

# Meadow Oaks Neighborhood Association

# The MONA Times

Meadow Oaks Neighborhood Association is part of the Roseville Coalition of Neighborhood Associations (RCONA)

## M.O.M.M.Y. HAS ANOTHER NEW HOME By: Jim Robinson

That's right our beautiful M.O.M.M.Y. award has a yet another new home. The Meadow Oaks Neighborhood Association would like to thank all of you who sent in your suggestions, and for voting for this year's winner. We had 7 nominees and a very close battle between 3 beautiful yards. In fact there was a 3 way tie twice that went down to the very last day of voting and to the very last vote. But we do have a Winner. That Winner is Sherry Jones at 1005 Cottonwood Dr.



MONA started the M.O.M.M.Y. Award in 2010 where our 1st M.O.M.M.Y. Award winner was Gosland Family at 1413 Rampart. In 2011 our 2nd winner was David & Geneva Just at 1707 Oakview Dr. In 2012 our 3rd winner was Fred & Carole Retter at 1100 Terra Way and now they will pass the M.O.M.M.Y. to the 2013 winner Sherry Jones.

M.O.M.M.Y. stands for Meadow Oaks Magnificently Manicured Yard. Now the M.O.M.M.Y. Award is not only an award, it is a piece of Art. It was designed and created by two of the many Artists who call the Meadow Oaks Neighborhood their home. Richard Vierra of Woodcreek Lane did the beautiful wood work, and Jim Robinson of Augusta Way made the copper handles to complete the award. This award lives with the winner from August until June when the process of finding a new winner begins again. Past winners get the Plaque that appears on their Award and are not eligible to win the Award again. The Plaque is mounted to a nice piece of wood crafted by Wayne Gregson and is theirs to keep forever.

The MONA created the M.O.M.M.Y. Award to basically Thank those, who take pride in their homes by creating a beautiful front yard for all to see. This Pride in ownership should be recognized and the MONA hopes the M.O.M.M.Y. Award helps winners understand that the Whole neighborhood appreciates their hard work.

Make your property shine and maybe you can be the 2014 M.O.M.M.Y. Award Winner. Of course there are no repeat winners, so if you haven't already one, you have a chance. Good luck. Join our Neighborhood E-mail Network System so you too can nominate and vote for Next year's winner. Just send an e-mail to meadowoak-sna@gmail.com . Let's keep Meadow Oaks looking Magnificent. Remember you do make a difference, and our neighborhood is a reflection of what you do. Thank you for being such good neighbors.

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### Upcoming MONA Board Meetings

August 8	9-10:30 AM
August 22	7-8:30 PM

## FIRST DAY OF SCHOOL

**August 19, 2013**  
for Roseville  
Elementary  
Intermediate Schools  
Middle Schools



**August 12, 2013**  
for Roseville  
High Schools

## COMMUNITY COFFEE WITH CITY COUNCIL

Come join Roseville City Council Members as they host coffees with community members to discuss city-related topic.

Friday August 16	Rohan	4 – 5 p.m., It's A Grind (95747) Pleasant Grove & Foothills
September TBA	Garcia	
Monday October 7	Roccucci	1 – 3 p.m., Riley Meeting Rooms (95747)
November TBA	Herman	Roseville Chamber of Commerce (95678)
Tuesday December 10	Gore	5:30 – 6:30 p.m., Downtown Library (95678)

*The greater danger  
for most of us lies  
not in setting our aim too high  
and falling short,  
but in setting our aim too low  
and achieving our mark. —  
Michelangelo*

## Neighborhood Common Sense

### Don't Get Trampled by the "Herd"

Every year in early July, thousands of people “run with the bulls” in Pamplona, Spain. While the event is exciting, it is also hazardous, and many runners have gotten badly injured over the years. As an investor, you may find that running with the herd is dangerous to you, too — because if you’re constantly following what everyone else is doing, your own financial goals could end up getting “trampled.”

