

OUR STORY



**Cancer Club
 inspires a
 greater dream**

When Pamela Werner, executive director of development for the Moores Cancer Center, heard about the efforts of Rosa Parks fifth graders to raise money for cancer research, she asked if the students would be willing to share their story to inspire others to donate to the same cause.

In May, the Moores Cancer Center brought nine Rosa Parks students to the Harbor Island Sheraton Hotel to their annual fundraising event. After showing a video of a cancer survivor's road to recovery, the Rosa Parks students walked onto the stage and presented an oversized check for \$6,600 to the Moores Cancer Center director.

The pitch to the audience was, "if these children with access to limited resources can raise \$6,600, how much can you do?" said Werner.

The pitch worked; the event raised almost \$140,000 that evening. "That's an incredible number," Werner said. "We wouldn't have raised the money without those kids."

Even more impressive than the amount raised is the lesson we can learn from the Rosa Parks students' commitment, Werner said. "They are the example of how something small can result in an outcome so much larger than you ever dreamed possible."

That dream is still alive as Rosa Parks is hosting a Jog-A-Thon on June 20 to continue their fundraising efforts.

— Staff report

\$6,600 is enough to pay for the sequencing of genes for three cancer patients
To contribute, contact Brenda Taylor at btaylor@sandi.net or call (619) 282-6803

**The Rosa Parks
 Elementary Cancer Prevention Club**

By Brenda Taylor
 Rosa Parks Elementary

As a long time third-grade teacher at Rosa Parks Elementary school in City Heights, a neighborhood generally considered one of the tougher communities in San Diego, I like to think that I've spent a good portion of my life trying to make a difference in the world by working with students to become life-long learners. While stressing over grades and tests scores, I often ask myself if enough progress has been made. But when a group of fourth

graders, many former students of mine, came to see me one afternoon looking to form a club, I had no idea at the time that they were about to demonstrate just how far we've actually come, and the impact that a small group of kids and a community can have on making the world a better place.

It was one of those incredibly beautiful November afternoons,

[CANCER, P2]

Por Brenda Taylor
 Rosa Parks Elementary

He trabajado desde hace varios años como maestra de tercer grado en la Escuela Primaria Rosa Parks de City Heights, vecindario que usualmente se considera como uno de los más difíciles de San Diego, y me gusta pensar que he pasado una buena parte de mi vida tratando de hacer del mundo un lugar mejor tratando de que mis estudiantes se conviertan en amantes del conocimiento de por vida. Al analizar sus

calificaciones y puntajes en los exámenes, a veces me pregunto si hemos progresado lo suficiente. Pero cuando un grupo de estudiantes de cuarto grado, muchos de los cuales habían sido alumnos míos, vino a visitarme una tarde con la idea de formar un club, no me imaginé en ese momento que ellos estaban a punto de demostrarme que

[CANCER SPN, P2]

Rosa Parks third-grade students are showing you can accomplish anything you put your mind and effort into. Courtesy photos

City Heights canyon effort gets huge boost, lauded as a national model

By David Ogul
 City Heights Life

An effort to restore several City Heights canyons and connect them with a 5-mile loop trail – an effort backers are hailing as a national model -- has received a significant boost thanks to a state grant of \$365,000.

The trail will connect city streets with some 90 acres in Hollywood, Manzanita, 47th Street and Swan canyons.

"This grant will allow the commu-

nity to have an incredible connection of canyons and streets in City Heights, said Shara Fisher, executive director of the Ocean Discovery Institute, which chairs the City Heights Canyons & Communities Alliance that has been leading the effort.

"We will have five miles of well-defined, safe and accessible trails to walk on," said Eric Bowlby, executive director of San Diego Canyonlands, a canyon advocacy group that was instrumental in securing the Proposition 84 money from the California State-

gic Growth Council.

Bowlby said the project "is unprecedented in this type of urban setting... Trails will be weaving in an out of an urban environment."

He said the trail could be completed within four years, though it would probably take longer to restore some 14 acres targeted for improvement in the canyons. The plan involves removing non-native brush and replacing it with plants natural to the area.

[CANYONS, P3]



A child does some exploring through an education program at Swan Canyon

Los Esfuerzos por Restaurar los Cañones de City Heights Cobran Gran Impulso

Por David Ogul
 City Heights Life

El esfuerzo por restaurar varios cañones de City Heights y conectarlos a través de un sendero—esfuerzo que los partidarios del proyecto llaman un modelo nacional—ha recibido un significativo impulso gracias a una subvención estatal de \$365,000.

El sendero conectará las calles de la ciudad con unos 90 acres de los cañones Hollywood, Manzanita, 47th Street y Swan.

"Esta subvención permitirá que la comunidad tenga una conexión increíble entre los cañones y calles de City Heights", dijo Shara Fisher, Directora Ejecutiva del Instituto Ocean Discovery, el cual encabeza la Alianza

City Heights Canyons & Communities que está a cargo del esfuerzo.

"Podremos caminar a través de cinco millas de senderos bien definidos, seguros y accesibles", dijo Eric Bowlby, Director Ejecutivo de San Diego Canyonlands, un grupo que promueve la defensa de los cañones y que fue de suma importancia para asegurar el dinero proveniente de la

Proposición 84 ante el Consejo de Crecimiento Estratégico del Estado de California.

Bowlby dijo que el proyecto "no tiene precedentes en este tipo de entorno urbano... Los senderos estarán entrelazados con el entorno urbano."

Dijo que el sendero puede estar terminado en un periodo de cuatro años, aunque puede tomar más tiempo

restaurar los 14 acres de los cañones. El plan involucra remover las plantas no nativas y reemplazarlas con plantas nativas del área.

Además de San Diego Canyonlands y del Instituto Ocean Discovery, la Alianza City Heights Canyons &

[CAÑONES, P3]

CANCER, from P1

when a group of energetic kids showed up at my room. According to the students, they had already spoken with our vice principal about forming a club and were told they needed a teacher to lead it. So, here they were on my doorstep. Impressed by their motivation and excitement, I invited them in. While the kids were eager to get started, we first had to brainstorm ideas for the club's mission. I only had a couple rules: first, it should make the world a better place; and second, any money raised should be donated locally so the kids could see directly how the money was being spent. We've met almost every Friday afternoon of the school year from that day on.

Selecting the fight against cancer as our mission was painfully straightforward. The kids were all quite aware of the deadly disease. Several of our beloved school staff had battled cancer, and the prior year, one of our students lost his fight with cancer while at the middle school. During his battle, our school had bake sales to help raise money for the family. My third graders at the time frequently inquired about his progress and when they asked at the end of June, I had to explain that he passed away. The questions and comments went flying through the room, "You mean he died?" and "What? He's just a kid!" I explained that cancer can affect anyone no matter how old you are. Now many of these same kids were in my classroom looking to form a club. Our mission was clear – we could make the world a better place by joining the fight against cancer. The UCSD Moores Cancer Center was the clear choice to be the recipient funds.

One of the first orders of business was to set a target for our fundraising. As kids do, someone blurted out, "\$10,000! We want to raise \$10,000!" I wrote the number on the board, and we all just stared at it for awhile. In this economy? In this neighborhood? It just looked like too big of a target. That's when one of the kids said, "You know, with the rising costs of health care, \$10,000 really isn't very much." Our club president, Van, rallied the team, "We can do it. Even if we come close, whatever we raise, it will make a difference." So, it was agreed. Our target would be \$10,000.

