



The Neighborhood News

Summer 2008

14th Annual Health and Safety Fair and HAVes Awards Ceremony

Put on some sunscreen, and head on over to Tahoe Park on Saturday, June 14, 2008 from 11am to 2 pm. This free event is a great opportunity to visit with your neighbors, have a little lunch, get some great information. Come out and play and swim with your kids. This event will also feature the HAVes Awards. Individuals, associations, and organizations that have contributed their gifts to the community will be recognized during this event. Also, we will take a community photo to celebrate all of the special people in our neighborhood. Please join us.

Special thanks to Councilmember Kevin McCarty, Tony's Fine Foods, Tahoe Park Neighborhood Association, the HAVes, and First 5 Sacramento for their support in making this event possible.

Community and Center Updates

Free Dinner

Please join the HAVes for FREE dinners and community gatherings on the last 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. Join us in celebrating what we HAVE. 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.

Universal Lifeline

Did you know that the Universal Lifeline Telephone Service provides discounts on basic residential telephone service to eligible low-income households? Call 916.277.7001 or stop by the Community Center for more information.

No Summer Fun Camp This Year

Due to funding challenges, we will not have our Summer Fun Camp this year. We will offer limited programming. Contact us for our summer hours and abbreviated activities.

We Need Your Support

We need your support to continue providing services and activities. Your donation will support these and other efforts. Please mail your check payable to TCC to: 5959 8th Avenue, Sacramento, CA 95820. Thank you!

KinderGardeners By Laura Rios

Growing a garden is not that difficult if you have all the necessary tools. The most important thing that is needed to grow a garden is having the dedication to know what is needed to help grow a healthy and fruitful garden. Once we start to know the basics we can start preparing the soil so we can have strong roots. Being involved in the KinderGardeners project has helped me in many ways. I am really looking forward to keep on working on this project for the next few months. There are still more things we need to work on and for that we will need more of your expertise. We are in need of your knowledge on how to maintain and grow the garden. Just like growing a garden I would like to bring in your expertise to share with your community garden. We will be hosting more garden activities throughout the next few months so please join us and enjoy the beauty of having a very diverse garden. Growing a garden is like building a community! The more we are involved in the process of building and having the dedication we will be planting strong roots to our children, grandchildren, nieces, nephews or better yet for our future generations to come we will be giving them one of the best tools to help them to succeed in life. "It takes a whole community to raise a child," so let's take advantage of this wonderful opportunity First 5 has given us to help raise those children in our community with fun and exciting activities in the KinderGardeners project! Come and garden with us. Call Laura at 916.277.7001 for info.

Vista Service Update By Johnny Chew

I have served for well over half a year as a Vista and am overwhelmed by the amount of knowledge that I've learned. When I began my service, I did not know the difference between community service and community development. Working with TCC has definitely distinguished the two apart. My fellow co-Vista said that it takes a very special person to do community development. I've learned that it involves a lot of dedication and perseverance because it is difficult to engage community members, businesses, and grantors to participate in the journey of making the community a better place.

Along with my growing knowledge of community development, I have continued to work with my fellow Vistas in developing the foundation for our Health Care Consumer Advisory Council for Tahoe Park. We meet twice a month; join us.

Also, Rachel Enge, one of the four Vistas, has completed her one-year service. She is headed back to Minnesota to attend school. We wish her the best of luck! If anyone is looking to apply for a Vista position in Midtown Sacramento or would like to work with me on the health council, please contact Johnny at jnchew2@gmail.com.

Update from Supervisor

Roger Dickinson

On Monday, May 19, I announced plans for a countywide ballot measure that will raise at least \$50 million a year for youth development programs and gang intervention and enforcement in the county. The Measure will increase the sales tax by $\frac{1}{2}$ of a cent, which will go towards funding gang prevention, afterschool, job training and positive youth development programs. Youth violence and gang activity have steadily increased in Sacramento, culminating with the shooting of Sheriff Deputy Vu Nguyen allegedly by a 16-year old believed to have gang affiliation. Youth workers and community leaders believe the Measure is necessary to prevent youth from engaging in gangs and other violent activity.

