

## SAFETY

### In memoriam

San Diego Police Officer Jeremy Henwood remembered as a man of honor, pride and discipline.

[ P5,8 ]

## SERVICE

### One-stop help

Free service connects residents to housing assistance, child care, disaster relief, and mental health counseling.

[ P4 ]

## EDUCATION

### One-on-one caring

Bigs in Schools program provides caring mentors for children in City Heights. For volunteer information, see:

[ P3 ]

## HISTORY

### 80-plus years of history

Hoover High is one of the oldest schools in San Diego. It is named after Herbert Hoover, who once wrote a letter of appreciation for having the campus named after him.

[ P11 ]

## Attention residents!

*City Heights Life* wants to hear from you! Please submit your articles, photos, letters, events or story ideas to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).



Budding scientists take to the seas See page 7

# GRID Alternatives brings solar energy to City Heights

By Helen Gao  
City Heights Life

At first glance, Hugo Sandoval's home on Pepper Drive in the Azalea Park neighborhood of City Heights doesn't look much different from the others on the block. It's modest but well-kept, blending in with the rest of the neighborhood. But closer examination reveals that Sandoval's home is special – it has solar panels on the rooftop, which are still relatively rare in City Heights.

The married father of three who works as a food server was able to bring solar energy to his family, thanks to GRID Alternatives, whose mission is provide renewable energy, energy efficiency services, equipment and job training to communities in need. The nonprofit organization helps low-income families, such as the Sandovals, apply for rebates through the state-funded Single-Family Affordable Solar Homes (SASH) program. GRID Alternatives serves as the SASH program manager on behalf of the California Public Utilities Commission.

For the Sandoval family, there were no out-of-pocket expenses to get solar panels installed because

[ ENERGY, P3 ]



Hugo Sandoval enjoys seeing how his electrical meter spins backwards because the solar system on his rooftop is feeding electricity to the SDG&E power grid. *Hugo Sandoval le gusta ver como su medidor eléctrico retrocede cuando el sistema solar instalado en su techo envía electricidad a la red de SDG&E.* Photo/City Heights Life

# GRID Alternatives trae energía solar a City Heights

Por Helen Gao  
City Heights Life

A primera vista, la casa de Hugo Sandoval en Pepper Drive en el vecindario Azalea Park de City Heights no parece diferente a las demás casas de la calle. Es humilde, pero bien cuidada y armoniza con el resto del vecindario. Pero al mirarla más de cerca vemos que la casa de Sandoval es especial – tiene paneles solares en el techo, algo que todavía es relativamente poco común en City Heights.

Sandoval está casado y tiene tres hijos. Trabaja en un restaurante y su familia tuvo

acceso a la energía solar gracias a GRID Alternatives, cuya misión es proveer de energía renovable, servicios de energía eficientes, equipo y entrenamiento a las comunidades necesitadas. La organización sin fines de lucro ayuda a las familias de bajos ingresos, como la de Sandoval, a aplicar para rebajas a través del programa estatal Single-Family Affordable Solar Homes (SASH). GRID Alternatives administra el programa SASH a nombre de California Public Utilities Commission.

[ ENERGIA, P3 ]



In June, GRID Alternatives installed a solar system for the Printer family in City Heights. En junio, GRID Alternatives instaló un sistema solar para la familia Printer en City Heights.

Fotos cortesía de GRID Alternatives

# New school year, new services at Hoover High

By Helen Gao  
City Heights Life

As students get ready to kick off a new school year, the City Heights Educational Collaborative is geared up to launch new support services and educational initiatives aimed at helping Hoover High students graduate and go on to college.

The Collaborative – a partnership between Price Charities, San Diego State University and the San Diego Unified School District – hopes to solidify the academic gains Hoover has made in recent years.

Principal Chuck Podhorsky said that every year the school adds to its system of academic and social support to ensure students have all the resources needed to succeed. "There is a promise that I make to parents that we essentially hold students' hands from the

[ SCHOOL, P2 ]

# Nuevos servicios para el nuevo año escolar en Hoover

Por Helen Gao  
City Heights Life

Mientras los estudiantes se preparan para el comenzar un nuevo año escolar, City Heights Educational Collaborative se está preparando para lanzar nuevos servicios de apoyo e iniciativas educativas dirigidas a ayudar a que los estudiantes de Hoover High se gradúen y asistan a la universidad.

City Heights Educational Collaborative – patrocinado por Price Charities, San Diego State University y San Diego Unified School District – espera reafirmar la solidez de los avances académicos que Hoover ha logrado en los últimos años.

El Director Chuck Podhorsky dijo que todos los años la escuela aumenta sus sistemas de apoyo social y académico para asegurar que sus estudiantes tengan todos los recursos necesarios para alcanzar el éxito. "Mi promesa a los padres esencialmente es que llevaremos a nuestros estudiantes de la mano desde el momento que llegan a Hoover hasta el día que se gradúen", dijo Podhorsky.

A continuación resumimos qué habrá de nuevo en Hoover en el año escolar 2011-12:

[ ESCUELA, P2 ]

## ESCUELA, de P1

### Más servicios de salud mental

Estaremos desarrollando un completo programa de salud mental en Hoover a partir del otoño para combatir la depresión y otras condiciones psiquiátricas entre los estudiantes y familias que no tienen suficiente cobertura de seguros, no tienen seguro o son in-dокументados.

En la actualidad, el Centro de Salud del campus ofrece servicios de salud mental solo a quienes tienen Medi-Cal. Con la expansión del programa, todos los estudiantes y sus familias tendrán acceso a asesoramiento, manejo de casos y terapia sin importar si tienen seguro o su estatus migratorio.

"Estamos solucionando una necesidad", dijo Dorothy Zirkle, directora de servicios de salud de Price Charities. "La salud y bienestar mental de muchos de nuestros estudiantes está bajo un riesgo increíble. Es un tema que muchas veces se pasa por alto".

Price Charities está trabajando junto con los Centros Comunitarios de Salud La Maestra para aumentar la cantidad del personal en el Centro de Salud. Por primera vez, el centro contará con un trabajador social clínico certificado bilingüe quien podrá ofrecer tratamientos clínicos de psicoterapia. Esta persona estará trabajando bajo la supervisión de Roberto Velásquez, Director de Bienestar Familiar de La Maestra quien tiene un Doctorado en psicología.

El equipo de salud mental también incluirá a una persona graduada de Maestría en Trabajo Social o con Certificación en Terapia Familiar y de Parejas. El personal estará recibiendo el apoyo de aprendices y pasantes pertenecientes a los programas de postgrado en Trabajo Social y Terapia Familiar y de Parejas de San Diego State University.

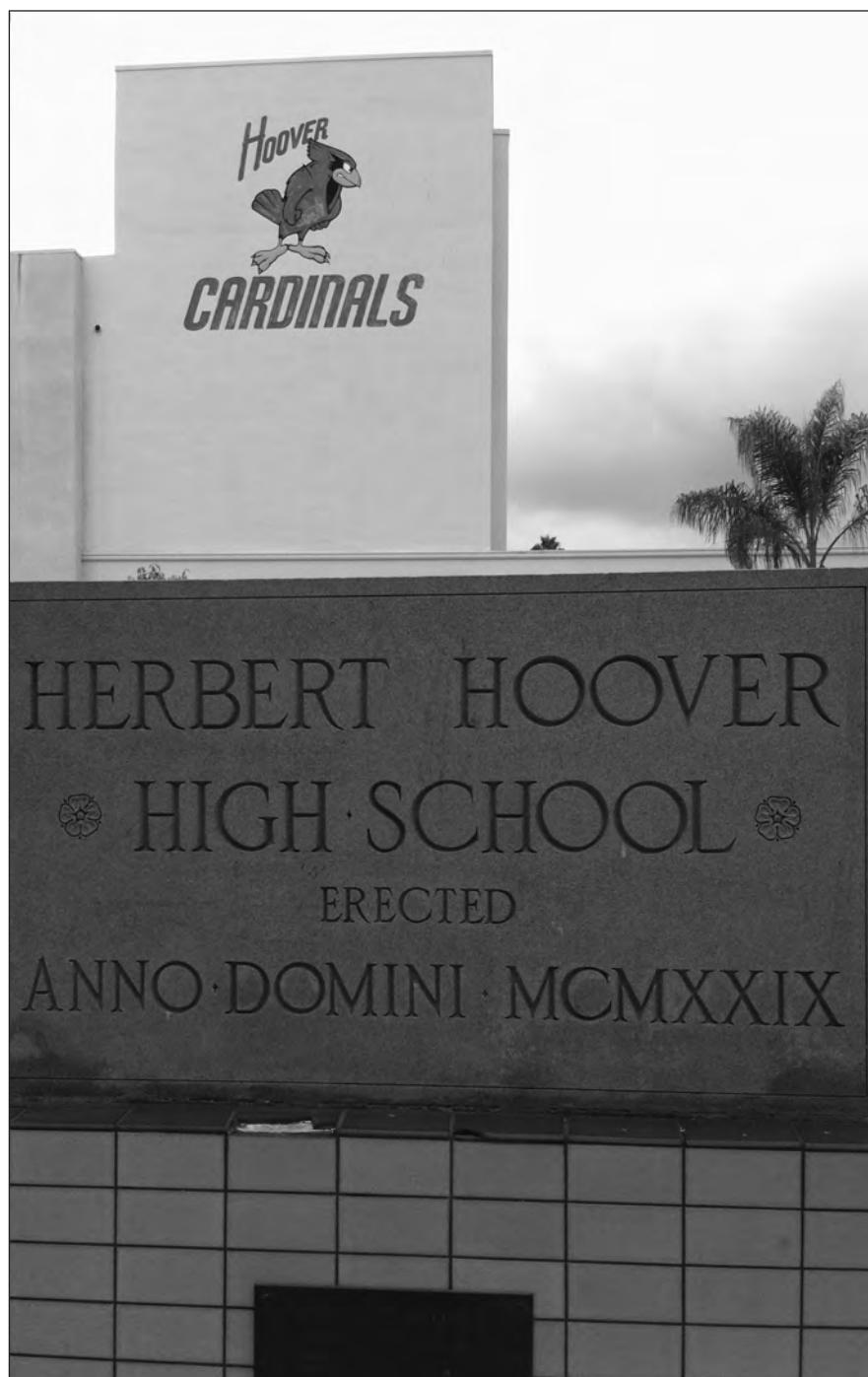
"Colaborando con La Maestra y San Diego State, la cantidad de familias y estudiantes de Hoover High School que vamos a poder ayudar será fenomenal", dijo Zirkle.

