

Neighbor to Neighbor



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A Publication Of John C. Lincoln Health
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John C. Lincoln

Honored by Experts. Honored to Serve.



Sunnyslope W.I.N.S.
where impacting
neighborhoods succeeds

Sunnyslope IS Where Impacting Neighborhoods Succeeds: A Look at Weed & Seed Highlights

Sunnyslope W.I.N.S.—*Where Impacting Neighborhoods Succeeds* has completed the contract with the U.S. Department of Justice, Executive Office for Weed and Seed. The contract, awarded in 2001 for a period of five years, ends this year (2006). Sunnyslope W.I.N.S. had many accomplishments during this five-year period, some of which are highlighted below:

- W.I.N.S. community meetings brought residents and more than 30 community organizations together monthly to discuss issues that impact our community. The establishment of a regular meeting between City of Phoenix Police and Sunnyslope residents to talk about law enforcement issues impacting neighborhoods has been particularly successful. Crime, drug activity, and community safety are regularly discussed and the police follow up as appropriate on identified issues.
- The City of Phoenix Police has been an integral part of the Weed & Seed effort. During the award period, 288 search warrants were served, 246 of which (85%) were drug related. NET concentrated patrols yielded 2,045 arrests, 925 for illicit drugs. 187 people have been arrested for prostitution and 136 for gang activity. Police assigned to Sunnyslope attended more than 762 community meetings and presentations. 25-plus new block watches were formed, brining the total count of Sunnyslope Block Watch groups to 95, as of the end of our Weed & Seed contract
- Weed & Seed dollars were used to fund services provided by a variety of community agencies. Examples include: Four Sunnyslope High School Vikingtown camps which allowed youth to come together and discuss issues and develop solutions related to gangs, campus and community violence, and dropout prevention. Approximately 50-75 youth participated in each event. Bringing the X-Tattoo Program and low-cost tattoo removal to the Sunnyslope community and prevention education to area schools and community events. Approximately 100 individuals from Sunnyslope had tattoos removed through this service. Royal Palm Middle School provided after school recreation, student discussion groups, and youth mentoring for middle school age youth. Youth indicated that they enjoyed participating in these activities and that the activities provided something to do after school and they learned how to handle problems and the danger of gangs, alcohol, and drugs.

Armed with tools introduced through Weed & Seed partnerships and a sense of empowerment, residents continue to feel better about the quality of life and safety of the community. According to a survey of attendees at the 2006 Sunnyslope Fall Festival, Sunnyslope residents' average rating for quality of life was between "Good" and "Very Good" with an average safety rating closer to "Good."

In preparation for the conclusion of the Weed & Seed strategy, Sunnyslope W.I.N.S. spearheaded a series of community leadership forums to set priorities for the coming years. Those priorities include: continuing to improve safety for families and children in Sunnyslope, involving young people of all ages and culture in Sunnyslope W.I.N.S. community activities, preserve cultural resources in our community, revitalizing our existing homes and commercial building, establishing an uptown urban center in Sunnyslope and establish a neighborhood circulator bus route.

Overall, the Sunnyslope W.I.N.S. strategies funded by the Weed and Seed Program have been successful and beneficial to our community. "Members of the NET Squad (61X), in partnership with many other city employees and members of the

Continued on page 2

community in Sunnyslope, all did an outstanding long term job to improve the quality of life for everyone,” said Desert Horizon Precinct Commander Geary Brase. “The people of Sunnyslope will benefit from everyone’s vested interest in making a difference.”

Sgt. Jeff Dickson agrees: “This program was a great partnership and success within the Sunnyslope community. Our goal is to continue with the Weed and Seed philosophies to reduce crime and improve the quality of life.” W.I.N.S. leadership hopes to recruit more community members to participate in community based problem-solving and public/private cooperation to revitalize and improve the physical, social and economic health of the diverse Sunnyslope community.

For a full report of accomplishments, log on to www.sunnyslopecommunity.org.



