

**A grand**



**Partnership for Children teams up to provide eye exams and prescription glasses to 5,000 elementary school kids**

*Partnership for Children realizará 5,000 exámenes de la vista en niños de primaria*

**By David Ogul**  
City Heights Life

When Edison Elementary School nurse Linda Barbod learned in June that the City Heights Partnership for Children and the UCSD Shiley Eye Center were teaming up to provide free vision exams for thousands of children at neighborhood campuses, she felt as though Christmas had arrived some six months early. "This is beyond my wildest dreams," Barbod said of the program that will result in every elementary school child in the

Hoover High cluster who needs glasses getting a pair for free. The program is targeting the 10 elementary schools that are part of the cluster. The first screenings took place at Adams Elementary on May 15. Screenings at the last four remaining campuses, Cherokee Point, Normal Heights, Rosa Parks and Edison, were scheduled to wrap up by June 29. By then,

**[ EYES, P2 ]**

**Por David Ogul**  
City Heights Life

*Cuando la enfermera de la Escuela Primaria Edison, Linda Barbod, se enteró de que la organización Partnership for Children de City Heights y el Centro Ocular Shiley de UCSD se aliaron para ofrecer exámenes gratuitos de la vista a miles de niños de las escuelas del vecindario, sintió como si hubiera llegado la Navidad con seis meses de anticipación. "Es mucho mejor de lo que hubiera podido soñar", dijo*

*Barbod acerca del programa a través del que cada niño de primaria del grupo de escuelas cuyos niños ingresan a la Preparatoria Hoover que necesite lentes, pueda obtener un par gratis. El programa se concentrará en 10 escuelas primarias que son parte de este grupo. Las primeras evaluaciones tu-*

**[ OJOS, P2 ]**

**Financial help, homebuying advice, available in new City Heights office**

**By Krista Culhane**  
Community Housing Works

Community Housing Works has opened a new office in the City Heights Square building where residents can obtain an abundance of services aimed at helping them manage their finances and lay the groundwork for buying a home. The new space offers a modern classroom which will be used for dif-

ferent courses each month. Financial Fitness and Homebuyer Class are offered most often. The sessions are geared toward anyone who has thought they can't handle or change their financial situation, or for those who never dreamed they could own a home.

Financial Fitness can help you

**[ FINANCES, P2 ]**



CHW offers Financial Fitness and Home Buyer classes to the public. Photo courtesy of CHW

**Ayuda financiera y consejos para comprar vivienda disponibles en la nueva oficina de City Heights**

**Por Krista Culhane**  
Community Housing Works

En la nueva oficina de Community Housing Works en el edificio City Heights Square, los residentes podrán tener acceso a una gran cantidad de servicios que podrán ayudarlos a manejar sus finanzas y a sentar las bases para comprar una casa.

La nueva oficina incluye un moderno salón de clases en el que se ofrecerán diferentes cursos cada mes. Salud Financiera y Cómo Comprar Vivienda serán las clases que se ofrecerán con mayor frecuencia. Las sesiones están dirigidas a cualquiera que haya pensado que no puede manejar o cambiar su situación

financiera o para aquellos que nunca soñaron poder ser dueños de una casa. Salud Financiera lo ayudará a mejorar su crédito, comunicarse con entidades de crédito, aumentar sus ahorros y disminuir deudas. Más de la mitad de las 2,000 familias y personas que se han graduado del programa, au-

mentaron sus puntajes de crédito y lograron disminuir sus deudas. De hecho, el 52% de los graduados aumentaron sus puntajes de crédito un promedio de 66 puntos en el año 2011. Salud Financiera es para usted si alguna vez:

**[ FINANZAS, P2 ]**



Cherokee Point Elementary Principal Godwin Higa gets to know each of his students by name. Photo courtesy of Speak City Heights

**City Heights campus leads way in school discipline reform**

**Por Megan Burks**  
Speak City Heights

*The following is an excerpt from a larger story posted on the Speak City Heights website at <http://www.speakcityheights.org/tag/school-discipline-reform/>*

At first, Ricardo Castillo didn't realize a laptop was missing from his fourth grade classroom at Cherokee Point Elementary School. It was a tip from one of his students that led campus officials to the bedroom of another 9-year-old boy.

There, the 9-year-old pulled his headboard away from the wall to reveal a hole burrowed into the drywall. The computer was placed inside for safekeeping.

Principal Godwin Higa elected not to pursue the traditional punishment that comes with such an offense: suspension from school. Instead, Higa sat with the boy in his office day after day, talking with him and helping the student keep up with his class assignments.

If the boy had been sent home, he not only would have missed valuable class time, he also would have missed the free breakfasts and lunches the school offers to low-income students. Besides, the child had the sense to hide the computer from his mother, who Castillo alleged might have sold it for drugs.

"He wanted that computer because he wanted to read," Castillo said. "I let him take books, but he wanted more."

For teachers and administrators at Cherokee Point, more school is always the solution. Last year, it had no out-of-school suspensions. Instead, Saturday school was more common for those getting in trouble.

That attitude has placed the City Heights campus on the cutting edge of a national movement to make school discipline more productive and less punitive. Staff and parents meet regularly and pore over resources to create a guidebook for discipline that actually works. Their goal is to take their results to the San Diego Unified school board to ad-

**[ DISCIPLINE, PX ]**



## EYES, from P1

some 5,000 children will have had their vision checked with hand-held auto refractors, a computer controlled machine that measures whether glasses are needed. Children diagnosed with less than 20-20 vision will be getting a second appointment for a full, dilated eye exam with a pediatric optometrist at the UCSD EyeMobile. Then they will be fitted for glasses.

An estimated 1,300 pairs of glasses will be distributed for free, said Iliana Molina, the EyeMobile's director. The spectacles will be ready in September. If a child is in a new school by then, the glasses will be sent the new campus.

The EyeMobile had run a similar

program, funded largely through the First 5 effort, but that was confined to preschoolers, Molina said.

Why bother?

"It's absolutely crucial that children can see," Molina said. "If they can't see, they can't read. If they can't read, they're not going to participate in school."

"It's a small investment," she said.

Kim Kossyta is the principal at Rowan Elementary School in the Fairmount Park neighborhood of City Heights. Screening of some 280 children there took place in early June. "I was ecstatic," she said.

The exams took about a half a day. All were done in the classroom. "Parents were very thankful," Kossyta said.

Barbod said that when she heard

the Partnership was setting up exams, she gathered and reviewed health records for all 600 or so kids at Edison to see which ones had shown symptoms of vision problems in the past. "I'm just really passionate about this," Barbod said. "When someone offers you a service like this, you'd be crazy not to take advantage of it."

Like most campuses in City Heights, Edison's enrollment is almost entirely composed of children from families living in poverty. Families that often can't afford for their children to have regular checkups. Families that often have trouble paying the bills, let alone paying for a pair of prescription glasses.

"We're very focused here on academics," Barbod said. "But how does anyone expect a child to learn if they

can't see."

Kossyta said that if a child already has a pair of glasses, he or she will get a second pair for free through the program.

The City Heights Partnership for Children is a grassroots organization that describes itself as "a community-based cross-sector working group focused on a common agenda: supporting children & youth, in and out of school, from cradle to college or career." It represents a community-wide recognition that it takes more than just schools to support and educate children.

It includes nonprofits, community-based organizations and schools. Among its partners are Price Charities, La Maestra Family Clinic, the JP Morgan Chase Foundation, the coun-

ty Department of Education and the San Diego Police Department.

Its goals are to ensure that children in City Heights are socially and academically prepared for kindergarten; that children are supported in and out of school so they are proficient readers by the third grade; that students achieve eighth-grade algebra proficiency before they enter high school; that children get the support they need to graduate from high school; and that youth can successfully launch into college, work, or training once they graduate high school.

"This is just the beginning of the kind of work that the Partnership will be doing for the children of City Heights," said Kossyta, who is an active participant in the Partnership.

## OJOS, de P1

vieron lugar en la Primaria Adams el 15 de mayo. Las evaluaciones en las cuatro escuelas restantes—Cherokee Point, Normal Heights, Rosa Parks y Edison—deben concluir el 29 de junio. Como resultado, 5,000 niños recibirán exámenes de la vista con autorefractores manuales, máquinas controladas por computadora que evalúan la necesidad de usar lentes. Los niños diagnosticados con visión por debajo de 20-20, pasarán a una evaluación más exhaustiva con un oftalmólogo pediátrico que incluye un examen con las pupilas dilatadas en el EyeMobile de UCSD. Al terminar la evaluación, se harán las mediciones necesarias para la confección de sus lentes.

De acuerdo a Iliana Molina, Directora del EyeMobile, se calcula que 1,300 pares de lentes serán dis-

tribuidos gratuitamente. Los lentes estarán listos en septiembre. Si alguno de los niños asiste a una escuela diferente, se enviarán los lentes a su nueva escuela.

De acuerdo a Molina, el EyeMobile ha sido utilizado en el mismo tipo de programa para examinar a niños de edad preescolar gracias al financiamiento del programa First 5,

¿Por qué preocuparse?

"Es absolutamente crucial que los niños puedan ver", dijo Molina. "Si no pueden ver, no pueden leer. Si no pueden leer, no van a poder participar en las actividades escolares". Ella opina que "es una pequeña inversión".

Kim Kossyta es la Directora de la Escuela Primaria Rowan del vecindario Fairmount Park de City Heights. Se examinaron a unos 280 niños de la escuela a principios de junio y ella reporta "haberse sentido muy contenta".

