

## EDUCATION

### Homework help

Library offers free tutoring program for students.

### Ayuda con tarea

Biblioteca ofrece programa gratuita para estudiantes.

[ P8 ]

## SERVICES

### A model farmers market

City Heights Farmers Market has highest food stamp redemption rate in nation.

[ P3 ]

## CIVIC ENGAGEMENT

### Redistricting underway

San Diego residents have a once-in-a-decade chance to give input on redrawing of City Council district boundaries.

[ P6 ]

### Attention residents!

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

**22,838** square feet of graffiti removed

**13,361** bags of trash collected

**375** bulky items, like old mattresses, removed

More than **100** trees trimmed

**811** planters/tree wells maintained

**21** bus shelters and benches installed

**60** trash receptacles installed on University Avenue

**Safe streets, clean canyons**

\*Statistics represent accomplishments of Urban Corps in City Heights in 2010-11

## City Heights benefiting from multiple beautification efforts

By Helen Gao  
City Heights Life

Throughout City Heights, canyons are getting restored, streets cleaned up and graffiti eradicated under several beautification initiatives sponsored by public and private organizations. As an added bonus, these initiatives employ residents in the community.

Organizations leading the cleanup and restoration efforts include: the City Heights Business Improvement District, City Heights Canyon and Community Alliance, Community Housing-Works, City of San Diego, Price Charities, Ocean Discovery Institute, San Diego Canyonlands, and Urban Corps of San Diego County.

The Urban Corps, which has contracts with several City Heights organizations, is one of the most visible.

Every day, Urban Corps members clad in green uniforms can be seen sweeping University Avenue between 33rd and 50th streets and Fairmount Avenue between Orange Avenue and Landis Street. They also do extensive volunteering services in the community, including helping elderly and low-income residents paint and weatherize their homes. Urban Corps is a nonprofit program that offers job training and education to disadvantaged young adults aged 18 to 25. Many of its mem-

[ CLEANUP, P2 ]

## City Heights se beneficia de múltiples esfuerzos de ornato

Por Helen Gao  
City Heights Life

Es evidente en City Heights que se están saneando los cañones, limpiando las calles y que se está erradicando el graffiti gracias a varias iniciativas de ornato patrocinadas por organizaciones públicas y privadas. Estas iniciativas además son fuente de empleo para los residentes de la comunidad.

Las organizaciones que están a la cabeza de los esfuerzos de limpieza y restauración incluyen: City Heights Business Improvement District, City Heights Canyon and Community Alliance, Community Housing-Works, City of San Diego, Price Charities, Ocean Discovery In-

stitute, San Diego Canyonlands y Urban Corps del Condado de San Diego.

La organización más visible es Urban Corps quien tiene contratos con varias organizaciones de City Heights. Todos los días, los miembros de Urban Corps vestidos con uniformes verdes, barren University Avenue entre las calles 33 y 50 y Fairmont Avenue entre Orange Avenue y Landis Street. También ofrecen muchos servicios voluntarios a la comunidad, incluyendo asistencia a residentes de edad avanzada y a personas de bajos recursos para pintar y reparar sus casas. Urban

[ LIMPIEZA, P2 ]

## VACCINES

# No shot, no school

By Dorothy Zirkle  
City Heights Life

Starting with the upcoming 2011-12 school year, students entering grades 7-12 are required to show proof that they have been immunized with the booster vaccine for whooping cough, also known as pertussis.

This requirement, stipulated by California Assembly Bill 354, took effect July 1. The law mandates what is formally known as the Tdap booster shot, which combines vaccines for tetanus, diphtheria and pertussis.

Pertussis is a very contagious respiratory disease that can be severe and last for months. The immunity received from either early

childhood immunization or pertussis disease wears off over time, leaving older students and adults susceptible again to pertussis. Tdap booster shots can protect students, families, schools, and the community against pertussis outbreaks.

The new requirement affects all students whether they attend public, charter or private schools, and whether they are current, new or transfer students. The law has two phases:

- For the 2011-12 school year, all students entering seventh through 12th grades will need proof of a Tdap shot before starting school. The first day of school in the San Di-

[ VACCINES, P5 ]



## VACUNAS

# Si no se vacunan no podrán asistir a la escuela

Por Dorothy Zirkle  
City Heights Life

A partir del próximo año escolar 2011-12, los estudiantes que ingresan a los grados 7-12 tienen que demostrar que recibieron la vacuna de refuerzo contra la tos ferina (whooping cough), también conocida como pertussis.

Este requisito, estipulado por la Ley 354 de la Asamblea de California entró en vigor el 1 de julio. La ley exige que se vacune a los estudiantes con el refuerzo Tdap, la cual combina las vacunas para el tétano, difteria y pertusis.

Pertusis es una enfermedad respiratoria muy contagiosa que puede convertirse en un problema serio y sus síntomas pueden durar varios meses. La inmunidad producto de la vacuna que se recibe en la infancia o a si se padeció de la enfermedad en algún momento, desaparece con el correr del tiempo dejando a los estudiantes mayores y los adultos susceptibles a la enfermedad. Las vacunas de refuerzo Tdap pueden proteger a estudiantes, familias, escuelas y a la comunidad contra una

[ VACUNAS, P5 ]

## CLEANUP, from P1

bers are high school dropouts from City Heights who are looking for a second chance.

"Since our founding in 1989, we have had a huge population that came out of City Heights to join our program," said Sam Duran, CEO of Urban Corps and a former City Heights resident. "Most recently, 11 City Heights youths have joined the program thanks to a Price Charities-sponsored job training and community beautification program. When they are not in the field they are in school earning a high school diploma."

Duran said the Urban Corps' long-standing involvement in City Heights grew out of strong support from the community.

For example, the City Heights Business Improvement District has hired Urban Corps for the past six years for sidewalk sweeping and power washing, litter and graffiti removal, landscape maintenance and other services as part of its Clean and Safe Program.

It's not just the streets and alleys that are the focus of beautification efforts in City Heights. The canyons are also getting cleaned up and restored. Urban Corps has played a role in that as well, and other organizations are involved.

With \$140,000 in funding provided by Price Charities, REI, and the San Diego Foundation, San Diego Canyonlands is improving the Manzanita, Swan, Hollywood, and 47th Street canyons. A recent Price Charities grant has enabled Canyonlands to hire six City Heights residents to train them for careers in habitat restoration, global positioning satellite (GPS) data gathering and geographic information system (GIS) mapping. Two of the hires are graduates of the GIS program at Hoover High School who are attending San Diego State University.

With their assistance, Canyonlands will produce detailed maps of the canyons so it can develop comprehensive plans for trails, restoration, and amenities. The plans will serve as the catalyst to raise money for the improvements.

"The goal is to connect all four canyons with a loop trail, so on any given day you can follow a map and hike through all four canyons in City Heights," said Eric Bowlby, Canyonlands' executive director.

Ultimately, the nonprofit would like to create a citywide canyonlands park by having some 11,000 acres of scattered city property permanently dedicated as open space.

With help from its partners in the City Heights Canyon and Community Alliance, Canyonlands has restored habitats in Swan Canyon next to Hamilton Elementary School and refurbished a badly-eroded footpath in Manzanita Canyon up to Azalea Park. In addition, the nonprofit has hired a full-time coordinator to cultivate friends of the canyon groups to watch out for illegal dumping and take part in cleanups and restorations.

Because of illegal dumping and the continuing flow of debris carried by storm drains into low-lying areas, it's a constant to battle to keep the canyons clean. Volunteers organized by Canyonlands and its partners, including students from the Cesar Chavez Club at Monroe Clark Middle School, have already removed tons of trash from City Heights canyons.

"They are looking a whole lot better than they used to look, that's for sure," Bowlby said. "Ten years ago, they were a dangerous, messy eyesore. They were a dump before. Now we have gotten a handle on it. We have to continue to maintain it."



Urban Corps members trim trees and mow grass near 33rd Street and University Avenue. **Above:** Urban Corps members work together to remove bulky trash items. **Below:** An Urban Corps member takes care of the landscaping in the City Heights Business Improvement District. Photos courtesy of Urban Corps of San Diego County.

## LIMPIEZA, de P1

Corps es una organización sin fines de lucro que ofrece capacitación laboral y educación a jóvenes adultos entre las edades de 18 a 25 años de edad. Muchos de sus miembros son jóvenes de City Heights que tras abandonar los estudios secundarios buscan una segunda oportunidad.

"Desde nuestra fundación en 1989 muchos residentes de City Heights han formado parte de nuestro programa," dijo Sam Duran, CEO de Urban Corps y ex-residente de City Heights. "Recientemente, 11 jóvenes de City Heights llegaron a nuestra organización gracias al programa de capacitación laboral y ornato comunitario patrocinado por Price Charities. Cuando no están trabajando están en la escuela estudiando para obtener su diploma de secundaria."

Duran también dijo que la larga trayectoria de Urban Corps en City Heights se debe al sólido apoyo que reciben de la comunidad. Por ejemplo, City Heights Business Improvement District contrató a Urban Corps durante

los últimos seis años para la limpieza y lavado a motor de las aceras, remoción de desperdicios y grafiti, mantenimiento de áreas verdes y otros servicios que ofrece el programa Clean and Safe.

No solo las calles y callejones son el blanco de los esfuerzos de ornato en City Heights. También se están limpiando y restaurando los cañones de la comunidad. Urban Corps, junto con otras organizaciones, juega un papel importante en este esfuerzo.

Gracias a \$140,000 provenientes de Price Charities, REI y San Diego Foundation, San Diego Canyonlands está trabajando en los cañones Manzanita, Swan, Hollywood y el de la Calle 47. Una reciente subvención de Price Charities le permitió a Canyonlands contratar a seis residentes de City Heights y entrenarlos en carreras relacionadas con la restauración de hábitats, recolección de información a través de satélites de posicionamiento global (GPS) y mapeo a través del sistema de información geográfica (GIS). Dos de las personas contratadas son egresadas del programa GIS de Hoover High School y asisten a San Diego State University.

