



NEIGHBORHOOD NEWS

OMI Neighbors in Action... a community organization of neighbors helping neighbors

Fall 1991

OMI Neighbors in Action • c/o Temple UMC 1111 Junipero Serra Boulevard • San Francisco, CA 94132-2697 • (415) 333-2333 • No. 14

No on Prop. L saves City College say supporters

Opponents to the proposed senior housing on the Phelan Loop say that a "no" vote on Proposition L will save City College. They say that any development of the land should be put off until a comprehensive plan for the college can be completed.

A group of City College faculty and some residents of the Sunnyside Neighborhood Association have called the plan to put senior housing on the Phelan Loop Site are "the same old public land give away." Two faculty senates have voted against the plan. Assessor Richard Hongisto and State Senator Quentin Kopp have endorsed the "No" on Prop. L position in the Voter's Handbook.

According to Dave Wall, a City College physics instructor, "This is a fourth time this issue has been on the ballot," he stated in his argument in the Voter's Handbook.

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Prop. L is not Balboa Reservoir say supporters for Yes on L

By Rev. John Lane & Jim Feliciano, Phelan Loop Senior Housing Coalition

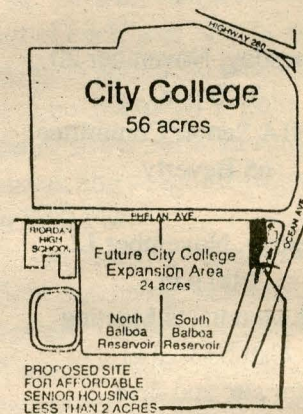
Proposition L is not a housing versus education issue. Nor is it the Balboa Reservoir on the ballot again. Rather, it is about addressing the needs of the neighborhood and the city. A yes vote on Proposition L would allow the community-based non-profit housing group Housing Conservation and Development Corporation (HCDC) the opportunity to build 120 units of affordable rental housing for low-income seniors. It would also provide an opportunity for low income seniors in our neighborhood to remain in the neighborhood where they have lived, worked and raised their families.

According to statistics, San Francisco has the highest percentage of senior citizens of any city in California, one third of all seniors in San

Francisco live alone and that 25% of seniors need assistance just to bring their income up to poverty level. Also, we have been told that the City College of San Francisco has the largest student population of any community college in the world, and that it is crowded into one of the smallest campuses in California. So what does all this mean? Are any of these statistics

"We can do all...with yes vote on Prop. L and still leave all 28 acres comprising the Balboa Reservoir available for City College campus expansion."

more compelling than the others? Probably not.



The reality is that San Francisco is in dire need of affordable housing for seniors in all of its neighborhoods and

the city needs affordable educational opportunities for our students. We believe that the proposed affordable se-

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Father Cornelius O'Reilly In Loving Memory

By Rev. Paul Sweet, Temple United Methodist Church



A smile, a winsome laugh, and a serious expression creeping across his face—that's how I remember him.

With pride he gave me a personal tour of St. Emydius Church. We were on his "turf". It was also God's house, and Father O'Reilly knew deeply and how profoundly the two were intertwined. He was God's servant; God was his master, and the two interfaced most fully there in the sanctuary—this place he was showing me. He spoke of the people who worshiped there, their problems and hopes. He spoke of the changing times. Not as many come to confess anymore. He opined about the new times ahead, perhaps their absence was due to decreasing formality and increasing spirituality.

And as Father O'Reilly shared his thoughts with me, I realized I was talking to a rare man, an individual who could bridge the past and the future with the present. He knew what he was all about and what the church had been about, and he had a glimpse, maybe even a vision, of what both could become.

I was glad he decided to become part of the OMI Clergy Cluster. Had he not, I would not have had that rare moment with him, nor the greater community beyond St. Emydius would have had the opportunity to walk with him for peace and justice, and I would never have been able to meet the special man that was Father O'Reilly.