Los exámenes se realizaron en medio día. Todos fueron hechos dentro del salón de clases. "Los padres estaban muy agradecidos", dijo Kossyta.

Barbod dijo que cuando se enteró de que la organización se estaba preparando para las evaluaciones, reunió y analizó el historial médico de unos 600 niños de Edison para identificar a los que habían demostrado síntomas de problemas de la vista en el pasado. "Es algo que me apasiona", dijo Barbod. "Cuando alguien te ofrece un servicio como este, debes estar loco para no aprovecharlo".

Al igual que la mayor parte de las escuelas de City Heights, casi todos los alumnos de Edison pertenecen a familias que viven en la pobreza. Las familias muchas veces no pueden pagar para que sus hijos sean evaluados regularmente. Estas familias con frecuencia no pueden pagar sus cuentas, mucho menos pagar por un

par de lentes de prescripción.

"En la actualidad nos enfocamos mucho en la parte académica", dijo Barbod. "¿Pero cómo esperar que un niño aprenda si no puede ver?"

Kossyta dijo que si un niño tiene un par de lentes, recibirá un segundo par gratis a través del programa.

La organización Partnership for Children de City Heights se describe a sí misma como un "grupo de trabajo intersectorial comunitario con una agenda común: apoyar a los niños y a la juventud dentro y fuera de la escuela, desde la cuna hasta la universidad o cuando adquieran una profesión". Representa el reconocimiento comunitario de que se necesita más que solo escuelas para apoyar y educar a los niños.

La alianza incluye organizaciones sin fines de lucro, organizaciones comunitarias y escuelas. Entre las organizaciones asociadas podemos mencionar a Price Charities, a la Clínica Familiar La Maestra,

la Fundación JP Morgan Chase, el Departamento de Educación del Condado y el Departamento de Policía de San Diego.

Sus objetivos son asegurar que los niños de City Heights estén social y académicamente preparados para el kindergarten, que los niños reciban apoyo dentro y fuera de la escuela para que puedan ser lectores competentes al ingresar al tercer grado, que los estudiantes alcancen un nivel de competencia en álgebra de octavo grado antes de ingresar a la preparatoria, que los niños reciban el apoyo que necesitan para graduarse de la preparatoria y que los niños puedan optar exitosamente por asistir a la universidad, trabajar o recibir capacitación vocacional cuando se gradúen de la preparatoria.

"Este es solo el principio del trabajo que la organización Partnership está haciendo por los niños de City Heights", dijo Kossyta quien participa activamente en la alianza.

## FINANCES, from P1

improve your credit, deal with creditors, boost savings and decrease debt. More than half of the 2,000 families and individuals who have graduated from the program have increased their credit scores and lowered their debt. In fact, 52% of graduates increased their credit score by an average of 66 points in 2011.

Financial Fitness is for you if you have ever:

- Wanted useful budgeting tools and money-saving tips;
- Had financial goals but did not know where to begin;
- Wondered which debts to pay off first;
- Wanted to understand your own credit information and ways to protect your identity;
- Wanted to become financially fit.

CHW's Homebuyer Class is an 8-hour, HUD-

certified course for first-time homebuyers that can qualify you for reduced rates with some lenders and help you obtain low-cost, downpayment loans. The class answers common homebuyer questions, such as:

- What price can I afford for my home?
- How can I qualify for a loan?
- How do I fix my credit?
- What exactly is the home-buying process?
- How do I get the most out of my Real Estate Agent and title and escrow company?
- How can I get help with downpayment and closing costs?
- What kind of insurance will I need?
- What do I need to know about home maintenance?

Both classes are taught in both English and Spanish. Call 619-282-6647, ext. 5465, email classes@chworks.org, or go online to www.chworks.org to register, or to find out further



CHW offers Financial Fitness and Home Buyer classes to the public. Photo courtesy of CHW

## FINANZAS, de P1

• Ha deseado contar con herramientas útiles para elaborar su presupuesto y consejos para ahorrar dinero;

- Se ha trazado metas financieras pero no sabe por dónde comenzar;
- Se ha preguntado cuáles deudas debe pagar primero;
- Quiere comprender su información de

crédito y saber cómo proteger su identidad;

- Quiere ser financieramente saludable.

La clase Cómo Comprar Vivienda de CHW es un curso de 8 horas certificado por el HUD para quienes quieren comprar vivienda por primera vez, la clase puede ayudarlo a calificar para tarifas reducidas con algunos prestamistas y puede ayudarlo a obtener préstamos para el pago inicial a bajo costo. La clase da respuesta a preguntas comunes de los futuros compradores de vivienda, tales

como:

- ¿Qué precio puedo pagar por mi casa?
- ¿Cómo puedo calificar para un préstamo?
- ¿Cómo puedo mejorar mi crédito?
- ¿Qué exactamente implica el proceso de comprar una casa?
- ¿Cómo puedo maximizar los servicios de mi agente de bienes raíces, compañía de título y compañía de custodia?
- ¿Cómo puedo obtener ayuda con el pago inicial y los costos de cierre?

- ¿Qué tipo de seguro voy a necesitar?
- ¿Qué necesito saber acerca del mantenimiento del hogar?

Ambas clases se imparten en inglés y español. Llame al 619-282-6647, ext. 5465, escriba a classes@chworks.org o visite el portal www.chworks.org para inscribirse o para más información, incluyendo el horario de clases.

# Rosa Parks students honored for English skills



Kindergarten through 2nd grade students were recognized for their progress to become English proficient by the time they are in 3rd grade.

Photo courtesy of Edna Mikulanis



Sixty six Rosa Parks 3rd through 5th graders were reclassified as "fluent English proficient" at an after school celebration. Photo courtesy of Edna Mikulanis

## Estudiantes de Rosa Parks homenajeados por sus habilidades en inglés

Becoming English proficient is a large step in the lives of many City Heights elementary school students whose native language is something other than English. Rosa Parks Elementary School recently celebrated 66 students who made that step.

Research shows good language skills are critical to academic success, even in subjects such as math and science. Most schools in the San Diego Unified School District employ English language support specialists, such as Edna Mikulanis at Rosa Parks Elementary, to help English learners catch up with their native English-language speaking peers. Mikulanis was an English language learner herself as a youth and says helping kids learn English is her passion.

Mikulanis oversees a program at Rosa Parks that groups every child in the school with students of similar language ability, and they work on language development skills for 30 minutes each day. An integral part of the program is the English Learner's Advisory Committee (ELAC), a parent advisory group that works with the school to help ensure that each child's needs are met.

The committee's president, Rosi Rangel, says the program at Rosa Parks is a key to student success. Her oldest daughter, Fanny, now a sophomore at Hoover High, went through the program at Rosa Parks and was reclassified from "English learner" to "English proficient" as a third grader. She says the transition from learning English to becoming proficient changed Fanny's outlook on life.

"She started making goals for herself. She decided she wanted to attend a university and become a doctor or a lawyer," Rangel said.

Yolanda Chilapa has had two children promoted from Rosa Parks and has two more on the way. She says she noticed that once

her son, Luis, became proficient in English through the program, he had a more positive outlook, better understood expectations, and started helping classmates with their school work. His grades began to improve in all subjects.

City Heights resident Hermelinda Figueroa's granddaughter was recently reclassified from English learner to English proficient at Rosa Parks. She says what the reclassification means to her is that her granddaughter will be successful outside the classroom while maintaining her Mexican culture. Figueroa, like Chilapa and Rangel, is conversational only in Spanish. Since her granddaughter was raised in a home where Spanish is the primary language, she was classified as an English learner upon enrollment in kindergarten.

The first opportunity for a reclassification is in the third grade, after scores come back from the California Standards Test. Coupled with an English development test and a recommendation from the classroom teacher, students can be reclassified as English proficient if they meet the standards.

At a June event, students, families, and school personnel celebrated 66 Rosa Parks' third- through fifth-graders attaining the classification of English proficient and also celebrated 25 other students from kindergarten through second grade who've made great progress but haven't taken the California Standards Test yet. What the reclassification means in the future is that those 66 students will be grouped with other proficient learners who'll be challenged with more advanced curriculum to prepare them for middle and high school.

