Leaving your legacy

By Sarah Swasey
The Aja Project

City Heights Square Mini Park is set to receive a piece of cultural legacy in the form of a large-scale mural-installation in spring 2012. The 18-by-30-foot installation was commissioned by Price Charities, a philanthropic organization with a long history of involvement in City Heights. The nonprofit Aja Project, which provides photography-based educational programming to refugees and at-risk youth, plans to paint the mural.

The mural will be a centerpiece in the park on 43rd Street between University and Pottery avenues. Envisioned as a space for celebrating the community's cultural heritage and diversity, the park will provide a forum where people of all backgrounds can connect through the power of visual storytelling.

This arts project aims to unify City Heights through a mosaic of tiles painted with photos of local students, families and residents. The mural will consist of more than 1,200

MURAL, P6

Spanish translation on page 8
Para traducción vea página 8

Bức tranh dán tường mới tại City Heights kết nối quá khứ, hiện tại, và tương lai của cộng đồng

Người viết: Sarah Swasey
The Aja Project

City Heights Square Mini Park được chuẩn bị để đón một bức tranh lịch sử về văn hóa cộng đồng và môi trường xã hội. Vào tháng 3, Aja Project và Price Charities đã trao đổi một bức tranh lớn tại City Heights. Các cộng đồng được kết nối với nhau thông qua các bức tranh, giúp tăng cường sự liên kết và tạo ra tương lai mới cho cộng đồng.

MURAL VIET, P8

Resources, capacitación para búsqueda de empleo dentro de su comunidad

Por Helen Gao
City Heights Life

Los residentes de City Heights no tienen que ir muy lejos para encontrar ayuda durante su búsqueda de empleo o tener acceso a capacitación. Dos organizaciones de desarrollo comunitario ofrecen servicios gratuitos para alentar a los residentes a buscar empleo en las comunidades de Spring Valley, Rolando y Logan Heights.

EMPLO, P8

Photo courtesy of San Diego Continuing Education
By Carla Pilsbe
Ocean Discovery Institute

City Heights is a bustling urban community with emerging and established businesses, high traffic, and affordable housing. In the midst of development and growth, it is easy to forget that it has six safe and healthy canyons filled with native plants and animals. These canyons provide rare pockets of natural habitat within our community and are now outdoor spaces which can be utilized as interactive hands-on classrooms, recreational outlets, and safe walking routes.

That’s a stimulating shift from a decade ago. I grew up in City Heights, and Manzanita Canyon was my backyard. I’d walk down 42nd Street and see the living quarters of homeless communities full of sleeping carts, matresses, and people pouring out into the street. Back then, canyons in City Heights were shelters for the homeless, dumping sites for trash, and hotspots for illegal activities such as prostitution and drug use. For many, this space continued to be something still reservoirs because of our past experiences and memories of the canyons.

A new image of the canyons is slowly replacing the old one through the rejuvenation efforts led by the City Heights Canyons & Communities Alliance (CCA). Ten members from nonprofit organizations, neighborhood associations, government agencies, and schools, meet monthly to monitor, track, and plan for improvements in our canyons. Since 2007, thousands of volunteers have been mobilized to enhance canyon health through efforts such as FaceLift, a local community member’s initiative to maintain trails, planting native vegetation, and removing trash and non-native plants.

Watershed Avengers is a grassroots collaborative effort. San Diego Gas & Electric provides restoration expertise; biologists from RECON, an environmental service firm, help identify plants; Project CLEAN provides restoration tools; a local community member provides salaries; and Ocean Discovery Institute provides science education.

Check out the transformation in your local canyon!

— Carla Pilsbe, City Heights resident, recent graduate of UC Santa Cruz, and currently the environmental stewardship coordinator at Ocean Discovery Institute. She can be reached at epistle@oceandI.org or (619) 890-4056.

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Cañones de City Heights restaurados para actividades recreativas y de aprendizaje

Por Carla Pilsbe
Ocean Discovery Institute

City Heights es una activa comunidad que tiene muchas empresas y emprendimientos bien establecidos, y la cantidad de tráfico vehicular y vivencias son impresionantes. En medio del desarrollo y crecimiento de la comunidad, es fácil olvidar que en nuestra cuarta ciudad, hay áreas verdes que ofrecen vida salvaje y animales y plantas autóctonas. Estos cañones ofrecen áreas de hollín natural y vivencias que nos recuerdan a la gente lo que hemos perdido en nuestras comunidades. Han sido implementados en implementando soluciones para la seguridad de nuestra comunidad.