On Thursday evening, October 31, the parishioners of St. Emydius Church held a dedication to name the church's social hall the Father Cornelius O'Reilly Center in honor of their late pastor. The dedication followed a special mass in Father O'Reilly's honor and a plaque was resurrected in the entrance way of the center. The idea to name the center after Father O'Reilly originated with his parishioners said Father Craig Forner, the new pastor. Father O'Reilly loved children so much, they thought it was befitting to dedicate the building in which many youth activities are held. "We are pleased to remember Father O'Reilly this way and all will remember fondly in this memorial to him. Father O'Reilly had been pastor of St. Emydius Church for over 13 years when he passed away this summer.

Five College Trustees support Prop. L.

Five members of the San Francisco Community College Board are urging San Francisco voters to vote "Yes" on Proposition L. Proposition L would rezoned the 1.8 acre parcel of land located at Ocean and Phelan Avenues. The rezoning would pave the way for the senior housing and retail development project proposed by the Housing Conservation and Development Corporation to be developed.

In a letter dated October 16, 1991 directed to San Francisco voters the following was written. "We serve on the San Francisco Community College Board, and as individuals we are proud to support Proposition L in the November 5 election. We urge all San Franciscans to vote "Yes on L".

We want San Francisco's voters to know that Proposition L's proposal to allow 120 units of low-income senior housing at the Phelan Loop Muni turnaround site is compatible with City College's recently adopted Master Plan. This housing will in no way jeopardize the College in its plans to expand facilities and services.

City College is a community college supporting the rights and aspirations of all San Franciscans. Decent and affordable housing for older San Franciscans is a basic right we heartily embrace. Affordable housing and affordable education make for good neighbors in the San Francisco we

Continues on page 8

Attention Voters

Whereas OMI Neighbors in Action can not and will not endorse candidates or propositions, we urge our fellow residents to cast their vote. There is no doubt that this election will affect our community. One vote can make a difference. Your vote does matter.

OMI NEIGHBORS IN ACTION invites you to the

OMI Community Salad Tea

"Celebrating Our Diversity"

Saturday, November 9th, 1991
2:30 - 5:00 pm

Temple United Methodist Church
65 Beverly
(parking in lot on Beverly)

Mistress of Ceremonies:
Gayle Orr-Smith

Join your neighbors for an afternoon of
diverse & delicious
food, great music, & fellowship.

Suggested Donation: \$5.00

Tickets include an entry in the Door Prize Drawings! Please contact the OMI-NIA office (333-2333) to purchase tickets. Remember to bring a friend!

OMI Neighbors Reception Is Huge Success!

CALENDAR

Saturday, November 9,
2:30-5:00 p.m.
Salad Tea
Temple Methodist Church
65 Beverly

Monday, November 18,
7:00 p.m.
Issues Committee/
Mayoral Task Force
1099 Capitol

Wednesday, November 20,
3:00 p.m.
OMI-NIA Senoir Committee
65 Beverly

Tuesday, November 12
7:00 p.m.
OMI Merchants Meeting
Call 333-2333
for site and time.

OMI-NIA November 26
General meeting
Call OMI-NIA Office
for date, time and site.

Annual Christmas Party
Call 333-2333 for date, time, site

The night of Friday, August 26th, will be remembered in years to come as one of the most successful fundraising events organized by OMI Neighbors in Action. Over 200 neighbors and friends of the OMI community gathered to recognize the past support of Congresswoman Nancy Pelosi, The Christmas in April Foundation and The OMI Merchants & Professionals Association at the Good Neighbors Awards reception.

St. Michael's Church was the site of the festivities which included a delicious buffet, wine, punch and terrific jazz music provided by the City College of San Francisco Jazz Combo. Supervisor Willie B. Kennedy, an OMI resident, acted as the Mistress of Ceremonies for the evening's program. OMI Neighbors in Action supporters who attended the event included: Hon. Willie Brown, Mayor Art Agnos, former Police Chief Frank Jordan, Police Commissioner Gwen Craig.

Special thanks are due the co-chairs of the event: Ladine Jones, Bob Landis, Lillie Simms, Vivian Wiley and each of the OMI-NIA members who contributed their time to insure the success of the event. We could not have done it without you!



Congresswoman Nancy Pelosi, 1991 OMI Good Neighbor Honoree, "catches up" with Jim Buick at the Reception.



