

Neighbor to Neighbor

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John C. Lincoln
 HEALTH NETWORK



Sunnyslope Block Watches Encourages Public Safety and Education

Name the only volunteer job where you can stay at home, drink coffee or whatever else, eat and protect your street all at the same time...a block watch volunteer! You are a professional resident of your street and know it better than anyone else. Put this incredible knowledge to work and participate in a block watch on your street.

Neighborhood block watches are effective crime-fighting tools, improving the public safety health of our communities. This program builds neighborhood camaraderie, promotes community awareness and instills neighborhood pride, while keeping crime off your block. Watching and paying attention to the happenings on your street make a big difference. Statistics show crime is reduced when neighbors are alert.

Sunnyslope currently has approximately 84 Block Watches. Sunnyslope Village Alliance, a grassroots community-based organization, offers monthly meetings to enhance communication among block watches and encourage public safety and education. Past presentation topics include: fraud alerts from the Registrar of Contractors, affordable housing information, detecting and preventing elder abuse, and the City Prosecutor's office, and have provided residents and Block Watch members with tools to combat undesirable activity in their neighborhoods.

Meetings are open to the public, and all are welcome:

Sunnyslope Block Watches Meetings
2nd Tuesday of each month
6:00 p.m. – 7:00 p.m.
Sunnyslope Village Alliance
755 E. Hatcher

To find out if your neighborhood already has a Block Watch, or to form your own, please contact Polly Martino, chair, at 602-943-9372.

What Is a Block Watch?

- It is becoming acquainted with your neighbors
- It is working together to identify and solve problems in our community
- It is helping the police by being aware of and reporting any unusual activities as they occur... you know best what is "normal" activity in your neighborhood
- It is the implementation of crime prevention techniques to enhance home security
- It is putting neighbors back into neighborhoods.

Block watches are organizations comprised of neighbors watching out for each other. They are designed to enlist the active participation of citizens in cooperation with the police to reduce crime and improve the quality of life in neighborhoods.

Start organizing your neighbors by scheduling a Block Watch presentation by a Desert Horizon Precinct Community Action Officer. These 1 ½ hour trainings will teach residents how to "target harden" their homes, making them less desirable to would-be burglars. To schedule a presentation in your neighborhood, call the Desert Horizon Precinct at 602-495-5006.

Three Tips for Block Watches

1. **Build Awareness:** Canvas your neighborhood for interest. If you've already got a Block Watch, make sure new residents feel welcome to attend meetings. Concentrate on your street now, and include adjacent streets later.
 2. **Make Your Meetings Accessible:** Get feedback from your neighbors to find convenient times to schedule Block Watch meetings... Schedule monthly meeting and quarterly outdoor neighborhood events to promote the relationships and information exchange among neighbors. Capitalize on the resources available through Sunnyslope Block Watches to address public safety education needs.
 3. **REMEMBER:** It does **not** ask that anyone take personal risk to prevent crime. Block Watches leave the responsibility of apprehending criminals where it belongs, with the police department. Report criminal or suspicious activity to 9-1-1 or Crime Stop at 602-262-6151.
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Village Center Neighborhood Initiative Area (NIA)

The City of Phoenix, Nielsen Diversified and the Calico Cow hosted a neighborhood information meeting on May 26. The meeting highlighted accomplishments in the NIA that included housing rehabs, infill development, storefront improvements, land acquisition, commercial infill, reconstruction, and art work on Central. Residents and business owners networked and discussed creating a neighborhood association for the Village Center neighborhood. The NIA team is seeking residents interested in creating a neighborhood association that will continue positive efforts in Sunnyslope. The boundaries for the NIA are Central Avenue to 7th Street and Las Palmaritas Drive to Dunlap Avenue. For more information regarding participation in the creation of a neighborhood association for the Village Center neighborhood contact Greg Gonzales at 602-534-2325.

Greetings from the Desert Mission Food Bank!