Watershed Avengers host a large-scale restoration and education event at Swan Canyon from 9 a.m. to 1 p.m. on Saturday, Feb. 4. Those interested in participating should meet at 2807 Fairmount Ave.

Watershed Avengers llevará a cabo un evento de restauración y educación a gran escala en Swan Canyon de 9 a.m. a 1 p.m. el sábado, 4 de febrero. El punto de reunión para todos los interesados en participar es en 2807 Fairmount Ave.

La seguridad de nuestra comunidad.

Terminó una destacada dedicación de muchos ríos, vecinos y familias que han hecho de los cañones una responsabilidad. Tres de
ODI, de P2

Esta familia, los Santos, se aseguran de vestir a cada uno de los miembros con ropa y zapatillas. Todos y cada uno llega a las escuelas en un camión que los lleva a la escuela. Esta experiencia de ir al cine y al museo, incluso de visitar museos y hacer excursiones, es una oportunidad para los niños de crecer y aprender.

Una de las actividades más interesantes que se realizan en el centro es el "Día de la Ciencia". Los niños y los padres disfrutan de este evento, donde se muestran experimentos científicos y se realizan actividades prácticas.

Algunos de los niños de la ODI agradecen a sus padres por el esfuerzo y dedicación que tienen para brindarles una educación de calidad.

-Carla Pabst

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**School buses to 'come clean' in 2014-2015**

By the end of the 2014-2015 school year, the San Diego Unified School District's fleet of more than 500 buses will be powered by biodiesel to help reduce pollution and pollution-related diseases, such as asthma.

Travis H. Knight, introduced the resolution to mandate the use of alternative fuel for the buses. "It's our duty as a leader of the next generation to do everything we can to make our environment safer," he said. "This step will not only make the environment better, but we will be doing our part toward energy independence by using a renewable resource."

The district has already cut pollution from its fleet by installing equipment to reduce particulates. The use of biodiesel, made from renewable sources, such as soybeans, will further cut pollution by lowering emissions of carbon monoxide, nitrogen and carbon dioxide.

**Crawford High teacher wins another award**

Within months of being named the 2013 San Diego Unified School Teacher of the Year, Crawford High calculus teacher Jonathan Winn has won another award. In December, the district announced that Winn was honored by the California School Board Association as one of five 2014 Outstanding Teachers of America.

Winn teaches at Crawford's School of Community Health and Medical Practices (CHAMPS). He was nominated for the award by former students who described him as having had a profound academic influence on their lives.

In a tribute to Mr. Winn, one student wrote, "He would take extra time to teach physics and geometry when we did not have the foundation. He helped us do those things we never thought we might be possible. He was determined we would learn calculus. He pushed us because he believed in us."

Inspired by Mr. Winn, the student took and passed the Advanced Placement calculus, AP history and psychology exams.

**United Way aims to recruit 10,000 volunteers to support local schools**

Volunteers are needed as teachers, tutors and mentors in the San Diego Unified School District. United Way of San Diego County, in conjunction with the U-T San Diego, is working to recruit 10,000 school volunteers over the next three years.

To sign up as a school volunteer, go to www.livesmart sd.org.
Education summit inspired parents to take charge of their children's education

Participating in a recent education summit became a life-changing experience for some City Heights parents, Angelica Rodriguez, mother of two Wilson Middle School students, emotionally described her transformative experience at the Nov. 19 summit at Hoover High School.

"It was beautiful the way it changed my outlook," Rodriguez said.

Before that, Rodriguez said she hadn’t been involved in her eighth-grade son’s academics because she spent so much time focused on her sixth-grade daughter’s educational challenges. The conference has motivated her to support her son’s goal to attend college.

"I didn’t know what was possible before," Rodriguez said. Since the conference she’s been discussing with her son what he needs to do to meet university entrance requirements. "He’s more motivated now," she said. She plans to move out of her residence to help their children.

Rodriguez was one of many City Heights parents who asked Dr. Alberto Oceña, co-chair of the San Diego County Education Coalition, to help them organize the information and training summit at Hoover to educate parents on partnering with schools and improve their children’s academic performance.

The half-day summit comprised a series of breakout groups to help parents understand A-G requirements (high school requirements for admission to California state universities), transcripts, obligations, bilingual education, and available resources.

Hoover High Parent Center volunteer Delia Contreras said the summit was "very intense" and "hard and harmonious," and helped her understand what classes her grandchildren would need to take from kindergarten through high school. She said she feels more confident she can pass this information on to other parents.