Peggy Jones tiene dos nietos que asisten a Hoover High y con frecuencia trabaja como voluntaria en la escuela. Dijo que ve muchos jóvenes de alto riesgo que se beneficiarían si existen más servicios de salud mental.

"Muchos jóvenes solo vienen a la escuela porque tienen que hacerlo o porque están tratando de alejarse de sus padres en casa. Necesitan alguien con quien puedan hablar", dijo.

### Programa de educación superior temprana para comenzar

Hoover High estará iniciando un programa de educación superior temprana en conjunto con San Diego City College. El programa estará dirigido a los estudiantes de alto riesgo que necesitan



ayuda extra para ingresar a la universidad. El plan es que los profesores de City College vengan a Hoover para co-enseñar con los instructores de la escuela. Durante el verano, se creará un programa especial para que los estudiantes de Hoover puedan tomar clases en City College. En el futuro, el programa de educación superior temprana les permitirá a los estudiantes acumular créditos universitarios.

"Queremos que los estudiantes se sientan cómodos con la idea de asistir a la universidad", dijo Tim Allen, Director Ejecutivo de City Heights Educational Collaborative y de College Avenue Compact, iniciativas que se concentran en Hoover High y en las escuelas a las que asisten los estudiantes que ingresan a Hoover: Monroe Clark Middle y Rosa Parks Elementary.

Añadió que, "Queremos que los estudiantes tengan opciones. Creemos que asistir a un Community College es una buena opción."

La iniciativa representa una extensión de College Avenue Compact, que ofrece a los estudiantes de Hoover admisión garantizada a San Diego State University si cumplen con los requisitos académicos necesarios.

### Alumnos de GEAR UP ingresarán a Hoover

Durante el nuevo año escolar los estudiantes del programa GEAR

UP de College Avenue Compact tendrá una presencia más significativa en Hoover. Alumnos egresados de las escuelas de Educación Media Monroe Clark y Wilson que participaron en el programa serán este año alumnos de noveno grado en Hoover. Vienen acompañados de una gran cantidad de servicios de apoyo, tales como tutorías, exploración de carreras, enriquecimiento académico y actividades motivacionales para estudiantes y padres de familia.

GEAR UP, es un programa patrocinado por fondos federales y sus siglas significan "Gaining Early Awareness and Readiness for Undergraduate Programs". El objetivo del programa es atraer a los estudiantes, aumentar la participación de sus padres y apoyar al personal de la escuela para cultivar una cultura universitaria. Trabaja en conjunto con el programa College Avenue Compact de City Heights Educational Collaborative para preparar a los estudiantes para que asistan a centros de educación superior.

La sede de GEAR UP en Hoover será el Salón 206 y contará con siete u ocho tutores de matemáticas y ciencias y cuatro consejeros universitarios, todos serán alumnos de licenciatura en San Diego State.

Estudiantes de Hoover, ¡bienvenidos al nuevo año escolar!

## SCHOOL, from P1

time they get to Hoover all the way to graduation day," he said.

Here we highlight what will be new in Hoover in the 2011-12 school year:

### Expanded mental health services

A comprehensive mental health program will be developed at Hoover starting this fall to tackle depression and other psychiatric conditions among students and families who are underinsured, uninsured and undocumented.

Currently, the campus Health Center is able to provide mental health services only to those with Medi-Cal. With the expanded program, all students and their families will have access to counseling, case management and therapy, whether they have insurance or not and regardless of their immigration status.

"We are responding to a need," said Dorothy Zirkle, director of health services at Price Charities. "Their mental health and wellness is just incredibly at risk. It's a forgotten issue."

Price Charities is partnering with La Maestra Community Health Centers to add staffing to the Health Center. For the first time, the center will have a bilingual licensed clinical social worker who can provide psychotherapy and clinical treatment. This person will work under the guidance of Roberto Velásquez, the family wellness director for La Maestra who has a Ph.D. in psychology.

The mental health team will also include another person with either a master's degree in social work or a license in marriage and family therapy. The staff will be assisted by additional trainees and interns from San Diego State University's graduate programs in social work and marriage and family therapy.

"In partnership with La Maestra and San Diego State, the number of families and students we will be able to serve at Hoover High School will be phenomenal," Zirkle said.

Peggy Jones, who has two grandchildren at Hoover High and who frequently volunteers there, said she sees many at-risk youths who can benefit from additional mental health services. "There's an awful lot of kids who are just in school because they have to be in school, or they are trying to get away from their parents at home. They need somebody to talk to," she said.

### Early college program to get underway

Hoover will also be launching an early college program in partnership with San Diego City College, targeting at-risk students who need extra help to make it to college. The plan is for City College professors to come to Hoover to co-teach with the instructors there. In the summer, a special program will be created for Hoover students to take classes at City College. Down the road, the early college program will enable students to earn college credits.

"We want students to be comfortable with the idea of college," said Tim Allen, executive director of the City Heights Educational Collaborative and the College Avenue Compact, which focuses on Hoover and its feeder schools, Monroe Clark Middle and Rosa Parks Elementary.

He added, "We want students to have options. We think community college is a great option."

The early college initiative represents an extension of the College Avenue Compact, which offers Hoover students guaranteed admission to San Diego State University if they meet certain academic criteria. The first group of Hoover students to go on to San Diego State under the Compact started classes at the university on Aug. 29.

### GEAR UP cohorts coming to Hoover

In the new school year, GEAR UP to College Avenue Compact will have a much bigger presence at Hoover. Recent graduates of Monroe Clark and Wilson middle schools enrolled in the college readiness program will become freshmen at Hoover. Along with them will come a host of support services, such as tutoring, mentoring, career exploration, academic enrichment, and motivational activities for students and parents.

GEAR UP, which is federally funded, stands for Gaining Early Awareness and Readiness for Undergraduate Programs. The program seeks to engage students, involve parents, and support school staff to cultivate a college-going culture. It works hand in hand with the City Heights Educational Collaborative's College Avenue Compact to prepare students for higher education.

GEAR UP will be housed in Room 206 at Hoover and will have seven to eight math and science tutors and four college advisors, all of whom are current undergraduate students at San Diego State.

Hoover students, welcome to a new school year!

# Start something BIG

**Right:** Big Brother Lennart takes time to play ball with Little Brother Elijah.

Photo courtesy of BBBS of SDC



**By Jessica Lopez**

Big Brothers Big Sisters of San Diego County

Remember when recess was the best part of your school day? Well you can go back to being a kid again and volunteer for one hour, once a week, right here in City Heights.

Through the Bigs in Schools mentoring program, Big Brothers Big Sisters of San Diego County (BBBS of SDC) is able to reach out to more children in your community who need the support of a one-to-one caring mentor.

With minimal time needed, it is an easy way for a busy professional or student to volunteer with a child. During a set time each week, all activities take place at the school. Activities range from playing board games, shooting hoops, reading a book

together, or simply talking. This program also provides the opportunity to see other matches interacting as well as having a BBBS of SDC staff member present at every session.

Studies on the Bigs in Schools program have shown that there are proven positive impacts on students. Children who have had a Big have increased their self-esteem, achieved higher grades in social studies, language arts and math, and even improved relationships with their peers and adults.