OMI-NIA members, Ladine Jones, Zenobia Everhart and Leona Breeden celebrate at St. Michael's, site of this year's Reception.

OMI DRUG/GANG ACTIVITY REPORTING FORM

DATE _____

INSTRUCTIONS

1. This is an **ANONYMOUS** form. Please do not give your name or address.
2. **OMI NEIGHBORS IN ACTION** has developed this form in cooperation with the Ingleside Police District and the District Attorney's Office. Information on these forms is sent directly to the Narcotics Division for immediate investigation. OMI-NIA members monitor these forms to insure that proper police action is taken in a timely and appropriate manner.
3. Additional forms are available at all Block Club meetings and OMI-NIA regular meetings. To find out about meeting times call 333-2333.
4. Also call this information in to the Drug Hotline at : 553-1600 and the Gang Task Force at: 553-1401.
5. Mail this form to: **OMI Anti-Drug Campaign**
c/o Temple UMC
1111 Junipero Serra Blvd.
San Francisco, CA 94132
6. If you notice gang activities, please use additional comment section.

REPORT FORM

Please give as much information as possible. Use the reverse side if necessary.

ADDRESS/LOCATION OF ACTIVITY (give cross streets): _____

DATE(S) ACTIVITY OCCURRED: Day(s) _____ Time(s) _____
Is this a regular activity? _____ What are the usual hours of activity? _____

DESCRIPTION OF PERSON(S) SELLING DRUGS (list numbers of people fitting these descriptions):

Age	Sex	Race	
Youth (8-17 yrs.): _____	Male: _____	White: _____	Hispanic: _____
Young Adult (18-25 yrs.): _____	Female: _____	Black: _____	Other: _____
Adult (over 25 yrs.): _____		Asian: _____	Unsure: _____

Other Characteristics (i.e. height, weight, hair color, etc.): _____

If group, please list descriptions on back.

WHERE ACTIVITY OCCURS:

In house: _____ In garage: _____
On street: _____ Walking: _____
In driveway: _____ Other: _____
In car: _____ Unsure: _____

DESCRIPTION OF VEHICLE(S) INVOLVED:

	LICENSE #	MODEL	MAKE	COLOR:
VEHICLE 1				
VEHICLE 2				
VEHICLE 3				

ADDITIONAL COMMENTS: _____

Urgent !

**Anonymous form
to report drug/
gang activity**

This **ANONYMOUS DRUG I.D. FORM** is a crucial part of the campaign to combat drug-dealing in the OMI community.

It was developed by OMI Neighbors in Action, Ingleside Police District and the District Attorney's Office.

The information on this form is sent directly to the Narcotics Division for immediate investigation. Necessary follow-up is monitored by OMI-NIA members.

PLEASE CLIP OUT THIS FORM AND USE IT TO REPORT ANY DRUG DEALING ON YOUR BLOCK OR ANYWHERE ELSE IN THE COMMUNITY.

If you need more forms or have any questions, please contact the OMI-NIA office at 333-2333.

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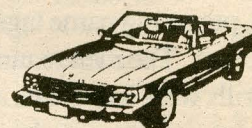


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OMI Neighborhood News Possible

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American Diabetes Alert:

By the American Diabetes Association

Here is a golden opportunity to reduce your diabetes risk. Be Alert. Everything we know about diabetes tells us that in the majority of cases, diabetes can be controlled-maybe prevented-through proper diet, exercise, and finding out early if you are a high-risk candidate for diabetes.

The health quiz below will help you find out if you have diabetes or are at risk for diabetes. Finding out is important because diabetes can lead to heart disease, kidney disease, blindness - even death. So take the test. Know the score.

Last year, thousands of Americans found out they have diabetes by taking this quiz. Today, through diet, exercise and medical supervision, many of those people are leading healthier, happier lives. Diabetes symptoms don't always show up until it's too late. Don't wait.