Contreras is a Parent Center volunteer because she learned firsthand how parental involvement can improve student achievement. After getting involved at the Parent Center, she saw her granddaughter improve her grades from mostly Cs and Ds to As and Bs. She said the difference was holding her grandchildren accountable and helping her know she would support her.

The experience inspired her to continue volunteering at the Parent Center even though her granddaughter is no longer at Hoover. "I feel like I need to do this," she said. "I need to make Hoover a better place for when my youngest grand kid goes there."

Other parents came away from the conference with a better understanding of how to work with the schools to improve multicraft instruction. Rasy Rangal said she wants to work with the schools to achieve academic excellence and improve foreign language instruction. She said she feels better equipped than she is to teach her children Spanish writing skills. "Every person has their own responsibility," Rangal said.

Likewise, parents said the schools need to help their children lose their fear of "speaking and writing in Spanish."
Council of Community Clinics works toward better health through prevention

By Adam Ward
Mid-City Community Advocacy Network

The Council of Community Clinics is helping City Heights-based clinics strengthen preventive care—a major factor in the overall health care reform law—so patients can avoid re-admissions or emergency room visits.

Under an initial pilot project, a team of people would provide clinic patients with preventive care in diverse populations. Patients may be assigned a care coordinator who teaches them how to control their lab tests, medications, and other needs, Steve O’Kane, Council of Community Clinics Chief Executive Officer, said.

The idea is to create a center where patients can talk to someone who deals with their cultural and linguistic backgrounds, he said.

“Some clinics have a culture-oriented care model where patients can speak their language, but this is a new model that has been created,” O’Kane said. The Council’s partners in this pilot effort include Planned Parenthood, San Diego Family Care, La Maestra Health Care Centers, University of California San Diego Medical Center and Scripps Mercy Hospital.

The Council is also working to make health care accessible to diverse, low-income communities. It has been participating in Mid-City Community Advocacy Network’s Access to Health Care Volunteer Team for a year and a half, addressing access problems and providing training.

One of the Council’s strategies is to support culturally-sensitive care. Research has shown that it’s critical for health care providers to take into account a patient’s background, because it often plays a big role in shaping attitudes and beliefs about illnesses and recovery.

O’Kane cited La Maestra as a role model for offering culturally sensitive care to diverse populations. Officials at the clinic have seen an increase in the number of patients who speak Spanish.

“La Maestra has a Spanish-speaking staff. Their Spanish-speaking staff is providing a role model for other health care providers,” O’Kane said.

— 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 andrewkane@gmail.com or (619) 203-924 est. 210.

The Council of Community Clinics assists its 16-member clinics in providing care to one in six San Diegans. Community clinics serve as the region’s safety net for primary care services for the low-income, uninsured and underserved.

For more information about the Council, contact them at www.cccac.org.

SUMMIT, from P4

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SUMMIT VIET, from P4

giá tại Parent Center, bà đã nhận thấy chỉ giáo con mình nói tiếng Việt trong học tập, làm bài, viết thư và làm các công việc khác. Bà nói: "Việt đã giúp tôi thấy rằng tôi có thể nói tiếng Việt với trẻ em.”

Bà đã dạy các bé Việt nam nói tiếng Việt với khách, giúp các bé cảm thấy tự tin và hạnh phúc.


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Las tendencias, obstrucciones, aunque de educación fácil y de los diversos recursos a su alcance.

Della Comunitaria, voluntaria del Centro de Padres de Familia, de la secundaria Hoover, dijo que la conferencia fue "inevitables" y además "la iniciativa colectiva": "La ayuda a conocer las cosas que han sido tenido que ver desde el Mediozonte hasta que llegaron a la secundaria. Dijo sentirse complacida de poder transcribir la información a otras padres de familia.

Conversó trabajó como voluntaria del Centro porque esperaba por experiencia propia, conocía la participación de los padres puede mejorar el rendimiento de los estudiantes. Después de que comenzó a trabajar en el centro, vio cómo las calificaciones de su mayor mejoraron y de C y D, comenzó a A y B. Dijo que toda cambio cuando le dijo a su hijo que era responsable de sus propias calificaciones y que la tarea aguarda en lo posible.

La experiencia la inspiró a seguir trabajando como voluntaria en el Centro para Padres al punto que su menor ya no asiste a Hoover "siento que tengo que hacerlo. Necesito hacer de Hoover un lugar mejor para cuando mis otros pequeños lleguen a la escuela secundaria."