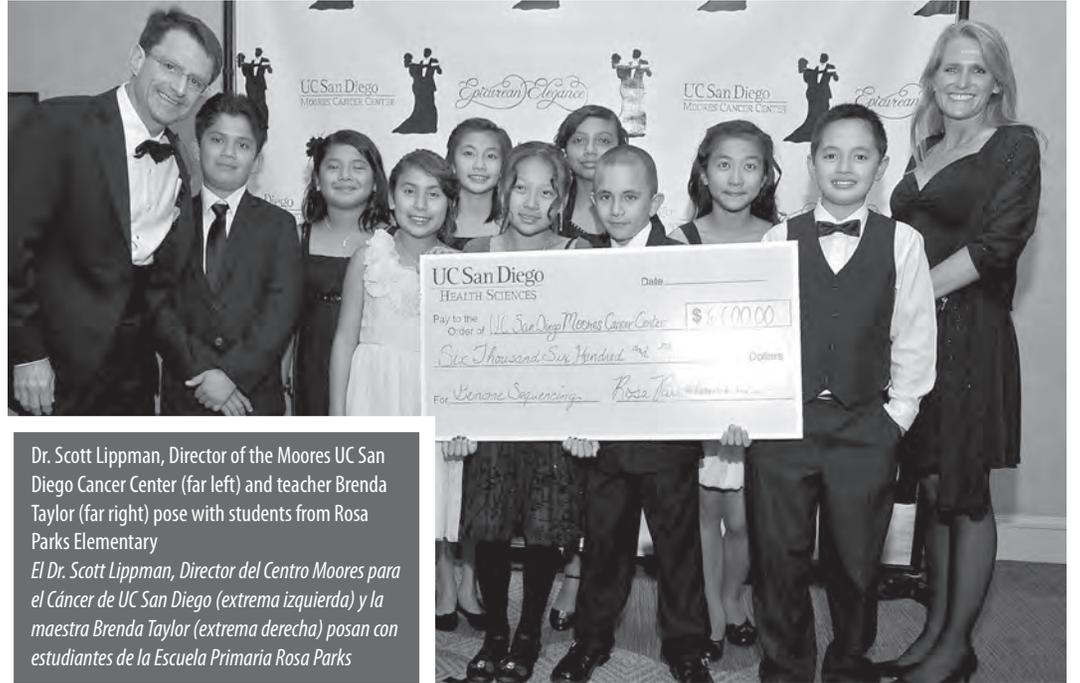
Like most clubs do, ours started out having bake sales after school. Lots of bake sales!!! The kids were unbelievably motivated and energetic about raising money for their cause. They would create posters, make announcements on the play-

ground, walk around in front of the school with trays of cupcakes hawking them better than a vendor at a baseball game, and even went class to class. The Rosa Parks staff and parents supplied many of the baked goods for the sale. And, as an avid Food Network fan, I'm a pretty good cupcake and cookie baker, too. On the eve of our sales, I would keep my oven cranking into the late hours while grading papers. In the end the bake sales were a huge success – the community supported us, buying almost all the goods every time. Plus, the kids had a wonderful time and felt good doing it. Every now and then, surprising things would happen. One especially poignant story happened when a woman approached, explaining to us that she lived in the neighborhood and sold ice cream from her cart for a living. She didn't have any children at Rosa Parks, but she had seen the posters around the school. She expressed the importance of setting goals and supporting a good cause. She explained she was saving her money for an eye procedure but it could wait. As she handed us a wad of cash, which totaled \$70, she told the kids to keep at it because it's important to help in times of need.

Over the many weeks that followed, the kids' enthusiasm remained high, and they kept looking for ways to build on their success. However, it was becoming quite clear that even though we had sold over \$1,000 worth of cupcakes and cookies, we were still quite a long way from our goal. We needed something bigger.

After a bit of brainstorming and speaking with teachers and parents at other schools, we decided to have the first Rosa Parks jog-a-thon. Realizing that the many people in the neighborhood were struggling financially, we structured it so that anyone with a signed permission slip could participate and show their support – no fundraising required. For those students that raised \$15, their names would be entered into a raffle; and for those that raised \$30, their names would be entered into the raffle and they'd get a cancer club jog-a-thon t-shirt. We solicited more than 100 San Diego businesses to help us fight cancer by contributing gift cards for the raffle. Many provided us with vouchers for free dinners, roller-skate parties, laser-tag and rock-climbing passes, museum memberships, and more. We had so many items of value to raffle off that a kid raising the minimum \$15 could easily walk away with over \$25 in gift cards.

The jog-a-thon was a lot of work, but worth it. One morning a little girl came into my room with an unmarked envelope filled with change from a piggy bank. As I peered into the envelope, I noticed mostly



Dr. Scott Lippman, Director of the Moores UC San Diego Cancer Center (far left) and teacher Brenda Taylor (far right) pose with students from Rosa Parks Elementary. El Dr. Scott Lippman, Director del Centro Moores para el Cáncer de UC San Diego (extrema izquierda) y la maestra Brenda Taylor (extrema derecha) posan con estudiantes de la Escuela Primaria Rosa Parks

pennies, nickels, dimes, and a few shards of polished glass and a few kid trinkets. It was a grand total of 86 cents. My eyes started to tear up as I handed the envelope back to her because I didn't have the heart to take her piggy bank money. She said, "No, really, it's O.K. It's my donation for a good cause." She gave me a great big smile, turned, and walked out of the room.

I had never felt so humble.

As more and more envelopes started to come in, she wasn't the only one scraping together what they could to help. A fifth grader collected more than \$50 in change. With 100% classroom participation, 89 children had donated \$5 or less, 42 of whom donated \$2 or less. The donations ranged from 50 cents to \$100. In the end, we had 368 donations averaging out to \$19.32. With the help of the teachers, staff, and parents, we got closer to our goal – penny by penny, dollar by dollar.

By the end of the school year, we had raised \$6,600 for the Moores Cancer Center. While it was short of our goal, the Rosa Park Cancer Prevention Club is still going strong, and we hope to be over the \$10,000 cumulative mark by the end of this school year. And while we may not have cleared our financial goal on our first try, the words of our club president ring true:

"Whatever we raise, it will make a difference."

As for the students in the club, they will be off to middle school next year. I think it's safe to say that we can expect big things from them in the future.

Brenda Taylor is a teacher at Rosa Parks Elementary School in City Heights

Club para la Prevención del Cáncer inspira un Sueño más Grande

Cuando Pamela Werner, Directora Ejecutiva para el Desarrollo del Centro Moores para el Cáncer, se enteró de los esfuerzos de los estudiantes de quinto grado de la escuela Rosa Parks para recaudar dinero para la investigación del cáncer, preguntó si los estudiantes estaban dispuestos a compartir su historia para inspirar a otras personas a donar para la misma causa.

En mayo, el Centro Moores para el Cáncer invitó a nueve estudiantes de la escuela Rosa Parks a uno de sus eventos anuales de recaudación de fondos en el Hotel Sheraton de Harbor Island. Después de mostrar un video de la recuperación de un sobreviviente de cáncer, los estudiantes de Rosa Parks subieron al escenario y le entregaron un cheque de tamaño gigante por \$6,600 al Director del Centro Moores para el Cáncer.

El mensaje para la audiencia fue, "si estos niños que tienen acceso a recursos limitados pueden recaudar \$6,600, ¿cuánto más puede hacer usted?", dijo Werner.

Funcionó. El evento recaudó cerca de \$140,000 esa noche. "Es una cifra increíble", dijo Werner. "No hubiéramos podido recaudar esa cantidad sin la ayuda de los niños."

Más impresionante que la cantidad de dinero recaudado es la lección que aprendimos de los estudiantes de la escuela Rosa Parks, dijo Werner. "Son ejemplo de que algo pequeño puede producir un resultado mucho más grande de lo que nunca soñamos."

El sueño sigue vivo ya que Rosa Parks estará celebrando una caminata el 20 de junio para continuar sus esfuerzos de recaudación de fondos.

— Staff report

Para contribuir, contacte a Brenda Taylor a btaylor@sandi.net o llame al (619) 282-6803

\$6,600 puede pagar por la secuenciación genética de tres pacientes de cáncer

CANCER SPN, de P1

tanto habían aprendido y del impacto que un pequeño grupo de niños y una comunidad puede tener para hacer del mundo un lugar mejor.

Era una de esas increíblemente bellas tardes de noviembre, cuando un grupo de energéticos niños se apareció en mi salón. De acuerdo a los estudiantes, ya habían conversado con el subdirector acerca de formar un club y él les había dicho que necesitaban que un maestro los dirigiera. Por eso tocaron a mi puerta. Me impresionó su motivación y entusiasmo y los invité a pasar. Los niños estaban ansiosos por comenzar, pero primero tuvimos que

unir nuestras cabezas para determinar la misión del club. Solo les di un par de reglas: primero, debía hacer del mundo un lugar mejor y segundo, cualquier dinero recaudado debía ser donado a nivel local para que los niños pudieran ver directamente como se invertía. De allí en adelante, nos reunimos casi todas las tardes de los viernes durante el año escolar.

Seleccionar la lucha contra el cáncer como nuestra misión fue algo dolorosamente sencillo. Los niños conocían muy bien acerca de la mortal enfermedad. Varios de los miembros de nuestro querido personal habían batallado con el cáncer y el año anterior, uno de los estudiantes de secundaria perdió su lucha contra el

cáncer. Durante su batalla, la escuela tuvo ventas de pasteles para ayudar a recaudar dinero para su familia. Mis estudiantes de tercer grado frecuentemente preguntaban acerca de su progreso y cuando me preguntaron a fines de junio, tuve que explicarles que había pasado a mejor vida. Las preguntas y comentarios no se hicieron esperar, "¿Quiere decir que se murió?" y "¿Pero cómo? ¡Es solo un niño!" Les explique que el cáncer puede afectar a cualquiera sin importar su edad. Varios de estos niños eran los que estaban tratando de formar un club. Nuestra misión era clara—podíamos hacer del mundo un lugar mejor si nos uníamos a la lucha contra el cáncer. El Centro Moores para

el Cáncer de UCSD fue la decisión obvia al momento de determinar a quién donar los fondos recaudados.