— Staff report

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— Staff report



# Skateboarding accident inspires push for park

By Marcos Olascoaga

City Heights Life Guest Columnist

*My name is Marcos Olascoaga. I am 18 years old.*

*As part of the Mid-City Community Advocacy Network Youth Council, I and others have taken the initiative of trying to get a skate park built in City Heights.*

*I just want to create a safe space for everyone in City Heights to go and skate.*

*The skate park is an important issue, and it means a lot to me; a year and a half ago I was hit by a SUV while riding my skateboard.*

*I was riding down the sidewalk and this guy was coming out of a driveway and I was hit.*

*He hit me hard on my left hip, and it just threw me onto the street and the sidewalk. I was hit pretty good. I started bleeding on my arm. I had a little bruise on my hip. This lady got out of her car on the street and helped pick me up.*

*I was kind of like out of it at the moment, so I actually just skated back home -- injured.*

*I told my mom what happened, and she was scared. My sister started crying. She took me to the emergency room right away to get me checked out.*

*Luckily, nothing was broken and I had no internal injuries.*

*But I still have a scar on my hip and a scar on my arm as well.*

*Two days after the accident, what needed to be done became clear to me in a moment of realization. We needed a safe place, a safe skate park, for people here in City Heights.*

*As part of the Mid-City CAN Youth Council, I took action.*

*I asked the Youth Council to create a plan: Who should we ask? How can we get funded? Who may be our opponents? Where should we put the skate park? What kind of time frame would we be looking at?*

*Working with the Mid-City CAN Youth Council, I am not alone.*

*Recently we had the District 9 candidates' forum, which included Marti Emerald and Mateo Camarillo. We asked them questions that focused on youth issues, including the skate park in City Heights.*

*They showed a lot of support on getting a skate park here.*

*To make sure the candidates were actually with us and not just saying stuff to make us happy, we made them sign a pledge to support having a skate park in City Heights.*

*Third District City Councilman Todd Gloria is in full support of the skate park, and in full support of*



*the youth in the area..*

*This whole year we have worked on getting a skate park -- from just getting ideas to getting a plan ready. There is money out for a skate park and all we have to do is fight for it.*

*— Marcos Olascoaga is a resident of City Heights.*



## Accidente de Patineta Inspira la Solicitud de un Parque

*Me llamo Marcos Olascoaga. Tengo 18 años de edad.*

*Formo parte del Consejo Comunitario de la Red de Defensa de la Juventud de Mid-City y me he unido a otras personas para tratar de lograr que se construya un parque para patinetas en City Heights.*

*Lo que quiero es crear un espacio seguro en el que todas las personas de City Heights puedan montar sus patinetas.*

*El parque para patinetas es un tema importante que significa mucho para mí. Hace un año y medio fue atropellado por un vehículo SUV cuando montaba mi patineta.*

*Estaba patinando en la acera cuando un conductor salió de una cochera y me atropelló.*

*Me golpeó muy fuerte en la cadera izquierda y me lanzó hacia la calle y acera. Me golpeó bastante fuerte. Mi brazo comenzó a sangrar. Tenía una magulladura*

*en la cadera. Una señora detuvo su carro en la calle y me ayudó a levantarme.*

*En ese momento estaba fuera de la realidad así que me monté en mi patineta y me dirigí a mi casa—lastimado.*

*Le dije a mi mamá lo que había pasado y ella se asustó. Mi hermana comenzó a llorar. Me llevaron al cuarto de urgencias inmediatamente para que me evaluaran.*

*Por suerte, no tenía nada roto y no tenía lesiones internas.*

*Pero todavía tengo la cicatriz en la cadera y también una cicatriz en el brazo.*

*Dos días después del accidente sabía con claridad lo que tenía que hacer. Necesitábamos un lugar seguro, un parque para patinetas seguro, para las personas de aquí de City Heights.*

*Como parte del Consejo de la Juventud CAN de Mid City, decidí tomar acción.*

*Le pedí al Consejo que creara un plan: ¿A quién hacer la solicitud? ¿Cómo podemos obtener fondos? ¿Quiénes pueden oponerse? ¿Dónde podemos construir el parque para patinetas? ¿En cuánto tiempo podrá estar listo?*

*Trabajando con el Consejo de la Juventud CAN de Mid-City, sé que no estoy solo.*

*Recientemente invitamos a los candidatos del Distrito 9 a un foro en el que estuvieron presentes Marti Emerald y Mateo Camarillo. Les preguntamos acerca de asuntos relacionados con la juventud, incluyendo el parque para patinetas en City Heights.*

*Nos manifestaron su apoyo para tratar de construir un parque para patinetas en el área.*

*Para asegurarnos de que los candidatos no estuvieran simplemente hablando por hablar y diciéndonos cosas bonitas, les pedimos que firmaran un documento comprometiéndose a*

*apoyar el parque para patinetas en City Heights.*

*El Concejal del Tercer Distrito, Todd Gloria, está totalmente de acuerdo con la construcción del parque para patinetas y apoya plenamente a la juventud del área.*

*Hemos estado trabajando durante todo este año en lograr la*

*construcción del parque para patinetas—desde la planificación inicial hasta la preparación de un plan concreto. Existen fondos disponibles para nuestro parque para patinetas, solo tenemos que luchar por conseguirlo.*

*— Marcos Olascoaga reside en City Heights.*



## City Heights students learn by running their own city

By Kyla Calvert  
KPBS

Three afternoons a week during the last hour of the day, Joyner Elementary School in City Heights is transformed into a tiny city that kids call Micro. It is a city based on a framework developed by a nonprofit called MicroSociety.

Students work at jobs, pay taxes, and manage banking accounts. They even have a public safety department called peacekeepers.

"We patrol outside to keep all the citizens safe," says fifth grader Cesar Benitez. "If someone's like jumping off the stairs or running, we give them one ticket and it has all the things that you can't do in school, like fighting ...all the, like, crimes."

Kids who get tickets have to pay a fine or go to the peacekeepers headquarters and attend peace school.

Cesar is the financial coordinator at peacekeepers, so he won't be out patrolling the walkways with his co-workers on this particular afternoon.

"I'm writing checks for the people that have been working this week. If they're absent, I kind of take away some of the money," he says. "This is the total amount they get each day they're working, and if they're absent one day I lower the payment."

Students are paid in Micro Dollars,

with paychecks coming from the Micro government. There also are businesses financed with loans from the school's commercial bank. The businesses allow students to buy things such as decorated bookmarks or CDs burned with music they've recorded themselves.

Every student has a job, and students get days off to go shopping or run errands, such as taking those paychecks to the bank.

Between classes, some students with marketing jobs stand in the walkways with posters promoting their ventures. Downstairs from the peacekeepers' headquarters, fifth grader and personal banker Melanie Sanchez greets customers dressed in her Trust Bank uniform, a button-down shirt and tie.

"If they don't have an account, we make them, we help them open one," she says. "Then they just come to one of the tellers and give them the check to put their money in."

The idea behind the MicroSociety program is that all students will perform better academically if the lessons they learn in class are made applicable to their daily lives. That idea seems to be playing out at Joyner where nearly all of the students come from low-income households and more than half are not native English speakers.

While the school's scores on Califor-

nia's standardized tests were below the state's target last year, they have risen significantly since the school opened in 2007. Last year Joyner was in the top 30 percent of schools serving similar student populations and in the top ten percent each of the two previous years.

Principal Joe Austin said the learning that comes out of Micro is invaluable.

"My biggest fear as a principal is that this sort of looks like we're playing house," he says. "Like we're putting kids in police uniforms and having them act like police for an hour a day. It's not what's going on here. What's going on here is really kids learning how to be interdependent and applying what they're learning in school to solve real problems in a way that traditional classroom activities won't give them the chance to."

Veronica Lias, a teacher who supervises the peacekeepers, said she has seen how Micro has changed her students' approach their normal classes.

"You start to see that difference with those kids that are not as verbal," she says. "Because of the interaction they have during Micro time, they do become more verbal and are able to communicate with adults and to use terminology that applies to their agencies and start applying it in regular class and their everyday conversations."

## EDUCATION BRIEFS

### Free meals for kids this summer

Children in City Heights can still get a free lunch daily at a local park or recreation center under a program now in its ninth year that is sponsored by the San Diego Unified School District and city Park and Recreation Department.

Lunches are being provided at 69 locations around the city – including 26 parks, 30 schools and 13 other community sites. Horace Mann Middle School and Cherokee Point Elementary School also will be serving free breakfasts daily.

Meals are available to kids Monday through Friday. For the complete schedule and locations, go to [www.sandi.net/food](http://www.sandi.net/food) select Summer Fun Café. No paperwork is involved and everyone under 18 qualifies.

For more information on the program contact Norma Johnson at [njohnson4@sandi.net](mailto:njohnson4@sandi.net) or 858 627-7308.

### Mann students shine in Shakespeare

Mann Middle School seventh- and eighth-grade theater students shined at the annual Student Shakespeare Festival in Balboa Park.

Students performed in Shakespeare's *The Tempest*, and Annelene Contreras took home the Gold Medal for Festival Outstanding Actor.

The annual event brings together kids from all over San Diego to celebrate "The Bard." In addition to Contreras, other students participating from Mann included Brianna Walker, Diamond Benson, Chelsea Marcus, Nyadhour Deng, Jalon Young, Pilar Cruz, Nathan you, Dionnejanee Ridley and Sarah Abdollah.

The Student Shakespeare Festival is held on various open-air stages in the pedestrian-friendly Casa Del Prado area. Hundreds of students from around the county perform 10-minute scenes, sonnets, music, and/or dance from Shakespeare's plays.

This year's event took place April 28.

### Rosa Parks students get new bikes

Ten deserving Rosa Parks Elementary School students received new bicycles through a monthly program sponsored by the Salvation Army and NBC San Diego.

Schools nominate a student to win a bike each month. The May giveaway included 10 bicycles in honor of the 59th National Salvation Army Week, celebrated the week of May 14.

Receiving the bikes were Brandon Diaz Fregoso, May Nguyen, Bryant Orantes, Sole Lapensee, Hai Lam, Catalina Nava, Abdirahman Abdi, Magali Perez, Andrew Le and Kayli Quezada. Students also received a free entry pass to the Salvation Army Ray & Joan Kroc Corps Community Center on University Avenue in the nearby neighborhood of Rolando Park.

"Teachers nominated deserving students for various reasons, including perfect attendance, improvement in academics and great humanitarian efforts," said Principal Carolanne Bugey.

### Authorities issue curfew reminder

San Diego Unified is reminding students that local authorities will be enforcing curfew laws during the summer.

"Curfew enforcement is intended to protect children from dangerous circumstances and people," said interim schools police Chief Rueben Littlejohn. "While it may be an inconvenience, it's important to make sure children are home when the curfew starts at 10 p.m."