The increase of gang activity in Sacramento County affects everyone. Last year, more young people were killed with guns in our county than in any other year in the past decade. Children as young as eight years old are threatened to join a gang to avoid harassment and assaults on their way to school. There are more than 65 gangs and over 6,000 validated gang members in Sacramento County. In the last 20 years, Sacramento County has seen a 73 percent increase in gang violence. If we do not take action now, this trend will only get worse. I anticipate this item will be presented to the Board of Supervisors in June or July, which would require a majority vote of approval. As of today, key supporters include Senator Darrell Steinberg, Assembly Member Dave Jones, Mayor Heather Fargo and Councilmember Kevin McCarty.

Update from District 5

By Councilmember

Lauren Hammond

Waste to Energy

Waste to Energy (WTE) is a sustainability strategy the City hopes to utilize in the near future. I had the opportunity to tour a plasma arc gasification (PAG) plant in Utashinai, Hokkaido, Japan in May. PAG has enormous potential as a safe and efficient technology to manage municipal solid waste while generating energy and useful byproduct materials. To explain this plainly, recycling material, including green waste and garbage is regenerated into anything from electricity, steam, metals and products made from the remnants. Selling these products would be a new revenue source for the City. Green technology is here and the possibilities are endless. Sacramento City is engaged in objective analysis of this technology and how it might be appropriately adapted and applied to meet the City's need for sustainable growth. I will keep you posted.

Water Main Installation on Fruitridge

Starting Tuesday, May 27th through July 25th, Fruitridge Vista Water Company will be upgrading their systems and installing a water main on Fruitridge Road between 44th Street and McGlashan Street. Work will only be done on the north side of Fruitridge Road. One lane of traffic will be open in each direction.

Update from District 6

By Councilmember Kevin McCarty

Family Movie Night Series

This summer we are preparing to continue our tradition of the "Family Movie Night Series" in parks and community centers across the district. Our first movie presentation will take place at the west end of Tahoe Park on July 19th at dusk (8:30 pm) and we will be featuring *Grease*. Hope you can join us.

Capital Projects

I am pleased to share that the following capital park improvement projects were completed this past spring. They include: 200 feet of walkway for the Tahoe-Tallac Little League with wheelchair accessibility; improved landscaping for the 59th Street Gateway; drinking fountain with a dog bowl at Tahoe Park; Life Trail exercise stations at Tahoe Park; Sand Digger for the Tot Lot at Tahoe Park; 3 benches along side the jogging trail at Tahoe Park.

City Budget

A series of community meetings were held in March to provide background about the budget and discuss what the City is doing to address the deficit and the potential impacts on City services. On May 1, 2008, the City of Sacramento's City Manager released the Fiscal Year 2008/09 Proposed Budget reflecting the City Council's direction to minimize impacts to public safety and maintain core services. The Proposed Budget includes reduction plans of 8% for public safety and 20% for most non-public safety activities. City Council Budget hearings began Tuesday, May 6th and will continue through June with adoption of the final budget made by City Council by the end of June 2008. To view the proposed budget and budget hearing schedule, please visit <http://www.cityofsacramento.org/City-Budget-Updates/>

As always, please feel free to contact me with any questions or concerns at 916.808.7006 or e-mail kmccarty@cityofsacramento.org.

National Night Out – Tuesday, August 5

Who? Colonial Park Arts and Recreation Effort (CARE) and the HAVES

Where? Colonial Park, 5315 - 19th Avenue

When? Tuesday, August 5th at 6:00 pm

What? Free food and fun activities for the kids

Why? To promote safety and connectedness in our community.

For more information, please contact thehaves@yahoo.com or 916.277.7001

Answers to the Kids' Questions

By Dr. Omar Ahmed

Why do people go bald?

Hair keeps our head warm, and helps make us pretty or handsome, but some of us have more than others. The natural lifespan of hair includes growth and loss, but when a person loses more than he or she grows, you can develop bald spots, called "alopecia." It has been estimated that a healthy person can lose and replace 50-100 hairs a day!¹ There are many reasons why hair loss occurs. Illnesses and certain medications can "stress-out" the hair, leading to decreased growth of hair. Some chemotherapy (medicine used to kill cancer cells) also disrupts hair growth, leading to balding which improves once the chemotherapy is stopped. The most common cause of balding is not a disorder or illness at all, it is the regular hair loss that occurs in some people as they get older. It is controlled by certain hormones (chemicals that circulate in the blood stream), and is more common in men than in women. It also tends to run in families, so if you are wondering if you might become bald, check your parents and grandparents!