Con su ayuda, Canyonlands obten-

drá mapas detallados de los cañones con los que podrá desarrollar planes específicos para los senderos, restauración y demás servicios. Estos planes serán utilizados como catalizadores para obtener fondos para realizar todas las mejoras.

De acuerdo a Eric Bowlby, director ejecutivo de Canyonlands: "La meta es unir los cuatro cañones a través de un sendero para que cualquiera pueda, con la ayuda de un mapa, explorar los cuatro cañones de City Heights". En última instancia, la organización sin fines de lucro desea crear un parque que incluya a los cañones logrando que unos 11,000 acres de terreno pertenecientes a la ciudad se utilicen permanentemente como áreas recreativas al aire libre.

Con la ayuda de sus socios de City Heights Canyon and Community Alliance, Canyonlands restauró varios hábitats del cañón Swan ubicado al lado de Hamilton Elementary School y un sendero erosionado que va desde el cañón Manzanita hasta Azalea Park. Además, la organización sin fines de lucro también contrató a un coordinador de tiempo completo para crear grupos "amigos de los cañones" que vigilen el área para evitar que se utilice como basurero ilegal y participen en los esfuerzos de limpieza y restauración.

Debido al uso del área como basurero ilegal y al flujo continuo de desperdicios a través de los desagües hacia las áreas más bajas, mantener los cañones limpios se ha convertido en una batalla constante. Voluntarios organizados por Canyonlands y sus socios, incluyendo estudiantes del Club Cesar Chavez de Monroe Clark Middle School, han logrado remover toneladas de desperdicios de los cañones de City Heights.

"Lucen mucho mejor que antes, sin lugar a dudas," dijo Bowlby. "Hace diez años eran lugares horribles, peligrosos y sucios. Eran un basurero. Hemos logrado controlar el problema y tenemos que seguir dándole mantenimiento al área."

# City Heights Farmers Market serves low-income shoppers

By Megan Burks  
Speak City Heights

The produce stalls at the City Heights Farmers Market were lined with strawberries so fresh they shined. Some still carried their delicate vines.

Ayan Mohamed, who has an 18-month-old, was quick to exchange a Women, Infants and Children (WIC) voucher for a large basket of the fruit. They're her son's favorite – he likes them even more than cake, which she insisted he'd spit out in favor of something fresher.

"I started with him at a very young age, as soon as he started eating solid foods," Mohamed said. "He got used to (fruits and vegetables) so that's what he eats right now."

But healthy eating wasn't always a habit for Mohamed, who said she favored fast-food before becoming pregnant. She was able to change her diet because the City Heights Farmers Market opened in her neighborhood and accepted WIC vouchers.

The market celebrated its third anniversary on June 18. Organizers held contests and arranged for dance and live music to mark the success of their unlikely venture. "Everyone said, 'This market isn't going to work. Low-income people don't shop at the market,'" said Blanca Melendrez, director of the Network for a Healthy California.

On its first day, however, people lined up for hours, Blanca said. And they've continued to line up every Saturday morning since. Market transactions now average about \$10,000 a week, said Casey Anderson of the San Diego County Farm Bureau.

Many of those transactions are made using wooden tokens for which customers had traded in their CalFresh funds (food stamps), WIC vouchers and Supplemental Security Income. The market was the first in San Diego County to accept public-assistance



**Above:** Ayan Mohamed, mother of an 18-month-old, buys fresh strawberries, her son's favorite fruit, at the City Heights Farmers Market. **Below:** The City Heights Farmers Market accepts these wooden tokens for which customers had traded in their CalFresh funds (food stamps), Women, Infants and Children (WIC) vouchers, and Supplemental Security Income.

dollars and has become a regional and national model.

"Part of the market's intent was to highlight that EBT shoppers (those on public assistance) would buy fresh foods and support a farmers market," said Anchi Mei, a program manager for the International Rescue Committee (IRC) in San Diego.

City Heights now has the highest food stamp redemption rate of any farmers market in the nation, Mei said.

Since it opened, customers have spent \$70,000 in CalFresh funds. Weekly CalFresh spending has grown from \$75 a week to \$1,000.

Organizers credit this success to Fresh Fund, an IRC program that matches what customers spend in supplemental-aid dollars. If a WIC mother comes to the market with



\$5, she'll actually have \$10 to spend that day. The program was recently expanded to five other San Diego markets with grant money from the U.S. Centers for

Disease Control and Prevention.

Organizers also credit their success to something less quantifiable. The market has a unique energy, thanks to hissing Hula-Hoops,

bright sidewalk chalk, chatter in multiple languages, and even a missionary with a mobile PA system.

"The farmers market brings an element of community and identity and neighborhood engagement that doesn't really exist in a public space like this," said Mei. "You see kids running around, you see people talking to each other, seeing each other weekly. You don't get that in a supermarket experience."

"My son looks forward to it," Mohamed said.

To the delight of Mohamed's son, the market's anniversary was celebrated with sweet strawberries in lieu of cake.

— Megan Burks is the Web editor for *Speak City Heights*. She also writes and produces videos for [www.HealthyCal.org](http://www.HealthyCal.org). Her favorite City Heights restaurant is *Bale French Sandwich Shop*.

## Find what you need online

A searchable database of City of San Diego services, organized alphabetically, is available at <http://apps.sandiego.gov/citizenservices/resource>.



## SERVICE DIRECTORY

# Who to call to report a problem

- **Abandoned vehicles**  
(858) 495-7856
- **Animal control**  
(619) 236-4250
- **Auto tow-away request**  
(619) 531-2000
- **Brush/weed abatement**  
(619) 533-4444
- **Gangs**  
(619) 531-2000
- **Crime Stoppers**  
(888) 580-8477
- **Dead animal removal**  
(858) 694-7000
- **Drug activity**  
(619) 531-2468
- **Dumpster overflow**  
(858) 694-7000
- **Graffiti**  
(619) 525-8522
- **Gutter cleaning/repair**  
(619) 527-3471
- **Housing/building code violations**  
(619) 236-5500
- **Loitering/prostitution**  
(619) 531-2000
- **Rodent control**  
(858) 694-2888
- **Sidewalk/street/streetlight/traffic signal repairs**  
(619) 527-7500
- **Trash removal**  
(858) 492-5055
- **Tree maintenance**  
(619) 527-7500
- **Water/sewer emergencies**  
(619) 515-3525

# From Somalia to America: 15 years later

By **Faduma Ahmed**

City Heights Life Guest Columnist

I have experienced many things in my life, some good and some bad, but never have I had such great and amazing experiences as in the United States.

First of all, I never thought washing clothes would be so easy. Back in Somalia, we washed clothes with our bare hands. We used to feel washing clothes was grueling and painful, not to mention hanging the clothes to dry, ironing and so forth. Luckily, washing clothes in America is nothing at all, and I am very grateful for having a washing machine.

Bearing four children in Somalia was not easy. My childbirth experiences were very painful and difficult to get over. However, giving birth in America is totally different. My experience of having a baby in America consisted of casual visits to the local clinic. When I was in labor, I did not feel any pain at all and in fact, I did not even know the baby was coming out.

Before coming to America, many immigrants truly believe that it's paradise on earth. However, I came to realize my view of America was half dream and half true. Have you ever seen a group of people more busy than an ant kingdom? People are constantly on the move with hardly any rest. There is no family time; the only family time is sleep time.

As new Americans, a lot of East Africans, especially Somali families, have faced difficulties transitioning from a traditional land to a sophisticated, highly advanced, multifaceted country. Often at our City Heights Hope group meetings, we share some of our challenges, both the bad and good ones we have here in City Heights. We are puzzled how there is so much technology that can make life easy, but we are still juggling many activities. We wonder among ourselves, "Why does the term 'treat' or 'leisure time' exist in the U.S.?"

All of these experiences are only a few of the many amazing experiences that I have had in the U.S. I have been here for more than 15 years and must say that I have changed and assimilated in some areas. I have experienced giving birth in the U.S., which is virtually pain-free. I cannot remember the last time I washed clothes with my hands. Nowadays I simply throw the clothes in the machine and sit back. This is truly a luxury of the highest order.

Back in Somalia, three meals a day together as a family was a must. This is no longer the case with my family. I literally do not have time to cook, and family time is out the window, which is one of the saddest feelings I have, especially during Ramadan, when we fast the whole day and break the fast as a family.

By sharing this, I hope we will revitalize some of our old traditions that are helpful and healthful. There are many things America has to offer newcomers, and there are many great things that refugees and immigrants can offer to those born in America.

— *Faduma Ahmed is a City Heights resident who is originally from Somalia. She has lived in the United States for more than 15 years.*

"By sharing this, I hope we will revitalize some of our old traditions that are helpful and healthful. There are many things America has to offer newcomers, and there are many great things that refugees and immigrants can offer to those born in America."

— *Faduma Ahmed, City Heights resident*

Send your stories to  
[editor@cityheightslife.com](mailto:editor@cityheightslife.com).

Mande sus historias a  
[editor@cityheightslife.com](mailto:editor@cityheightslife.com).

## Imaanshahaygii Maraykanka

Hi magacayga waxaa la yidhaahdaa Faadumo Axmed. Waxaan waayo-arag u soo noqday waxyaabo badan noloshayda ah. kuwo fiican iyo kuwo xunba, laakiin ima soo marin waayo-argnimada iyo la yaabka aan kala kulmay Maraykanka. Mid-da ugu horreeysa, waligeey ma fileynin in mayridda dharka ay sidaa sahal u tahay. Somaaliya gacmaheenna oo maran ayaan dharka ku mayri jirnay. Waxaan dareemi jirey in mayridda dharku tahay wax laga argagaxo oo xanuun badan, haba soo qaadin waridda dharka si ay u qallalaan iyo kaawadeeyntooda. Nasiib wanaag, mayridda dharka wax weyn kama aha Maraykanka. Aad baan uga mahadcelinayaa inaan leeyahay mashiinka dharka lagu mayro.