Una de las primeras órdenes del día fue determinar cuánto dinero queríamos recaudar. Uno de los niños gritó "¡\$10,000! ¡Vamos a recaudar \$10,000!" Escribí la cifra en el pizarrón y nos quedamos mirándola por un rato. ¿En esta economía? ¿En este vecindario? Parecía una cifra demasiado grande. Fue entonces que uno de los niños dijo, "Saben, con el alto precio de los cuidados médicos, \$10,000 en realidad no es mucho dinero". El presidente de nuestro club, Van, motivó al grupo: "Podemos hacerlo. Incluso si no alcanzamos a reunir todo el dinero, lo que podemos reunir

marcará una diferencia". Así que todos estuvimos de acuerdo. Nuestro objetivo sería reunir \$10,000.

Como casi todos los clubes, nuestro club comenzó a vender pasteles después de clases. ¡¡¡Muchas ventas de pasteles!!! Los niños estaban muy motivados y entusiasmados con la idea de recaudar dinero para una buena causa. Creaban carteles, anunciaban la venta en el área de juegos, caminaban al frente de la escuela con bandejas de pastelitos y vendían con mayor efectividad que los vendedores de los juegos de beisbol, incluso iban de salón en salón. El personal y los padres de familia de Rosa

Bring your passion for science and teaching to City Heights

By Jeri Nolan

Ocean Discovery Institute

Imagine a room full of fourth-grade students on the edge of their seats, microscopes poised for use, dissection scissors in hand. They are listening to your every word, and when you finally utter, "Begin!" the room erupts in a flurry of excitement and learning. Shouts of discovery, shrieks of surprise, and cries of enthusiasm fill the air as students begin to dissect an earthworm. Small faces look up to you with questions. High-fives are exchanged as children successfully identify the internal anatomy of a worm. Curiosity is generated as students ask questions such as, "Why does an earthworm have so many hearts?" and "I wonder what other animals have a crop?"

When it is time to leave the classroom at the end of the lesson, thrilled students shout, "See you next week!" teachers thank you, and you are off to another classroom full of eager kids.

This is the incredible reward that an Ocean Discovery Institute Discovery Fellow experiences daily.

Discovery Fellows teach elementary and middle-school students throughout City Heights. Fellows help students understand scientific concepts and make connections to the importance of science and conservation in their daily lives. They lead activities such as dissections, building underwater robots, analyzing DNA, meeting scientists, and working with scientific equipment and tools not otherwise available in their classroom. Students also take field trips to such places as Torrey Pines State Beach, the Birch Aquarium, or the La Jolla tide pools to apply classroom

learning in a field setting. The program has been shown to raise science content test scores by an average of 65 percent.

The fellowship is designed to provide professional development for recent college graduates, and the program brings successful community members into the classroom to teach and inspire.

This year's Discovery Fellows, Carolina Bracamonte and Johnny Sanvichith, both grew up in City Heights and attended the schools in which they now teach. Sanvichith, a graduate of University of California at Berkeley, said, "Being a fellow has been an incredible experience for me because I am able to work in the community I grew up in and love."

Bracamonte, a UCLA graduate, said she has gained new skills and abundant experience in working with children,

an experience that will help her be successful in future endeavors. "I know that when I look back at my experience as a Discovery Fellow, I will be amazed, and also reminded that I can accomplish great things when I believe in myself, trust in my abilities, and am pushed to try something new."

As Ocean Discovery Institute brings this year of fellowships to a close, it is in the process of recruiting new fellows. Those interested in becoming a Discovery Fellow can contact Melissa Nichols at mnichols@oceandi.org. Interested candidates should send their resume, cover letter, and three references to the above email address. Applications are due on Friday, June 8th at 9 a.m.

— Jeri Nolan is the school-based initiative manager at Ocean Discovery Institute and supervises the Discovery Fellows. She can be reached at jnolan@oceandi.org or (858) 488-3849.

"I know that when I look back at my experience as a Discovery Fellow, I will be amazed ..."

CAROLINA BRACAMONTE
Discovery Fellow



(Left to Right) A fifth-grader at Hamilton Elementary School with Discovery Fellow Carolina Bracamonte and teacher Mr. Dimapilis. Photo courtesy of Ocean Discovery Institute

CANYONS, from P1

Besides San Diego Canyonlands and the Ocean Discovery Institute, the City Heights Canyons & Communities Alliance also includes Project CLEAN, Hamilton and Florence Griffith-Joyner Elementary Schools, the San Diego Park & Recreation Department's Open Space Division, Price Charities, police, neighborhood associations, high school and middle school youth groups, and community businesses and civic groups.

The Alliance was established in 2007 after Bowlby, who then was the canyons campaign coordinator for the Sierra Club, connected a group called Aquatic Adventures to Katt Eaton and Kim Herbstridt, the leaders for the Friends of Manzanita Canyon. Bowlby had partnered with Aquatics Adventures, which is now called Ocean Discovery Institute, to establish the Kids in Canyons nature education program for fourth graders using a neighborhood canyon in South Park. The idea was to expand Kids in Canyons to Hamilton Elementary in City Heights by using the adjacent Swan Canyon as the classroom. Eaton and Herbstridt took a larger view. They figured, "Why not grow the program to include all the canyons in City Heights, not just Swan Canyon?"

"I first heard the concept of linking the City Heights canyons together from Kim and Katt" said Eric Bowlby. "They had stepped up to be the Friends Group leaders for Manzanita Canyon when we organized the group

in 2005." Bowlby called the Alliance "the most fabulous collaboration that I know of in the city."

The next steps will include obtaining the necessary licenses and permits to build the trail and rehabilitate targeted canyons. The Alliance also must create a \$20,000 fund for regular trail repairs and canyon maintenance. Groups have already pledged some \$11,000 to the effort, Bowlby said.

When the project is completed, it will mark the transformation of what once was a no-man's land of canyons that were magnets for crime, trash and the homeless.

Fisher of the Ocean Discovery Institute praised everyone involved, saying it reflected well on the community.

"City Heights is primed to become a national model of community-based revitalization that is uniquely grounded in education, environment, and recreation arising from a highly urbanized, densely populated, low-income, and nature-deficient community. While this area faces significant challenges, its assets are immeasurable; it is one of the most diverse neighborhoods in the nation and is host to rich cultural resources.

"Residents, community-based organizations, and civic leaders have coalesced around the opportunities and challenges that are at the forefront of City Heights' social and environmental framework. Their momentum provides the platform for the development of a community where people learn, enjoy, and steward their resources, and young people are prepared to become tomorrow's leaders."

CAÑONES, de P1

Communities también incluye al Proyecto CLEAN, las Escuelas Primarias Hamilton y Florence Griffith-Joyner, a la División de Espacios Abiertos del Departamento de Parques y Recreación de San Diego, Price Charities, la policía, asociaciones comunitarias, grupos juveniles de las escuelas secundarias y preparatorias locales, empresas comunitarias y grupos cívicos.

La Alianza fue establecida en el 2007 cuando Bowlby, quien en ese entonces era el Coordinador de la Campaña de los Cañones de Sierra Club, puso en contacto a un grupo llamado Aquatic Adventures con Katt Eaton y Kim Herbstridt, líderes del grupo Amigos de Manzanita Canyon. Bowlby se asoció con Aquatic Adventures, que en la actualidad se llama Instituto Ocean Discovery, para establecer el programa de educación natural Kids in Canyons, dirigido a niños de cuarto grado, aprovechando uno de los cañones comunitarios ubicado en South Park. La idea era expandir Kids in Canyons para incluir a la Escuela Primaria Hamilton de City Heights

aprovechando el cercano Swan Canyon como salón de clases. Eaton y Herbstridt tuvieron una visión más amplia. Se preguntaron, ¿por qué no incluir en el programa a todos los cañones de City Heights, no solo Swan Canyon?

"Kim y Katt me hablaron por primera vez acerca de la idea de unir los cañones de City Heights", dijo Eric Bowlby. "Se ofrecieron como líderes del grupo de Amigos de Manzanita Canyon en el 2005 cuando se organizó el grupo". Bowlby llamó a la Alianza "el esfuerzo conjunto más maravilloso que conozco en la ciudad."