Desert Mission Food Bank Has Full-Time Demonstration Chef



Thanks to a grant from the Arizona Nutrition Network, the Desert Mission Food Bank now has a full-time nutrition education/demonstration chef on staff. Teresa Pacheco will be at the food bank most days to demonstrate cooking with a wide variety of foods – fresh and canned – soups, meat, vegetables, salads, desserts, etc. Stop by the food bank and learn from her cooking demonstrations; you can also ask her questions about how to cook a variety of food for more healthful eating. She loves to share and swap recipes! The food bank is open 8:30 a.m. to 4:00 p.m., and is located on 4th Street just south of Hatcher Road (behind the fire station).

Here is some nutrition information that Teresa would like to share with you.

Don't Give In When You're On the Go:

It's important to make smart food choices and watch portion sizes wherever you are – at the grocery store, at work, in your favorite restaurant, on the road, etc. Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts – to help you avoid impulsive, less healthful snack choices.

Consider This: If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. That's why it's important to keep caloric intake and physical activity in balance.

Make Your Calories Count: Look at the calories on a food label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

Don't Sugarcoat It: Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars are sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.

Know Your Fats. Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. 5%DV or less is low, 20%DV or more is high. Most of the fats you eat should be polyunsaturated or monounsaturated fats.

North Phoenix Singles Club

The North Phoenix Singles Club is a group of men and women over the age of 50 who are widowed, divorced, or never married. We are a social singles club, whose purpose is to meet people, enjoy ourselves, and have fun!

We meet on Sundays (except for the second Sunday of the month), from 1:00 p.m. to 3:00 p.m., at the at the Sunnyslope Presbyterian Church, South Room, 9317 N. 2nd Street, Phoenix (We are non-church affiliated) A few examples of the types of activities that we schedule are: House Parties, Potlucks, Social Hours, Trips, Dances, Bowling, Game Nights, Movies and the Theater and so much more! For more information, please call (602) 601-0303



Get up to \$5,000 for Homeowner Rehab Assistance

Do you need a new roof or air conditioner? Does your home need painting? Do you need new doors or windows? Desert Mission Neighborhood Renewal (DMNR) can help!

DMNR is accepting applications from home owners for Minor Rehab assistance in Target Area F (From Dunlap Avenue to Peoria Avenue, 7th Street to 16th Street or From Central Avenue to 12th Street, Dunlap to Alice Avenue).

Applicants should:

- Reside in the designated area; and
- Own and occupy the home as their principal residence; and
- Meet income guidelines:

Family Size	1	2	3	4	5
Maximum Income	\$33,650	\$38,500	\$43,300	\$48,100	\$51,950

Assistance is based on availability of funding and provided on a first-come first-serve basis.

For more information, please call us at: 602-331-5833.

This program is made possible through collaboration with the City of Phoenix and Labor's Community Service Agency.

Sunnyslope Calendar of Events

All meetings are held at the Cowden Center, 9202 North Second Street, except Sunnyslope Block Watch Meetings.

2007	February	March	April
Sunnyslope WINS Community Policing -6:00 p.m. (3 rd Tuesday of each month)	20	20	17
Sunnyslope WINS Community Forum 6:00 p.m. (2 nd Wednesday of odd numbered months)	X	14	X
Sunnyslope Youth and Family Partnership Meeting -8:00 a.m. (1 st Thursday of every month)	1	1	5
Sunnyslope Block Watches -6:00 p.m.- SVA Office-755 E. Hatcher (2 nd Tuesday of each month)	13	13	10

Check the website for updates: www.sunnyslopecommunity.org

How close are you
to reaching the
dream of homeownership?



Bank of America Mortgage Specialists will be available to answer your questions about:

- Mortgage Programs for families who earn up to \$72,684 per year
- Down Payment Programs
- Credit
- How to calculate a monthly payment

When: February 13, 2007
6pm to 8pm

Where: Cowden Center
John C. Lincoln Hospital Campus
9202 N. 2nd Street
Phoenix, AZ 85020

Questions?

Contact Desert Mission Neighborhood Renewal
Phone: 602-331-5833



Musical Instruments Needed

Do you have a musical instrument that is collecting dust in your closet? Your children begged you to let them join the band and now you have an instrument you don't know what to do with? The solution to your problem.....You can donate it to Desert View Elementary School, the students want form a school band and they are in need of musical instruments. If you would like to donate an instrument you can drop it off at Desert View Elementary School during school hours, the school is located at 8621 N. 3rd St. For more information, contact Desert View Elementary School at 602-347-4000.