Dhalidda (qaadidda) afar carruur ah wax sahalan ma ah Soomaaliya. Waayo- aragnimadeeyduna waxay ahayd mid xanuun badan oo ay adag tahay inaan ka soo kabsado. Haseyeeshee, in ilmo lagu dhalo Maraykanka gebi ahaanba way ka duwan tahay meelaha kale. Waayo-aragnimadayda in aan canug ku dhalo Maraykanka waa xidhiidhka joogtada ee aan la lahaa fayadhowrka. Markii aan fooshayna wax xanuun ah ma dareemin. Xaqiiqadii maba dareemin markaan umulayey.

Imaashaha Maraykanka. Soo galooti fara badan ayaa aaminsan in maraykanku yahay meel nashaad leh oo janno ah. Haseyaashee, waxaan xaqiqsaday in aragtidayda Maraykanka tahay badh riyo ah iyo badh run ah. Waligaa ma aragtay dad sida quraanjada mashquul u ah? Dadku mar walba waxay ku jiraan socod aan nasiinyo lahayn. Waqti uma helaan reerahooda, waqtiga hurdada umbay kulmaan.

Ayagoo Maraykan cusub ah. kuwa ka soo jeeda Bariga Afrika gaar ahaan qoysaska Soomaalida, waxay la kulmaan dhibab inay ka gudbaan dhaqanka dalkooda una gudbaan dal aad u horumarsan ilbaxnimo sarena leh. Sida badan kulanada koox-

da rajada ee City Heights waxaan isla soo qaadnaa waxa na hortaagan iyo waxa wanaagsan ee aan ku haysano City Heights. Waxaa naga yaabiyaa sida ay u jirto horumarka cilmiga nolosha sahlaya, laakiin hadana howlaha faraha badan ee aan halmar isla qabanno. Waxaan isweydiinnaa "waa maxay sababta kalmadda "waqtiga raaxada" uga jirto Maraykanka?"

Dhammaan waayo-aragnimadan waxay wax yar un ka tahay waayo-aragnimada aan ka helay Maraykanka. Waxaan halkan joogay in ka badan 15 sanno, waxaana dhihi karaa waan i beddelay oo la qabsaday meelo qaarkood. Waxaan waayo-arag u ahay ku dhalidda ilmo Maraykanka taasoo xanuun la'aan ah. Maxasuusan karo waqtigii ugu dambaysay oo aan gacmahayga dhar ku dhaqo. Maalmahan si sahal ah un baan dharka mashiinka ugu tuuraa iskana fariistaa. Tani runtii waa raaxo heer sare ah.

Soomaaliya, waxay ahayd lagama maarmaan in qoysku saddex jeer isu yimaado oo meel ku wada cunteeyo. Qoykeyga hadda taas muhiim ma aha. Asal ahaan ma hayo waqti aan wax ku kariyo, waqtigii qoyska daaqadda ayuu ka baxay iyadoo ah wax laga xumaado gaar ahaan waqtiga Ramadaanka, taas oo aan maalintii oo dhan soo manahay qoys ahaanna ay tahay inaan meel ku wada afurno.

La qaybsiga tan, waxaan rajeeynayaa inay dib u soo nooleyn doonto qaar dhaqankii hore ka mid ah, kuwaas oo waxtar iyo caafimaadba leh. waxaa jira waxyaabo badan oo Maraykanka ugu deeqayo soo galootiga cusub, iyo waxyaabo badan oo ay qaxootiga iyo soo galootiga ugu deeqayaan kuwa ku dhashay Maraykanka.

— Faadumo waa hooyo qaxooti ah oo ka timid Soomaaliya. Waxay degan tahay xaafada City Heights. Waxayna xubin ka tahay kooxda Rajada ee City Heights.

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**Submissions**

City Heights Life publishes monthly. Please submit letters, photos, events, articles or story ideas to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).

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Claire Harlin

## We want to hear from you!

Send your letters, ideas, comments and submissions to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).

Also, submit your photos taken in City Heights for publication consideration, as well as a chance for one of your photos to be chosen as the "Photo of the Month."





San Diego Organizing Project has a news conference on the six-month anniversary of the passage of the Affordable Care Act at La Maestra Family Clinic in City Heights. **Photo courtesy of SDOP**

## SDOP advocates for youth, health care collaboration

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

By Adam Ward  
Mid-City CAN

The San Diego Organizing Project (SDOP), based in City Heights, has been seeking to raise the voices of residents in powerful ways for more than 30 years. SDOP started in 1979 and is part of a national network of faith-based organizations.

SDOP administers two major youth and health-related initiatives funded by The California Endowment, as part of the endowment's Building Healthy Communities program.

One initiative is creating a youth development office to help government agencies coordinate and share resources and the other is establishing a model health care project that addresses safety-net populations. Both initiatives are being coordinated through the Mid-City Community Advocacy Network (Mid-City CAN).

SDOP is conducting research through community gatherings and interviews in an effort to "make sure that the voice and experience of people is heard in powerful ways," Jose Arenas, SDOP's executive director, said.

The goal of the health care work is to increase access for at-risk groups, such as children and Medicaid recipients, through partnerships with community health centers.

"We've been doing a ton of work trying to figure out what the local health care delivery system is capable of," Arenas said.

But that is just the first step. "If you do create something new, could we imagine proposing something — a delivery system — that puts the voice and experience of patients first, which is kind of radical?" he said.

SDOP is also pushing to open a youth development office that connects organizations that affect the lives of young people — groups such as the San Diego Unified School District, health and human services organizations, law enforcement, libraries, and park and recreation programs. The idea for a youth office stemmed from a spike in violence about four years ago.

"Most of our services are focused on trying to intervene, but youth development would be focused on the whole kid, to create opportunities for youth and families," Arenas said. "It's a larger focus on prevention."

The youth and health care initiatives have goals that go beyond the individuals they help. "The development of youth, ultimately, we believe leads to the development of community, of place," he said. "And the whole idea behind a place-based initiative [like Building Healthy Communities] is that place matters."

— 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](mailto:award@midcitycan.org) or (619) 283-9624 ext. 210.



Jose Arenas, executive director of the San Diego Organizing Project, is working to create a youth development office and a model health care project.

**Photo courtesy of SDOP**

## VACUNAS, de P1

epidemia de pertusis.

El nuevo requisito se aplica a todos los estudiantes sin importar si asisten a escuelas públicas, charter o privadas o si son estudiantes actuales, nuevos o se transfieren a una nueva escuela. La ley tiene dos fases:

- Para el año escolar 2011-12, todos los estudiantes que ingresan a los grados 7 a 12 tienen que demostrar que recibieron la vacuna de refuerzo Tdap antes que comiencen las clases. El primer día de clases del Distrito Escolar Unificado de San Diego es el 6 de septiembre.

- Después del año escolar 2012-13, la ley solo se aplicará a los estudiantes que ingresan al séptimo grado.

### ¿Por qué mi hijo necesita la vacuna Tdap?

La vacunación ayuda a prevenir el cierre de escuelas debido a brotes de pertusis. En muchas escuelas de California se han presentado casos de pertusis. Algunos estudiantes necesitan atención especial provocando que sus padres falten al trabajo y pierdan parte de su salario para poder cuidarlos.

El año pasado California vivió la peor epidemia de pertusis de los últimos cincuenta años. Unos 9,500 casos fueron reportados a lo largo del estado. Solo en el Condado de San Diego se registraron 1,150 casos, incluyendo la muerte de dos bebés.

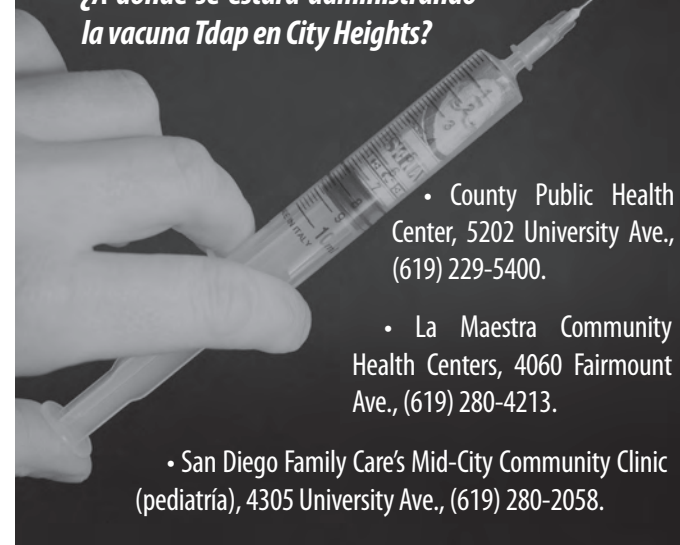
### ¿Qué es Tdap?

Tdap es una vacuna de refuerzo para niños, adolescentes y adultos. Protege de forma segura contra tres peligrosas enfermedades:

- Tétano, que produce una grave y dolorosa rigidez muscular, incluyendo los músculos de la quijada lo que produce dificultad para tragar y respirar.

### Where to go for Tdap shots in City Heights?

¿A dónde se estará administrando la vacuna Tdap en City Heights?



- County Public Health Center, 5202 University Ave., (619) 229-5400.

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

- San Diego Family Care's Mid-City Community Clinic (pediatría), 4305 University Ave., (619) 280-2058.

- Difteria, infección en la garganta que puede producir problemas respiratorios, parálisis, insuficiencia cardíaca y la muerte.

- Pertusis, se manifiesta como violentos ataques de tos que hacen que respirar sea difícil. Se contagia fácilmente a través de la tos o los estornudos de la persona afectada. Los síntomas pueden durar varios meses. La tos ferina puede ser fatal en infantes y niños pequeños.

