

The Jacob Journal

A Newsletter from Chairwoman Dianne Jacob

April/May 2004

KEEPING OUR KIDS HEALTHY

Building Better Places to Play this Spring

Serving the Cities of:
El Cajon
La Mesa
Lemon Grove
Poway
Santee

Serving the communities of:
Agua Caliente
Allied Gardens
Alpine
Barrett
Blossom Valley
Bostonia
Boulevard
Campo
Canebrake
Casa de Oro
Crest
Cuyamaca
Dehesa
Del Cerro
Descanso
Dulzura
Eucalyptus Hills
Fernbrook
Flinn Springs
Granite Hills
Grantville
Guatay
Harbison Canyon
Jacumba
Jamul
Julian
Lake Morena
Lakeside
Mount Helix
Pine Hills
Pine Valley
Potrero
Ramona
Rancho San Diego
Rolando
San Carlos
San Pasqual
Santa Ysabel
Shelter Valley
Spring Valley
Tecate
Tierra del Sol
Vallecitos
Wynola

Serving the Indian Reservations of:
Barona
Campo
Cosmit
Cuyapaipa
Inaja
Jamul
La Posta
Manzanita
Mesa Grande
Santa Ysabel
Sycuan
Viejas

I heard a doctor say recently that you can find two of the biggest threats to your child's health in your own living room: Your couch and your TV. While that may sound like a dramatic warning designed to scare parents, there may be some truth to it.

That doctor was responding to a rash of troubling new statistics about overweight teens. Nearly 16 percent of American children between 12 and 19 were obese in 2002, up from barely 6 percent in 1974, according to the Centers for Disease Control and Prevention.

"Childhood obesity has risen to a point that it can be considered a modern day epidemic," warned a recent report by health researchers at Duke University. Indeed, overweight young people are at an increased risk of developing diabetes, a lifelong disease with many complications.

Fortunately, you and I have the ability to insulate our kids from obesity. Healthy eating is one part of the plan to help our kids stay fit. The other part, say the experts, is getting our kids off the couch and involved in meaningful activities, especially spending time outdoors.

Over the last several years, I've partnered

with schools, parents and community groups to increase athletic opportunities for our kids. We believe that when we raise the pulse rates of our kids, we also raise their chances of staying healthy and safe. Here are a just few of the exciting projects we've been working on recently.

"When we raise the pulse rates of our kids, we also raise their chances of staying healthy and safe."

- Dianne Jacob

High Tech Turf Wars

Helix and Grossmont High Schools can be proud of the high tech turf now covering their sports fields. The schools were among the first in the region to install the artificial turf—a ringer for carefully

manicured grass. The turf is remarkably durable, requires virtually no maintenance and wicks away water so there's no waiting for rain puddles to dry. Light-years beyond Astroturf, the turf is less expensive and lasts longer. Athletic trainers say it's safer than grass for growing young players.

Families are biggest fans in Ramona

Ramona's love of little league baseball makes Wellfield the sports park in the community. Popular parks like Wellfield need a place for moms, dads and siblings to cheer on future all-stars. I was glad to team up with Ramona Pony Baseball to replace the park's aging wooden bleachers with new steel seats and rails. We also refurbished one of the baseball fields.



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Get Out and Play

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No Trailing Behind at Sweetwater Reservoir

Good news for families who like to take in the scenery at Sweetwater Reservoir. Hikers, bikers and horse riders soon may be able to circle the entire body of water. Plans are in the works to more than double the length of the trail by linking trails in Spring Valley with trails in Bonita. The existing five-mile trail runs along the south side of the reservoir. When completed, the trail will offer additional breathtaking views of East County.

Rancho San Diego YMCA

Thanks to a nod from the Planning Commission, the Rancho San Diego YMCA is closer to reality. Designs for the complex include lighted ball fields and a soccer arena. Parents, the Sheriff's Department and I have been working to give area kids safe and fun places to hang out. Undoubtedly, the YMCA will be a big help!

