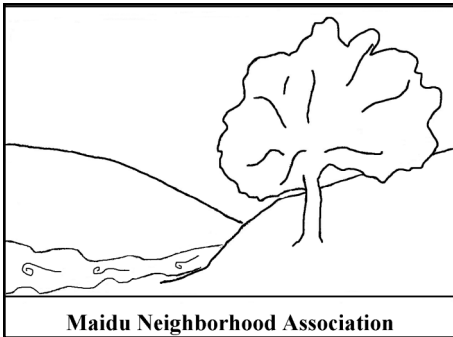


# MAIDU NEIGHBORS

RCONA

## MAIDU NEIGHBORHOOD ASSOCIATION

May 2019



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### At Our May Meeting Hear About Vaping

Vaping: the act of inhaling a vaporized liquid containing nicotine from an electronic device. It is the latest trend in tobacco use. But how safe is it, and how does it compare to cigarette smoking? And are those even the right questions?

Vaping appears to be generally less harmful than cigarette smoking, so for someone who already smokes cigarettes, a move to vaping could be an improvement.

But if you are not a smoker, starting to vape appears to have negative impacts. Assuming it has nicotine, it introduces that addictive substance to the user which will compel them to spend the money to continue using it. A 2014-2015 study showed that wheezing doubles in those using vaping products vs. non-smokers. Wheezing — that high-pitched sound caused by narrowed and abnormal airways — is more than just an annoyance: It can be a sign of emphysema, heart failure, and lung cancer.

Vaping has grown in popularity among our youth at an alarming rate. On September 12, 2018, the U.S. Food & Drug Administration (FDA) declared that teen vaping has "reached nothing short of epidemic proportion of growth."

Despite the myth that vaping only produces a "harmless water vapor," that is not the case. There are hundreds of different vaping products, and they come in over 15,000 flavors, mostly in enticing candy-like flavors. With no regulations, the ingredients of each vape product can differ. Most contain nicotine, but some can contain THC.

Youth smoking rates for traditional cigarettes are on the decline, but the use of vape products among our youth continues to climb.

Please join us at our May 28th Maidu NA meeting to hear a presentation on this subject and get all your questions answered. Alexandra Wride, Health Educator, Tobacco Prevention Program, Placer county will be the guest speaker.

### Refreshments at May Meeting

We will be offering a beverage, probably decaf coffee, and a desert snack during our May meeting. Come join us to hear our speaker (story above). If a police officer is able to attend we'll learn about recent local crimes. The officer can answer questions and offer advice. Our meetings are casual and friendly, so consider dropping by at 7 p.m., Tuesday, May 28th at Sargeant School (see box below).

**Our next meeting will be held Tuesday, May 28th, 2019, at 7 pm at Sargeant Elementary School, 1200 Ridgcrest. We meet in the Activity Room which is toward the back of the school. Enter off N. Cirby. We invite you to attend. At most meetings a Roseville Police Officer will report on local crimes and answer questions.**

*Search for Maidu N.A. on Facebook and "like" us. Feedback or Questions? Email us at [feedback\(at\)maiduna.com](mailto:feedback(at)maiduna.com)*

*Our web site is [maiduna.com](http://maiduna.com)*

## **20th Annual Garage Sale—Thanks to All Who Helped**

By Dave Steele

Yowza! This year's garage sale exceeded many expectations. More raffle prizes, more enthusiasm, and more importantly, more sales! The weather could not have cooperated more, with a pleasant breeze and nice warm day. A big thanks to the 78 homes that participated in the Sale and donated their \$10. We had another nine special neighbors who did not have a sale, but chose to donate to the cause—the most ever in this category!

Early risers retrieved their balloons at Willard Dietrich Park and got a pleasant breakfast surprise—free bagels from **Noah's Bagel's**. Special appreciation is owed to **Melinda Shrader** for supplying the garage sale kits, maps, balloons, and monthly newsletters for communicating the sale to the neighborhood. We also want to thank **Mary Hoff-Ernst** for contacting many of the businesses that donated to the raffle for Garage Sale participants (see "Special Shout Outs to Raffle Donors", below).

A few folks took several sale location maps, available with the balloons, which encouraged buyers to try different streets off the main thoroughfares. It can be easy to get disoriented in our neighborhoods with the winding streets. Potential customers from out of the area (we advertise widely) need to be directed as conveniently as possible. And, to that end, we had our volunteers on strategic street corners handing out maps: **Alan Bartley, Dave Winters, Dave Steele, Geoff Kragen, Mary Hoff-Ernst, Scott Reid, and Shirley Brown.**

Several locations had so much foot and vehicle traffic that passing through became difficult. This would normally be a problem, but it's welcomed to an extent on garage sale day. Sales across the street from each other benefit from the exposure. Many sales were continuing into the afternoon and still doing moderate business.

As always, it's important to be aware that proceeds from entry fees to the garage sales fund the Neighborhood Association's entire year's activities including Park Cleanup, National Night Out, and Santa's visit, among others. Thank you to all who participated! We hope you met your expectations and enjoy the year's functions in the Maidu Neighborhood.

## **Special Shout Outs to Raffle Donors**

By Dave Steele

This year's garage sale had a record number of raffle prize donors from local businesses and individual neighbors. For some it's a great conversation piece for the neighbors to chat about, and for others it's a fantastic way to get their message out to over 1,200 homes, just by being in this newsletter. It's also a great way to introduce businesses to customers through their donations.

