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

**By David Ogul**
City Heights Life

When Edison Elementary School nurse Linda Barbod learned in June that the UCSD Shiley Eye Center and the UCSD Shiley Eye Center Heights Partnership for Children would be 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 neighborhood campuses receiving an eye exam gratis.

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 tuvieron lugar en el programa, aunque la mayor parte de los niños todavía no han recibido sus gafas.

**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 different 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 dreamt they could own a home.

Financial Fitness can help you prepare to wrap up by June 29. By then, Partnership for Children will have completed 10,000 vision exams for thousands of children at neighborhood campuses. 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, Rose Parks and Edison, were scheduled to wrap up by June 29. By then, more than 5,000 vision exams will have been completed.

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 graduido del programa, aumentaron 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:

**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 sentir las bases para comprar una casa.

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**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 burned 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
**FINANCAS, de P1**

- Ha deseado contar con herramientas útiles para elaborar su presupuesto y consejos para ahorrar dinero;
- Ha trozado metas financieras pero no sabe por dónde comenzar;
- Se ha preguntado cuánto deuda debe pagar primero;
- Quiere comprender su información de crédito y saber cómo proteger su identidad;
- Quiere ser financieramente saludable.

La clase Cómo Comparar 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 los prestamistas y puede ayudarle 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 calificación?
- ¿Qué exactamente implica el proceso de comprar una casa?
- ¿Cómo puedo maximizar los servicios de mi banco de bienes raíces, compañía de título y compañía de custodia?
- ¿Cómo puedo obtener ayuda con el pago inicial y los costos de cierre?

CHW ofrece Financial Fitness y Home Buyer classes a la public. Foto courtesy of CHW.
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 a more advanced curriculum.

— Staff report
Accidente de Patineta Inspira la Solicitud de un Parque

Me llamo Marcos Olascoaga. Tengo 18 años de edad.

Como 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 para las personas de aquí que quieran patinar.

El parque para patinetas es un tema importante que significa mucho para mi. Hece un año y medio fui atropellado y me lancé hacia adelante. Tuve una magulladura en la cadera, una herida en el hombro y una en el brazo. Tuve que ser llevado al hospital y luego a la sala de emergencia.

En ese momento fui acostado en una cama y fui atendido por un médico. Me dijeron que fui atropellado y que no tenía lesiones internas.

Perdí el sentido en el momento del accidente y me desperté en el hospital. Me sentí muy mal y me dijeron que fui atropellado por un coche.

Me dijeron que fui llevado al hospital y que me hicieron examenes.

Lo que quiero es que se construya un parque para patinetas en City Heights. Me llamo Marcos Olascoaga y soy de City Heights.

Le pedí al Consejo que creara un plan: ¿Qué necesitamos para lograrlo? ¿Quiénes pueden ayudarnos? ¿Dónde se puede construir el parque para patinetas? ¿Qué tipo de patinetas se necesitan?

Trabajando con el Consejo de la Juventud CAN de Mid-City, tomamos acciones.

Y outh Council, I am not alone.

As part of 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 initiative of trying to get a skate park built in City Heights.

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 took action.

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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 non-profit called MicroSociety.

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

“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 you don’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 peace society, so he won’t be out patrolling the walkways with 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 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 apply 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 California’s standardized tests were below the state’s target last year, they have risen significantly since the 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 into a play and they’re acting 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 in the community and apply what they’re learning in school to solve real problems in a way that traditional classroom activities won’t give them the chance to.”

Verónica Lias, a teacher who supervises the peace society, said she has seen how Micro has changed her students’ approach to social justice issues.

“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 classes and their everyday conversations.”

Students are allowed to use the money they earn for that week to buy things such as decorated posters or CDs with music that they have recorded themselves.

“Kids get tickets to help with the peacekeeping, and get days off to go shopping or run errands, such as taking such paychecks to the bank.”

Between classes, some students make money jobs stand in the walkways with signs advertising their businesses.

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

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Before the students leave for the day, they attend peace school.

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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.

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.
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.

“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@midcitycan.org or (619) 283-9624 ext. 210.
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 talk to 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 and remember to be safe. Several area nonprofits give the families through referrals and a variety of programs. For more information, call (619) 563-2750. It’s Up to Us, 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 nutrition and exercise; this is what health 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 to August 4. 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.

Finally, the 4th of July has arrived, and so have its recommendations to the school board. Officer “K” Carla Kuamoo (www.up2sd.org) offers resources of apology and prevention in inglés and español and 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—sólo 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.

Finally, with the 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.”

Officer “K” Carla Kuamoo
San Diego Unified School District police
Monroe Clark Middle School

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

“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.”

Officer “K” Carla Kuamoo
Policía del Distrito Escolar Unificado de San Diego
Escuela Secundaria Montree Clark

DICE DISCIPLINE, from P1
vocare for district-wide change.
“We have to get on the ship and we leave port for 180 days.”

Chapter Two: MENTAL HEALTH, and empower students 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.

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San Diego Unified School District police
Monroe Clark Middle School

Cárcel 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.

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Officer “K” Carla Kuamoo
Policía del Distrito Escolar Unificado de San Diego
Escuela Secundaria Montree Clark

Saying safe in summer

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Chapter Two: MENTAL HEALTH and empower students 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.

Maleen Ruts is a reporter and web editor for the Speak City Heights project.

