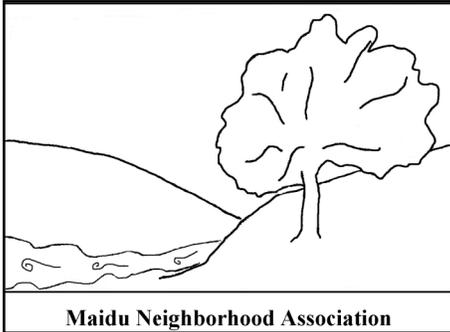


MAIDU NEIGHBORS

RCONA

MAIDU NEIGHBORHOOD ASSOCIATION

June 2019



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Almost Time for Fireworks

We would be remiss if we didn't remind everyone that fireworks can be fun, but there are some risks. One way to minimize them is to purchase legal, "safe and sane" fireworks at the local stands run by local non-profits. Remember to fire these off in an area with nothing flammable nearby — the greater the distance the better. For most neighbors this means doing it in the street.

If you want fireworks that fly through the air, then you need to attend a local fireworks show run by permit by pyrotechnic professionals. The Roseville show was cancelled last year before the passage of Measure B due to budget concerns. With the passage of the Measure, the fireworks are back at the old fairgrounds, or as they are now known, "@the grounds."

The show starts there at 9 p.m. July 4th. @the Grounds gates open at 4:00pm. Entry is free with charges for food and activities. Parking is \$10. Or, park for free at Denio's and take the free shuttle (running every 15 minutes) provided by Roseville Transit.

Fundraiser for Our Association

As mentioned in our May issue, the Maidu Neighborhood Association can earn money from selling Safe and Sane fireworks at a stand in west Roseville. You can help us in a couple of ways.

- *Volunteer a four-hour shift staffing the stand:* We will earn money for each hour one of our volunteers participates. Volunteers must be at least 18 years old. See link for more details at bottom of page 3.
- *Buy your celebratory fireworks at the stand we will be helping staff:* It will be located at the corner of Pleasant Grove Boulevard and Fiddymont Road, not far from Mahany Park (Martha Riley Library, Utility Exploration Center) and the Roseville Aquatics Complex.

And whatever you choose to do, stay safe!

Pizza at June Meeting

We will be offering a couple of pizzas during our June meeting on a first come, first served basis. Come join us! 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, June 25th at Cool River Pizza (see box below). Come join us for a slice!

Drop by early between 5:30 and 6:30 and join Cool River's "Family Night" activities including a visit by Captain America and 30% off a food item if you mention the "Family Night Special."

Our next meeting will be held Tuesday, June 25th, 2019, at 7 p.m. at Cool River Pizza, 1805 S. Cirby Way (at Rocky Ridge). Ask the staff for directions to the meeting room. 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

Vaping Presentation at May Meeting Warns of Health Hazards

Alexandra Wride, Health Educator of the Tobacco Prevention Program, Placer County, educated an attentive audience at our May meeting on what vaping is, how to recognize it, and what the health implications are of its use.

The vaping devices all have the following in common: battery, micro-processor, light, and heating coil, and container for vaping liquid. They can come in many shapes and sizes. The current fourth generation designs are called pod mods and the leader in producing them is the company Juul. Now they can look like anything. For example, said Wride, they can look like "a favorite game controller, favorite Doctor Who object, favorite Ninja Turtle, favorite soda...some of them look like flash drives, some of them look like white-out."

A *pod* or *e-juice* is a liquid that contains nicotine that you put into the device to produce an aerosol (not really a vapor, so not just flavor and water). There are over 15,000 flavors, mostly aimed at youths. They're candy, fun and creamy, buttery and fruit flavors. The liquid is not regulated. The FDA was to start regulating them last year, but then pushed that date out to 2020.

Not being regulated, they don't have to say what's in the pods. Many say they have "zero nicotine", but have been tested and do have it. Juul pods say what's in them on their web site, and they all contain nicotine. One pod has the same nicotine as a pack of cigarettes, and many of the young people Wride speaks to are going through them very quickly.

What does nicotine do? Nicotine is both psychoactive and has physiological effects, affecting the mind and body. It can cause birth defects when used during pregnancy (affects the developing brain), and it is as addictive as heroin, cocaine, or alcohol. People addicted to nicotine need to use it every 30-50 minutes to feel normal.