¹ Hurwitz. *Clinical Pediatric Dermatology: A Textbook of Skin Disorders of Childhood and Adolescence*. 2nd Edition, 1993.

Why is smoking bad? And how does it lead to lung disease?

Cigarette smoke contains many different chemicals including tar, nicotine, carbon monoxide, and cyanide. Nicotine is addictive, so many people who know and understand the dangers of smoking and want to stop have a hard time quitting because their bodies and minds have grown accustomed to this dangerous chemical. Many other chemicals in cigarettes can also hurt the cells in our bodies. Because smokers and people around them breathe in the smoke caused by a burning cigarette, it is thought that the cells in the lungs are then hurt by these chemicals, sometimes leading to cancer. It's not just the lungs that are affected. Smoking has also been associated with heart disease, and pregnant women who smoke can hurt their unborn child. Not everyone who smokes gets lung cancer, and not everyone who gets lung cancer is a

smoker. But smoking increases the risk of getting cancer, and stopping smoking gives the lungs a chance to heal and can decrease the risk of cancer in those who have previously smoked. Therefore it is a good idea to never smoke, and avoid being around cigarette smoke in general. Encourage those you love to stop smoking as well!

Boy Scouts

By Johnny Chew

Gardening, molding clay, and building marsh mellow houses are just some of the fun and enriching activities we do with the Boy Scouts at Tahoe Elementary. It has been great watching the children express their creativity in the activities they do. It is amazing what each child can create with a ball of clay or a bag of marshmallows and toothpicks. We are currently looking for a Boy Scout leader for Fall 2008 to lead the boys at Tahoe Elementary every week for an hour during their lunch period. If you are interested in working with these wonderful students, please contact Johnny at jnchew2@gmail.com

Soul Food Fundraiser

Tahoe Colonial Collaborative and Healthy Start are so happy that business, agencies and community members have partnered with our community-based organization for our Soul Food Buffet and Entertainment night. It was a very successful event with about 173 in attendance. Combined with proceeds from raffle tickets sales and donations, the event brought in a total \$1,216.7. Entertainment was provided by Leo Valentine, Emmanuel Dance Ministries and Enchanted Forrest. It was an exciting and fun evening for Tahoe students and their families.

Special thanks to the following sponsors: Roger Dickinson, Lauren Hammond, Cortez Quinn, Food Co Stores on Stockton Blvd., Save Mart on Folsom Blvd., Smart & Final Store on Stockton Blvd., Bel Air Market, Faye Kennedy, Tracy Richardson, Dawn Orcosco, 99 Cent Only Stores, Claudia Epperson, Aylica Berryman, Juanita Jackson, Art Montoya, and Leticia Nunez.

Moreover, thanks to the many Tahoe parents who volunteered at the

event. They helped with room set-up/clean-up, food service and the donation of delicious desserts. They were honored at Volunteer Luncheon at Tahoe School on May 30, 2008. Thank for all of your support.

Keep Kids Water Safe In and Around Water

By Cathy Morris, UC Davis

Injury Prevention Program

Temperatures are rising and the cool, blue waters of swimming pools, rivers and lakes are attracting plenty of swimmers. The beginning of outdoor fun also means the start of the water accident season. UC Davis emergency room doctors take care of many of the drowning and near-drowning victims in the area. They know from experience that prevention is much easier and more successful than treatment. For every death among children 14 years and younger, five are seen in emergency rooms for near drowning. These survivors are often left with profound brain damage and long-term disabilities.

Here are a few tips to keep your child water safe:

- Never leave a child alone near water, even for a few seconds. In only takes 3 minutes or less for a child to drown.
- Never swim alone or in unsupervised places. Teach children to always swim with a buddy.
- Keep small children away from buckets containing liquid. Children can drown in as little of 2 inches of water.
- Completely enclose home pools with at least four-foot iron fencing that cannot be slipped through or climbed. It is recommended that the vertical bars 3 inches apart, and the horizontal bars at least 45 inches apart.
- ALWAYS wear a life vest when, wading, swimming, rafting and boating on rivers and lakes.

