

The Neighborhood News



Fall 2008

Y'all Come Now - Bike Rodeo, 09/14 @ 9

Tahoe Elementary Playground is the site of the FREE Urban Cowgirls' and Boys' Bike Rodeo on Sunday, Sept. 14, 9-11am. The event will feature safety tips for children walking and riding bicycles in our neighborhood. We will also offer free food, free cowboy hats, free raffle items and other giveaways. For more info. please call 916-277-7001.

Save the Dates, Please Join Us for Fun

On Sunday, November 2, 2-4 pm, we will hold a CommuniTEA tea party and fundraiser for Tahoe/Colonial Collaborative. Join us for a Silent Auction, tea, tea cookies, and fun with our neighbors. The cost is \$20. All are welcome to attend. Please contact Laura for more information and to RSVP: 916-277-7001.

On Saturday, December 6, we will hold our annual multicultural craft fair and open house, 11-2 pm, at 5959 - 8th Avenue. This will be a great opportunity to visit with our neighbors, friends, and colleagues, while sharing food, fun crafts projects, and good conversation. Please join us as we showcase the artistic talents of students in our after school program and to help raise funds for future programming.

Goodbye Already?

By Johnny Chew, VISTA Volunteer

Is it September already? Time just flies by when you're an Americorps VISTA Volunteer. My year of service is nearly complete and reflecting back on my experience with the Tahoe Park community, I am sincerely grateful to have learned from all the community members here. Coming right out of college, I have never really even had a sense of community, besides reading about it in text. I feel very special to have worked with this community because the support and commitment from each individual has defined the essence of "community" for me. The projects and events are exciting but the human connections I have developed with you guys made the greatest impact on me.

I will never forget this unique community and all the projects, events, and activities it does for people. Although my service is ending, the Americorps VISTA Volunteer position is not. I have been able to develop skills in many areas of community development. If you would like to talk to me about Americorps VISTA or know someone who might be interested, please contact me at jnchew2@gmail.com.

Join the HAVEs for Dinner and a Fieldtrip

Free Dinners

Please join the HAVEs for FREE dinners and community gatherings on the last Friday of every month at 5:30 pm. The September 26th dinner will feature African drumming and dancing and will be held in Colonial Park. The October dinner will be on Halloween and will feature Halloween fun, including a costume contest. The Colonial Heights Library is at 4799 Stockton Blvd., Sacramento, CA 95820. Please Note: The November, December, and January dinners will be held on the 3rd Friday of the month at the Colonial Heights Library. 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. Join us in celebrating what we HAVE.

Fairytale Town Fieldtrip

Saturday, Oct. 11 as Jenny joins more than 5,000 Sacramento County families at Fairytale Town for the First 5 Sacramento's Annual Children's Celebration.

First 5 Sacramento supports programs and services to help meet the diverse needs of local families. The Children's Celebration brings the community together to learn about these valuable resources in a fun environment for the entire family.

Meet at TCC at 9 am for breakfast and to carpool to this celebration. Call Laura at 916-277-7001 or email thehaves@yahoo.com to RSVP or for more information.

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. Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. First 5 Sacramento distributes approximately \$17 million a year in Prop. 10 revenues to programs and services that meet children and families' local needs.

Jones Legislation Addresses Costs and Safety of Wildfires

by Assembly Member Dave Jones

Over two thousand fires burned California the last few months. More than 6 million homes are in high hazard fire zones and more are being built as counties approve new subdivisions in these areas. The State firefighting agency, Cal Fire, is regularly called upon to protect structures and lives in wildfires because of a lack of local fire projection. As a result, the cost to state taxpayers of fighting these fires has mushroomed.

State Fire Marshall Kate Dargan and Cal Fire Director Ruben Grijalva have said that Cal Fire has been stretched beyond its limits. Because of this, both of them have questioned the continued approval of new building sites in high fire risk areas.