Before Hiring a Contractor.....

Check out The Registrar of Contractors website www.rc.state.azus This informative website provides a downloadable Guide to Contracting providing a list of steps to follow when building a new home or remodeling. Also on this website you can check to make sure your contractor is licensed, classification, bonding status and if there are any complaints filed. So before you sign that contract make sure you check out this great website.





Goodwill

Commercial Services

Division

Do you...

- ❑ have work that you need to outsource?
- ❑ have jobs that require the service of expensive temporary agencies?
- ❑ need help for only a few hours on certain days of the week or certain times of the year?

If you answered "yes" to any of these questions, then *Goodwill's Commercial Services Division* can help.

We offer the following services to meet your needs:

- ✓ Light Assembly Packaging and Shrink Wrapping
- ✓ Product Sequencing, Kitting and Collating
- ✓ Janitorial and Housekeeping Services
- ✓ Floor Care and Carpet Cleaning
- ✓ Food Service / Catering
- ✓ Commercial and Residential Landscaping
- ✓ Mailing Services
- ✓ Document Destruction
- ✓ Parking lot Sweeping

- * Goodwill was presented with BOMA's nationally recognized "Building of the Year" award for services provided at the Sandra Day O'Connor Building and the U.S. Post Office

The Goodwill Industries International network comprises more than 200 Goodwill agencies around the world. We have developed a superior reputation over our century of service. Our combined experience and expertise make us a qualified partner for your contract needs.

Goodwill of Central Arizona, Inc.

417 N. 16th Street
Phoenix, Arizona 85006
Phone: 602-416-6205
Fax: 602-416-6387
Contact: Paul Brown
www.goodwillaz.org
BOMA Member



Signs...Signs...Everywhere a Sign

You've seen the signs along city streets: yard sales, weight loss, missing pets, even home purchasing come-ons and easy credit businesses. They have one thing in common: they are a violation of a city ordinance, and violators can be fined.

Illegal signs are a hazard. They fall into the street and distract drivers. They can block pedestrian and motorist views. They damage poles and are hazardous to utility workers. They may force pedestrians or bike riders closer to traffic. They are an eyesore, adding to the appearance of blight in a neighborhood.

Signs may not be placed in the rights of way. Definitions vary, but generally the right of way includes streets, curbs, medians, traffic lights, utility poles, unimproved shoulders of streets up to private property lines, and generally two and a half feet beyond sidewalks.

Fines can range from \$250 to \$2,500 per violation. For more information about illegal signs or to report a violation, call 602-534-7100 or e-mail: illegal.signs.rightofway.nsd@phoenix.gov

North Mountain Visitor Center

Will be hosting a Coffee House Music Series and Morning Hike where folks will be able to enjoy a ranger led hike and then relax on the back patio with a cup of coffee donated by Starbucks, free freshments provided by Trader Joe's, live entertainment and spectacular views of the mountain preserve.

This free program will take place on the third Saturday of each month up to April, with one hour interpretive hikes leaving the center promptly at 8:00 a.m. This two to three mile hike along Trail 100 has a minimal elevation gain with gently rolling hills and sandy washes. A more challenging hike will be offered for those looking to get a cardio workout. The Coffee House Music series will be held from 9:00 a.m. to 11:00 a.m. and is open to hikers and non-hikers. The North Mountain Visitors Center is located at 12950 N. 7th Street. For more information call 602-495-5540.

The next series is:

- February 17, 2007-Tim Cole and Friends-Jazz, Blues and Soft Rock.
- March 17, 2007-Cork Road Traditional Irish-Pub Tunes and Irish Ballads
- April 21, 2007-Jazz guitarist Pete Pancrazi.