Otras formas de familias aportaron cómo pueden trabajar con la escuela para mejorar la instrucción multilingüe. Rogelio Paredes quiere ayudar a la escuela a alcanzar la excelencia académica y a mejorar la instrucción de idiomas extranjeros. Como que las escuelas están mejor equipadas que ella para enseñar a los niños como escribir correctamente en español. "Cuando la persona tiene su propia responsabilidad, dice Rogelio. De igual forma, Gloria Quiroz quiere que la escuela ayude a sus hijos a perder el temor de "hablar y escribir en español".

Las etapas y otras palabras de familias que hablan vietnamita quieren que las escuelas le deseen la instrucción del idioma como una alternativa de idiomas para los estudiantes.

Para Valentina Hernández, el objetivo principal de la conferencia fue motivar a los padres de familia a tomar medidas en sus casas. "Los padres de familia con los mejores resultados de sus hijos", dijo. "Si no están bien informados, como podemos hacerlo llegar a ellas (o ellos) la información que necesitan."

Con la patrocinación de la Fundación Latina para la Educación en el Condado de San Diego, la Fundación Chaco, Price Charities y otras organizaciones, 110 padres de familia asistieron a la conferencia. Los asistentes trabajaron en tareas que abordaron a otros padres de familia y experimentaron las actividades de las conferencias educativas en el futuro.
MURAL, from P1

custom-painted ceramic tiles illustrating the visual history of City Heights and interpreting it as an ongoing and ever-changing link between past, present and future.

One of the many families whose photographs will be featured on the mural will be the Moos. Four years ago, Ma Nyo and K Lu Moo relocated their family to San Diego from a Thai refugee camp. Upon arrival, they barely spoke English and hardly knew how to get around City Heights.

“We felt scared because none of us knew how to speak English, and it’s hard for us to communicate with our co-workers,” April Moo, the oldest daughter in the family, said in recalling their experience as newcomers. “We don’t know where is hospital, store, all that stuff. And it’s hard to make friends too.”

Moving to a new country where a different language is spoken and nothing is familiar can be a very difficult transition. The Moos are Karen, an ethnic minority in Burma. They lived in a Karen refugee camp on the Thai-Burma border before coming here. There are about 140,000 Karen refugees living in camps in Thailand, and about 50,000 Karen refugees have resettled in America, Canada, Australia and some European countries. After arriving in City Heights, K Lu Moo said he did not want to leave their house because they did not know anybody, taking English classes and finding a local Karen church helped the Moos feel much more comfortable, so they were then better able to integrate into the community.

“Yes, they do feel better when they go school because they can see other Karen,” April said, translating for her father. She said attending Crawford High School has made the transition easier for her as well “because I can belong to other clubs” and make new friends.

The Moos’ photograph for the mural project shows their home in the Thai refugee camp, taken circa 2006 right before the family began the process to come to the United States. Just as the Moos have become part of City Heights over the past four years, the mosaic will forever represent them and their culture in the community. April said her parents are proud of having their family photo be part of the mural.

The public exhibits created by The AJA Project are meant to bring students’ creative expressions to a broader audience and create a dialogue that fosters tolerance and understanding. The mural project is a perfect way to achieve these goals as the community will be more involved than ever before.

This will be one of eight large-scale installations that A/2A has created over the past 10 years from student photographs, and it will be the first permanent one in the Project’s collection. A/2A integrated the mural project into its after-school programming at Crawford High School, where students have actively participated in the creation and preparation of images for the mural. Through the use of participatory photography, A/2A’s programs enable youth to become the artist, rather than the subject, and to create and control their own visual representations. A/2A’s collection of student photos from the past 10 years will also become part of the mosaic.

In addition to addressing social issues, historic events, family values and cultural rituals through this mosaic, The A/2A Project also hopes to reflect the opinions, hopes and dreams of the community members who created them. A new, and more aesthetic, face for City Heights community will be formed through the interwoven images of past and present residents. Narratives in residents’ native languages and illustrations of traditional arts and crafts will also have their place on the mosaic.

— Sarah Swasey is a communications and social media analyst with The A/2A Project.

The Moos are an ethnic minority in Burma who settled as refugees in City Heights four years ago. A portrait of the family taken in a refugee camp circa 2006 will be featured in a mural for the City Heights Square Mini Park.

April Moo, 19, and her younger sister, Sweet Moo, 2.
Photo courtesy of Sweem Goea

The Moo family shown on traditional Karen costumes.
Photo courtesy of Sweem Goea

This portrait of the Moo family as refugees camp on the Thakhek-Burma border, taken circa 2006, will be featured in the mural planned for the City Heights Square Mini Park.
Photo courtesy of the Moo family
JOBS, from P1

3910 University Ave., Suite 300
(619) 516-2200
9 a.m.-5 p.m., Monday-Friday
www.metroresourcecenters.org

The Metro Career Center is one of a dozen one-stop employment resource centers funded by the San Diego Workforce Partnership, a public benefit corporation established by the city and county of San Diego.