It has been an exciting summer, since we have rolled out our volunteer program, "Investing in the Bank," with opportunities including the 24 Karat Club, designed for groups as a one-time project. The 24 Karat Club has brought groups from Pinnacle High School, the McKesson Corporation, American Express and Universal Technologies Institute and has benefited the food bank by producing emergency food bags in a bulk production. The various groups have been able to pack more than 600 bags in 90 minutes, which helps to relieve our partner volunteers of that duty. If you have a group that would be interested in "Investing in the Bank" through the 24 Karat Club please let Shawn know by calling 870-6060 ext 1180.

For those individuals who want to volunteer but may not have the ability to volunteer during normal food bank operating hours, we have an opportunity for you! Become a Zip driver. Zip drivers are volunteers who are on-call for picking up donations at the various businesses and food drives we have throughout the valley. Zip drivers are asked to volunteer in their respective zip codes for example, if the volunteer lives in 85020, they would be asked to pick up items in the that zip code. It's easy, it's fun and it's a way to volunteer doing something that is extremely important and helpful to the food bank.

Do you know about the Grab-n-Go program? The Grab-n-go program is free food security program that is open to the community. Fresh fruits and vegetables, along with some bread items, are available on a daily basis. Participants receive a punch card after completing a short application. This punch card permits the participant to partake once a day in the daily offerings. Stop by the food bank and check out the selection. Stretch your food dollar and participate in the Grab-n-Go program.

Sunnyslope Village Alliance to host "Coffee Chat."

Date: Tuesday, August 17, 2004 at 8 a.m.

Place: Sunnyslope Village Alliance Community Action Office, 755 E Hatcher Road

Guest: Judge Hercules Dellas, NW Phoenix Justice of the Peace, and SVA Member. He will speak on dealing with violence in the home and workplace

Sunnyslope Fall Festival



Mark your calendars for the **7th Annual Sunnyslope Fall Festival**; some of you will remember this as the Sunnyslope Community Picnic. This year we are doing something a little different. We have changed the name and changed the time. This year we are focusing on a **Safe Halloween** for the children of Sunnyslope. The date for the festival will be **October 30th, 2004**, and the fun will begin at **3:00 p.m. and go until 7:00 p.m.** The festival will take place at the **Sunnyslope High School**. Trick or Treating will be available to "kids" of all ages, face painting, costume contests, pumpkin decorating contest, games, rides and entertainment for everyone.

The Sunnyslope's Kiwanis will be serving grilled hot dogs along with chips and a drink for a nominal price. All proceeds go back to the community. So mark your calendars and watch the flyers at the local businesses for more information.

If anyone is interested in displaying your business or agency, like to volunteer or if you are talented and want to show off your talents, please contact **Roe Sansone at 602-216-6514 or Lynn McDonald at 602-870-6060 ext. 1253**. This is a fun time for the entire family.

News From Sunnyslope Village Alliance

On April 17, 2004, Tammy J. Perkins, Director of City of Phoenix Neighborhood Services Department, awarded The Sunnyslope Village Alliance a Certificate of Appreciation in recognition of the time and efforts towards Neighborhood Improvements. The Sunnyslope Village Alliance dedicates itself to it's Mission Statement improve the physical, social, business, recreational, educational and cultural environment in Sunnyslope so that it becomes an ideal community for people to live, work and play and a destination for all people in the Valley.

John C. Lincoln Volunteer News.....

We have a variety of opportunities for many people. You can be a help at our gift shop, thrift shop, delivering mail, transporting patients, taking baby photos, Adult Day Health Care, JCL Senior Apartments or Desert Mission food bank just to name a few. Have you heard that folks who give of their time to help others live longer than those who do not? Do yourself and us a favor -- volunteer! **Call us at 602-331-5719.**



Congratulations!!

Cub Scouts from Pack 296 out of Most Holy Trinity Parish have won a national award in Colgate-Palmolive 31st Annual search for the country's best community service projects by young Americans.

