CITY HEIGHTS life LA VIDA

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AZALEA PARK•FAIRMOUNT VILLAGE•HOLLYWOOD PARK•SWAN CANYON•CHEROKEE POINT•RIDGEVIEW•CHOLLAS CREEK CORRIDOR•FAIRMOUNT PARK•COLINA PARK•CASTLE•FOX CANYON•ISLENAIR•BAYRIDGE•TERALTA EAST•TERALTA WEST

In her words
Dr. Pauline Tran shares her story of overcoming struggles as a Vietnamese refugee to become the dental director of La Maestra Community Health Centers.

[P4]

BUSINESS

City Heights Square open
The first commercial and residential tenants have moved into the mixed-use development at Fairmount and University avenues.

[P9]

HOUSING

Community HousingWorks
which began in City Heights 29 years ago, provides financial education, loan counseling, lending, realty and home ownership services

[P3]

HELP WANTED

Vietname translator
City Heights Life is looking for someone who is bilingual in Vietnamese and English to translate a couple of stories for Life each month. If interested please email *editor@cityheightslife.com*.

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

Celebrating Dia de los Muertos in Urban Village Park See page 7

DOUG SAWYER
United Way of San Diego County, President/CEO

ROBERT K. ROSS
The California Endowment, President/CEO

ZARA MARSELIAN
La Maestra Community Health Centers, CEO

The leaders of United Way of San Diego County, The California Endowment and La Maestra Community Health Centers have all pledged their support for the City Heights Partnership for Children.

Parents join movement to create better future for their children

An immigrant and a grandmother of three children who attend schools in City Heights, Seng Vo has served for many years as a volunteer at the Parent Center at Rosa Parks Elementary. She knows about sacrifice and dreams for the future: "We as immigrants, we suffered and sacrificed a lot to come to this country. Some of us even gave up our life to find freedom, to come to this U.S. of A., and it's all because of the future of our children."

Vo and her family, along with other parents and children in City Heights, now have a new partner to help them achieve success. The City Heights Partnership for Children, a new grassroots movement, brings together many community organizations to support parents, children and young adults in City Heights. The California Endowment, United Way of San Diego County, Neighborhood House Association, the County of San Diego Health and

[CHILDREN, P2]

Padres de familia se unen al movimiento para crear un mejor futuro para sus hijos

Seng Vo es inmigrante y abuela de tres niños que asisten a la escuela en la comunidad de City Heights. Ha ofrecido muchas veces su tiempo como voluntaria en el Centro para Padres de la Escuela Primaria Rosa Parks. Sabe acerca de los sacrificios y de los sueños de un futuro mejor: "Como inmigrantes, hemos sufrido y sacrificado mucho para venir a este país. Algunos de nosotros incluso renunciamos a nuestra vida para ser libres y vivir en los Estados Unidos y lo hicimos por el futuro de nuestros hijos".

Seng Vo y su familia, al igual que todos los padres y niños de City Heights, ahora cuentan con un nuevo aliado para ayudarlos a alcanzar el éxito. City Heights Partnership for Children reúne a muchas organizaciones comunitarias que juntas ofrecerán su apoyo a padres y niños. The California Endowment y United Way de San Diego, Neighborhood House, la Agencia de Servicios de Salud y Humanos del Condado de San Diego, San Diego State University y Price Charities están tomando de la mano a los padres, negocios, escuelas y otras organizaciones para apoyar a los niños y adultos jóvenes de City Heights. El Distrito Escolar Unificado de San Diego aprobó formalmente a City Heights Partnership for Children.

Rosi Rangel vive en City Heights y tiene dos niños que asisten a escuelas de City Heights. Representa a los padres de la escuela de sus hijos y ha participado activamente en las reuniones de planificación de City Heights Partnership for Children. Lo que piensa acerca de la organización refleja lo que sienten muchas

[HIJOS, P2]

AT YOUR SERVICE

There's help for families struggling with hunger

By Helen Gao
City Heights Life

For City Heights families living in poverty and hunger, the upcoming holiday season can be especially tough. It's American tradition to celebrate Thanksgiving, Christmas, Hanukkah and New Year's Day, with food and lots of it.

The good news is that a number of nonprofit organizations distribute food – canned goods and fresh produce – in and around City Heights to needy families. Many of these same organizations also help residents apply for CalFresh public assistance, which comes in the form of a debit card that can be used to purchase food at grocery stores and some farmers markets, including the City Heights open-air market which takes place every Saturday 9 a.m.-1 p.m. off University and Fairmount avenues.

We have compiled a list of food providers with details about their programs:

[HUNGER, P6]

Ayuda disponible para las familias que sufren por falta de alimentos

Por Helen Gao
City Heights Life

Para las familias de City Heights que padecen de pobreza y hambre, las fiestas de fin de año que se avecinan pueden ser particularmente difíciles. Tradicionalmente, en este país celebramos el Día de Acción de Gracias, la Navidad, Hanukkah y Año Nuevo con comida, mucha comida.

La buena noticia es que una serie de organizaciones sin fines de lucro distribuyen alimentos—enlatados y hortalizas frescas—en City Heights y los alrededores, a las familias necesitadas. Muchas de estas organizaciones también ayudan a los residentes a aplicar para el programa de asistencia pública CalFresh, a través del cual se puede utilizar una tarjeta de débito para comprar comida en las tiendas de alimentos y algunos mercados agrícolas, incluyendo el mercado al aire libre de City Heights que se lleva a cabo todos los sábados de 9 a.m. a 1 p.m. entre

[HAMBRE, P4]

CHILDREN, from P1

Human Services Agency, San Diego State University and Price Charities have joined hands with parents, businesses, schools and others. The San Diego Unified School District endorsed the City Heights Partnership for Children at its Oct. 11 meeting.

Like Vo, Rosi Rangel, a mother of two children who lives in City Heights, is excited to about what the Partnership can do for her community. She is a parent representative for the Hoover High School cluster and has been a strong participant in the planning meetings for the initiative. Her feelings about the Partnership reflect those of many people in community.

"The whole Partnership is working from the bottom of our hearts with commitment and as a team," she said. "We keep the faith and believe that everything achieved with this group will be a legacy to our children, our grandchildren and families, for them to value their community, to work on their community and to work for their community."

The City Heights Partnership for Children comes at just the right time as all schools are dealing with cutbacks in funding. The Partnership was set up with the belief that teachers and school leaders need the community to be involved in order to achieve the goals that parents want for their children.

"Schools are the heart of a community," Donna Potter, a first-grade teacher at Adams Elementary School, said. "Parents, students and residents look at us for guidance and support. With money shrinking, our resources are limited. We do what we can, but it is getting harder to meet the individual needs of our children."

The San Diego School Board voted unanimously at its Oct. 11 meeting to support the City Heights Partnership for Children. **Photo/City Heights Life**

Community organizations have supported City Heights schools for many years. Price Charities, San Diego State University, The California Endowment, community health clinics and social service agencies, all have given generously to provide resources to assist families in City Heights. What is different about the City Heights Partnership for Children is the approach: a commitment by more organizations to help out, more coordination of efforts, and more research to identify the best solutions.

The Partnership has 5 goals:

1. Preparing children under the age of 5 to enter kindergarten ready to learn
2. Having all children able to read by the end of third grade
3. Achieving algebra proficiency by the end of eighth grade
4. Guaranteeing that all young adults graduate from high school
5. Preparing young adults to be succesPreparing young adults to be successful in college or careers after they leave high schoolThe Partnership will begin with goal No.1: preparing children for success in kindergarten. Many children in City Heights are not attending preschool or are placed in daycare facilities that are not equipped to give them adequate preparation for kindergarten.

There are high hopes that the Partnership will become a model for the region. "We believe it will win and be successful because of the ownership of the teachers, and the students, and the parents, and everybody else who is involved in the Partnership," said Doug Sawyer, president and CEO of the local United Way.

The initiative is off to a great start. "The City Heights Partnership for Children is just beginning, and there is much hard work ahead, but we believe that the combined effort of the community and the partners will put youth on a path toward successful adulthood," said Price Charities' Tad Parzen, who helped bring all the partners together.

— Staff report

Quotables ...

At the Oct. 11 San Diego School Board meeting, more than a dozen speakers testified in support of the City Heights Partnership for Children. Here are excerpts from their testimonies.

"We have this great saying in Vietnamese: one tree won't make a hill; with three, we will make a beautiful mountain high."