### ¿Dónde puedo vacunar a mi hijo?

Los niños deben acudir a su médico de cabecera para recibir la vacuna Tdap lo más pronto posible para evitar las prisas de último minuto y que les nieguen la entrada a la escuela el primer día de clases en septiembre por no tener el comprobante de la inmunización.

El programa subvencionado por el gobierno "Vaccines for Children" (VFC) ofrece inmunizaciones gratuitas o de bajo costo a los niños menores de 18 años que califiquen. Puede contactar a los

Centros Comunitarios de Salud La Maestra, a la Clínica Familiar Comunitaria Mid-City de San Diego (pediatría) y al Centro de Salud de la Región Central de la Agencia de Servicios Humanos del condado, estos centros tienen la vacuna Tdap disponible a bajo o ningún costo para las personas que no tienen seguro médico o que forman parte de Medi-Cal.

La Maestra, San Diego Family Care, el Distrito Escolar Unificado de San Diego y la Agencia de Servicios Humanos del condado estarán ofreciendo clínicas públicas de Tdap en el Centro de Salud y Bienestar de Central Elementary School este verano para intentar que los niños de City Heights sean inmunizados antes que comience el nuevo año escolar.

Por favor contacte a la Dra. Dorothy Zirkle de Price Charities escribiéndole a [dzirkle@pricecharities.org](mailto:dzirkle@pricecharities.org) para más detalles.

— La Dra. Dorothy Zirkle es la directora de servicios de salud de Price Charities, organización dedicada a mejorar la calidad de vida en City Heights.

## VACCINES, from P1

ego Unified School District is Sept. 6.

- After the 2012-13 school year, the law will apply only to students entering seventh grade.

### Why does my child need Tdap?

Immunizations help prevent school closures due to pertussis outbreaks. Many schools in California have suffered from outbreaks. Some students have gotten very sick, and parents have missed work and lost wages to care for their sick children.

Last year California experienced the worst pertussis epidemic in half a century. Nearly 9,500 cases were reported statewide. San Diego County logged about 1,150 cases, including the deaths of two babies.

### What is Tdap?

Tdap is a booster vaccine for older children, adolescents and adults. It safely protects against three dangerous diseases:

- Tetanus causes a severe, painful tightening of muscles, including those of the jaw, resulting in difficulty swallowing and breathing.

- Diphtheria is a throat infection that can lead to breathing problems, paralysis, heart failure and death.

- Pertussis can cause violent coughing fits that make it hard to breathe. It spreads easily when someone coughs or sneezes. The symptoms can last for months. Whoop-

ing cough can be fatal for infants and young children.

### Where can my child get vaccinated?

Children should visit their regular doctor to get their Tdap shot as soon as possible to avoid the back-to-school rush and to avoid being sent home on the first day of school in September for lacking proof of immunization.

The publicly-subsidized Vaccines for Children Program (VFC) offers free or low-cost immunizations for eligible children 18 years and younger. Check with La Maestra Community Health Centers, San Diego Family Care's Mid-City Community Clinic (pediatrics), and the county Health and Human Services Agency's Public Health Center-Central Region, as they all have Tdap available at low or no cost for those who are uninsured or on Medi-Cal.

La Maestra, San Diego Family Care, the San Diego Unified School District, and the county Health and Human Services Agency are working on holding open Tdap clinics at Central Elementary School's Health and Wellness Center this summer in an effort to get City Heights children immunized prior to the start of the new school year.

Please inquire with Dr. Dorothy Zirkle at Price Charities by emailing [dzirkle@pricecharities.org](mailto:dzirkle@pricecharities.org) for further details.

— Dr. Dorothy Zirkle is the director of health services at Price Charities, which is dedicated to improving the quality of life in City Heights.

## Residents have rare chance to redraw political boundaries

*Redistricting effort can lead to big change for City Heights*

By Helen Gao  
City Heights Life

City Heights is at the heart of competing proposals to redraw San Diego's political boundaries, and depending on how the city's redistricting process shakes out, residents here may find themselves voting in a new district or being represented by a new council member.

To ensure fair representation, the political landscape is realigned every ten years at the local, state and federal levels based on new demographic data released by the U.S. Census Bureau and input from residents. Over the summer, a reconfigured map for City Council elections is expected to be finalized.

The stakes are high: the new map will affect who gets elected to the City Council and which political district residents will be eligible to vote in over the next decade.

The outcome of redistricting can dramatically reshape the balance of power between various interests and influence the policy direction on everything from water and sewer rates to funding for parks and libraries. Every voter has a stake in the outcome of redistricting because the process is intended to ensure that everybody's vote counts equally.

Anisha Dalal, who chairs the city's Redistricting Commission, said that in drawing political boundaries, a key consideration is ensuring that communities of interest, which share a common way of life, are kept together. To figure out what those communities are, she said the commission needs to hear from residents.

"It's so important for them to help us commissioners understand what is important to them in their neighborhoods and their communities and to give us ideas on how

**"It's so important for [residents] to help us commissioners understand what is important to them in their neighborhoods and their communities and to give us ideas on how to best combine different neighborhoods into districts."**

**ANISHA DALAL**

**Chair, City of San Diego Redistricting Commission**

to best combine different neighborhoods into districts," Dalal said.

The city's redistricting effort carries extra significance this year because for the first time since the 1960s, a new council district will be carved out, in order to comply with Proposition D approved by city voters in June 2010. Populations will have to be shifted from the existing eight districts in order to create the ninth district, so some residents may find themselves voting in a new district in the future.

The city's seven-member Redistricting Commission has the sole authority to adopt a new map. The commissioners are city residents selected by a panel of two retired judges, partly for their ability to represent the city's diversity. One of the commissioners is Theresa Quiroz, a City Heights community activist.

### Public participation

By law, the redistricting process must involve extensive public outreach. The city's Redistricting Commission has been holding public hearings and meetings for months. It has also translated materials into Spanish, Tagalog and Vietnamese.

In July, the commission plans to release a preliminary map and hold a series of public hearings on it.

Based on the feedback, changes may be made. The commission's goal is to finalize the map in August.

So far, community groups, such

as the Latino Redistricting Committee and the San Diego County Taxpayers Association, have submitted a dozen redistricting proposals for the commission to consider.

Meanwhile, the public is encouraged to send in comments by phone or email and to attend commission meetings.

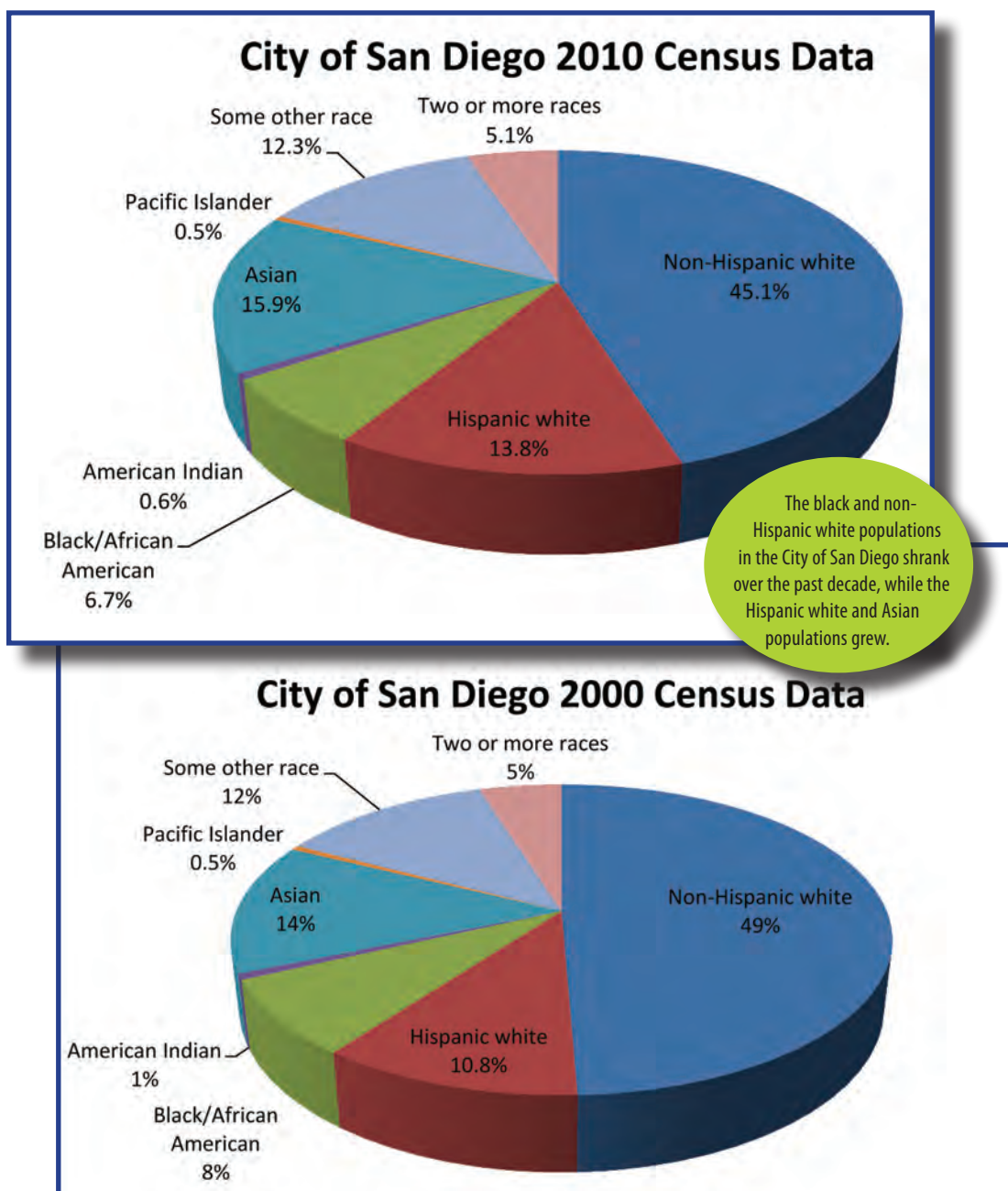
### Population shifts make redistricting necessary

One of the key reasons why redistricting has to be done every ten years is due to population shifts.