Important Numbers



EMERGENCY-Police/Fire	911
Non-Emergency Police	602-262-6151
Community Action Officer	602-534-1747
Councilwoman Peggy Bilsten	602-262-7441
Councilman Greg Stanton	602-262-7491
Neighborhood Enforcement	602-534-2166
Property Maintenance Violations	602-262-7844
Abandoned Vehicles (Streets)	602-262-6151
Barking Dogs	602-262-6466
Building/Zoning Violations	602-262-7844
City Bus Service	602-253-5000
Dial-A-Ride	602-253-4000
Construction Noise	602-262-6538
Construction Permits	602-262-7884
Dust, Construction	602-506-6616
City Elections	602-262-6837
Garbage Collection	602-262-7251
Graffiti Busters	602-495-7014
Poison Control	602-253-3334

News From Sunnyslope Senior Center

Looking for a place to hangout and meet new friends? Then the Sunnyslope Senior Center is the place for you!

On January 22nd a free trip to the Phoenix Art Museum for those who have attended some of the lectures.

Every Thursday there will be live music and dancing from 10:30 a.m. to 11:30 a.m. Every first and third Thursday George Miller and Rocky will provide the music. Every second and fourth Thursday Manuel Dornates will provide the music.

Come and join us for an hour of fun and dancing!

Sunnyslope Senior Center is also looking for volunteers that can help in providing office and food service assistance.

The Senior Center also offers part-time work through the National Indian Council on Aging (NICOA) if anyone is interested please call 602-262-7572.

Come Check Us Out! Sunnyslope Senior Center is located at 802 E. Vogel, inside the Sunnyslope Community Center.

Literacy Volunteers of Maricopa County Looking for Tutors

Did you know that 1 out of every 5 adults in Maricopa County can't read this sentence? We have hundreds of adults on our waiting list that need your help! If you are at least 18 years of age, graduated from high school, read at a 12th grade level and can commit 3-4 hours a week to teach someone to read or speak and understand English, LVMC wants you as a volunteer!

Our volunteer tutors meet one-on-one with students all across the Valley of the Sun and are matched with consideration of geographical location and available hours. Tutors also can help in one of our Learn Centers, a family literacy class or an ESOL class. To become a tutor, you **must** meet these qualifications:

1. Be at least 18 years of age and have a high school diploma or GED.
2. Read at a 12th grade level.
3. Meet with your student at least 4 hours per week.
4. Make at least a nine month commitment.
5. Attend 18 hours of training in one of our workshops that will equip you to tutor in either Basic Reading or ESOL (English for speakers of other languages). All potential tutors are required to attend tutor training regardless of experience or expertise.

People are waiting for help. Be a part of this worthwhile literacy effort and help change someone's life! Please call the Literacy Volunteer office at 602-274-3430 or you can register online at www.literacyvolunteers-maricopa.org

Information for Becoming a Student at Literacy Volunteers

If you, or someone you know, would like to learn to read, write, speak English, or work on obtaining your GED, you must first call us for an Intake appointment at (602) 274-3430. You will meet with a Literacy Volunteer for about 2-3 hours. We then place your name on a list for the first available tutor in your area or you can choose to come to one of our Learn Centers, a computer-assisted class. All of our programs are free to the public.

To be a student in a Literacy Volunteers' program:

1. You must be at least 16 years of age
2. Not enrolled in school or other educational institution
3. Have the desire and the time to increase skills in basic literacy and/or English as a second language. (6-8 hours per week)

Please call us at (602) 274-3430 between the hours of 8:00 a.m. to 5:00 p.m. Monday through Friday to schedule your appointment. There is a site located in Sunnyslope.

Christ Child Society Brightens the Holidays for Sunnyslope Families

Christ Child Society is a national organization of women dedicated to serving underprivileged children. The Phoenix Chapter was founded in 1988, and now has more than 275 members that work together to meet the needs of children in our communities.

This year, the Christ Child Society (CCS) selected the Marley House Family Resource Center in Sunnyslope to be the recipient organization for their annual Thanksgiving Meal project. Marley House and the John C. Lincoln Community Health Center identified 47 families that were in need of some extra help during the holidays. The CCS members teamed together and purchased food for a wonderful Thanksgiving meal for each of the families, complete with a turkey, vegetables, pie and all the trimmings. They helped feed 257 people for the holiday!