— Seng Vo, grandmother, school volunteer, and leader of the Vietnamese parent-teacher association in City Heights

"We have not seen anything like this before you tonight. It is an unprecedented, extraordinary partnership, a coming together of the public and private sector, of various institutions, as you heard, driven by the authentic voice and power of parents and community leaders, and the hopes and dreams they represent for young people. "

— Robert K. Ross, president and CEO of The California Endowment

"The choice of schools as a focal point is a good one. Not only are our schools the one place where all of our children go, school outcomes are highly associated with social outcomes. For children to become successful in school, they must have adequate support in areas of family, safety, financial security and social connections."

— Paula Ingrum, associate director of The Children's Initiative

"There is no way that a single site would be able to generate this kind of support and the principals are excited to see what kind of resources this partnership can bring to bear."

— Joe Austin, principal of Florence Griffith Joyner Elementary School

"In my 28 years as a police officer in this great city, I have never seen the type of collaboration, the type of heart to get things done, that I have seen demonstrated in City Heights. We have today an example of that in this initiative."

— Capt. Lawrence McKinney, San Diego Police Department's Mid City Division

"This is a fantastic collaboration of partners coming together, each bringing their skills and energy. How can it not work?

— Zara Marselian, CEO of La Maestra Community Health Centers

HIJOS, de P1

personas en la comunidad de City Heights. "La organización está trabajando desde el fondo de su corazón y tiene un compromiso de equipo. Tenemos fe y creemos que todo lo que el grupo ha logrado será un legado para nuestros hijos, nietos y sus familias, y así ellos apreciarán a su comunidad, trabajarán en ella y por ella."

City Heights Partnership ha llegado en el momento indicado, a medida que las escuelas se enfrentan cada vez más a recortes presupuestarios. La organización fue creada bajo la premisa de que los maestros y líderes escolares necesitan que la comunidad se involucre para poder alcanzar los objetivos que los padres desean para sus hijos. Donna Potter, maestra de primer grado de la escuela primaria Adams, cree que "la escuelas son el corazón de una comunidad. Los padres, estudiantes y residentes buscan en nosotros guía y apoyo. Con menos dinero disponible, nuestros recursos son cada vez más limitados. Hacemos lo que podemos, pero cada vez es más difícil satisfacer las necesidades individuales de nuestros niños".

Las organizaciones comunitarias han apoyado a las escuelas de City Heights por muchos años. Price Charities, San Diego State University, California Endowment, las agencias de salud comunitarias y de servicio social, todas han ayudado generosamente ofreciendo recursos para ayudar a las familias de City Heights. Una diferencia de City Heights Partnership for Children es su enfoque: un compromiso hecho por más organizaciones; más esfuerzos para coordinarlos; más investigación para identificar las mejores soluciones.

City Heights Partnership for Children tiene 5 objetivos:

• Preparar a los niños menores de cinco años para que asistan a kindergarten listos para aprender

• Que todos los niños puedan leer al final del tercer grado de primaria

• Lograr competencia en álgebra al final del octavo grado

• Garantizar que todos los adultos jóvenes se gradúen de la secundaria

• Preparar a los adultos jóvenes para el éxito después de graduarse de secundaria ya sea continuando sus estudios o con sus carreras.

La organización comenzará con su primer objetivo, preparar a los niños para el éxito en kindergarten. Muchos niños pequeños de City Heights no asisten al preescolar o asisten a centros de cuidado infantil que no tienen el equipo necesario para prepararlos para kindergarten. Existen muchas esperanzas de que la organización se convierta en un modelo para la región.

"Creemos que tendremos éxito porque todos los involucrados en la organización, incluyendo a maestros, estudiantes, padres, están comprometidos con ella", dijo Doug Sawyer, Presidente y Director Ejecutivo de United Way del Condado de San Diego.

Tad Parzen, de Price Charities, quien ayudó a convocar a las organizaciones para el proyecto, dijo que "City Heights Partnership for Children está en sus inicios y hay mucho trabajo por hacer, pero creemos que con el esfuerzo de la comunidad y las organizaciones podremos encaminar a la juventud hacia una vida adulta exitosa".

Durante la reunión de la Junta Escolar del 11 de octubre, más de una docena de personas se manifestaron en apoyo de City Heights Partnership for Children. A continuación transcribimos parte de sus testimonios:

"Los vietnamitas tenemos un gran dicho: un árbol no hace una colina; con tres, podemos hacer una hermosa montaña."

— Seng Vo, abuela, voluntaria escolar y líder de la asociación de padres y maestros vietnamitas de City Heights.

"Nunca antes habíamos visto algo como lo que presentamos esta noche. Es una extraordinaria alianza sin precedentes, la unión de los sectores públicos y privados, de varias instituciones. Como escucharon, nos guía la auténtica voz de los padres y líderes comunitarios, y la esperanza y sueños que representan para los jóvenes."

— Robert K. Ross, Presidente y Director Ejecutivo de The California Endowment

"Escoger a las escuelas como punto focal es algo muy bueno. No solo son las escuelas el único lugar a donde asisten todos nuestros hijos, sino que el éxito escolar se asocia con el éxito social. Para que los niños tengan éxito en la escuela, deben tener el apoyo adecuado en sus familias, tener seguridad, estabilidad económica y contactos sociales."

— Paula Ingrum, Directora Asociada de The Children's Initiative

"Una sola organización no podría generar este tipo de apoyo y los directores de la escuelas estamos emocionados con los tipos de recursos que la alianza puede ofrecer."

— Joe Austin, Director de la Escuela Primaria Florence Griffith Joyner

"En mis 28 años como oficial de policía en esta gran ciudad, nunca había visto este tipo de colaboración, este tipo de iniciativa por hacer las cosas, como he visto en City Heights. Hoy tenemos frente a nosotros un ejemplo de este tipo de iniciativa."

— Capitán Lawrence McKinney, Miembro del Departamento de Policía de San Diego, División de Mid City

"Esta es una fantástica colaboración de aliados que quieren trabajar juntos, cada uno con sus propias fortalezas y energía. ¿Cómo podría fracasar?"

— Zara Marselian, Directora Ejecutiva de los Centros de Salud Comunitaria La Maestra

SWAN CANYON gets a facelift

A dozen homeowners in the Swan Canyon neighborhood of City Heights received an early holiday present from their neighbors — a facelift.

More than 700 volunteers, most either living or working in City Heights, descended upon 46th Street on the morning of Oct. 22 as part of Fall 2011 Facelift to paint fences and homes, haul trash, improve landscaping, and generally work to spruce up the neighborhood.

The semiannual event is a joint venture between Community HousingWorks and volunteer groups working in City Heights. Materials were provided through grants from the City Heights Project Area Committee, businesses and nonprofit organizations.

A week earlier, more than 100 volunteers cleared canyon brush as part of Handy Day.

Photos courtesy of Dennis Wood

EDUCATION BRIEFS

Thank your teacher

With Thanksgiving just around the corner, Mission Federal Credit Union, in conjunction with Cox Communications and Junior Achievement, has made it easy for students to say "thank you" to their teachers.

As part of its "I am thankful for my teacher" campaign, Mission Fed has established a web page at www.missionfed.com/im-thankful to make it easy for students to submit notes of gratitude online. When the campaign ends on Nov. 30, the notes will be delivered to teachers.

Winning teachers who get the most thank-you notes will receive $150 Visa gift cards. Students of winning teachers will get a classroom party or field trip of their choice, as well as free Junior Achievement financial education classes. Schools with the most thank-you notes will win a $200 award.

Démosle las gracias a nuestros maestros

Como se aproxima el Día de Acción de Gracias, Mission Federal Credit Union, Cox Communications y Junior Achievement, han hecho que sea fácil que los estudiantes les digan "gracias" a sus maestros.

Como parte de su campaña "I am thankful for my teacher", Mission Fed ha establecido el portal http://www.missionfed.com/im-thankful para que los estudiantes puedan escribir notas de agradecimiento en línea. Al final de la campaña, el día 30 de noviembre, las notas serán enviadas a los maestros.

Los maestros ganadores que reciban más notas de agradecimiento, recibirán tarjetas de regalo VISA de $150. Los estudiantes de estos maestros recibirán una fiesta para toda la clase o un paseo para la clase de su elección, así como clases gratuitas de educación financiera gracias a Junior Achievement. Las escuelas con la mayor cantidad de notas de agradecimiento se harán acreedoras a un premio de $200.

San Diego Unified Council of PTAs offers free training

The San Diego Unified Council of PTAs, along with the California Association of Compensatory Education, will hold a special training session on Nov. 12 to educate parents about the laws governing their school site council.

The training session will be held 9 a.m. to noon at the Ballard Parent Center in Old Town, 2375 Congress St., in San Diego. RSVP by phone at (619) 297-7821, or by email at sducpta@yahoo.com.

Copies of training materials in English and Spanish are available at www.sdcouncilpta.org and will be provided at the event.