Located on the third floor of a modern office building, the Metro Career Center specializes in career counseling, job search assistance, referrals to education and job training programs, employment-related workshops, and much more. Workshops cover basics, such as resume writing, job interview tips, labor market trends, and business networking using social media.

One of the center’s most popular amenities is its computer lab. Job seekers can use the computers for up to two hours at a time. They also have access to fax machines, telephones, and copiers.

“IT is my office,” said City Heights resident Richard Trappas who has been taking advantage of the computer lab and other resources at the Career Centers. He described the atmosphere as “very friendly” and “family-like.”

Besides a staff of 15, the center hosts representatives from the California Employment Development Department who answer questions about unemployment insurance claims and provide services specifically for veterans.

The center has a business services team dedicated to reaching out to employers to create paid job training opportunities in fields such as information technology, health care, office administration, and food service. Those who are matched with employers typically receive about three months of on-the-job training. Afterwards, employers are required to put the trainees through a 90-day probation period for a job.

The center also helps connect clients to government-funded vocational training programs. Those who are eligible can receive up to $5,000 to pay for short-term programs to get them into new careers. A few examples include careers as dental assistants, pharmacy technicians, and paralegals.

While the center has an open-door policy, clients must register in numbers to access most of the services. Registration requires proof of income, a social security card, as well as paperwork showing date of birth and employment status.

Mid-City Campus of San Diego Continuing Education

3700 Fairmount Ave.
(619) 388-4500
7:30 a.m.-9 p.m., Monday-Thursday; 7:30 a.m.-4 p.m., Friday
http://www.sdcce.ucsd.edu

For immigrants and refugees struggling to find a job because they speak little or no English, San Diego Continuing Education’s Mid-City Campus is a good place to get their feet wet. The $5,000 Speech-Full English program serves students from 144 countries, and is designed as a campus of excellence for ESL or English as a second language.

After completing basic ESL classes, students can move on to VISL or vocational ESL courses that focus on terminology for specific fields, such as home design, retailing, cosmetology, food service, auto mechanics, business information technology, and more. Assessment is required prior to placement at VISL.

“The VISL program prepares non-native speakers of English to enter vocational programs or entry-level jobs,” said Renee Ash, public information officer for San Diego Continuing Education.

For students who don’t have to overcome a language barrier, there are two job training certificate programs they can take advantage of right away through the Mid-City Campus. One is for office skills, and the other for electronic assembly.

The office skills certificate program trains students to become accounts receivable, front desk/office assistants, and administrative assistants. Students in this program course to open jobs and learn at their own pace to master software programs such as Word, Excel, and PowerPoint. The labs are staffed by instructors, depending on which office skills a student chooses to study. The program requires anywhere from 314 hours to 516 hours.

Those interested in the program simply visit the lab at a time that is convenient for them and let the instructor know they want to register. For the spring semester beginning Feb. 1, the open computer lab runs 8 a.m.-1:30 p.m., Monday-Friday in Room 307.

The Mid-City Campus also offers a basic electronics certificate program but classes are held off-site at 5548 University Ave. This program teaches the fundamentals of AC/DV electronics, electronic devices, digital technology, and basic communications electronics. Those who complete the 500-hour, 40-week program can qualify for jobs as electronic assembler or technician.

The Mid-City location belongs to the network of 10 San Diego Continuing Education campuses operated by the San Diego Community College District. There are no restrictions as to which campus students may enroll in for classes.
Nuevo mural en City Heights enlaza el pasado, presente y futuro de la comunidad

By Sarah Swasey
El Ay As Project

El mini porque de City Heights Square está listo para recibir un elemento de historia cultural que tenga en cuenta el pasado de la mural que es una gran escala que será desplegado en la primera de julio. Este escultura de 15 x 20 pies para el museo de arte de la Southwest Puente, en el Ay As Project, proyecta un frente de labores que ofrece programas educativos en fotografía y elaboración de arte, y alcanzará altos niveles de la comunidad.

El mural estará ubicado en el centro del parque, en la esquina de 2501 y 20th Street, en la Universidad de San Diego y la convenida. El Ay As Project lo ha realizado con mucha pasión y dedicación, y de hecho ha sido presentado en una exhibición en el Museo de Arte de San Diego.

El Ay As Project ha trabajado con el estado de California para establecer una relación con el estado de California, y el mural se ha desarrollado como parte del proyecto "Mural de Ciudad Heights". El Ay As Project ha trabajado con el estado de California para establecer una relación con el estado de California, y el mural se ha desarrollado como parte del proyecto "Mural de Ciudad Heights".

