



The Neighborhood News

Winter 2008

TCC Open House & Recycling Event: 12/06, 11-2 pm ***Be a Tahoe/Colonial Park Waste Warrior!***

As part of this year's Tahoe/Colonial Collaborative Open House & Multicultural Craft Fair on Saturday, December 6th from 11am to 2pm, we will be holding a "Three R's (Reduce, Reuse, Recycle) Extravaganza." There will be fun, educational events such as decorating reusable shopping bags you can take home, examples of new uses for old things, and information on recycling. We will be having a **swap meet** so bring any **clean household items, toys, clothes, & books** that you are done with but may be someone else's treasure! We will also be **collecting household batteries & compact fluorescent light bulbs** to take to a proper designated recycling center so bring those by as well. Let's help create a healthier home and neighborhood for our families!

Family Fun Nights - Kickoff on 12/12 at 5 pm

We're planning monthly family fun nights, and we want your ideas in deciding what we will do. Come to our first Family Fun Night to help us plan. We're having a nacho bar and a whole lot of fun. Call 916.277.7001 or stop by TCC for more information.

FREE Dinner with the HAVES

Please join the HAVES for FREE dinners and community gatherings on the third Friday of every month at 5:30 pm at the Colonial Heights Library, 4799 Stockton Blvd., Sacramento, CA 95820. Free dinner and fabulous raffle prizes will be offered.

The HAVES is a group (association) of parents, aunts, and other community members committed to celebrating what we HAVE in our community. Contact us by email at thehaves@yahoo.com or 916.277.7001. Funding for the HAVES is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children age zero to five. Additional information about the First 5 Sacramento Commission is online at www.sackids.saccounty.net or by calling 916.876.5865.

Tahoe Stars Continue to Shine! By Katie Curry, Principal of Tahoe Elementary

Tahoe Elementary School continues to make significant growth in achievement! More students are achieving at the high levels of Proficient and Advanced on the California Standards Test, the State's test that tracks student achievement and monitors school's accountability to results.

The data tells the story. With the state's accountability system API, Tahoe has grown from 578 in 2003 to 765 in 2008—a 48 point gain last year! Only two other Sac City school exceeded Tahoe's API growth. With the federal government's accountability system, Tahoe School's percent proficient and advanced in ELA has risen from 13.4% in 2003 to 41% in 2008. In math, the increase is even more dramatic—from 14.1% in 2003 to 46.3% in 2008.

The school-wide growth is terrific, but Tahoe School is most proud that the data indicates that all demographic groups of students—low socio-economic students, African American students and Hispanic students have made outstanding gains as well. All students are growing and achieving at higher levels at Tahoe.

The Tahoe staff is committed to success for everyone. The teachers at Tahoe are dedicated and passionate about their work—they put in many extra hours, continue to grow and learn in their profession and take time to really get to know their families and students. It's a great place to be and a great place to learn! Stop on by and visit sometime.

Celebrating the Holiday Season & Reflecting on TCC's Successes By Elizabeth Sterba

As you know, the Tahoe/Colonial Collaborative (TCC) was formed in 1994 by a group of caring parents, grandparents, youth and other neighbors in order to organize, plan and implement activities, events and programs that would bring people together and improve the health and wellbeing of children and families in the community.

What you may not know is how many free activities, events, and services TCC has brought to this community... your community... our community:

- More than 100 community events;
- Over 2,700 hours of after school mentoring and tutoring;
- 20 children's Wellness Education Camps;
- Nearly 6,240 hours of computer & internet access for students and seniors;
- 144,000 copies of 48 issues of the *Neighborhood News* community newsletter;
- And so much more!

All of these highly successful, incredibly effective activities have been introduced and offered due to the tremendous work of a dedicated group of volunteers and a very small, locally-hired and –trained part-time staff. All of our funding has come from private foundation grants, local community donations and partnerships with local institutions such as Sacramento City Unified School District and UC Davis Medical Center.

You will read about our 2nd Annual CommuniTea fundraiser in this newsletter (see p. 4), which details our only request for funds from the community all year long. If you were not able to make it to the CommuniTea, you can still help support the Collaborative by sending your contribution. Any donation—from \$5 to \$500 will help—so please consider giving back to your neighborhood this holiday season!

Turning Sacramento County Green By Supervisor Roger Dickinson

We are faced with a climate change challenge that will define our nation's ability to achieve energy independence, economic prosperity and the preservation of our natural resources for generations to come. The response of local governments is critical to addressing this challenge. Localities are in the best position to foster the innovation and new practices that will achieve building efficiencies, cleaner transportation options, development of green jobs and businesses, and more sustainable communities.