El Consejo Unificado de PTAs de San Diego ofrece capacitación gratuita

El Consejo Unificado de PTAs de San Diego, junto con la Asociación de California de Educación Compensatoria, estará ofreciendo una sesión especial de capacitación el día 12 de noviembre para educar a los padres acerca de las leyes que gobiernan al consejo escolar.

La sesión de capacitación será de 9 a.m a mediodía en el Ballard Parent Center de Old Town, ubicado en 2375 Congress St., en San Diego. Confirme su asistencia por teléfono llamando al (619) 297-7821, o por correo electrónico escribiendo a sducpta@yahoo.com.

El material de entrenamiento en inglés y español está disponible en el portal www.sdcouncilpta.org y también será distribuido el día del evento.

San Diego students' math score gains tied to testing program

A free math assessment program used in recent years by the San Diego Unified School District to track individual student progress helped boost achievement, according to a new study released in October by the Public Policy Institute of California.

The study analyzed seven years of student data from fall 2001 through spring 2007 and found that academic gains were substantial — enough to move a student from the middle of the pack, at the 50th percentile in math, to the 57th percentile a year later.

The district mandated the use of the course-specific assessments from the Mathematics Diagnostics Testing Project under former Superintendent Alan Bersin. The testing results were used to help math teachers place students in appropriate classes and identify those who should attend summer school.

El aumento del puntaje de matemáticas de los estudiantes de San Diego asociado con el uso de un programa de evaluación

Un programa gratuito para la evaluación de los conocimientos de matemáticas que ha sido utilizado en los últimos años por el Distrito Escolar Unificado de San Diego para monitorear el progreso de cada estudiante ha ayudado a mejorar el rendimiento de los mismos, de acuerdo a un nuevo estudio publicado en octubre por el Instituto de Políticas Públicas de California.

El estudio analizó siete años de información recabada desde el otoño del 2001 hasta la primavera del 2007 y encontró que la mejora académica fue sustancial—lo suficiente como para aumentar el puntaje de un estudiante del 50 percentil en matemáticas al 57 percentil un año después.

El distrito hizo obligatorio el uso del programa de evaluación a partir del Proyecto "Mathematics Diagnostics Testing" bajo el ex-superintendente Alan Bersin. Los resultados de las pruebas fueron usados para ubicar a los estudiantes en las clases adecuadas e identificar a los estudiantes que necesitaban asistir a la escuela de verano.

From refugee to dentist: The story of Dr. Pauline Tran

Editor's note: The essay below is an abridged version of what appeared in The Soul Speaks by Zara Marselian, CEO of La Maestra Community Health Centers. The book is a collection of stories about the lives of immigrants and refugees from around the world. It's free with a $20 donation to the La Maestra Foundation, 4060 Fairmount Ave., San Diego, CA 92105. Shipping and handling cost an additional $3.

Dr. Pauline Tran, a Vietnamese refugee, is the dental director for La Maestra Community Health Centers. **Photo courtesy of La Maestra**

I have a passion for poor people. They really need our help. I especially love their kids. Some of them come into our clinic without shoes and unkempt. I love them immediately and want to help. You should see how happy they are when I talk with them and repair their teeth. I wish I had a video camera to capture their beaming faces as they leave my dental chair.

I love the City Heights community, and working here at the clinic. I can't imagine working anywhere else. I could get paid $800 a day working in La Jolla, but this is where I'm needed. This is where I feel at home.

I was born in Vietnam, in a small city near the center of the country called Danang. I have four older sisters and two older brothers. We grew up in a low-income inner-city neighborhood, sleeping on the floor of the one-room house we rented.

By 1979, my father decided it was essential that we leave Vietnam. He saw no opportunity for our family's survival under the communist regime, let alone the return to normal life. In 1980, my father escaped to Malaysia, where he was placed immediately in a refugee camp. Finally, after a three-year wait, a church sponsored his travel to Chicago where he began to work for the International Rescue Committee.

My father became a U.S. citizen after five years. Finally, it was time to start the immigration process to bring our family to America. We were unaware that our application had been approved, because the communist government had no intention of allowing our departure.

In order to survive, we knew we would have to escape. We traveled to the countryside where we could find space on a boat, paying the owner for each person. On our second day at sea, pirates came up to our boat and threw a bomb made of TNT. It blew up the back of the boat, including the engine. So there we sat, floating, with no way to move ahead, just drifting. Other pirate ships would come by to rob what little they could find.

One morning, after a month floating at sea, an old Thai man working for the Union 76 company came to our rescue, pulling our boat in close to the shore. We had no food during the time we were out, and had survived only by measuring a few drops of water each day along with the sugar and lemon juice drops my mother had made for us in preparation for our escape.

We were taken to a camp called Phanat Nikhom, a processing center for Indo-Chinese refugees in in the Chonburi Province. Fortunately, our stay there would be relatively short because my father had already obtained our immigration papers to join him in the U. S.

When we first arrived in San Diego, we were in a state of disbelief. We had finally made it.

I immediately enrolled in an English as a second language class at the adult school in City Heights. My English proficiency was poor. While studying English, I took a job as a receptionist in the dental office inside a Vietnamese grocery store. There I witnessed how people in pain could find immediate relief.

My next four years were spent at San Diego City College and San Diego State University taking dental classes and pursuing a degree in biology. Upon graduation from SDSU, I attended the pre-dental training program on scholarship at Creighton University in Omaha, Neb. The course lasted two and a half months. From there, I was accepted by the University of Southern California, graduating four years later at the age of 26 as a doctor of dental surgery.

My siblings and I all had straight A's in school. Three are now software engineers, one is an electrical engineer, and two of my sisters are biologists. We have followed my mother's advice: she has always told her children that, no matter who you are, no matter what adversity you face, you must always stay true to your character and keep your virtues strong.

SAFETY

City Heights CDC paves the way to safety

By Adam Ward
Mid-City CAN

Road users of all stripes — from bicyclists to walkers, young to old, transit-riders to drivers — can face dangers and obstacles in City Heights.

"Many of the sidewalks aren't even really sidewalks in City Heights," said Randy Van Vleck, active transportation manager for the City Heights Community Development Corporation. "They are driveways," he said, referring to the design of six-pack apartments where drivers cross the sidewalk to access their parking spaces.

Improving traffic safety is the mission of the City Heights CDC in its role as a partner in the Built Environment Team collaborative. The group also includes the International Rescue Committee, Environmental Health Coalition and Proyecto de Casas Saludables. It's funded by The California Endowment. The Mid-City Community Advocacy Network, also known as Mid-City CAN, serves as the coordinator for Cal Endowment's grantees.

The four partners in the collaborative are working on a leadership academy in February to teach residents to advocate on issues such as street safety improvements. Each organization will pick at least a dozen residents to attend the nine-week academy. Participants will learn about the history of City Heights, land-use policies, and the basics of being an advocate.

Community-driven advocacy has already made a difference in City Heights. Van Vleck cited the transformation of 50th Street and University Avenue into a safer intersection as an example. Community leaders convinced San Diego's traffic engineering department to not block the crossing with a fence at the intersection and instead make the area safer with high-visibility crosswalks and other traffic calming devices, including signs.

City Heights CDC also is working to promote green space as another way to improve pedestrian safety.

City Heights is one of the most park-deficient areas in the region so kids often end up playing on the sidewalk. Accidents happen

[SAFETY, P5]

HAMBRE, de P1

las avenidas University y Fairmount.

A continuación le ofrecemos un listado de las organizaciones que distribuyen alimentos y le brindamos un resumen de cada programa:

San Diego Food Bank

Teléfono: (866) 350-FOOD

Portal: www.sandiegofoodbank.org

San Diego Food Bank administra varios programas de asistencia alimenticia subvencionados por el gobierno federal que toman en cuenta la elegibilidad en base a los ingresos familiares así como varios Programas de Distribución Comunitaria que no tienen restricciones de ingresos.

Los programas subvencionados por el gobierno federal están dirigidos a grupos específicos, tales como ancianos, madres con niños pequeños y mujeres embarazadas. Las personas que califican reciben una bolsa de alimentos mensualmente. Los aplicantes deben demostrar sus ingresos y producir otros tipos de documentación. Para averiguar si califica, puede llamar directamente al Food Bank.

El Programa Emergency Food Assistance es otro servicio subvencionado por el gobierno federal. Aunque los aplicantes deben autocertificar que sus ingresos están por debajo del 180 por ciento del nivel de pobreza federal y llenar un formulario que incluye sus ingresos y cantidad de dependientes, no tienen que entregar ningún otro tipo de documentación. Este programa opera el primer viernes de cada mes de 9 a.m. a 11 a.m en Church of the Nazarene en Mid City, 4101 University Ave., y en New Hope Seventh-Day Adventist Church, 2420 52nd St.; así como también el primer viernes de cada mes desde las 9:30 a.m. hasta repartir todos los alimentos disponibles, en los Apartamentos Villa Alta en 4227 52nd St.