So what are you waiting for? Start something...and become a Big today! Visit [www.sdbigs.org](http://www.sdbigs.org) or call (858) 536-4900 for more information.

— *Jessica Lopez is a program manager for the Mid City Division of Big Brothers Big Sisters of San Diego County.*

Hugo Sandoval's home on Pepper Drive is one of the first in the Azalea Park neighborhood to get solar panels through the state-funded Single-Family Affordable Solar Homes (SASH) program. *La casa de Hugo Sandoval en Pepper Drive es una de las primeras en el vecindario de Azalea Park en recibir paneles solares a través del programa estatal Single-Family Affordable Solar Homes (SASH).* Photo/City Heights Life



## ENERGY, from P1

their income qualified them for a free system under the SASH program. Sandoval said he was surprised by how easy the application process was.

"That was incredible. I was very excited. I couldn't believe we could have those panels that quick," he said.

He had heard about GRID Alternatives from a neighbor and attended a community meeting where he learned all about the incentives for low-income homeowners. Within about two weeks of submitting an application, he got a call notifying him he was approved.

GRID Alternatives sent inspectors to his house to check the rooftop and the electrical system to make sure they could support the solar panels and that no trees or shrubs would block the panels. A contract was then signed. On June 14, the work crews came for the installation.

The Sandovals received a 15-panel photovoltaic system with the capacity to generate 2.95 kW. According to GRID Alternatives, its systems can save clients an average of 70 to 90 percent in electric bills.

"If you are now saving money on electricity, you are better able to afford items like fresh, healthy food for your family. This savings can go a long way for families strug-

gling in this economic climate," Marty Becerra, development officer for GRID Alternatives, said.

Funded by utilities companies, including San Diego Gas & Electric, the SASH program targets residents in the most impoverished communities in California.

The state has set aside \$108 million to fund SASH.

Aside from making solar energy accessible to low-income residents, a major part of what GRID Alternatives does is training residents for jobs in the solar industry. The nonprofit partners with local organizations, such as the Urban Corps of San Diego County, and its subcontractors to provide the training. Its solar installations typically involve trainees and volunteers, and often times, sponsors who help cover cost gaps for the homeowners.

"Job training is a very large component of what we do. A lot of the people in our training programs have gone on to land jobs in the solar industry," Becerra said. So far Grid Alternatives has completed 32 installations in the City Heights area. It has scheduled another six in Azalea Park on Sept. 24.

Word of mouth about the program has spread quickly through City Heights. Bob Walters, who lives across the street from the Sandovals, will be getting his system through GRID Alternatives in early September.

## ENERGIA, de P1

*Para la familia Sandoval, no hubo gastos asociados con la instalación de los paneles solares porque calificaron para recibir un sistema gratuito bajo el programa SASH. Sandoval dijo estar sorprendido de lo fácil que fue el proceso de aplicación. Sandoval dijo: "Fue increíble. Me emocioné mucho. No podía creer lo rápido que íbamos a recibir los paneles".*

*Se enteró de GRID Alternatives por un vecino que había asistido a una reunión comunitaria en donde le informaron de los incentivos para los propietarios de bajos recursos. Después de menos de dos semanas de haber enviado la aplicación, recibió una llamada notificándole que había sido aprobado.*

*GRID Alternatives envió inspectores a su casa para verificar que el techo y el sistema eléctrico eran compatibles con los paneles solares y que no hubiera árboles o arbustos que bloquearan los paneles. Firmaron un contrato. El 14 de junio llegó la cuadrilla de trabajo para realizar la instalación.*

*Los Sandoval recibieron un sistema fotovoltaico de 15 paneles con capacidad para generar 2.95 kW. De acuerdo a GRID Alternatives, estos sistemas pueden ahorrarles a los clientes un promedio del 70% al 90% en sus facturas eléctricas.*

*"Si ahorras dinero en electricidad, lo más seguro es que podrás utilizarlo para pagar por otros artículos necesarios, como por ejemplo alimentos frescos y saludables para tu familia. Este ahorro puede significar mucho para las familias que están atravesando dificultades en el clima económico en el que vivimos", dijo Marty Becerra, Oficial de Desarrollo de GRID Alternatives.*

*Patrocinado por las compañías de servicios públicos, incluyendo San Diego Gas & Electric, el programa SASH está dirigido a los residentes de las comunidades más pobres de California. El estado ha asignado \$108 millones para subsidiar el programa SASH.*

*Además de hacer que la energía solar esté al alcance de los residentes de bajos recursos, un aspecto importante de GRID Alternatives es que entrena a los residentes para que puedan trabajar en la industria de energía solar. La organización sin fines de lucro está asociada con organizaciones locales, tales como Urban Corps de San Diego County y sus subcontratistas para ofrecer el entrenamiento. La instalación de paneles solares usualmente involucra la participación de aprendices y voluntarios y, muchas veces, de patrocinadores que ayudan a cubrir los gastos de los propietarios.*

*"La capacitación laboral es un componente importante de lo que hacemos. Muchas de las personas que han pasado por nuestros programas de entrenamiento han conseguido trabajos dentro de la industria de energía solar", dijo Becerra.*

*Hasta ahora, GRID Alternatives ha instalado 32 sistemas solares en el área de City Heights. La existencia del programa ha pasado rápidamente de boca en boca en City Heights. Bob Walters, quien vive al frente de los Sandoval, estará recibiendo su sistema a través de GRID Alternatives a principios de septiembre.*

**Alternativas está buscando voluntarios y patrocinadores para el evento "Solarthon" del 24 de septiembre. Es una fiesta comunitaria anual que busca recaudar fondos y durante la cual se instalarán seis sistemas de energía solar en el vecindario de Azalea Park. Para más información, visite [www.gridalternatives.org/solarthon](http://www.gridalternatives.org/solarthon).**

# From teen mother to role model

**By Jaqueline Cervantes**  
Teen Options

I am a 23-year-old City Heights mother with two adorable children, ages 6 and 3, and a student at the University of Phoenix pursuing a bachelor of science degree in human services. Having gotten pregnant at 16 and then again at 19, I could have easily become a negative statistic. Fortunately, with support from dedicated teachers and mentors at Hoover High School and assistance from organizations such as San Diego Youth Services, my life has been turned around. I now work at San Diego Youth Services' Teen Options program, which provides support services to pregnant teenagers and young parents.

I want teen moms out there to know that help is available, and that completing programs like Teen Options can really make a difference. They can take advantage of a variety of resources, such as parenting and independent living skills classes, to learn how to make the right choices and give the best to their children. I once felt oppressed too, so I know the feeling that some teen moms have against people who are trying to help them. I am where I am now because I accepted the referrals and resources through school.

By participating in the Proud Parenting program through San Diego Youth Services,

I learned how to raise a healthy family. More importantly, the program gave me the opportunity to interact with other teen moms. Being able to share feelings and experiences with peers made me feel better about myself and my son's future. Proud Parenting was also fun. The program offered outings and events, such as Mother's Day breakfast and Christmas celebrations.

I went through Proud Parenting twice. The second time I was mandated to participate in it because of a referral from Child Protective Services. I may not have been born a perfect parent, but I did learn to become better.

The second time around, I took advantage of another Teen Options program called Aftercare. It led me to dig deeper within myself and examine why I was in the position I was in. I was breaking down due to stress, anxiety and other feelings. This program fostered independent living skills and referred me to services to further my education and my son's education. Even to this date, I have the binder I created when I was participating in the program. I look through it whenever I feel sad or confused about what path to take.

Thanks to the program, I finished high school in February 2006 and graduated from the program in March 2006. Completing the program was a new beginning for my family. It meant that I was ready to take on the challenges of life. I got a job through the

program site as a youth leader and began to build job skills.

Through Teen Options I gained the confidence that I am capable of anything if I put my mind to it. I began taking classes at San Diego City College and applied for childcare through the college's Child Development Center. When I turned 19, I got pregnant with my second child and gave birth to a beautiful girl. Even so, I continued with my college education while holding down a job or two and yet still managed to earn enough credits to transfer to the University of Phoenix. Upon starting the field experience course in my B.A. program, I immediately thought of working for Teen Options as a way to give back.

My hard work and struggles are getting rewarded little by little, and I know that much more is to come. My son has now completed kindergarten, and my daughter is starting her first year of preschool. My success is just beginning.



— Jaqueline Cervantes is a City Heights resident and staff member at Teen Options located on Fairmount Avenue. Administered by San Diego Youth Services, Teen Options provides support services to pregnant and parenting teens and young adults, ages 12 through 25.

