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Annual Holiday Hygiene Collection Drive







For the last eight years, Scripps Ranch resident Victoria Muschek and her family have held an annual hygiene item collection drive to benefit San Diego's homeless youth. Victoria's efforts have helped to supply hundreds of hygiene kits to the Monarch School, a local non-profit educational facility that serves homeless students throughout San Diego county.

Each year, the Muschek family collects items such as: travel-sized toiletries, soap, toothbrushes, hairbrushes, and hand sanitizer, packages them into hygiene kits, and delivers them to Monarch where they are then distributed to the students. In the past two years, the project has grown from supplying 500 kits to over 800. This year, the Muschek family aims to surpass 1,000 kits, enough to supply Monarch students with hygiene products for a whole year.

"Projects like this are part of what makes me love living in San Diego, a city that is all about taking care of the community around you," Muschek says. "As President Kennedy said, 'To those whom much is given, much is expected.' We have a great responsibility to put out a hand and help somebody else up."

If you have any new hygiene products you'd like to donate, items can be dropped off at Chile Peppers restaurant, 10299 Scripps Trail, now through January 10th. For questions regarding donations, or to coordinate a pickup of items, Victoria Muschek can be contacted at bmuschek@san.rr.com.



Influenza Vaccination Week

December 1–7 was National Influenza Vaccination Week, a reminder that it's not too late to get your flu shot. Your best bet is to get a flu shot early in the season so your body has a chance to build up immunity to the virus, as it takes about two weeks for the flu shot to protect you. But if you don't get it early, getting a flu shot later still helps! Flu season can begin as early as September and last as late as May.

As part of 2019 Influenza Vaccination Week in San Diego, we recognized Champions For Health, whose free immunization program provides flu vaccines to thousands of San Diegans every year. Champions for Health helps low-income, uninsured people receive the preventative, specialty and surgical care they need but cannot afford.

Getting the flu vaccine is the most important step to protecting against the flu, especially for pregnant women and children younger than 5 years old. The flu can cause mild to severe illness, but can also cause complications, some of which can be life-threatening. My family and I tragically experienced this is in 2014, when my otherwise healthy 38-year old brother Brad died of the H1N1 flu virus. In his memory, I am committed to spreading awareness through my annual Fight the Flu campaign.



Rancho Bernardo Planning Board Elections

If you are a Rancho Bernardo resident who is interested in providing input on land use decisions in your community, I encourage you to consider running for a position on the Rancho Bernardo Planning Board.

Planning Board elections will occur in March 2020. To be eligible to run, <u>you must attend at least one meeting prior</u>. The next meeting is scheduled for 7:00 pm, January 16th at Seven Oaks Community Center (16789 Bernardo Oaks Dr.).

All seven community seats on the Planning Board are up for election and include:

District A (Westwood/Casa and all areas on both sides of West Bernardo Drive between Rancho Bernardo Rd and the community park);

District B (includes all of Eastview, Playmore, Village Green, Bernardo Villas, Racquet Club, Bernardo Terrace, and Bernardo Point.);

District C (Oaks North);

District D (Vista de Largo, Alemedas, Bernardo Hills, Bernardo Greens, Campana Villas, Gatewood Hills, Montelena, Carlyle, The Trails, Moroda, and Vezelay);

District E (Seven Oaks and The Remington Club);

District F (Bernardo Heights):

District G (High Country West, Camino Bernardo, Deerwood, The Falls, and The Villas)

If you're interested in running for a position or plan to attend the group's next meeting, contact Chair Robin Kaufman at RBPBChair@gmail.com.

In the Community



Rancho Bernardo Tree Lighting

The Rancho Bernardo Business Association kicked off the holiday season with their annual Christmas tree and menorah lighting. Representatives from a myriad of RB businesses and community members throughout the district came by to celebrate.

Shortly after the tree lighting, I had the opportunity to recognize Rancho Bernardo's outgoing Honorary Mayor, Tracy Garza. Tracy served as the Honorary Mayor throughout 2019, demonstrating her commitment to service and the RB community.