Over time, political districts gain or lose residents. Their demographic profiles also change.

Therefore, boundaries have to be adjusted to take into account the changes.

Between 2000 and 2010, the city's population grew by 6.9 percent to 1,307,402 and became even more diverse. Hispanics and Asians accounted for much of the growth. Overall, Hispanics comprised 28.8 percent of the city's residents in 2010, up from 25.4 percent in 2000. Asians made up 15.9 percent of the city's population in 2010, up from 13.6 percent in 2000. Meanwhile, the number of blacks and non-Hispanic whites declined.



### How to give input on redistricting

City of San Diego Redistricting Commission  
**Website:** [www.sandiego.gov/redistricting](http://www.sandiego.gov/redistricting)  
**Email:** [redistricting\\_2010@sandiego.gov](mailto:redistricting_2010@sandiego.gov)  
**Phone:** (619) 533-3060

## San Diego's population grew and became even more diverse

Over the past decade, the city's population increased by 6.9 percent. The fastest growing groups were Hispanics and Asians.

City of San Diego	Total Population	Asian	Black/African American	White	Hispanic/ Latino	Non-Hispanic
2000 Census	1,223,400	166,968	96,216	736,207	310,752	912,618
2010 Census	1,307,402	207,944	87,949	769,971	376,020	931,382
% Change	6.9 %	25 %	-8.6 %	4.6 %	21 %	2.1 %

# Trojan Avenue gets extreme makeover

Before and after photos of a home on Trojan Avenue that was repainted as part of the Summer 2011 FaceLift. Photos courtesy of Facelift



before



after

The street is clean, sidewalks are landscaped, and homes are freshly painted on the 5300 block of Trojan Avenue, thanks to the Summer 2011 FaceLift.

The semiannual event attracted more than 700 volunteers – about half from City Heights – to the Colina Park neighborhood on June 11. Teams removed trash, painted 12 homes, built three fences, landscaped parkways, and painted every iron fence on the block.

The project was organized by the FaceLift Committee and City Heights resident Linda Pennington with the assistance of Community HousingWorks. Materials were provided by grants from the City Heights Project Area Committee, non-profits, and businesses. Homeowners helped by the project were low-income, disabled, or elderly, and they participated during FaceLift to the best of their ability.

The Chen family received an extra special surprise during FaceLift. Wells Fargo paid for the Cambodian family of nine to receive all new appliances. Ms. Chen said through an interpreter that she was so thankful and happy and felt like “she was on ‘Extreme Makeover: Home Edition.’”



Above: During the Summer 2011 Facelift, a Cambodian family of nine, the Chens, received all new appliances paid for by Wells Fargo. Photo courtesy of Facelift



About 700 volunteers of all ages participated in the Summer 2011 Facelift. Photos courtesy of Facelift



# Free online homework help

*Ayuda gratuita en línea para las Tareas Escolares*



A free, online tutoring program offered by the San Diego Public Library helps students excel on their homework assignments.

Photo courtesy of the San Diego Public Library

*To access it, all you need is a library card*

By Helen Gao  
City Heights Life

Children often turn to their parents for help when they struggle with school assignments. What if their parents don't have the time or knowledge to assist them? Students who find themselves in a bind can take advantage of free, online homework help offered by the San Diego Public Library.

The HelpNow! program is available 1 p.m. to 10 p.m. daily to anybody with a library card. The one-on-one service connects students in kindergarten through college, as well as adult learners, with tutors who are experts in math, science, English and social studies. Spanish-speaking tutors are available.

Students can access the service from their home computer or any library computer via the Internet at [www.sandiego.gov/public-library/services/hwcenter.shtml](http://www.sandiego.gov/public-library/services/hwcenter.shtml). To use the service, all they have to do is enter their library card number.

Tutors and students interact via live chat. Tutors can demonstrate problem-solving using a virtual whiteboard. Besides homework help, they can give feedback on essays and resumes. All tutors have four-year college degrees and have taken a proficiency test to determine their expertise in a particular subject area and their ability to convey ideas clearly in an online environment. To ensure student safety, all tutors have also undergone criminal background checks.

HelpNow! is created by Brainfuse, an education company founded in 1999. Brainfuse provides homework help programs to libraries nationwide.

Getting free homework help is easy. To connect with college-educated tutors in math, science, English and social studies, visit [www.sandiego.gov/public-library/services/hwcenter.shtml](http://www.sandiego.gov/public-library/services/hwcenter.shtml). The free service is available 1 p.m. to 10 p.m. daily.

*Solo necesitas una tarjeta de la biblioteca*

Por Helen Gao  
City Heights Life

*Los niños usualmente les piden a sus padres ayuda con sus tareas escolares. Pero, ¿qué sucede si los padres no tienen el tiempo o no saben cómo ayudarlos? Los estudiantes con este problema pueden aprovechar la ayuda gratuita en línea que ofrece la Biblioteca Pública de San Diego.*

*El programa HelpNow! está disponible diariamente de 1 p.m. a 10 p.m. para toda persona que tenga tarjeta de la biblioteca. El servicio individualizado pone en contacto a estudiantes de kindergarten, universitarios y adultos con tutores expertos en matemáticas, ciencias, inglés y estudios sociales. También cuenta con tutores que hablan español.*

*Los estudiantes pueden utilizar el servicio a través del internet desde su casa o en las bibliotecas visitando [www.sandiego.gov/public-library/services/hwcenter.shtml](http://www.sandiego.gov/public-library/services/hwcenter.shtml). Para usar el servicio solo tienen que introducir el número de su tarjeta de la biblioteca.*

*Tutores y estudiantes interactúan a través de conversaciones en línea en tiempo real. Los tutores utilizan un pizarrón virtual para enseñar cómo resolver problemas. Además de ayuda con las tareas también pueden ayudar a los estudiantes con sus ensayos y resúmenes. Todos los tutores son profesionales graduados de la universidad que fueron examinados para determinar sus conocimientos en cada materia y su habilidad para comunicar ideas claramente en línea. Para asegurar la seguridad de los estudiantes, también se verificó el historial policivo de cada tutor.*

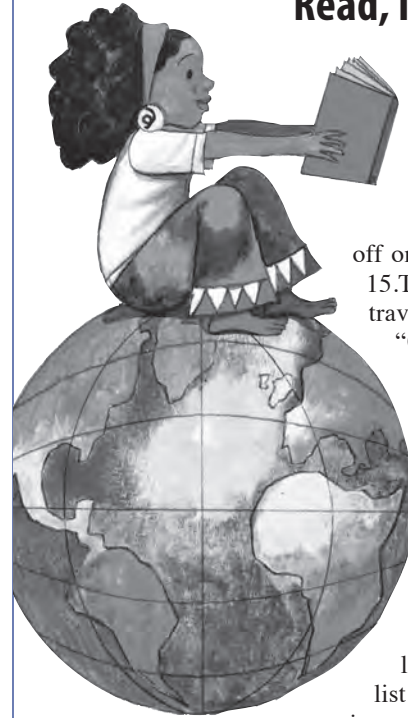
*HelpNow! fue creado por Brainfuse, compañía educativa fundada en 1999. Brainfuse proporciona programas para ayudar en las tareas escolares a bibliotecas de todo el país.*

Encontrar ayuda para la tarea es fácil

Para contactar a tutores profesionales en matemáticas, ciencias, inglés y estudios sociales visita [www.sandiego.gov/public-library/services/hwcenter.shtml](http://www.sandiego.gov/public-library/services/hwcenter.shtml). Servicio gratuito disponible diariamente de 1 p.m. a 10 p.m.

## EDUCATION BRIEFS

### Read, learn and earn rewards



As part of its Summer Reading Program, the San Diego Public Library will reward participants of all ages with various prizes for logging the books they read or the number of hours spent reading.

The reading program was kicked off on June 15 and will run through Aug. 15. This year's overall theme is world travel. Specifically, the theme is dubbed "One World, Many Stories" for children up to age 11 and "You Are Here" for young adults aged 12-18. For adults, the theme is "Novel Destinations."

Participants can sign up for the Summer Reading Program online at [www.sandiegolibrary.org](http://www.sandiegolibrary.org) or offline at any library, but online registration is preferred because it's easier for participants to log the amount of time spent reading, list names of books read, write book reviews, and read others' reviews.

### Hoover High teacher named NFL Teacher of the Year

Burt Grossman, a former San Diego Chargers defensive end who works with at-risk youths at Hoover High School, was honored as the 2011 NFL Teacher of the Year on June 14.

Grossman, 44, started at Hoover last September in the Cardinals Connect program, which provides support to the neediest students. He works as a sort of life-skills coach helping his young charges deal with everything from gang violence to family dysfunctions. He relates well to the students because he also grew up in tough circumstances.

The NFL Teacher of the Year award recognizes former NFL players turned educators. The award comes with \$5,000 for Grossman and \$5,000 for Hoover.

In June Grossman also traveled to Washington D.C. to join U.S. Secretary of Education Arne Duncan for a panel discussion on the value of teaching.

### Youth Build trains young adults for construction careers

Young adults who want to earn their high school diploma while making money and learning the construction trade are invited to join the Youth Build program administered by the San Diego Labor Council.

Funded by the U.S. Department of Labor, Youth Build is geared toward legal residents aged 18 to 24 who lack a high school diploma. Program participants go through a nine- to 12-month course and alternate two weeks of work with two weeks of school. Students are paid for participation and can earn extra money for meeting monthly goals.