# AT YOUR SERVICE

## 2-1-1 connects community to social services — for free

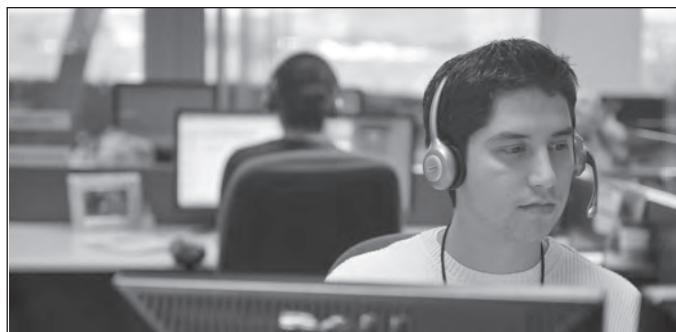
**By Helen Gao**  
City Heights Life

With hundreds of organizations in San Diego County offering health and human services, everything from food assistance to mental health therapy, it can be daunting to figure out which agency to contact for help.

Don't waste your time looking through the Yellow or White Pages. Instead, dial 2-1-1, a free, one-stop information hub that connects people to community, health, and disaster services 24 hours a day, seven days a week. The phone service is confidential, and assistance is available in multiple languages. Many of the information and referral specialists who answer the phone speak Spanish, and they have access to a service that can translate more than 150 languages.

When people call 2-1-1, they are asked a few questions so the referral specialists can assess their needs and guide them to the closest resources in their community. The specialists have at their fingertips a list of more than 5,000 health and human services programs encompassing food and financial assistance, physical activity and nutrition, military and veteran services, mental health services, utility assistance, housing information, childcare and early education, shelter and homeless services, and emergency response. This database of resources is also available for search online at [www.211sandiego.org](http://www.211sandiego.org).

The 2-1-1 service is similar to 911, except it's for non-emergency situa-



2-1-1 San Diego referral specialists take calls 24/7.  
2-1-1 Especialistas en Referencias trabajan 24/7.

tions. Launched locally in 2005 and funded by both public and private money, the regional nonprofit program is intended to make it easy for residents to navigate the maze of social services.

During disasters, such as wildfires, 2-1-1 works with the county's Office of Emergency Services to provide information to the public on road closures, evacuation sites and recovery assistance. The program also acts as the central communications point for other community agencies and non-governmental organizations and reports on community needs that are not being met.

2-1-1 is not unique to San Diego. It's a nationally-recognized number reserved by the Federal Communications Commission for information and referral services. In California alone, 25 counties have established these information lines, according to a 2-1-1 directory published by the state.



If you are looking for access to food, health care and other social services, and you not sure where to start, dial 2-1-1 or visit [www.211sandiego.org](http://www.211sandiego.org).

Si necesita acceso a alimentos, cuidados de salud u otros servicios sociales y no sabe a dónde llamar, marque el 2-1-1 o visite [www.211sandiego.org](http://www.211sandiego.org).

## 2-1-1 trabaja 24/7 para conectar a los residentes con servicios sociales

**Por Helen Gao**  
City Heights Life

Con cientos de organizaciones en el Condado de San Diego que ofrecen servicios de salud y servicios humanos que van desde asistencia alimenticia hasta terapia de salud mental, a veces puede ser intimidante tratar de decidir a cuál agencia contactar primero cuando necesitamos ayuda.

No desperdicie su tiempo buscando en las Páginas Blancas o las Páginas Amarillas. Marque el 2-1-1 y se conectará con un completo centro de información que ayuda a las personas a encontrar servicios comunitarios, de salud y de emergencia 24 horas al día, siete días a la semana. El servicio telefónico es confidencial y la asistencia está disponible en varios idiomas. Muchos de los especialistas que contestan el teléfono hablan español y tienen acceso a sistemas que pueden traducir a más de 150 idiomas.

Si llama al 2-1-1, le harán unas cuantas preguntas para poder evaluar sus necesidades y guiarlo hacia los servicios más cercanos en su comunidad. Los especialistas tienen a su disposición un listado de más de 5,000 programas de servicios de salud y servicios humanos que incluyen asistencia alimenticia y económica, asistencia económica para pagar servicios públicos, información de vivienda, cuidado infantil

y educación temprana, albergue y servicios para las personas sin hogar y servicios de emergencia. Esta base de datos está también disponible en línea en [www.211sandiego.org](http://www.211sandiego.org).

El servicio 2-1-1 es parecido al 911, excepto que es para situaciones que no son urgentes. El servicio inició localmente en el 2005 y es patrocinado con fondos públicos y privados. El programa regional sin fines de lucro busca hacer que sea fácil para los residentes navegar a través del laberinto de servicios sociales.

En caso de desastres naturales, como los incendios forestales, el 2-1-1 trabaja en conjunto con la Oficina de Servicios de Emergencia para hacer pública información acerca del cierre de carreteras, lugares de evacuación y asistencia de rescate.

El programa también actúa como punto de comunicación central para otras agencias comunitarias y organizaciones no-gubernamentales y reporta las necesidades comunitarias que no están siendo satisfechas.

2-1-1 no está disponible solo en San Diego. Es un número nacionalmente reconocido reservado por la Comisión Federal de Comunicaciones para información y servicios de referencia. Solo en California, 25 condados han establecido estas líneas de información, de acuerdo al directorio del 2-1-1 publicado por el estado.

A TRIBUTE TO JEREMY HENWOOD

# *Officer spent most of his life serving others*



*Editor's Note: San Diego Police Officer Jeremy Henwood, 36, died Aug. 7 after being shot in the head in an unprovoked attack at a City Heights intersection. A decorated Marine, he did two tours of duty in Iraq and one in Afghanistan.*

**By Sgt. Scott Wahl**  
San Diego Police Department

Much has been said over the past several weeks about the character of Officer Jeremy Henwood. I'm here to say that all of it is true. He was a man of honor, pride and discipline. To Jeremy, it was an honor "To Protect and Serve" - an honor he worked hard to maintain. This wasn't just a job to him. This was his way of life.

Jeremy spent most of his life serving others. He served his country in the Marine Corps for 15 years and this city as a San Diego police officer for the past four years. His entire career as a police officer was spent serving this community of City Heights. This is where he loved to be. He enjoyed the action and excitement that comes with being a police officer, and he enjoyed the opportunity to help others.

What was most amazing about Officer Henwood was that he was impervious to the outside negative influences that often come with this job. He had a happy-go-lucky attitude that never faltered. This was what I admired the most about him. His focus was always on the good things he was do-

ing for the community and how lucky he was to be able to do it. His kind heart, spirit of service and humanity were in evidence until the last moments of his life. His purchase of a bag of cookies for a local youth was paired with a conversation about the child's future plans. Jeremy provided some guidance about what it would take to achieve his dreams, such as good choices and hard work.

He wasn't focused on the negatives. To Jeremy, protecting and serving was an honor, not just a job. He set an example for all of us to follow - one that will stay fresh in my mind each day I go out to protect and serve.

— *Sgt. Scott Wahl was Jeremy's supervisor at the Mid City Division of the San Diego Police Department*

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vea pagina 8.  
For Spanish, see  
page 8.**



**A trust has been established on behalf of Officer Jeremy Henwood through the San Diego Police Officers Association. Donations can be sent to 8388 Vick-ers St., San Diego, CA 92111. Write Jeremy Henwood on the memo line.**

## **City Heights Hope bridges generational, access gaps for Somalis**

**By Adam Ward**  
Mid-City CAN

City Heights Hope community organizer and project coordinator Sahra Abdi has witnessed the leadership growth in her group's members first hand.

She tells the story of one group member who used to accept schools' lack of halal foods, which are sanctioned by Islamic law and ritually fit for use. "She said, 'Ah Sahra, this is America, you either follow what's provided or you go to another country,'" Abdi said. A short time later, that same woman was talking about going to a higher-level administrator and advocating for halal food when the same issue came up in a hospital setting.

It's stories like these that have made Abdi believe that City Heights Hope members have been transformed. "People's perspective of their rights have changed," Abdi said.

Abdi is a City Heights resident, member of Mid-City Community Advocacy Network (Mid-City CAN) and past mem-

**"In our community, parents didn't experience growing up in America ... They think it is easy."**

**SAHRA ABDI**  
City Heights resident

ber of the Mid-City CAN Coordinating Council. Founded to provide support to Somali families, City Heights Hope is composed of about 200 City Heights residents. The California Endowment has funded the group since 2009, and the Mid-City CAN coordinates the funding.

This summer City Heights Hope ran a four-week program to help connect Somali children to their cultural heritage and community, according to Bill Oswald, an adviser for the group. "It covered culture, history, religion and poetry and strengthened the sense of who they are," Oswald said.

Somali college students organized the program. The students were inspired to act because they felt that one reason why Somali children weren't doing as well as they

could in school and why too many were in the criminal justice system is that they don't have this grounding.

"The college students did it all," Oswald said. "They recruited the teachers and got a small grant."

About 70 elementary-, middle- and a few high-school students participated in the program, Abdi said. It was based in City Heights' Southern Sudanese Community Center.

Abdi's own 7-year-old son benefited from the program. "He was questioning who he is," she said. "Now I ask what he is, and he says 'I'm Somali-American.'"

