

VOLUME 5, ISSUE 3/AUGUST 2017

Recap of 'Conversation + Craft Beer with Councilmember Mark Kersey'



On July 23, <u>Second Chance Beer Co.</u> and I hosted 'Conversation + Craft Beer,' a City Hall update for District Five neighbors. I enjoyed speaking with so many engaged residents in an unconventional setting.

We covered a variety of topics, including Prop H or Rebuild San Diego dedicating \$17.8 million to infrastructure improvements across the City in the coming fiscal year and nearly 50 miles of roads in District Five planned for slurry or overlay in the next twelve months.

Watch the video at http://bit.ly/sdstreetrepair to learn about street repair, then explore http://bit.ly/streetssandiego for future/ongoing work in the City and throughout District Five. Read up on what else I covered at 'Conversation + Craft Beer' at http://bit.ly/SDUT-conversationrecap



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Hiking With Your Pet In The Heat



Before you take your dog on a hike or a run, the City of San Diego's Park and Rec team encourages you to understand signs of heat stroke in your pet and proper ways of cooling down your animal if it occurs.

Dogs suffering from heat stroke will display some or all of the following symptoms: excessive panting, loss of consciousness or comatose, sudden blindness, seizures, tacky and/or darkened gums, off-balance/wobbly, paddling or swimming motions, yellowing of the whites of the eyes or gums, bloody diarrhea, or dark urine.

If these symptoms are present, move your dog to shade and quickly identify a water source to hose the animal down with cool water all over the body, including head, paws, groin and shoulders. This helps lower the dog's body temperature and stabilizes them enough to transport them to the nearest veterinary clinic. Contact the City's Rec Department Park and for additional information about K9 heat stroke protocol at:

https://www.sandiego.gov/park-andrecreation/general-info/about/ mypark

Protect Yourself, Your Family and Your Neighborhood



Neighborhood Watch is a volunteer crime prevention program that enlists residents in cooperation with law enforcement to reduce crime, solve problems, and improve the quality of life in your area.

If you are interested in being a Neighborhood Watch captain or

co-captain or learning more about neighborhood watch, contact a Neighborhood Watch Coordinator at http://www.sandiegoneighborhoodwatch.com/home.html

Business Spotlight: Creamistry



If you have a passion for science—or a passion for ice cream— then check out <u>Creamistry</u>, a made-to-order liquid nitrogen ice cream shop in Torrey Highlands. Specially trained 'creamologists' use liquid nitrogen to instantly freeze fresh ingredients into a customizable scoop of ice cream. They have a wide variety of dairy, organic, GMO-free and even vegan options, so everyone can satisfy their sweet tooth.

> Creamistry 7825 Highlands Village Place, Suite E104 San Diego, CA 92129

In the Community



Celebrating Independence Day at the Scripps Ranch Civic Association Fourth of July Parade and Rancho Bernardo Spirit of the Fourth Parade.



Congratulations to the Rancho Peñasquitos Little League for winning the Southern California State Championship!



Thank you RB Retired Service Volunteer Patrol for 25 years of service to our community.



District Five families and first responders coming together to promote neighborhood safety during National Night Out.



Touring the Jewish Family Service of San Diego and learning how they help seniors stay social and active.



Community Calendar

World Beneath the Waves: Sharks! August 8 | Rancho Peñasquitos Community Room http://sandiego.librarymarket.com/world-beneath-waves-sharks

Storm Water Maintenance Prioritization Public Workshop August 9 | Mission Valley Branch Library <u>https://www.sandiego.gov/department/channel-maintenance-</u> prioritization-survey-and-public-meeting

Western Family BBQ August 11 | Hilltop Community Park https://www.sandiego.gov/sites/default/files/canyonsidebbq.pdf

Friday ARTWALK August 11 | Bernardo Winery <u>http://bernardowinery.com/calendar-of-events/sunset-artwalk-every-friday-night-june-september/</u> SRCA Movie Night: The Incredibles August 12 | Scripps Ranch Community Park https://www.scrippsranch.org/srca-movie-night

Fleet Science Center: Superhero Science August 15 | Rancho Peñasquitos Community Room http://sandiego.librarymarket.com/family-game-night-8

Solar Eclipse Walk August 17 | Hilltop Community Park http://penasquitos.org/pdf/events/2017/JulAugSepHikes.pdf

PQ Certified Farmers Market Saturdays | YMCA https://www.facebook.com/PQCertifiedFarmersMarket

Feedback Needed

Your responses to this survey will help me better understand your needs as a resident of the City of San Diego. Please take a moment to complete the survey today at: http://bit.ly/sdconstituentsurvey



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



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