

NSAPA Chairman Update — Stop 2525 Main Residential Development



**PLANNING COMMISSION
MEETING AUGUST 27th!
YOU NEED TO BE IN THE CITY
HALL CHAMBERS AT 5:30 PM!**

PARK-SANTIAGO.COM
**NO REZONING
NO APARTMENTS**
AT 2525 N. MAIN ST.

The DRAFT Environmental Impact Report will be issued within the next few weeks. We will have 45 days to review and comment on this report. This is a very important phase of the process and one that needs to be thorough if we are to pursue any sort of legal action. I encourage you to all to attend and show the Commission we have the people to oppose this project.

AC 2525 Main LLC (Vineyard Development Inc) changes were submitted on July 16th. The revised plan is still 496-units, still at five stories, still with an 8-story parking structure, still unacceptable. Attend the August 27th meeting to see the first official comments from the city.

If you aren't receiving updates, send an email to nsapainfo@gmail.com. We need your email address so that we may promptly notify you of time sensitive changes.

We still have window signs (\$5), T-Shirts (\$15), and lawn signs (\$25) available to purchase. Show your support for this effort by ordering thru nsapainfo@gmail.com! Wearing these shirts at the city meetings does have an impact. Thanks, Dale Helvig, NSAPA Chair.

July 4th Parade



Special thanks to:

The Park Santiago Neighborhood Association for sponsoring the event.

Rory Kirk for being our DJ and providing music for our event. Thank You!

Robert Hammond and **OCFA OC Fire Station 70** for leading our parade.

Amber Fensler for singing our National Anthem.

Boy Scout Troop 28 and **John Vasquez** for their flag ceremony and leading the parade.

Thanks to all that helped in making this year's 4th-of-July parade such a success!

There are so many things we love about living in Park Santiago, but we would have to say that the 4th of July parade is our most favorite!

We had over 250 people in this year's parade and there were Smiles and Laughter all along the parade route. Hope to see you all next year!

PSNA BOARD ROSTER 2018

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Befriending Bacteria

by Stacey Clinesmith

If you watch even a little television these days you've no doubt noted the extraordinary number of commercials for medications that purport to treat the symptoms of a whole host of digestive issues like Crohn's, Colitis, and Inflammatory Bowel Disease (IBD). As a therapeutic chef who works with digestively challenged clients, it makes me wonder: why can't anyone poop normally any more.

Well, the crux of the problem is this: our gut microbiota are seriously out of balance. These organisms contribute more genes responsible for human survival than human genes do. In fact, their genes outnumber ours 10 to 1. These organisms allow us to digest food, absorb and synthesize nutrients, produce beneficial compounds like vitamins and anti-inflammatories, and be better protected from 'bad' microbes. Unfortunately, things like antibiotic overuse, modern agriculture practices, the standard American diet, and antibacterial personal care products, have negatively impacted our gut microbiota. It's time to befriend bacteria.

Two of the most important things your gut bacteria want to stay healthy are prebiotics (found in foods with "live active cultures" like yogurt, sauerkraut, kimchi, and miso) and probiotics (a specific type of fiber that feeds your gut microbes found in foods including bananas, oats, garlic, onions, cabbage and apples). (continued on next page)...



PSNA Book Recommendations:

- ◆ ***Behind Closed Doors***
by B.A. Paris
- ◆ ***The Underground Railroad***
by Colson Whitehead
- ◆ ***I'll Be Gone in the Dark***
by Michelle McNamara

Restaurant Review:

by Michelle O'Valle



One of my latest discoveries is **El Indio** in Downtown Santa Ana. I suggest it for anyone that enjoys sharing a few small warm Mexican dishes with a cold craft beer. The atmosphere was perfect with my husband and when we went again with friends. They have a large beautiful patio where you can enjoy your meal and the older brick architecture.

El Indio (714) 547-7868

309 W 3rd St, Santa Ana, CA 92701

Befriending Bacteria (cont.)....

Most of us aren't getting nearly enough of either. But there's a remedy for that... the refrigerated section of stores like Mother's and Whole Foods are brimming with probiotic-rich foods.

It is also pretty darn easy to make your own pre- and probiotic foods at home (I should know since I teach many people to do so every month). So the next time you're grocery shopping, pick up some of these.

About the author: Stacey Clinesmith is a therapeutic chef who helps individual clients heal with food, teaches healthy cooking classes, and facilitates employee wellness events throughout Orange County. For more information, visit her website yourbeatingheart.com.

UPCOMING PSNA ACTIVITIES

Every Wed. 7:30– 9 a.m. & Sat. 8-10 a.m.

PROTEST at 2525 N. Main St. BRING YOUR SIGNS

Monday, August 27th, 5:30 p.m.:

Planning Commission Meeting, City Hall

Progressive Dinner: Late September – Date TBD



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NEXT CITY COUNCIL MEETING

**TUESDAY, AUGUST 21ST
AT 5:45 P.M.**

Location:

City Council Chamber,
22 Civic Center Plaza, Santa Ana.
Closed Sessions are at 5:00 p.m. and
the Regular Open Meeting at 5:45 p.m.

We encourage neighbors to attend and express concerns.

Meetings are on the 1ST and 3RD
Tuesdays of each month.



Security and Burglary Prevention

Home security and burglary preventative methods are important to initiate for the safety of your own home but working with your neighbors to keep the neighborhood safe is important as well.

When concerns over rising crime in community increases, it is important to know how to take simple precautionary steps that will help have peace on mind and prevent crime. Tips for safeguarding your home:

- Secure all doors and windows every time you leave the house.
- Check your home for any structural problems that might it easier for an intruder to gain access (such a cracked window).
- Never rely solely on the key-operated knobs that come standard on entry doors, reinforce them with a dead bolt.
- DO NOT keep spare keys in an obvious place.
- Ensure that driveways, pathways and entry points have adequate lighting
- Use a motion sensor for welcome visitors.
- Close your blinds and curtains when your leave. When living in the evening, considered leaving something to give the indication that someone is home such as leaving the radio on or a lamp.
- If possible, invest in alarm system.

Dumpster Day Success: The dumpsters were filled to the top! A big part of this were the residents who volunteered to have the dumpsters in front of their house and your support. Keep a look out on Nextdoor.com for our next Dumpster Day & **Thanks you all for your help!**

Price List for Advertising in PSNA Newsletter:

- Single Issue Business Card Ad Size... \$75
 - Single Issue Quarter Page Ad..... \$150
 - Single Issue Half Page Ad..... \$200
 - Single Issue Full Page Ad..... \$275
- (\$100 Discount for any advertiser who prepays for 4 Issues.)

SUPPORT PARK SANTIAGO NEIGHBORHOOD ASSOCIATION

Please help support PSNA with your 2018 Tax deductible donations. Just fill out the coupon and mail it to the address listed below. Your donations help sponsor events, newsletters and projects.

Thank you for your help.

\$25.00 \$50.00 \$100.00 Other _____

Name: _____ Phone (_____) _____

Park Santiago Neighborhood Association (PSNA) is a Santa Ana neighborhood of 1,175 homes bordered by 17th Street, the Santa Ana Freeway, Main Street, Santiago Park and Lincoln Street. Our neighborhood's goals are to preserve and enhance the integrity and quality of the neighborhood and to foster effective communications.

Make checks payable to PSNA. Mail to: PSNA P.O. Box 11061 Santa Ana, CA 92711

PSNA would like to thank *OC Printing* for all their hard work and dedication to this newsletter.

To request services from *OC Printing* visit

<https://www.ocprintingservices.com/> or call (714) 550-9730.