resulta particularmente preocupante es que el porcentaje de estudiantes hispanos de secundaria que fuman excesivamente aumento del 3.1% al 6.4%.

Childhood obesity rates declining in SD county

The fight against childhood obesity in San Diego County appears to be gaining traction. A recent study published by the California Center for Public Health Advocacy found that the percentage of overweight or obese children in the region has declined by 3.7 percent over a five-year period, but 34.5 percent of the local children are still heavier than they should be. The San Diego region saw the biggest drop among counties in Southern California.

Authors of the study focused on California students in fifth, seventh and ninth grades. They used data from the California Department of Education's Physical Fitness Tests from 2005 and 2010.

Statewide, 38 percent of children are still either overweight or obese, down just 1.1 percent from 2005. Despite the improvement, researchers noted that the current rates are still three times higher among 12- to 19-year-olds and four times higher among 6- to 11-year-olds than they were in the 1970s.

Tasa de obesidad infantil disminuye en el condado

La lucha en contra de la obesidad infantil en el Condado de San Diego parece estar ganando terreno. Un reciente estudio realizado por el California Center for Public Health Advocacy encontró que el porcentaje de niños con sobrepeso u obesos de la región ha disminuido 3.7% en un periodo de cinco años; pero el 34.5% de los niños de la región siguen pesando más de lo aconsejable. La región de San Diego percibió la disminución más evidente de los condados del sur de California.

Los autores del estudio se concentraron en los estudiantes de quinto, séptimo y noveno grados de California. Utilizando información de las Pruebas de Aptitud Física del Departamento de Educación de California realizadas entre el 2005 y el 2010.

A lo largo de todo el estado, el 38% de los niños siguen teniendo sobrepeso o son obesos, una disminución de solo el 1.1% desde el 2005. A pesar de las buenas noticias, los investiga-

From teacher and artist to community activist

By Linda Pennington
Special to City Heights Life

I am often asked how I came to be an activist in City Heights. There was no methodical plan to end up where I am today. However, just believing that everyone deserves to live in a clean, safe neighborhood led me step by step, to become an organizer of volunteers to revitalize our community.

I grew up in Broken Arrow, Okla., just outside of Tulsa. My mother was a teacher, my father an electrical engineer. Both survived the Great Depression in rural Oklahoma and passed on the ethic of hard work and getting an education. I graduated from the University of Houston with a bachelor of science in art education and taught high school art for two years before pursuing a career in art. After Houston, I lived in Singapore, Dallas, and Phoenix before moving to San Diego in 1978.

I chose my current Azalea Park home in 1981 because it sat on a canyon and included a garage. It also was in the most affordable neighborhood in San Diego. My husband, Mark, was working for AT&T, and we were able to live comfortably on one salary while I pursued an art career.

A shift occurred in my focus after my canyon caught fire several times. At that time, the canyon had a healthy stand of arundo donax (giant reed) and a lot of dead brush. Neighbors would scramble for hoses and fight fires until

the fire department came to finish the job.

Someone should do something, I remember thinking, so I began organizing canyon cleanups with free dumpsters arranged by I Love a Clean San Diego. I would create and distribute flyers warning neighbors about canyon fire hazards and invite them to join me on a Saturday to fill up a dumpster with debris and dead brush. I met others with similar concerns about safety and eventually, I gave into being a full-time volunteer and left behind my aspirations to be an artist.

Graffiti became a big problem around 1987, so a small group of us began meeting every Saturday morning at 7 a.m. to do paint-outs all over City Heights. I would put donated paint in the back of my 1979 Toyota long-bed pickup, and we would drive down University, Fairmount, and El Cajon, painting whole walls and returning with matching paint if the tagging returned.

We kept this routine up until 1996 when I purchased my 1987 Chevy S10 pickup, which I promised Mark I wouldn't trash with graffiti paint like I did with the Toyota. I began delivering paint to residents who were willing to paint out graffiti in their areas. I still deliver paint to anyone willing to cover over the tags. However, I must say I am deeply grateful to Urban Corps of San Diego County, which has taken on the lion's share of graffiti eradication for our community. A full five-gallon

bucket of paint weighs about sixty pounds, and I can no longer physically lift that much.

Besides Urban Corps, nonprofits like Community HousingWorks have also played an instrumental role in improving City Heights. CHW struggled to keep its doors open in the early days, but grew to become a large organization that has helped many families become first-time home owners. In recent years, it also has helped many families keep their home with foreclosure prevention assistance. In 1995, it began "FaceLift," a beautification program targeting owner-occupied homes in City Heights. Low-income, seniors and disabled homeowners received exterior paint and landscaping plus assistance.

More than 500 homes have been "FaceLifted" in City Heights since that first event. While I have always volunteered at FaceLift, I took the position of FaceLift project manager for CHW in 2006. I am also the project manager for Project CLEAN, the organization that I started but was able to have included under the CHW nonprofit umbrella early on so we could apply for grants.

Many other wonderful partners have joined the mission to make City Heights a better place. Price Charities stepped up to the plate in 1993. City Heights became a redevelopment area, and we were able to build a police substation, library, recreation Center, performance annex, and an adult education



Linda Pennington, a community activist, and her husband, Mark, moved to their Azalea Park home in 1981. Photo courtesy of the Penningtons

complex. William Jones and partners built the City Heights Retail Village so for the first time, we had a nice grocery store to shop in. Ocean Discovery Institute, San Diego Canyonlands and Park and Rec Open Space Rangers joined efforts to take care of the canyons. The San Diego Police Department began working closely with citizens to make our community safer. Residents like Jody Carey, Dennis Wood, Amanda Moss, Greg Diethrich, and Guy Mock, to name a few, have given generously

of their immense talent for the good of the neighborhood.

Although I would not be able to provide anyone a road map of my destination, what I can say is if you just head toward the ideals you believe in, you will find unexpected partners and resources, and you will inevitably end up where you are supposed to be.