I introduced AB 2447 to make sure that new subdivisions are not approved in high-risk fire areas without adequate local fire protection. AB 2447 would require counties to do the following before approving new subdivisions in high fire danger areas: First, the county would have to verify that the design and location of the subdivision is consistent with Cal Fire's design standards that help prevent and make it easier to fight a fire. Secondly, the county must determine that a local or state fire agency will be able to provide fire suppression services for the lots that are proposed.

This is a commonsense bill that ensures state taxpayers do not have to pay for decisions made by rural counties to put more subdivisions in harms' way without good design and adequate fire protection.

If you agree with this legislation, write the Governor and ask him to sign AB 2447. For more information on this bill, or any other state issue, please call me at 916-324-4676.

A Parent Is a Child's First Teacher

by Supervisor Roger Dickinson

As First 5 Sacramento Chair, I understand that the first five years of a child's life are most critical. Ensuring that your children are prepared to enter school is essential to making them comfortable to learn and grow.

Preparing your children for kindergarten these days involves more than registering them for class and making sure they have school supplies. This includes preparing children physically, mentally and emotionally for school—and should begin long before their first day of kindergarten. That's why First 5 Sacramento offers parents and caregivers the following tips to help prepare your children to enter school learning:

Research and Review

Find out if your family is eligible for no- or low-cost health insurance. Without health insurance, children often do not get the treatment needed for common childhood ailments. Although rising health insurance costs make access to health care more difficult, programs such as "Healthy Families", "Medi-Cal", and "Healthy Kids" offer no- and low-cost plans for those who qualify. Contact Cover the Kids at 1-866-850-4321 to enroll your child for no-or low-cost health insurance.

Immunize and Enroll

Immunize your child. Protect children from preventable diseases that can cause school absences and/or limit their ability to perform well in class by making sure they are properly immunized. Parents should contact their child's healthcare provider to begin the immunization process. If the child doesn't have a regular health care provider, contact Sacramento County's Department of Health and Human Services at 916-875-SHOT (7468).

Research local childcare and preschool programs in your community and consider enrolling your child in preschool. Quality childcare and preschool introduces

children to a classroom setting — they learn to share, identify colors and numbers, take turns, raise a hand and focus on tasks. To find quality childcare call Child Action, Inc. at (916) 369-0191 or online at www.childaction.org.

Be a Teacher

Teach your child healthy eating habits and encourage physical activity. Stressing the importance of a nutritious diet and regular exercise will boost your child's health, increase their level of development and help them stay mentally alert in class. Visit a Farmers Market and enjoy locally grown fruits and vegetables. Make everyday activities learning opportunities. From laundry sorting to grocery shopping to car rides, you can make every moment a learning experience for your child. Take them to public places and encourage social interaction with other kids their age.

About First 5 Sacramento

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$17 million to local programs and services that meet local needs of Sacramento County children and families.

Thank You, Thank You!

As the song goes, we get by with a little help from our friends. And we want to recognize those friends. Thanks to First 5 Sacramento, Kaiser Permanente, UC Davis Injury Prevention, Communities and Physicians Together, TEACH, Colonial Park Arts and Recreation Effort, Sacramento ENRICHES, Sacramento Police Department, Tony's Fine Foods, Tahoe Park

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Come to our FREE Bike Rodeo and Open House. We'll have food and lots of fun. And, don't miss our CommuniTEA fundraiser, only \$20!

Update from District 5

by Councilmember Lauren Hammond
Sacramento City 311 Goes Live

The days of wondering who to call for a neighborhood problem or nuisance is a thing of the past. The new Sacramento City 311 phone service is up and running and has been developed to simplify your access to City government.

You can reach 311 agents 24 hours a day, even on holidays, to assist with questions, complaints and all after hour weekend emergencies except Police and Fire. This includes code enforcement, animal care, development services, street maintenance, citywide directory assistance and information related to City services. If you live within the city limits, just dial 311 and you will be connected. Callers outside of the city can access this service by calling 916-264-5011.