As teens have more free time during the summer, it means they have more opportunities to run afoul of these laws, which also include restrictions on teen drivers. The rules are enforced by the San Diego Police Department, California Highway Patrol and other local police agencies. A conviction can put a mark on a young person's record that might otherwise be clean.

"The regulations also have sections that affect parents," he said. "A teen who breaks the law may face punishment -- and so can their parents."

## Estudiantes de City Heights Aprenden a Cargo de su Propia Ciudad

Por Kyla Calvert  
KPBS

Tres tardes a la semana, durante el último periodo de clases del día, la Escuela Primaria Joyner de City Heights se transforma en una pequeña ciudad que los niños llaman Micro. Es una ciudad basada en un esquema desarrollado por una organización sin fines de lucro llamada MicroSociety.

Los estudiantes tienen empleos, pagan impuestos y manejan cuentas bancarias. Incluso cuentan con un departamento de seguridad pública conocido como los guardianes de la paz.

"Patrullamos para garantizar la seguridad de todos los ciudadanos", dijo César Benítez, estudiante de quinto grado. "Si alguien está saltando en las escaleras o corriendo, le damos una boleta que incluye todas las cosas que no se pueden hacer en la escuela, tales como pelear... es decir, todos los crímenes".

Los niños que reciben la boleta tienen que pagar una multa o dirigirse a la sede de los guardianes de la paz para asistir a la escuela de paz.

César es el coordinador financiero de los guardianes de la paz, así que no estará patrullando los corredores con sus compañeros en esta tarde en particular.

"Estoy preparando los cheques para las personas que han estado trabajando esta semana. Si se ausentan, se les deduce de su paga", dijo. "Esta es la cantidad total de dinero que ganan cada día que trabajan y si se ausentan por un día, se les deduce de su pago".

Los estudiantes reciben su salario en

forma de "Micro Dólares" en cheques que provienen del "Micro Gobierno". También existen empresas financiadas a través de préstamos del banco comercial de la escuela. Estas empresas les permiten a los estudiantes comprar cosas tales como marcadores de libros decorados o CDs con música que ellos mismos han grabado.

Cada estudiante tiene un trabajo y tienen días libres en los cuales pueden ir de compras o hacer mandados, como por ejemplo depositar sus cheques en el banco.

Entre clases, algunos de los estudiantes que trabajan en mercadeo promocionan sus empresas en los pasillos desplegando carteles. En la planta baja de la sede de los guardianes de la paz, la estudiante de quinto grado y especialista en banca personal, Melanie Sanchez, saluda a los clientes vestida con su uniforme del Trust Bank, camisa y corbata.

"Si no tienen una cuenta bancaria, los ayudamos a abrir una", dijo. "Después solo tienen que presentarse ante los cajeros para depositar sus cheques y tener acceso a su dinero".

El objetivo detrás del programa MicroSociety es que todos los estudiantes mejoren su rendimiento académico al aplicar en su vida diaria las lecciones que aprenden en el salón de clases. La idea parece estar funcionando en Joyner, en donde casi todos los estudiantes provienen de familias de bajos recursos y más de la mitad no hablan inglés como primera lengua.

A pesar de que las calificaciones de la escuela en el Examen Estándar de

California del año pasado estuvieron por debajo del objetivo del estado, han aumentado significativamente desde que la escuela abrió sus puertas en el año 2007. El año pasado, Joyner estuvo en el 30% superior de las escuelas con poblaciones estudiantiles similares y en el 10% superior en los dos años anteriores.

El Director, Joe Austin, dijo que el aprendizaje que se gana a través de Micro no tiene precio.

"Mi preocupación más grande como director es dar la impresión de que estamos, dijo. "Porque puede parecer que les estamos dando uniformes a los niños para que se comporten como policías durante una hora del día. Esto no es lo que ocurre. Lo que en realidad ocurre es que los niños aprenden cómo ser independientes y a aplicar lo que aprenden en la escuela para resolver problemas reales de una forma que las actividades tradicionales del salón de clases no pueden hacerlo".

Verónica Lias, maestra que supervisa a los guardianes de la paz, dijo que ha visto como Micro ha modificado la forma como sus estudiantes visualizan sus clases regulares.

"Comienzas a ver la diferencia en los niños que usualmente no hablan mucho", dijo. "Porque debido a la interacción que tienen durante su tiempo en Micro, se vuelven más abiertos y pueden comunicarse con los adultos usando términos que aprenden en sus agencias, términos que están comenzando a aplicar en sus clases regulares y en sus conversaciones diarias".



## Volunteers give City Heights homes facelifts

Some 450 volunteers spent a recent Saturday giving a dozen City Heights homes a facelift.

The June 9 event involved painting, landscaping, building or replacing fences, putting in new garage doors and mailboxes and installing new address numbers. It involved a number of neighborhood organizations that also were responsible for hauling away hundreds of pounds of garbage.

Planning for the FaceLift effort began in January when the organization targeted homes on Roseview Place for improvements, said Linda Pennington,

who coordinates the effort for Community Housing Works. The nonprofit applied to the city for needed permits in February, and spent the next three months lining up volunteers and meeting with residents.

Organizers for the FaceLift program target a block, or a block radius, with around a dozen homes occupied by owners who qualify as low income, disabled or elderly, Pennington said.

The FaceLift program began in 1995. Since then, more than 13,000 volunteers have spruced up in excess of 560 homes.



Above: View of a Roseview Place home after volunteers spruced it up. Right: View of a Roseview Place home before volunteers spruced it up. Photo courtesy of Dennis Wood



## Large artwork on University Avenue building draws praise

At the same time a mural was going up on University Avenue and 43rd Street, another piece of public art was taking shape not far away. The centerpiece of the work is a large painted map (some are calling it the City Heights Urban Wilderness Trail) which depicts the City Heights Canyons' and Community Alliance's vision to link the area's

canyons through a series of upgraded trails.

The mural was suggested by Azalea Park resident Katherine Eaton as a way to draw attention to the potential of City Heights' canyons. Long known as places to avoid because of gang activity and homeless encampments, the canyons are being reborn as

urban oasis due to the efforts of organizations such as San Diego Canyonlands. The vision is to change perceptions of the canyons as places for recreation and nature watching.

The mural is the volunteer work of artists Gloria Muriel and Beth Emerich, with supplies donated by Frazee Paints. The owners of

El General Market donated the use of the side of their building, which intersects Fairmount Avenue and Jamie's Way. FaceLift organizer Linda Pennington helped secure funding for the project.

The mural also contains an artistic impression of mother nature and plants and wildlife found in City Heights canyons.

Top: The mural is the work of volunteer artists Gloria Muriel and Beth Emerich. Above: The mural contains an old world map version of the City Heights Urban Wilderness Trail. Photo courtesy of Dennis Wood.



## New mural showcases City Heights' cultural heritage

City Heights is home to a large, new mosaic that reflects the community's cultural diversity and history of inclusiveness. The mural consists of 1,300 customized photographic tiles spread over 900 square feet affixed to the back of City Heights Square, facing a future city park on 43rd Street.

The project was spearheaded by the AjA Project, a local nonprofit that teaches story telling through photography. Each of the 1,300 tiles contains a photo taken by or of a City Heights resident.

One of the tiles, a photograph of a streetlight, was taken by Sokna Chea, a Cambodian refugee who moved to City Heights in 2007. She says the streetlight reminds her of home. Chea learned to tell stories through photography while enrolled in an AjA Project class at Crawford High School. Another Chea photograph taken in City Heights reminds her of spending time with her uncle on a Cambodian farm.

The mural is intended to be a centerpiece to celebrate the neighborhood's cultural heritage and bring people together from different backgrounds. Each of the tiles was created from photographs taken and submitted by City Heights residents. The photographs depict a wide array of lifestyles, cultures, and settings.

The new park is slated for completion next year.

— Staff report



## City Heights residents look to improve school attendance

By Marcos Olascoaga

City Heights Life Guest Columnist

A group working on strategies to help improve school attendance in City Heights has completed nearly 40 hours of planning in an effort to outline its future.

The School Attendance Momentum Team is working within the California Endowment's and Mid-City Community Action Team's 'Building Healthy Communities' effort. Involved youth had different reasons for wanting to be part of the process, but everyone said they wanted to make a change.

"Many of the youth of City Heights are falling apart, and we want (our lives) to come back together," said Hoover High School student Leslie Renteria, 14.

Leslie said she attended about five planning meetings.

"I'm trying to improve the community, so it won't have as bad of a reputation," she said.

For other youth, making sure that decision makers consider young peoples' interests was a key goal.

"I hope people realize we do have a voice," said Hoover High student Roberto Torres, 16.

The group met 16 times, including two 7-hour Saturday sessions.

All the training added up to al-

most a full work week -- 38 hours in all. Most school attendance team member's commitment to the planning process averaged 30 hours.

The group's next steps will come in July when it focuses on building a base for its campaigns.

The group also is addressing goals important to the Youth Council, which shares many members with the school attendance team. The Youth Council's campaign includes getting more park space in City Heights.

Armand Binombe, 16, a Crawford Educational Complex student, explained why the issue is important to him.

"In City Heights we don't have any after-school activities, so we have been fighting to get a skate park in City Heights," he said.

Rosa Olascoaga, 15, a Patrick Henry High School student, said that part of what motivates her to participate in the Youth Council is addressing misunderstandings about City Heights.

"We don't want to change everything, but we want to make it a safer and healthier community, so that people don't look down on us" she said. "They will look up."

— 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. He can be contacted at [award@mid-citycan.org](mailto:award@mid-citycan.org) or (619) 283-9624 ext. 210.