— Linda Pennington has been a resident of Azalea Park since 1981 and is the project manager for Project CLEAN and FaceLift.

De maestra escolar y artista a activista comunitaria

Por Linda Pennington

Con frecuencia me preguntan cómo llegué a convertirme en activista en City Heights. No tenía ningún plan preconcebido para llegar a dónde me encuentro hoy. No obstante, el simple hecho de creer que todos merecemos vivir en un vecindario limpio y seguro fue lo que guió cada uno de mis pasos y lo que me hizo organizar a un grupo de voluntarios para poder revitalizar a nuestra comunidad.

Crecí en Broken Arrow, Oklahoma, en las afueras de Tulsa. Mi madre era maestra escolar, mi padre era ingeniero eléctrico. Ambos vivieron durante la Gran Depresión en áreas rurales de Oklahoma y me inculcaron su ética de trabajar con ahínco y obtener una buena educación. Me gradué de la Universidad de Houston con una licenciatura en Educación Artística y enseñé arte en una escuela secundaria antes de dedicarme al arte. Después de Houston, viví en Singapur, Dallas y en Phoenix antes de mudarme a San Diego en 1978.

Escogí mi casa en Azalea Park en 1981 porque colinda con un cañón y tenía su propia cochera. También porque estaba ubicada en el vecindario más asequible de San Diego. Mi esposo Mark trabajaba para AT&T, por lo que pudimos

vivir con comodidad con un solo salario mientras trataba de abrirme camino como artista.

Mi perspectiva cambió después de que mi cañón se incendió varias veces. En ese entonces, el cañón tenía un saludable grupo de Arundo donax (carrizo/giant reed) y una gran cantidad de arbustos muertos. Los vecinos corrían a buscar mangueras para tratar de apagar el fuego hasta que llegara el departamento de bomberos a terminar la labor.

Recuerdo haber pensado "alguien tiene que hacer algo", y comencé a organizar jornadas de limpieza en el cañón con botes de basura gratis cortesía de I Love a Clean San Diego. Diseñaba y distribuía volantes informándoles a los vecinos acerca de los peligros de los incendios en el cañón e invitándolos a acompañarme el sábado para llenar un bote de basura con desperdicios y maleza muerta. Conocí a otras personas que también se preocupaban por la seguridad y eventualmente me convertí en voluntaria a tiempo completo, abandonando mi aspiración de convertirme en artista.

El grafiti se convirtió en un gran problema alrededor de 1987, y un pequeño grupo de vecinos comenzamos a reunirnos los sábados a las 7 de la mañana para pintar las

áreas de City Heights que estaban pintarrajeadas. Recuerdo que cargaba mi camioneta Toyota del '79 con pintura y conducía por las avenidas University, Fairmont y El Cajon pintando los muros. Regresaba con pintura del mismo tono si los vándalos volvían a pintarlos.

Mantuve la misma rutina hasta el año 1996, cuando compré una camioneta Chevy S10, prometiéndole a Mark que no la iba a llenar de pintura como había hecho con la Toyota. Comencé a llevarle pintura a los residentes que estuvieran dispuestos a pintar el grafiti en su propia área. Aún hoy, sigo llevándole pintura a todo el que esté dispuesto a pintar los garabatos. Sin embargo, tengo mucho que agradecerle a Urban Corps del Condado de San Diego, porque se han dedicado a la monumental tarea de erradicar el grafiti de nuestra comunidad. Un cubo de cinco galones de pintura pesa unas sesenta libras, y ya no puedo levantar tanto peso.

Junto con Urban Corps, otras organizaciones sin fines de lucro tales como Community HousingWorks están realizando una importante labor para mejorar City Heights. Al principio, CHW tuvo que esforzarse por mantener sus puertas abiertas, pero creció hasta convertirse en una gran organización que ayudó a muchas familias a comprar casa por prim-

era vez. En los últimos años, también ha ayudado a muchas familias más a no perder sus casas a través de sus programas de asistencia para prevenir los juicios hipotecarios. En 1995, lanzaron "FaceLift," un programa de embellecimiento dedicado a mejorar la apariencia de las casas en City Heights. Personas de la tercera edad y discapacitados, fueron beneficiados con la pintura de la parte exterior de sus casas y mejoras a las áreas verdes de su propiedad, además de recibir asistencia.

Más de 500 residencias han sido "FaceLifted" en City Heights desde el primer evento. Aunque fue parte de "FaceLift" desde el principio como voluntaria, asumí la posición de Directora de Proyectos de FaceLift a través de CHW en el año 2006. También soy la Directora de Proyectos del proyecto CLEAN, una organización de mi propia creación que he podido incluir bajo el paraguas de CHW como organización sin fines de lucro para poder aplicar para subvenciones.

Muchas otras organizaciones maravillosas se han unido a la misión de hacer de City Heights un mejor lugar para vivir. Price Charities ocupa una posición importante desde 1993. City Heights se convirtió en un área en remodelación y hemos podido construir

una subestación de policía, una biblioteca, un centro recreativo, un anexo para funciones, y un complejo educativo para adultos. William Jones y sus socios, construyeron City Heights Retail Village y por primera vez, contamos con una agradable tienda de abarrotes en la que podemos comprar nuestros alimentos. Ocean Discovery Institute, San Diego Canyonlands y Park and Rec Open Space Rangers, están trabajando para controlar los cañones. El Departamento de Policía de San Diego comenzó a trabajar muy de cerca con los residentes para aumentar la seguridad de nuestra comunidad. Vecinos como Jody Carey, Dennis Wood, Amanda Moss, Greg Diethrich, y Guy Mock, solo por mencionar algunos, han donado generosamente su increíble talento por el bienestar de nuestro vecindario.

Aunque no creo poder darle a nadie un mapa con la direcciones necesarias para llegar a su destino, si puedo decir que si actúan motivados por los ideales en los que creen, encontrarán ayuda y recursos inesperados e inevitablemente, terminarán exactamente en el lugar donde tienen que estar.