The urge to run with the herd, or follow the crowd, may have been hard-wired into our psyches, according to anthropologists. In prehistoric times, running with the pack may have helped people minimize danger or increase their chances for finding food. But today, there are far fewer rewards for following a herd mentality — especially in investing.

For example, consider what happens when the financial markets go through a period of volatility. Virtually every time this happens, many investors flock to gold, apparently believing that the shiny yellow metal will always be valuable and that its price will never drop. Yet, the fact is that gold prices, like those of other financial assets, do fluctuate. Furthermore, certain types of gold-based investments can be quite risky in their own right. What other “follow the herd” movements should you avoid when you invest? For one thing, try to stay away from “feeding frenzies.” If you look back about 15 years ago, you may remember the buzz surrounding speculative technology stocks — many of which were companies that had futuristic names but lacked some useful elements, such as profits or business strategies. For a few years, the prices of these companies soared, but in 2000 and 2001, the “dot-com” bubble burst, splattering investors with big losses that were either irreversible or, at the least, took years from which to recover.

The herd mentality often applies even when investors know the right moves to make. To illustrate: One of the most basic rules of investing is “buy low, sell high” — and yet many investors do the exact opposite. When prices drop, they sell, so that they can cut their losses — even though they may be selling investments that, while temporarily down, still have strong potential. On the other hand, when an investment’s price has shot up, these same investors will often keep buying more shares, hoping to reap even bigger gains — even if the investment has now become quite expensive, as measured by the price-to-earnings ratio, and has little upside potential remaining.

Instead of emulating other investors, think about your own financial goals and create a viable strategy for achieving them, taking into account your risk tolerance and time horizon. Look for quality investments and hold them for the long term. Don’t be discouraged by the inevitable market downturns, but be ready to adjust your portfolio as needed. Above all else, be patient and disciplined, always keeping your eye on your ultimate objectives.

It can feel comfortable when you’re in the midst of a herd — but it can lead you to places where, as an investor, you don’t want to go. Steer clear of the crowds and go your own way



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## LARGEST PRICE INCREASES

Among the nation's 30 largest metropolitan areas, the four-county Sacramento region saw the largest year-over-year home price increase in June. Many of the state's other large cities saw similar gains.

Metro area	Median home value*	Year-over-year increase	Projected increase by next year
Sacramento	\$265,500	29.5%	18.9%
Las Vegas	\$147,700	29.4%	8.9%
San Francisco	\$608,700	25.5%	10.6%
San Jose	\$714,900	22.6%	8.1%
Riverside	\$223,700	22.3%	16.6%
Phoenix	\$174,600	21.8%	11.0%
San Diego	\$417,600	21.1%	9.3%
Los Angeles	\$463,800	19.0%	11.0%
Detroit	\$89,600	14.3%	4.3%
Orlando, Fla.	\$137,200	13.0%	7.8%
<b>United States</b>	<b>\$161,100</b>	<b>5.8%</b>	<b>5.0%</b>

Source: zillow.com \*Estimated

Sacramento Bee

## Sacramento Home Prices Jump Almost 30%

After plummeting to abject lows in the housing crash, Sacramento-area home prices are now rising faster than almost anywhere else in the nation, Zillow said in a report released today.

Home values in the four-county Sacramento region rose by nearly 30 percent in June from the same month a year ago, according to the online real estate tracking firm, based in Seattle. Zillow predicts values will continue rising by about 19 percent in the coming year.

"You guys are on fire in Sacramento," said Zillow senior economist Svenja Gudell.

Zillow said in its quarterly report that Sacramento topped the list of 30 major metro areas that it tracks, and Zillow spokeswoman Camille Salama said in an email that the capital region had bested 350 metro areas it covers for price appreciation.

Courtesy of Sacramento Bee-July 23, 2013

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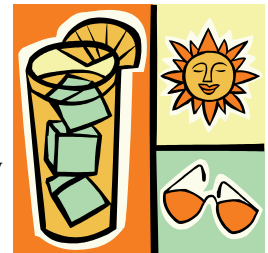
## THIS NEWSLETTER COMES TO YOU THANKS TO VOLUNTEERS...