Above: Armand Binombe is fighting for a skate park in City Heights. Left: VRosa Olascoaga is working to make City Heights a safer and healthier community. Photos courtesy of MidCity CAN.



## Staying safe in summer

Officer "K" Carla Kuamoo

San Diego Unified School District police  
Monroe Clark Middle School

Now that summer is in full swing, kids will have many extra hours of free time to text, use smartphone apps, and to go online for social networking. While this can be fun, it can also put you at risk. Don't post any information you wouldn't wear on a t-shirt in public. During online chats you may think you know who is on the other end, but it could be a stranger with inappropriate intentions. Do not meet a new "online friend" in person, unless you are with your parent or a responsible adult. Report any suspicious communications with your parent or a responsible adult. If something seems wrong, it is, and it's okay to tell someone. Ask for help from someone in your home if you need too. Ask your parent or a responsible adult for permission before logging on. The National Center for Missing and Exploited Children (NCMEC) has great info for cyber safety – check it out with your adult – including the tween and teen info at [www.nsteens.org](http://www.nsteens.org).

Sometimes summertime can bring stress that's hard to deal with alone. Help is available. If someone you know is depressed and acting differently than usual, and you believe they are going to hurt themselves, call 911. San Diego Unified's SPEAK (Suicide Prevention Education Awareness and Knowledge) Program reduces misperceptions about mental health, and empower students to reach out for themselves, their families, and their friends. San Diego County Mental Health Services serves children, adolescents, and families through referrals and a vari-

ety of programs. For more information, call (619) 563-2750. It's Up to Us, [www.up2sd.org](http://www.up2sd.org), offers prevention and support resources in English and Spanish, and has a crisis hotline you can call, (888) 724-7240.

Remember to take care of yourself through summer with good and nutrition and exercise. Being healthy is being safe. The San Diego school district and the city's Park and Recreation Department is partnering to offer the "Summer Fun Café" that offers free, healthy meals for everyone under the age of 18. There is no need to enroll, and no requirements to meet – just show up. Lunches will be served Monday through Friday at the City Heights Parks and Recreation Center in the Urban Village between noon and 1 p.m. from July 23 – August 24. Don't miss "BBQ Day" on July 24!!! There are also free breakfast programs, too, at several elementary schools. Call 211 for more information, or check out [www.211sandiego.org/SummerLunch](http://www.211sandiego.org/SummerLunch).

Finally, the 4th of July has arrived, and some kids may be tempted to play with fireworks – even after the holiday. Remember, fireworks are dangerous, not to mention illegal. The San Diego Fire-Rescue Department's Safety Tips website sums it up:

"There's really only one thing you need to know about consumer fireworks: all consumer fireworks are illegal in the City and County of San Diego. That includes sparklers, firecrackers, cherry bombs, bottle rockets and even poppers."

## Cómo Tener un Verano Seguro

Officer "K" Carla Kuamoo

Policía del Distrito Escolar Unificado de San Diego  
Escuela Secundaria Monroe Clark

Ahora que el verano está en su apogeo, los niños tienen muchas más horas libres para enviar mensajes de texto, utilizar aplicaciones en sus teléfonos inteligentes y participar en redes sociales en el internet. Aunque todo esto puede ser divertido, también puede ser riesgoso. No publiques ningún tipo de información en el internet que no te gustaría ver inscrita en una camiseta que uses en público. Puede que pienses que sabes con quién estás "chateando" en línea, pero puede ser un extraño con intenciones peligrosas. No te cites con ningún "amigo en línea" para conocerlo/a en persona, a menos que estés con tus padres o con algún adulto responsable. Reporta cualquier tipo de comunicación sospechosa a tus padres o a un adulto responsable. Si algo te parece mal, puedes decírselo a alguien. Pídele ayuda a alguien que viva contigo si lo necesitas. Pídeles permiso a tus padres o a un adulto responsable antes de ingresar al internet. El Centro Nacional para Menores Desaparecidos y Explotados (NCMEC, por sus siglas en inglés) cuenta con muy buena información acerca de seguridad cibernética—visita su portal en compañía de un adulto—incluyendo información para preadolescentes y adolescentes a través de [www.nsteens.org](http://www.nsteens.org).

A veces el verano puede producir estrés y es difícil manejarlo solo. Existe ayuda disponible. Si alguien que conoces está deprimido o está actuando de forma diferente a lo usual y crees que pueden hacerse daño, llama al 911. El Programa Unificado SPEAK (Prevención, Educación y Concientización para la Prevención del Suicidio) de San Diego, reduce las percepciones erróneas con respecto a la salud mental y empodera a los estudiantes para que busquen ayuda para ellos mismos, sus familias y sus amigos. Los Servicios de Salud Mental del Condado de San Diego atienden a niños, adolescentes y familias a través de referencias y una variedad de pro-

gramas. Para más información llama al (619) 563-2750. La organización It's Up to Us ([www.up2sd.org](http://www.up2sd.org)) ofrece recursos de apoyo y prevención en inglés y español y cuenta con una línea telefónica que puedes llamar en caso de crisis, (888) 724-7240.

Recuerda cuidarte durante el verano con buena nutrición y ejercicio. Estar saludable es estar seguro. El Distrito Escolar Unificado de San Diego y el Departamento de Parques y Recreación se han asociado para ofrecer el "Café Diversión de Verano" a través del cual distribuyen comidas gratuitas y saludables a todos los menores de 18 años. No necesitas inscribirte y no tienes que cumplir con ningún requisito—solo debes presentarte. Se servirán almuerzos de lunes a viernes en el Centro de Parques y Recreación de City Heights ubicado en Urban Village entre el mediodía y la 1 de la tarde del 23 de julio al 24 de agosto. ¡¡¡No te pierdas el "Día de BBQ" el 24 de julio!!! También cuentan con programas de desayuno gratuito en varias escuelas primarias. Llama al 211 para más información, o visita su portal en el internet [www.211sandiego.org/SummerLunch](http://www.211sandiego.org/SummerLunch).

Finalmente, con la llegada del 4 de julio, algunos niños pueden sentirse tentados a jugar con fuegos artificiales—incluso después de que hayan pasado las fiestas. Recuerda, los fuegos artificiales son peligrosos y también son ilegales. El Departamento de Incendios y Rescates de San Diego lo resume con el siguiente Consejo de Seguridad:

"Solo tienes que saber una cosa acerca de los fuegos artificiales que se venden al por menor: todos los fuegos artificiales que se venden al por menor son ilegales dentro de la Ciudad y el Condado de San Diego. Esto incluye luces de bengala, petardos, cerezas explosivas, cohetes de botella e incluso las cápsulas explosivas."

## DISCIPLINE, from P1

vocate for district-wide change.

"We have to go way further than sending them home to watch cartoons," Higa said. "We have to get into their hearts."

Parents agree.

"If the students miss school, they're not going to learn and they're going to get worse. Parents who work can't take care of them," said Christina Márquez, a parent who attended some of the meetings.

Cherokee Point is fortunate among elementary schools in San Diego because it receives outside help. The meetings among administrators, teachers and parents on the discipline policy are possible thanks to a \$684,000 California Endowment grant it's sharing with other projects in the Cherokee Point neighborhood.

The school also has help from some 60 student teachers and counseling, nursing and psychology interns. Several area nonprofits give the students fresh produce, shoes and bicycles.

And then there's Higa's energy.

Walking through the playground with Higa feels like a perpetual group hug. One kid after another visits with the principal, who in turn, remembers his or her name and at least two personal details. That's how you treat family, Higa says.

Castillo, the fourth grade teacher, prefers to call his students "shipmates." He joined the Navy when he was 17.

"To me, this is what the school year is. We get on the ship and we leave port for 180 days."

For both the principal and the teacher, effective school discipline requires a meaningful understanding of their students' home lives and community. In City Heights, many kids come from poor households, families broken by incarceration or deportation, and families that fled civil war abroad. Sending them back to an empty or tense home could worsen their behavior.

"I've lived here since 1993 and I've seen this neighborhood change a lot, but I've never seen it as crowded and as tense and as needy as it is now. The amount of young people has soared. You have the dynamic of multiple families living in a small, 600-square-foot apartment," Castillo said. "You have those tensions—tension for attention, tension for space, competition for these human needs.

"They bring it all here," Castillo continued, pointing to his classroom.

The school plans to spend two years training its teachers to bring restorative practices into the classroom and document the effects. Then it will take its recommendations to the school board.

Joe Fulcher, San Diego Unified's chief student services officer, said the district will be ready with open ears.



"Part of having a quality school in every neighborhood," he said, "is making sure kids are in class and ready to learn; not suspended disproportionately or wrongly."

— Megan Burks is a reporter and web editor for the Speak City Heights project.

Principal Godwin Higa says school discipline must take into account the home environment. Photo courtesy of Speak City Heights



BUSINESS SPOTLIGHT

# Local optometrist helping clients see clearly while looking great

Childhood memories remain strong in the mind of Dr. Jasmine Nguyen as she works with patients in her City Heights optometry office.

"I grew up in a neighborhood like this," she said, recalling her youth as an immigrant in Santa Ana, Calif. There, she lived in a two-bedroom apartment with her parents, grandmother, and seven siblings. The family came from Vietnam during the fall of Saigon in 1975.

Her parents owned a print shop in Vietnam, but worked in a manufacturing business here. During the 1970s, Vietnamese refugees were just starting to move into Orange County, which meant there were few Vietnamese classmates for Nguyen to relate to. She said kids made fun of her "funny clothes and thick glasses." Those thick glasses would later become a driving force in her career choice.