The Scout's projects were chosen from among 2,000 entries nationwide and were recognized with a \$100 fourth prize in the Boy Scout division.

Each year, U.S. clubs and troops of six national youth organizations - Girl Scouts of the USA, Boy Scouts of America, Camp Fire USA, Girls Incorporated, 4-H and Boys and Girls Clubs of America - are invited to enter their best community service projects for consideration.

The effort was launched by Colgate Palmolive in 1973 to encourage community involvement among young people and cash grants are awarded for the best projects in each of the organizations annually. Pack 296 was the only winner from Arizona in the Boy Scout Division and one of only two winners from Arizona nationwide in all divisions.



Protect Your Children from West Nile Virus

West Nile Virus can be a serious illness. The virus is contracted from a mosquito bite. People have experienced symptoms ranging from a flu-like illness to a paralysis similar to polio. Severe infections can be fatal.

There is no vaccine available for West Nile virus, and no specific treatment other than supportive care. **The best way to protect your family from West Nile Virus is to reduce the number of mosquitoes around your home and neighborhood and to take personal precautions to avoid mosquito bites.**

- Make sure your kids wear shoes and socks, long pants and a long-sleeved shirt when outdoors at dusk and dawn when mosquitoes are most active. Consider using a mosquito repellent according to directions on the label, when it's necessary to be outdoors during those times.
- Start now to control mosquito breeding. Eliminate standing water where mosquitoes can breed. Check for items outside the home that collect water such as cans, bottles, jars, buckets, old tires drums and other containers
- Change water in flower vases, birdbaths, planters and animal watering pans at least twice a week.
- Repair leaky pipes and outside faucets, and move air condition drain hoses frequently.

West Nile virus symptoms usually occur three to 15 days after the mosquito bite. Mild cases of West Nile may include a slight fever and/or headache. More severe infections, including encephalitis are marked by high fever, headache, confusion, muscle aches and weakness.

For current health information regarding West Nile Virus, the public may call the Maricopa County West Nile Virus Hotline, (602)-747-7500. It operates from 8am to 8pm, 7-days a week.

PAL Center Art Program Brightens Dental Clinic

Youth from the Sunnyslope PAL Center recently painted a vibrant, colorful sea life mural in the waiting area at John C. Lincoln Children's Dental Clinic. A John C. Lincoln employee had painted some sea life figures in the waiting area several years ago, but recent construction at the dental clinic damaged some of the mural.

Josh Parnell, director of the PAL Center, was approached by Lincoln staff about repairing the mural. Nery Vara, director of the PAL Center's art program, was happy to take on the assignment. Nery brought youth participants from the PAL Center to the dental clinic and taught them about color, composition, and various painting techniques to upgrade the mural. Under Nery's direction, the kids and teens not only repaired the mural, but also brought new life, color and dimension to it. Schools of fish, octopus, squid, and a dazzling array of sea plants now keep children company while they wait for their dental visit.

Nery is a graduate of the Art Institute of Phoenix. We are so glad that he is willing to share his skills and talents with the community. The staff and patients at John C. Lincoln Children's Dental Clinic appreciate the time, talent and efforts that Josh, Nery and the youth from the Sunnyslope PAL Center dedicated to making the clinic a fun, inviting place to be.

John C. Lincoln Children's Dental Clinic was established in 1929; it is now located at 9229 N. 4th Street. For more than 75 years, dentists and hygienists have volunteered their time at the clinic to provide dental care to low-income and uninsured children in Sunnyslope.

Helpful Hints

Remove lint from clothes-Here is a simple and easy way to get rid of the lint that collects while washing. Add 1/2 cup of vinegar to laundry in the rinse cycle. Your clothes will leave the washer soft, smooth and clean.

White-Out / Liquid Paper & Permanent Marker Stains-Dab some sunscreen over the stain and rub off with a paper towel. Repeat until stain is gone.

Smelly Kitchen-Place a sliced lemon on a pie plate in a 200-degree oven for 20 minutes



TNR (Trap, Neuter, Return)
“The Solution at the Source”
printed with permission from AzCats

What is a Feral Cat?