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Intergenerational project improves seniors' well-being, changes perceptions

The Intergenerational Health Advocacy Project, which pairs average computer tutors with seniors living at City Heights Square, is proving that people don't always know what they would like their seniors to have. The founder of the program, the Consumer Center for Health Education and Advocacy, conducted several surveys three years ago with City Heights senior citizens and high school students and discovered that age groups had trouble understanding each other's needs. School kids were disrespectful and high school students thought seniors were unapproachable. Despite the survey results, the Consumer Center went forward with plans to implement an intergenerational computer training course.

The course matches high school students from Crawford, Hoover, and Health Sciences high schools with elderly residents at the City Heights Square senior housing complex and two downtown San Diego locations.

The students train seniors how to access health benefits online and get connected with the modern world, teaching them how to bank online and connect with the younger generation. "The students train seniors how to access health benefits online and get connected with the modern world, teaching them how to bank online and connect with the younger generation," said student tutor Rodriguez. "The students train seniors how to access health benefits online and get connected with the modern world, teaching them how to bank online and connect with the younger generation." "The students train seniors how to access health benefits online and get connected with the modern world, teaching them how to bank online and connect with the younger generation."

To learn more about the Intergenerational Health Advocacy Project, visit its website at https://sites.google.com/site/chealthyhappy cybercafe/. The Consumer Center for Health Education and Advocacy is part of the Legal Aid Society of San Diego.
City Heights Wellness Center offers free health, fitness, nutrition programs

By Helen Gao
City Heights Life

With the start of a new year, people often make resolutions to get into shape, adopt a healthier diet, and take better care of themselves and their families. A good place for residents to start working toward their New Year’s resolutions is in the City Heights Wellness Center, which provides an array of free fitness, nutrition, and health programs for people of all ages. The center’s busy monthly calendar features the Standing Proud Martial Arts Class for kids, a Latin dance-inspired fitness program called Zumba Supreme, nutrition education geared toward chronic disease prevention, nutrition/breastfeeding support group for mothers and their babies (in Spanish and English), monthly parenting workshops; and much more.

Each month the center picks a health theme and provides information and recipes to go with the theme. On Wednesdays afternoons, a public health nurse is on-site to answer health questions. On Friday mornings, eligibility specialists are available to help residents apply for publicly-funded health insurance programs Med-Cal and Healthy Families. The fourth Thursday of every month, health experts provide chair massage, acupuncture, and yoga as part of Integrative Health Night.

By appointment, children up to age 5 can get free developmental, speech, language, and behavioral screenings. Hearing and vision screenings are also available. If glasses are needed, they are provided free of charge.

The Scripps Mercy WIC (Women, Infants, and Children) program has staff at the center to support low-income women who are pregnant, have a baby, or a child under age 5. WIC participants receive food vouchers, nutrition and breastfeeding support, health education, and referrals to prenatal and pediatric health care.

Lisa Vanderford, a registered dietician who manages the center, is especially proud of the culinary demonstration kitchen, which makes it possible to provide hands-on nutrition education and cooking classes. Vanderford describes the kitchen, created with seed money from the Price Family Foundation, as the heart of the center because people naturally gravitate toward food.

“The Teaching Kitchen has become a community ‘hub’ where residents come together to learn, eat, and express their lives, needs and concerns in a safe and trusted environment,” she said.

The kitchen has been instrumental in the center’s success in engaging the East African community. neonatal cooking classes have been held there, as well as cooking classes for children.

Located on Wightman Street near the public library, the Wellness Center is the result of a partnership between Scripps Mercy Hospital and Rady Children’s Hospital. Scripps staff manages the 4,300-square-foot facility. The center first opened in 2002 and was founded specifically to address community needs. It recently renewed its lease for another five years.

In addition to offering its own programs, the center partners with numerous community organizations to bring in services. Its partners have included the International Rescue Committee, San Diego Nutrition Network, San Diego County Older Adult Initiative, City of San Diego Park and Recreation Department, the University of California Cooperative Nutrition Extension Program, and the San Diego Children’s Safe Kids Coalition.

The center also has developed strong alliances with agencies serving the community, such as the Horn of Africa, Catholic Charities, San Diego County Health and Human Services Agency, Family Health Centers of San Diego, neighborhood schools and law enforcement agencies.

Last year, about 18,000 residents took part in the center’s educational and social support activities in a variety of languages.