Nguyen's father emphasized education for all his children. He encouraged, if not insisted, that they pursue careers in the medical field, which they all have. His logic was that the pay is good, the jobs are plentiful, and the hours are flexible. Nguyen says she was attracted to optometry because "it isn't messy."

After graduating from UC Irvine with a degree in biological sciences, Nguyen enrolled in an optometry school back East. Upon graduation she returned to Orange County and gained experience working for several doctors.

Her big career move came 11 years ago when her brother bought a building on University Avenue and invited Nguyen and several other doctors to open their own practices there. The idea was to set up a one-stop shop for medical needs, including dental, internal medicine, optometry, and general practice.

Nguyen said the move at first it was a challenge. She had four patients her first month. Her office was open seven days a week. When she wasn't in her own office she was picking up extra work at other optometry offices. She says it took three years before the business became viable. Most of her business has come through word of mouth.

When Nguyen opened the City Heights office, her intention was to open a second office in a higher-income, such as Del Mar. Because 85 percent of her clients are on Medi-Cal, she is reimbursed only a fraction of what she can earn from cash paying customers. Now, however, Nguyen has decided against opening a second office and will focus instead on growing her business in City Heights.

"I feel appreciated here. Patients listen to me. They say, 'Thank you for helping me.'"

Nguyen says part of her attachment to City Heights is the desire to help clients pick out "cute glasses." Remembering her difficult experience as a youth, she wants to help make the lives of current and future refugees better than she had it.

To reach more clients, she is moving her offices a few blocks west to the new City Heights Square on 43rd Street and University Avenue. Her new office will have an additional exam room, expanded hours, and an additional optometrist. She hopes to move by Sept. 1, with hours set at 9 a.m. to 6 p.m. Monday through Saturday. She is considering renaming her practice, but for now it is still the office of Dr. Jasmine Nguyen. She accepts most insurances, including Medi-Cal. To make an appointment call 619-284-3937.

— Staff report



Dr. Nguyen says she loves to help kids pick out cute glasses, something she didn't have when she was a youth. Photo courtesy of Dr. Nguyen

## Optómetra Local Ayuda a sus Clientes a ver Claramente y a Lucir muy Bien

Mientras atiende a sus pacientes en su oficina de optometría en City Heights, los recuerdos de su niñez permanecen muy claros en la mente de la Dra. Jasmine Nguyen.

"Crecí en un vecindario como este", dijo al recordar su juventud como inmigrante en Santa Ana, California. Allí vivía en un apartamento de dos habitaciones con sus padres, abuela y siete hermanos. La familia salió de Vietnam durante la caída de Saigón en 1975.

Sus padres eran dueños de una imprenta en Vietnam, pero aquí trabajaban en una industria manufacturera. Durante los años setenta apenas estaban comenzando a llegar refugiados vietnamitas a Orange County, por lo que Nguyen tenía pocos compañeros de clase vietnamitas con quien relacionarse. Dijo que los niños se burlaban de su "ropa chistosa y gruesos lentes". Esos gruesos lentes se convertirían más adelante en una importante razón para escoger su carrera.

El padre de Nguyen les enfatizaba a sus hijos la importancia de la educación. Los motivaba o mejor dicho, insistía que estudiaran carreras dentro del campo de la medicina y todos siguieron

su consejo. Su lógica era que la paga es buena, los trabajos abundantes y las horas flexibles. Nguyen dice que se sintió atraída por la optometría porque "es menos complicada"

Después de graduarse de UC Irvine con una licenciatura en Ciencias Biológicas, Nguyen se inscribió en una escuela de optometría en la costa este de los Estados Unidos. Después de graduarse, regresó a Orange County en donde trabajó con varios doctores y ganó mucha experiencia.

Un gran cambio en su carrera ocurrió hace once años cuando su hermano compró un edificio en la Avenida University e invitó a Nguyen y a otros doctores a abrir sus prácticas en él. La idea era cubrir todas las necesidades de salud en un solo lugar, incluyendo servicios dentales, medicina interna, optometría y medicina general.

Nguyen dijo que al principio el traslado fue un gran desafío. Tuvo cuatro pacientes el primer mes. Su oficina abría siete días de la semana. Cuando no estaba en la oficina, trabajaba en otras oficinas de optometría para ganar dinero extra. Dijo que le tomó tres años hacer que el negocio

fuera viable. La mayor parte de sus clientes escucharon de ella por boca de otra persona.

Cuando Nguyen abrió su oficina en City Heights, su intención era abrir una segunda oficina en un área más adinerada, como Del Mar. Como el 85% de sus clientes están suscritos a Medi-Cal, se le reembolsa solo una fracción de lo que pudiera ganar atendiendo a pacientes que pagan en efectivo. Sin embargo, en la actualidad Nguyen no quiere abrir una segunda oficina y se concentrará en aumentar su práctica en City Heights. "Aquí siento que me aprecian. Los pacientes me escuchan. Dicen "gracias por ayudarme".

Nguyen dice que parte de lo que la atrae a City Heights es el deseo de ayudar a sus clientes a escoger "lentes bonitos". Recordando la difícil experiencia de su juventud, quiere ayudar a que la vida de los refugiados presentes y futuros sea mejor de lo que fue la de ella.

Para poder atender más pacientes está trasladando su oficina a unas cuantas calles hacia el este, al nuevo City Heights Square en la Calle 43 y la Avenida University. Su nueva oficina ofrecerá un



La Dra. Nguyen dice que le encanta ayudar a los niños a escoger lentes bonitos, algo que ella no tuvo cuando joven

consultorio adicional, un horario extendido y los servicios de un segundo optómetra. Espera poder abrir antes del primero de septiembre en horario de 9 a.m. a 6 p.m. de lunes a sábado. Está considerando cambiar el nombre de

su clínica, pero por ahora seguirá llamándose Oficina de la Dra. Jasmine Nguyen. Acepta la mayoría de los planes de seguro, incluyendo Medi-Cal. Para hacer cita puede llamar al 619-284-3937.

— Staff report



# A student's perspective on Microsociety

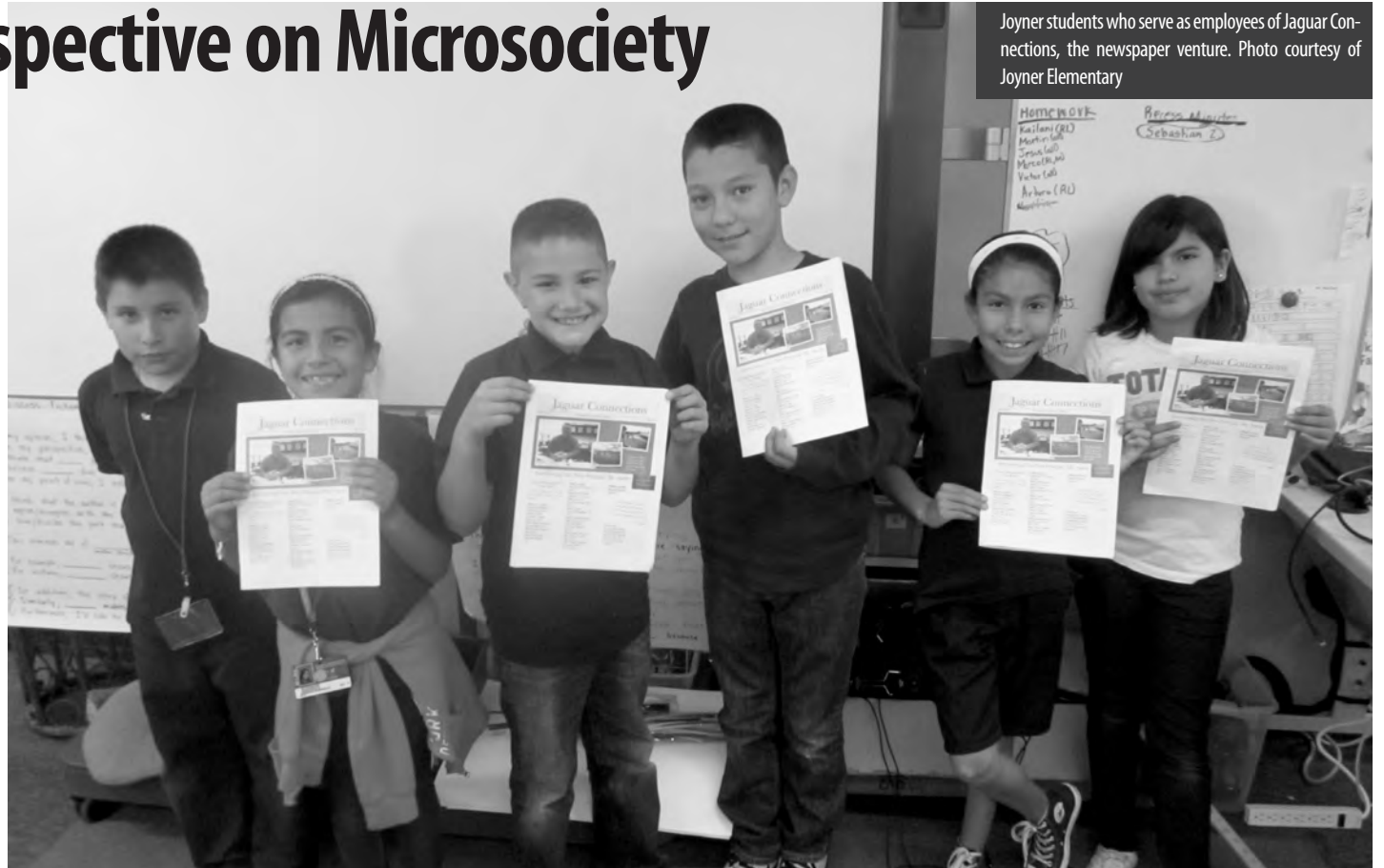
By Damaris Flores  
Joyner Elementary

MicroSociety is a place where kids work together and have jobs as if they were adults. All depend on each other as a united community. Everyone has equal rights regardless of size, age, or grade. Kids work hard to keep their customers satisfied and their venture running. At my venture, Jaguar Connections, our employees work with all of their effort to get the best out of every newspaper.