Here are the donors for the 2019 Garage Sale who have earned our sincere appreciation. Please support these local businesses. Thank you so much for making this year so successful and rewarding. Good luck to you all. All of the following phone numbers have the (916) area code.

- **\*European Wax Center**, 7 complimentary eye waxes, 1198 Roseville Pkwy, Ste 180., 772-7929
- **\*Club Pilates**, 3 certificates for 6 classes each, 1921 Douglas Blvd. Ste 104, 318-9908
- **\*Michaelangelo's Home Store**, Gift card, 2030 Douglas Blvd., 608-4216.
- **\*Orange Theory Fitness**, Free Month/hat/towel/mug/water bottle/bag, 2030 Douglas Blvd. #39, 771-4683.
- **\*Sprouts**, Gift card, 2030 Douglas Blvd., 462-5047.
- **\*House Ride Cycling**, Free month of classes, 2030 Douglas Blvd. Ste 38., 865-4245.
- **Joyce Henry, Roseville Meat Company**, Gift certificate, 700 Atlantic St., 782-2705.
- **Becky Dayton, Amber Cardinet Photography**, Free one hour session, 218-5342.
- **Digital Living**, 2 way ceiling speakers, 1420 E Roseville Pkwy., [DigitalLiving.com](http://DigitalLiving.com), 919-8100.
- **Lindy Colendich, Love, L Custom Designs**, Custom made hand towels, [LoveAlwaysL.com](http://LoveAlwaysL.com).
- **Alida Reed**, Homemade afghan, Neighbor.
- **Stephen McKinney**, 10 lbs. organic vegetables, Neighbor.

\*designates the business is located at the Rocky Ridge Town Center.

## **A Pop-up Preschool in Maidu Park**

By Vicki Miller

*Old School Preschool* is a unique, fascinating program which takes place in Maidu Park each Monday. On my walks through the park I had noticed a tent set up inside Maidu Park every Monday morning near Park Hill and wondered what was going on. Come to find out Marta Jones runs a preschool in our outdoor parks, and the school is all about the outdoors.

She has worked with children of all ages for 7 years now as a preschool teacher, music teacher, and private nanny. She is first aid, automated external defibrillator (AED) and CPR certified. She graduated with her Bachelors Degree in Child Development from California State University, Sacramento. Then, failing to find one in the area, she decided to open an alternative to a traditional preschool setting, where she believes children can create meaningful life skills and childhood memories.

Marta believes whole heartedly in the power of playing outdoors. During their time at *Old School Preschool*, children learn life skills that will help them in their adult years. Teamwork, problem solving, negotiating, investigating, observing, building confidence, safe-risk taking and social skills are just a few that happen effortlessly through a play based and free exploration environment, rain or shine.

An example of a day could be: Go for a hike with their magnifying glasses and observe the small beauties around them. Oh my, they saw bees and butterflies! They go back to their site and learn about bees and butterflies through stories and crafts.

After school is out, Marta sits down and writes a report for the parents on their child. The purpose of the reports is to share with parents that learning is happening during all aspects of the day. The report, including photos, shows how their child develops social-emotional, language, and cognitive skills, and grows in large motor skills and fine motor skills.

Marta conducts classes at four other locations in Placer County. She began her preschool January 2, 2019, and it is open to children ages 3-5 ½ years. Sessions are all-day ( 9a-2:30p ) or partial day ( 9a-12:30p ). She invites all parents to join for a 2 day free session for a hands on experience of a school entirely outdoors! Check out her website site for more details at [www.oldschoolpreschool.com](http://www.oldschoolpreschool.com).

## **On Our Radar—Fireworks Booth & Free NY Times, Morningstar**

RCONA Fireworks Booth Volunteers—The Roseville Coalition of Neighborhood Associations (RCONA), our parent organization, has been invited to help staff a fireworks booth at the corner of Pleasant Grove Boulevard and Fiddyment Road in the CVS parking lot. You can help the Maidu Neighborhood Association earn money by volunteering for a shift at the stand between June 28 and July 4. You can also help by choosing to go to the stand on any of those days to buy your celebratory fireworks between 9 AM to 9 PM. Want to volunteer? Contact Jim Kidd at 916-871-3574 or email him at [jckidd@hotmail.com](mailto:jckidd@hotmail.com).

Library Offers Free Access to New York Times—The Roseville Public Library now offers free access to the full New York Times online. You need a Times account (free) and the access is limited to 24 hours from the time you apply a code to your account, but you can renew it as often as you like for another 24 hours. Go to the City web site at [roseville.ca.us](http://roseville.ca.us) and search using the phrase “New York Times”.

...And Access to Morningstar Investment Research Center — Also, from home, you can access the Morningstar service for free by using your library card number as your password. Then research stocks, mutual funds, ETFs, overall markets, and lots of tools and educational materials. Use a similar search at the City web site using the terms “Morningstar Investment” and selecting the “A-Z” result.

### **Neighbor Ad**

Searching for that special gift? Find gifts for every occasion and home decor that fits many tastes. We pride ourselves on providing unique items. *Michaelangelo's Gift & Home Store*, Rocky Ridge Town Center, between Sprouts & Dos Coyotes, M-Sat 10:30 am to 7 pm, Sun noon to 4:30 pm