

*August
REC
Club
Member
of the
Month*

Jasmine



Why do you think you were chosen REC Club Member of the Month?

"Because I've been really helpful around the REC center, and on field trips."

What do you think is your best quality and why?

"I think I'm really caring, Because I help kids around the REC."



Spring Valley

Free teen center for ages 10 - 17



**838 Kempton Street — 619.667.6835
www.therecclub.org**

**Summer Hours
June 27 - August 12**

**Monday – Friday
1:00pm-5:00pm**



**School Hours
August 17 – December 16**

**Monday, Wednesday,
Thursday & Friday
2:30pm-6:30pm**

**Tuesday
1:00pm-5:00pm**

Monday					
1	Movie Monday	2	Birch Aquarium	3	Team Mission
4	IND. Mission	5	Trading TV's	6	Free Thursday
7	PEAK Game	8	Laptop Games	9	Carton Art
10	What's Growin' on	11	Radio Check	12	Energy Stars
13	CLOSED	14	ESA Question & Fitness Friday	15	ESA Question & Fitness Friday
16	CLOSED	17	ESA Question & Fitness Friday	18	ESA Question & Fitness Friday
19	CLOSED	20	Light bulbs	21	Jeopardy
22	What's Growin' on	23	Jeopardy	24	Jeopardy
25	What's Growin' on	26	Jeopardy	27	Jeopardy
28	What's Growin' on	29	Jeopardy	30	Jeopardy
31	What's Growin' on				

August 2011

ESA's August Theme: Energy Star

Simple ways to save:

Ducts

Keep air registers and vents clear to allow air to flow freely throughout the room.

Lighting

Replace your home's five most frequently used light fixtures or the bulbs in them with models that have earned the ENERGY STAR and save \$70 each year in energy costs.

Power Strip

Use a power strip as a central "turn off" point for electronics & video games.

For more information visit:
www.energystar.gov



Miramar Landfill



ESA August Trips

8/3 Birch Aquarium



San Diegans throw away enough recyclables to:

- Energize over 181,000 households for a year
- Conserve 3,355,937 barrels of oil
- Fuel over 400 cars for a year (156,610,400 gallons/25 miles per gallon/15,000 miles/year)
- Risk our city being fined \$10,000 per day by the State.