Los siguientes pasos incluyen obtener las licencias y permisos necesarios para construir el sendero y rehabilitar los cañones. La Alianza también debe crear un fondo de \$20,000 para el mantenimiento regular del sendero y de los cañones. De acuerdo a Bowlby, varios grupos ya se han comprometido a donar \$11,000 al esfuerzo.

Cuando el proyecto llegue a su culminación, será un símbolo de la transformación de los cañones que se consideraban "tierra de nadie" y que eran imanes para el crimen, basura y de per-

sonas sin hogar.

Fisher, del Instituto Ocean Discovery, elogió a todas las personas involucradas, indicando que su trabajo refleja positivamente en la comunidad:

"City Heights está preparada para convertirse en un modelo nacional de revitalización comunitaria con una postura basada en la educación, medio ambiente y recreación derivada de una comunidad altamente urbanizada, densamente poblada, de bajos recursos y deficiente en áreas naturales. A pesar de que el área enfrenta a significativos desafíos, los aspectos positivos de la misma son inmensurables; es uno de los vecindarios más diversos de la nación que es además rico en diversos recursos culturales."

"Los residentes, organizaciones comunitarias y líderes cívicos se han unido a través de las oportunidades y desafíos que son el primer plano del marco social y ambiental de City Heights. Este impulso es una plataforma para desarrollar una comunidad en la que las personas puedan aprender, disfrutar y defender sus recursos y en el que los más jóvenes se puedan preparar para convertirse en los líderes del mañana."

Surviving as a refugee in City Heights

By Majur Malou

City Heights Life Guest Columnist

My Name is Majur Malou, and I am originally from the country of Sudan, formerly the largest country in Africa. On July 9th, 2011 Sudan split into two nations - Sudan and South Sudan. Sudan has been a jungle of tragedies for more than 39 years because of war between the northern Sudan and south Sudan. A war that killed more than 1.9 million people.

In 1994, I was accepted to the University of Juba, in the Sudanese capital of Khartoum, to study economics and social studies. At the time, however, the current military government seized power through a coup and imposed Islamic law in the country, including upon Christians and other non-Muslims. Students protested against the government's policies of Arabization and Islamization of the non-Muslim population. Other students and I were detained in military headquarters for nearly two months. During my detention, I was tortured night and day. All for simply expressing my political and Christian beliefs. Thankfully, with the intervention of human rights organizations such as Amnesty International, I was released. I decided then to escape Sudan via the border with Eritrea, before landing in Ethiopia. From there I ended up in a refugee camp in Kenya, where I was interviewed by a U.S. immigration officer

"During my detention, I was tortured night and day — all for simply expressing my political and Christian beliefs."

— Majur Malou, City Heights resident

and was found to be eligible to be resettled in America. I now serve as executive director of the Episcopal Refugee Network and help refugees fleeing from such countries as Sudan, South Sudan, Myanmar/Burma adjust to life in America by aiding them in their resettlement process.

I am now a U.S. citizen and a commercial pilot.

I came to the U.S. in June of 1995 and settled in San Diego. Coming to America was an exciting moment of my life, but I was vulnerable and unable to gain access to various services such as an education due to my limited English and lack of knowledge about Western cultural norms. I often was intimidated by the bureaucratic maze to access crucial services. For example, upon my arrival I decided to enroll in college and I did not understand how the system functions. I filled out a number of forms and completed a series of paperwork, but it was a difficult process. In fact, it was the worst possible thing for someone like me to go through.

To get an idea of the challenge, say you

were born and raised in America. Suddenly you have to leave behind your family, your friends, your belongings, and then find yourself in Moscow. You don't know anyone there. You don't speak Russian. You have no one to guide you through your resettlement process.

This is how life in America is for a refugee. Whether you are from Sudan, Somalia, Burma or Uganda -- all of us went through some difficulties.

I now live and work here in City Heights, a place where many refugees feel at home because of its diversity and affordable living -- many of the homes made affordable because of nonprofits such as Price Charities. It is really a melting pot, and I feel good when I see other refugees like me.

In conclusion, even though we as refugees are faced with many challenges, we must have faith and strong self-esteem to over-



Above: Majur Malou has a commercial pilot's license. Left: Malou now helps other refugees adjust to a new life in City Heights



come them. I strongly believe that success does not come through hoping and wishing, but through hard work. If we are to function as good citizens of this great city and country, then we must know what is good for us and what is bad and do always the good for our families, friends and our neighbors.

— Majur Malou is a refugee from Sudan and resident of City Heights. Malou is also the executive director of the Episcopal Refugee Network.

We want to hear from you!

Send your letters, ideas, comments and submissions to editor@cityheightslife.com.

Also, submit your photos taken in City Heights for publication consideration.



SERVICE DIRECTORY

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

Never too old to earn a diploma

By *Ranessa Ashton*

City Heights residents were among the 1,049 graduates honored at the San Diego Continuing Education program's commencement at Spreckels Organ Pavilion in Balboa Park on May 30. The ceremony was held in collaboration with the San Diego Unified School District's Adult High School Diploma Program.

Most graduates are adults who have been away from the classroom for years. Approximately 425 graduates participated in the ceremony, including Marlene Manning, a City Heights resident who has taken English as a Second Language classes at Continuing Education's Mid-City Campus, and also completed basic skills classes in preparation for the GED exam. She also is one of three recipients of a scholarship that awards \$3,000 toward tuition and expenses at a college within the San Diego Community College District. Manning will attend City College in the fall. Her goal is to work toward an advanced degree at SDSU in the pre-dental program.

Dr. Grace Sousa was a keynote speaker at the event. She talked about her odyssey that included dropping out of school in the eighth grade and later pursuing a nontraditional educational pathway beginning in adult education classes for GED preparation. She ultimately earned a doctor of medicine degree.

Adult students make the decision to re-enter the classroom for a variety of reasons. Many have overcome challenging situations to earn their high school diplomas or prepare for the GED. This often is the first step toward earning a college degree. For others who are looking to enter or advance in the workforce within a short time frame, success means learning relevant job skills by completing specific training in a certificate program so they can get to work.

Awards this year included 184 GEDs, 399 high school diplomas, and 466 certificates of completion for career and technical education programs.

Learn more at www.sdce.edu.



EDUCATION BRIEFS

Vaccination records needed for school

The San Diego Unified School District is reminding parents and guardians that California law requires all students going into seventh grade be immunized with a pertussis (whooping cough) vaccine booster called Tdap. This includes current students, new students and transfer students in both public and private schools.

Schools must receive proof of a child's Tdap booster before the student can attend class in the fall, unless they have a documented exemption.

Children who received a DTP, DTap or Tdap shot on or after their seventh birthday meet the Tdap booster requirement and do not need another shot. Parents and guardians can simply provide their child's school with a copy of the updated shot record.

City Heights teacher selected for top program

Eighteen San Diego Unified instructors, including one from Horace Mann Middle School, have been selected to take part in a prestigious master teacher program sponsored by UC San Diego.

The program will focus on science, technology, engineering and math.

The teachers are: Anna Weaver at Mann Middle School; Theodore Meckstroth, Bell Middle School; Julie Garcia, Innovation Middle School; Patricia Huntington, Farb Middle School; Erica Heinzman and Maitrayee Sahi, Kearny High School of International Business; Olivia Allison, Lewis Middle School; Caroline Morse at Montgomery Middle School; Joseph Hyun at Morse High School; Lori Pina, Shelley Rannikko and Kimberly Frank, Standley Middle School; Margaret Atkisson and Maureen Quesberry at University City High School.

Teachers from two district charter schools also have been selected. They are: Julia Gordon and Jade Mohr from High Tech High, and Shea Phillips and Alexandra Martinez at The Preuss School UCSD.

This professional development program is sponsored by the UCSD's Department of Education Studies and the Division of Physical Sciences. Supported through a \$3.2 million grant from the Robert Noyce Foundation and the National Science Foundation, the program will support 42 teachers from across the county for five years of professional development.

Master teacher fellows will receive salary supplements of \$10,000 per year, iPad tablets for mobile computing, up to six graduate units for summer institutes, up to eight graduate units for online courses, and classroom mini-grants to support change and growth within their own classrooms.

The Robert Noyce Teacher Scholarship Program seeks to encourage talented science, technology, engineering and mathematics majors and professionals to become K-12 mathematics and science teachers.