The Meadow Oaks Times would not be possible without the volunteer efforts of **YOUR** neighbors. These Neighbors puts together and deliver our newsletters to over 750 Homes and Businesses. We would like to Publicly Thank each and every one of them.

So THANK YOU: Karla Bradford our Editor, Tammy Hanson, Nick Bastunas, Maxine Sarmiento the Newsletter Committee, and our Delivery Team of Jim Lord (Woodglen), Jerry Edwards (Tiffany Circle), Betty Gilchrist (Greenhill), Dixie (Greenhill), Russ Young (Charleston), Jim Robinson (Augusta), Jerry and Cathie Scott (Parkview), Jerry Erikson (Dana Circle), Donna Jensen (Oakview), Sandy Quinn (Woodglen), Shirley Kipp (Parkview), Larry Otto (Dana Court), Jamie (Condor Court).

## TIPS TO BEAT THE SUMMER HEAT

- \* Schedule physically strenuous activities for cooler times.
- \* Dress in light, loose, cotton clothing.
- \* When working outside, take periodic rest breaks in a cool area.
- \* Drink water, don't wait until you feel thirsty. Avoid alcohol and caffeine which are diuretics. Remember sports drinks are high in sodium and are only needed if you exercise/work hard and long.
- \* Some medications (like antibiotics) may make you sunburn more easily. Check with your doctor or pharmacist.
- \* Get plenty of sleep and eat light, nutritious, and non-fatty meals. Eat foods high in water content, like fruits & vegetables.





## USE OF PESTICIDE

With agricultural production in full swing all across the country, the USDA Office of Pest Management Policy (OPMP) wants to remind all users of pesticides of the importance of following the label. This helps to ensure good pest management while protecting wildlife, their habitat, and the environment. It is especially important that urban gardeners and homeowners, who may not be as familiar with the content of the label, have access to this important information.

Use of any pesticide in any way that is not consistent with label directions and precautions is illegal. It may also be ineffective and dangerous. The basic steps in reducing pesticide risks are:

- Choose the form of pesticide best suited to your target site and the pest you want to control:
  - First, identify the problem correctly and then, choose the least-toxic pesticide that will achieve the results you want and be the least toxic to you and the environment.
  - When the words “broad-spectrum” appear on the label, this means the product is effective against a broad range of pests. If the label says “selective,” the product is effective against one or a few pests.
  - Read the label before buying the pesticide, read the label before mixing or using the pesticide each time, and read the label before storing or disposing of the pesticide.
- Determining the right amount to purchase and use: do not assume that using more pesticide than the label recommends will do a better job. It won't.
- Find the signal word—either Danger, Warning, or Caution on the pesticide label. The signal word tells you how poisonous the product is to humans.
- Choose the form of pesticide (aerosol, dust, bait, or other) best suited to your target site and the pest you want to control. Certain formulations work better for some pests and/or some target areas than others
- Using the product safely and correctly:
  - Never apply pesticides outdoors on a windy day (winds higher than 10 mph)
  - Wear protective clothing, don't smoke or eat
  - Mix and apply only the amount you need
  - Watch for negative effects on wildlife (birds, butterflies, and bees) in and near treated areas. If you see any unusual behavior, stop using that pesticide, and contact EPA's Pesticide Incident Response Officer



Hello Neighbors, we are in that transition between summer break and back to school so here are some dates to consider if you've been participating in the Summer Reading Program sponsored by Friends of the Roseville Library (FOL) and their partners: All adult participants 18+ need to turn in their logs on or before 8/3 to be part of the drawing. The last day for prize pickup for everyone is 8/17. Check for ongoing updates about this program on the library's website: [www.roseville.ca.us/library](http://www.roseville.ca.us/library).