AMERICAN DIABETES ALERT

1. I have been experiencing one or more of the following symptoms on a regular basis:

- *excessive thirst
YES 3
- *frequent urination
YES 3

Put your health to the test

- *extreme fatigue
YES 1
- *unexplained weight loss
YES 3
- *blurry vision from time to time
YES 2
- 2. I am over 40 years old.
YES 1
- 3. My weight is equal to or above that listed in the chart below.
YES 2
- 4. I am a woman who has had more than one baby weighing over 9 lbs. at birth.
YES 2
- 5. I am of Native American Indian descent.
YES 1
- 6. I am of Hispanic or African American descent.
YES 1
- 7. I have a parent with diabetes
YES 1
- 8. I have a brother or sister with diabetes.
YES 2

Continues on page 7

Wellness Center offers new programs

By Agnes Morton, PHN

A supplemental program for women, infant and children, and a pre-teen and teen group for girls age 10 and older are some of the new programs being offered at the OMI Wellness Nursing Center, located within the OMI Pilgrim Community Center at 446 Randolph.

The W.I.C. (Women, Infant and Children) program provides nutritional services to low income and Medi-Cal eligible women. Interested person should call, 661-4400 for more information.

Pre-teen and teen girls (age 10 and up) can discuss topics related to self-esteem, puberty, substance abuse prevention, goal setting and other teen health issues with facilitators Rita Times, PHN and Denise Collins, PHN. The group meets on Fridays from 3:30 to 4:30 p.m.

Watoto Weusi Ujima is an eight week parenting course designed for African American families. For more information, interested persons are encouraged to call 586-8035 on Wednesdays or 661-4400 and ask to speak with a public health nurse on the OMI team.

The OMI Wellness Nursing Center continues to offer preventative health care services to OMI residents and referrals to appropriate community resources.

Flu Shots for the community

By Agnes Morton, PHN

The flu season is almost upon us and public health officials are encouraging people over 55 and persons with chronic diseases involving the heart, lung, kidney, diabetes, anemias or other condition to take the 1991 flu vaccine.

Although some people report side effects such as fevers, chills, headaches or muscle aches, most people have had no serious side effects from flu vaccines in the past few years. If anyone experiences side effects after obtaining the vaccine, he or she should contact their physician or usual clinic. However, soreness at the injection site for a few days is not usual.

Persons with fever or who feel ill with something more than a cold, with allergies to eggs, who are pregnant, or have a history of Guillain-Barre Syndrome, should check with a doctor before taking the flu vaccine. Free shots available on Wednesday, Nov. 13 at the OMI Wellness Center. For more information, call 586-8035.

Flu shots are also available at the Lakeside Senior Medical Center, 2501 Ocean Avenue in Lakeside Village on Wednesday, November 6, 12:00 p.m. - 4:00 p.m. & Wednesday, November 13, 12:00 p.m. - 4:00 p.m. Cost is \$2.00. There is no charge if you are a Lakeside Senior Health Center Patient.

Consumers' Notebook

Know Your Antiques

By Frank Chavez, Ocean Avenue Antiques

Books about antiques have almost always been written for collectors or for persons with a basic knowledge of the subject. Everyone seems to ignore the beginner, even though it is possible for an expert in silver to be a beginner in furniture.

As a beginner, look in the obvious place first. Try a good general encyclopedia; these volumes are filled with very important information. Call your local library and ask for help; surprising amounts of information may be gained by telephone. However, if your research problem is complex - a trip to the library may be necessary. Most libraries have large collections of books about antiques.

We suggest that if the item you are interested in is a signed or marked piece of silver, pewter, china or glass, start with books devoted to marks. Understanding antique furniture requires organization and good sense as well as an innate sense of suspicion. Furniture, more than any other antique, is forged, copied and embellished. There is country furniture and there is formal furniture. Most of the experts do not really know which is which, but to tackle a good game of antiques you must have the general idea.

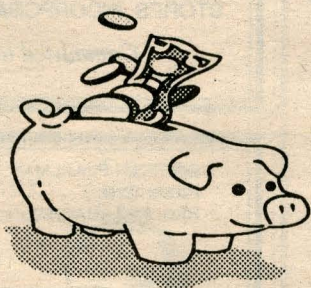
There is furniture from Spain, England, France, Canada, and America. If you wish to determine if it is as old as it appears - you must read about

"furniture construction" and learn about nails, miters, joints and finishes.