About 40 percent of greenhouse gas emissions comes from commercial and residential buildings, and more than one-third of green house gas emissions comes from the transportation sector. As early as 2002, Sacramento County began transitioning its garbage trucks from diesel-fueled to a fleet powered by cleaner Liquefied Natural Gas. All future facilities built by the County will strive for certification from the Leadership in Energy and Environmental Design (LEED). Three current building projects are the new headquarters for Water Quality, the new Animal Care and Regulation facility, and a new Terminal B for Sacramento International Airport. All three building projects will be LEED Certified Silver. In addition, through the County's partnership with the University of California Master Gardeners, workshops on eco-friendly gardening are conducted seasonally. Sacramento County is also leading the way with an aggressive business recycling program.

As another example of local actions, the Natomas Unified School District has been a regional and statewide leader in efforts aimed to improve air quality, build environmentally sustainable schools and provide a healthier environment for students, staff and members of the community. The District was the only school district in California to receive the designation as a "Climate Action Leader" by the California Climate Action Registry for participation in one of the country's most

rigorous voluntary greenhouse gas emissions reporting programs.

As a founding member of Climate Communities, a coalition of local governments that advocates for federal support for local climate change action, I am proud to be part of the growing national movement that aims to address these tough environmental and economic decisions. That is why members of Climate Communities will travel to Washington DC early next year to meet with representatives from President-elect Barack Obama's Administration and key members of Congress to gain their support for our "Climate Action Blueprint," which will be released this month, providing a list of steps needed to reduce U.S. greenhouse gas emissions by 80 percent by 2050. Our goal is to have more than 500 local elected leaders endorse the "Blueprint," thereby sending a message to Congress on the need for federal support to empower greater local action to create green jobs and address climate and energy challenges.

Climate Communities members will also work with the Obama Administration and Congress to not only advance the Blueprint, but to encourage and support funding local climate actions in any economic stimulus legislation, through \$6 billion for the Energy Efficiency and Conversation Block Grant program, and \$9 billion for public transit and green vehicles infrastructure.

Additionally, we are calling on Congress and President-elect Obama to include money in any stimulus package for local government climate and energy projects that are "ready-to-go" within a short span of months once funding is secured to help both our environment and our economy. And, we will advocate legislation that will enact a national greenhouse gas cap-and-trade program that will invest the proceeds in local government climate actions and green economic growth.

Climate change presents the greatest social, economic, and environmental challenge of our time. In many ways, we are in the best position at the local level to meet this challenge and build our economy, preserve our environment, and foster social justice. With resources and support supplied by the state and federal

governments, we can implement green building codes and sound land use policies, we can create more walkable and sustainable communities, we can increase our energy efficiency and clean our air, all while we improve our quality of life for ourselves and all who will follow us.

Keep Kids Safe

By Christy Adams, UC Davis Trauma Prevention Program

Keeping kids safe from injuries can be difficult, but now Tahoe Colonial Collaborative is partnering with the UC Davis Trauma Prevention Program to make safety a little bit easier for parents. Did you know most severe injuries to kids happen because of car crashes? Making sure children are safely buckled into a car seat every time they ride in the car can decrease the risk of severe injury or even death in a car crash. But as parents who have young children know, with so many car seats to choose from and so many different types of cars, using a car seat the right way can be confusing. Now, the Tahoe Colonial neighborhood has a community car seat resource to help parents. This summer Laura Rios attended a four-day training offered by the UC Davis Trauma Prevention Program to become a certified child passenger safety technician. This national certification allows Laura to educate parents on how to install their car seat and check to make sure the children are buckled in safety. Since Laura fluently speaks English and Spanish, she can make sure more parents in the neighborhood are comfortable with using their car seats. UC Davis Trauma Prevention Program also offers monthly classes for parents to learn more about car seat safety. For more information about using your car seat safely, call the Tahoe Colonial Collaborative at 916.277.7001.

Update from District 6

By Councilmember Kevin McCarty

Hope you're all having a great Holiday season. Below is an update on the city's budget and some seasonal safety tips to help ensure a happy and safe holiday.

CITY BUDGET UPDATE

As you know, these are extremely difficult economic times regionally, nationally, and internationally.

Revenues for the City's current fiscal year are lower than expected. In order to preserve as many city jobs as possible, the city is immediately implementing steps to reduce expenditures. Some of the measures to be implemented are: mandatory unpaid furlough of one day per month for unrepresented employees; hiring freeze continued; freeze on expenditures including travel, food, equipment, training, subscriptions, and memberships. There will be more reductions in the coming weeks and months in order to better align current year revenues and expenses. In addition, departments that have identified department specific revenue or expenditure challenges are currently working on plans to address these issues. The City Council will meet again in January to address additional budget proposals while continuing to provide the best possible services to our City residents.