The Library Branches and the Maidu Museum will be closed 8/9 all day for staff training. Saturday 8/10 the branches will be open at their regular times.

Have you heard: FOL is having a 1-day used book sale, Saturday, 8/17 at the Downtown Library, 225 Taylor St., Roseville. Last chance at the lowest prices; starting 9/1 prices will be going up.

By the way...FOL recently celebrated 40 years of support to the Roseville Library System through programs, material, contests, and more. In the last ten years FOL has contributed more than \$300,000.00 for the purchase of books and materials for use by all patrons. FOL in turn has been generously supported by dedicated readers and library users like you.

Did you know the library is working toward fitting and financing a new Mobile Library and retiring the current van? The goal is to reach the underserved members of Roseville who cannot access the 'brick and mortar' buildings for one reason or another. The City has established a Mobile Library fund and contributed over \$50,000.00 to replace the current van. An additional \$50,000 will be raised by the residents, FOL, the Roseville Library Foundation and community partners. The hope is to have the Bookmobile on the road in the spring of 2014. Do you want to contribute? Do you have a group that would support this effort? Check with the library to find out how specifically. [http://www.roseville.ca.us/library/support\\_your\\_library/bookmobile.asp](http://www.roseville.ca.us/library/support_your_library/bookmobile.asp)

- Store and dispose of pesticides properly.
  - Follow all storage instructions on the pesticide label.
  - Always store pesticides in their original containers, complete with labels that list ingredients, directions for use, and first aid steps in case of accidental poisoning.
  - State and local laws regarding pesticide disposal may be stricter than the federal requirements on the label. Be sure to check with your state or local solid waste agency before disposing of your pesticide containers.

—David Epstein, Ph.D.  
Entomologist

USDA Office of Pest Management Policy



## GARDEN / LAWN AND INDOOR PLANTS TIPS, HINTS, AND TRICKS

**Natural Insecticide:** Add onions and garlic to a jar of water, let it stand for a week, and spray plants with it. **Rose Holder:** When cutting thorny rose stems, hold onto the stem with a spring clothespin. **Tomato Ties:** Cut old stockings lengthwise to make ties for tomato plants. These will not cut into the stalk, and are very strong. **Preserving Flowers:** Spray cut flowers with hair spray to make them last longer. **Rabbit Plague:** Dust the cheapest talcum powder you can find around the base of your vegetable plants outside and it will quickly rid you

of rabbit and flea beetle pests. **Watering Seedlings:** Push a drinking straw into the soil and funnel water into it to avoid disturbing new seedlings. **Killing Weeds:** Pour boiling salt water on grass or weeds growing between sections of sidewalk. **Egg Water:** Use the water in which eggs have been boiled to water plants—a good source of minerals. **Fern Tonic:** Water ferns once a week with weak tea a good tonic. **Sick Plants:** A tablespoon of castor oil chased by water brings sick plants out of their slump.

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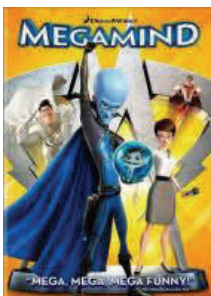
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OFFICE: (916) 663-6518

## Movies In The Park 2013 Movie Schedule



Enjoy an evening in the park with your friends and neighbors. Movies to begin at sundown on a 30ft. screen (weather permitting - check [www.rcona.org](http://www.rcona.org)).

Come for dinner at 7:30pm with lawn chairs, blankets and pocket change for hot dogs, teriyaki, popcorn, snow cones and beverages. Tie Dye booths will be joining us before the show. You may bring your own shirt to dye for \$3. Closed captioning available on request.