The sweet smell of success

If you live in the vicinity of Poplar Street and Fairmount Avenue, chances are you awaken to the sweet smell of Mexican bread and pastries. Elidia’s Bakery, has been a mainstay at this gateway to Arbutus Park since Jorge and Elidia Gayton purchased the business from Elidia’s sister 19 years ago. In addition to the bakery, they also bought the small taco shop next door. Within a few years they closed the taco shop and expanded the bakery to take over the entire space.

Today Elidia’s delivers to markets all over the county, as far north as Encinitas and as far south as National City. The bakery makes about half of its products from deliveries and the other half from walk-in customers. The store is run by Jorge, Elidia, their son, George, and five employees.

George says he arrives at 4 a.m. every morning and doesn’t stop working until about 1 p.m. It may seem like a long day, but to him, “it’s not so much work, it’s fun. I’m making people happy.” He also says he never goes hungry.

George grew up in Arbutus Park and worked in the business as a youth. But he says he got in with the wrong crowd and spent some time behind bars. While he was incarcerated, he found religion and now spends his time away from work serving at his church instead of getting into trouble. For the past two years, George has worked as assistant manager at the bakery.

Elidia’s Bakery, located at 4368 Poplar Ave. in City Heights, is open from 5 a.m. to 9 p.m. Some of its specialties are churros (a sweet bread with sugar on top), cheese cake, cookies, bolillos (bread rolls), and bread pudding.

— Staff report

The City Heights Wellness Center is located at 4440 Wightman St., Suite 200, in the City Heights Urban Village. For information about its programs, call (619) 321-2920 or visit www.scripps.org/locations/well-being-centers_city-heights.
City Heights made its share of sacrifices during WWII

By Jon Luna
City Heights Life History Columnist

When you think of World War II, what are some of the first things that come to mind? For most people, Adolf Hitler, kamikaze pilots, and Nazi soldiers come to mind, as well as battlefields thousands of miles away on Pacific islands and European shores.

Although these images of the war era are the most notable, what most Americans tend to forget is that battles also were waged in our own homes, our own backyards, and in our neighborhoods. On the homefront, people in the United States contributed to the war effort by rationing food and gas, using less electricity, and getting factory jobs to build tanks, airplanes and other military equipment.

President Franklin Delano Roosevelt explained the homefront best during his April 1942 address to the nation: "The front line is not the only front... it is everywhere. It is in our homes, in our daily lives." Our beloved neighborhood, City Heights, was part of that homefront.

On Dec. 7, 1941, high school students at Crawford and Hoover high schools were in the middle of their senior year of algebra, football season, woodshop, and glee club when Japanese bombs fell on Pearl Harbor, a United States military base in Hawaii. Overnight, the Japanese attack on Pearl Harbor changed the lives of every American.

Many seniors immediately enlisted in the war to seek revenge for Pearl Harbor. Star athletes who were planning to play in professional sports decided to put their careers on hold to join the Navy or Army. Women who dreamed of going to college abandoned their plans to work as secretaries, nurses, and factory workers.

The Hoover High yearbook, Diablo Cardinales, released a special Yankee Doodle edition covered with slogans, such as "Hitler's Listening, Don't Be Big-Mouthed" and "Bury a Jerry, Bury a War Bond (Jerry is derogatory term for a German soldier)." Senior prom was canceled and graduation ceremonies were held during the day because the city was under a blackout at night due to fear of potential air raids. Many believed that if an attack occurred on Pearl Harbor, then the next Japanese target could be San Diego because of its military bases and proximity to the Pacific Ocean.

Even Hoover High's schedule and available classes were affected due to the war. Students who wanted to take auto shop made aluminum parts for Red Cross stretchers instead. In home economics, students knitted socks and mitten had sewed cuffs on jackets for soldiers.

Life also changed in other ways. City Heights residents could not simply walk into a grocery store and buy all the food they wanted. The government introduced something called rationing to cope with supply shortages. At stores, people were allowed to get only a limited quantity of sugar, cheese, meat, milk, eggs, and other goods. Rationing was instituted as a way to ensure that everybody got their fair share of consumer goods.

People were expected to carpool to work, so they could save fuel for tanks, airplanes, or ships. A rubber shortage meant people had to run in their spare tires or other goods to be recycled. Scrap metal was precious. One poster urged people to recycle unused trusses, noting that the metal from each can make four hand grenades. Women could not even wear nylon stockings because of a nylon shortage.

Like communities everywhere in the United States, City Heights was touched by World War II, and it rose to the occasion to pitch in for the war effort.

— 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.