Another program helping to bridge generational gaps is cooking classes that are designed for mothers and daughters.

"In our community, parents didn't experience growing up in America," Abdi said. "They think it is easy."

The mothers teach their daughters to prepare traditional Somali foods and the daughters teach their mothers to prepare U.S. dishes that are halal.

City Heights Hope's next project is an ambitious "participatory action" research survey aimed at health access, Oswald said. Group members will talk about their experiences getting health care and then use surveys to determine whether those same experiences are widespread in their community.

After the surveys are completed, group members will make recommendations to improve access. The group is working to complete its health-access campaign plan by the end of the year.

— *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.*



## OCEAN DISCOVERY

# focuses exclusively on City Heights

To learn more about the  
*Ocean Discovery Institute, visit  
[www.oceandiscoveryinstitute.org](http://www.oceandiscoveryinstitute.org).*

By Elizabeth Horpedahl  
Ocean Discovery Institute

Founded in 1999, Ocean Discovery Institute engages 5,000 young people each year in City Heights with tuition-free science-oriented programs. The nonprofit organization focuses exclusively on City Heights in order to maximize the impact of its services.

The Institute uses science exploration to engage youth in education, scientific research, and environmental stewardship. It believes that young people learn through discovery. As students use science to discover the world around them, they discover themselves and their future as scientific and environmental leaders.

Participation in Ocean Discovery Institute's programs is available at three levels:

- **At the broadest level**, young people, their families and community members are engaged through hands-on science and conservation projects.

- **Within local elementary and middle schools**, the organization provides classroom and field-based ocean science education.

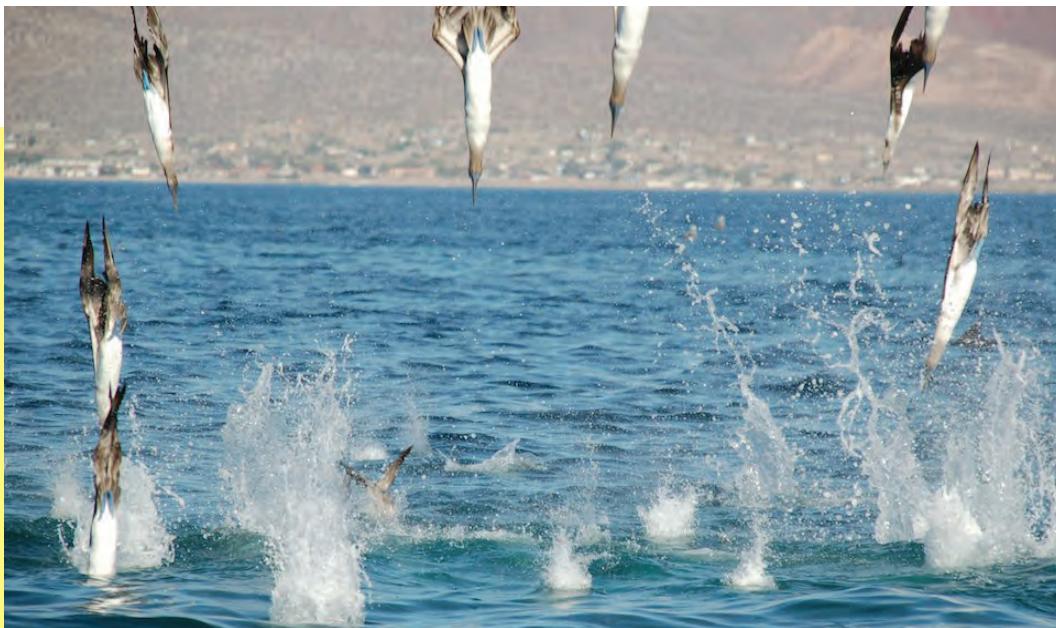
- **At the middle, high school, and college levels**, intensive programming and support services are offered to youth in the community.

Students participating in the classroom-based programs attain, on average, a 47 percent performance increase on science tests. In addition, eight out of 10 of after-school program graduates attend four-year universities, compared with fewer than three out of 10 of their peers. These programs are creating a path to success for students as they progress toward college and careers in science and conservation fields.

Ocean Discovery Institute serves Hamilton Elementary, Central Elementary, Franklin Elementary, Adams Elementary, Cherokee Point Elementary, Rosa Parks Elementary, Florence Joyner Elementary, Normal Heights Elementary, Rowan Elementary, Euclid Elementary, Wilson Middle, Monroe Clark Middle, and Hoover High with tuition-free programs. By 2014, the Institute will expand to reach all City Heights schools and serve more than 20,000 individuals annually, transforming the entire community through science.

As the organization grows, it's also expanding its leadership team. It's currently recruiting a full-time fellow to teach in the classroom and provide program support. For more information on the position, contact Melissa Nichols at (858) 488-3849.

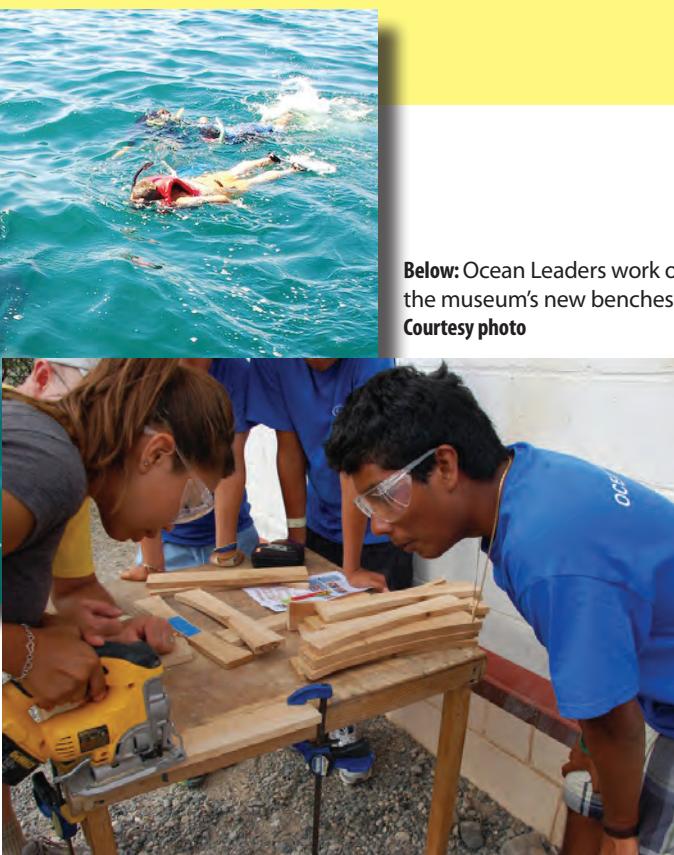
— Elizabeth Horpedahl is the director of development and communications for the Ocean Discovery Institute.



## City Heights volunteers help transform youth through service work



**Above:** Ocean Leaders swim with a whale shark in the Sea of Cortez. **Courtesy photo**



**Below:** Ocean Leaders work on the museum's new benches. **Courtesy photo**

**Above:** The Ocean Leaders program took 24 Hoover students to Baja California for a five-week field trip. **Courtesy photo**



**Top left:** Boobies dive headfirst into the Sea of Cortez during the feeding frenzy  
**Above:** Ocean Leaders use GPS to plot their findings in an international database

**Courtesy photos**

Budding scientists from Hoover High School spent five weeks of their summer vacation researching and documenting plants and wildlife in Baja California, discovering much more than sea grass and whales in the process.

Each year the Ocean Discovery Institute (ODI) takes a select group of students from its Ocean Leaders program to a field station in the village of Bahia de Los Angeles - population 590 - on the Sea of Cortez to perform scientific research and discover their own hidden potential. The goal of the San Diego nonprofit organization is to engage and inspire youth from diverse, urban backgrounds to become scientific and environmental leaders.

The annual science expeditions would not be possible without the help of volunteers like City Heights residents Dennis Wood and Jody Carey, who have been taking the 400-mile journey for much of the past decade.

Dennis and Jody got involved with ODI

through canyon cleanups and Project Face-lift. They live in the Castle neighborhood of City Heights and co-own Carey Construction and Design. Dennis said they saw a need (imparting construction knowledge) and filled it.

This year, Dennis and Jody led a construction project that transformed not just a place, but the people involved. The project left the village's museum with new benches and a crab display and the Ocean Leaders with a new self-confidence.

Dennis said he enjoyed teaching one young lady in particular, who had never touched a power tool in her life, how to drill into a concrete wall and attach a display. He said up to that point she had mostly kept to herself, but soon after began asserting herself. "I get to witness the kids overcome their self-esteem issues and blossom during the program," Dennis said.

Empowerment is emphasized throughout the program. Ocean Leaders are expected to ask questions and do their own research. They take what they've learned and teach it to the local villagers.

