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Support District Five Holiday Drives

District Five organizations and residents are giving back to the community in big ways this holiday season. In Rancho Bernardo, the annual Thanksgiving Luncheon hosted by the RB Community Foundation, raises money for the community's many nonprofits. Get tickets to the November 21 fundraiser <u>here</u>. RB residents Terri Hunter and Mary Taylor of Keller Williams Realty are collecting new and gently used pajamas for children of all ages. Learn how they're



using their unfortunate circumstances as children to help others and where you can drop off pajamas <u>here</u>. In Scripps Ranch, the families of Becky Walton and Christie Jackson are collecting toys to help families who are being treated for cancer during the holiday season. Learn where you can donate toys <u>here</u>.

Preparing for the Rainy Season

We are fortunate that San Diego winters are much milder than other parts of the country, but there are still important steps that residents and businesses should take to prepare for potential storms in the months ahead.

Keeping storm drains clear is a team effort. Sweep up trash and debris around your property, place trash and recycling bins 2-3 feet away from the curb, avoid placing trash on the curb next to your bins, and ensure the lids are fully closed to prevent waste from blowing away.



Before it rains, report non-emergency problems in your neighborhood such as blocked storm drains through <u>Get it Done.</u> When it rains, remember to slow down behind the wheel. If flooding occurs, report it to the City's emergency dispatch center at <u>619-527-7500</u>. Learn more about storm preparedness.

Interested in installing a rain barrel? Receive up to a \$400 rebate when you purchase and connect a rain barrel to your home's rain gutter downspout. Learn more <u>here</u>.



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Conservation Efforts at Miramar Lake



Miramar Lake provides a variety of traditional outdoor activities including fishing, boating, hiking, picnicking, waterfowl hunting and more. The reservoir is also home to several types of plants, birds, fish and turtles. In the City's commitment to the multiple species conservation program and protecting natural habitats, City biologists are working with the United States Geological Survey to determine how many of the reservoir's turtles are native species. Native turtles will be counted, measured and returned to the reservoir. Non-native turtles, including invasive species like the red-eared slider, will be removed from the reservoir and adopted into new homes with support from the San Diego Turtle and Tortoise Society. Watch this short video to learn more.

Prevent and Protect Against Hepatitis A

Hepatitis A

WASH YOUR HANDS: Wash your hands with soap for at least 20 seconds after using the bathroom, before and while preparing food and before eating.



GET VACCINATED: Getting vaccinated for Hepatitis A virus provides the best protection against the disease. The vaccine may be available through your health care provider. If you are uninsured, dial 2-1-1 to find the nearest location of a community clinic or public health center.

DON'T SHARE: Use your own toothbrushes, eating utensils and towels, and do not share food, drinks, or cigarettes with other people.

WATCH FOR SYMPTOMS: • Fatigue

- Nausea
- Fever
- Loss of appetiteVomiting
- Yellowing of the eyes (jaundice)

Hepatitis A is a highly contagious liver disease.

The City of

SAN DIEGO

- Diarrhea
 Pale stools
 - Stomach pain
 - Stomach pa
 Dark urine





Community Calendar

Deadline for the Rancho Bernardo City Council Student Seat Nov 17 http://rbcommunitycouncil.com/page.php-

tag=5TKEOCZSYY.html

28th Annual Community Thanksgiving Luncheon Nov 21 || The Rancho Bernardo Inn <u>http://www.rbcommunityfoundation.org/</u>

Balboa Park December Nights Dec 1-2 | Balboa Park https://www.sandiego.gov/december-nights

Symphony in the Park Dec 10 | Jerabek Neighborhood Park http://www.symphonyinthepark.org/schedule.html Christmas Tree and Menorah Lighting Reception Dec 12 | U.S. Bank, Bernardo Center Drive http://www.rbbaconnect.com/events/ chistmas_tree_menorah_lighting.html

North San Diego Business Chamber Regional Connect Mixer Dec 13 | Embassy Suites by Hilton San Diego, La Jolla https://chamber.sdbusinesschamber.com/events/details/regional -connect-networking-embassy-suites-by-hilton-san-diego-lajolla-9476

Parents Night Out Dec 15 | Rancho Bernardo Rec Center https://apm.activecommunities.com/sdparkandrec/ Activity_Search/parent-s-night-out/44186

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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