At Micro, kids cooperate to create products that satisfy their customers. There are a variety of jobs, such as peacekeepers, shopkeepers, post office worker, tax collectors, judge, newspaper reporters and more. Specific ventures include Creative Earth; Enchanted Folding; Rock, Paper, Scissors; Open Mind; Jaguar Business Bank; and Micro Court.

MicroSociety is unique because no other school has this program (or as awesome as this) that let kids be in charge of their own little world, with the help of teachers. It's fun to work in a venture because it's a place where you get to meet new people. Also, we kids get to take control and we get prepared for life. What I enjoy about MicroSociety the most is how after hard working days we get paid and get to go on our "vacation," or break. I feel as if I were already an adult with a successful job. A feeling of accomplishment fulfills me; however, we should know that more challenges await us further in life.

MicroSociety motivates many to come to school, in my opinion, because they have



Joyner students who serve as employees of Jaguar Connections, the newspaper venture. Photo courtesy of Joyner Elementary

a job that they can appreciate. Kids will tell you they like MicroSociety because it's a fun place where working is fun and they get to buy stuff during their consumer break.

MicroSociety creates a new character in kids and you have to earn privileges, such as going on consumer breaks. In order for kids to have those privileges, they have to be trustworthy, ethical, and must cooperate with oth-

ers. Being on consumer break is as if you had barely got paid after two weeks of hard work and then you go to the store for products such as electronics. On my consumer break I like to do exercise at Club 30 and walk around talking to my friends that are also on consumer break. Also, I enjoy buying products from other ventures, such as cards, journals, newspapers, and wallets. I like to do these ac-

tivities because when I go back to my venture I will start working hard again.

MicroSociety prepares us for our future careers because it teaches us how to act and work with others. And it helps us to think about what career we want to choose.

— Damaris Flores is a fifth grader at Joyner Elementary and editor-in-chief of the school newspaper, Jaguar Connections.

## Perspectiva de una Estudiante acerca de MicroSociety

Por Damaris Flores  
Joyner Elementary

MicroSociety es un lugar en el que los niños trabajan juntos y tienen empleos tal como si fueran adultos. Todos dependemos los unos de los otros como una comunidad unida. Todos tenemos igualdad de derechos sin importar tamaño, edad o grado escolar. Los niños se esfuerzan por mantener la satisfacción de sus clientes y por garantizar la existencia de su empresa. En mi empresa, Jaguar Connections, nuestros empleados trabajan con mucho ahínco para publicar el mejor periódico posible.

En Micro, los niños cooperan para crear productos que satisfagan las necesidades de nuestros clientes. Existen diversos tipos de trabajos, tales como guardianes de paz, tenderos, empleados de la oficina de correos, recaudador de impuestos, juez, reporteros y mucho más. Podemos mencionar empresas específicas tales como Creative Earth; Enchanted Folding; Rock, Paper, Scissors; Open Mind; Jaguar Business Bank y Micro Court.

MicroSociety es única porque

ninguna otra Escuela cuenta con un programa como este (o algún programa tan fabuloso como este) que le permite a los niños tomar las riendas de su pequeño mundo, con la ayuda de sus maestros. Es divertido trabajar en una empresa porque es un lugar en donde conoces nuevas personas. Además, los niños pueden tomar el control y prepararse para su futuro. Lo que más me gusta de MicroSociety es que después de nuestros arduos días de trabajo, nos pagan y podemos ir de "vacaciones" o tomar un descanso. Me siento como si fuera una adulta con una profesión exitosa. Me siento llena de satisfacción, pero todos debemos estar conscientes de que nos esperan muchos desafíos más en la vida.

MicroSociety motiva a muchos a venir a la escuela, pienso que es porque tienen un trabajo que les gusta. Los niños dicen que les gusta MicroSociety porque es un lugar divertido, en donde trabajar es divertido y pueden comprar cosas durante sus descansos de consumo.

MicroSociety fortalece el carácter de los niños porque tienes que ganarte tus privilegios, como por ejemplo los "descansos

de consumo". Para tener acceso a estos privilegios, los niños deben ser confiables, éticos y deben cooperar con los demás. Los descansos de consumo nos permiten ver cómo es recibir tu pago después de dos semanas de arduo trabajo e ir a las tiendas a comprar diferentes productos, tales como productos electrónicos. Durante mis descansos de consumo, me gusta ejercitarme en Club 30 y conversar con mis amigos que también están disfrutando de su descanso de consumo. También me gusta comprar los productos de otras empresas, por ejemplo tarjetas, revistas, periódicos y billetes. Me gusta hacer todo esto y cuando regreso a trabajar a mi empresa, comienzo a trabajar nuevamente con mucho ahínco.

MicroSociety nos prepara para nuestras futuras carreras porque nos enseña cómo comportarnos y trabajar con los demás. También nos ayuda a pensar acerca de la carrera que vamos a escoger.

— Damaris Flores cursa el quinto grado en la Escuela Primaria Joyner y es jefa de redacción del periódico escolar, Jaguar Connections.

## Hoover High School recognizes parent volunteers

The Hoover High Parent Center is a critical resource to help parents become active partners in their children's education. The Parent Center is staffed by social workers and interns with assistance from parent volunteers. To honor the volunteer efforts, the Parent Center held a Hawaiian-themed luncheon to close out the school year handing out certificates and door prizes.

This year's winners for volunteers of the year went to two parents who don't even have children attending Hoover: Delia Contreras and Gale Kaplan.

Contreras and Kaplan are City Heights residents who have spent countless hours helping parents, many of whom are immigrants, understand the state's educational system and the value of parent-teacher relationships. Contreras began her work as a volunteer when her since-graduated granddaughter attended Hoover High School; Gale's husband is a science teacher on campus.

— Staff report



AT YOUR SERVICE

## Don't let mosquitoes spoil your summer

Summer is in full gear, and so is the mosquito breeding season. Here are a few steps you can take to help reduce the local mosquito population and spare yourself having to scratch away at those pesky bites..

- Don't let standing water accumulate anywhere outside. Mosquitoes don't need much water to breed. Residents should clean out or remove anything that can hold water, such as plant saucers, rain gutters, buckets, trash cans, children's toys, old spare tires and wheelbarrows.

- Remove dirt and leaves from drains and gutters so water doesn't back up.

- If you have a birdbath, change the water at least once a week.

- If you have a pool or a spa, make sure the water is clean and circulates regularly.

Only female mosquitoes bite. They need the protein and nutrients from blood for their developing eggs. There are 24 different types of mosquitoes in San Diego County. At least four types

are known to carry diseases that can be passed to humans.

Here are a few steps you can take to help reduce the chances of being bitten.

- Mosquitoes are most active from dusk to dawn. If you're outside during those hours, you might want to wear long sleeves and pants to cover up your skin.

- Install or repair screens on windows and doors.

- Trim and thin shrubs and bushy plants where mosquitoes may hide

Residents can sign up for text messages from the county for the latest health alerts regarding the West Nile Virus that is carried by mosquitoes. By texting the word "PEST" to the number 75309 from any cell phone, users will receive vital health alerts and the latest information about the virus.

For further information about protecting yourself from mosquitoes or the West Nile Virus, call (858) 694-2888, or email [vector@sdcounty.ca.gov](mailto:vector@sdcounty.ca.gov).

— Staff report

## No permita que los mosquitos echen a perder su verano

El verano y la temporada de reproducción de mosquitos están en su apogeo. A continuación le ofrecemos algunos consejos que puede seguir para reducir la población local de mosquitos y evitar tener que rascarse la comezón que producen sus molestas picaduras.

- No permita que se acumule agua estancada en ningún lugar al aire libre. Los mosquitos no necesitan mucha agua para reproducirse. Los residentes deben limpiar o remover cualquier recipiente que pueda acumular agua, tales como platos para macetas, canalones, cubos, botes de basura, juguetes, neumáticos viejos y carretillas.

- Limpie la tierra y hojas de los drenajes y canalones para que no se acumule el agua.

- Si tiene un baño para aves, cámbiele el agua por lo menos una vez a la semana.

- Si tiene una alberca o jacuzzi, asegúrese de que el agua esté limpia y que circule regularmente.

Solo los mosquitos hembra pican. Necesitan de las proteínas y nutrientes de la sangre para el desarrollo de sus huevos. Existen 24 tipos diferentes de mosquitos en el Condado de San Diego. Sabemos que por lo menos cuatro de ellos portan enfermedades que pueden infectar a los seres humanos.

A continuación unos cuantos pasos que pueden ayudarle a reducir la posibilidad de picaduras:

- Los mosquitos son más activos desde el atardecer hasta el amanecer. Si va a estar al aire libre durante esas horas, es buena idea que use mangas y pantalones largos para cubrir su piel.

- Instale o repare la tela

metálica de ventanas y puertas.