— Linda Pennington vive en Azalea Park desde 1981 y es la Directora de Proyectos de CLEAN y FaceLift.

Food access forum features enlightening conversation and delicious dishes

By Adrian Florido
Speak City Heights and
Voice of San Diego

Lots of delicious food and intelligent conversation were served up recently at Food for Thought: Exploring Food Justice in City Heights. The community event, which included a panel discussion and a cooking demonstration, was hosted on Nov. 12 by Speak City Heights, a media collaborative comprising voiceofsandiego.org, KPBS, the Aja Project, and Media Arts Center San Diego to highlight barriers and solutions to healthy food access in the community.

The evening's cooks were so prolific that there was food to spare. At the end of the event, Djoha Uwamwiza sent people home with leftovers. It was an added perk. The evening event featured great conversation with bright minds who have been working to improve access to nutritious food in City Heights.

There were women like Uwamwiza, who recently started a cooking group for Swahili-speaking refugees as a way to stave off loneliness and stay connected to the countries they left.

Though City Heights is a vibrant community full of refugees, Uwamwiza found that Swahili-speaking women felt isolated living there. Cooking

groups like hers have helped ease the transition and brought women together around food to talk about the challenges of raising a family in a new community.

Lisa Vandervort, a nutritionist who works with refugees to promote healthy eating, said her work with The Aja Project's student photography project exposed her to new ways of thinking about food in immigrant communities. The project encouraged children to photograph culinary practices in their homes.

It was Vandervort's first opportunity to visit kitchens in City Heights, and the pictures she saw have made her more sensitive to the need of balancing western assumptions about healthy eating with traditional culinary practices from around the world.

Anchi Mei, from the San Diego office of the International Rescue Committee, and Diane Moss, from the nonprofit Project New Village, have been working through bureaucratic red tape to make it easier for residents of City Heights and southeastern San Diego to grow their own food on vacant land.

Both women have already improved access to community gardens and encouraged growers to sell at farmers markets. Mei's next focus, she said, is figuring



Speak City Heights hosted a panel discussion and cooking demonstration on Nov. 12 to highlight food justice issues. Photos courtesy of Speak City Heights

out how local agriculture can help create jobs.

If you missed the event, you missed out on an energetic and enlightening community discussion. But not to worry. Photos and videos are available at www.SpeakCityHeights.org.

— *Speak City Heights is an initiative funded by The California Endowment to improve the quality of life in the community.*



Employee Rights Center offers nonprofit immigration services in City Heights

By Adam Ward
Mid-City CAN

Many people in City Heights are afraid to move around in the community because of their immigration status, making it difficult for them to attend school or access health care.

The California Endowment, sponsor of the Building Healthy Communities initiative in City Heights, is trying to address this issue. It's partnered with the Employee Rights Center to provide technical assistance to Building Healthy Communities grantees working in City Heights.

The Employee Rights Center offers nonprofit immigration services and has two attorneys in its City Heights office and many resources beyond that.

"Last year, we generated over 12,000 volunteer hours from law students in San Diego that were giving their services to serve low-income people in City Heights and elsewhere in San Diego," Peter Zschiesche, the center's founding director, said. "It's a tremendous resource we have to offer."

The center plans to work with the Mid-City Community Advocacy Network's Momentum Teams to connect with

For more information about immigration services offered by the Employee Rights Center, contact Alor Calderon or Eneh-Lieh Ancheta at (619) 521-1372 or info@weberc.net. The center's City Heights office is located at 4265 Fairmount Ave., Suite 210.

grantees and educate them about how immigration issues affect people's lives. Center Program Director Alor Calderon and Community Organizer Eneh-Lieh Ancheta are already working together with Mid-City CAN teams to address immigration issues facing City Heights residents. The center will expand its efforts in early 2012.

Immigration status is far more complex than most people realize.

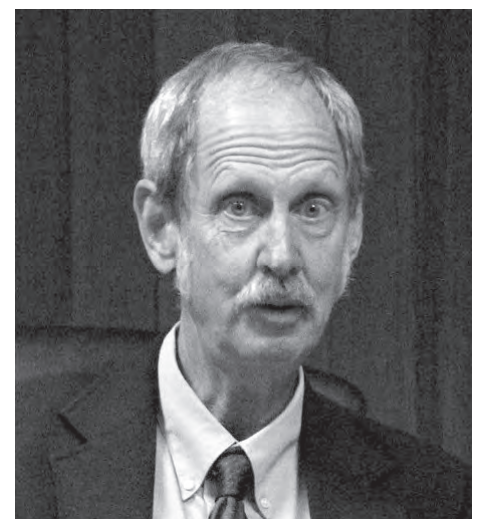
"It is not just a matter of being undocumented or a citizen. There are a lot of different people in-between," Zschiesche said. "There are a tremendous amount of mixed households in City Heights, where there are different immigration statuses between the parents and kids, or the two parents, or with some of the kids and not with some of the other kids."

With support from the Employee Rights Center, grantees who provide services to City Heights residents are better prepared to address the complexity of immigration status.

The center has plenty of success stories. Sarah Loftin, an immigration attorney at the center, shared one in an email:

"We recently finished legalizing status for a City Heights family," she wrote. "In 2009, we helped the father obtain citizenship despite his complex criminal history. Once we got his citizenship approved, we then helped him petition for his wife and minor son who were both undocumented. His wife had a complex case because of overstays with her border crossing card."

After a lengthy process, the center helped the family visit Mexican relatives for the first time in six years. "This was



Peter Zschiesche is the Employee Rights Center's founding director. Photo courtesy of the Employee Rights Center

a really important victory for the family," Loftin wrote.

— *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.*



City Heights youth explore link between food and culture

Youth participating in an arts-based program as part of The California Endowment's Building Healthy Communities initiative wrapped up their work on food justice this month.

Guided by The Aja Project, they used photography and writing to explore City Heights and learned how their culture was linked to their food practices and access to healthy, affordable food.