Participants must attend a recruitment meeting in order to start class. A meeting is scheduled for 10 a.m., July 12. To reserve a spot, call (619) 283-5411. The Labor Council is located at 4305 University Ave., Suite 340, in City Heights.

### Hoover gets new athletic facilities

By Aug. 1, the San Diego Unified School District expects to finish installation of a new synthetic turf field and all-weather track at Hoover High School, but these improvements account for only a small portion of the \$11.4 million that will be spent to enhance Hoover's athletic facilities.

Upgrades for the football stadium include: new bleachers, a press box, an elevator for handicap accessibility, a building with a ticket office, restrooms and concession stand, an equipment storage area, lighting, a scoreboard and goal posts. Upgrades for the baseball field include: new dugouts, bleachers, a memorial wall to honor baseball player and Hoover graduate Ted Williams, a backstop and fencing, a scoreboard, and a landscape equipment storage building.

In addition, plans call for a new girls' softball field, a main pedestrian route from El Cajon Boulevard to the athletic facilities, a new parking lot and upgrades for the landscape irrigation systems.

Funding for the project comes from Proposition S, a \$2.1-billion school bond measure approved by San Diego voters in November 2008.



BUSINESS SPOTLIGHT Cơ Sở Thương Mại Nổi Bật



Dược thảo dùng để chữa bệnh Gan.



Ông Lý Tâm điều hành Cơ Sở Xuân Sanh Đường Chinese Herb & Tea, ở vùng City Heights. Tên của Tiệm Thuốc Bắc, được dịch sơ, nghĩa là "Mùa Xuân Trở Lại"

Top left: Herbs that are used to treat liver ailments. Above: Tam Ly manages the family's business, Xuan Sanh Duong Chinese Herb & Tea, in City Heights. The name of the herbal store, loosely translated, means "Spring Born Again."

Photo/City Heights Life

*Vietnamese family brings Chinese herbs to City Heights*

Tam Ly and his sister-in-law Ms. Ly (who asked to be identified only by her last name) can remember boarding a small boat in 1980 to flee communist rule in Vietnam. Two of their younger family members were killed in the rough seas. Eventually the Ly family was accepted for political asylum in the United States and located by the government to City Heights.

They brought with them the knowledge of four generations of herbalists in the Ly family. Herbs have been an important part of Chinese culture for thousands of years and are used to treat a variety of maladies. These traditions were passed to the Vietnamese through hundreds of years of Chinese occupation and international trade.

The Ly family's first business was a bakery, opened on El Cajon Boulevard in 1983, which still stands today. Encouraged by its success, the Ly's opened Xuan Sanh Duong Chinese Herb & Tea next door. Loosely translated, the name of the store means "Spring Born Again." It is modeled after the shop they owned in Vietnam. A bank of authentic wood drawers holds hundreds of herbal remedies. Tam even uses a Chinese abacus, an ancient calculation tool, to balance the books at the close of each business day.

All products are purchased through wholesalers in the United States with many containing both English and Chinese instructions. Tam said most of his customers are Vietnamese and Chinese immigrants, but he does serve customers of all backgrounds. They come seeking remedies for all sorts of issues: to help them sleep better, develop healthier skin and hair, and relieve illnesses.

Tam pulled out one drawer with multiple solutions for treating liver problems. Other herbs are available for relieving pain as serious as cancer.

Su Nguyen, founder and executive director of the Little Saigon Foundation and translator for this story, said herbs are preferred by many of its users because there are fewer side effects.

The Ly family still lives in City Heights and runs both the bakery and herbal store. Some of their kids have grown up and moved to other communities, but the Lys are committed to running the businesses until they are physically no longer able. Su said this is the traditional Vietnamese way; they do not make plans for retirement.

Xuan Sanh Duong Chinese Herb & Tea is located at 4639 El Cajon Blvd in City Heights.

— Staff report

**Một gia đình Việt Nam mang thuốc Bắc đến vùng City Heights**

Lý Tâm và người chị dâu Cô Lý (muốn yêu cầu nêu tên họ) có thể hồi tưởng leo lên một chiếc thuyền nhỏ vào năm 1980 để thoát khỏi Cộng Sản Việt Nam. Hai thành viên trẻ của gia đình bị chết vì bão trên biển. Sau đó họ được chấp thuận cho tị nạn ở Hoa Kỳ và định cư ở vùng City Heights.

Họ mang theo kinh nghiệm 4 đời về thuốc bắc của gia đình. Dược thảo có một phần quan trọng trong văn hóa của người Trung Hoa từ hàng ngàn năm và chữa được nhiều bệnh tật khác nhau. Phong tục này được truyền qua Việt Nam vì sự chiếm đóng của người Trung Hoa hàng trăm năm và buôn bán qua lại.

Gia đình họ Lý bắt đầu mở một tiệm bánh trên đường El Cajon Blvd vào năm 1983, tiệm này phát triển thành công đủ để họ mở thêm tiệm Thuốc Bắc Xuân Sanh Đường. Được dịch sơ tên của tiệm là "Mùa Xuân Trở Lại" được đặt theo tên tiệm mà họ làm chủ khi còn ở Việt Nam. Một tủ có nhiều ngăn kéo bằng gỗ chứa hàng trăm dược thảo trị bệnh. Tâm vẫn còn sải bàn tính, một dụng cụ tính toán cổ xưa để quyết toán sổ sách mỗi ngày sau khi đóng tiệm.

Tất cả hàng hóa được mua từ các đại lý phân phối ở Hoa Kỳ có kèm theo hướng dẫn bằng tiếng Anh và Tiếng Hoa. Ông Tâm nói rằng phần đông khách hàng là di dân người Việt và người Hoa nhưng ông cũng phục vụ tất cả mọi người bất kể nguồn gốc. Họ đến kiếm các phương thuốc cho nhiều vấn đề: giúp họ ngủ được, dưỡng da, tóc, và chữa lành bệnh.

Ông Tâm kéo ra ngăn kéo có nhiều phương pháp để trị gan. Các dược thảo khác cũng có để giảm đau cho các bệnh nghiêm trọng như ung thư.

Ông Nguyễn Thế Sử, Người Sáng Lập và Giám Đốc Điều Hành Little Saigon Foundation và cũng là người dịch cho câu chuyện này, nói rằng dược thảo là lựa chọn của nhiều người vì không bị ảnh hưởng phụ khi dùng.

Gia đình Lý vẫn còn ở vùng City Heights và điều hành cả tiệm bánh và Dược Thảo. Vài người con của họ đã lớn và di chuyển ra ở vùng khác, nhưng gia đình họ Lý sẽ quyết tâm điều hành các cơ sở này đến khi sức khỏe của họ không cho phép. Ông Sử nói rằng đây cũng là đây cũng là một cách Việt Nam; họ không lên kế hoạch về hưu.

*Xuan Sanh Đường nằm ở 4639 El Cajon Blvd vùng City Heights*

Choosing the right bank for your business

*It's critical to your success*

As a business owner, one of the most important decisions you make is selecting the best bank for your business. A good banking relationship can be extremely important to your success. Having a banker who is interested in and supportive of your business can really help you thrive, but what is the best way to find the right bank for your business?

First, determine what financial services you need. Most businesses need the following:

- Deposit processing
- Letters of credit
- Lock boxes
- Borrowing
- Cash management
- Check writing
- Credit and debit card processing

Your business is unique, so choose a bank that best satisfies your particular needs. Contact other business owners in City Heights and find out where they bank, why they chose their bank, and if they are happy with it. Then make a list of the financial institutions that you wish to meet with and set up appointments. Make sure you ask to meet with the banking representative that you would actually work with if you selected that bank.

Go to the meetings with a list of questions prepared in advance. The list should include the following:

- Does the bank have a special department for business customers?
- Does the bank provide services you are interested in and what does it charge for the services?
- How do the online banking services work? Ask for a demonstration.
- Does the bank offer special incentives or discounts to its new customers?
- Can the banking representative come visit your business to better understand your needs, including your future borrowing needs?
- Can the bank provide references from other businesses that use its services?

You should meet with at least three different banks. Once you have finished all of your meetings and checked references, make the decision. Be sure to continue meeting with your banking representative at least every few months to inform your banker of any new needs or service problems.

— Staff report



## Community HousingWorks ayuda a los propietarios de vivienda en problemas a evitar el juicio hipotecario (foreclosure)

Por Krista Culhane  
Community HousingWorks

Community HousingWorks (CHW), organización sin fines de lucro con oficinas en City Heights y Escondido ofrece asesoría y capacitación a los propietarios que tienen problemas para cumplir con sus obligaciones hipotecarias. El Foreclosure Intervention Center de CHW atiende las necesidades de estos prestatarios con una línea completa de servicios de asesoría, referencias para recursos adicionales y talleres educativos diseñados específicamente para ayudar a prevenir el juicio hipotecario.

Los propietarios de vivienda reciben ayuda personalizada a través de un plan de acción que puede incluir referencias para servicios externos tales como asesoría pre-bancarrota, asistencia fiscal, remedios legales y programas de asistencia financiera.

Después de la primera sesión de entrenamiento y de que CHW reciba el paquete completo de información del cliente, el personal analizará la información a través de plataformas tecnológicas nacionales que han sido creadas por agencias como CHW de todo el país. Si el plan de acción requiere de una modificación de préstamo o un acuerdo por morosidad, los especialistas de mitigación de pérdidas ayudarán al prestatario a modificar su hipoteca. Todos los servicios del Foreclosure Intervention Center son gratuitos, con la excepción de los gastos relacionados con reportes de crédito, copias y/o el Reporte Distressed Neighborhood.

Existen muchas opciones para los propietarios de vivienda con problemas económicos. Cada banco tiene sus propios programas y requisitos. El gobierno federal también ayuda a quienes califiquen. El programa más reciente a disposición de los propietarios de vivienda en problemas de California se llama "Keep Your Home California". Este programa de dos billones de dólares ofrece asistencia a familias de bajos o medianos recursos que atraviesan problemas económicos, debido a situaciones tales como desempleo o incapacidad médica temporal.