Abandoned Vehicle Removed from Open Space

Many residents have contacted my office regarding the abandoned vehicle in Black Mountain Open Space Park, and I made it a priority to remove this eyesore, not only to preserve the natural beauty of the area but also to eliminate the possibility of environmental contamination.

I'm pleased to share that with the assistance of San Diego Police Department Northeastern Division and the City's Parks and Recreation Department, last month the vehicle was airlifted out of BMR and transported to the Miramar landfill for repurposing and disposal.



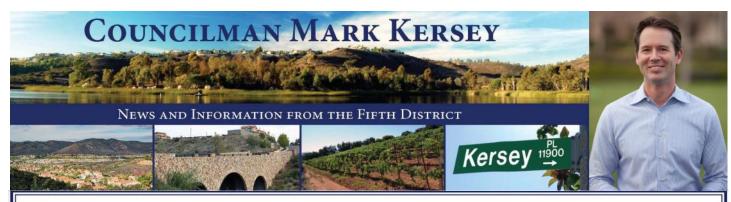
Business Spotlight: Programination



Programination is a design and software consulting company started by Scripps Ranch programmer, Edison Jimenez. Edison started his company in April of 2018 with the intention of helping local businesses through the crafting of custom websites and mobile applications and offering of technical consultations and I.T. support.

Programination aims to provide businesses with an excellence-focused team, transparent and competitive pricing, and a satisfaction guarantee and since its founding, has worked with clients like San Diego-based companies Simplexity and Life360.

Check out Programination at: wwwprogramination.com.



Community Calendar

PQ Certified Farmers Market Saturdays, 9400 Fairgrove Lane and Salmon River Rd. https://www.facebook.com/PQCertifiedFarmersMarket/

Rancho Bernardo Certified Farmers' Market & Specialties Fridays, 13330 Paseo Del Verano Norte https://www.sdfarmbureau.org/farmers-market/#YMCA

Winter Wonderland Thursday, December 19, Scripps Miramar Library https://sandiego.librarymarket.com/events/winter-wonderland-0

Hanging Pinecone & Succulent Workshop Friday, December 20, PQ Branch Library https://sandiego.librarymarket.com/events/hanging-pinecone-succulent-workshop

Polar Express Family Day Saturday, December 21, The San Diego Railroad Museum https://www.sdmrm.org/events/polarexpress

Blood Drive Tuesday, December 24, PQ Branch Library https://sandiego.librarymarket.com/events/blood-drive-4

Port of San Diego Holiday Bowl Parade Thursday, December 26, 1600 Pacific Hwy https://www.holidaybowl.com/events/parade/ Pajama Jam Saturday, December 29, The New Children's Museum https://thinkplaycreate.org/learn/ticketed-events/family-nights-out/

Tai Chi Monday, December 30, Scripps Miramar Library https://sandiego.librarymarket.com/events/tai-chi-102

New Year's Eve Fireworks Display Tuesday, December 31, San Diego Bay Harbor

Internet Tutoring
Thursday, January 2, PQ Branch Library
https://sandiego.librarymarket.com/events/internet-tutoring-145

Inquiring Minds: What's In a Name? A Lot of History Friday, January 3, Scripps Miramar Library https://sandiego.librarymarket.com/events/inquiring-minds-whats-name-lot-history

Family Movie Night: Rise of the Guardians Tuesday, January 7, Scripps Miramar Library https://sandiego.librarymarket.com/events/family-movie-night-rise-guardians

How to Declutter and Spark Joy in Your Home and Your Life Saturday, January 18, PQ Branch Library https://sandiego.librarymarket.com/events/declutter-event-how-declutter-and-spark-joy-your-home-and-your-life-0

Get It Done San Diego

Get It Done San Diego is the official app for reporting non-emergency problems to the City of San Diego. You can report problems like potholes, graffiti or illegal dumping and connect directly to the City's work tracking system. Download the mobile app at https://www.sandiego.gov/get-it-done



Proud to Represent District Five of San Diego

Black Mountain Ranch | Carmel Mountain Ranch | Miramar Ranch North | Rancho Bernardo Rancho Encantada | Rancho Peñasquitos | Sabre Springs | San Pasqual Scripps Miramar Ranch | Torrey Highlands







