

La Costa Heights 5th graders ignite global water crisis awareness through innovative education and action

La Costa Heights Elementary School's 5th-grade students recently took a stand on the global water crisis. Through a unique and impactful project, these young changemakers took steps to raise awareness and are fundraising for a global cause.

As an extension to the Water Wise program at the Farm Lab DREAMS Campus, students explored water scarcity and its far-reaching impacts. Through discussions, videos, and stories, the students learned about implications, including barriers to education, economic limitations for women, health challenges, and more. Students engaged in

the book "A Long Walk to Water," where they learned about the struggles faced by those seeking clean water, particularly in regions affected by water scarcity.

The students also participated in an interactive activity to learn about the various ways clean water is accessed around the world. Each class collectively walked a mile carrying 40-pound jerry cans to simulate the challenge of obtaining safe drinking water. The students' efforts shined light on the global water crisis and the experiences further promoted their empathy and understanding.

"We believe every drop matters," say the 5th-grade

teachers, driving this initiative. "Our students understand the global water crisis's impact, driving them to make positive change."

The students launched a fundraiser aiming to raise \$12,000 for a much-needed well in South Sudan with a program called, Water for South Sudan. Nearly \$5,000 has been raised already. The fundraiser runs until Dec. 15 and welcomes community support. To join La Costa Heights 5th graders in their mission to make a lasting impact on the global water crisis, go to shorturl.at/cfrG4 — *News release*



A team of two students start their mile walk with their jerry can.



La Costa Height students work as a team to carry the 40-pound jerry cans.

PHOTOS BY HEATHER MONTGOMERY

CLASSIFIEDS

ANSWERS 11/16/2023

T	O	M	B	E	L	S	A	A	R	M
E	W	E	R	Z	E	U	S	B	A	A
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30 "Dream on!"

31 Zero-star review

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34 Sheepdog feature

35 Skilled

36 Tramcar contents

37 "— the season ..."

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41 Fish propeller

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46 Decorative paper

48 "There!"

49 Santa's helper

50 Penne —

51 Vodka

52 Uppity one

53 Ambulance initials

54 Lunch hour

DOWN

1 Leaf

2 Skip

3 Biography

4 Ballpark fig.

5 Lucy's pal

6 "Neato!"

7 "Alley —"

8 Prepaid stocking stuffers

9 Capital on a fjord

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12 Beheld

20 — Lancelot

21 Eloquent person's talent

22 Can metal

23 Indent key

24 GI entertainers

25 Tease

26 Cowboy's sweetie

27 Nemesis

28 Dandy guy

29 Newt

31 Bakery purchase

34 Canine cry

35 "— Misbehavin' "

37 Squabbles

38 Diner orders

39 Cash advance

40 Loosen

41 Motion picture

42 Folksinger

43 Guthrie

44 Saintry ring

45 Bridge

46 "My word!"

47 Pallid



Mrs. Christ's 5th grade class gathers to embark on the mile journey.

Encinitas Chamber of Commerce to hold its first Health & Wellness Expo

The Encinitas Chamber of Commerce recently announced that its inaugural Health & Wellness Expo will take place Saturday, Feb. 10, 2024 from 10 a.m. – 2 p.m. at the Encinitas Community & Senior Center, 1140 Oakcrest Park Drive, Encinitas. This free, public event is brought to the community by the Encinitas Chamber in partnership with the City of Encinitas.

Exhibitor and sponsorship opportunities are now open to all, with early bird pricing until Dec. 15. As a sponsor of the 2024 Health and Wellness Expo, businesses will get increased exposure and receive prominent recognition in publicity and promotions before, during and after the event. More than 300 attendees are expected and more than 40 exhibitors will offer information on everything from nutrition, medical, naturopathic, healing, spas and more. Attendees can also experience several health and wellness workshops.

Multiple sponsorship opportunities are available depending on business needs and budget. For more information go to encinitaschamber.com or email community@encinitaschamber.com.



SCOTT FELD

More than 2,300 pieces of new and gently used clothes were collected, delivered and donated by Encinitas Country Day School parents and students for local military families through a partnership with STEP.

Encinitas Country Day School supports military families with big clothing drive

Encinitas Country Day School parents and students collected, delivered, and donated over 2,300 pieces of new and gently used clothes for local military families through a partnership with STEP (Support The Enlisted Project), according to a news release.

STEP, founded approximately 10 years ago by Tony Teravainan, is run by an all veterans staff. Military families are provided clothing, family essentials, kids' toys, and social work along with financial support including help with housing. This type of assistance can be especially crucial for families new to the area.

"There is often, up to a two-year backup for military housing when a family is stationed in a new area," said Tracy Owens, a 30-year Navy veteran and STEP director of services, in the news release. In cities like San Diego, where the cost of

living is high, STEP steps in to help provide emergency financial assistance for San Diego's military families E1 through E6. STEP is funded by grants and donations, like the ones from ECDS. They also work closely with the San Diego Food Bank as well as Feeding San Diego.

The holidays are a busy time for STEP with so many military families in need of assistance. "Programs like Adopt a Family really help out and gets the community and military connected in a special way." STEP currently does four-five distributions to families per week serving approximately 200 families per distribution. This includes 28,000 diapers per month.

This is the first year ECDS has been involved with STEP and, when asked about it, Owens stated in the news release: "I was blown away by the generosity." For more information on STEP visit www.teamstepusa.org.

Volunteers needed for North County Sheriff's Station Senior Volunteer Patrol Program

Senior Volunteer Patrol of the North Coastal Sheriff's Station is recruiting volunteers for its senior Volunteer Patrol program.

The Senior Volunteer Patrol performs home vacation security checks, assists with traffic control, and enforces disabled parking regulations. Volunteers patrol neighborhoods, schools, parks, and shopping centers both in the patrol car and on foot. They visit homebound seniors who live alone in the communities of Encinitas, Solana Beach, Del Mar, and portions of the county's unincorporated areas, such as Rancho Santa Fe. They are an extra set of "eyes and ears" for the deputies on patrol, which is the program's primary mission.

Volunteers must be at least 50 years old, be in good health, and have no significant mobility limitations. Volunteers must also pass a background check, have auto insurance, and a valid California driver's license. Training includes two weeks at the Sheriff's Academy plus in the field patrols.

The minimum time commitment for a volunteer is 24 hours per month, which represents four 6-hour shifts with a partner and attendance of one program meeting per month.

Interested parties should contact the Senior Volunteer office at (760) 966-3597 to schedule an initial interview.

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