Desde el 2007, cuando CHW comenzó a ayudar a los propietarios de vivienda a permanecer en sus casas, el 95% de los propietarios que recibieron modificaciones de préstamo han seguido pagando sus hipotecas a tiempo y todavía viven en su casa. Debido a su éxito, CHW fue parte de una serie de artículos publicados por Freddie Mac llamada "Best Practices in Foreclosure Intervention Counseling". El equipo de asesores certificados de la agencia también se ha hecho acreedor de otros reconocimientos: el premio "Distinguished Organization" del 2010 del Colegio de Abogados de San Diego y un premio de primer lugar por "Defensoría, Cambio Social y Diversidad de Planificación" de la Asociación Americana de Planificación, capítulo de San Diego.

Las oficinas de Community HousingWorks' en City Heights están ubicadas en 4305 University Ave., Suite 550. Para más información llamar al (619) 282-6647 o visite [www.chworks.org](http://www.chworks.org).

— Krista Culhane es la gerente de relaciones públicas y mercadeo de Community HousingWorks.

## Community HousingWorks helps struggling homeowners avoid foreclosure

By Krista Culhane  
Community HousingWorks

Community HousingWorks (CHW), a nonprofit organization with offices in City Heights and Escondido, offers counseling and coaching services to homeowners struggling to meet their mortgage debt obligations. CHW's Foreclosure Intervention Center addresses the needs of these borrowers with a comprehensive line of counseling services, referrals to additional resources, and educational workshops designed specifically to help prevent foreclosure.

Homeowners seeking counseling receive one-on-one help resulting in an action plan that may include referrals to outside service providers for pre-bankruptcy counseling, tax assistance, legal remedies, and financial assistance programs.

After an initial coaching session and once CHW has received a complete package of information from a client, the staff uploads the data using national technology platforms that have been created for agencies like CHW around the country. If the action plan calls for a loan modification or forbearance, loss mitigation specialists will act as advocates to assist the borrower in modifying his mortgage. All services of the Foreclosure Intervention Center are free, with the exception of the costs related to a credit report, in-house copies, or a Distressed Neighborhood Report.

Many options exist for financially-strapped homeowners. Each bank has its own program and eligibility criteria. The federal government also assists those who qualify. The most recent program available to struggling homeowners in California is called "Keep Your Home California." This \$2 billion program provides assistance to low- or moderate-income families going through financial hardships, such as unemployment or temporary medical disability.

Since 2007, when CHW began helping struggling homeowners retain their homes, 95 percent of all homeowners who received loan modifications have continued to make their mortgage payments on time and are still living in their home. As a result of its success, CHW has been featured in a Freddie Mac publication series called "Best Practices in Foreclosure Intervention Counseling." The agency's team of certified counselors also has won other recognitions: the 2010 Distinguished Organization award from the San Diego County Bar Association and a first place award for "Advocacy, Social Change, and Diversity Planning" from the San Diego section of the American Planning Association.

Community HousingWorks' City Heights office is located at 4305 University Ave., Suite 550. For more information, call (619) 282-6647 or visit [www.chworks.org](http://www.chworks.org).

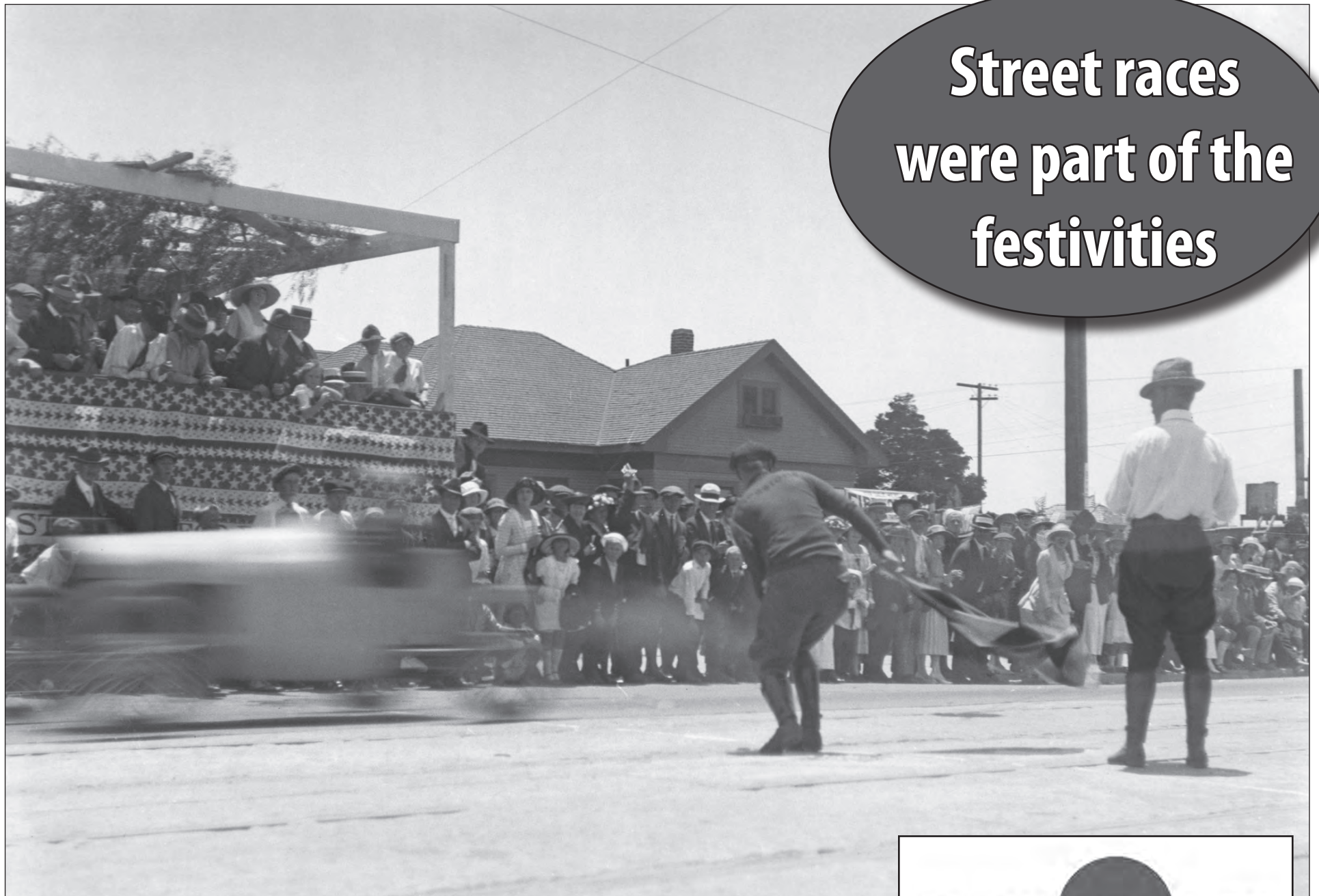
— Krista Culhane is the public relations and marketing manager for Community HousingWorks.

El personal de Community HousingWorks ayuda a los propietarios de vivienda a tener acceso a una variedad de servicios y programas para evitar que pierdan sus casas. Foto cortesía de Community HousingWorks

Above: The staff of Community HousingWorks helps homeowners access a variety of services and programs to avoid foreclosure. Photo Courtesy of Community HousingWorks



# Celebrating Fourth of July ... in 1913



Street races  
were part of the  
festivities

As part of Fourth of July festivities in the early decades of the 20th century, street races were held in City Heights. This historical photograph shows cars crossing the finish line on University Avenue on July 4, 1921. **Photo courtesy of the San Diego History Center. The non-profit San Diego History Center, located in Balboa Park, is dedicated to helping people of all ages learn about, and enjoy, the history of San Diego, and to appreciate how our past, present, and future are interrelated.**

SAN DIEGO HISTORY CENTER

By Jon Luna

City Heights Life History Columnist

When I think of celebrating July 4, the first thing that comes to mind is also one of the things I hold close to my heart – fireworks. As a City Heights resident, on Independence Day, you are sure to hear fireworks in the distance, typically coming from Qualcomm Stadium. Sadly in City Heights, we do not get to experience such a celebration close to home. It was not always so.

On July 4, 1913, City Heights celebrated its first July 4 as an incorporated city known as East San Diego. Unlike today's quiet streets and lack of local fireworks, City Heights was known then to celebrate Independence Day without holding back. American flags were hung everywhere, in store windows and on street lamps and homes, to demonstrate patriotism. Thousands were expected to attend the City Heights Fourth of July festival.

**“How we celebrate July 4 today here in City Heights may have changed, but the change has occurred not just in our neighborhood. A broader shift in American culture has taken place.”**

JON LUNA  
City Heights native

Apartments and rooming houses were filled with visitors anxious to partake in the festivities.

At 8:30 in the morning, the first event of the celebration took place – street races held on University and Fairmount avenues. These street races were not just ordinary races. There were automobile, motorcycle, bicycle, horse, and even wheelbarrow and sack races. Winners received

various prizes, such as motor oil, tires, or cash purses. After the races, visitors could look forward to a six-round boxing bout or a wrestling match. If boxing did not suit their fancy, they could attend the street carnival or enter the costume contest in hopes of winning a cash prize. In addition to these attractions, there was the grand mask ball at Fairmount Hall. Of course, no July 4

celebration would be complete without fireworks, which were set off on Fairmount Avenue and could be seen from anywhere in City Heights.

With such a huge festival, one would expect the need for a large security force. Instead the occasion called for a kangaroo court. This “court” was made up of a police patrol of 20 pretty young women and attracted the inter-

est of visitors. These girls wore white uniforms, paper caps and police badges. They all carried a pistol and could bring violators of the law to a courtroom, which had a young female judge as well.