Also do the same thing with clocks, jewelry, needlework, prints, paintings, and toys. Just remember everything in your home can become an antique.

Please feel free to come in to Ocean Avenue Antiques, 1947 Ocean Avenue, San Francisco for more information or call 333-2002. We will always try to help you with your questions about antiques.

Consumer Alert!!



What you know can save you money.

AIDS is a community concern. You can not get AIDS from casual contact. Learn the facts. Then act.

Falls in older adults become growing concern

By Marci Gottlieb, MD, Lakeside Medical Center

As the number of older adults living alone has increased, so has the incidence of injuries as the by-product of falls. Falls are a major problem for older adults and sometimes result in a loss of independence.

Frequently, it is difficult to determine the cause of a fall. The person who fell might comment, "I must have tripped", but may not really be sure.

There are many reasons why an older person might fall. It's important to distinguish among these reasons. There are environmental falls as well as falls that represent serious medical problems.

Physical impairments associated with aging can increase the risk of falling. These include: reduced vision, dizziness, loss of sensation in a foot or leg, muscle weakness and/or slowed reflexes. The use of certain medications or interactions among certain medications can also contribute to falls.

Evaluation of falls

A health evaluation is an important factor in preventing falls. A health evaluation by a geriatrician is especially beneficial for an older person. A "geriatrician" is a doctor who specializes in Internal Medicine or Family Practice and then trains at a hospital taking care of older patients for another two to three years.

The home environment can also present hazards. This is especially true for a person with poor vision, weakness, confusion or problems with mobility. These hazards may include slippery floors, loose or worn carpeting, loose appliance and telephone cords, poor lighting, stairs and the absence of hold rails in halls, bathrooms, and on stairways. All of these can present even greater hazards if the person wears loose fitting shoes or slippers or walks in stocking feet.

Getting up after a Fall

Learning how to get up after a fall can have an important effect on a person's self-confidence. Instruction on how to change positions slowly, from lying to sitting and from sitting to standing may help prevent falls. A home visit by a physical or occupational therapist or by a social worker to do an evaluation of the home living situation might also be helpful. A telephone emergency response system is another protection that can be considered. Systems are available through hospitals and social service agencies.

The Community and Home Injury Prevention Program Project for Seniors (CHIPPS) helps seniors prevent injuries in their homes. For more information, call 621-3017.

Buying and Selling in Today's Real Estate Market

By Bill Taylor, Real Estate Specialist

Most of us "tune out" much of what we hear in the media mainly because of the immense amount of information available from too many different sources. We "tune in" when the subject is close to home, such as reports about San Francisco or violence and drugs in the OMI community. Then we make a big issue of the event.

The same is true of real estate and interest rates as presented by the media and other expert sources. We "tune out" news of events in the Northeast part of the United States or in Southern California and "tune in" real estate news relevant to San Francisco or the OMI community. As recently as September, this grim news was compounded by a change in home values, a stagnant economy, and high unemployment with little prospect for turn-around this year.

It is imperative that we place the state of the real estate economy into proper perspective.

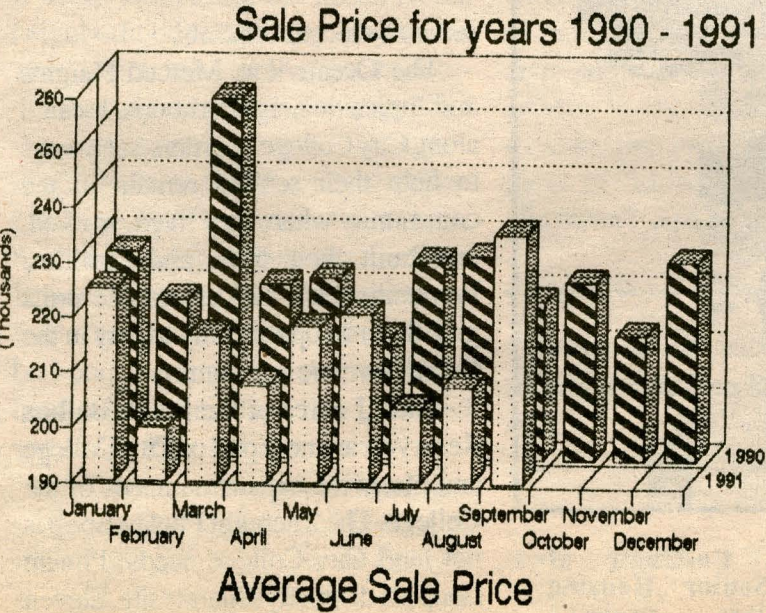
Home prices and interest rates can and often do change overnight. The same is true of our national economy or the state of world affairs. Take the Soviet Union, Haiti or Iraq, for example. Are we rebounding out of a recession and back on the road to growth and prosperity? One thing is certain - its doesn't pay to wait if your plans call for buying or selling real estate.