Otros sitios de distribución de alimentos de emergencia que operan durante el mes incluyen: Home Start en 5296 University Ave. Suite F2, abierto de lunes a viernes de 9 a.m. a 5 p.m., cerrado el primer viernes de cada mes y los días 24 y 25 de noviembre; Catholic Charities Family Resource Center Mid City, 6184 University Ave., abierto de martes a viernes de 9 a.m. a mediodía y de 1 p.m. a 3 p.m., cerrado los días 24 y 25 de noviembre.

Los Programas Neighborhood Distribution tienen diez puntos de distribución a lo largo de todo el condado mensualmente. Los más cercanos a City Heights son: Teen Challenge, 5450 Lea St. cerca de 54th Street y University Avenue que distribuye alimentos el segundo lunes de cada mes a las 9 a.m.; y LGBT Community Center, 3909 Centre St. cerca de University Avenue y Park Boulevard que distribuye alimentos el primer martes de cada mes a las 9 a.m.

Además, Food Bank también cuenta con el Programa de Mochilas "Food 4 Kids" para estudiantes de primaria de bajos recursos que no tienen acceso a alimentos durante el fin de semana. El programa no tiene un proceso de aplicación formal sino que se basa en referencias de las escuelas. Cuando se identifica a un niño para el programa, el tutor legal tiene que firmar un permiso para que sea inscrito. En la actualidad, cinco escuelas del área de City Heights– Cherokee Point, Fay, Adams, Edison e Ibarra– tienen niños inscritos en el programa.

Además de ofrecer ayuda alimenticia directa, el Food Bank también ayuda a los residentes de bajos recursos a aplicar en el programa CalFresh, el programa de estampillas de alimentos de California. Los hogares que califican reciben un promedio de $200 en beneficios al mes a través de una tarjeta de beneficios que se parece y funciona como una tarjeta ATM.

Las organizaciones que se dedican a luchar contra el hambre dependen de la ayuda de voluntarios para clasificar y organizar las donaciones de comida. **Foto cortesía de San Diego Food Bank.**

The Episcopal Refugee Network

Teléfono: (619) 283-1337

Portal: sudaneserefugees.com

Episcopal Refugee Network, una organización sin fines de lucro que comenzó ayudando a los refugiados de Senegal y que ha expandido sus servicios para ayudar a refugiados de otras partes del mundo, cuenta con un programa de asistencia de alimentos especialmente adaptado para recién llegados.

Network distribuye alimentos todos los jueves, comenzando alrededor de las 11:30 a.m., en St. Luke's Episcopal Church, 3725 30th St. Si los refugiados no pueden llegar al centro de distribución porque no cuentan con transporte o por cualquier otra razón, los voluntarios de Network pueden llevar los alimentos a sus residencias.

El Director Ejecutivo de Network es Majur Malou, refugiado que huyó de la guerra de Sudán y llegó a los Estados Unidos en 1995. El programa está afiliado a la Diócesis Episcopal de San Diego y tiene oficinas en City Heights ubicadas en 4305 University Ave., Suite 630, en donde también ofrecen otros servicios, tales como asistencia de vivienda y servicios de traducción.

Jewish Family Service of San Diego

Teléfono: (858) 637-3000

Portal: www.jfssd.org

Jewish Family Service of San Diego opera la Despensa Juvenil "Hand Up" en St. Paul's Cathedral, 2728 Sixth Ave. en el lado oeste de Balboa Park. Se distribuyen alimentos cada jueves de 1 p.m. a 3 p.m. Se recomienda que todos los que planean recoger alimentos lleven consigo una identificación legal.

Feeding America San Diego

Teléfono: (858) 452-3663

Portal: www.feedingamericasd.org

Feeding America San Diego, parte de la red nacional Feeding America, es un programa de asistencia alimenticia para familias, niños y personas de la tercera edad.

Uno de sus programas más importantes es la Despensa Móvil "Metro", que distribuye alimentos con la ayuda de varias iglesias del área central de San diego, incluyendo a Church of the Nazarene en Mid City. Se distribuyen tres veces por semana en 4101 University Ave.: martes a las 3 p.m., jueves a las 9 a.m. y sábado a las 9 a.m. Puede encontrar el listado completo de los puntos y horario de distribución de la Despensa Móvil "Metro" de Feeding America en su portal.

Al igual que San Diego Food Bank, Feeding America tiene un programa de mochilas para los niños que están en peligro de pasar hambre durante el fin de semana. En la actualidad ayuda a 2,400 niños de 20 escuelas a través de todo el condado y está aceptando aplicantes en su lista de espera. La aplicación está disponible en línea.

La organización también ofrece asistencia para aplicar a CalFresh.

Durante la temporada de fin de año, los bancos de alimentos tienden a ver un aumento en la demanda de alimentos. Todos aquellos que tienen la suerte de no necesitar ayuda, deben considerar donar a las agencias que se dedican a luchar contra el hambre.

SAFETY, from P4

when the ball rolls into the street, and they run after it. Van Vleck said a report from about two years ago found that within the span of four years, 114 kids were struck by motorists within a quarter of a mile of a school in City Heights.

Despite these challenges, City Heights has its share of desirable attributes. It has one of the highest rates of transit ridership and one of the lowest rates of automobile ownership in the region. That means a high percentage of residents here commute by walking or biking, which is good for the environment and health.

The Colina Park area has the lowest auto ownership rate of all the neighborhoods in City Heights, and City Heights CDC is completing a draft of the Full-Access Community Transport System, or FACTS, study that focuses on Colina Park.

"The No. 1 community demand was a walk-able, bike-able neighborhood," Van Vleck said.

— Adam Ward is the Mid-City CAN staff writer and a former San Diego Union-Tribune editor. Adam has lived in San Diego for nearly a decade and is the father of a young son. Contact him at award@midcitycan.org or (619) 283-9624 ext. 210.

It's now safer to cross University Avenue and 50th Street because City Heights community leaders convinced the city to install high-visibility crosswalks and signs. Photo courtesy of City Heights Community Development Corporation.

HUNGER, from P1

Due to the prolonged economic recession, a growing number of people of all ages and backgrounds, from the elderly to young families with children, are relying on local food banks to make ends meet. **Photos courtesy of the San Diego Food Bank**

Due to the prolonged economic recession, a growing number of people of all ages and backgrounds, from the elderly to young families with children, are relying on local food banks to make ends meet. **Photos courtesy of the San Diego Food Bank**

San Diego Food Bank

Phone: (866) 350-FOOD

Website: www.sandiegofoodbank.org

The San Diego Food Bank administers several federally-subsidized food assistance programs based on income eligibility, as well as the Neighborhood Distribution Program which has no income restrictions.

The federally subsidized programs target special groups, such as seniors, mothers with children and pregnant women. Eligible recipients get a bag of food once a month. Applicants must provide proof of income and other documentation, To find out if you qualify, call the Food Bank.

The Emergency Food Assistance Program is another federally-subsidized service. While applicants must self-certify they fall below 180 percent of the federal poverty line and fill out a form stating their income and household size, documentation is not required. This program operates the first Friday of every month 9 a.m.-11 a.m. at Church of the Nazarene in Mid City, 4101 University Ave., and New Hope Seventh-Day Adventist Church, 2420 52nd St.; as well as the first Friday of every month starting at 9:30 a.m. until all goods are gone at Villa Alta Apartments, 4227 52nd St.

Other emergency food sites that are open throughout the month include: Home Start at 5296 University Ave. Suite F2, which is open Monday through Friday 9 a.m.-5 p.m. but closed on the first Friday of the month, as well as on Nov. 24 and 25; and Catholic Charities Family Resource Center Mid City, 6184 University Ave., which is open Tuesday through Friday from 9 a.m.-noon and 1 p.m.-3 p.m. and closed on Nov. 24 and 25.

The Neighborhood Distribution Program hands out food monthly at ten sites throughout the county. The closest distribution sites to City Heights are: Teen Challenge, 5450 Lea St. near 54th Street and University Avenue. Distribution takes place the second Monday of every month at 9 a.m.; and LGBT Community Center, 3909 Centre St. off University Avenue and Park Boulevard. Distribution takes place the first Tuesday of every month at 9 a.m.