- Poda y reduzcan el espesor de arbustos y plantas coposas en las que pueden esconderse los mosquitos.

Los residentes pueden recibir mensajes de texto del condado y recibir la información más reciente de salud acerca del Virus del Nilo Occidental (West Nile Virus) que es propagado por mosquitos. Al enviar la palabra "PEST" al número 75309 desde cualquier teléfono celular, los usuarios pueden suscribirse para recibir alertas importantes de salud y la información más reciente acerca del virus.

Para más información de cómo protegerse de los mosquitos o del Virus del Nilo Occidental, llame al (858) 694-2888 o escriba a [vector@sdcounty.ca.gov](mailto:vector@sdcounty.ca.gov)



## VOLUNTEERS, from P10

Arriba: Para cerrar el año escolar, el Centro para Padres de la Preparatoria Hoover reconoció los esfuerzos de los padres voluntarios durante un almuerzo hawaiano. Izquierda: Delia Contreras y Gale Kaplan ayudan a los padres de los estudiantes de la Preparatoria Hoover a participar en el proceso educativo

## Hoover Honra a los Padres Voluntarios

El Centro para Padres de la Preparatoria Hoover High es un recurso muy importante que ayuda a los padres de familia a convertirse en socios activos de la educación de sus hijos. El Centro para Padres cuenta con trabajadores sociales y pasantes quienes reciben asistencia de los padres voluntarios. Para reconocer el esfuerzo de los voluntarios, el Centro para Padres celebró un almuerzo hawaiano

al cierre del año escolar. Durante el evento se entregaron certificados y premios a los asistentes.

Dos madres de familia, Delia Contreras y Gale Kaplan, quienes en la actualidad no tienen hijos matriculados en Hoover, se hicieron acreedoras del premio "Voluntario del Año".

Contreras y Kaplan residen en City Heights y han pasado

una cantidad incalculable de horas ayudando a los padres de familia (muchos de los cuales son inmigrantes), conocen el sistema educativo estatal y el valor de la relación padre- maestro. Contreras comenzó a trabajar como voluntaria cuando su nieta (quien se graduó de la escuela) asistía a la Preparatoria Hoover y el esposo de Gale trabaja como maestro de Ciencias en la escuela.



# What's going on?

## ¿Qué está pasando?

# July

<p><b>4</b> <b>INDEPENDENCE DAY!</b></p>	<p><b>5</b> <b>noon to 1 p.m.</b> City Heights Wellness Center 4440 Wightman St. #200 Zumba Class Contact: Marilynn (619) 321-2920 Limited space: for more information/ registration place call for the start of the new session</p>	<p><b>6</b> <b>10 to 10:30 a.m.</b> City Heights/Weingart Library 3795 Fairmount Ave. Preschool Story Time with Ms. Brenda Contact: (619) 641-6100 Parents and kids hear a story and learn some songs!</p>	<p><b>5:30 to 6:30 p.m.</b> City Heights Recreation Center 4380 Landis Street Intro to Drawing Learn basics of drawing, how to draw some of your favorite characters and create your own characters. Fee: \$0.50 Contact: (619) 641-6125</p>	<p><b>7</b> <b>9 a.m. to noon</b> 4035 University Ave. IRC New Roots: Aqua Farm Garden Contact: (619) 641-7510</p> <p><b>9 a.m. to 5 p.m.</b> 4010 Fairmount Ave. Community Housing-Works: Homebuyer Class in Spanish Contact: Lisette Martinez (760) 432-6878 ext 5474</p>	<p><b>9</b> <b>5 to 6 p.m.</b> City Heights Wellness Center 4440 Wightman St. #200 Zumba Class Contact: Marilynn (619) 321-2920 Limited space: for more information/ registration place call for the start of the new session</p>
<p><b>10</b> <b>3:30 to 5:30 p.m.</b> Mid-City Police Division 4310 Landis St. Youth Voice Leadership opportunities for youth ages 12-24</p> <p><b>6 to 7:30 p.m.</b> Monroe Clark Middle School 4388 Thorn St. Dad's Club Contact: Kenneth Woods (619) 795-2036</p>	<p><b>11</b> <b>noon to 2 p.m.</b> City Heights Wellness Center 4440 Wightman St. Food Justice Momentum Team Contact: (619) 283-9624</p> <p><b>3:30 to 4:30 p.m.</b> Hamilton Elementary School Auditorium 2807 Fairmount Ave City Heights Canyons and Communities Alliance</p>	<p><b>12</b> <b>9 a.m. 10:30 a.m.</b> City Heights Center 4305 University Ave, Suite 540 Collaboration to Keep City Heights Youth Safe Contact: (619) 906-4443</p> <p><b>6 to 7 p.m.</b> Rosa Parks Elementary School 4510 Landis St. Dad's Club Contact: Kenneth Woods (619) 795-2036</p>	<p><b>13</b> <b>10 to 10:45 a.m.</b> City Heights/ Weingart Library 3795 Fairmount Ave. Mad Science Dreams Big Take part in some exciting experiments! Contact: (619) 641-6100</p> <p><b>5:30 to 6:30 p.m.</b> City Heights/ Weingart Library 3795 Fairmount Ave. Mad Science Dreams Big Take part in some exciting experiments! Contact: (619) 641-6100</p>	<p><b>14</b> <b>9 a.m. to 1 p.m.</b> Fairmount Avenue and Wightman Street City Heights Farmers' Market Contact: Lorrie Scott (760) 751-4193</p>	
<p><b>14</b> <b>11 a.m. to 1 p.m.</b> City Heights/ Weingart Library 3795 Fairmount Ave. City Heights Arts Initiative Come to find your inner artist and learn different art mediums with the City Heights Arts Initiative! Great for ages 8 and up. All abilities welcome. Contact: (619) 641-6100</p>	<p><b>16</b> <b>2 to 6 p.m.</b> City Heights Recreation Center 4380 Landis St. Teen Center Homework Assistance, Computer Lab, Arts and Crafts, Video and Table Games and Sport Activities. Contact: (619) 641-6125</p>	<p><b>17</b> <b>6:30 to 7:30 p.m.</b> City Heights Recreation Center 4380 Landis St. City Heights Recreation Council Meeting Meeting in Recreation Center's meeting room. (619) 641-6125</p> <p><b>6 to 7 p.m.</b> Florence Joyner Elementary 4271 Myrtle Ave. Dad's Club Contact: Kenneth Woods (619) 795-2036</p>	<p><b>18</b> <b>6 to 7 p.m.</b> Colina del Sol Park Recreation Center 5319 Orange Ave. Colina Park Recreation Council</p> <p><b>6:30 to 7:30 p.m.</b> Mid-City Police Station City Heights on Patrol 4310 Landis Street, 2nd floor</p>	<p><b>19</b> <b>6:30 to 7:30 p.m.</b> Azalea Recreation Center 2596 Violet St. Azalea Park Neighborhood Association Contact: (619) 235-1162</p>	
<p><b>20</b> <b>2 to 6 p.m.</b> City Heights Recreation Center 4380 Landis St. Teen Center Homework Assistance, Computer Lab, Arts and Crafts, Video and Table Games and Sport Activities. Contact: (619) 641-6125</p> <p><b>10 to 10:45 p.m.</b> City Heights/ Weingart Library 3795 Fairmount Ave. Gaston's Puppets Presents Puppet Circo Clowns! Lion Tamers! High wire acts! Don't miss the greatest puppet circus ever! Contact: (619) 641-6100</p>	<p><b>21</b> <b>8:30 a.m. to 3:30 p.m.</b> 4010 Fairmount Ave. Community Housing-Works: Financial Fitness Class in Spanish Contact: Lisette Martinez (760) 432-6878 ext 5474</p>	<p><b>23</b> <b>noon to 1 p.m.</b> City Heights Recreation Center 4380 Landis St. Summer Fun Café: Free Summer Lunches for Kids All children 18 and under are welcome. Contact: (619) 641-6125</p>	<p><b>CALENDAR EDITOR: JULIE LE</b> — 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.</p>		
<p><b>24</b> <b>3:30 to 5:30 p.m.</b> Mid-City Police Division 4310 Landis St. Youth Voice Leadership opportunities for youth ages 12-24</p>	<p><b>25</b> <b>2 to 3 p.m.</b> City Heights/Weingart Library 3795 Fairmount Ave. Craft Time for Kids Contact: (619) 641-6100 Find your creative side and make a fun and easy craft to take home!</p>	<p><b>3 to 5 p.m.</b> TBD: Either Hamilton Elementary Auditorium or canyon walk-thru 47th Street Canyon Planning Workshop #4 Help improve 47th Street Canyon by providing your input at planning workshops for trails &amp; other improvements. Contact: Will Anderson (619) 518-6535</p>	<p><b>27</b> <b>10 to 10:45 a.m.</b> City Heights/ Weingart Library 3795 Fairmount Ave. Percussion from Around the World Learn about and hear different percussion instruments! Contact: (619) 641-6100</p>	<p><b>We want to hear from you!</b> <i>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.</i></p> 	
<p><b>28</b> <b>9 a.m. to 5 p.m.</b> 4010 Fairmount Ave. Community HousingWorks: Homebuyer Class in English Contact: Lisette Martinez (760) 432-6878 ext 5474</p>	<p><b>Aug 1</b> <b>noon to 1 p.m.</b> City Heights Recreation Center 4380 Landis St. Summer Fun Café: Free Summer Lunches for Kids, All children 18 and under are welcome, Contact: (619) 641-6125</p>				



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