Feral cats are not socialized. They are afraid of people. They are wild.

What is TNR?

TNR is a program that stops breeding by trapping, spaying/neutering, and returning the cat to its habitat.

How Does It Work?

Trap- the cats humanely trapped

Neuter-The cats are taken to a veterinarian where they are spayed or neutered. Their left ear is “tipped” (has the point cut flat) so people will recognize the cat is sterilized.

Return-The cats are returned to their caregivers, who agree to continue to provide them with food and water.

What Are The Alternatives?

Do nothing-Eventually the problem will reach unmanageable levels and cause untold suffering.

Trap & Kill-Aside from being inhumane, this approach is not a solution. The problem is everywhere. More cats will simply move in to fill the void and start the cycle over again.

Catch & Tame-This approach is not realistic. Adult ferals cannot be socialized to the point where they can be placed in home as pets. Even if they could be tamed, the extensive time and effort that goes into helping just a few cats is prohibitive. Neither the Humane Society nor Maricopa County Animal Care & Control has resources to tame feral cats. Feral cats turned in to either organization are euthanized.

Relocation-There is no other place for them to go. If you remove them, other cats will come to take their place.

How Can I Help?

Owned Cats-Keep your own cats indoors and spay/neuter them before they have any offspring. There are donation-based programs to help with the cost of sterilizing cats.

Homeless Cats-If you are feeding homeless cats, AzCats today for TNR assistance. Volunteers are ready to help you every step of the way.

Volunteer-If you would like to help move Maricopa County away from Trap & Kill and toward this more humane, more effective approach, call AzCats to become part of the team of volunteers dedicated to TNR.

Trap, Neuter, Return:

- Ends the breeding cycle and stabilizes the population.
- Is more effective and less expensive than extermination
- Eliminates or minimizes annoying behaviors like spraying, yowling, and fighting.
- Reduces the number of kittens flooding our shelters, many of which are euthanized due to lack of space and lack of homes.
- Is the humane thing to do.

For more information call AzCats at 602-287-8824 or visit their website at www.azcats.org



Sunnyslope Historical Society News.....

The Sunnyslope Historical Society has been closed during the months of July and August. However, we are there working to make better exhibits, planning ways to bring in the diverse community of Sunnyslope and make a better museum and cultural center. We will open for visitor during July and August by appointment. Call 602-331-3150. Leave a voice mail and we will get back to you. We will open our regular hours starting in September. They are 10:00 a.m.-2:00 p.m. Monday -Thursday and by appointment.

We are already planning for our first general meeting in September. It will be Saturday, September 18, 2004 from 10:00 AM until Noon. Our speaker comes to us through the courtesy of the Arizona Humanities Council. He is Dr. Robert Kravetz. His talk is "Health Seekers in Arizona". Because Arizona was considered "nature's sanitarium", people came seeking a health-restoring disease-free climate. Sunnyslope is one of the places they settled. Many of the families have been long time residents in this area. This meeting is open to the public. We will serve light refreshments.

We are still working with the City of Phoenix Neighbor Services on our Storefront Project. We are working hand in hand with the Sunnyslope Village Alliance to create beautiful landscape, courtyard and building exteriors. This will be well worth visiting in the fall of the year. Keep us in mind and remember that we want volunteers and visitors.

HOMESTART **Affordable Home Program**

Now Accepting Applications.....

Tired of Renting? Always Dreamed of Owning Your Own Home? HOMESTART may be your answer!

Sunnyslope Village Revitalization is looking for persons interested in purchasing a newly constructed home in the Sunnyslope area. HOMESTART helps buyers qualify for an affordable home and assists them through the purchase process. Eligible applicants can also benefit from down payment and closing cost assistance funds available up to \$25,000.

SVR is building beautiful three and four bedroom/two bath single and 2-story affordable family homes. These homes are approximately 1,400-1600 livable square feet, and include a surrounding block fence, front landscaping, a two-car garage, appliance package, and many other options.