When interest rates or home prices start back up we'll know that they have bottomed out due to their cyclical nature. But by then it's too late to get the best rate or price. Prospective borrowers will flood the loan market all at once pressuring available loan funds with a resultant rise in interest rates.

Concerned about home prices here in the OMI area?

Below is a chart showing Average Sale Price** of the first nine months of 1990 and 1991.

The chart on the right highlights the Sales Volume** over the same two year period and accurately reflects the state of home sales.



SCORING 3-5 POINTS:

If you scored 3-5 points, you probably are at a low risk for diabetes. But don't just forget about it. Especially if you have a family history, are over 40, overweight, or of African American, Hispanic, or Native American descent.

WHAT TO DO ABOUT IT:

Be sure to know the symptoms of diabetes. If you experience any of them, contact your doctor for further testing.

SCORING OVER 5 POINTS:

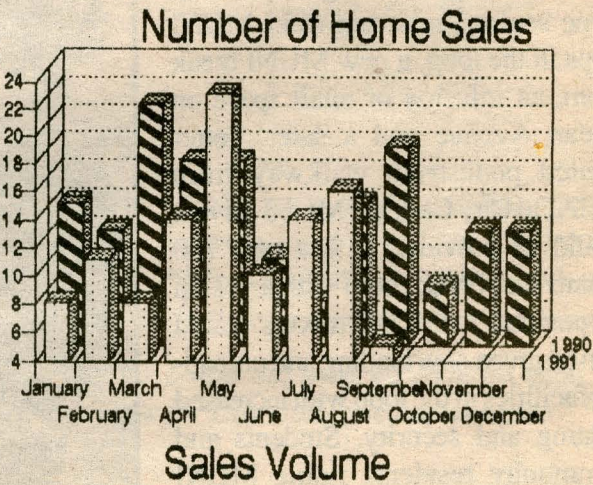
If you scored over 5 points, you may be at high risk for diabetes. You even may

already have diabetes.

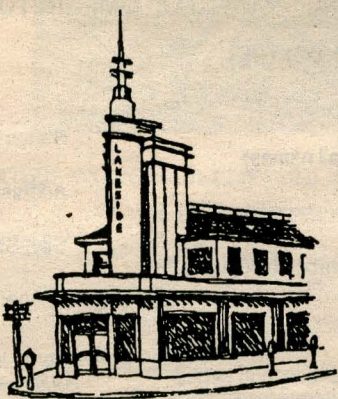
WHAT TO DO ABOUT IT:

See your doctor promptly. Find out if you have diabetes. Even if you don't have diabetes, know the symptoms. If you experience any of them in the future, you should see your doctor immediately.

Check with your local American Diabetes Association (ADA) chapter or affiliate for more information about diabetes, healthy eating, and exercise. (Telephone numbers are listed in the white pages of the phone book.)



*Source: San Francisco Association of Realtors. Information reliable but not guaranteed.



Lakeside Senior
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586-8600

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Prop. L is not Balboa Reservoir continues

niorrental housing for the Phelan Loop site at Ocean Avenue will help us address the need for senior housing while enhancing the presence of City College and preserving its opportunity to expand its main campus to the nearly 30 acres of the north and south Balboa Reservoir.