There's an app for that

San Diego Unified is wrapping up a project to buy nearly 26,000 iPads for 340 classrooms before the end of the year.

The electronic tablets should be ready for fifth- and eighth-grade classes by next fall. The project is expected to cost the district more than \$15 million and will be funded through a 2008 bond measure.

The district began putting the iPads in classrooms last month. Teachers will go through a one-day training session on how to use the electronic tablets.

Each iPad cost the district about \$370. They retail for \$399.

Lockheed-Martin helping out at Mann Middle School

Students at Mann Middle School are tackling engineering with the help of an \$11,500 grant from Lockheed-Martin.

Jose Lara teaches Mann's Gateway to Technology class, a course that involves lessons in science, technology, engineering and math.

The grant will be used to help buy parts that students need to build small robots, structures and other items created by the kids' imagination.

"Horace Mann and Lockheed Martin partnered together in 2009," said Lara. "Aside from the financial contribution, our partnership has included countless site visits by Lockheed Martin Engineers and various forms of support within the classroom."

MONROE CLARK CARNIVAL AND HEALTH FAIR

Get your peanuts! Get your popcorn! Get your medical appointment!

By Lisa Yang & Evelyn Aguilar
Monroe Clark 6th Graders

Wait...what?

You heard right! The Monroe Clark carnival is coming later in June, and this year the afternoon will include our very own Monroe Clark Health and Wellness Center introducing its services to the public.

There actually are going to be two events taking place Wednesday, June 27th. The health fair will start at 12:30 and the carnival at 1:30. The Monroe Clark campus will be the setting for this fun and informational day. Entrance is free; 50-cent carnival tickets will allow you to play an activity or purchase food and drinks. You can purchase tickets at the back gate at the booth where you will be coming in.

Our school's new Health and Wellness Center will be featured. Along with learning important health tips and activities, students can spin a wheel for free carnival tickets. Our school-based health clinic provides health services from both Mid-City and La Maestra Clinics to our students and their siblings.

Services are also provided for our feeder schools, including Hamilton, Joyner, and Rowan Elementary. Parents from Hamilton and Joyner and their children will be invited to participate in a Health Walk that day. They will meet at their school at the end of classes and proceed to Monroe Clark for a tour of the Health Clinic and to hopefully join the carnival festivities.

The afternoon is meant to share information and have some fun too. Because a portion of this event will be the health fair, we will try to serve healthy - but fun - food. Attractions and activities include face painting, photo booths and Whack-a-Knight. The English Department will have a booth giving away books as prizes. Among the Monroe Clark clubs volunteering will be ASB, National Junior Honor Society, and Washington D.C. Club. Clubs earn money for projects and field trips during the school year, and the carnival allows these cash-strapped groups to operate.

This will be a very exciting day

to have time with your friends and families while learning information to make you healthy. We hope to see you there!

— Lisa Yang and Evelyn Aguilar
are sixth grade journalism students at Monroe Clark Middle School



Festival y Feria de Salud en Monroe Clark

Por Lisa Yang & Evelyn Aguilar
Monroe Clark 6th Graders

¡Compre sus cacahuates! ¡Compre sus palomitas de maíz! ¡Programe su cita médica!

Un momento... ¿cómo dijo?

¡Escuchó bien! El festival de Monroe Clark se llevará a cabo en el mes de junio y este año la celebración ofrecerá al público los servicios de nuestro propio Centro de Salud y Bienestar Monroe Clark.

En realidad se realizarán dos eventos el día miércoles, 27 de junio. La feria de salud comenzará a las 12:30 y el festival a la 1:30. El campus de Monroe Clark será la sede

de este divertido e informativo día. La entrada es gratis y puede comprar boletos de 50 centavos para los juegos y para comprar comidas y bebidas. Al entrar al evento, puede adquirir sus boletos en la boletería que estará ubicada cerca de la entrada posterior.

Nuestro Centro de Salud y Bienestar estará presente durante el evento. Además de recibir consejos importantes e información acerca de actividades saludables, los estudiantes podrán hacer girar la ruleta para ganar boletos gratis. Nuestra

clínica escolar ofrece los servicios de salud de las Clínicas de Mid-City y La Maestra a todos nuestros estudiantes y sus hermanos. Estos servicios también están disponibles para las escuelas cuyos estudiantes ingresan a la nuestra, incluyendo las escuelas primarias Hamilton, Joyner y Rowan. Invitamos a los padres de familia de Hamilton y Joyner y a sus hijos a participar en la Caminata de Salud ese día. Deben reunirse al terminar las clases en sus respectivas escuelas y dirigirse a Monroe Clark para visitar la Clínica de Salud y esperamos que

se queden y disfruten del festival.

La tarde tiene como propósito compartir información y divertirnos un poco. Como parte del evento está dedicado a la feria de salud, trataremos de ofrecer comidas saludables—pero divertidas. Las atracciones y actividades incluyen pinta-caritas, cabinas fotográficas y “Whack-a-Knight”. En el puesto del Departamento de Inglés se estarán repartiendo libros y premios. Entre los clubes de Monroe Clark que estarán trabajando como voluntarios podemos mencionar a ASB, National Junior

Honor Society y el Club Washington D.C. Los clubes recaudan fondos para sus proyectos y excursiones durante el año escolar y el carnaval les da la oportunidad de recaudar fondos para continuar sus operaciones.

Será un día muy emocionante en el que podrá pasar un buen rato con amigos y familiares y aprender información saludable. ¡Esperamos contar con su asistencia!

— Lisa Yang y Evelyn Aguilar
son estudiantes de periodismo que cursan el sexto grado en la Escuela Monroe Clark

Candidates pledge to improve *public transportation in City Heights*



By Adam Ward
Mid-City CAN

Four San Diego politicians have signed a written agreement to work to improve public transportation in City Heights.

Residents, activists, and more than 100 Mid-City CAN's Improving Transportation team members at a May 12 forum asked the San Diego City Council and mayoral candidates to pledge their support in improving local transit options. City Councilmember Todd Gloria, City Councilmember Marti Emerald, U.S. Rep. and Mayoral Candidate Bob Filner and City Council Candidate Mateo Camarillo all took the pledge during a discussion at Metro Villas apartments. The overflow crowd of about 120 spilled out of the community room into the courtyard.

Young people and community members told their stories about the importance of improving public transportation in City Heights, where the San Diego Association of Governments estimates that more than two-thirds of the households are likely to use public transportation, based on U.S. Census data.

"We calculate that about 12,000 to 13,000 people per day board one of our buses in the City Heights area," wrote Rob Schupp, director of marketing and communications for Metropolitan Transit System, in an email. "This is a lot of boardings, particularly for an area not served by a trolley station."

However, there is room for growth. Schupp said the number of boardings represented less than 5 percent of MTS' daily operation.

"This is one of the few communities in the county where we have never heard a complaint about bus stops or bus service,

all we've heard is please give us more," MTS Senior Transportation Planner Denis Desmond said at the forum.

The candidates' pledge had five parts, including demands for a free bus pass for full-time students, 25 and younger. It also included completing the centerline bus route, which is the plan to use the transit plazas at University Avenue and El Cajon Boulevard for direct bus service. The pledge also contained a section on expanding bus hours and stops for those who use public transportation to get to jobs at night or on weekends. Candidates also pledged to prioritize public and active transportation before highway projects. It also emphasized improvements to make streets safe for pedestrians, bicyclists and motorists.

Other sponsors of the Mid-City CAN event included International Rescue Committee, SEIU United Service Workers West, Southern Sudanese Community Center, City Heights Community Development Corporation and CASA de Vecinos Organizados.

If the candidates make good on their pledge, young people who live in City Heights, such as San Diego City College Student Angeli Hernandez, will be among the winners.

"I had to stop taking the bus and borrow my parent's car because the bus was always late, and I wasn't able to afford monthly bus passes," said Hernandez, 18.

— 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.

"This is one of the few communities in the county where we have never heard a complaint about bus stops or bus service; all we've heard is please give us more."

DENIS DESMOND
Senior Transportation Planner
Metropolitan Transit System

Kids learn fire safety in the Urban Village

By Ed Filio
San Diego Fire Department

This year's National Arson Awareness Week ran from May 6 to 12 and the theme was "Juvenile Fire Setting." The San Diego Fire-Rescue Department and the Burn Institute held a community event during the afternoon of Saturday, May 12, at the City Heights Park and Recreation Center. Firefighters and paramedics, Burn Institute staff, and Mid-City police officers talked to approximately 300 kids about fire prevention and safety. This effort was the result of a safety strategy that arose from the Fire Department and Burn Institute partnering with the City Heights Community and Canyons Alliance to focus on awareness and prevention training for youth.