We appreciate all that the Christ Child Society has done for our community, by making hand-made layettes for newborn babies and Bedtime Bags to comfort children in crisis. During their Day of Service this Spring, they made the Marley House and health center more cheerful by painting exam rooms and a wonderful mural in the conference room.

Thanks to these dedicated women who give so generously of their time and talents to help those in need. If you would like to know more about the Christ Child Society, or provide a donation to support their efforts, you can contact them at 4633 N. 54th St., Phoenix, AZ 85018, 602-667-3355.



Free Preventative Dental Treatment for your Child: Fluoride Varnish



John C. Lincoln Children's Dental Clinic is hosting a Fluoride Varnish clinic on Monday, January 29, 2007, from 9am-12pm. Infants and children, up to age 18, who are accompanied by their parent/guardian, are welcome to attend this clinic. A brief presentation will be given where oral hygiene will be reviewed, the procedure of fluoride varnish application explained and the effectiveness of fluoride varnish discussed. Following this presentation, fluoride varnish will be applied in the dental clinic. Fluoride varnish application is a simple, noninvasive procedure that is easy to apply, does not require dental equipment and is safe. Join us in this venture to help your children fight tooth decay!!!

When: January 29, 2007, Monday

9:00 - Sign-in, fill out paperwork

9:30 – Fluoride Varnish presentation

10:00– 12:00 - Fluoride varnish application

Where: John C. Lincoln Children's Dental Clinic

9229 North Fourth Street

Phoenix, Arizona 85020

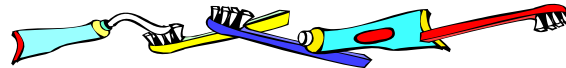
Who: Infants – children up to 18 years old, with their parent/guardian

Why: Fluoride Varnish is a simple, quick, **FREE** way to help fight tooth decay.

How: A thin coating will be applied on your child's teeth.

If you have any questions or concerns, please contact Lincoln Children's Dental Clinic at 602-870-6363

If you cannot make this clinic, we will be hosting another fluoride varnish clinic on February 19, 2007, Monday, from 9am-12pm.



Tratamiento Dental Preventivo Gratuito Para su Niño: Baño de Flúor



El lunes 29 de enero, 2007, desde las 9 de la mañana hasta el mediodía, la Clínica Dental Infantil John C. Lincoln presentará una clínica sobre el Baño de Flúor. Los infantes, niños y jóvenes de hasta 18 años de edad, que vengan acompañados por sus padres o guardián, quedan desde ya bienvenidos. Se ofrecerá una breve presentación en la cual se tratará la higiene bucal, se explicará y discutirá el procedimiento de aplicación del baño de flúor y su efectividad. Luego de la presentación se comenzará con la aplicación de éste. El procedimiento es simple y no invasivo, de fácil aplicación que no requiere un equipo dental y es muy seguro. ¡Participe en este programa para ayudar a su niño a combatir las caries!

Fecha: Lunes, 29 de enero, 2007

Horario: 9:00 – Firmar el registro y llenar los formularios

9:30 – Presentación de Baño de Flúor

10:00– 12:00 – Aplicación del Baño de Flúor

Lugar: Clínica Dental Infantil John C. Lincoln

9229 Norte, Calle 4º

Phoenix, Arizona 85020

Quienes: Infantes – niños y jóvenes de hasta 18 años de edad acompañados de sus padres o guardián

Motivo: El Baño de Flúor es un procedimiento **GRATUITO** simple y rápido que combate las caries.

Cómo: Se aplica una capa delgada del producto en los dientes de su hijo/ja.

Si tiene alguna pregunta o duda al respecto, por favor comuníquese con la Clínica Dental Infantil John C. Lincoln llamando al 602-870-6363

En caso de no poder asistir, quisiéramos recordarle que presentaremos otra clínica de Baño de Flúor el lunes, 19 de febrero, 2007, de las 9:00 al Mediodía.

New North Town News

Submitted by Lisa Kelley

NNT is all a buzz these days as the 10th Street Wash project is FINALLY underway! This is such a fantastic project that will take all of the homes in NNT off the flood plane. And lets not forget to mention the loss of the Butler/10th Street Bridge, which seems to be a hang out for many unfavorable activities and hours of graffiti removal required over the years. Thank you so very much City of Phoenix and all the individuals, you know who you are, who helped make it happen at long last! We will have a wonderful walk/bike path when it is all complete for all of NNT to enjoy.

