



The Emerald News

MAY - JUNE 2010 • VOLUME 2 ISSUE 3

We're Making Progress

SERVING THESE COMMUNITIES

- Allied Gardens
- Alvarado Estates
- Chollas Creek
- Colina del Sol
- College Area
- Redwood Village
- Del Cerro
- Eastern City Heights
- El Cerrito Heights
- Fox Canyon
- Grantville
- Islenair
- Lake Murray
- MCAS Miramar
- Mission Trails Regional Park
- Rolando Park
- Rolando Village
- San Carlos
- SDSU
- Stonebridge
- Tierrasanta
- Oak Park

Inside the pages of the Emerald News you get a glimpse of the difference we're making throughout District 7 and beyond. Protecting your safety with road improvements, saving neighborhood resources, and protecting you from crime.

We also just drove through landmark legislation to conserve precious water in San Diego. Our new water sub-metering ordinance goes into effect in June and is even being replicated by the State Legislature.

We're looking for new ways to stretch tax dollars and responding to constituent calls and letters asking for action....and getting it!

District 7 is also looking down the road to put old resources to new and more productive uses. Among them, City TV, Channel 24. Many of you watch our City Council Meetings on City TV, or other public hearings on important land use, financial, safety, and social issues. But could City TV do more? We'd like your ideas.

Please take a moment to answer just a few questions for us, and send your responses to Megan Gamble at: mgamble@sandiego.gov with "survey" in the subject line.

- Do you watch City TV, Channel 24?
- How often do you watch City TV, Channel 24?
- What do you tune in to see?
- On a scale of 1-5, how would you rate this programming (with 5 being the highest grade)?
- What other type of programming would you like to see on City TV, Channel 24? (Example: Programming about neighborhood issues, events, people)

Thank you for your response. Your opinions matter. 2010 will continue to offer challenges but if we face them together and work as one, we can accomplish anything.

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**Office Manager/
Scheduler
Bonnie Pearson**

In The Spotlight: Bonnie Pearson

Bonnie Pearson is the Office Manager/Scheduler for Councilmember Marti Emerald. Bonnie schedules all the Councilmember’s appointments, manages the office, and keeps the legislative calendars. Bonnie is the point of contact, over the phone and in person, for all office visitors, staff, and constituents. By working with other office schedulers, she is able to organize Marti’s time in coordination with other Councilmembers. She also works closely with the office interns on their tasks and projects in order to keep them on track. With thirteen years of experience with the City, Bonnie is a valuable resource for Councilmember Emerald and her staff.

A gifted singer, Bonnie has performed in many venues, and is proud to have sung the National Anthem at Qualcomm Stadium before a Padres game, and for the Mayor’s first State of The City address.



Waring Road is Safer

Public Safety is a priority. Councilmember Marti Emerald listened to homeowners and residents concerned about safety on Waring Road past Orcutt going toward I-8. There have been a number of accidents in the southbound 4900 block of Waring Road. The road is on a curve that goes downhill.

San Diego Traffic Engineers met with local residents and a representative from Councilmember Emerald’s office on-site. The 45 MPH signs have been removed and a 40 MPH sign has been installed further down the hill. Arrow chevrons have been placed guiding motorist approaching and through the turn. As a result, traffic has slowed down. The curve is safer.

“Multiple accidents in a short period of time on a given stretch of road indicated that some changes needed to be made. We have responded and improved Waring Road,” added Councilmember Emerald.

Streamview Drive

At least 15 years have past since initial discussions to improve Streamview Drive took place. The City Council approved application to the California Strategic Growth Council to fund numerous greening projects around the City. One of the grants would provide \$1M for improvements on Streamview Drive. This grant would fund design and construction of Phase I (between Gayle and Lynn Streets).

Although this is a competitive grant among cities from around the state, we feel we have a strong chance of winning the grant and it’s mainly due to community involvement.

A team of community members are led by Redwood Village Community Council president Anna Orzel-Arnita working closely with City staff to provide critical feedback regarding the concerns and vision of Streamview Drive residents. If you are interested in getting involved, please contact my staff member Kim Nguyen at 619.236.7042 for more information.