For a recent assignment, young people took cameras into their kitchens and

photographed the preparation of one of their favorite dishes. This exercise led them to consider what ingredients were going into popular dishes and prompted discussions around whether the ingredients were healthy, the accessibility and cost of the ingredients, and whose role it was to do the cooking. Most of youth could easily recite the recipes and mentioned how their mothers had taught them to cook at a young age.

Right, from top left: Rhema, 17, who is originally from Kenya, took these photos to show how sambusa, a triangular, stuffed pastry, is made. Sambusa is popular in many African countries.



Left, from top left: Tewan, 18, who is originally from Eritrea, took these photos to show how tibs, a stew that is a staple in Eritrean cuisine, is made. Tibs is typically eaten with injera, a flat, spongy bread.



Above: University of San Diego Professor Drew Talley leads Amanuel Weldermariam and Jorge Rivera, both City Heights students, in conducting research on an island in the Sea of Cortez. They are part of the The Ocean Discovery Institute, a nonprofit science education program that will receive one of the most prestigious honors in the nation at a White House ceremony on Dec. 12. MORE ON PAGE 9



Through JROTC, Vargas becomes leader and role model

By Ashley Quintero
Hoover High School

It wasn't Edgar Vargas' first choice to join the Junior Reserve Officer Training Corps, also known as JROTC. He signed up for the program in his freshman year at Hoover High because he was tired of the regular physical education class and wanted something more challenging than running laps around the field.

Within a week of joining JROTC, however, he realized that's where he belongs. Now a senior, he is very passionate about the program and has reached his goal of becoming cadet lieutenant colonel, the second highest rank.

"I wasn't really convinced (it was for me), but then I was tired of running and running for JUST an A," Edgar said. "So I went into JROTC, and my uniform started to get decorated."

At the beginning, just like everyone, he wanted to avoid the uniform and not be called a "pickle," which is what the corps members are referred to because of the color of their uni-

form. However, that has all changed. He now wears his uniform with pride and confidence. He has earned medals and ribbons for participating in competitions, excellent attendance, academic achievement, completing leadership education training and much more.

Edgar earned his first ribbon at the JROTC's annual Cadet Picnic in his freshman year. He also earned his first medal that year at a ceremony called pass-in-review. This long-standing military tradition gives the community, and family and friends of cadets, the opportunity to witness a formal inspection of the San Diego Unified School District's JROTC units. He received this award in front of 12 schools with one other student from a different school.

"It was a huge honor," Edgar recalled, "because I was just a freshman and not many people are chosen."

Edgar's goal of obtaining the rank of cadet lieutenant colonel was not an easy task because good participation and commitment are needed. A person also has to have excellent knowl-

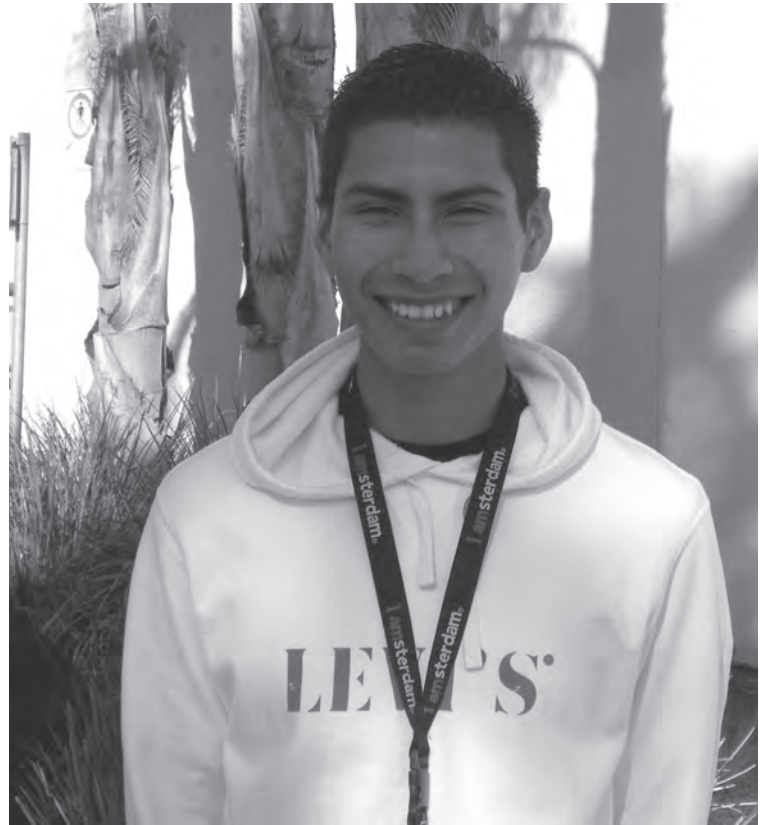
edge of JROTC and strong leadership skills. Edgar's instructors all saw in him these qualities. They knew that he would fit perfectly into the position. Not only did his leaders notice his abilities but his peers as well.

"Out of the rest of us, he was the most qualified to be cadet lieutenant colonel," former JROTC member Eric Quiroz said.

Edgar reached his goal by doing everything he was asked to do and more. He stayed after school as often as he could to work with the other cadets, even with the commitment he has with Cardinals Interact, a program that offers participants mentoring and tutoring services and provides students the opportunity to become part of a positive community outside of school and family. He is currently the program's acting secretary.

Edgar will not only leave his mark with JROTC, but he also will leave his mark as a role model for students at Hoover High.

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



Edgar Vargas, a senior at Hoover High School, credits JROTC for helping him build confidence and become a leader. Photo courtesy of Hoover High School

SAFETY, from P1

Home safety

Don't put large displays of holiday gifts in view of your windows or doors.

When going on trips or out for evenings, use automatic timers to turn indoor lights on and off to make it appear you are home.

Don't advertise what you got for Christmas by putting the boxes out on trash day. Break the boxes down or take them to the landfill yourself.