In addition, the Food Bank has the Food 4 Kids Backpack Program for elementary school students from low-income households who are at risk of hunger over the weekend when free school meals are unavailable. While there is no formal application process, the program is based on school referrals. Once a child is identified for the program, a legal guardian has to sign a permission slip to allow participation. Currently, five schools in the City Heights area – Cherokee Point, Fay, Adams, Edison and Ibarra – have children enrolled in the program.

Besides direct food assistance, the Food Bank helps low-income residents apply for CalFresh, California's food stamp program. Qualifying households receive an average of $200 in food benefits per month in the form of an Electronic Benefits Transfer Card, which looks and works like an ATM card.

The Episcopal Refugee Network

Phone: (619) 283-1337

Website: sudaneserefugees.com

The Episcopal Refugee Network, a nonprofit organization which started by helping Sudanese refugees and expanded to assisting refugees from other parts of the world, operates food assistance programs tailored to newcomers.

The Network distributes food every Thursday, starting around 11:30 a.m., at St. Luke's Episcopal Church, 3725 30th St. For refugees who can't make it to the distribution site because of a lack of transportation or other reasons, Network volunteers make home deliveries.

The executive director of the Network is Majur Malou, himself a refugee who fled the war in Sudan and came to the United States in 1995. Affiliated with the Episcopal Diocese of San Diego, the Network has an office in City Heights at 4305 University Ave., Suite 630, where it also provides other services, such as housing and translation assistance.

Jewish Family Service of San Diego

Phone: (858) 637-3000

Website: www.jfssd.org

Jewish Family Service of San Diego operates the Hand Up Youth Pantry at St. Paul's Cathedral, 2728 Sixth Ave. on the western edge of Balboa Park. Food is distributed 1 p.m.-3 p.m. every Thursday. Those who plan to pick up food are advised to bring a government identification card.

Feeding America San Diego

Phone: (858) 452-3663

Website: www.feedingamericasd.org

Feeding America San Diego, which is a member of the Feeding America national network, has food assistance programs for families, children, and seniors.

One of its largest programs is the Metro Mobile Pantry, which partners with a number of churches in central San Diego, including Church of the Nazarene in Mid City to distribute food. Distribution takes place three times a week at 4101 University Ave.: Tuesdays at 3 p.m., Thursdays at 9 a.m., and Saturdays at 9 a.m. For a complete list of Feeding America's Metro Mobile Pantry distribution sites and times, visit the organization's website.

Like the San Diego Food Bank, Feeding America has a backpack program for children who are at risk of hunger over the weekend. It currently serves 2,400 children in 20 schools countywide and is accepting waiting list applicants. The application form is available online.

In addition, the organization provides CalFresh application assistance.

During the holiday season, food banks tend to see a spike in demand. For those who fortunate enough to not require food assistance, consider giving a donation to agencies that fight hunger.

Dia de los Muertos
celebrated in Urban Village Park

Residents celebrated Dia de los Muertos (Day of the Dead) in the Urban Village Park the Friday before Halloween. The traditional Mexican holiday celebrates friends and family who have died. The City Heights Business Association provided tables and canopies for organizations and residents to create private altars honoring the deceased using sugar skulls, marigolds, and the favorite foods and beverages of the departed. Some monuments also included humorous poems written to living friends and family as though they were dead. The event closed with onstage performances at the Performing Arts Annex. **Photos courtesy of Enrique Gandarilla of the City Heights Business Association**

Community HousingWorks está mejorando a City Heights una casa a la vez

Community HousingWorks (CHW) comenzó operaciones en City Heights hace 29 años como un programa para promover la compra de viviendas, embellecimiento del área y restauración de la comunidad. En la actualidad, CHW (anteriormente conocido como Neighborhood Housing Services) continúa su misión y ha expandido sus servicios

La Directora Ejecutiva de CHW, Sue Reynolds dice que los fundadores de CHW escogieron el área para ofrecer sus servicios porque "City Heights siempre ha sido un vecindario especial", con una gran cantidad de residencias a precios asequibles. Originalmente, CHW ofrecía préstamos de rehabilitación a los propietarios que querían mejorar la apariencia de su casa propia. El programa evolucionó ofreciendo préstamos a las personas interesadas en comprar vivienda por primera vez y expandió sus servicios a todo el condado. Después de unirse a otra organización sin fines de lucro en el 2002, CHW continuó expandiéndose construyendo y administrando varias unidades de alquiler. En la actualidad, se ha convertido en una compañía hecha y derecha de bienes raíces y firma de préstamos que sigue operando como organización sin fines de lucro.

Demostrando su compromiso con el progreso de City Heights, CHW estará inaugurando una oficina en las avenidas Fairmount y University en enero del 2012, "para demostrar que vale la pena invertir en esta comunidad," dijo Reynolds. De acuerdo a Reynolds, no existe en la actualidad ninguna inmobiliaria en City Heights que le demuestre a los residentes y visitantes que la comunidad tiene propiedades en venta y que hay personas que quieren mudarse aquí.

Con la caída del valor de las propiedades en los últimos cinco años, algunas personas se preguntan si sigue siendo más deseable ser propietario de una vivienda o rentarla. A pesar de que la decisión de comprar vs. rentar es personal, muchos estudios han demostrado que ser propietario de una vivienda conlleva muchos beneficios sociales y económicos para la comunidad y el propietario.

Reynolds dice que City Heights aumentó en forma constante su tasa de propietarios de residencias durante la década del 90 y del 2000, hasta que el mercado colapsó en el año 2007. City Heights se encuentra en un momento crítico en su historia ya que los juicios hipotecarios

[CHW, P8]

Community HousingWorks **improves City Heights one home at a time**

Community HousingWorks (CHW) began in City Heights 29 years ago as a home ownership program to remove blight and restore the community to its glory days. Today CHW, formerly known as Neighborhood Housing Services, continues that mission with expanded services.

CHW's Chief Executive Officer Sue Reynolds says CHW founders chose this area to set up services because "City Heights has always been a special neighborhood," with its mix of affordable homes. Originally CHW offered only rehabilitation loans to homeowners seeking to improve their owner-occupied residence. The program evolved into offering loans to first-time homebuyers and spread to the entire county. After merging with another nonprofit organization in 2002, CHW expanded into building and operating rental units. Today it is a full-fledged real estate and lending firm, operating as a nonprofit.

Demonstrating its commitment to improving City Heights, CHW will be opening an office on Fairmount and University avenues in January 2012 to "send a message that this community is worth investing in," says Reynolds. There are no current real estate store fronts in City Heights to show residents and visitors alike that properties are for sale and people want to move in, according to Reynolds.

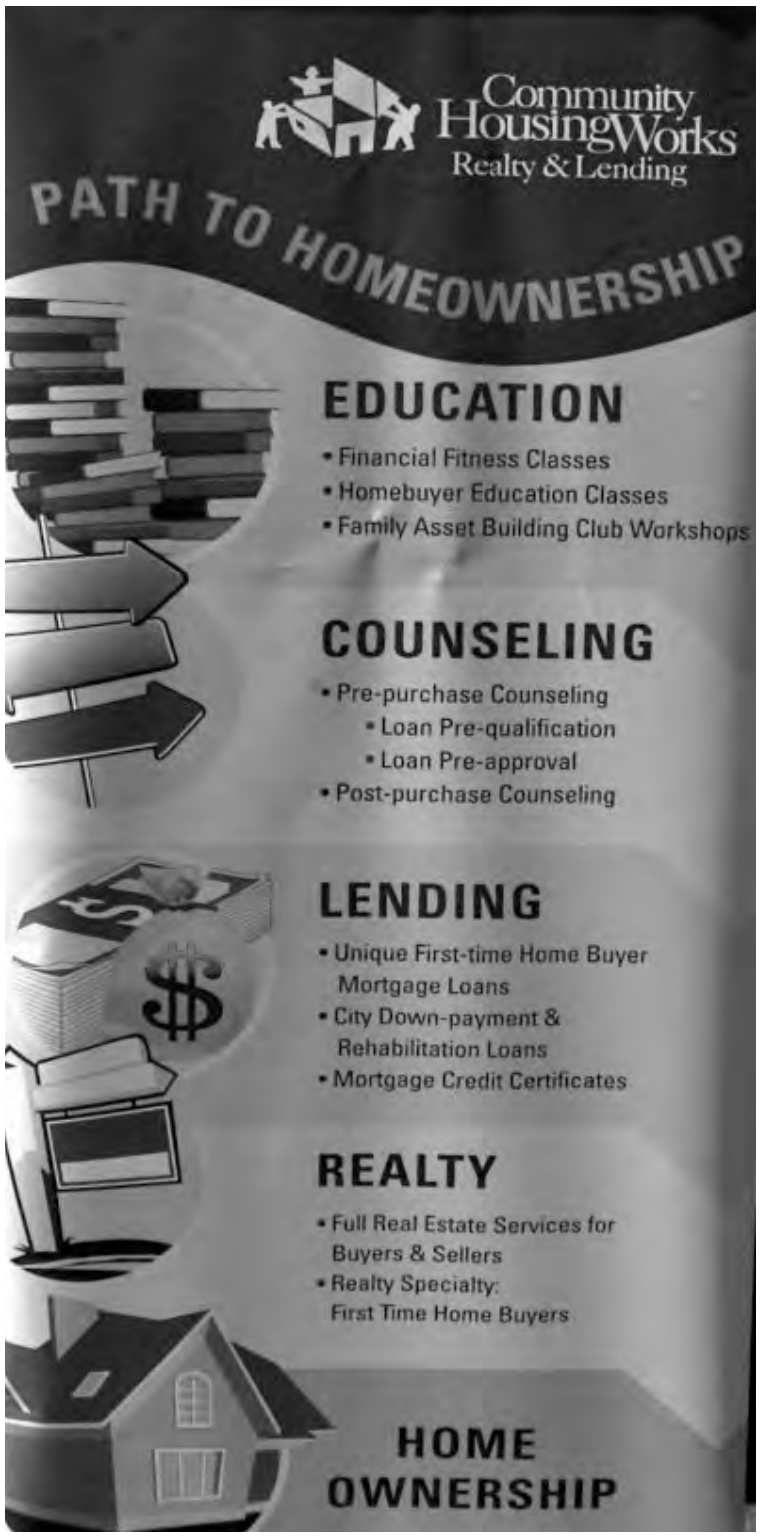
With the drop in home values the past five years, some people are questioning the desirability of owning versus renting. While the decision to rent versus buy is an individual decision, many studies have shown that homeownership brings numerous social and economic benefits to the community and the homeowner.