Graffiti was up again as of late. After speaking with Mr. William Hogans of Graffiti Busters, it is on a rise city wide. Perhaps the extra time off from school with the holidays is the cause. Kudos to Graffiti Busters and Neighborhood Services Department for all that they do to help us keep our neighborhood looking nice. But the Graffiti Busters cannot do it all alone, we as citizens should take an active roll in helping out. Whether it is to call and report it (602-495-7014) or to take a minute to paint over it. I have plenty of paint, and all you need is a large coffee can and a brush to keep your own properties and areas close by sparkling clean of graffiti. Please call me and I will give you paint, 602-678-6900. We are currently working on reaching the children at Desert View with a presentation about graffiti.

Christmas is upon us at Desert View Elementary. As I write this, the PAC after school program is planning the Christmas party for the children with Betty's Kids Organization. Getting all Santa's elves working away to be sure these children have a wonderful party complete with stockings, presents, food and of course Mr. & Mrs. Santa Clause. A fun time will be had by all and it really does my heart good to see it all continue with the work of so many wonderful people. Some of these children would have no Christmas otherwise. Paul and Betty will be smiling up there at all the happy faces on December 21st with the Christmas party carrying on as it has every year.

The PAC after school Program/Betty's Kids had a wonderfully fun time at the Halloween Party. They wore their costumes for a contest, games including a cake walk, and LOTS of candy! I know I was very scared when I arrived to pick up my son, Patrick, by many of the costumes as well as amazed at some of the very pretty ones. Patrick's report as an attendee: "It was AWESOME COOL, and I know everyone loved it"! Leo Jensen, the 'Cookie Man' was also there to visit with the kids and see all the fun they were having.

Happy Holidays!!

Volunteer to help low income families receive up to XXXX in federal tax refunds!

You are invited to join the thousands of volunteers across the country that help low income families on a path to financial stability by providing tax preparation assistance as Volunteers In Tax Assistance (VITA) volunteers. The City of Phoenix Human Services Department and the IRS are coordinating efforts again this year to help low income Phoenix residents claim their Earned Income Tax Credits. If you would like to volunteer to prepare tax returns, or be a greeter or translator at one of the free tax preparation sites located throughout the Valley, please call Jackie Ciccolo at 602-262-6658. You will learn a valuable skill and have the pleasure of seeing many smiling faces as families receive refunds that can help lift them out of poverty. Studies show that low-income families use EITC returns to purchase vehicles necessary to get to work, reduce debt, complete higher education, and become homeowners.

You may be entitled to thousands of dollars in federal tax refunds!



If you have a family and earned below \$36,348 in 2006, you may be entitled to up to \$4,536 in federal tax refunds under the Earned Income Tax Credit (EITC) Program. The City of Phoenix Human Services Department is once again partnering with community groups and the IRS to help eligible families claim their Earned Income Tax Credits in the upcoming tax-filing season. Eligible families can receive free tax-filing services at over 20 sites throughout Phoenix. To find the site nearest you, call 602-263-8856.



Sunnyslope Community Center's Winter Classes are in full swing.

The winter sessions have already begun, the Sunnyslope community center is offering a variety of courses for the community. The center, located at **802 East Vogel** in Phoenix, is a great place to come and enjoy yourself whether you're 8 or 78. The facility has courses and programs for seniors, kids, and families. We offer everything from indoor soccer and weightlifting, to yoga and karate. If you would like to register for a course that is listed below or would like more information about the center and its offerings please drop by or call us at **(602)262-6661**. Also please let us know if there is something you would like to see offered that is not currently being offered. Look forward to seeing you at the Sunnyslope Community Center.

Session II will begin on January 22nd Sessions will run for six weeks, on the days of the week listed.