Shopping safety

Lock packages in the trunk.

If you must shop in the evening, shop with a friend.

Park in well-lighted areas, as close as possible to store entrances.

Carry only the charge cards you will need. Don't flash large sums of cash.

Carry your purse next to your body with the purse flap against you. Men should carry their wallets in front or inside pockets.

Teach children to go to a store clerk or security guard and ask for help if they become separated from you in a store or shopping mall.

Eliminating Christmas tree fire hazards

Buy a fresh tree with needles that are green and hard to pull back from the branches. The trunk should be sticky to the touch. If many needles fall off, the tree has probably dried out and is a fire hazard.

Do not place your tree close

to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks.

Be careful not to drop or flick cigarette ashes near a tree.

Keep the tree stand filled with water at all times.

Holiday lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging into an outlet. Make sure to periodically check the wires. They should not be warm to the touch.

Do not leave holiday lights on unattended.

Holiday decorations

All decorations should be non-flammable or flame-retardant and placed away from heat vents.

Never put wrapping paper in a fireplace. It can result in a very large fire, throwing off dangerous sparks and embers.

If you are using a metallic or artificial tree, make sure it is flame-retardant.

Candle care

Avoid using lit candles. If you use them, make sure they are in stable holders and place them where they cannot be easily knocked down.

Never leave the house with

candles burning.

Never put lit candles on a Christmas tree.

Do not go near a Christmas tree with an open flame – candles, lighters or matches.

Carbon monoxide

On July 1, a new California law went into effect requiring carbon monoxide detectors to be installed in all single-family homes that have an attached garage or devices that burn gas, oil, kerosene, wood, or charcoal. Owners of multifamily dwellings, such as apartment buildings, have until Jan. 1, 2013 to comply with the law.

Carbon monoxide is odorless and colorless, and at high levels, it can kill a person in minutes.

Have your fuel-burning appliances – including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves -- inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.

Don't idle the car in a garage – even if the garage door is open. Fumes can build up very quickly in the garage and living area of your home.

Don't ever use a charcoal grill indoors, even in a fireplace.

Don't use a gas oven to heat your home, even for a short time.

Smoke alarms

Check the batteries in your smoke alarms and make sure the alarms are working properly.

SEGURIDAD, de P1

proteger su seguridad y la de su familia.

Seguridad en el Hogar

No coloque los regalos en lugares que sean visibles a través de ventanas y puertas.

Cuando salga de viaje o vaya a pasar la noche fuera de casa, utilice temporizadores automáticos para programar el encendido y apagado de las luces dentro de su casa para que parezca que hay alguien en casa.

No publique lo que recibió en Navidad colocando las cajas en la acera para que las recoja el camión de la basura. Desarme las cajas o llévelas usted mismo al basurero.

Cuando va de compras

Asegure los paquetes en el maletero de su coche.

Si tiene que salir de compras en la noche, vaya con un amigo/a.

Estacionese en áreas bien iluminadas, lo más cerca posible de la entrada de la tienda.

Lleve solo las tarjetas de débito o crédito que vaya a utilizar. No despliegue grandes sumas de dinero.

Lleve su bolso cerca del cuerpo con el cierre hacia adentro. Los hombres deben colocar su billetera en los bolsillos frontales o internos del pantalón.

Enseñe a sus niños a acudir a un empleado de la tienda o a un oficial de seguridad si necesitan ayuda en caso de que se pierdan en una tienda o centro comercial.

Previniendo incendios por los árboles de navidad

Compre un árbol fresco con agujas verdes que sean difíciles de separar de las ramas. El tronco debe sentirse pega-

joso al tacto. Si se caen muchas agujas, el árbol probablemente esté seco y puede potencialmente incendiarse.

No coloque el árbol cerca de una fuente de calor, ya sea una chimenea o las salidas de la calefacción. El calor reseca el árbol, haciendo que sea más fácil que se incendie por el calor, llamas o chispas.

Tenga cuidado de no depositar cenizas de cigarrillo cerca del árbol.

Mantenga el soporte del árbol lleno de agua en todo momento.

Luces navideñas

Inspeccione las luces decorativas anualmente antes de utilizarlas para detectar cables en mal estado, áreas peladas, problemas con el aislante, tomacorrientes en mal estado y cables demasiado enredados o gastados. Utilice solo luces decorativas aprobadas por un laboratorio calificado.

No conecte una serie de más de tres extensiones de luz, a menos que las instrucciones indiquen que es seguro hacerlo. Conecte las extensiones a una regleta eléctrica antes de conectarlas al toma corrientes. Asegúrese de inspeccionar los cables regularmente. No deben sentirse calientes al tocarlos.

No deje las luces decorativas encendidas sin supervisión.

Decoraciones Navideñas

Todas las decoraciones deben ser inflamables o resistentes al fuego y deben colocarse a una distancia prudente de las salidas de la calefacción.

Nunca quemé el papel de regalo en la chimenea. Puede producir un gran incendio, arrojando peligrosas chispas y ascuas.

Si su árbol es metálico o artificial, asegúrese de que sea resistente al fuego.

The White House honors Ocean Discovery Institute

Elizabeth Horpedahl
Ocean Discovery Institute

The Ocean Discovery Institute, a nonprofit science education program based in City Heights, will receive one of the most prestigious honors in the nation at a White House ceremony on Dec. 12. President Barack Obama named the institute as a recipient of the the Presidential Award for Excellence in Science, Mathematics and Engineering Mentoring in November. The recognition comes with a \$25,000 prize from the National Science Foundation to further advance its mentoring efforts.

The institute, which exclusively serves City Heights, is one of only three organizations in the U.S. to receive this award for 2010 and the only organization on the West Coast.

The Presidential Award recognizes the crucial role that mentoring plays in the academic and personal development of students studying science and engineering – particularly those who belong to groups that are underrepresented in these fields. By offering their expertise and encouragement, mentors help prepare the next generation of scientists and engineers, while ensuring they reflect and benefit from the diverse talent of the United States.