They had many great experiences. One day while floating in the Sea of Cortez, the Ocean Leaders, in the company of Dennis and Jody, witnessed a feeding frenzy of diving blue-footed boobies, whales, and dolphins. They also swam within feet of whale sharks.

Throughout the five-week adventure, the Ocean Leaders were preparing for college. ODI evaluations show the program is having a positive effect: 100 percent of its graduates pursue further education and 80 percent enroll in a four-year university, almost triple the rate of their classmates.

Next month the students will share their experiences with family and City Heights residents at a community event.

Dennis said he has great hope for the future of City Heights as he sees Ocean Leaders graduate from high school, attend college, and return to share their discoveries with the next generation of Ocean Leaders.

**- Staff report**

# Un día con un oficial de policía de Mid City

Por Anna Ponting

Price Charities

*En el mes de agosto tuve la oportunidad de acompañar a un oficial de la División de Mid City durante su turno y ser testigo de lo que hace un oficial de policía en a lo largo de su día de trabajo. ¿Por qué lo hice? Porque trabajo como pasante en Price Charities y quise ver a City Heights desde un punto de vista diferente.*

*Fue una gran experiencia de la que aprendí mucho. Conversé con varios oficiales y me di cuenta de lo difícil que es su trabajo y de lo mucho que hacen por la comunidad. Al llegar a la estación, me presentaron al oficial con el que iba a pasar el resto del día. Me senté en el asiento del pasajero del coche de policía y me explicó cómo funcionaba la computadora y cómo nos informarían a dónde teníamos que ir. Me sentí segura y preparada para salir a ayudar a la comunidad.*

*Lo primero que hicimos fue responder a una llamada en la que una persona se estaba quejando del ruido y otra que tenía que ver con un posible robo. Después hablamos con una mamá que estaba reportando a un niño desaparecido. Pasamos la mayor parte del resto del día con un hombre que fue arrestado por perseguir coches en una transitada intersección. Lo llevaron al hospital en una ambulancia y lo seguimos. En el cuarto de urgencias se comprobó que estaba bajo los efectos de varias drogas. Esperamos a que los exámenes estuvieran listos y lo llevamos a la Cárcel Central del Condado de San Diego en el centro de la ciudad.*

*Fue increíble darme cuenta de cuántas cosas se encargan los oficiales de policía – desde pequeños problemas de seguridad hasta tragedias inimaginables como el asesinato del Oficial Jeremy Henwood. Me impresionó lo bien que se adaptan a cada situación. Gracias al “ride along” pude apreciar lo que significa ser oficial de policía.*

*Todo esto ocurrió un par de días después del tiroteo. En la estación todos estaban todavía bastante afectados. Estaba un poquito nerviosa porque me preocupaba mi propia seguridad, pero tan pronto como llegué a la estación me di cuenta que los oficiales estaban concentrados en su trabajo. Trabajando y haciendo de la seguridad de City Heights su prioridad. Vi a miembros de la comunidad llegar a la estación para realizar donativos para la familia del Oficial Henwood y conocí a algunos oficiales de la División Sur que se trasladaron durante esa semana para ayudar en City Heights. Todos fueron amigables y respondieron todas mis preguntas.*

*Cualquiera que viva o trabaje en el área de la División de Mid City puede participar en el programa “Ride Along”, así que si está interesado, ¡anótese! Solo tiene que visitar la estación de policía y solicitar un “Ride-Along Request Form”. Al llenarla puede escoger en cuál de los turnos de 10 horas quiere participar. Yo escogí el turno de las 2 p.m. hasta la medianoche para poder ver cómo cambia el vecindario desde la tarde hasta altas horas de la noche. Tiene que presentar una identificación, como su licencia de conducir, para que puedan verificar sus antecedentes penales. Un par de días después recibirá una llamada para confirmar su participación.*

*Quiero agradecer a la División de Mid City por permitirme participar en el programa. Les deseo lo mejor a todos los oficiales y especialmente, a la familia del Oficial Henwood. City Heights tiene mucha suerte de contar con oficiales tan dedicados que se esfuerzan cada día en mantener la seguridad del vecindario.*

— Anna Ponting estudia Planificación Urbana en la Universidad de Stanford y está participando en una pasantía de verano en Price Charities. Anna se graduó de la Escuela Secundaria Patrick Henry.

Anna Ponting participó en el programa “Ride Along” para aprender más acerca de City Heights. Anna Ponting participated in the police ride along program to get a better understanding of City Heights.

Photo/City Heights Life



## A day spent with a Mid City police officer

By Anna Ponting

Price Charities

In August, I rode along with an officer from the Mid City Division and got to experience what police officers do every day. Why did I sign up for a ride-along? I am an intern at Price Charities and wanted to see City Heights from a new point of view.

It was a great learning experience. I got to have conversations with police officers that show how hard they work and everything they do for the community. When I arrived at the station, I was introduced to the officer I would spend the day with. I sat in the passenger seat of his patrol car, and he explained how the computer worked and how we would find out where we were needed. I felt prepared and safe to go help the community.

At the beginning of the shift, we got calls to check on a noise complaint and a possible burglary and then talked to a mother who was reporting a missing child. We spent most of the rest of the day with one man who was arrested after chasing cars in a busy intersection. He was taken to the hospital in an ambulance, and we followed in the patrol car. In the emergency room, he tested positive for several drugs. We waited there for tests to be done before taking him downtown to the San Diego County Central Jail. It was incredible to see how many things a police officer has to deal with – from small safety issues to unthinkable tragedies like the shooting of Officer Jeremy Henwood. I was very impressed by how well they adapt to different situations. The ride-along made me appreciate how much it takes to be a police officer.

My ride-along was only a couple of days after the shooting. Everyone at the police station was still shaken up. I was a little nervous about the ride-along for my own safety, but as soon as I got to the station I saw the officers were focused on their job. Everyone pulled together to keep City Heights’ safety the first priority. I saw community members making donations at the police station for Officer Henwood’s family, and I met officers from the Southern Division who had come up for the week to help in City Heights. Everyone was very friendly to me and answered all of my questions.

Anyone who lives or works in the Mid City Division service area can do a ride-along, so if you’re interested, sign up! All you have to do is go to the police station and ask for a Ride-Along Request Form. When you sign up, you can choose which 10-hour shift you would like. I chose the 2 p.m. to midnight shift, so I got to see the neighborhood in the afternoon and into the night. You’ll need some identification like a driver’s license, so they can do a background check. You can expect a call a couple of days later to schedule your ride-along.

I want to thank the Mid City Division for letting me participate. I wish the best to all of the officers and especially, Officer Henwood’s family. City Heights is truly lucky to have such dedicated officers who are out there every day keeping the neighborhood safe.

— Anna Ponting is an undergraduate student at Stanford University studying urban planning and a summer intern at Price Charities. Anna is a graduate of Patrick Henry High School.



Oficial Henwood

## El honor de proteger y servir

By Sgt. Scott Wahl

San Diego Police Department

Mucho se ha hablado en las últimas semanas acerca del carácter del Oficial Jeremy Henwood. Quiero decirles que todo lo que se ha dicho es verdad. Era un hombre de honor, orgullo y disciplina. Para Jeremy, era un honor “Proteger y Servir” – y se esforzaba por merecerlo. No era solo su trabajo. Así era como vivía su vida.

Jeremy pasó la mayor parte de su vida sirviendo a los demás. Sirvió a su país como miembro de la Infantería de la Marina durante 15 años y a la Ciudad de San Diego como Oficial de Policía durante los últimos cuatro años. Sirvió durante toda su carrera como Oficial de Policía en la comunidad de City Heights. Aquí era donde le gustaba estar. Disfrutaba de la acción y agitación característica de ser policía y disfrutaba de poder ayudar a los demás.

Lo más impresionante acerca del Oficial Henwood era que era inmune a las influencias externas negativas que usualmente se

asocian con este tipo de trabajo. Siempre tenía una actitud despreocupada. Esto era lo que más admiraba de él. Siempre concentrándose en las cosas buenas que hacía por la comunidad y su gran suerte de poder hacerlo. Su bondadoso corazón, espíritu de servicio y calidad humana se hicieron evidentes hasta los últimos momentos de su vida. Le compró una bolsa de galletas a un jovencito del área mientras conversaba con él acerca de sus planes futuros. Jeremy le dijo lo que tenía que hacer para alcanzar sus sueños, tomar buenas decisiones y trabajar mucho.

No se enfocaba en lo negativo. Para Jeremy, proteger y servir era un honor y no solo su trabajo. Nos dio un ejemplo que todos debemos imitar. Uno que permanecerá en mi mente cada día que dedico a proteger y servir.

— El Sargento Scott Wahl pertenece a la División de Mid City del Departamento de Policía de San Diego y fue el Supervisor del Oficial Jeremy Henwood.

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page 8.



Graduates from the 2011 Leadership Academy held at Edison Elementary School.