Reynolds says City Heights made real progress in homeownership rates throughout the 1990s and 2000s until the market crashed in 2007. Now City Heights is in a critical time as foreclosures have the possibility of destabilizing neighborhoods. Since January 2010, CHW has helped more than 1,900 homeowners fight foreclosure countywide, more than 100 of those in City Heights. Prior to 2007, Reynolds says foreclosures were virtually nonexistent in San Diego.

One positive aspect of the real estate market crash is that CHW has been able to buy foreclosed homes at discounted prices, fix them up, and sell them to owner occupants for a small profit. The program has benefits for everyone involved. The neighborhood gets improved housing with quality green construction materials. Homebuyers pay a reduced price for their house, and CHW is able to use the profits to invest in the rehabilitation of more homes. The process leads to neighborhood stabilization and community pride.

CHW recently went through a rebranding process to better explain to residents what services it offers. Its new tagline is "Own, Rent, Achieve." CHW helps people "Own" through down payment assistance programs, rehabilitation loans, foreclosure assistance, direct home sales, and real estate agent services. CHW helps people "Rent" by providing attractive rentals at a cost they can afford, sized to fit their family. CHW owns 29 rental complexes countywide, with two in City Heights. CHW helps people "Achieve" their dreams by offering access to child care, English as a Second Language classes, exercise programs, as well as adult literacy and financial fitness workshops.

— Staff report



CHW's next Homebuyer Education class on Nov. 12 is free to City Heights residents, and its next Financial Fitness class is on Nov. 15. Classes are available in English and Spanish. To learn more about services offered by Community HousingWorks, visit www.chworks.org or call the following numbers:

Foreclosure assistance:
(619) 282-6647 ext. 5468, or email stopforeclosure@chworks.org.
Homebuyer assistance:
(619) 282-6647 ext. 5465, or email homeownership@chworks.org.
Financial fitness:
(619) 282-6647 ext. 5465
Affordable housing:
(619) 282-6647

CHW, de P7

están amenazando con desestabilizar al vecindario. Desde enero del 2010, CHW ha ayudado a más de 1,900 propietarios del condado a luchar en contra de los juicios hipotecarios, y más de 100 de estos son residentes de City Heights. Antes del 2007, Reynolds dice que la tasa de juicios hipotecarios en San Diego era virtualmente inexistente.

Un aspecto positivo del declive del mercado inmobiliario es que CHW ha podido comprar las casas reposesionadas a bajo precio, repararlas y venderlas a nuevos propietarios con un pequeño margen de ganancia. El programa beneficia a todos. El vecindario obtiene mejores viviendas con mejoras realizadas utilizando materiales ecológicos. Los propietarios pagan un menor precio por sus viviendas, y CHW puede invertir las ganancias en rehabilitar más viviendas. El proceso permite que se estabilice el vecindario y aumenta el orgullo comunitario.

CHW recientemente atravesó un proceso de evolución para establecer con más claridad cuáles son los servicios que puede ofrecer. Su nuevo lema es "Own, Rent, Achieve". CHW ayuda a las personas a "Own" (ser dueñas de su vivienda) a través de programas de asistencia, préstamos de rehabilitación, asistencia para juicios hipotecarios, venta directa de viviendas y servicios inmobiliarios. CHW ayuda a las personas a "Rent" (rentar) ofreciéndoles propiedades atractivas a un precio que pueden pagar, a la medida de sus necesidades. CHW cuenta con 29 complejos de alquiler en todo el condado, dos de ellos en City Heights. CHW ayuda a las personas a "Achieve" (alcanzar) sus sueños ofreciéndoles acceso a guarderías, clases de inglés como segunda lengua, programas de ejercicio, alfabetización para adultos y talleres de salud económica.

La próxima clase gratuita "Home Buyer Education" de CHW para los residentes de City Heights será el 12 de noviembre (en inglés y español) y la siguiente clase de "Financial Fitness" será el 15 de noviembre.

Para más información acerca de los servicios que ofrece Community HousingWorks, visite www.chworks.org o llame a los siguientes teléfonos:

Asistencia para Foreclosure (Juicio Hipotecario): (619) 282-6647 ext. 5468, o escriba a stopforeclosure@chworks.org.

Asistencia para Homebuyer (Compra de Viviendas): (619) 282-6647 ext. 5465, o escriba a homeownership@chworks.org.

Financial fitness (Salud Económica): (619) 282-6647 ext. 5465

Affordable housing (Viviendas asequibles): (619) 282-6647

The first commercial and residential tenants have moved into City Heights Square, a new mixed-use development located off Fairmount and University avenues. La primeros inquilinos comerciales y residenciales llegaron a City Heights Square, un nuevo proyecto inmobiliario de uso mixto ubicado entre las avenidas Fairmount y University. **Photos/City Heights Life**

City Heights Square is open for business

Walgreens, the first commercial tenant in City Heights square, welcomed customers on Oct. 14 with a "soft opening." The national retail chain store is open 24 hours a day, seven days a week at the high-traffic intersection of Fairmount and University venues. Walgreens has street level as well as underground parking and a pharmacy with extended hours, including weekends.

A Walgreens spokesperson said market research showed the area has a growing demand for pharmaceutical services. Combined with the fact there are 92 residential units on the floors above the retail space, Walgreens felt the area was ripe for expansion.

Walgreens is bringing 25 new employment opportunities to City Heights, along with a commitment to being a good neighbor. The store employs a Community Leader whose job is to identify and create local events, such as school supply and toy drives, fundraising walks and health information campaigns.

A grand opening celebration is scheduled for Saturday, Nov. 11.

Meanwhile, City Heights Square apartments had its first residents move in on Oct. 28. The apartments offer an array of amenities found in today's modern housing developments, including granite countertops, custom paint, walk-out patios or balconies, and gated underground parking. Built-in washers and dryers and basic cable TV are included in the rent.

To better serve families, the complex features a rooftop barbecue grill and play area with a clubhouse and computer room. The complex is located within a short walk of public transportation, schools, stores and restaurants.

Some three bedroom units are still available for rental.

— Staff report

To learn more about City Heights Square apartments, visit www.cityheightssquare.com, call (619) 795-0190 or visit the rental office during business hours at 4029 43rd St. in the heart of City Heights.

City Heights Square abre operaciones

Walgreens, el primer inquilino comercial de City Heights Square, le dio la bienvenida a sus primeros clientes el día 14 de octubre con una "semi-inauguración". La cadena nacional de almacenes está abierta las 24 horas del días, siete días a las semana en la transitada intersección de las avenidas Fairmount y University. Walgreens cuenta con dos niveles, uno a nivel de la calle y el segundo es un estacionamiento subterráneo. Cuenta también con una farmacia que opera en horario extendido, incluyendo los fines de semana.