HOLIDAY SAFETY

With the holiday season upon us, certain crimes such as robbery and burglary tend to increase. The Sacramento Police Department would like to inform the public about crime prevention and personal safety. Being alert and aware of your surroundings can greatly reduce the risk of becoming a victim.

BURGLARY PREVENTION

City of Sacramento has been seen an increasing problem with property-related crimes; we can use your assistance in reducing this increasing problem within your neighborhoods. We can use your assistance by first calling the police if you happen to see any suspicious activity. Secondly, you need to make your residence uninviting for potential burglar. This can be accomplished by the following: Develop rapport with your

neighbors; have plenty of lighting around the perimeter of your residence; Install a burglar alarm that rings inside/outside your residence; dogs are a good deterrent; install screws in the track above the sliding door frame; have solid doors with strong locks and strike plates at all entrances; install door viewers with wide-angle lenses; use deadbolt locks that extend at least once inch from the edge of the doors.

For more detailed information please review crime prevention tips on www.sacpd.org.

2008 Session Ends with 11 Dave Jones Bills Signed into Law

By Assemblymember Jones

I am pleased to report that the Governor signed into law eleven of my bills making substantial reforms in areas such as privacy, healthcare, early childhood education, smart growth and access to justice. **AB 211 (Medical Privacy)** protects the medical records and privacy of patients. **AB 2759 (Early Childhood Education)** reduces the bureaucracy and paperwork faced by preschool and early childhood education providers. **AB 2168 (Farm Stands/Farmers Markets)** removes restrictions to the sale of locally grown food. **AB 2069 (No Net Loss of Affordable Housing)** ensures that local governments set aside enough land to meet affordable housing needs. **AB 3005 (Smart Growth)** encourages developers to build more neighborhoods where people can walk, bike or take transit. **AB 2738 (Construction Defects)** provides fairness in contractor disputes. Seniors, and others who rely on In Home Supportive Services (IHSS) will see improved access to and improved training of IHSS workers under **AB 1674 (IHSS Provider Choices)**. **AB 3051 (Child Dependency Court Reform)** allows abused and neglected foster children, at least ten years old, to participate in the court hearings that will decide their future. **AB 1340 (Conservatorship Reform)** protects our state's elder, frail and vulnerable adults from abuse. **AB 1491 (Court Facilities)** allows the state to renovate dilapidated and unsafe courthouses. The Governor let down ordinary Californians with his veto of **AB 1656 (Financial Data**

Privacy), a bill requiring retailers to better protect financial information. For example, T.J. Maxx and Marshall's sloppy data practices resulted in the loss of 90 million consumer credit and debit card numbers. Also vetoed were **AB 2447 (Fire Protection)** that required Counties to ensure that new development has adequate fire protection, before approving new subdivisions, and, **AB 437 (Employment Discrimination)** would have made sure courts hold employers accountable for ongoing employment discrimination.

Please feel free to call me at 916.324.4676 with any questions about legislation or other state issues. Or, visit <http://democrats.assembly.ca.gov/members/a09/>.

Answers to the Kids' Questions By Dr. Omar Ahmed

How do people get sick? How does a doctor know you are sick (when you don't show it)? Why do we cough? What is a fever and why do we get it? Living with us on Earth are a number of different bacteria and viruses. These "germs" can sometimes infect us lead to different illnesses. We can protect ourselves from some of these germs by making sure we keep clean by washing our hands frequently, brushing our teeth, and avoiding touching our noses, mouths, and eyes with dirty hands. Eating healthy foods and getting enough sleep can also help strengthen our bodies' immune system, which helps fight against these germs when they invade our bodies. We can protect others from getting sick by covering our mouths and noses when we cough or sneeze, and trying to avoid being around too many people when we are not feeling well. Not all sicknesses are preventable, but if we do our part in trying to stay healthy, we may be able to get sick less often.

A cough is natural reflex that the body uses to remove things from our airway. When we breathe, air comes in our nose and mouth and travels to our lungs. If food or mucus gets stuck in this air passage, our body will cough to try to get it out. That's why we cough when

See Ask the Doctor on p. 4

Join Us!

As you know, TCC works in partnership with UC Davis to teach future physicians through the Communities & Physicians Together (CPT) program. The mission of CPT is to train primary care physicians how to be better doctors by understanding the social and environmental factors that impact health; and by engaging in the communities where their patients live.

The physicians-in-training that we work with, also called “resident physicians” or “residents,” come to our community for two weeks during each of their three years at UC Davis. They learn about our community and then work with us to plan and implement a project that will work toward improving the health and safety of our neighbors.