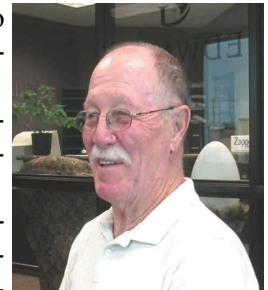
August 10  
Lockridge Park  
2601 Eureka Road  
"Megamind"

August 24  
Buljan Park  
150 Hallissy Drive  
"Happy Feet"

**PLEASE, NO DOGS  
ALLOWED IN THE  
PARK**

## AUGUST GARDEN CHECKLIST

1. Continue mulching to conserve moisture and control weeds.
2. Keep harvesting vegetables for continued production.
3. Fertilize camellias, azaleas and gardenias with chelated iron if there is yellowing between leaf veins.
4. For continued bloom of perennials and annuals, cut off spent flowers.
5. Fertilize indoor plants.
6. Last feeding of the year for citrus and avocados.
7. Attach bands of corrugated cardboard around apple tree trunks to trap codling moth larvae.
8. To prevent spread of brown rot, clean up debris around fruit trees and pick up dropped fruit.
9. Feed fruit trees for better production next year.
10. Continue feeding begonias, fuchsias, annuals and container plants.
11. Chrysanthemums can be fertilized until the buds start to open.
12. Control salt build-up on indoor plants; hose off the leaves and flush the soil with ample water.



### WHAT TO PLANT IN AUGUST

**FLOWERS:** Seed winter annuals this month. Sow seeds of perennials in flats or pots for transplanting in October. Try columbine, lupine, diascia and foxglove.

**VEGETABLES:** In a cool location indoors, start seeds of broccoli, cauliflower, kale, bunching onion, Romanesco broccoli, and radicchio for overwintering. Direct seed beets, carrots, lettuce, turnips. Plant potatoes.

## KEEP KIDS ALIVE – DRIVE 25

MONA Your Neighborhood Association is joining forces with the City of Roseville, the Roseville Coalition of Neighborhood Associations and the Keep Kids Alive safety campaign to encourage motorists to observe the residential speed limit. (25 MPH).

Statistics show that most of the drivers speeding on your streets live in your neighborhood and it is not unusual for speeders to be clocked in excess of 40 MPH.

In an attempt to heighten awareness and remind drivers to check their speed, this campaign involves the placement of Keep Kids Alive decals on trash bins facing oncoming traffic. Drivers can't miss these signs and they have proved to be effective in slowing drivers in areas where they have been used.

The Meadow Oaks Neighborhood Association will be distributing these decals as an insert with your neighborhood newsletter. We encourage you to place the decal on the traffic side of your trash bin or garden waste container. Prior to placing the decal on your trash bin, you should clean the area with a solution which will remove any accumulated Dirt and Grease. (Degreaser, Household Cleaner, etc..) Once area is Clean let Dry completely, otherwise the Decal may not stick.

Keep in mind that the greater the number of decals visible to oncoming drivers, the greater the message to drive responsibly will be. This project is about KIDS and SAFETY and we hope you will join in the effort to make our neighborhood a safer place to live.



## YOGA.

by Caitlyn Jordan (OHS Freshman)

The word conjures up a plethora of images: spandex yoga pants, long mats, coconut water, peaceful smiles, and some truly impressive—or terrifying—poses. However, to some people yoga is synonymous with hippies, green incense, and freakishly calm instructors whispering “just relax and breathe.”



In its introduction to the western world, yoga has lost some of its original meaning and instead been doused with stereotypes, not all positive. So what exactly is yoga? Yoga was originally created as a way to cope with daily stressors and maintain a healthy body and mind. The classes focus on improving flexibility and strength through a series of challenging poses, while encouraging mindfulness and steady breathing.

Yoga itself has many branches, including Power (a fast-moving class in a heated room), Yin (a calming series of deep stretches), Bikram (a series of 26 postures done in a 104 degree room), and Hatha (the most common type of yoga). Additionally, yoga studios can be found virtually everywhere (some local ones include East Wind Yoga, Bikram Yoga Granite Bay, and Veera Yoga).