Photo courtesy of PCS

## The Leadership Academy empowers City Heights residents

By Virginia Angeles

Proyecto de Casas Saludables

Proyecto de Casas Saludables (PCS) is an organization here in City Heights whose mission is to strengthen the community by providing education, counseling, and representation to residents in the areas of housing and community affairs. The name of the organization means Healthy Homes Project.

One of the key programs offered by PCS is the Leadership Academy, which provides a series of workshops on topics such as immigrant rights, employee rights, tenant and healthy housing rights, and educational rights and access to education.

Participants learn how the government system works and how to organize to advocate for their rights.

By making residents aware of their rights, PCS is empowering them to protect themselves against abuses, such as a lack of repairs to housing they rent, exploitation at their jobs, injustices by the police, and many other circumstances.

The Leadership Academy also offers participants the opportunity to meet local elected representatives, such as our City Councilman Todd Gloria, who made a presentation at a recent workshop on how the government system works and how we can organize.

The program opens up avenues of civic engagement for residents who are an essential part of the community where we live and who deserve to exercise their voice, as well

as understand that decisions must come from genuine collaboration from all who make up this community. Through the Academy, residents come to understand it's important to

**By making residents aware of their rights, PCS is empowering them to protect themselves against abuses, such as a lack of repairs to housing they rent, exploitation at their jobs, injustices by the police, and many other circumstances.**

be involved in making changes to benefit those who live here.

Over the years, the Academy has touched the lives of hundreds of residents. This year 120 people participated in the program, and 95 graduated. A celebration was held with all the graduates July 1 at Edison Elementary School, where the Academy took place.

We want to thank a few special guests who attended the graduation: Councilmembers Gloria and Marti Emerald, San Diego Community College District board member Peter Zschiesche, Rosario Iannacone, and the principals of Central Elementary School, Mary Fay Elementary, and of course, Edison Elementary where we used the facilities for the workshops.

We are conscious that PCS' commitment and teamwork in the community with the resi-

dents who wish to participate in an active and proactive manner is vital because it's the place where we want to live for generations.

At PCS we will continue to work arduously to continue with the Leadership Academy so that residents can achieve meaningful participation in issues that improve the community. Because of the tools of knowledge given throughout the workshops at the Academy and the enthusiasm and commitment of the presenters, we know that we are slowly building healthy communities led by residents.

PCS would like to thank our sponsor, The California Endowment which has committed to supporting City Heights for the next ten years through its Building Healthy Communities initiative.

— *Virginia Angeles is a City Heights resident and director of Proyecto de Casas Saludables.*

To learn more about Proyecto de Casas Saludables, call (619) 280-4311 or visit [www.procasa.org](http://www.procasa.org).

## EDUCATION BRIEFS

### San Diego Unified dropout rate declines

In the 2009-10 school year, 12.8 percent of the students in the San Diego Unified School District left without a high school diploma, according to data released by the California Department of Education in August.

The district's dropout rate was the second lowest among the largest urban districts in California, behind San Francisco Unified's 10.7 percent.

San Diego Unified has been working for the past four years to reduce the number of dropouts. Efforts have been directed not just at high school seniors but also middle schoolers. Some struggling teens have had to either repeat grades or enter special programs.

"Even in these tough budget times, we have to remember that it is a tragedy to lose even one student," said Nellie Meyer, deputy superintendent for academics, in a statement. "These aren't just numbers, they're our future citizens."

### Tdap proof needed for new school year

As of Aug. 19, more than 42,000 middle and high school students throughout the county have yet to provide proof that they have gotten the whooping cough booster shot, a new state requirement for school enrollment that took effect July 1.

Under California Assembly Bill 354, all students in public and private schools in grades 7-12 must show proof of having received the Tdap vaccination, which is a combined shot that protects against tetanus, diphtheria and pertussis (whooping cough).

Although parents will have up to 30 days to meet the Tdap requirement once classes begin, it's recommended that they vaccinate their children now to avoid any class disruptions.

Parents can get their children vaccinated through their primary care physician, community health clinics, retail pharmacies, or special clinics organized by the County Health and Human Services Agency. For more information about Tdap vaccination clinics, visit [www.sdz.org](http://www.sdz.org).

### New work permits needed for new school year

As the 2011-12 school year begins, working minors and their employers are being reminded by the San Diego Unified School District that state law requires any employee under 18 years old who has not graduated from high school or passed the California High School Proficiency Examination to have a Permit to Employ and Work. All current work permits expire on Sept. 13.

Students are responsible for obtaining the work permit application, and employers are required to terminate the employment for any minor lacking a work permit.

Minors who have graduated from high school or passed the proficiency exam may provide their employer a copy of their high school diploma or proficiency exam certificate in lieu of a work permit. Those who have not fulfilled either requirement must be enrolled in school in order to obtain a work permit. A passing score on the California High School Exit Exam (CAHSEE) does not exempt minors from work permit requirements.

Students can obtain application forms and information about child labor laws at their school office. They can also contact the district's work permit office at (858) 627-7355.

### Testing gains continue at San Diego Unified School District

For the fifth year in a row, students in the San Diego Unified School District made gains on the California Standards Test, according to results released by the California Department of Education in August.

Across-the-board improvements were seen in the four subjects tested: English language arts, mathematics, science, and history/social sciences. With 59 percent of the district's students rated as proficient or "advanced" in English language arts, San Diego Unified now has the highest English scores of any large urban district in California.

San Diego Unified's performance in mathematics - 51 percent proficient or advanced - was also near the top among the largest urban districts in California.



## Cruising the Boulevard brings back good old memories



More than 50 classic car owners attended a Cruise the Boulevard Mixer to show off their pride-and-joy and reminisce about good old times cruising down El Cajon Boulevard. **Photos courtesy of the El Cajon Boulevard Business Improvement Association.**

**By Beryl Forman aka Ms. Boulevard**  
El Cajon Boulevard Business Improvement Association

El Cajon Boulevard, also known as Historic Highway 80, was once the center of car culture in San Diego. Drive-in restaurants and movie theatres, animated neon signs, and drag racing were prevalent along the strip.

On Aug. 17, the glamour of car culture came roaring back to the Boulevard. More than 50 classic car owners came out for a Cruise the Boulevard Mixer, sponsored by the El Cajon Boulevard Business Improvement Association. At 6 p.m., the event kicked off at the J.A. Cooley Automotive Museum, which is known for having one of the best collections of 100-year-old cars in the country.

The cars gathered for a cruise down El Cajon Boulevard, just like the good old days. One of the attendees who grew up in San Diego suggested cruising to Euclid Avenue, just like he and his friends used to do when they were young. Euclid is where Oscar's Drive-In once stood. It is now the home of the newly-restored Til-Two Club, and it made for the perfect final stop.

Mick Rossler, who has a passion for restoring and bringing new life to historic sites, is responsible for the return of the Til-Two. He is also the owner of the Tower Bar, another historic venue in City Heights. The Til-Two was an upscale bar that got its start in the 1940s, and at the time, was a nice accompaniment to the State Theatre next door. Sixty years later, the original neon Til-Two sign shines once again on El Cajon Boulevard!

Drivers pulled up at the Til-Two for some oldies music as they reminisced about the fun times growing up in San Diego and cruising down the Boulevard.

— *Beryl Forman is the marketing director of the El Cajon Boulevard Business Improvement Association.*



# Hoover High School:

## *More than 80 years of rich history*

By Jon Luna

City Heights Life History Columnist

Built in 1930, Herbert Hoover Senior is the fourth oldest campus in the San Diego Unified School District. Because of its age, it has a rich history.

The original campus opened at the start of the Great Depression, a time of high unemployment rates and inflation. The school was named in honor of the 31st president of the United States, Herbert Hoover, who was in office at the time. Hoover never visited the campus, but did write a letter of appreciation. The letter was read aloud at the school's dedication ceremonies. Hoover High's colors, cardinal and white, were chosen to mirror those of President Hoover's alma mater, Stanford University.

Hoover High was the first school in the county to have a lighted football field and the first school in all of Southern California to have "talking movie equipment," a projector accompanied with audio, which was advanced technology then.

Hoover's first graduating class, the class of 1932, began a tradition called the "Tower Day Ceremony." In June of each year, graduating seniors went to the top of the school's five-story-tall tower and wrote

their names in a large, red-leather volume. It was the equivalent of today's yearbook signing.

This tradition ended after 44 years in 1976 when the tower was torn down as part a \$5 million renovation project to comply with seismic safety standards. A Hoover High teacher and a group of students formed a committee to raise money to save the tower, but the effort failed because the cost was too high. Before the wrecking ball struck, students, alumni and school officials were invited to climb the tower one final time.