Fires set by youths are often referred to as preventable arson. Each year in this country, fires set by children are responsible for more than 100 deaths, nearly 1,000 burn injuries, and the loss of hundreds of millions of dollars in property, according to the U.S. Fire Administration. Children are often the victims in these fires.

The best way to understand why children set fires is to look at their motivations. Motives can involve curiosity, a cry for help, thrill-seeking, or willful intent to cause destruction. Some chil-

dren also set fires because they suffer from mental or emotional problems. If you suspect your child is setting fires, you are not the only parent ever to face this problem. Contact your local fire department immediately. Explain the situation to them. In the San Diego region, the Burn Institute (www.burninstitute.org) runs the program for juveniles who set fires - they take referrals from fire departments, police, and parents.

The most important lesson for children is that matches and lighters are tools, not toys. Parents should never use lighters, matches, and fire for fun; children will mimic you, and when they do it unsupervised, tragedy can result. Praise your child for practicing responsible behavior and showing respect for fire. Set a good example: use matches, lighters, and fire carefully, as children will imitate positive behavior too.

- Always supervise young children.
- Never leave matches or lighters within reach of children. Keep matches and lighters out of reach in high, locked cabinets.
- Use child-resistant lighters,



A San Diego firefighter explains fire safety to a group of youth.

but remember that they are not child proof.

- Instruct young children to inform an adult if they find matches or lighters.

And, as always, be fire safe at home. Inspect for fire hazards, install and maintain smoke and carbon monoxide alarms, and ensure fire sprinklers, if present, are operational. Have a family

fire escape plan and practice it so your kids will know what to do without being told if a fire occurs. Find out more online at <http://www.sandiego.gov/fire/safety/>.

CANCER SPN, de P2

Parks proporcionaron la mayor parte de los pasteles para las ventas. En lo personal, como ávida fanática del Food Network, puedo hornear muy buenos pastelitos y galletas. El día antes de la venta, mi horno trabajaba hasta muy tarde mientras yo corregía papeles de la escuela. Las ventas fueron un éxito total—la comunidad nos apoyaba comprando casi todo lo que ofrecíamos. Además, los niños se divertían y se sentían muy bien por participar en la venta.

De vez en cuando ocurrían cosas sorprendentes. Una historia particularmente conmovedora es la de una señora que se acercó explicando que vivía en el vecindario y que vendía helados en un carrito para ganarse la vida. No tenía hijos en Rosa Parks, pero había visto los cartelitos alrededor de la escuela. Habló de la importancia de trazarse metas y apoyar una buena causa. Nos explicó que había estado ahorrando dinero para una operación de los

ojos, pero que eso podía esperar. Y nos entregó un manojito de billetes, un total de \$70, diciéndoles a los niños que tomaran el dinero porque es importante ayudar a las personas que lo necesitan.

Durante las muchas semanas que siguieron, el entusiasmo de los niños se mantuvo elevado y seguían buscando formas de tener más éxito. Sin embargo, había quedado bastante claro que aunque habíamos vendido más de \$1,000 en pastelitos y galletas, todavía no estábamos cerca de nuestra meta. Necesitábamos algo aún más grande.

Después de pensarlo mucho y de hablar con maestros y padres de familia de otras escuelas, decidimos organizar la primera caminata Rosa Parks. Tomando en cuenta que muchas personas del vecindario tenían problemas económicos, la estructuramos de forma que cualquiera que tuviera un permiso firmado pudiera participar y demostrar su

apoyo—sin necesidad de recaudar fondos. Los estudiantes que recaudaran \$15, recibían un boleto para un sorteo; los que recaudaran \$30 recibían el boleto y además una camiseta de la caminata de la caminata del club contra el cáncer. Le pedimos ayuda a más de 100 empresas de San Diego solicitándoles que nos ayudaran a combatir el cáncer contribuyendo con tarjetas de regalo para el sorteo. Muchos nos dieron vales para cenas gratis, fiestas de patinaje, pases para laser-tag y para escalar rocas, membresías a museos y mucho más. Teníamos tantos artículos de valor para sortear que un niño que recaudara un mínimo de \$15 podía fácilmente ganarse una tarjeta de regalo de \$25.

La caminata requirió mucho trabajo, pero valió la pena. Una mañana, una niña entró a mi salón con un sobre en blanco lleno de dinero que sacó de su alcancía. Mirando dentro del sobre, descubrí una

gran cantidad de centavos, algunas monedas de 5 y 10 centavos, unos cuantos pedacitos de vidrio pulido y otras cosas de poco valor. Un gran total de 86 centavos. Mis ojos se llenaron de lágrimas mientras le devolvía el sobre y le decía que lo tomara porque no tenía corazón para quitarle el dinero de su alcancía. Ella dijo: "No, está bien. Es mi donación para una buena causa". Sonrió, dio la vuelta y salió del salón.

Nunca había sentido tanta humildad.

A medida que llegaban más sobres, me di cuenta que ella no había sido la única juntando lo que podía para ayudar. Un estudiante de quinto grado recaudó más de \$50 en monedas. Los salones de clase tuvieron un 100% de participación, 89 niños donaron \$5 o menos, 42 de ellos donaron \$2 o menos. Las donaciones fueron desde 50 centavos hasta \$100. En total, recibimos 368 donaciones de un promedio de \$19.32. Con la ayuda de los

maestros, el personal y los padres de familia, nos acercamos a nuestra meta—centavo a centavo, dólar a dólar.

Al finalizar el año escolar, habíamos recaudado \$6,000 para el Centro Moores para el Cáncer. Aunque fue menos de lo que nos habíamos propuesto, el Club Rosa Parks para la Prevención del Cáncer sigue trabajando con ahínco y esperamos sobrepasar la cifra acumulativa de \$10,000 a fines de este año escolar. Y aunque puede que no hayamos llegado a nuestra meta económica en el primer intento, las palabras de nuestro presidente son muy ciertas:

"Lo que podamos reunir marcará una diferencia."

Los estudiantes del club ingresarán a la escuela secundaria el próximo año. Creo que no me equivoco al decir que podemos esperar grandes cosas de ellos en el futuro.

— Brenda Taylor trabaja como maestra en la Escuela Primaria Rosa Parks de City Heights.

BUSINESS SPOTLIGHT

City Heights station at the forefront of alternative fuels



Above: E85 is about 85% corn
Left: A group from the USAMI Corporation in Japan made a special trip to Pearson Fuels to learn about alternative fuels.

City Heights is home to what may be the most progressive fuel station in the nation -- and possibly the world.

Co-owner and general manager Mike Lewis says Pearson Fuels is the “fuel station of the future.” It offers 10 types of fuels, more than double the typical gas station and far more than other alternative fueling stations. In addition to stocking the standard three grades of unleaded gasoline, it offers diesel, bio-diesel, propane, ethanol (E85), two types of natural gas, and the recently upgraded electrical charging stations.

When the station opened on El Cajon Boulevard next to the newly constructed Interstate 15 in 2003, it was envisioned as an extension to the historic Pearson Ford dealership a few blocks away. Located on the same grounds was a dealership selling Ford’s 18 alternative-fuels vehicles, an alternative fuels vehicle service garage, an alternative fuels education program that catered to public school students, and the Pearson Fuels gas station offering the first ethanol pump on the West Coast. It also offered the first, and still the only, biodiesel pump in San Diego.

As it turned out, the fuel center was ahead of its time. The California Legislature delayed implementing a law requiring manufacturers to produce vehicles that produce zero emissions. And in 2004 Ford went from producing 18 alternative fuel vehicles in California to producing none. Then the declining economy closed the doors of Pearson Ford in City Heights. A few years later funding for the alternative fuel education program dried up.

Lewis and his two business partners, however, maintain a belief that an alternative fuels station is a viable business.