- **APPLICANTS MUST BE FIRST-TIME HOMEBUYER**
(have not owned a home in the last 3 years) and,
 - **MEET INCOME GUIDELINES**
- (Ex.: Income cannot exceed \$46,900/year, for a family of 4) and,
 - **HAVE SUITABLE WORK AND CREDIT HISTORY.**

We are currently developing and constructing new homes in several areas within the Sunnyslope community, and are looking for interested homebuyers.

To see if you qualify or begin the home buying process, please contact the *Housing Program Coordinator* at 602-331-5833, or visit our office in the Marley House, 9 E. Mission Lane, Phoenix, AZ 85020

Se Habla Espanol !





Meet Simon.....

You are probably wondering who is Simon and why do I want to meet him. Take a few minutes and read this article and you will understand why you want to meet Simon.

Simon found his master Debbie on February 14, 1999. It took Debbie about 2 hours to get him out of the street and into her van. He was really thin and infected with ticks. His new master took him for a medical exam and found that Simon had a severe case of valley fever. Simon had to be on medication for 2 years before he beat valley fever.

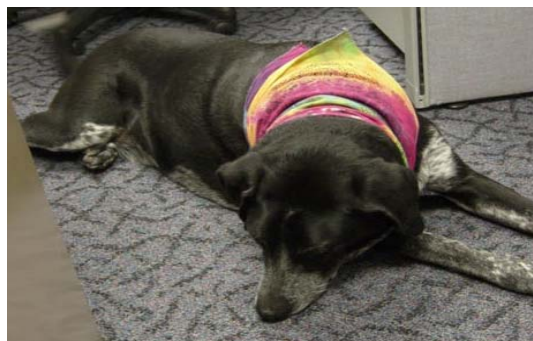
Debbie states from the moment Simon came into her life he was a very gentle soul. A colleague of Debbie's suggested Simon become a Therapy Dog. The first thing Debbie had to do was to socialize him to see how he interacted with strangers (2-leggers and 4-leggers). Once that was accomplished Debbie and Simon enrolled in the Delta Society to begin his training for his certification. Simon had to have a complete examination and received a clean bill of health. His next step was to be evaluated by a Delta Society trained evaluator. Simon was exposed to loud noises, crowds of people, people using walkers; they played with his feet and ears to see how he would respond under stressful and/or different situations. Simon then had to prove he could respond to basic directions like, sit, stay, come and stop. After all that and his master taking an examination, Simon graduated and is now working as a Therapy Dog for the Marley House. Debbie noted that some of the things that will disqualify a dog are any kind of mouth playing, growling, or aggressive behaviors.

Simon in his work has improved social and communication skills, increased self-esteem, increased problem solving skills and taught cooperation with his and Debbie's clients.

Debbie recalls one of her clients and how Simon helped him stay in school. The school did not think this student would make it through the first 4-6 weeks of school without being suspended. He was known to be a bully. Debbie and the school set up a behavior plan, in this plan included Simon. As a reward, if the student did not bully or get into physical fights, he would earn time with Simon each week. This went through out the entire school year and the student was never suspended. A true friendship developed between the student and Simon and the student even made new friends at school.

Debbie stated that a lot of the success is due to Simon's intuitive nature and of course his unconditional love.

When Simon is not working you can find him most of the time checking on the staff at the Marley House and occasionally receiving a well deserved snack or taking a nap.



LABOR DAY



Labor Day is a national legal holiday that is over 100 years old. Over the years, it has evolved from a purely labor union celebration into a general "last fling of summer" festival.

It grew out of a celebration and parade in honor of the working class by the Knights of Labor in 1882 in New York. In 1884, the Knights held a large parade in New York City celebrating the working class. The parade was held on the first Monday in September. The Knights passed a resolution to hold all future parades on the same day, designated by them as Labor Day.