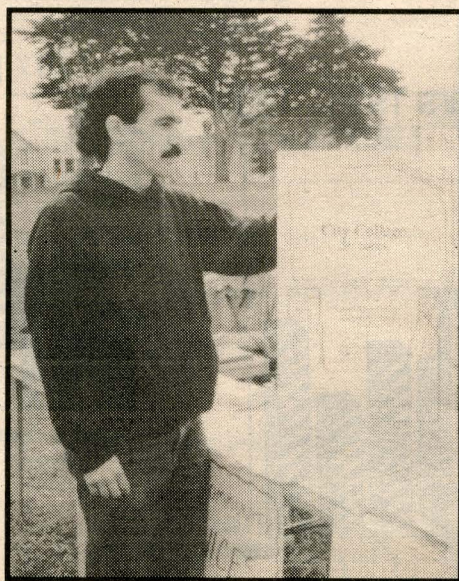
Everyone wins with this housing proposal. Many of us who have spent the greater portion of our lives in this neighborhood are tired of walking or driving past the vacant and vandalized eyesore on the corner of Ocean Avenue. We have the opportunity to replace that eyesore with a well designed building that would serve as a gateway to Ocean Avenue and the community.

At the same time, we can provide safe, affordable housing for low-income seniors, new and safer MUNI stops in the loop, a new MUNI break room, an infusion of retail space on Ocean Avenue and a safer, better lighted pedestrian walkway from MUNI to City College. MUNI drivers would be provided with a new 750 square foot break room with a yes on Proposition L. MUNI drivers would also be given new loading and unloading facilities in the loop with increased lighting and security. Students and community residents riding MUNI would be provided with a pedestrian arcade that is 26 feet wide, partially covered extending from MUNI to City College. We can do all of this with a yes vote on Proposition L and still leave all

28 acres comprising the Balboa Reservoirs available for City College campus expansion.

A yes vote on Proposition L would also create 9,300 square feet of badly needed retail and commercial space which would serve to enhance the Ocean Avenue shopping district. It would anchor the east end of Ocean Avenue much the way that Lakeside Village does the west end.

We believe that we can all come together on this issue. Do we really need to pit one worthy cause (affordable senior housing) against another worthy cause (affordable education)? Help us care for our city's past by planning for our neighborhoods' ... future; vote yes on Proposition L.



Jim Feliciano, Co-Chair of Phelan Loop Senior Housing Coalition, displays project's location.

No on Propostion L continues

"This is about education.. This is about Community College land. This is about access to affordable education for children and low-income and working class family," reads Wall's argument in the Voter Handbook.

Walls concedes that although Proposition L involves a different site than the one in the 1988 initiative it still involves land that is critical to a new West Campus. Calling City College the biggest community college in the world that is cramped into the smallest campus in the state, opponents to the Yes on L measure senior citizens living at the Phelan Loop could possibly hinder future expansion plans of the

college.

An open invitation to our neighbors

Are you interested in improving the quality of life in the OMI? Do you have concerns about parking, graffiti, beautifying the neighborhood, recreational activities for youth and community development issues?

If you answer is yes to any of the above, you are needed at the OMI-NIA Issues Committee Meeting. Join us on the third Monday of each month at 1099 Capitol Street, 7 p.m.

College Trustees continues

serve as elected officials.

The Oceanview, Merced Heights and Ingleside neighborhoods, located along City College's borders, seek ways to help their seniors remain in the community where they lived, worked, and built their lives and families. Proposition L's 120 affordable units give them an opportunity to stay in the Ocean Avenue community.

The 11 acres of the South Balboa Reservoir are now part of City College and meets the expansion needs of the College. The 2 acres at Phelan Loop is not land City College needs; Phelan Loop is a distinctly separate site. Eleven acres for students and 2 acres for senior

housing is plan we can all embrace."

With a request to "Please join us in voting "Yes on L" on November 5", the letter was signed by Trustees Robert Burton, Dr. William Marquis, Rodel Rodis, Mabel Teng and Dr. Tim Wolfed.

In 1876, one vote changed France from a monarch to a republic. In 1776, one vote gave America the English language instead of German.

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