UCHS Injury Prevention Program and "Kohl's Cares for Kids," have donated life vests to Sacramento Metro Fire District. These life vests have been placed along the rivers so families can borrow them to stay safe.

Interview with UC Davis Medical Center Pediatric Resident

Sophia Shiau

By Johnny Chew

Pediatric Resident Sophia Shiau recently completed her two-week rotation with the Tahoe/Colonial Collaborative. As a second-year resident learning about our community, she identified recycling as an issue that impacts our environmental health. She is in the process of planning activities for the student at Tahoe Elementary to practice taking care of our neighborhood. She believes these efforts may carry over into how they learn to take care of themselves. I had the opportunity to learn a little bit more about Sophia during her work with us in May.

Johnny: What did you want to be when you were little?

Sophia: I to be a marine biologist. I love the ocean, swimming, and dolphins. I also, enjoy scuba diving.

Johnny: What are your hobbies?

Sophia: I like swimming and scrap booking. I also play the viola and piano. The food network channel is also one of my favorite channels to watch.

Johnny: What is something surprising about yourself?

Sophia: I went razor clamming on the coast of Washington before. Razor clamming is when you suction out a clam with a metal tube that you stick into the sand.

Johnny: What are your favorite foods?

Sophia: I love Italian food. My favorite dish is risotto. Chicken potpie and macaroni and cheese are also some of my favorites.

Johnny: Why do you want to be a pediatrician?

Sophia: I enjoy working with children. They say the darndest things.

Johnny: Why is recycling important?

Sophia: Recycling is important because we only have one Earth.

Johnny: Where are you from?

Sophia: I grew up with the suburbs of Seattle. I went to college in the city of Seattle; you have to visit Pike Place Market if you ever stop by.

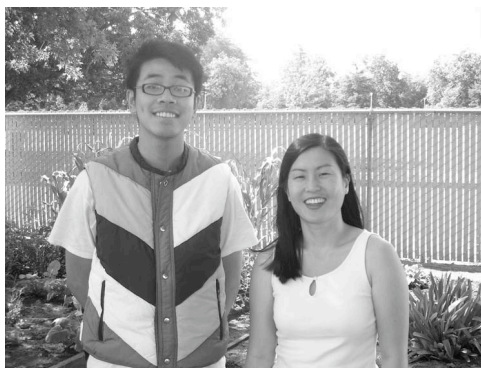
Tahoe Stars Continue to Shine!

By Katie Curry, Principal of Tahoe Elementary

Tahoe Elementary School is on the move! More students are achieving at the high levels of Proficient and Advanced on the California Standards Test, the State's test that tracks student The data tell the story. With the state's accountability system API, Tahoe has grown from 578 in 2003 to 716 in 2007. With the federal government's accountability system, Tahoe School's percent proficient and advanced in ELA has risen from 13.4% in 2003 to 33.9% in 2007. In Math, the increase is even more dramatic—from 14.1% in 2003 to 45.6% in 2007.

The school-wide growth is terrific, but Tahoe School is most proud that the data indicates that all subgroups 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!



Johnny Chew and Spia Shiau in the KinderGarden

Save These Dates

Special Events

Health and Safety Fair and HAVES Awards Ceremony – Saturday, June 14, 11-2 pm

See front cover for information. Call 916.277.7001 for more information.

National Night Out – Tuesday, August 5, 6:00 pm

See page 2 for details and contact thehaves@yahoo.com or 916.277.7001 for information.

Regular Meetings

Tahoe/Colonial Collaborative Board Meetings – Fourth Thursday of the Month, 6:00-7:00pm, 5959 - 8th Avenue. Call 916.277.7001 for info.

The HAVES – Free Dinners, Last 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@tahoeepark.org for info.

KinderGardeners at TCC – Last Saturdays of the month, 10 am. Call Laura at 916.277.7001 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 homeschoolers, 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.