Each year CPT hosts an annual “Resident Advocacy Symposium,” a large celebration of the physician/community partnerships created and the projects accomplished in that year. TCC is invited to bring interested community members to this event so that they can learn more and, if they so choose, become more involved with our training efforts. The event is scheduled for **Thursday, April 15 from 6-8pm.**

If you are interested, please contact Elizabeth Sterba, CPT Program Manager at 916.734.2156 or esterba@ucdavis.edu. For more information on CPT visit the website at www.cpt-online.org.

Ask the Doctor – Continued from p. 3 we choke on some food, or cough when we have a cold. Sometimes the lungs are infected or have a disease and the body coughs as a reaction as well. For instance, in many patients with asthma, they may have cough and trouble breathing.

A fever is another way the body fights against infection. As the body is trying to defeat the germs, chemical reactions occur that raise the body temperature. But if it's too high, it can be uncomfortable and even dangerous, so there are medicines given to help reduce fever.

A doctor can help find out you are sick by asking questions about what symptoms you are having (like coughing, fever, sneezing) and

Save These Dates

Special Events

TCC Open House and Recycling Fair, Sat., 12/06, 11-2 pm—See front cover for information. Call 916.277.7001 for more information.

Family Fun Night, Friday, 12/12, 5-6 pm—See front cover for information. Call 916.277.7001 for more information.

Regular Meetings

Tahoe/Colonial Collaborative Board Meetings—Second Thursday of the Month, 9:00-10:00am, 5959 - 8th Avenue. Call 916.277.7001 for info.

The HAVes – Free Dinners, Third Friday of Every Month—The HAVes offer a free dinner for the whole community at the Colonial Heights Library. Call 916.277.7001 for more info.

Colonial Park Neighborhood Association's Semi-Monthly Meetings—First and Third Mondays, 7 pm, Colonial Heights Library. Call Shirley at 916.451.6479 for info.

Tahoe Park Neighborhood Association—First Mondays of the Month, 7 pm 5959 -8th Avenue. E-mail Bill at president@tahoePark.org for info.

Tahoe Park Playgroup – Wednesdays at 10:45 a.m. at Tahoe Park. We meet near the younger children's playground. Look for a group of blankets.) Everyone is welcome! Children of all ages, including home-schoolers, and their parents/caregivers are welcome. Rain will cancel. If you have any questions, please call or e-mail Beth: bethdubois@yahoo.com or 916.455.4671.

examining you to see if your body shows any signs of illness. Sometimes lab tests help doctors figure out what is wrong, so they ask for blood to be drawn, urine to be collected, or X-rays to be taken. With the help of information from the patient and/or their family, the physical exam, and lab tests when appropriate, a doctor and patient can work together to fight the germs and help the patient become healthy again.

TCC Fundraiser, A Success!

On November 2, 2008, TCC volunteers hosted the 2nd Annual CommuniTea Fundraiser at the Tahoe/Colonial Community Center. We sipped a variety of tasty teas and enjoyed delicious snacks while snagging incredible deals on great Silent Auction items. Best of all were visits from special guests such as Faye Kennedy, presenter of an engaging talk on the history and culture of tea; Mayor Heather Fargo; and our County Supervisor Roger Dickinson.

This fantastic event raised just over \$1,000, all of which will fund the continued operation of the TCC Center and its events and programs. We are so thankful to everyone who attended, as well as those who contributed to the event's success. (Please support the businesses highlighted in **bold** as a thank-you for their support of our community):

- Assemblymember Dave Jones
- County Supervisor Roger Dickinson
- Amy Herrera
- **Alainn Tu Salon & Spa**
- **Bellezza Hair Studio & Angie Phillips**
- Bernadette Austin
- **Bill Smith Photography**
- **Brown Bag Botanicals**
- Christine Trice
- Claudia Epperson
- Crystal Whitman
- Dora Furniss
- **Dos Coyotes Border Café at F65**
- Elizabeth Sterba
- **Evangeline's**
- Faye Kennedy
- Heather Hutcheson
- Jennifer Sterba
- **Kaiser Permanente**
- Katie Curry
- Katie Santos
- **Kellybell's Children's Clothing**
- Kelly Conley
- Laura Rios
- Martin McIlroy
- **Peter Grush, Norcal Bookkeeping**
- **RC Country Hobby**
- Tina Borgman
- **The Coffee Garden**

If you were unable to attend or if you meant to send in a donation, there is still time. Please send your checks to: TCC, 5959 – 8th Avenue, Sacramento, CA 95820. Any amount helps!