“We are so honored and proud that our students have demonstrated the passion, perseverance, and achievements necessary to earn this recognition,” Ocean Discovery Institute Executive Director Shara Fisler said.

“We share this honor with the contributions of our supporters and

partners, who are committed to developing tomorrow’s decision makers and workforce. Partners like Hoover High School, Price Charities, the City Heights Educational Collaborative, City of San Diego, and San Diego Unified School District provide the support and in-depth collaboration needed to create tomorrow’s scientists and engineers.”

For the past 12 years, the institute has empowered young people from City Heights to become scientific leaders. Its tuition-free programs enable young people to work toward protecting our oceans and natural environment, improve the health of our communities, and strengthen our quality of life.

This work has resulted in improved science test scores, increased college attendance, and over 70 percent of students pursuing degrees in science and conservation. More than 5,000 low-income students from diverse backgrounds participate each year, and the institute is expanding to serve 20,000 annually. These young people will transform their lives, their community, and ultimately our world.

“From the moment I became part of Ocean Discovery Institute, mentoring was a critical part of my development as a person and a scientist,” said Anai Novoa, who grew up in City Heights and will represent the organization at the White House



awards ceremony.

“Thanks to my mentor, Ocean Discovery Institute’s Science Director and University of San Diego Professor, Dr. Drew Talley, I am now pursuing my dream to further my research in biology. Along with my research, I will continue serving as a minority, female scientific mentor for inner-city students.”

Besides being presented with the award by the president, the institute will participate in a series of activities with the White House Office of Science and Technology Policy, which is established to lead interagency efforts to develop and implement sound science and technology policies and budgets.

In announcing the award winners, President Obama said, “Through their commitment to education and innovation, these individuals and organizations are playing a crucial role in the development of our 21st century workforce. Our nation owes them a debt of gratitude for helping ensure



that America remains the global leader in science and engineering for years to come.”

— Elizabeth Horpedahl is the director of development and communications for the Ocean Discovery Institute.

Top left: City Heights students Abigail Figueroa and Paw Htoo are mentored by John Mendlein, CEO of Atyr Pharmaceuticals and Fate Therapeutics, during a molecular biology lab. Above: Yonat Swimmer, research fishery biologist at the National Marine Fisheries Service of the National Oceanic and Atmospheric Administration, tags a sea turtle with City Heights student Suong Ho, while conducting research in Baja California, Mexico. Photos courtesy of the Ocean Discovery Institute

SEGURIDAD, de P8

Cuidado con las velas

Evite encender velas. Si las usa, asegúrese de colocarlas en soportes estables y en lugares en donde nadie pueda tropezarse con ellas.

Nunca salga de la casa dejando velas encendidas.

Nunca decore el árbol de Navidad con velas encendidas.

Nunca se acerque al árbol de Navidad con velas, encendedores o fósforos encendidos.

Monóxido de carbono

El 1 de julio entró en vigencia una nueva ley en California que exige la instalación de detectores de monóxido de carbono en todas las casas residenciales que tengan cochera o cualquier aparato que utilice gas, aceite, queroseno, madera o carbón. Los dueños de residencias multifamiliares, tales como edificios de apartamentos, tienen hasta el 1 de enero del 2013 para tomar las medidas necesarias para cumplir con la nueva ley.

El monóxido de carbono es un gas sin olor ni color que en altas concentraciones puede matar a una persona en pocos minutos.

Solicite una inspección profesio-

sional de todos sus aparatos que utilicen algún tipo de combustible—incluyendo calefacciones de gas y petróleo, calentadores de agua a gas, estufas y hornos a gas, secadoras de ropa a gas, calentadores a gas o queroseno, chimeneas y estufas de leña—al principio de la temporada. Asegúrese de que los conductos y chimeneas estén conectados, en buenas condiciones y no tengan obstrucciones.

No trabaje en su coche dentro de la cochera—incluso si la puerta de la cochera está abierta. Los gases se pueden acumular rápidamente dentro de la cochera y se pueden difundir dentro de su residencia.

No utilice parrillas para asar a gas dentro de la casa, ni siquiera si la coloca dentro de la chimenea.

No utilice un horno a gas para calentar su casa, ni siquiera por un corto periodo de tiempo.

Alarmas de humo

Verifique las baterías de sus alarmas de humo estén funcionando y asegúrese de que las alarmas funcionen adecuadamente.

BRIEFS, from P3

dores notaron que la tasa actual de obesidad sigue siendo tres veces más alta entre los jóvenes de 12 a 19 años de edad y cuatro veces más alta entre los niños de 6 a 11 años de lo que era en los años '70.

Crawford IDEA wins honorable mention for gear exhibit

At the 7th annual Canstruction San Diego competition where participants create giant works of art with canned food, students from Crawford’s Invention and Design Education Academy in City Heights took home an honorable mention award for its gear design.

Canstruction is created by the Society for Design Administration and organized by San Diego Food Charity Inc. The event took place Oct. 20-23 at Horton Plaza in downtown San Diego.

Competing teams built art sculptures that were up to 8 feet tall and 10 feet wide with no interior structural support allowed. Once the structures were taken down, the canned goods were donated to local food banks.

Diseño de Crawford gana mención de honor

Durante la Séptima Competencia Anual “Canstruction” de San Diego, en la que los participantes crean obras de arte utilizando latas de comida, los estudiantes de la Academia Crawford’s Invention and Design Education de City Heights se hicieron merecedores de una mención de honor por su diseño.



Cindy Marten, left, principal of Central Elementary School, with YMCA of San Diego County President Baron Herdelin Doherty. Photo Courtesy of the San Diego Unified School District

Cindy Marten, a la izquierda, Directora de Central Elementary School, con el Presidente del YMCA del Condado de San Diego, Baron Herdelin Doherty. Foto cortesía de San Diego Unified School District

“Canstruction” fue creado por la Sociedad para la Administración del Diseño y fue organizado por San Diego Food Charity Inc. El evento se llevó a cabo del 20-23 de octubre en Horton Plaza, en el centro de San Diego.