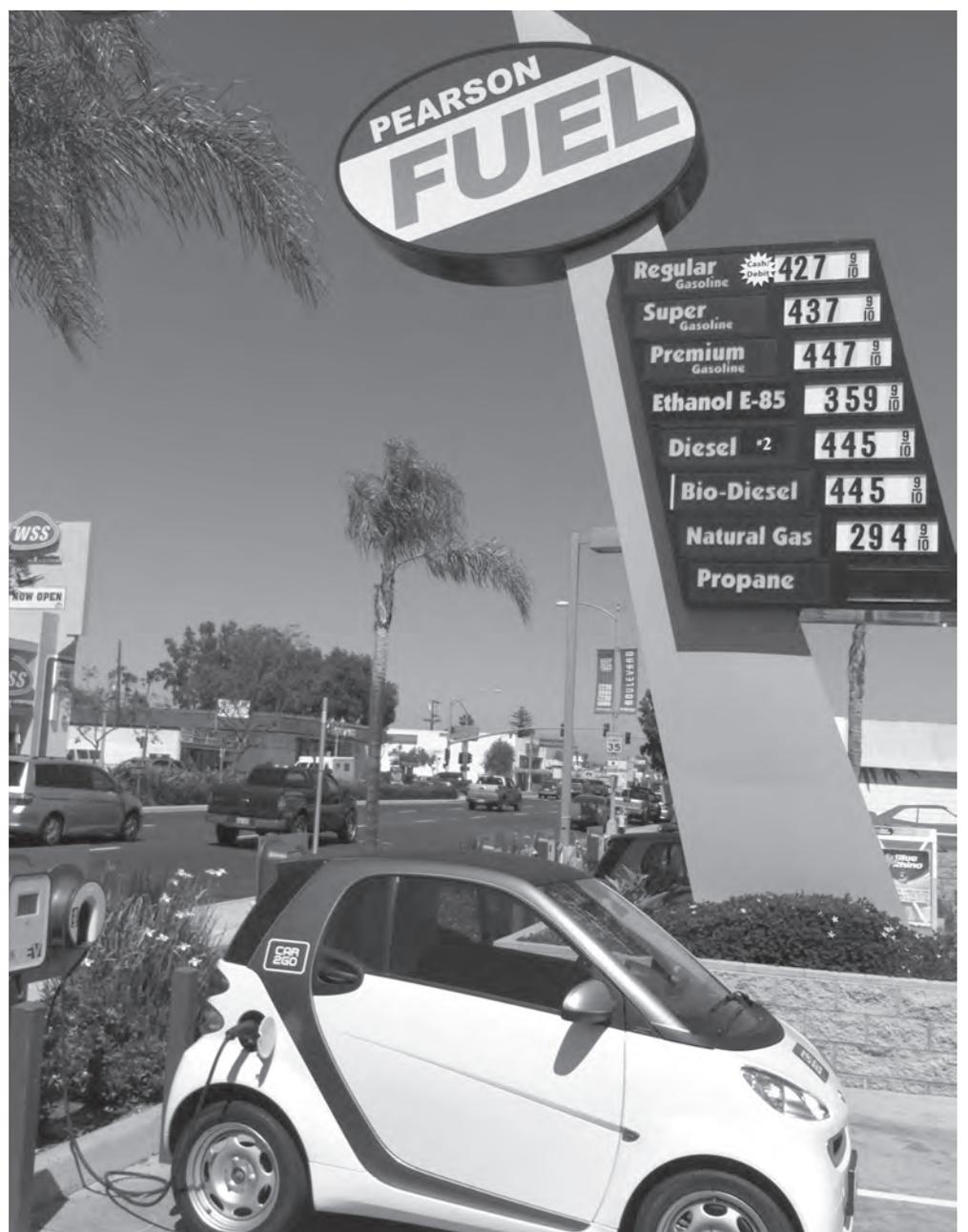
“In the long run, we’re (the world) not making more oil,” Lewis said. To keep the business afloat while the rest of the world catches up with that thinking, Lewis began applying for government grants to build ethanol pumps at new and existing gas stations. To date, Pearson has built three of the four ethanol pumps in San Diego County and 13 across California. Pearson continues to supply ethanol to those stations. Lewis is currently in talks to build a bio-diesel distribution facility near Sacramento, and he’s also exploring a business to create ethanol out of sugar cane, a popular method in other countries.

Over their nine years in business, Lewis and Pearson Fuels have become celebrities in the alternative fuels world. The station has hosted foreign investors looking to start their own alternative fuels stations abroad, and Lewis has been a regular contributor in the news media, including the CBS Morning Show and the Today show. He says every time gas prices go up, news editors begin looking for experts advocating for alternative fuels to gasoline.

Lewis believes the most reasonably priced alternative to gas is the ethanol blend, E85. He says E85 has been making a comeback, evidenced by the 62 foreign and domestic models available to consumers this year that can run on E85 fuel. Ethanol is made almost exclusively from corn, and E85 contains 85% ethanol and 15% gas. The benefits of E85 are lower costs to the consumer (the price per gallon of E85 was \$0.68 cheaper than regular unleaded gasoline in May), reduced reliance on foreign oil production, and a higher octane output. However you can expect a decline in fuel economy using E85 compared to gasoline by as much as 10-29%, according to Lewis.

Despite the benefits of E85, only four gas stations in the county sell it to retail customers. The costs to install ethanol pumps and tanks are prohibitive without government grants. That may change as more vehicles are sold with E85 capability. Currently Pearson Fuels business is about two thirds traditional fuel and one third alternative fuel (most of that is E85). Lewis says he continues to sell natural gas, propane, and bio diesel because he wants to be at the forefront if new technology or government action makes those fuels economically viable.

In just the past few weeks, Pearson Fuels jumped back into the electric car charging



business. They stopped offering electric car chargers years ago when the promise of electric cars faded out, but with the spike in gas prices electric cars have made a comeback. Pearson Fuels installed five charging stations and participates in the “Car2Go” program.

Lewis says alternative fuel sales set a record at Pearson Fuels last year and is on pace to set another record this year, keeping City Heights at the center of the alternative fuels universe.

— Staff report

Breast cancer and osteoporosis screening available in City Heights as La Maestra expands "Circle of Care"

ByLindy Webb

La Maestra Community Health Centers

La Maestra Community Health Centers invites you to schedule an appointment for breast cancer or osteoporosis screening at its new imaging center. The center opened in February in La Maestra's City Heights location, adding digital mammography and DEXA scans to its digital sonography services.

All imaging services are performed by licensed medical imaging technicians with a very low dose of X-ray. Full field digital mammography is performed using a top-of-the-line Hologic Selenia Dimensions unit equipped with computer aided detection to help the interpreting radiologist identify abnormalities. Dual-Energy X-Ray Absorptiometry, or DEXA scans, measure bone density quickly and painlessly. High resolution digital images are read by La Maestra's radiologist or sent to an outside provider or hospital, depending on the needs of the patient.

Patients can set up an appointment for the same or following day. "The results are available much sooner than in the past, which streamlines the process so patients can talk to their primary care provider sooner about treatment for serious conditions and how to pre-

vent more complex health problems down the road," said the organization's imaging director, John Lethin.

"We're so excited to provide state-of-the-art imaging services here in our medical home to dramatically improve care for our patients," said Zara Marselian, La Maestra's chief executive officer. "Now there is no need for an appointment at a hospital or imaging specialist for screening, which means no worrying about finding transportation, taking extra time off work or finding someone at the referral site who speaks the patient's language."

If you are a woman age 40 years or older, or if there is a history of breast cancer in your family, La Maestra's staff will help you find out if you qualify for a free annual mammogram, clinical breast exam or ultrasound, and provide free important information to you about early detection of breast cancer. Adults who are over 50 years old, smoke, have had a non-traumatic bone fracture or use cortico steroids should have a DEXA scan, which may also be available for free or at a low cost. Ultrasound services help our primary care providers

diagnose urgent health conditions sooner and include Obstetrical, Gynecological, Abdominal, Renal, Breast, Thyroid, Testicular, Pediatric, Peripheral Venous Duplex, Carotid Duplex and Aortic Sonography.

La Maestra Community Health Centers for 22 years has provided various prevention, treatment, chronic disease management, and essential support services to more than 165,000 men, women and children in City Heights, National City, Lemon Grove and El Cajon.

If you have any questions about how you can access imaging services for free or on a sliding fee scale, please contact Brenda Reyes at (619) 280-4213 extension 3088.

— *Lindy Webb is the executive assistant for the La Maestra Community Health Centers*



John Lethin, Director of Imaging at La Maestra, demonstrates digital ultrasound services. Photo courtesy of La Maestra.

Below: Jennifer, Mammography Technologist, demonstrates how a digital mammogram is performed. Photo courtesy of La Maestra.



La Maestra's Breast Cancer Screening Team poses in front of the new Imaging Center during a Women's Health Fair in May 2012. Photo courtesy of La Maestra. Right: John Lethin prepares the DEXA machine to provide a bone density scan. Photo courtesy of La Maestra.



AT YOUR SERVICE

Don't let your child forget all he or she has learned

By David Ogul
City Heights Life

In one ear, out the other.

That's what educators hope won't happen to what students have learned the past school year when the lengthy summer break comes around. What can parents and guardians do to help children retain what they've learned? Here are a few tips from some of the experts.