The Socialist Party held a similar celebration of the working class on May 1. This date eventually became known as May Day, and was celebrated by Socialists and Communists in commemoration of the working man. In the U.S., the first Monday in September was selected to reject any identification with Communism.

In the late 1880's, labor organizations began to lobby various state legislatures for recognition of Labor Day as an official state holiday. The first states to declare it a state holiday in 1887 were, Oregon, Colorado, New York, Massachusetts, and New Jersey. Then in 1894, Congress passed a law recognizing Labor Day as an official national holiday.

Today, Labor Day is observed not only in the U.S. but also in Canada, and in other industrialized nations. While it is a general holiday in the United States, its roots in the working class remain clearer in European countries.

It has come to be recognized in the U.S. not only as a celebration of the working class, but even more so as the unofficial end of the summer season. In the northern half of the U.S. at least, the summer vacation season begins with Memorial Day and ends with Labor Day.

Many colleges and some secondary and elementary schools begin classes immediately after Labor Day.

State parks, swimming pools, and campgrounds are all quite busy on Labor Day, as vacationers take one last advantage of the waning hot season. September is the month that marks the beginning of autumn. And, because of that, the average daytime maximum temperatures take a plunge during the month in most of the U.S.

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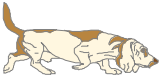
Phoenix Police working in your neighborhood

The Phoenix Police Departments Neighborhood Enforcement Team assigned to the Sunnyslope area has been busy over the past six months working hard to reduce crime in our community. In an effort to stop the cycle of recidivism of crimes in the Sunnyslope community, the Neighborhood Enforcement Team utilized the Repeat Offender Program. The officers apprehended fifteen subjects that fit the criteria of this program resulting in the imprisonment of the individuals for a total of 87 years within this program.

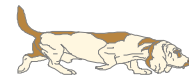
During this six-month reporting period the Neighborhood Enforcement Team's concentrated patrols in the Weed and Seed area resulted in, 327 arrests. Of these 127 were for illicit drugs, they recovered an additional 6 stolen vehicles with an approximate value of \$48,000 dollars, 37 Field Interrogations were conducted, 185 citations were issued, and three stolen weapons were recovered. The Phoenix Police Department is in the planning stages of developing a community substation bringing the beat officers closer to the neighborhoods they work in.

The Neighborhood Enforcement Team and other Phoenix Police Department officers have executed 33 Search warrants in the Sunnyslope area. The total number of warrants included 31 for illicit drugs, and 2 for stolen property. The Neighborhood Enforcement Team and the Drug Enforcement Bureau have received 50 drug complaints, which resulted in the execution of 31 search warrants in the Sunnyslope community resulting in the arrest of 84 individuals.

The Phoenix Police Department continues to enjoy the partnership with the residents in the area and look forward furthering these relations. Feel free to contact them at 602-495-5006.



The Dog Days of Summer



Everyone knows that the “dog days of summer” occur during the hottest and muggiest part of the season. [Webster](#) defines “dog days” as...

1. The period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere
2. a period of stagnation or inactivity

But where does the term come from? Why do we call the hot, sultry days of summer “dog days?”

In ancient times, when the night sky was unobscured by artificial lights and smog, different groups of peoples in different parts of the world drew images in the sky by “connecting the dots” of stars. The images drawn were dependent upon the culture: The Chinese saw different images than the Native Americans, who saw different pictures than the Europeans. These star pictures are now called constellations, and the constellations that are now mapped out in the sky come from our European ancestors.

They saw images of bears, (Ursa Major and Ursa Minor), twins, (Gemini), a bull, (Taurus), and others, including dogs, (Canis Major and Canis Minor).

The brightest of the stars in Canis Major (the big dog) is Sirius, which also happens to be the brightest star in the night sky. In fact, it is so bright that the ancient Romans thought that the earth received heat from it. Look for it in the southern sky (viewed from northern latitudes) during January.

In the summer, however, Sirius, the “dog star,” rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, “dog days” after the Dog Star.