How we celebrate July 4 today here in City Heights may have changed, but the change has occurred not just in our neighborhood. A broader shift in American culture has taken place. Now it is the cultural norm to relax in the backyard, at the beach or park with family and friends, rather than attend a carnival on University Avenue.

— *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.*

# What's going on?

## ¿Qué está pasando?

Submit your events to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).  
For a complete calendar, visit [www.cityheightslife.com](http://www.cityheightslife.com).

# July

<p><b>7</b> <b>5 p.m. to 7 p.m.</b> City Heights Wellness Center Parenting Program Discussion Nights (619) 321-2920</p> <p><b>7 p.m.</b> City Heights Urban Village Performance Annex Movie: Tangled (619) 641-6103</p> 	<p><b>8</b> <b>2 p.m. to 6 p.m.</b> Mid-City Gymnasium Teen Center Activities (619) 516-3082</p> <p><b>6 p.m.</b> City Heights Urban Village Performance Annex Concert: "Ritmo Caribe" (619) 641-6103</p>	<p><b>9</b> <b>8:30 a.m. to 3:30 p.m.</b> 4305 University Ave., San Diego, CA 92105 Suite 610 Financial Fitness-English Register call (619) 282-6647 ext 5466 Fee: \$20 (or \$10 for HBE Graduates)</p> 	<p><b>11</b> <b>5 p.m. to 6 p.m.</b> City Heights Wellness Center Healthy Lifestyle Nutrition (619) 321-2920</p> <p><b>2 p.m. to 3 p.m.</b> Mid-City Gymnasium PEE WEE Sports (619) 516-3082</p> 	<p><b>12</b> <b>8 a.m. to 10 a.m.</b> City Heights Wellness Center Mid-City CAN Networking Meeting (619) 516-3082</p> <p><b>1:30 p.m. to 2:30 p.m.</b> Mid-City Gymnasium Zumba (619) 516-3082</p>	<p><b>13</b> <b>2:30 p.m. to 4 p.m.</b> CH Wellness Center Martial Arts Class (619) 321-2920</p> <p><b>6 p.m. to 7:15 p.m.</b> Mid-City Gymnasium SD Special Olympics (619) 516-3082</p>
<p><b>14</b> <b>7 p.m.</b> Urban Village Performance Annex Movie: Chronicles of Narnia — The Voyage of the Dawn Treader (619) 641-6103</p> <p><b>6 p.m. to 7:30 p.m.</b> Hamilton Elementary School Dad's Club (619) 795-2036</p> 	<p><b>15</b> <b>5 p.m. to 6 p.m.</b> Mid-City Gymnasium Step, Circuit Training and Meditation (619) 516-3082</p> <p><b>6 p.m. to 9 p.m.</b> City Heights Rec Center/ Mid-City Gymnasium, CALGRIP Friday Teen Night, Ages: 12-18 years old (619) 641-6125</p>	<p><b>16</b> <b>10 a.m. to 11 a.m.</b> City Heights Farmer's Market Fairmount &amp; Wightman Aerobics, (619) 516-3082</p> <p><b>1 p.m. to 6 p.m.</b> City Heights Performance Annex 1st Annual CHOP Celebration (619) 717-7860</p>	<p><b>18</b> <b>11 a.m. to 1 p.m.</b> CH Wellness Center Breastfeeding/ Nutrition Support Group (619) 321-2920</p> <p><b>4:30 p.m. to 5:30 p.m.</b> Mid-City Gymnasium Kickboxing (619) 516-3082</p>	<p><b>19</b> <b>12 p.m. to 1 p.m.</b> Mid-City Gymnasium Pilates/ Abs Training (619) 516-3082</p> <p><b>6 p.m. to 7:30 p.m.</b> Central Elementary School Dad's Club (619) 795-2036</p>	<p><b>20</b> <b>1 p.m. to 2 p.m.</b> City Heights Wellness Center Exercise Program (619) 321-2920</p> 
<p><b>21</b> <b>12 p.m. to 1 p.m.</b> Mid-City Gymnasium Steps Exercise (619) 641-6100</p> <p><b>7 p.m.</b> City Heights Urban Village Performance Annex Movie: Despicable Me (619) 641-6103</p>	<p><b>22</b> <b>9 a.m. to 4 p.m.</b> 4305 University Avenue, San Diego, CA 92105 Suite 640 Alliance for Justice Advocacy &amp; Lobbying Training in English with Somali &amp; Vietnamese translation, RSVP on <a href="http://midcitycan.eventbrite.com">midcitycan.eventbrite.com</a> six days before event</p> <p><b>6 p.m.</b> City Heights Urban Village Performance Annex Concert: Zzimzzy Quartet (619) 641-6103</p>	<p><b>23</b> <b>9 a.m. to 4 p.m.</b> 4305 University Avenue, San Diego, CA 92105 Suite 640 Alliance for Justice Advocacy &amp; Lobbying Training in Spanish with English translation RSVP on <a href="http://midcitycan.eventbrite.com">midcitycan.eventbrite.com</a> 6 days before event</p> <p><b>10 a.m. to 2 p.m.</b> City Heights Performance Annex City Ballet Free Dance Class (619) 641-6103</p>	<p><b>26</b> <b>4:30 p.m. to 6 p.m.</b> City Heights Swim Center Youth Water Polo Ages: 6-17 years old (\$25/month) (619) 641-6162</p>	<p><b>29</b> <b>6 p.m.</b> City Heights Urban Village Performance Annex Concert: An Evening with Visionary Dance &amp; Musical Theater (619) 641-6103</p>	<p><b>30</b> <b>9 a.m. to 5 p.m.</b> 4305 University Avenue, San Diego, CA 92105 Homebuyer Ed (HBE)- English, Register call: (619) 282-6647 ext 5465 HBE: \$60 (or \$30 for Financial Fitness Graduates)</p> 

# August

<p><b>1</b> <b>2 p.m. to 6 p.m.</b> Teen Center Activities Mid-City Gymnasium (619) 516-3082</p> <p><b>4:30 p.m. to 5:30 p.m.</b> Mid-City Gymnasium Kickboxing (619) 516-3082</p>	<p><b>2</b> <b>12 p.m. to 1 p.m.</b> Mid-City Gymnasium Pilates/ Abs Training (619) 516-3082</p> <p><b>2 p.m. to 6 p.m.</b> Teen Center Activities Mid-City Gymnasium (619) 516-3082</p>	<p><b>3</b> <b>4:15 to 5:15 p.m.</b> Mid-City Gymnasium, Arts &amp; Craft Class, Ages 4-17 years old (619) 516-3082</p> <p><b>4:30 p.m. to 5:30 p.m.</b> Mid-City Gymnasium Hi/Lo Aerobics (619) 516-3082</p>	<p><b>4</b> <b>12 p.m. to 1 p.m.</b> Mid-City Gymnasium Steps Exercise (619) 641-6100</p> <p><b>7 p.m.</b> City Heights Performance Annex Movie: Under the Same Moon (619) 641-6103</p>	<p><b>5</b> <b>2 p.m. to 6 p.m.</b> Mid-City Gymnasium Teen Center Activities (619) 516-3082</p> <p><b>6 p.m.</b> City Heights Performance Annex Concert: TranscendANCE (619) 641-6103</p>
<p><b>6</b> <b>8:30 a.m. to 3:30 p.m.</b> 4305 University Ave., San Diego, CA 92105 Suite 610 Financial Fitness-English Register call (619) 282-6647 ext 5466, Fee: \$20 (or \$10 for HBE Graduates)</p> <p><b>9 a.m. to 12 p.m.</b> 4035 University Ave, San Diego, CA 92105 Fairmount Aqua Farm-Free &amp; Open to the Public (619) 641-7510</p>	<p><b>8</b> <b>2 p.m. to 3 p.m.</b> Mid-City Gymnasium PEE WEE Sports (619) 516-3082</p> <p><b>4:30 to 5:30 p.m.</b> Mid-City Gymnasium Kickboxing (619) 516-3082</p>	<p><b>9</b> <b>1:30 to 2:30 p.m.</b> Mid-City Gymnasium Zumba (619) 516-3082</p> <p><b>2 p.m. to 6 p.m.</b> Teen Center Activities Mid-City Gymnasium (619) 516-3082</p>	<p><b>11</b> <b>2 p.m. to 6 p.m.</b> Mid-City Gymnasium Teen Center Open (619) 516-3082</p> <p><b>5 p.m.</b> City Heights Performance Annex Movie: Food, Inc. (619) 641-6103</p>	<p><b>12</b> <b>5 to 6 p.m.</b> Mid-City Gymnasium Step, Circuit Training and Meditation (619) 516-3082</p> <p><b>7 p.m.</b> City Heights Performance Annex Concert: City Ballet &amp; Tangocentric (619) 641-6103</p>

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.

## SUMMER CAMPS GALORE AT THE YMCA



The Copley YMCA, located at 3901 Landis St., is offering summer day camp from 6 a.m. to 6 p.m. for kids aged 5-12. The cost is \$140 per week for members and \$155 for non-members. Financial aid is available. For more information, call (619) 283-2251, or visit [www.copleyymca.org](http://www.copleyymca.org). The following is a schedule of camp activities:

**July 11-15** "Lights, Camera, Action!" Strike a pose, point and shoot with photography

**July 18-22** "Tech Time:" A media experience with computers

**July 25-29** "Winter Wonderland in the Summer:" Have a CHILLY good time in the heat of summer

**Aug. 1-5** "Earth Matters:" Nature rocks! Reduce, reuse and recycle it!

**Aug. 8-12** "Waterpalooza:" Splish, splash wild, water wonders!

**Aug. 15-19** "Extreme Adventures:" Trip, travel and train ...it's Y adventure time!

**Aug. 22-26** "Weird Science:" Sight, sound, smell, taste, touch... let your senses soar!

**Aug. 29-Sept. 2** "Y's Got Talent:" End the summer right and show off your skills!

[www.copleyymca.org](http://www.copleyymca.org)