Rental Housing Inspection Program

The City hopes to complete the first round of inspections of all rental properties in the city within five years. Inspections will include an interior and exterior evaluation. Any violations are reported to the property owner for repair, and a re-inspection 30 days later confirms violations have been corrected. The City will bill an annual amortized fee of \$28 per unit. Owners with properties in good condition can self certify through annual self inspections. Those properties will be audited at random. The intent of the program is to help maintain property values for Sacramento residents and provide safe and affordable housing for tenants. If you are interested in checking on the status of a Code Enforcement case or would like to know more about Rental Inspection, visit <http://www.cityofsacramento.org/code/Residential-Housing-Inspection.html> or call 916-808-7368.

Update from District 6

by Councilmember Kevin McCarty
"We need your help in our efforts to curb gun violence."

The City of Sacramento's Gun Ammunition Ordinance program is a resounding success, with 56 guns, and over 800 rounds of ammunition confiscated from criminals, and dozens facing criminal prosecution in the first 6 months of implementation. However, the program is facing policy and legal challenges from the NRA and Gun Owners of California, who are urging the City to abandon this program.

On Aug. 12, I, along with the Sacramento Police Dept. held a press conference to announce the success of the Ammunition Ordinance which called for the mandatory maintenance of ammunition sales log by firearms dealers. The Police Dept. stressed the importance of this program and appreciation for the City Council for their recognition of the need for leadership around gun violence in the city.

The Mandatory Maintenance of Ammunition Sales Log by Firearms Dealers ordinance prevents illegal ammunition purchases within the City of Sacramento and increases the detection and confiscation of persons committing firearm related crimes. It is the only system in place which tracks ammunition sales, thereby preventing purchases by those who are legally prohibited.

The City of Sacramento joined a handful of other California cities in adopting an ammunition ordinance last year. Currently, there are efforts to encourage neighboring Sacramento jurisdictions to adopt similar ordinances; and this is where we could use your help! For additional information on this ordinance or to get involved, please contact Maria Alvarez, District Director for Councilmember McCarty at 916-808-7336 or via email at MAlvarez@cityofsacramento.org.

As always, please feel free to contact me at 916-808-7006 or at kmccarty@cityofsacramento.org.

Back to School Safety

by UC Davis Injury Prevention

Ensuring that our children make it safe to and from school is a number one priority for parents. Observing the following tips and giving your child simple and clear instructions will help them stay safe while going to and from school.

If your child uses school bus transportation: Designate a safe place for your child to wait for the school bus away from the traffic and the street. Have an adult accompany her if possible. Instruct your child to stay away from the bus until it reaches a complete stop and she is invited in by the driver. Drive your child to school once or twice and outline landmarks such as churches, houses or restaurants so she becomes familiar with the route. Teach children to look both ways before crossing the street when leaving the bus. Many drivers do not observe pedestrian rules or speed limits in designated school zones. Tell your child to remain seated at all times while the bus is moving.

If your child walks or rides his/her bicycle to school: Spend time walking or biking with your children and observe how they deal with traffic. Provide a properly fitted bike helmet and instruct your child to wear it at all times while riding a bike. Encourage your child to obey all traffic signals and the instructions given by the crossing guard. Walk bicycles through intersections. Instruct your child to always walk with a friend. Make her aware of stranger dangers.

If your child rides a car to and from school: Make sure she is appropriately restrained. Teach your child this life-saving habit that should take place automatically before the car gets moving. Always be on time at pick up time. If you are running late, call the school and let them know to ask your child to wait for you in the school library, or arrange for her to go to a friend's home. Always establish phone contact with the person who is keeping your child until you get there. Instruct your child never to ride with a stranger unless she has received specific instructions from you.

For more bicycle and pedestrian tips, please come to TCC's Urban Cowgirls' and Boys' Bike Rodeo on 9/14, 9-11.

Three New "Residents"

by Johnny Chew

Did you meet our three new pediatric residents, Kim, Kristin, and Mark from UC Davis? They spent two weeks with us at the Tahoe/Colonial Collaborative learning about our community. If you missed them, they will be back next year. They have a variety of interests that they want to share with our community such as art, cooking, and music. I had the pleasure of interviewing all three of them.