The conjunction of Sirius with the sun varies somewhat with latitude. And the “precession of the equinoxes” (a gradual drifting of the constellations over time) means that the constellations today are not in exactly the same place in the sky as they were in ancient Rome. Today, dog days occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. No, the heat of summer is a direct result of the earth's tilt.

Just a few Words

Commander Robert Demlong

I would like to take this opportunity to introduce myself. On March 29, 2004 I was transferred to the Desert Horizon Precinct. I was previously assigned to the duty commander position for only three short months. I was promoted out of the Organized Crime Bureau's Criminal Intelligence and Investigations Unit. I have worked various officer, detective, sergeant and lieutenant assignments. These assignments include Maryvale and Sky Harbor (Central City) precincts, Tactical Support Bureau, Community Relations Bureau and the Organized Crime Bureau. I have been a native resident to Phoenix since 1967.

I have spent the last few weeks attending community meetings and briefings to introduce myself. I look forward to the new challenges as your precinct commander. I have had the opportunity to attend several community events with Desert Horizon employees as well as respond to major crime scenes in the precinct.

I can tell you that I am very impressed with the caliber of professionalism and dedication demonstrated at these events. I have told both the officers and the residents that **“we have the best job in the world and we have the worst job in the world.”** It is the best job because of the impact and difference we can make in others lives everyday. It is the worst job because of the tragedy we experience in a week that other will not see in a lifetime. With that said, I still would not trade it for any other career.

Again, I am glad to be part of the precinct and appreciate the welcome.

What's new at Arizona Research Center...

Are You...

A child, older than 12, or adult with **Asthma**?

Suffering from **Constipation** because of your narcotic pain medications?

Age 18 or older and wheezing and coughing because of your **C.O.P.D.**?

Age 18 – 70 with **Diabetes**?

Suffering from painful **Diabetic Neuropathy**?

A man, age 18 or older, experiencing **Erectile Dysfunction**?

Worried about your **High Blood Pressure**?

Tired of your aching **Hips & Knees**?

At least 18 years old and suffering from painful **HIV Neuropathy**?

Age 21 – 64 and losing sleep because of **Insomnia**?

An adult with **Low Back Pain**?

Age 55 or older and concerned about your **Memory Loss**?

An adult woman, suffering from the troubling symptoms of nausea, hot flashes, dizziness, headaches and insomnia associated with **Menopause**?

Suffering from **Osteoarthritis**?

At least 18 years old and suffering from painful **Postherpetic Neuralgia**, or pain after shingles?

A man, age 50—75, with elevated PSA levels (**Prostate Cancer Prevention**)?

...then you may be eligible for a research study at Arizona Research Center!

Study-participants receive:

- Study-related medications, tests and exams at no charge.
- Study-related care, from board certified physicians, at no charge.
- Compensation for time & travel.

Please call (602) 863-6363 x131 to schedule your screening visit or learn more about these research studies.



Sunnyslope Kiwanis Annual Steak Fry October 1st, 2004

Come out to enjoy a fun filled night with the Sunnyslope Kiwanis. Tickets for the steak fry event are on sale. The Sunnyslope Kiwanis is pleased to say that **Outback Steakhouse** is preparing the food. Great silent auction and door prizes too!

The steak fry will begin at 6 PM at the North Mountain Park (7th Street & Peoria). You can purchase tickets by calling Cindy Hallman at (602) 870-6060 ext. 1722.

The Kiwanis is also in need of silent auction items and door prizes. Please contact Cindy if you are able to donate. All raised funds at the event benefit youth and other non-profit programs in the Sunnyslope Community.

New North Town News

I have been working on several things for the past few weeks. The most important one is my little angel, Sofia. She is doing so well. Lynn McDonald made her this wonderful book utilizing phonics and put it in a binder and titled it "Sofia's Fun Book" she absolutely loves it. She tells me she wants to "work" in her Lynn book. When she completes a page she has stars, stickers, etc. to put on the completed page. She is reading harder books. She read to Lynn over the phone and she was so excited she could do it. I am so proud of her. I cannot tell you what it means to me that she trusts me, hugs me, and wants to sit in my lap. A few months ago she would never do that she was in her own silent little closed world. She did not talk and couldn't read. She is beyond wonderful.

