



# The Jacob Journal

A Newsletter from Supervisor Dianne Jacob

May 2006

## Trails are Paths to More than Pretty Scenery

### Jacob honored by State trails award, says trails are keys to better health

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  
Cuyapaipe  
Inaja  
Jamul  
La Posta  
Manzanita  
Mesa Grande  
Santa Ysabel  
Sycuan  
Viejas

*This month, Supervisor Jacob received the inaugural California Recreational Trails Committee Award. This prestigious honor recognizes individuals who have made significant contributions in support of trails in California. She is pleased to share her thoughts on San Diego County trails below.*

**Y**ou can't reach some of the more picturesque corners of the San Diego County Backcountry by car, train or plane. You have to lace up your hiking boots, snap on your bike helmet or saddle up your horse and hit the trail.

Along the way, you'll find inspiring views, fascinating plants and interesting, sometimes rare, animals. But, if you're like me and other outdoor enthusiasts, you'll discover more than a greater appreciation for nature. You'll find better health and an improved sense of well being.

I've always believed in the benefits of outdoor activities, particularly when it comes to getting young people involved in physical exercise. In fact, one of my most cherished childhood memories is galloping my horse along the banks of the San Diego River back when the area was mostly farmland.

That's why, for more than a decade, hiking, biking and equestrian trails have been a high priority for me and for County government.

Our landmark Master Trails Plan, formally begun in 2000, has helped communities create trails that link cohesively from area to area, building an enjoyable and accessible network of wonder and open space. The more than 275 miles of trails that meander through 40,000 acres of County managed open space comprise one of the most extensive public trails systems in Southern California.

Summer is the perfect time to get out and explore our County's impressive peaks, peaceful meadows, seasonal creeks and rugged chaparral. It costs next to nothing to enter these quiet, peaceful lands. And, increasing your heart rate is as simple as putting one foot in front of the other.

Our trails have bounced back from the devastating 2003 firestorms and several exciting projects are underway to create new trails for the future.

Thanks to numerous volunteers who helped restore fire damaged trails, the El Capitan Open Space Preserve in Lakeside is set to open this month. It will be the last of many County parks to reopen after significant fire damage.

REI San Diego and the Backcountry Horsemen of California played leading roles in cleaning up the eight miles of trails through this more than 2,800 acre park. The summit hike to El Cajon Mountain, also



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Trails

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**Trails**

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**Happy Trails:** Supervisor Jacob reopens one of many trails closed by the 2003 Firestorms.

known as El Capitan, is a favorite of more adventurous hikers who appreciate the challenge and enjoy the sweeping vistas along the way.

The Ramona Trails Association is serious about preserving the rural character of the community they call the Valley of Sun. To that end, the County has been working to create a river park along Santa Maria Creek.

Currently, the County is

developing an action plan that will identify a trail corridor from Ramona's Wellfield Park to the northwest edge of the Valley. One day, the trail will do more than increase flood protection and the natural filtering of runoff water flowing into the creek. I hope to see Ramona families strolling or biking along the creek's fairly level banks, staying fit, connected to nature and each other.

Not far east of Ramona, in the shadow of Julian's Volcan Mountain, lies the small village of Santa Ysabel. In a matter of weeks, the County will open the Santa Ysabel Open Space Preserve— 5,300 gorgeous acres of grassland, oak forest and pine forest.

Hikers, bikers and horseback riders will be welcome to explore the trail through the east and west sections of the preserve. The trail will add about eight miles to a larger 55 mile trail that, one day, may connect Volcan Mountain to

Del Mar. The planned Coast to Crest trail will take trekkers from the ocean to an altitude of almost 4,300 feet.

El Capitan, the Santa Maria Creek Greenway and the Santa Ysabel Open Space Preserve are proof positive of the County's commitment to helping the public enjoy open spaces.

More than just a walk through nature, a trip along a trail carries many gifts. It can help us unwind, stay in shape, better communicate with our companions, breathe easier, observe animals and plants and see our communities the way they looked centuries ago.

*If you are interested in learning more about public lands, visit the website of the County Department of Parks and Recreation at [www.sdparks.org](http://www.sdparks.org).*



## Congratulations Lady Hoops Champs 2006!



**Above, the Julian Lady Eagles finished the 2006 season as champs of their division, claiming Julian's first title since 1996. To the left, the Santana High Sultans nailed their division championship for the fourth time in seven years. Way to go girls! Mark Aumann coaches Julian. Wade Vickery coaches Santana.**

## DANGEROUS DRUGS

# County Fearful of Weakened Mexican Drug Laws

**W**orried about an increase in street drugs flowing over the border with Mexico, San Diego County has condemned the Mexican Congress for approving legislation that would decriminalize a long list of highly addictive drugs including cocaine, methamphetamine and heroin.

At the urging of Supervisor Jacob, the Board agreed to send a letter directly to Mexican President Vicente Fox urging him to oppose efforts to resurrect the bill.

“When it comes to street drugs, what happens in Mexico doesn’t stay in Mexico— it gets smuggled into the U.S.,” Supervisor Jacob said. “Legalization would give

drug cartels greater access to drugs and that would mean more junk spilling into San Diego neighborhoods, wreaking havoc on our public services,” she said.

Already, nearly 90 percent of the cocaine sold in the U.S. is smuggled through Mexico. The nation is the number two supplier of heroin, the largest foreign source of marijuana and the largest producer of methamphetamine, according to the Bureau for International Narcotics and Law Enforcement Affairs.

Mexican drug trafficking organizations, including the Tijuana-based Arellano Felix cartel, are the, “...predominant

cocaine transporters and distributors in the country, and also produce, transport and distribute much of the heroin, marijuana and methamphetamine available in U.S. drug markets,” according to the National Drug Threat Assessment 2006.

Supervisor Jacob is especially worried about the legislation’s impact on American young people who often cross the Border to take advantage of Mexico’s lower minimum drinking age.

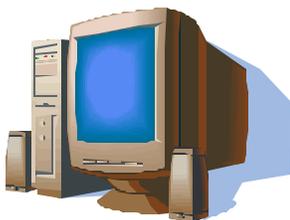
“Mexico is already a destination for underage drinking. We do not need Tijuana to become a destination for underage drug use,” she said.

## TECHNOLOGY

### Computers for Deserving Non-Profit Agencies

**D**id you know that your non-profit organization may be eligible for a donation of computers from the San Diego Futures Foundation?

The group donates refurbished computers complete with operating systems, keyboards, mice,



and flat panel monitors to qualified nonprofits.

Currently, the Foundation is focused on providing PCs to organizations that specialize in youth, health and safety and the environment, but all 501(c)3 nonprofits are eligible. Add your group to the list!

**Apply by visiting the San Diego Futures Foundation web site at [www.sdfutures.org](http://www.sdfutures.org).**

## COFFEE AND CONVERSATION

Supervisor Jacob invites you to an informal coffee to share your thoughts and ideas.



Friday, June 26, 2006  
8:30 a.m.

Casa de Oro Travel  
10630 Willie Baker Way  
Spring Valley

# Get The Jacob Journal!

The Jacob Journal will be mailed to you on a regular basis by request only. If you like what you've read, fill out the form below and mail it back to us at 1600 Pacific Highway, San Diego, CA 92101 or fax it to us at (619) 696-7253. You can also sign up to receive the Jacob Journal on our website at [www.diannejacob.com](http://www.diannejacob.com).

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We hope to hear from you soon!

May 06

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