Following are some highlights.

Johnny: What are your hobbies?

Kim: I like working out, biking, doing yoga, swimming, hiking, watching comedies, and hanging out with friends and family.

Kristin: I like to cook, hang out with my dog, and watch movies.

Mark: I like to play the piano and guitar. I also like to draw, use Photoshop, and hang out with friends and family.

Johnny: What is your favorite food?

Kim: I love to eat crab with fondue.

Kristin: I like to eat Mexican food and make really good tamales and fajitas.

Mark: I like to eat meat. I love chicken and shrimp, and beginning to like salads.

Johnny: If you could be any super hero, who would it be and why?

Kim: I would be Elasta Girl from the Incredibles because she is versatile (stretchy) and very normal. She can sky dive without a parachute.

Kristin: I want to be Wonder Woman because she has an invisible jet. It's like instant travel.

Mark: I would be Batman because he has no powers and must rely on his brain to get things done.

Johnny: Why do you want to be a pediatrician?

Kim: I love how kids are dynamic. They keep you on your toes. I can communicate with them in many ways. I like working with families and teach them about preventative care so that their children can grow up to be healthy adults.

Kristin: I love to work with children because they are resilient. If they get sick, they simply get better.

Mark: I became a pediatrician because kids have a lot to learn and we can help influence them. We can play a role in helping parents. Kids have many interests and activities and we can help direct their energy towards their interests.

We're happy to have these talented people in our community.

Ask the Doctor

by Dr. Omar Ahmed

What is asthma?

Asthma is a chronic lung condition that causes the airways to tighten, making it difficult to breathe. There are many reasons why these "breathing tubes" become narrow. Sometimes asthmatic people have allergic triggers. When they are exposed to something they are allergic to, the body reacts in a way that leads to airway inflammation. For many, pollutants aggravate their lungs, making cigarette smoke, fires, or smog dangerous. For others, the airways tighten when they are sick. The excessive mucus production during certain illnesses narrows these airways, leading to symptoms. Some people only have problems with their asthma when they exercise. They become short of breath or have problems with coughing with physical exertion.

Most asthmatics have a cough. When the asthma worsens, the symptoms can progress to chest tightness, trouble breathing, and wheezing (a "whistling-like sound when trying to breathe out). Fortunately, there are excellent treatments available to help relieve asthma symptoms and prevent them from occurring frequently. There are "rescue" or "reliever" medications that asthmatics use to make themselves feel better fast after suffering from an asthma attack; for people who have frequent attacks, sometimes doctors prescribe "controller" medications to keep them healthy longer. Asthmatics should have regular checks with their physicians to make sure they are on a medication schedule that keeps them

active and healthy. While certain precautions may need to be taken, depending on an individual's triggers, a well-controlled asthmatic should be able to play outside and participate in regular activities like non-asthmatics can.

We'll be out at the UC Davis Children's Hospital's Capitol Family Fun Day on Sun., Oct. 26, 10 am - 2 pm

Join us for this FUN and FREE event to promote safe and healthy children and families. Drawings and prizes, fun for the whole family. For more information, call 916-734-9638.

Community Bulletin Board REGULAR MEETINGS

Tahoe/Colonial Collaborative Monthly Board Meetings, Call Laura at 916-277-7001 for info. and dates.

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@tahoe.org for info.

Thank You, Thank You!

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Neighborhood Association, VN Printing, Center for Collaborative Planning, Tahoe Elementary, Faye Kennedy and Carl Pinkston, Tricia Gerard, Martin McIlroy, Elizabeth Sterba, Louise Anderson, Shirley Johnson, Rios Family, Tahoe Park Neighborhood Association, Supervisor Roger Dickinson, Councilmember Lauren Hammond, Councilmember Kevin McCarty, and Assemblymember Dave Jones for their generous support of our recent and upcoming activities. Thank You!