New Stop Signs On Jackson Drive



Councilmember Marti Emerald supports the San Carlos residents who have been advocating for the past 3 years for a stop sign on Jackson Drive at Twin Lakes Road. Two hundred twenty-one San Carlos residents and the Principal at Benchley-Weinberger Elementary School signed a petition to have stop signs installed at this very busy intersection.

Originally, The Navajo Community Planners, Inc. approved the request for stops signs in 2007. The flashing light system installed in 2007 was broken and the company that made that system went out of business.

Councilmember Emerald met with Senior Traffic Engineer Gary Pence at the intersection in March. Later that month, Rich Burg brought the item back to the attention of Navajo Community Planners who re-asserted their support for the proposal. Councilmember Emerald then authored a memo requesting installation of the stop signs which will be in place in May.



MARTI'S MISSION STATEMENT



Empower constituents to improve their quality of life, economy, and neighborhoods through the effective use of responsive, transparent, and trustworthy government.

Did You Ever Wonder...

WHITE	Proposed Excavation
PINK	Temporary Survey Markings
RED	Electric
YELLOW	Gas, Oil, Steam
ORANGE	Communication Cable TV
BLUE	Potable Water
PURPLE	Reclaimed Water
GREEN	Sewer



...what the markings on your street mean? That's a question Councilmember Emerald's office often hears. For your convenience, we have provided this color chart. You can learn more on-line at the [American Public Works Association](http://www.americanpublicworks.org); or call 811 before digging.

If you are seeing this in the printed version of the newsletter, [go on-line](#) and see it in living color.

Councilmember
Marti Emerald is
focused on
maintaining and
enhancing the
District's
Communities
by preserving
important
neighborhood
public services
such as
libraries, parks,
police, fire and
public safety.

New Website Design

Think of it as new and improved. With the explosion in use of the internet, the City of San Diego's Website needed a make-over. Councilmember Emerald is the first Council office to get the new look. The Website offers easier navigation with vital information right at your fingertips, together with a sleek and user-friendly design.

Please check it out for yourself:

<http://www.sandiego.gov/citycouncil/cd7>

While you're there, sign up for electronic bulletins, news releases, and the Emerald News. Let me know what you think and if you have suggestions of items you'd like to see included.

Mark Your Calendar:

California Native Plant Society Free Walk May 1st at 10 am. Meet at the intersection of Home and Euclid in City Heights and the walk will take you through the 47th Street Canyon.

Race for the Playground! Lake Murray 5K and 1 Mile Fun Run/Walk May 2nd at 8 am come support the Lake Murray Playground Project. To register, please visit: <http://www.stayclassy.org/events/detail?eid=892>

Springfest 2010 May 7th, 5 pm–11:30 pm and May 8th, 9 am–11:30 pm at the Allied Gardens Park on Greenbrier Ave. Come see Councilmember Emerald as the Grand Marshal of the parade! For more info: <http://www.navajoevents.com>

Explore Mission Trails Day May 15th, 9 am–2 pm at Mission Trails Regional Park on One Father Junipero Serra Trail. There will be themed nature walks for families, free pony rides, and activities for all ages. For more info please visit: <http://www.mtrp.org>

TierraFest & Patriots Day Parade May 15th beginning at 10 am at Tierrasanta Town Center. Live music, craft fair, BBQ dinner, and a game area for the kids.

Streamview Drive Action Team Meeting May 17th at 7 pm at a location TBD. Please contact Kim Nguyen for more information at 619-236-7042 or by email: KLNguyen@sandiego.gov

Draft Bicycle Master Plan Public Open House Thursday, May 20th 6–8 pm at the Hall of Champions Sports Museum in Balboa Park, 2131 Pan America Plaza. Your chance to review and provide feedback on the Draft San Diego Bicycle Master Plan.

