



LA MAESTRA
COMMUNITY HEALTH CENTERS
City Heights · El Cajon · National City · Lemon Grove

NEWS RELEASE

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La Maestra Provides a New Lens for Those Battling Addiction **With the launch of *Transparent People*, the second book by author Zara Marselian**

SAN DIEGO —Today addiction is regularly in the news. In recent years, the headlines of opioid and heroin addiction have increased at an alarming rate. As Zara Marselian states in her new book *Transparent People*, “How many times have each one of us come upon homeless whom we think are addicts and avert our eyes, or look right through them as if they are transparent, for fear of having to engage in any communication at all with them? Unfortunately, by not recognizing them as human beings we are not taking action to help them deal with their challenges and so we marginalize them, warehousing the problem. There are countless reasons why there are so many people dealing with addictions, homeless or not. The bottom line is we as a society must begin to see these fellow human beings.”

In her second book, *Transparent People*, author Zara Marselian illustrates the real-life experiences of nine individuals who have risen from a life of addiction into a life of recovery. It is a glimpse of what life events led to their addictions, their lives in addiction, and what prompted them to emerge from that cycle. Marselian writes, “I used to believe that once in a network of caring and a supportive environment, those with addictions, would be able to stay in recovery. Not so. Until they are ready, it won’t happen. It involves a lot of soul searching and commitment to address core issues at the heart of their addictions.”

To promote the gift of recovery, La Maestra is cordially inviting the public to a Recovery Awareness Resource Fair on Friday, May 26, 2017 from 10 a.m. to 2 p.m. at 4060 Fairmount Avenue San Diego, California 92105. The La Maestra mobile clinic will be onsite and staff will provide free drug and alcohol screenings, referrals, and additional resources. There will also be a book release presentation and book signing at 11 a.m. Books reserved prior to the event will be signed and available during the reception. The proceeds from all book sales will benefit La Maestra Foundation.

In an effort to bring additional resources to central San Diego and specifically the community of City Heights, Zara Marselian, MA, FACHE, a lifelong resident of City Heights and the Chief Executive Officer (CEO) of La Maestra Community Health Center and La Maestra Foundation co-founded La Maestra in 1990 to provide health care, education and social services to help low-income diverse residents to become healthy and self-sufficient.

In 2010, La Maestra also launched the I Choose Recovery program to provide affordable, temporary and long term supportive housing with integrated services including health care,

counseling, job training and placement, legal advocacy and social services. The program aids men and women from diverse backgrounds who are recovering from substance abuse or addiction to re-enter society with a clean start.

Transparent People is available as a free gift for a donation of \$20 or more to La Maestra Foundation. The book can also be purchased through Amazon.com as a paperback or e-book. If you would like to order by phone, please call 619.584.1612. You can also log on to www.lamaestra.org and click on the *Soul Speaks* icon (Zara's first book) where you will be directed to the order form for *Transparent People*. For media interviews, please contact Corinne Knutson as indicated above. To reserve your first edition copy of *Transparent People*, prior to the event, please contact Araceli Antunez by email at aantunez@lamaestra.org or by phone at 619-584-1612 ext. 3668.

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About La Maestra Community Health Centers: La Maestra Community Health Centers is a nonprofit, 501(c)(3) and a Federally Qualifies Health Center (FQHC). For more than 27 years, the organization has served immigrant, refugee, uninsured, and underinsured populations living in the underserved communities of central, east, and south San Diego County, California. Today, La Maestra operates five medical clinics, ten dental suites, four school-based sites, a mobile medical and dental unit, and a mobile mammography coach. Since its founding, La Maestra has been committed to its mission to provide quality health care and education; to improve the overall wellbeing of the family; bringing the underserved, ethnically diverse communities into the mainstream of our society through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients.

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