Kids with hobbies— especially those who play sports— increase their chances of staying healthy. That's why I'll continue to work with communities to create more places for our kids to learn to love to exercise. Here's to their health!



Help Your Kids Get More Exercise

- Limit "screen time" in front of the TV or computer. Encourage alternative activities. Limiting TV cuts down on snacking.
- Encourage your kids to walk or ride their bikes to places they need to go.
- Kids with active parents are more likely to be active themselves. Let your kids see you moving.
- April 19 through 25 is National TV Turnoff Week. Take part!



Spring Renewal: Louis Stelzer's relatives help Chairwoman Jacob reopen Stelzer County Park.

Favorite County Park Reopens after Wildfires

You'd never guess it's the same place," said a Lakeside resident surveying the lush green trees at Louis M. Stelzer County Park along Wildcat Canyon Road. Six months after the Cedar Fire roared through the area, the park has experienced a miraculous recovery. Thanks to the volunteers who pitched in, the park is open for families and school groups to enjoy.

Chairwoman Jacob and relatives of Louis M. Stelzer recently held a special ceremony to celebrate the rebirth of the park, a sentimental place for many San Diegans, particularly people with disabilities. With its wheelchair par course and accessible trails, the 22-year old park was the first recreational facility in California designed to accommodate people with disabilities.

The park is home to an enormous 200-year old oak tree that has served as a natural backdrop for hundreds of weddings over the years. During the Cedar Fire, many couples contacted the County to ask about the beloved "Wedding Tree." The tree is still standing proud. See for yourself at Stelzer County Park, 11470 Wildcat Canyon Road in Lakeside.

To learn about more about County parks visit www.sdparks.org.

SPOTLIGHT ON LIBRARIES

Julian Library Will be One for the Books



Read All About It: Chairwoman Jacob joins friends for a tour of the Julian Library scheduled to open in the fall.

A head of schedule and well over halfway complete, the County's newest branch library in Julian is sure to be a place of pride for the quaint mountain community.

When complete, the library will take its place in history as the very first

library in the State to be built under the voter-approved Prop. 14 Bond Act, which matches community dollars with State dollars to build libraries.

Chairwoman Jacob and California State's Librarian Kevin Starr took a sneak-peek tour of the Julian library recently. Chairwoman Jacob is thrilled to report that the building is breathtaking. She says the library's architecture compliments Julian's wooded surroundings.

"The inside is enormous with beautiful decorative beams," she says. "Outside, the long meandering rock bench is made from local Julian rock. What a place for readers!"

The library is slated to open in early November.

Unincorporated Voice Needed at SANDAG

If Chairwoman Jacob and her colleague Supervisor Bill Horn have their way, unincorporated area residents may soon have greater representation on the board of the public agency that oversees regional transportation projects.

At Jacob and Horn's urging, the Board of Supervisors unanimously voted to seek an additional seat on Board of Directors for the San Diego Association of Governments, (SANDAG). Now, the County is actively pursuing State legislation that would make the seat official.

Currently, the County has one seat on the SANDAG Board held by the chair of the Board of Supervisors. Because the position of chair rotates each year among the five members of the Board of Supervisors, it periodically happens that the County's SANDAG representative is not from the unincorporated area.



Join Chairwoman Jacob for Coffee and Conversation

Friday, April 30, 2004 at 8:30 a.m.

Golden Goose

10001 Maine Ave., Lakeside

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DIANNE JACOB

Supervisor, Second District
San Diego County Board of Supervisors
1600 Pacific Highway, Room 335
San Diego, CA 92101

(619) 531-5522
(800) 852-7322 toll free
(619) 696-7253 fax

e-mail:
Dianne.Jacob@sdcounty.ca.gov

website:
www.diannejacob.com

(619)531-5522

The Second District Staff

Geoff Patnoe

Chief of Staff

Chimene Adams

Policy Advisor

Erika Black

Chair's Assistant

Caroline Braun

Field Representative

Jeff Collins

Policy Advisor

Erin Farris

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