Despite common misconceptions, yoga is not religious, and nearly all classes are devoid of large chimes and chanted mantras. In fact, at its core, yoga is a workout. However, this workout guarantees improvement without strained joints, strength without irritation, and, most importantly, a calm, fun way to stay healthy.



### Hearing Loss?

1805 Cirby Way, Suite #8  
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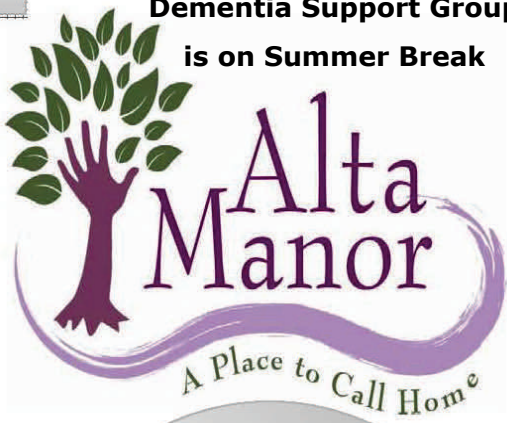
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### Dementia Support Group is on Summer Break



**Assisted Living & Memory Care Community**

930 Oak Ridge Dr. Roseville, CA 95661 [www.altamanor.com](http://www.altamanor.com) License#31500256



# Join us in August

## Neighborhood Night Out



We will be out serving cold drinks & ice cream for our neighbors during Neighborhood Night Out August 6th, 6-9 p.m.

## Spaghetti Feed



Come out & support the Placer County Food Bank on Thursday, August 22nd at 6:00 p.m. Join us to help support this wonderful charity. Tickets \$10 for adults & \$7 for kids. Dinner includes spaghetti, garlic bread, salad & a drink. Donate a non-perishable food item & receive a delicious dessert for free that evening.

## Car Show



Classic Car Show on Sunday, August 25th. BBQ & drinks Cars & fun 10 a.m. - 1 p.m. For more details about the event or how to participate please call Tina at Alta Manor 916-774-0200

Alta Manor Assisted Living & Memory Care ~ 930 Oak Ridge Drive, Roseville, Ca ~ 916-774-0200 ~ [www.altamanor.com](http://www.altamanor.com)

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# AUGUST 2013

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Contact:  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Downtown Tuesday Night 5-9pm  Neighborhood Night Out (pg. 7)	7	8 MONA Board Meeting 9-10:30AM	9	10
11	12 Banks to School	13 Downtown Tuesday Night 5-9pm	14	15	16 Coffee with City Council 5-6 pm	17
18	19 Back to School	20 Downtown Tuesday Night 5-9pm	21	22 MONA Board Meeting 7-8:30PM  Spaghetti Feed (pg 7)	23	24
25 Car Show at Alta Manor (pg. 7)	26	27 Downtown Tuesday Night 5-9pm	28	29	30	31

## MONA BOARD

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Audrey Huisking

## TIPS TO GET READY FOR BACK-TO-SCHOOL

*Move over, summer—a new school year is coming!*

With the start of school, families face new organization challenges. School bells ring—and so do early-morning alarm clocks. Paper piles swell as hand-outs and homework stream into the house.

### Ease the family into a school year schedule.

The first day of school is no time for a drastic adjustment of household sleep schedules. Instead, ease children back into a school year routine gradually. During the last two weeks of summer, re-introduce a school year bedtime.

### Create Calendar Central

Each school year floats on a sea of schedules. Nothing calms school year chaos like calendar central: a centralized site for all family calendars and schedules. You'll need a family event calendar to track after-school activities, school programs and volunteer work a one-stop shop for family time management.

### Plan before you shop

Develop a wardrobe needs list for each child. Empty draws and closets of outgrown or worn-out clothing, and either store or donate the discards.

### Gather your papers

School entry may require documentation from immunization records to report cards from the previous school year. Athletes need proof of medical examination. A little preparation can prevent frantic last-minute searches for a birth certificate or registration confirmation.

—HealthComp