Un portavoz de Walgreens dijo que las investigaciones de mercadeo demostraron que el área tiene una creciente necesidad por servicios farmacéuticos. Tomando en cuenta el hecho de que el proyecto cuenta con 92 unidades residenciales construidas sobre los locales comerciales, Walgreens decidió que el área era el lugar indicado para una expansión.

Walgreens ofrece 25 nuevas plazas de trabajo en City Heights, junto con su compromiso de ser un buen vecino. La tienda emplea a un Líder Comunitario que se dedica a identificar y crear eventos locales, tales como colectas de útiles escolares y juguetes, caminatas para recaudar fondos y campañas de información de salud.

La gran inauguración está programada para el sábado, 11 de noviembre.

Entretanto, los apartamentos de City Heights Square recibieron a sus primeros residentes el 28 de octubre. Estos apartamentos ofrecen una gran cantidad de comodidades comparables con los proyectos inmobiliarios modernos de hoy, incluyendo mostradores de granito, pintura personalizada, patios y balcones y estacionamiento subterráneo cerrado. La renta incluye lavadora, secadora y paquete de televisión por cable básico.

Para beneficio de las familias, el complejo incluye un área de barbacoa y área de juegos en el techo y cuenta con una casa club y un cuarto de computadoras. El complejo está ubicado a corta distancia del transporte público, escuelas, tiendas y restaurantes.

Aún existen algunas unidades de tres recámaras para alquiler.

La primeros inquilinos comerciales y residenciales llegaron a City Heights Square, un nuevo proyecto inmobiliario de uso mixto ubicado entre las avenidas Fairmount y University. **Photos/City Heights Life**

Para más información acerca de los apartamentos de City Heights Square, visite www.cityheightssquare.com, llame al (619) 795-0190 o visite las oficinas del proyecto en horario de trabajo, están ubicadas en 4029 43rd St. En el corazón de City Heights.

Smoke-free housing legislative efforts advance at city and state levels

By Manuel Andrade and Mary Baum
Social Advocates for Youth

The San Diego Smoke-Free Project is available to work with landlords and tenants interested in adopting voluntary or mandatory smoke-free policies. To learn more, contact Manuel Andrade at (619) 283-9624 ext.215.

The San Diego Smoke-Free Project and the Tobacco Free Communities Coalition receive many calls from people complaining about secondhand smoke inside their apartments. This public health concern has led the Smoke-Free Project and its partners in the health community to work together to find a policy solution to reduce secondhand smoke exposure in apartments and condominiums in the City of San Diego. After gathering data and public opinion about this issue, the Smoke-Free Project made a presentation to the city's Public Safety and Neighborhood Services Committee in 2009.

Because of the presentation and public comments from residents, the committee ordered a task force to be formed to explore a policy solution. To get buy-in from those who would be impacted by such a policy, the Smoke-Free Project invited all stakeholders involved in housing matters to participate, including apartment associations, managers, landlords, tenants, researchers, tenants legal rights groups and agencies working in prevention.

The task force concluded that a nuisance ordinance would be the best option because it would ensure that the issue would be largely dealt with on a tenant-to-tenant basis with limited enforcement required by apartment managers or owners. The ordinance would serve as a tool that landlords and tenants could utilize to reduce the impact of secondhand smoke or marijuana smoke in apartment complexes. It also could be utilized by tenant legal rights groups as a means to reach agreements between tenants before taking civil action.

The Smoke-Free Project recognizes that emotions run high around this issue. There are conflicting perspectives about smokers' and nonsmokers' rights, but current state legislation has clarified that it is within the law to restrict smoking in multi-unit settings, including inside units. On Sept. 7, 2011, Gov. Jerry Brown signed Senate Bill 332 into law.

Senator Alex Padilla introduced SB332 to expand the availability of smoke-free housing in California by allowing landlords to prohibit smoking in rental units. "While more than 86 percent of Californians do not smoke, there is currently very little smoke-free housing in California. Living in multifamily housing should not compromise the health of renters or their children. This new law will provide tenants with healthier choices," Padilla said. The law goes into effect Jan. 1, 2012.

The Smoke-Free Project would like to thank San Diego Councilwoman Marti Emerald for supporting our efforts and working with the city attorney to review the nuisance ordinance submitted to her by the task force. We also would like to thank Senator Padilla for his work on SB332 that will support local municipalities in their efforts to protect multi-unit housing residents from secondhand smoke exposure.

— Manuel Andrade and Mary Baum work for the San Diego Smoke-Free Project at Social Advocates for Youth, also known as SAY San Diego. The nonprofit organization has been in existence since 1971.

Esfuerzos continuos para vivienda libre de humo de segunda mano

By Manuel Andrade and Mary Baum
Social Advocates for Youth

El Proyecto San Diego Libre de Humo (PSDLH) y la Coalición de Comunidades libre de Tabaco recibe muchas quejas acerca del humo de segunda mano dentro de departamentos. Esta situación llevo a la coalición a trabajar en conjunto para encontrar una solución legislativa con el fin de reducir el estar expuesto al humo del cigarro en departamentos. Después de trabajar con miembros de la comunidad y juntar encuestas de opinión publica el proyecto presento resultados al comité de seguridad publica de la Ciudad de San Diego (PS&NS) en el 2009.

Debido a esta presentación y a testimonios de residentes, el PS&NS ordeno que se formara un grupo de trabajo para explorar soluciones. Con el fin de vender la idea y tener resultados positivos, el proyecto invito a todos aquellos que serian impactados por la política de no fumar para participar en el proceso. Dueños/gerentes/administración de complejos, residentes, asociación de departamentos, investigadores, grupos de abogacía así como organizaciones en prevención participaron.

El grupo de trabajo concluyo que una ley de molestia seria la mejor opción para comenzar, asegurando que un problema de este tipo sea de inquilino a inquilino donde la intervención de la administración de departamentos sea limitada. La ley de molestia serviría como una herramienta que inquilinos y renteros podrían utilizar para reducir el impacto negativo del humo de cigarro o marihuana en complejos de departamentos. También se podría utilizar grupos de abogacía legales como un conducto para llegar a acuerdos entre inquilinos antes de proceder a demandas civiles.

El proyecto reconoce que este es un tema controvertido ya que perspectivas acerca de los derechos de fumadores y no fumadores es debatible, pero actualmente el Congreso Estatal ha clarificado que se esta dentro de la ley cuando se restringe fumar en complejos de departamentos, incluyendo adentro de sus unidades.

En Septiembre 7, 2011 el Gobernador Brown firmo como una ley la iniciativa SB332, que El Senador Padilla, introdujo con el fin de expandir la disponibilidad de departamentos libres de humo en California la cual permite a dueños y/o administradores de departamentos prohibir fumar en sus edificios "Mientras que mas del 86% de Californianos no fuman, hay muy poco acceso a vivienda libre de humo en California. Vivir en viviendas multi-familiares no debe de comprometer la salud de inquilinos o sus hijos. Esta nueva ley proveerá a inquilinos opciones saludables" Dijo el Senador Padilla. La ley entra en efecto en Enero 1, del 2012.

El Proyecto y la comunidad quisieran agradecer a la Regidora Emerald por apoyar esta causa y por pasar al Abogado de la Ciudad el lenguaje de ley para su revisión. También se agradece al Senador Padilla por su trabajo con la ley SB332, la cual apoyara a municipalidades locales trabajando con fines comunes en prevención del humo de segunda mano.

El Proyecto San Diego Libre de Humo esta disponible para trabajar con administradores de departamentos que quisieran adoptar políticas de no fumar y con residentes que estén interesados en abogar voluntariamente para la creación de la ley.

Refugee youth from Crawford High School recently completed a three-month, arts-based workshop on food justice that was run by The AjA Project as part of the media collaborative, Speak City Heights. During the final month of programming, students continued to look critically at the issue of food access by photographing, and comparing and contrasting the farmers market in City Heights with the one in Little Italy. They also interviewed parents and elders to get an inter-generational perspective on food security. Finally, they examined photographs in the media related to the famine in Africa and discussed what happens to a society when too many people are hungry.

"For some people that were born eating fresh garden foods, [farmers markets are] a better way for them to continue with their farming, and it's a good way for others to learn how to grow healthy food that have all nutrients."
Rhema, age 15, originally from Kenya

"I always thought all American food was healthy. It makes you fat so you're healthy. Because in Africa, if you're skinny, you're not healthy. But if you're fat, then they think you are healthy."
Meghaney, age 15, originally from Kenya

"You don't see very many people who aren't refugees at the farmers market [in City Heights]. A lot of Africans and Asians. But not many Americans."
Meghaney, age 15, originally from Kenya

The Vietnam War also brought Cambodian refugees to City Heights

By Jon Luna
City Heights Life History Columnist

Around the time Vietnamese refugees started settling in City Heights in the 1970s, Cambodians displaced by the Vietnam War also found their way to our community.