Reading Visit to Tubman Elementary



Councilmember Marti Emerald made a special trip on Dr. Seuss' Literacy Day, March 12th, to read a few of his extraordinary books to both 5th graders and kindergarten classes. She read *The Lorax* and *The 500 Hats of Bartholomew Cubbins*. Applying what they are learning in math and science to the Dr. Seuss classics. The students were very enthusiastic and excited to meet Marti.

Rolando Street Fair 2010



A New Column In The Emerald News



Medical Claims
Reimbursement
Specialist
Christine
Harman



Negotiating the healthcare world is never easy, no matter what stage of life you are in. We are lucky to have a neighbor in the 7th District who really understands the ins and outs of medical claims reimbursement.

Christine Harman, a native San Diegan, graduated with honors from Maric College in 1989 with a certification in Medical Administration. Ms. Harman has worked in the healthcare industry for more than 25 years, the past 8 with Scripps Health. One of Chris' specialties is knowing how to expedite payments of medical claims. Because she understands how insurance companies and providers are regulated, she can help you know which agency to contact if you encounter difficulty with payment of medical bills.

In an effort to educate people about health insurance, Ms. Harman developed the *Consumer Guide to Health Insurance Claims*, as well as a *Guide to Troubleshooting Insurance Collections* for medical providers.

One question Ms. Harman often hears is: I have a medical claim that was denied by my insurance company. Is there a State agency I can contact for advice? The answer is yes. The Department of Managed Healthcare oversees and regulates HMO providers and insurance companies that operate in California.

If you need help obtaining payment on a medical claim or if you have a complaint about a provider or insurance company, you may contact the Department of Managed Healthcare at 877-525-1295 or on the Web at: <http://www.dmhc.ca.gov>. Also, if your insurance company will not authorize a procedure that your physician feels is medically necessary, contact them and ask about obtaining an independent medical review.

If you have a question for Chris, send her an email: clharmansd@live.com. We will answer some of them in future newsletters.

Disclaimer: Although Chris Harman works for Scripps Health, she is not speaking on behalf of Scripps Health nor is she an authorized representative. Resources provided are for informational purposes only and do not guarantee payment of a medical bill.

First Lady Visits City Heights



Michelle Obama waiting to give her speech

The sun was shining, temperatures in the middle 60s, and the mood was upbeat as the national spotlight shone on the New Roots Community Garden in City Heights.

The guest speaker was First Lady Michelle Obama who made a surprise visit to San Diego to help promote *Let's Move*, her national campaign against childhood obesity which was launched in February.

“A model for the nation, for the World.”

- Michelle Obama

Michelle Obama called the farm “a model for the nation, for the world” as she spoke with one of the refugees. The farm not only brings people together but creates access to healthy foods for families, which supports the First Lady’s ambition of encouraging healthy communities.

New Roots Community Farm, located at 54th and Chollas Parkway, is a 2.3-acre triangle of City- owned land divided into 89 plots and tended by 80 refugee families from many different parts of the world who have settled in this diverse area of the City. This farm offers people from different cultures a place to grow fruits and vegetables to help supplement tight family budgets. It also offers them a place to share camaraderie, where they no longer feel isolated because of language barriers. These farmers come from such diverse countries as Kenya, Somalia, Uganda, Congo, Cambodia, Burma, Vietnam, Mexico, and Guatemala, yet they all share a familiarity in their situations.

Many have contributed to making this urban garden a reality. It is funded in part by the California Endowment.



New Roots Community Farm



Assemblyman Marty Block and Councilmember Emerald



The First Lady enjoying the crowd during her speech

Councilmember Emerald Speaking with community member





Erik Weber with Councilmember Emerald during the presentation of the proclamation



Erik and his mother, Sandy



Councilmember Marti Emerald at SpringFest last year



Eric Weber Is A Shining Star

Twenty one year old Redwood Village resident Erik Weber has just earned his Bachelor of Arts degree from Point Loma Nazarene University and is now pursuing his Masters Degree in Public Administration at San Diego State. He's proud of himself and so is his family. He's worked very hard to achieve his dream.