Over the years, Hoover High has produced numerous notable graduates, including the likes of Baseball Hall of Famer Ted Williams. But many people don't know that another Hoover High alumnus is the reason Monroe Clarke Middle School was given its name. Monroe "Bookie" Clark, named so due to his love for books, attended Wilson Middle School and graduated from Hoover High in 1943. He then went on to the University of Southern California (the reason Clark Middle School's mascot is a Trojan, and the colors are maroon and gold) and returned to City Heights where he became a successful businessman. For years, he



Construction of the original Hoover High School campus was completed in 1930. At the center was a distinctive five-story-tall tower, as shown in this photo taken in 1930.

Photo courtesy of [www.hoovercardinals.org](http://www.hoovercardinals.org)

tutored students, drove them to athletic events, and encouraged friends and other adults to volunteer as tutors.

In 1998, when officials had to select a name for the new middle school in City Heights, residents and Hoover High teachers and students petitioned for it to be named after Clark. In researching this article, I found hundreds of letters written by Clark's supporters. One letter writer described him best: "Bookie believes that Hoover's mission is to save east San Diego from its negative aspects of gangs, murders, and drugs. Hoover and education of its students can save our youth and our neighborhood. It seems we at Hoover are

fortunate to be Bookie's "family." He is always there, supporting us."

Hoover High School celebrated its 80th anniversary in October 2010. The rich history of the campus and the contributions of its alumni to society continue to touch countless lives today.

*— 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.*

### Dónde llamar para reportar un problema

- Actividades de drogas  
**(619) 531-2468**
- Basureros Llenos  
**(858) 694-7000**
- Control de animales  
**(619) 236-4250**
- Control de roedores  
**(858) 694-2888**
- Crime Stoppers  
**(888) 580-8477**

- Eliminar malezas/herbazales  
**(619) 533-4444**
- Emergencias con el Sistema de Agua/Alcantarillas  
**(619) 515-3525**
- Graffiti  
**(619) 525-8522**
- Limpieza/reparación de desagües  
**(619) 527-3471**

- Mantenimiento de árboles  
**(619) 527-7500**
- Pandillas  
**(619) 531-2000**
- Remoción de animales muertos  
**(858) 694-7000**
- Remoción de basura  
**(858) 492-5055**
- Remoción de coches  
**(619) 531-2000**

- Reparación de aceras/calles/postes de luz/semáforos  
**(619) 527-7500**
- Vagancia/prostitución  
**(619) 531-2000**
- Vehículos abandonados  
**(858) 495-7856**

- Violaciones al código de vivienda/construcción  
**(619) 236-5500**
- Puede consultar la base de datos organizada alfabéticamente de los servicios de la Ciudad de San Diego visitando <http://apps.sandiego.gov/citizenservices/resource.php>.

### Who to call to report a problem

- Abandoned vehicles  
**(858) 495-7856**
- Animal control  
**(619) 236-4250**
- Auto tow-away request  
**(619) 531-2000**
- Brush/weed abatement  
**(619) 533-4444**

- Crime Stoppers  
**(888) 580-8477**
- Dead animal removal  
**(858) 694-7000**
- Drug activity  
**(619) 531-2468**
- Dumpster overflow  
**(858) 694-7000**

- Gangs  
**(619) 531-2000**
- Graffiti  
**(619) 525-8522**
- Gutter cleaning/repair  
**(619) 527-3471**
- 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**
- A searchable database of City of San Diego services, organized alphabetically, is available at <http://apps.sandiego.gov/citizenservices/resource.php.resource.php>.

# What's going on?

..... ¿Qué está pasando?

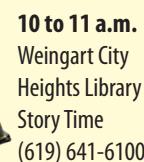
# September

8

**5 to 7 p.m.**  
City Heights Wellness Center  
Parenting Program  
Discussion Nights  
Contact: Marilynn  
(619) 321-2920

9

**6 to 9 p.m.**  
City Heights Recreation Center/  
Mid-City Gymnasium  
CALGRIP Friday Teen Night  
Contact: (619) 641-6125  
Ages 12-18 years old



14

**2:30 to 3:30 p.m.**  
City Heights Wellness Center  
Martial Arts Class  
Contact: Marilynn (619) 321-2920

**6 to 7 p.m.**

Central Library  
820 E St., San Diego 92101  
2nd Floor Conference Room  
Big Brothers Big Sisters Volunteer Orientation  
Contact: Jessica Lopez (858) 536-4900 ext 265

15

**noon to 1 p.m.**  
City Heights Wellness Center  
Exercise Program  
Contact: Marilynn  
(619) 321-2920

**5 to 7 p.m.**  
City Heights Wellness Center  
"Ask a Health Professional" Interactive Discussion Nights  
Contact: Marilynn (619) 321-2920

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4305 University Ave., San Diego, CA 92105 Suite 640  
Youth "God Talent" preliminary tryout entry due Sept. 9. Must be under 18 to participate.  
Contact: Claudia Baltazar (619) 283-9624 ext 257

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**2 to 3:30 p.m.**  
City Heights Wellness Center  
Martial Arts Class  
Contact: Marilynn  
(619) 321-2920

**5 to 7:30 p.m.**

City Heights Performance Annex  
Movie: Broken Dreams  
Contact: (619) 641-6100



10

**8:30 a.m. to 1 p.m.**  
San Diego Workforce Partnership  
3901 University Ave, San Diego, CA 92105, 3rd Floor — Open Doors, Open Minds  
Contact: Sahra Abdi (619) 277-0402 or Carol Clarte (619) 443-1265. Parking behind building.

**10:30 to 11:30 a.m.**

City Heights Performance Annex  
Ballet Classes: Orientation  
To sign up, contact: Aglae Saint-Lot (619) 641-6103

16

**10 a.m. to 1 p.m.**  
City Heights Wellness Center  
Eligibility Assistance  
Contact: Lorrie Scott (760) 751-4193

**10 to 11 a.m.**

Weingart City Heights Library  
Story Time  
(619) 641-6100

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**3 to 7 p.m.**  
City Heights Wellness Center  
Integrative Health Nights  
Contact: Marilynn (619) 321-2920

23

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

17

**9 a.m. to 1 p.m.**  
City Heights Farmers Market  
Fairmount Ave. & Wightman St.



24

**10 a.m. to 1 p.m.**  
City Heights Wellness Center  
Eligibility Assistance  
Contact: Lorrie Scott (760) 751-4193

19

**11 a.m. to 1 p.m.**  
City Heights Wellness Center  
Breastfeeding/ Nutrition Support Group, Contact: Marilynn (619) 321-2920  
**2:30 to 3:30 p.m.**  
City Heights Wellness Center  
Martial Arts Class  
Contact: Marilynn (619) 321-2920

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**5 to 6 p.m.**  
City Heights Wellness Center  
Healthy Lifestyle Nutrition  
Contact: Marilynn (619) 321-2920

30

**7 to 9 p.m.**  
Teralta Park  
Movie: Ratatouille  
Contact: Paige Newman (619) 955-7276  
**10 to 11 a.m.**  
Weingart City Heights Library  
Sounds like Science  
Contact: (619) 641-6100



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

Submit events to [editor@cityheightslife.com](mailto:editor@cityheightslife.com).

## Get your movie on!

By Paige Newman  
City Heights Foundation

The last Friday of every month, Teralta Park at 40th Street and Orange Avenue turns into a giant outdoor movie theater.

The free movie night is made possible by the City Heights Business Association, City Heights Foundation, San Diego Asian Film Foundation, City Heights Community Development Corporation, Metro Villas Learning Center and the City Heights Recreation Council. During this fun, family-friendly event, a film is projected onto a large outdoor screen.

On Sept. 30, Ratatouille, an animated movie about a young rat's culinary and personal adventures,

is scheduled to be shown between 7 p.m. and 9 p.m.

Free movie night has at times attracted up to 300 residents, who eagerly come to the park with arms full of snacks, blankets and chairs in order to make themselves at home for a few hours. Attendees love the free popcorn served fresh from an old-fashioned machine. The event brings together residents of all cultural and ethnic backgrounds who live in City Heights.

"The movie nights are part of the City Heights Business Association's and City Heights Foundation's safety initiative where we've been focusing on making parks in City Heights safer for families and children," said En-

rique Gandarilla, who heads both organizations.

Keeping parks and neighborhoods safe is not just the job of the local police; it requires residents communicating with neighbors, being aware of their surroundings, and participating in community events, such as movie night, which bring people together.

Residents have fun and feel safe at the nighttime outdoor event, surrounded by a huge group of locals and protected by two Heritage Security guards.

Movie night is usually the last Friday of each month, unless it is rescheduled due to holidays or other circumstances, such as rain. Instead of showing a movie on Oct. 28, a Day of the Dead event

### 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.



Moviegoers enjoy "Iron Giant" at Teralta Park in July.

will take place at Urban Village Park. December's movie night is canceled because of the holidays.

— Paige Newman is the safety and security program organizer for the City Heights Foundation.

For movie night information, visit the Facebook pages of the City Heights Foundation or Connect San Diego (a program of the San Diego Asian Film Foundation).