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Explore the newly-improved Manzanita Canyon

On Jan. 28, join San Diego Canyonlands for a free guided tour of Manzanita Canyon in City Heights to explore a new trail, learn about other enhancement plans for the canyon, and enjoy a morning nature walk. This is a hike with relatively flat terrain, except for the moderately steep slope to get in and out of the canyon.

When: Jan. 28, 2012, 9:30 a.m.-11:30 a.m.
Where: Manzanita Canyon in City Heights
Meeting Point: Azalea Park Recreation Center, 2596 Violet St., San Diego, CA 92105
Preparation: Wear a hat and sturdy close-toed shoes, preferably with ankle support. Bring water and sunscreen. There are restrooms at the beginning of the hike, but none in the canyon area.
Directions: From Interstate 805, take the Home Avenue exit and head east. Turn left at the light on Fairmount Avenue, then left on Poplar Street, which will curve into Violet Street. Remain on Violet until you see the Azalea Park Recreation Center. Meet in the recreation center parking lot. Look for the San Diego Canyonlands banner.

The Azalea Park Recreation Center is accessible via San Diego Metropolitan Transit System's bus routes 13 and 945.

For more information, contact Brie Carter, the City Heights project manager for San Diego Canyonlands, at brcarter@sdcountylands.org.
January

10  3 to 5 p.m.
Azalea Recreation Center
2596 Violet St.
Tutoring/Homework Center
Contact: (619) 235-1162
3:30 to 5:30 p.m.
Mid-City Police Division
4310 Laurel St.
Youth Voice, leadership opportunities for youth ages 12-24
11  2 to 3 p.m.
City Heights/Wyoming Library
3355 Fairmont Ave.
Craft Time Wednesday
Contact: (619) 641-6100
12  9 to 10:30 a.m.
4105 University Ave., Suite 540 Collaborations to Keep City Heights Youth Safe
Contact: (619) 596-4943
6 to 7:30 p.m.
Central Elementary School
4036 Folk Ave., Dads Club
Kenneth Woods (619) 795-2036
13  3 to 5 p.m.
Azalea Recreation Center
2596 Violet St.
Tutoring/Homework Center
Contact: (619) 235-1162
14  9 a.m. to 1 p.m.
Fairmont Avenue and Wythe
Main Street
City Heights Farmers’ Market
Contact: Loreda Scott(619) 751-4193
15  9 a.m. to 11 a.m.
Olive Street and Cudmore Avenue
Hollywood Park Cleanup
Table set up, clean up, Please bring water, sun protection
and wear sturdy, closed-toe shoes.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
16  MARTIN LUTHER
KING JR. DAY
7 to 10 p.m.
21  3 to 5 p.m.
Azalea Recreation Center
2596 Violet St.
Tutoring/Homework Center
Contact: (619) 235-1162
17  3:30 to 5:30 p.m.
Mid-City Police Division
4105 University Ave., Suite 540 Collaborations to Keep City Heights Youth Safe
Contact: (619) 596-4943
6 to 7:30 p.m.
Central Elementary School
4036 Folk Ave., Dads Club
Kenneth Woods (619) 795-2036
18  2 to 3 p.m.
City Heights/Wyoming Library
3355 Fairmont Ave.
Craft Time Wednesday
(619) 641-6100
19  5 to 7 p.m.
La Manda Community Health Center
4061 Fairmont Ave
City Heights Business Mingle
6 to 7:30 p.m.
Central Elementary School
4036 Folk Ave., Dads Club
Contact: Kenneth Woods (619) 795-2036
20  9 to 11:30 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
21  1 to 4 p.m.
Myrtle Avenue and 46th Street
46th Street Park Cleanup
Table set up, clean up. Please bring water, sun protection
and wear sturdy, closed-toe shoes.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
22  9 a.m. to 11 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
23  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
24  10 to 11 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
25  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
26  9 to 10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
27  9 to 11:30 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
28  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
29  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
30  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
31  10 a.m.
San Diego County Library
Meet at the Azalea Park Recreation Center
2596 Violet St. Wear a hat, sturdy closed-toe shoes, and bring water and
Sunscreen.
Contact: Bennett Center at beret@citycanyonlands.org or (619) 261-2385
Feb. 1
9 to 10 a.m.
4305 University Ave., Suite 540 Clean & Safe Committee Meeting
Contact: (619) 900-4443
2 to 5 p.m.
Azalea Recreation Center
2596 Violet St.
Tutoring/Homework Center
Contact: (619) 235-1162

CALENDAR EDITOR: JULIE LE
Julie Le was born and raised in San Diego. She graduated at the top of her class from Hacienda 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.

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