Nicotine affects teenagers' pre-frontal cortex, which controls most of their memory and attention, and it reduces the activity in that area. In the body, nicotine use can contribute to tachycardia, coronary artery constriction, joint pain, increased insulin resistance, bronchial spasms, abnormal dreams and more.

A number of local initiatives, at the County and local level, have been done such as checking to be sure stores are not selling to anyone under 21. A number of local stores failed that test.

Scott Alvord, City Councilman, attended the meeting. After Wride's presentation, he asked if there would be support for stronger rules restricting sales of vaping products in Roseville. One proposal might be to have a fee to certify those stores that Roseville would charge above what the state already charges, and those funds would allow monitoring of the stores to enforce policies.

Alvord said he's seen statistics that locally 5% of kids 9 - 11 grade are addicted to vaping and 15% have used it within the past 30 days. Alvord commented, "That's a lot of kids. That's a huge amount of kids. That's what worries me, that's my concern, and I want to make it harder for them to get it. That's the challenge." Those in the audience appeared to support making access harder for teens.

Scholarship Awarded to Neighbor

A neighbor, Alex Winters, received one of two \$150 scholarships awarded this year to Roseville students by the Roseville Coalition of Neighborhood Associations (RCONA), at their May meeting. RCONA is the parent organization to which our Maidu Neighborhood Association (MNA) belongs.

At our own May meeting we honored Alex for helping support our neighborhood by volunteering to help at more than one of our events. That volunteering was a key requirement for the scholarship. The MNA Board decided to match the RCONA award and presented Alex with certificate promising another \$150. Alex plans to attend film school this fall.

Know a neighborhood high school student looking to defray future college expenses? Keep the RCONA scholarship in mind and check out its rules to qualify. The student could meet the volunteering qualifications by helping with one of our neighborhood events like National Night Out in August, or Park Clean-up this fall.

Coupons in Garage Sale Packets

Participant in this year's Garage Sale received more than price tags and good advice in their packets this year. A number of local businesses also supplied coupons, really returning a lot of value to neighbors, and we'd like to thank them here.

- **Michaelangelo's**
- **The Bead N Crystal**
- **Cool River Pizza**
- **Blue House Korean Restaurant**
- **Club Pilates**
- **House Ride**
- **Orangetheory Fitness**
- **Macaroni Grill**

We appreciate their support and hope you'll keep them in mind.

Upcoming Maidu Park trail resurfacing

Maidu Neighborhood Association President Vicki Miller recently asked the City's Alternative Transportation Department when Maidu's trails will be renewed, and what's with the new stenciled messages on the trails about bikes and pedestrians. Here's their written response.

Phase 1 of the *Maidu Park Trail Resurfacing Project* is scheduled mid-July through early August. Work includes sealing cracks and resurfacing the trail. Although most of the trail will be refurbished, there is a section of trail adjacent to McLaren Drive which will require complete reconstruction. Because reconstruction is more costly, it will be done during the second phase of the project when more funding becomes available. Phase 2 is anticipated for 2021. Phasing allows the City to maximize limited funding. Meanwhile, Public Works - Street Maintenance crews will address any urgent areas of repair as needed. If you see any pavement hazards on trails, bike lanes or roadways, please call (916) 774-5790 to report them.

Please Share the Trail

Roseville's more than 35 miles of trails are a great place for fun, recreation, and transportation. Please remember to Share the Trail whether you're on foot or on wheels.

Similar to other regional trails like those in the City of Folsom and the American River Parkway, bicyclists keep to the right lane, except when passing. Pedestrians keep to the left lane so they can see oncoming cyclists. This allows you to see oncoming traffic, which is particularly helpful when wearing headphones.

You'll soon notice the addition of more Share the Trail signs and pavement markings showing the travel direction for pedestrians and bicyclists.

These trail etiquette guidelines are based on public survey input and were reviewed by the Parks & Recreation and Transportation Commissions in 2010.

Visit roseville.ca.us/ShareTheTrail to watch a brief video with more trail tips.

Visit roseville.ca.us/connect to receive important City of Roseville news by email or on social media.

For more information

Want to know more about items in this newsletter? Go to mna.rcona.com/2019-links. Or scan this QR code.