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 publíquen ningún tipo de información en el internet que no te gustaría ver inscrita en una camiseta que estés publicando. Puede que pienses que sabes con quién estás “chateando” en línea, pero puede ser un extraño con intenciones peligrosas. No te cases con ningún “amigo en línea” para conocerlo/a personalmente, 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 decirselo a alguien. Pideles ayuda a alguien que viva contigo si lo necesitas. Pideles permiso a tus padres o a un adulto responsable antes de ingresar al internet. El Centro Nacional para Menores Desperecidos y Explootados (NCMEC, por sus siglas en inglés) cuenta con muy buena información acerca de seguridad cibernética—visita su portal en español para adultos—incluyendo información para preadolescentes y adolescentes a través de 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 Concienciación para la Prevención del Suicidio) de San Diego, reúne 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 programas. Para más información llama al (619) 563-2750. La organización It’s Up to Us (www.up2sd.org) ofrece recursos de ayuda 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—sólo 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.

Finally, with the 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.”
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 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’s parents 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’s not 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 offices. She says it took three years before the business was 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 area, 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.

“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 insurance, including Medi-Cal. To make an appointment call 619-284-3937.

— Staff report

BUSINESS SPOTLIGHT

Local optometrist helping clients see clearly while looking great

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

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 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 a seguir sus carreras.

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 pacientes estaban suscritos a Medi-Cal, le reembolsan solo una fracción de lo que pudiese 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 atira a City Heights es el deseo de ayudar a sus pacientes 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 suya.

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 consultorio adicional, un horario extendido y los servicios de un segundo optometrista. Espera poder abrir antes del primero de septiembre en el 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
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 workers, tax collectors, judges, newspaper reporters and more. Specific ventures include Creative Earth; 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 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 others. 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 activities 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.
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 virus.

For further information about protecting yourself from mosquitoes or the West Nile Virus, call (858) 694-2888, or email 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 comienzo 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 mace- tas, canales, cubos, botes de basura, jarrones, 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, cambiele 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 hembras 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.

- Pode y reduzcan el espesor de arbustos y plantas coprosas 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 Niño Occidental (West Nile Virus) que es propagated 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 protegese de los mosquitos o del Virus del Niño Occidental, llame al (858) 694-2888 o escriba a vector@sdcounty.ca.gov.

VOLUNTEERS, from P10

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 psicólogos 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-hijo. Contreras comenzó a trabajar como voluntaria cuando su hija (quien se graduó de la escuela) asistía a la Preparatoria Hoover y el esposo de Gale trabajaba como maestro de Ciencias en la escuela.
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<tr>
<th>Date</th>
<th>Event Description</th>
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<td>July 4</td>
<td>Independence Day!</td>
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| July 5 | Noon to 1 p.m.  
City Heights Wellness Center  
4440 Wightman St.  
Zumba Class  
Contact: Marilyn (619) 321-2920  
Limited space: for more information/registration please call for the start of the new session |
| July 6 | 10 a.m. to 10:30 a.m.  
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! |
| July 7 | 9 a.m. to 10:30 a.m.  
City Heights Center  
4380 Lands Street  
Intro to Drawing  
Learn basics of drawing, how to draw some of your favorite characters and create your own characters.  
Fee: $5.30  
Contact: (619) 641-6125 |
| July 9 | 5 to 6 p.m.  
City Heights Wellness Center  
4440 Wightman St.  
Zumba Class  
Contact: Marilyn (619) 321-2920  
Limited space: for more information/registration please call for the start of the new session |
| July 10 | 3:30 to 5:30 p.m.  
Mid-City Police Division  
4310 Landis St.  
Youth Voice Leadership opportunities for youth ages 12-24 |
| July 11 | Noon to 2 p.m.  
City Heights Wellness Center  
4440 Wightman St.  
Food Justice Momentum Team  
Contact: (619) 283-9624 |
| July 14 | 11 a.m. to 1 p.m.  
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 |
| July 16 | 2 to 6 p.m.  
City Heights Recreation Center  
4380 Lands St.  
Teen Center  
Homework Assistance, Computer Lab, Arts and Crafts, Video and Table Games and Sport Activities.  
Contact: (619) 641-6125 |
| July 17 | 6:30 to 7:30 p.m.  
City Heights Recreation Center  
4380 Lands St.  
City Heights Recreation Council Meeting  
Meeting in Recreation Center’s meeting room.  
(619) 641-6125 |
| July 18 | 6 to 7 p.m.  
Florence Joyner Elementary  
4271 Myrtle Ave.  
Dad’s Club  
Contact: Kenneth Woods (619) 795-2036 |
| July 20 | 10 to 10:45 p.m.  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Gaston’s Puppets Presents  
Puppet Circo  
Clown! Lion Tamer! High wire acts! Don’t miss the greatest puppet circus ever!  
Contact: (619) 641-6100 |
| July 21 | 8:30 a.m. to 3:30 p.m.  
4010 Fairmount Ave.  
Community Housing-Works: Financial Fitness Class in Spanish  
Contact: Lisette Martinez (619) 425-6878 ext 5474 |
| July 23 | Noon to 1 p.m.  
City Heights Recreation Center  
4380 Lands St.  
Summer Fun Café: Free Summer Lunches for Kids  
All children 18 and under are welcome.  
Contact: (619) 641-6125 |
| July 24 | 3:30 to 5:30 p.m.  
Mid-City Police Division  
4310 Landis St.  
Youth Voice Leadership opportunities for youth ages 12-24 |
| July 25 | 2 to 3 p.m.  
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! |
| July 27 | 10 to 10:45 a.m.  
City Heights/Weingart Library  
3795 Fairmount Ave.  
Percussion from Around the World  
Learn about and hear different percussion instruments!  
Contact: (619) 641-6100 |

**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 Charters.