



**CITY OF SAN DIEGO  
OFFICE OF COUNCIL PRESIDENT PRO TEM ANTHONY YOUNG**



***WEEKLY UPDATE FEBRUARY 14, 2006***

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**The City Council is in recess for this week and did not hold any meetings. However, the business of the City continues. I was deeply concerned to read about the anxious and depressed condition of some of our City employees.**

Change and uncertainty about one's job can lead to stress that affects all aspects of your life. However, I want to ensure you and the public that I and this Council are working very hard to ensure that the employees of this city have a stable and healthy work environment. Change is a constant factor in all our lives. There are many ways to cope with change and uncertainty. There are three coping mechanisms that work on a consistent basis.

1. Meditating on the possible changes occurring and calmly reviewing what options I have and preparing myself to exercise the best possible option if the need arises.
2. Talking over the matter with someone, particularly a wife or husband and trusted friends if necessary, and listening to their points of view and suggestions.
3. Praying on the matter.

Despite what coping methods we use, the most important things to do are to get enough rest, eat healthy, enjoy life's little pleasures, and continue to do your best while working. When we take good care of ourselves, we will survive and flourish through the changes that life brings. To my fellow City workers, I want you to know that despite feelings of uncertainty you may have about the City's current fiscal situation, we will all get through this together and be the better persons for doing so.

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**As an elected official and Councilman for the 4<sup>th</sup> District, I value the opportunity to receive input and feedback from community leaders and residents on ways we can improve the academic achievement of our children. On Wednesday, February 15<sup>th</sup> I will be joining the African American Coalition for Education, CPIE, Pazzaz, School Board Trustee Sheila Jackson, and Geno Flores for a discussion on strategies to increase parental involvement in their children's academic life.** This forum is being held as part of the National African American Parent Involvement Day. Please join me at the Southeast Community Presbyterian Church, 210 S. Euclid Avenue at 6:00 pm today. I look forward to discussing with you the serious achievement gap facing African American children.

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**As you know, small businesses are the foundation for economic growth in our communities. The City of San Diego's Small Business Advisory Board will be hosting its Annual Community Outreach Meeting on Wednesday, February 22 at 8:30 a.m. in Balboa Park's Recital Hall.** This is an opportunity for you to interact with Mayor Jerry Sanders, City representatives and members of my staff to voice any concerns and or issues you as a small business owner may have. To RSVP for this event and or for more information, please call (619) 533-4256.

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**The San Diego Regional African American Chamber of Commerce (AACC) and its Executive director Chida Warren are to be commended for their outstanding efforts in promoting economic development and business throughout the City.** In celebration of Black History Month, Mrs. Karen Huff, President of the San Diego Black Historical Society will be the keynote speaker at AACC's monthly luncheon on Thursday, February 23<sup>rd</sup>, 2006 at Monroe's Café, 7404 University Avenue. AACC will also be hosting a 24 hour Black History Month Celebration on Saturday February 18<sup>th</sup>, 2006 from 10:00 am to 10:00 am Sunday. Please come and join in the many history, educational and cultural experiences that will be shared at North Park's 30<sup>th</sup> and University locations for this 24 hour event.

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**The Diversity Group will be hosting a Tribute to Black History Month and Career Fair on Friday, February 17<sup>th</sup> at the Malcolm X Library. This event will begin at 11:00 am. We look forward to seeing you there. For additional information, please call (619) 277-9099.**

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**Under the auspices of my 21<sup>st</sup> Century Community Initiative, I will be hosting a community clean-up in the 4<sup>th</sup> District community of Knox on Saturday February 18, 2006.** The 4<sup>th</sup> District Youth Advisory Board members, my staff, and Knox community residents will be working hard to keep their community clean and free of graffiti and litter. Community clean-ups are scheduled for other communities in the 4<sup>th</sup> District throughout the year. If you need additional information please contact my office at (619) 236-6644.

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**I will be making my State of the 4<sup>th</sup> District Address on Friday, February 24, 2006 at 6:00 p.m.** The event will be held at the Educational Cultural Complex and include a reception held after the State of the District address. I look forward to you joining me.

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**Again, my thanks go out to you for supporting me in my efforts to make this City and the 4<sup>th</sup> District a better place to live, work, and raise a family**

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Thank you for reading my E-mail Message for The Week. If you would like to receive this E-mail on a regular basis, please e-mail me at [anthonyyoung@sandiego.gov](mailto:anthonyyoung@sandiego.gov).