Eric was diagnosed with autism at the age of 3. It was early in the 1990s when not much was known about Autism. Doctors recommended an institution but Eric's parents decided to use structure and routine to help him develop. This dedication allowed Eric to participate in several programs, including the Special Olympics and their "Global Messenger" program, which has Erik speaking to corporations about the importance of supporting the Special Olympics.

He is also the only member to serve on the Senate Committee Autism Regional Task Force who has autism.

Eric is in demand as a public speaker, encouraging other Special Education students at Point Loma Nazarene University and SDSU and he advises future teachers about how they can change the lives of autistic children. Erik is also the author of the book *Autism for Dads: The Importance of a Father's Love*, in honor of his father who died when Erik was eight. This amazing young man has made it his goal to raise the bar of expectations for people with autism and credits his parents for his many successes.

SpringFest! 2010

It's time, once again, to gather in Allied Gardens to celebrate SpringFest, Friday, May 7th and Saturday, May 8th. Councilmember Marti Emerald is this year's parade grand marshal and will be joined by more than 120 youth and community groups.

In addition to the big parade, activities include auditions on Saturday at the Demo Stage for anyone who has an entertaining act or talent they want to show off, which includes the chance of being the headliner on the Main Stage Saturday night.

Enjoy live music and entertainment, a beer and wine garden, over 100 food and merchandise vendors, paintball and laser tag, carnival rides, and a car show. Don't miss out on this perfect family-friendly event on May 7th- 8th! Visit:

<http://www.navajoevents.com>.

Barry Zito Day - April 20th 2010



“...You can feel however you want politically, but baseball is behind the men and women that have the courage to go out there.”

Barry Zito



San Diego native and San Francisco Giants pitcher Barry Zito was front and center at City Council with a day named in his honor for his many works in philanthropy, most notably Strikeouts For Troops, a non-profit organization Zito founded 5 years ago. Strikeouts For Troops works to provide the comforts of home and to lift the spirits and morale of our injured troops during their often long recovery process. Zito enlisted the help of other baseball players and the roster is some 65 names long. Each spring, Strikeouts For Troops takes a group of injured Marines to Spring Training in Phoenix, AZ, where the wounded warriors attend games and get some much-needed distraction from their injuries. 100% of every dollar raised supports troops in need.



Put Pride Aside Event

Financial hardship has become a reality for many San Diegans trying to support their families during this recession. My office is pleased to support the "Put Pride Aside" Campaign in San Diego, which is a partnership of several organizations all working together to help those in need. Multiple programs are available to provide assistance with groceries, utility bills, healthcare, insurance and other necessities. However, many people are not aware of these programs. Our families must receive the help they need during these tough times, and Team 7 is determined to ensure easy access to assistance.

Please see the special green insert page for a list of available services.



Thursdays With Marti

Often, the best way to get to know the people in the community and what really concerns them is to get out into the neighborhoods. So every Thursday, Councilmember Marti Emerald is in a different community from 9:30 am - 2:30 pm.

Marti's Thursday schedule:

- 1st Thursday: College-Rolando Library
- 2nd Thursday: San Carlos Recreation Center
- 3rd Thursday: Tierra Towne Center—Note NEW Location!
- 4th Thursday: Allied Gardens Recreation Center

Please contact your Community Representative to schedule a meeting with Marti.

Your Community Representatives:

Marisa Berumen—Alvarado Estates and Fox Canyon.
(619) 236-6435 and mberumen@sandiego.gov

Cynthia Harris—College Area, El Cerrito and Stonebridge.
(619) 533-5897 and crharris@sandiego.gov

Kim Nguyen—City Heights, Rolando Park, Rolando Village, Redwood Village and Oak Park.
(619) 236-7042 and klnghuyen@sandiego.gov

Chris Pearson—Allied Gardens, Del Cerro, Grantville, Lake Murray, Navajo, San Carlos and Mission Trails Park.
(619) 236-6677, (619) 846-1095 and cpearson@sandiego.gov

Tierrasanta, Marine Corps Air Station Miramar and Military issues.
(619) 236-6677 and martiemerald@sandiego.gov

Councilmember Marti Emerald's New and Improved City Website:

<http://www.sandiego.gov/citycouncil/cd7>

Pothole Hotline: (619) 527- 7500

Snapshots

Living Wage 5th Anniversary



Lewis Middle School Cleanup



Officer Art Calvert, Serra High School Student and intern Isiah Green, Council member Marti Emerald



Rolando Park Elementary School at City Council



California Center for Sustainable Energy Day at City Council



San Diego native and San Francisco Giants pitcher Barry Zito honored for helping wounded service men and women recover

DISTRICT 7 LIBRARIES

Allied Gardens

5188 Zion Avenue
San Diego, CA 92120
(619) 533-3970

College-Rolando

6600 Montezuma Road
San Diego, CA 92115
(619) 533-3902

City Heights

3795 Fairmount Avenue
San Diego, CA 92105
(619) 641-6100

Oak Park

2802 54th Street
San Diego, CA 92105
(619) 527-3406

San Carlos

7265 Jackson Drive
San Diego, CA 92119
(619) 527-3430

Tierrasanta

4985 La Cuenta Drive
San Diego, CA 92124
(858) 573-1384

RECREATION CENTERS

Allied Gardens Rec. Center

5155 Greenbrier Avenue
San Diego, CA 92120
(619) 235-1129

Colina Del Sol Rec. Center

5319 Orange Avenue
San Diego, CA 92115
(619) 235-1144

San Carlos Rec. Center

6445 Lake Badin Avenue
San Diego, CA 92119
(619) 527-3443

Tierrasanta Rec. Center

11220 Clairemont Mesa Blvd.
San Diego, CA 92124
(858) 573-1393

IMPORTANT PHONE NUMBERS

Abandoned Vehicles	858-495-7856
Animal Regulation	619-236-4250
Beach & Bay Advisory	619-338-2073
Birth & Death Records	619-237-0502
Brush/Weed Abatement	619-533-4444
Building Permits	619-446-5000
Buses/MTS Access	619-233-3004
Canyon Watchers Program	858-292-6484
City Council Docket Info	619-533-4000
City Directory	619-236-5555
Code Violations	619-236-5500
Curb Violations	619-527-7500
Dead Animal Removal	858-694-7000
Dog Licenses	619-767-2675
Fire Stations	619-533-4300
Graffiti	619-525-8522
Hazardous Materials Hotline	858-694-7000
Housing Commission	619-231-9400
Humane Society	619-299-7012
Noise Regulation	619-236-5500
Office of Small Business	619-685-1390
Park & Recreation	619-525-8219
Parking Citations	619-236-7145
Police: Non Emergency	619-531-2000
Pot Hole Hotline	619-527-7500
Recycling Hotline	858-694-7000
Senior Citizens Services	619-236-6905
Sewer Repair/Spills	619-515-3525
Sidewalk Maintenance	619-527-7500
Social Services Information	211
Storm water Pollution Hotline	619-235-1000
Street Lights	619-527-7500
Street Sweeping	619-527-7500
Traffic Control	619-533-3126
Traffic Service Request	619-533-3126
Tree Maintenance	619-527-7500
Utilities Undergrounding	619-533-3841
Vector Control	858-694-2888
Waste Reduction & Disposal	858-492-5010
Water Emergency	619-515-3525
Water Utilities	619-515-3500
Zoning Regulation Info	619-236-5555



Councilmember Marti Emerald Wants To Share Safety Tips for Runners/Walkers/Hikers

Use the buddy system whenever possible.

In secluded areas, such as Lake Hodges, exercise with someone else. This is especially true when it's dark. In fact, no one should exercise at night or in secluded places alone. Use common sense. Be aware of your surroundings at all times and take precautions before heading out for physical activity.

Let a friend or family member know when and where you plan to exercise.

And arrange to let them know how long you'll be and let them know when you return.

Be familiar with your routes at all times.

Pay close attention to suspicious individuals who are parked in vehicles and may be watching you. Vary your route; do not use the same route every time you run.

Bring a cell phone.

Bring a cell phone with you and program your phone to 911. This way, if you encounter trouble, one button will contact the police and let them know your location.