- Writing is a vital skill that takes practice. Encourage your child to write in a diary or journal daily. Have them write letters to you or relatives.

- To help with various math skills, do simple things like taking your child shopping and having him or her add up the prices of what you're buying and determine how much change would be due if you were to pay with different sums of money. More challenging exercises could involve determining how much you would have to pay if, for example, you bought a few pounds of produce — depending on the price per pound. If your child is in sports, have him or her figure out statistics, such as batting av-

erages or earned run averages for baseball players.

- Set aside a time to read to your child daily. Better yet, have them read to you. And visit the local library. Often.

- A child can build vocabulary by reading the dictionary. That is in large part how 1960s civil rights leader Malcolm X became such an eloquent speaker. "I saw that the best thing I could do was get hold of the dictionary - to study. To learn some words," he says in *The Autobiography of Malcolm X*.

- If you can, drive to or take a bus to Balboa Park and spend time in a museum. Every Tuesday, admission to several of them are free. The Timken Museum of Art is always free.

- Brenda Taylor, a teacher at Rosa Parks Elementary School, says a key way to prepare your child for the coming semester is to find out what you should know about the standards expected when school resumes. "If you have a child going into fourth grade, for example, find out what you can about what they do in the fourth grade and work on some of those skills."



No permita que su hijo o hija olvide todo lo aprendido

Por David Ogul
City Heights Life

Lo que entra por un oído sale por el otro.

Eso es lo que los maestros esperan que no ocurra con lo que los estudiantes aprendieron durante el año escolar durante las largas vacaciones de verano que

se acercan. ¿Qué pueden hacer los padres y tutores para ayudar a que los niños retengan lo que aprendieron? A continuación ofrecemos unos cuantos consejos de

los expertos en la materia:

- *Escribir es una habilidad vital que requiere práctica. Motive a su hijo a llevar un diario y escribir en él todos los días. Pídale que escriba cartas dirigidas a usted o para sus familiares.*

- *Para ayudarlos con diversas habilidades matemáticas, puede hacer cosas fáciles tales como llevar al niño con usted cuando va de compras y pedirle que sume el precio de lo que están comprando y que determine el cambio que debe recibir si paga con diferentes sumas de dinero. Pueden realizar ejercicios más complicados determinando cuánto tienen que pagar si por ejemplo, compran varias libras de hortalizas—tomando en cuenta el precio por libra. Si a su hijo/a le gustan los deportes, puede pedirle que calcule diversas estadísticas, tales como el promedio de bateo o de carreras de los jugadores de beisbol.*

- *Dedique tiempo a leerle a su hijo diariamente. Mejor aún, haga que él/ella sea el que le lea a usted. Y visiten la biblioteca local. Con frecuencia.*

- *Un niño puede aprender palabras nuevas leyendo el diccionario. Fue una de las estrategias importantes del líder de los derechos civiles de los años 60, Malcolm X, para convertirse en un orador elocuente." Tal como menciona el libro *La Autobiografía de Malcolm X*, "Me di cuenta que lo mejor que podía hacer era tomar el diccionario—y estudiarlo. Para aprender algunas palabras".*

- *Si puede, diríjase en coche o en autobús a Balboa Park y visiten un museo. Cada martes, la admisión a varios de ellos es gratis. La admisión al Museo de Arte Timken es siempre gratis.*

- *Brenda Taylor, maestra de la Escuela Primaria Rosa Parks, dice que algo importante que puede hacer para preparar a su hijo/a para el próximo semestre es averiguar lo que pueda acerca de los estándares que se esperan del niño/a cuando comience la escuela. "Si su hijo/a estará en cuarto grado, por ejemplo, averigüe todo lo que pueda acerca de lo que hacen en cuarto grado y trabaje con él/ella para reforzar algunas de esas habilidades."*



What's going on?

¿Qué está pasando?

June

4 **2 to 5 p.m.**
City Heights Recreation Center
4380 Landis St.
Teen Center, Homework Assistance, Computer Lab, Arts and Crafts, Video and Table Games and Sport Activities. (619) 641-6125

6:30 to 7:30 p.m.
Metro Center
3910 University Ave.
City Heights Area Planning Committee, Translation can be requested for free, Contact: (619) 235-5200

5 **6:30 to 7:30 p.m.**
City Heights Recreation Center
4380 Landis St.
City Heights Town Council
Contact: (619) 708-3476

6 **2 to 5 p.m.**
City Heights Recreation Center
4380 Landis St.
Teen Center
Homework Assistance, Computer Lab, Arts and Crafts, Video and Table Games and Sport Activities.
(619) 641-6125



7 **3:30 to 5:30 p.m.**
Mid-City Police Division
4310 Landis St.
Youth Voice
Leadership opportunities for youth ages 12-24

8 **5:30 to 6:30 p.m.**
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
(619) 641-6125



9 **9:15 to 9:45 p.m.**
City Heights Recreation Center
4380 Landis St.
Introduction to Violin Class
Registration fee: \$25 per session (10 weeks), Scholarship available, instruments provided
Contact: Victoria Eicher (858) 442-0237

10:45 to 11:30 a.m.
City Heights Recreation Center
4380 Landis St.
Advanced Beginning to Guitar
Registration fee: \$25 per session (10 weeks)
Scholarship available, instruments provided.
Contact: Victoria Eicher (858) 442-0237

11 **6:30 to 7:30 p.m.**
Metro Center
3910 University Ave.
Redevelopment Project Area Committee
Translations can be requested for free.
Contact: (619) 236-6700

12 **noon to 1 p.m.**
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.

6 to 7:30 p.m.
Monroe Clark Middle School
4388 Thorn St.
Dad's Club
Contact: Kenneth Woods (619) 795-2036

13 **noon to 2 p.m.**
City Heights Wellness Center
4440 Wightman St.
Food Justice Momentum Team
Contact: (619) 283-9624



14 **9 to 10:30 a.m.**
City Heights Center
4305 University Ave, Suite 540
Collaboration to Keep City Heights Youth Safe
Contact: (619) 906-4443

15 **10 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!

16 **9:30 to 11:30 a.m.**
4240 Sycamore Drive
Planning Tour- Hollywood Canyon
Tour of Hollywood Canyon (City Heights) to review the proposed Canyon Enhancement Action Plan of Hollywood Canyon
Contact: (619) 261-2385

1 to 3 p.m.
Myrtle Avenue and 46th Street
47th Street Canyon Cleanup
Habitat restoration, maintenance, and clean-up. Please bring water, sun protection and wear sturdy, closed-toe shoes.
Contact: Brent Carter
brent@sdcanyonlands.org
(619) 261-2385

18 **5 to 6 p.m.**
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.

19 **3:30 to 5:30 p.m.**
Mid-City Police Division
4310 Landis St.
Youth Voice
Leadership opportunities for youth ages 12-24

20 **2 to 3 p.m.**
City Heights/Weingart Library
3795 Fairmount Ave.
Crafts for Kids
Contact: (619) 641-6100

6 to 7 p.m.
Colina del Sol Park Recreation Center
5319 Orange Ave.
Colina Park Recreation Council
Contact: (619) 235-114

21 **6 to 7:30 p.m.**
Azalea Recreation Center
2596 Violet St.
Azalea Park Neighborhood Association
Contact: (619) 235-1162

22 **10 to 10:30**
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!

23 **9 a.m. to 1 p.m.**
Fairmount Avenue and Wightman Street
City Heights Farmers' Market
Contact: Lorrie Scott (760) 751-4193



25 **2 to 5 p.m.**
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

CALENDAR EDITOR: JULIE LE

— Julie Le was born and raised in San Diego. She graduated at the top of her class from Hoover High School. Julie is attending the University of California, San Diego, majoring in urban studies and planning while working at Price Charities.

26 **6 to 7 p.m.**
Florence Joyner Elementary
4271 Myrtle Ave.
Dad's Club
Contact: Kenneth Woods (619) 795-2036

27 **2 to 5 p.m.**
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

29 **8 to 9:30 p.m.**
Teralta Neighborhood Park
Movie Night: Lion King
Bring a blanket, your family and snacks! Free popcorn will be provided.

30 **9 a.m. to 1 p.m.**
Fairmount Avenue and Wightman Street
City Heights Farmers' Market
Contact: Lorrie Scott (760) 751-4193



July 2

6:30 to 7:30 p.m.
Metro Center
3910 University Ave.
City Heights Area Planning Committee
Translation can be requested for free.
Contact: (619) 235-5200

We want to hear from you!

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



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