Los participantes construyeron esculturas artísticas que medían hasta ocho pies de altura y diez pies de ancho sin ningún tipo de sistema estructural de soporte interior. Después de la competencia, las latas de comida fueron donadas a los bancos de comida locales.

New grocery store opens in City Heights

Northgate Market located on corner of 54th and University



City Heights consumers have a new option for groceries, and it comes with a free ride home. The family-owned Northgate Market opened on the corner of 54th Street and University Avenue on Oct. 27 in what was formerly a Sears tire center. The new market will complement the important contributions of existing smaller markets for the traditionally under served City Heights neighborhood.

The Hispanic-themed supermarket tries to provide what Store Director Ed Cabral Jr. calls the homeland experience. "Everything you would see back home, you can get here. You don't need to go to Tijuana," he says.

City Heights is home to many markets catering to the Latino community, but what makes Northgate Market unique is its size. The store spans 41,000 square feet with wide aisles, similar to a Vons or Albertsons. The City Heights location is the seventh in San Diego County and 34th in Southern California, which allows it to buy in bulk and pass on lower costs to the consumer, according to Cabral. Because of the store's size, products carried include those from the United States, Mexico, Brazil, and other Latin American countries.

Mexican music booms from the store's sound system, and shoppers can choose from the Mexican-styled bakery, meat market, and tortilleria. All signage is printed in both English and Spanish. A large counter serves freshly prepared meals for breakfast, lunch, and dinner. Once you are done shopping, you can hop on one of two shuttle vans for a free ride home, if you spend \$30 or more. Cabral

says the service has been so popular they are considering buying a third van.

Cabral says the store's owners, the Gonzalez family, "has a huge heart" and wants to get involved in the community. The store will sponsor Little League teams, donate food, and help with fundraisers. Currently, it's raising money for poor kids in Mexico through a checkout counter program. At Christmas time, the store will give away 1,500 toys to needy families.

The store opening comes at a critical time for many. With high unemployment, Northgate Market received more than 6,000 applicants to fill 148 positions. According to Cabral, those who made the final cut displayed a great attitude, reflected the community's ethnic diversity, and demonstrated the perceived ability to provide excellent customer service. Most are bilingual and live within a few miles of the store.

Northgate's choice to locate in City Heights is part of the Gonzalez family's vision to be the No. 1 Hispanic chain in Southern California. Stores are placed in underserved and highly-concentrated Hispanic neighborhoods. The original Northgate Market was opened in Anaheim in 1980 by Miguel Gonzalez, who immigrated to Los Angeles with his oldest sons after his shoe store burned down in Jalisco, Mexico. His dream was to open enough stores so that each of his 13 children could run their own supermarket. Today the business is run by 12 of the 13, with grandchildren now heavily involved.

— Staff report



From top: Northgate Market caters to Hispanic consumers; It provides shuttle vans to transport shoppers home; Breakfast, lunch, and dinner are served inside the market. Photos/City Heights Life





Somali orphans learn to sew through a United Nations Program in 1993. Photo courtesy of the United Nations

Somalis began settling in City Heights in large numbers in the 1990s

By Jon Luna

City Heights Life History Columnist

Somalis are one of the more recent refugee groups to come to City Heights. They arrived here in large numbers in the 1990s, following a small trickle that fled here in the 1980s. Like the Vietnamese and Cambodian refugees before them, they have had to endure traumatic struggles on their way here.

Somalia is a coastal nation located in the Horn of Africa, known as such because the physical shape of the area resembles a horn. It sits on the eastern side of the continent neighboring Ethiopia and Kenya. The country has endured a long and violent history which continues even now.

Like the rest of Africa, Somalia was a part of an event that began in 1881, which historians call “The Scramble for Africa.” During this time, European powers sought to colonize and control Africa for its resources, revenues and ports. Somalia re-

mained under British control until 1960 when it gained independence and was known as the State of Somaliland.

In 1969, the Somali president was assassinated by one of his own body guards. A military coup d’état occurred shortly after the assassination. Then the parliament and Supreme Court were dissolved, and the constitution was suspended. The nation suffered steadily from warring political factions, a weak government, and a lack of resources.

In 1991, rebel forces ousted the regime in power but factional fighting continued, resulting in the dislocation, killing, and starvation of thousands of Somalis and intervention by the United Nations. The U.N and the United States withdrew from the region in 1995 after taking considerable losses, but order was still not restored. Conflict between warlords and rival factions continued into the 1990s.

It is because of this ongoing turmoil and the lack of a strong

central government that so many refugees left their homeland and headed for America. San Diego has the second largest Somali population in the United States with about 15,000 dispersed mainly in City Heights and Linda Vista.

In the 1990s, many Somali refugees came to City Heights because they had friends and family who settled here during the 1980s. Those refugees from the 1980s had become more assimilated into the American way of life and are the owners of many of the Somali shops on University Avenue. These shops sell the food Somali refugees know and love and even carry the traditional attire many Somalis wear.

If you were a refugee, you would naturally go to a community where you have friends, family, and people who understand your culture and religion. As a refugee in a foreign land, you would like to feel comfortable and at home. Therefore, it’s

natural that high concentrations of specific ethnic groups exist throughout this country and earn designations, such as Little Mogadishu, Little Saigon and Little Baghdad.

Many organizations exist in City Heights to help integrate Somali refugees into American society. These organizations also look after their physical and emotional welfare.

One must remember that being a refugee means you fled your country for safety because of political upheaval or war. Somali refugees all have stories of survival to tell, and some of these stories can be grim and horrifying because of the atrocities they witnessed in their homeland.

We all have our own experiences, and we never know what kind of personal battles others were forced to endure. Because of this, let us be mindful that when we see others who are different – those who look different physically, who believe in a different religion or speak a differ-

ent language – we should not see each other for our differences, but for our shared struggles.

