



**DISTRICT SEVEN
COMMUNITIES**

- Allied Gardens**
- Alvarado Estates**
- Chollas Creek**
- Colina del Sol**
- College Area**
- Del Cerro**
- El Cerrito**
- Fox Canyon**
- Grantville**
- Islenair**
- MCAS Miramar**
- Oak Park**
- Rancho Encantada**
- Redwood Village**
- Rolando Park**
- Rolando**
- San Carlos**
- SDSU**
- Tierrasanta**

The Emerald News

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Fire Rescue Exercises at Mission Trails Park

In the past year, there have been more than 41 rescues to assist injured hikers at Mission Trails Regional Park. Some days San Diego Fire-Rescue personnel are dispatched to the park several times a day. In the past it was a challenge for Fire-Rescue staff to locate an injured hiker because they didn't know the exact location of the injured hiker on a particular trail.

In cooperation with the Mission Trails CAC and Taskforce, we have recently installed new Global Positioning System (GPS) enhanced signs on most of the commonly used trails throughout the park including the most popular trail, Cowles Mountain. Hopefully the signs will assist emergency personnel in locating the exact position of those in need and thus reducing the amount of time it takes to reach them.

The location of each sign will be identified and recorded, using the Global Positioning System. Injured hikers are encouraged to call 9-1-1, and dispatch will relay the GPS location to first responders.

The cost associated with rescuing someone from Cowles Mountain can range as high as \$5,054 per hour depending on resources needed for transport. Therefore, it is always important to stay on the designated trail at all times, wear the appropriate shoes and hydrate yourself with water.

On another note, Mission Trails Regional Park's Senior Park Ranger, Rick Thompson will be retiring from his post in September. Rick has been with the City since 1999 and has been a great asset to the park and the trail system within the county. He will be greatly missed. We will be celebrating his service at the September 15th meeting of the Mission Trails Task Force at the Visitors Center at 12:15 pm. Please come by and say hello.

Thanks for listening, Marti

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Safety Speaks ~ At the June 29, 2011 Public Safety & Neighborhood Services Committee (PS&NS) meeting, the Committee heard from the San Diego Medical Director, Dr. Jim Dunford regarding certain “hot spots” in the City of San Diego where bystanders were not performing CPR on cardiac arrest patients.

As the Chair of PS&NS, this information was of concern, and I wanted to bring awareness to the issue and provide a solution to keep our citizens safe. As such, we are partnering with Rural/Metro Ambulance, the City of San Diego’s ambulance service provider, to host free community CPR trainings throughout the City of San Diego. In the coming months we hope to educate as many members of the community about CPR as possible.

The launch CPR training event will be held at the SDSU Parma Payne Alumni Center on Saturday, Aug. 13 from 10 a.m. to 2 p.m. The training will entail half-hour sessions of proper chest compression procedures, as well as how to properly utilize an Automatic External Defibrillator (AED). We hope to continue these events throughout the City.

The Public Safety & Neighborhood Services Committee will meet again on Wednesday, September 21, 2011 at 2 p.m. on the 12th floor of the City Administration Building. For any public safety related concerns, please free to contact my Committee Consultant, Drew Ector, by calling 619.236.7038 or emailing DEctor@sandiego.gov.



Volunteer Services

Have some free time on your hands this summer then what better way to spend that time giving back to your community.

The City has numerous volunteer opportunities from police, parks/recreation or with the city clerks office. The easiest way to get involved is to visit the city’s website at www.sandiego.gov/volunteer-program/opportunities/

Don’t forget to “Like” me on Facebook to get important updates about all things District 7 at:

<https://www.facebook.com/d7.martiemerald>



Team Emerald in the Community-



July 1, 2011, Councilmembers Todd Gloria and Sherri Lightner and I joined Chief Javier Mainar and Fire Captain Frank De Clercq to announce the immediate restoration of all browned-out fire engines.



July 8th-Second Chance's Juvenile Options for Lifelong Transition (JOLT) program launched its 5,000-sf urban farm garden. Once the crops are harvested they will be available for sale at the Chollas View Farmers' Market.



July 17th marked the 37th gay pride parade in the City of San Diego. 155,000 people turned out to cheer on more than 150 floats and marching groups. Team Emerald was there to join in all the fun.



July 17th, City Heights on Patrol (CHOP) hosted their 1st Annual Celebration with food, fun, and entertainment. CHOP's mission is to reduce crime through community engagement.



The City Council honored the San Diego State University "Good Neighbor Program" on July 26th. Receiving the award for SDSU was (L to R) Doug Case, Dan Cornthwaite, Krista Parker, Mina Azim and Darin Ruiz.



July 28th, I presented a proclamation honoring Kathy Coleman, manager of Brothers Restaurant in Allied Gardens for her dedication to senior community members. Her exceptional deeds have earned her the title "Angel of Allied Gardens."



Free Concert
At Mission
Trails Visitor
Center
Theatre
Sunday,
August 21st
at
3:00 pm the
Celtic Harp
will be played
by
Amy Kanner
Reception to
follow

August Community Events

National Night Out Against Crime Community Fair – Tuesday, August 2nd 6:00-8:00 pm at the Kroc Center Recreation Field located at 6845 University Ave. Meet local law enforcement officers and enjoy free hot dogs, giveaways, games, live entertainment and community booths. Stay for a family movie on the field after the event.

4th Annual Colina Park Night Out at the Colina del Sol Park to celebrate safety with a night of fun with your family and neighbors. There will be a candlelight march for peace and safety, activities for kids and a free raffle on **Tuesday, August 2nd** 5:30-8:00 pm.

Kids summer reading program “Walk on the Wild Side.” This interactive program features a variety of animal ambassadors. The program is sure to excite children and foster a desire to learn about wildlife. Joins us on **Thursday, August 4th** at 10:30 am at the Allied Gardens/Benjamin Branch Library.

First Time Homebuyer Education Class– Whether you are thinking about buying your first home or ready to make that purchase, attend this informative and interactive session that prepares first time homebuyers. This event will be held **Saturday, August 6th** 9:00 am to 5:00 pm at 841 South 41st Street. Reservations required at \$35 prepaid and \$50 on-site registration fee per household.

Creepy Crawlies– August 15-19. This week long science and biology of nature class for children ages 4-10 at Mission Trails Park with Alicia Berg. Classes are an up close and personal exploration of the wildlife and plant life of the park with fun walks, demonstrations, arts and crafts. Cost for the week program is \$100 per child. Class from 11:00 am-2:00 pm. Deadline to register is August 10th.

Summer Fest (a mini-bluegrass music and gourmet food truck festival) in Rolando neighborhood at the corner of Art Street and Seminole Drive, just one block south of El Cajon Blvd. **Saturday, August 13th** 5-7 pm. Don't forget to bring your lawn chair for seating on the grass.

How can you tell when memory loss may indicate something more serious, such as Alzheimer's Disease? Join the **Alzheimer's Association Wednesday, August 24th** at 7:00 pm for this informative session about the symptoms and progression of Alzheimer's Disease, as well as ways to reduce the risk of developing the disease.

Star/Pal's Annual Surf Clinic brings together law enforcement officers, firefighters and lifeguards from a variety of agencies in San Diego County to teach 50 boys and girls the fundamentals of surfing while learning about water safety on **Wednesday, August 31st** beginning at 9:30 am at Silver Strand State Beach. For more information or if you are interested in volunteering, please contact Carlos Amezcua at (619) 531-1501.