Less than half the size of California, Cambodia is located in Southeast Asia, surrounded by Thailand, Vietnam, and Laos. During the Vietnam War, Cambodia tried to maintain neutrality in the hopes that other armies would respect its borders and not fight in its territories. However, the North Vietnamese, supported by communist allies, decided to camp out in the jungles of Cambodia near the Vietnamese border. In its efforts to defeat the communists, the U.S. government began bombing Cambodia, turning it into another battlefront in the Vietnam War.

Upheaval and chaos ensued. Multiple factions within Cambodia warred with one another to gain power. One of those factions was the Khmer Rouge led by the communist revolutionary Pol Pot. Under the Khmer Rouge regime, captured in the movie The Killing Fields, 21 percent of the country's population, about 1.7 million people, would lose their lives to execution, starvation or disease.

In 1975, the Khmer Rouge attacked the capital, Phnom Penh, and took it over. The city was overcrowded with more than two million refugees displaced by war. As the last few U.S transport helicopters evacuated people from the city, children observed the evacuation and waved goodbye. The Khmer Rouge shelled the evacuation zone, firing mortars into crowds of people.

During the 1980s, more than 114,000 Cambodians immigrated to the United States with large concentrations settling in Stockton, Long Beach, Los Angeles, and a fraction coming to San Diego, specifically City Heights.

Some of the earliest Cambodian refugees came to the U.S. because of groups known as Voluntary Resettlement Agencies, or VOLAGs. These agencies were often affiliated with American churches. They were originally set up in 1975 to assist with the first wave of Vietnamese refugees. VOLAGs were abundant in City Heights. They took on the responsibility of finding sponsors who would assume financial and personal responsibility for refugee families.

Refugees are overwhelmingly resettled in metropolitan areas with large foreign-born populations, such as City Heights. It makes sense because they need access to local, state, and federal support to help them succeed economically and socially. Affordable housing, health care, and access to jobs – essential to refugees' survival in a new country – are more easily found in metropolitan areas.

City Heights was a welcoming environment for the Cambodian refugees. By the time they arrived here, the first wave of Vietnamese refugees had already blazed a trail for immigrants from all over the world to make their home here.

— Jon Luna is a first-generation Filipino-American who was raised in City Heights. A San Diego State University graduate, he still lives there and works regularly as a substitute teacher at Hoover High School and other City Heights public schools. He is also pursuing a master's degree in history from the University of San Diego.

A Cambodian refugee with her child at the Ban Mai Rut refugee camp near Klong Yai, Thailand. 01 July 1979. **Photo courtesy of the United Nations**

Art students beautify the Boulevard

By Beryl Forman
El Cajon Boulevard Business Improvement Association

The El Cajon Boulevard Business Improvement Association (BIA) started a pilot recycling program in 2009 by placing 10 recycle bins on the Boulevard. Noticing the recycle bins looked similar to the trash bins, the Association got the idea to bring more art to the Boulevard and help identify the recycling bins from the trash bins located next to them. They worked with graphic art students at San Diego State University to develop several options.

The original intention was to choose only one design, but the BIA Board was so impressed they decided to select three student designs. Congratulations to Kristin Hardy, Sonya Calderon, and Cat Hunt for providing creative design work which greatly enhances the Boulevard's garbage and recycling bins.

The bins are reclaimed standard city trash bins with a custom fabricated top. In the coming months the Association is expanding the number of recycling bins to 20. **Photos courtesy of the El Cajon Boulevard Business Improvement Association**

What's going on? ¿ Qué está pasando?

November

9

4:15 to 5:15 p.m.
Mid-City Gym
4302 Landis St.
Arts & Craft Class
(619) 516-3082

10 **noon to 1 p.m.**
Mid-City Gym
4302 Landis St.
Step, Circuit Training and Meditation
Contact: (619) 516-3082

2 to 6 p.m.
City Heights Recreation Center
4380 Landis St.
Teen Center Activities
Contact: (619) 641-6125

11

VETERANS DAY

12 **9 a.m. to 1 p.m.**
Fairmount Ave & Wightman St.
City Heights Farmers' Market
Lorrie Scott (760) 751-4193

12:15 to 1:15 p.m.
City Heights Recreation Center
4380 Landis St.
Mariachi Class
Contact: (619) 641- 6125

14 **2 to 3 p.m.**
Mid-City Gym
4302 Landis Street
Pee Wee Sports
(619) 516-3082

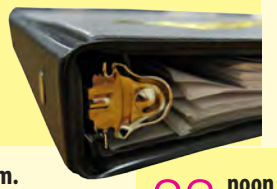
2:30 to 3:30 p.m.
City Heights Wellness Center
4440 Wightman St., Suite 200
Martial Arts Class
Marilynn (619) 321-2920

15 **noon to 1 p.m.**
Mid-City Gym
4302 Landis St.
Pilates/ Ab Strength Training
Contact: (619) 516-3082

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

16 **3 to 5 p.m.**
City Heights Rec Center
4380 Landis St.
Youth Tennis San Diego
(619) 221-9000

4 to 6 p.m.
City Heights Weingart Library
3795 Fairmount Ave.
Homework Help
(619) 641-6100



17 **2 to 6 p.m.**
City Heights Rec Center
4380 Landis St.
Teen Center Activities
(619) 641-6125

5 to 8 p.m.
Mid-City Gym
4302 Landis St.
American Youth Outreach Self-Defense Karate
Contact: (619) 516-3082

18 **6 to 9 p.m.**
City Heights Rec Center
Mid-City Gymnasium
CALGRIP Friday Teen Night
Contact: (619) 641-6125

7:30 to 9 p.m.
Teralta Park
Movie: Megamind
Contact: Paige Newman
(619) 955-7276

19

11:30 a.m. to 1:30 p.m.
Mid-City Gym
4302 Landis St.
Hoop Teams Mentoring & Conditioning
Contact: (619) 516-3082

9:30 to 10 a.m.
9:30 a.m. – 10:00 a.m.
City Heights Rec Center
4380 Landis St.
Guitar Class
(619) 641-6125

21 **San Diego Unified School District Thanksgiving Break Begins**
*school back in session Monday, Nov. 29

4:30 to 5:30 p.m.
City Heights Recreation Center
4390 Landis St.
Creative Crafts
Contact: (619) 641-6125

22 **noon to 1 p.m.**
City Heights Wellness Center
4440 Wightman St., Suite 200
Exercise Program
Marilynn (619) 321-2920

3 to 4 p.m.
City Heights Recreation Center
4380 Landis St.
Dance Program: Tap Class
Contact: (619) 641-6125

23 **noon to 6 p.m.**
City Heights Rec Center
4380 Landis St.
Teen Center Activities
(619) 641-6125

4:30 to 5:30 p.m.
Mid-City Gym
4302 Landis St.
Zumba Cardio Fit
Contact: (619) 516-3082

24

THANKSGIVING

25

26 **10 to 11 a.m.**
Mid-City Gym
4302 Landis St.
Aerobics
(619) 516-3082

2:05 to 4:05 p.m.
City Heights Recreation Center
4390 Landis St.
Youth Tennis San Diego Program
Contact: (619) 221-9000

11:45 a.m. to 12:15 p.m.
City Heights Recreation Center
4380 Landis St.
Violin Class
Contact: (619) 641-6125

28 **2:30 to 3 p.m.**
Mid-City Gym
4302 Landis St.
Fit for Kids & Family
(619) 516-3082

29 **5:15 to 6:15 p.m.**
City Heights Recreation Center
4380 Landis St.
Dance Program: Ballet Classes
Contact: (619) 641-6125

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

Submit events to editor@cityheightslife.com.

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.

Christmas tree and poinsettia fundraiser

With the holidays coming up, there is a great way to make a donation and get something in return to brighten your house in time for Christmas.

The La Maestra Foundation is hosting a Christmas tree and poinsettia sale to raise money to support its health centers and community development programs in City Heights and elsewhere.

Noble fir trees that stand four to eight feet tall require a donation of $25 to $40. Potted poinsettia plants in a variety of colors and sizes — locally grown, from the well-known Paul Ecke Ranch — require a donation of $8 to $25. Donations are tax-deductible.

Plants and trees will be available from Nov. 28 through Dec. 23, or until they are sold out. Pre-orders to ensure availability will be accepted through Nov. 23. For pre-orders, call (619) 584-1612 ext. 3021 or email gsosa@lamaestra.org. Ask about delivery and post-holiday hauling services.

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.