City Heights is diverse, and we should remember that as a community our diversity only makes us stronger. It is because of the war-torn areas that we flee from, the difficult and humbled lives we live teach us to appreciate our family, friends and culture. Have pride in City Heights, your home and community because those live here have experienced what most Americans have only seen on television.

— 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. Jon’s research comes from the archives of the San Diego History Center.

What's going on?

¿Qué está pasando?

December

- 6 noon to 1 p.m.**
Mid-City Gym
4302 Landis St.
Pilates/Ab Strength Training
Contact: (619) 516-3082
- 6 to 7:30 p.m.**
City Heights Recreation Center
4380 Landis St.
Teen Center Activities
Contact: (619) 641-6125
- 7 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 Wednesday
Contact: (619) 641-6100
- 8 9 to 10:30 a.m.**
4305 University Ave., Suite 540
Collaboration to Keep City Heights Youth Safe
(619) 906-4443
- 6 to 7:30 p.m.**
City Heights Recreation Center
4380 Landis St.
Teen Center Activities
Contact: (619) 641-6125
- 5 p.m.**
Crawford High Educational Complex
4191 Colts Way
Crawford Complex Winter Talent Show.
Crawford's best talent will be showcased. Open to the public.
- 9 2 to 6 p.m.**
City Heights Recreation Center
4380 Landis St.
Teen Center, Ages 11-17
Contact: (619) 641-6125
- 5 to 6 p.m.**
Mid-City Gym
4302 Landis St.
CALGRIP Friday Teen Night
Contact: (619) 641-6125
- 10 9 a.m. to 1 p.m.**
Fairmount Avenue and Wightman Street
City Heights Farmers Market
(760) 751-4193
- 1 to 1:45 p.m.**
City Heights Recreation Center
4380 Landis St.
Voice Class, Fee: \$25
Contact: (619) 641-6125
- 12 11 a.m. to 1 p.m.**
City Heights Wellness Center
4440 Wightman St., Suite 200
Breastfeeding/Nutrition Support Group
- 4:30 to 6:30 p.m.**
Azalea Recreation Center, 2596 Violet St.
Athletics Fitness Class
Ages 13-17, Fee: \$5
Contact: (619) 235-1162
- 13 6 to 7:30 p.m.**
Monroe Clark Middle School
4388 Thorn St.
Dad's Club
Contact: Kenneth Woods (619)
- 6:15 to 8 p.m.**
Auburn Park Apartments Community Room
5123 University Ave.
Winter Holiday Celebration
R.S.V.P. at FoxCanyonN@aol.com
- 14 4:30 to 7:30 p.m.**
Hoover High School
4474 El Cajon Blvd.
Hoover High Fall Art Show. See the best of the visual arts from the Hoover Cardinals. Open to the public.
- 8 to 9:30 a.m.**
4305 University Ave., Suite 540, City Heights Business Association
Board of Directors Meeting
Contact: (619) 906-4443
- 1 to 2:30 p.m.**
City Heights Recreation Center, 4380 Landis St.
Recreation Tennis Program, Fee: \$10
Ages 5-7, (619) 641-6107
- 15 5 to 7 p.m.**
Azalea Recreation Center
2596 Violet St.
Arts & Creativity Class
Ages 5-12
Contact: (619) 235-1162
- 6 to 7:30 p.m.**
Central Elementary School
4036 Polk Ave., Dad's Club
Kenneth Woods (619) 795-2036
- 16 2:05 to 4:05 p.m.**
City Heights Recreation Center
4380 Landis St.
Youth Tennis San Diego Program
Ages 5-17
Contact: (619) 221-9000
- 16 cont'd 6 to 7:30 p.m.**
City Heights/Weingart Library
3795 Fairmount Ave.
Holiday Celebration
Contact: Aglae Saint-Lot (619) 641-6103
- 17 10 a.m. to 2 p.m.**
City Heights/Weingart Library
3795 Fairmount Ave.
The public is invited to bring family photos to be scanned by The AjA Project for a mural to represent the diversity of City Heights.
Contact: (619) 641-6100
- 1 to 4 p.m.**
Myrtle Avenue and 46th Street
47th Street Canyon Restoration
Habitat restoration, maintenance, and clean-up. Please bring water, sun protection and wear sturdy, closed-toe shoes.. Contact: (619) 284-9399
- 19 San Diego Unified School District Schools: Winter break begins**
- 2:30 to 3:30 p.m.**
City Heights Wellness Center
4440 Wightman St., Suite 200
Martial Arts Class
Contact: Marilyn (619) 321-2920
- 20 1:30 to 2:30 p.m.**
Mid-City Gym
4302 Landis St.
Zumba Atomic
Contact: (619) 516-3082
- 5:15 to 6:15 p.m.**
City Heights Recreation Center
4380 Landis St.
Dance Program: Ballet Classes
Fee: \$48/ semester, Ages 7 & up
Contact: (619) 641-6125
- 21 2 to 3 p.m.**
City Heights/Weingart Library
3795 Fairmount Ave.
Craft Time Wednesday
Contact: (619) 641-6100
- 23 10 to 11 a.m.**
City Heights/Weingart Library
3795 Fairmount Ave.
Story Time
Contact: (619) 641-6100
- 25 CHRISTMAS**
- 29 3:30 to 5:30 p.m.**
Mid-City Police Division
4310 Landis St.
Youth Voice: Leadership opportunities for youth ages 12-24

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!

Please submit photos taken in City Heights to editor@cityheightslife.com to be included in our Community Photo Showcase! Story ideas, articles, letters to the editor and comments are also welcome.



January

- 3 San Diego Unified School District traditional calendar schools reopen**
- 4 9 to 10 a.m.**
4305 University Ave., Suite 540
Clean & Safe Committee Meeting
Contact: (619) 906-4443
- 7 9 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



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