Do not use listening devices such as iPods during your activity.

The very thing which can motivate you to exercise can become a distraction and cause you to lose focus of your surroundings. And they interfere with your ability to hear. At the very

Carry a whistle or pepper spray.

If someone does approach you who seems suspicious you can blow the whistle and draw attention to the area. A whistle is a small device that can make a big noise and the last thing a dangerous person wants to see is attention drawn to them.

For more information please visit Protecting Women Runners- PoWeR Ave. on Facebook at: <http://www.facebook.com/group.php?gid=336492527169&v=photos&ref=ts#!/group.php?gid=336492527169&v=wall>



"We continue to hear about how the economy is recovering but for many San Diegans, it's just talk. I've enlisted the help of the City Council, the San Diego Food Bank, and many community partners to get the word out that there is real help available to those struggling to make ends meet. Please check out the programs listed here and **Put Pride Aside**; get the help you need."

Councilmember Marti Emerald



The 211 program can steer you in the right direction to find the help you need. Simply dial **211** on your telephone or follow this link: <http://www.211sandiego.org/>



SDG&E offers 20% CARE discounts, free home weatherization, and a financial assistance program. To find out if you qualify, follow this link: <http://www.sdge.com/residential/assistance/>



California Lifeline is a program offered through AT&T providing low-income telephone service. Learn more at: <http://www.att.com/gen/general?pid=10278>



Sometimes a little extra food on the table can take the pressure off of families in these difficult times. Please see the other side of this page to see the many organizations that can help.



About the *Put Pride Aside* campaign

The *Put Pride Aside* campaign is a joint initiative sponsored by Councilmember Marti Emerald and San Diego City Council, the San Diego Food Bank and the campaign's participating partners (listed below). The campaign encourages San Diegans struggling in this difficult economy to "put pride aside" and access the resources provided by the San Diego Food Bank and its partner organizations listed below.

***Put Pride Aside* partner organizations**

For information on all social services contact:

211 San Diego www.211sandiego.org

Housing/shelter:

Alpha Project www.alphaproject.org
Chicano Federation www.chicanofederation.org
Interfaith Shelter Network www.interfaithshelter.org
MAAC Project www.maacproject.org
San Diego Coalition for the Homeless www.sdhomeless.org

Food assistance:

San Diego Food Bank www.sandiegofoodbank.org
Southbay Community Services www.southbaycommunityservices.org
American Red Cross San Diego www.sdarc.org
Jewish Family Service www.jfssd.org

Low-cost utility/insurance programs:

California Lifeline (Telephone) www.californialifeline.com
California Low Cost Auto Insurance Plan www.insurance.ca.gov
SDG&E Care Program (Gas & electricity) www.sdge.com

Employment training/ assistance:

Comprehensive Training Systems www.ctsjobs.org
San Diego Workforce Partnership www.sandiegomatwork.org
Goodwill Industries www.sdgoodwill.org
Jewish Family Service www.jfssd.org
MAAC Project www.maacproject.org
Urban League of San Diego www.sandiego.urbanleague.us
San Diego Labor Council www.unionyes.org

Healthcare:

Consumer Center for Health Education www.healthconsumer.org
Council of Community Clinics www.ccc-sd.org
Elder Help www.elderhelpofsandiego.org
Family Health Centers www.fhcsd.org
VA Medical Center www.sandiego.va.gov
La Maestra Community Health Centers www.lamaestra.org
Unite for Sight www.uniteforsight.org
Mental Health Systems www.mhsinc.org
Neighborhood Health Clinic www.nhcare.org

Family/ child/ youth services:

Southbay Community Services www.southbaycommunityservices.org
MAAC Project www.maacproject.org
YMCA www.ymca.org
YWCA www.ywcasandiego.org

Immigration/ refugee services:

International Rescue Committee www.theirc.org

Mortgage/ foreclosure advice:

Housing Opportunities Collaborative www.myhousingforall.org

Military social services:

Armed Services YMCA www.asymca.org
Vietnam Veterans of San Diego www.vvsn.net