We have also been working on a flood project. The people below Palma Park have been flooded over and over. Finally I got mad and started a campaign to get it fixed. Ran into a bit of opposition but my stubborn Irish kicked in and I finally got what was needed to protect those people. At least I hope so. I shudder to think what it costs the city but Ray Acuna and Steve Miller were absolutely wonderful and did such a great job. It looks so nice. Go by and see our new wall, berms, channel, etc. very impressive.

We are fighting two liquor licenses and I have gone to all of the usual four-committee meetings for Weed and Seed, Youth and Family Partnerships, Needs Assessment meetings and Site Council at the school. I received another park bench from Phil and gave it to Michele. I have gone to two meetings regarding the proposed homeless shelter. Peggy Bilsten promised we would not get it in Sunnyslope.

Our summer program for the children is fantastic. We have had such a good time. We do reading, crafts, sports, exercise, play games, and just have fun with many activities. On May 5th we had a performance of Mexican dances and the children were awesome. We have had some of the best things. The best thing I thought was the Caribbean Connection. We had these people come with steel drums and play Calypso music. We even had a congo line. Gosh it was so much fun. We have had a lady from the library every week to read to the children. I read to them and more importantly listen to them read to me. They need that. We have had Lisa Q -WOW Brave, Pueblo Grande Museum, Creatures of the Sonoran Desert, Mad Science, and Two different magicians. A juggler and coming up the Wildlife Zoo and Japanese Taiko Drumming. Also a trip to Jeepers, one for the little ones and one for the older ones. There will be more swimming and a whole morning with the police. We took them swimming this week; we started out with 67 and ended up with 67. I am not positive if they were the same 67 but by gosh, the numbers matched and that is the important thing. Of course they soaked me by coming over and plopping in my lap while sopping wet. I didn't mind. Keeps me cooler.

We had a surprise party for Peggy Bilsten at City Hall and it was great. We also had a whole day Block Watch Summit put on by Neighborhood Services on June 5th and We learned so much. May 19th we attended a volunteer tea at the school and on the 20th of May we had an all day seminar on how to spot sexual abuse in a child. We also had two parties at the new restaurant, Calico Cow on Central Avenue it is a great place to go. We had a party to celebrate the over ride election for the schools and Neighborhood Services and Mike Nielsen had one for the neighborhood. They are hoping to get that neighborhood more Block Watches and more united. Mike Nielsen is my HERO. Each Christmas he gives all of my kids a wonderful and an unforgettable Christmas.

Kate McGee came and read to the children and Sofia read her book to them too. I was so proud of her and thankful to Kate. I cannot tell you what these children, the city people, the police and the wonderful people at JCL mean to me. I am one of the luckiest women in the world. Betty Bellanger

Did you know...

A dripping hot water faucet wastes an average of 40 kilowatt-hours of electricity per month. This is the equivalent of running a color television 8 hours a day for about 31 days.

Joseph C. Gayetty of New York City invented toilet paper in 1857.

Bricks are the oldest manufactured building material still in use. Egyptians used them 7,000 years ago.

Deadline for the Next Issue of Neighbor to Neighbor

Do you have an event coming up? Did your neighbor do something great you want to share with the community? Is your child involved in an activity you have to tell everyone about? Neighbor-to-Neighbor is the perfect way to let the Sunnyslope community know what is going on!

If you would like your event, item of interest, story or news item to be in the October/November issue of Neighbor to Neighbor, please have it to Lynn McDonald by **September 7, 2004**. You can fax it to 602-331-5819, or e-mail it to lmcdon@jcl.com. Don't miss out on letting everyone know what is happening – be sure to get your items in by the deadline!



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