Courses* include the following:

Adult Courses

AM Yoga for Every Body!
Tuesday and Thursday, 9am-10am
Cost: \$40.00

PM Yoga for Every Body!
Monday and Wednesday, 6:30pm-7:30pm
Cost: \$40.00

Pilates
Tuesday and Thursday, 6:00pm-7:00pm
Cost: \$40.00

Beginning Pilates
Monday, 9:00am-10:00am
Cost \$20.00

Belly Dance for Body and Soul
Tuesday, 6:00pm-7:00pm
Cost: \$30.00

Ball Room Dancing (ages 16+)
Thursday, 7:00pm-8:00pm
Cost: \$30.00

Scrapbooking (ages 11+)
Thursday, 7:00pm-8:00pm
Cost: \$10.00

Women's Self Defense (15+)
Thursday, 7:30pm-8:30pm
Cost: \$25.00

Youth Courses

Youth Dance (ages 4-8)
Tuesday, 4:00pm-5:00pm
Cost: \$25.00

Youth Tumbling (ages 8-12)
Tuesday, 6:00pm-7:00pm
Cost: \$25.00

Hip-Hop Dance (ages 10-17)
Tuesday, 7:00pm-8:00pm
Cost: \$25.00

Capoeira (ages 7-18)
Thursday, 6:00pm-7:00pm
Cost: \$25.00

Karate (6-15)
Monday and Thursday, 4:30pm-5:30pm
Cost: \$40.00

Also Available:

Dog Obedience Courses
Call for Information

***Pre-registration is required to reserve a place in the course**

Registration is available in person at Sunnyslope Community Center from 9am-9pm, Monday through Friday, or on line at <http://phoenix.gov/PARKS/index.html>

Scam Jam and Shred-a-Thon

An informational meeting on scams during National Consumer Protection Week will be held at the Sunnyslope Community Center, 802 E. Vogel Ave. on Wednesday, February 7, 2007. The time is 10 a.m. to 2 p.m. Arizona Attorney General Terry Goddard will be the Luncheon Speaker at this event. Space is limited and attendance by reservation only. For luncheon reservations, call Ada Leach at (602) 542-6439.

A paper shredder will be there to accommodate those who have documents to shred.

Introducing...



Community Bridges provides services to individuals who are building bridges from addiction to recovery. **Community Bridges values human life, the sustaining of human life, and the recovery of human life....always with Dignity.**

Services and programs provide a continuum of care that begins with prevention and continues for individuals and families through treatment and recovery. Our mission is to provide the highest quality clinical treatment with a focus on family preservation, community development, and education services to assist communities in reducing crime, lowering health care costs, decreasing dependence on welfare and minimizing the “revolving door” use of scarce public resources.

Community Bridges Prevention Partnership has been participating with the Sunnyslope Youth & Family Partnership for over a year and is excited to expand opportunities for services in the Sunnyslope Community.

The **Partnership** provides services to schools, private sector groups, public sector agencies, and other non-profits who share our vision by providing “**Prepared To Talk**” seminars to encourage everyone who touches the lives of youth to share a common knowledge base of substance abuse issues.

The goal of “**Prepared To Talk**” is to prevent youth drug use through collaboration. To accomplish this goal, The **Partnership** offers a variety of activities including:

- Public information seminars & workshops (*i.e. health fairs and school-based PTO activities*);
- Prevention & education outreach services to include adult seminars on:
 - “Current Drug Trends”
 - “Signs & Symptoms of Drug Use”
 - “Effective Prevention”

To request information on how to schedule presentations for your group contact Community Bridges Prevention Partnership at **480.831.7566, ext. 205**, or email the Partnership at: partnership@cbridges.com. Services may be available for free or for a nominal fee – contact the Partnership for specific pricing information.

The Community Bridges agency is known for providing a broad spectrum of services including:

Crisis Care, Medical Detoxification, and Outpatient Services
602-273-9999 in Central Phoenix 480-962-7711 in the East Valley

Center for Hope for infants and mothers at risk - 480-461-1711

Recently, Community Bridges opened its **Center for Excellence** in the Sunnyslope area to provide confidential programming to help with individuals affected by a Methamphetamine problem.

Center for Excellence 602-861-2255

Contact any of the identified programs above by calling the numbers listed.

Or, visit our website at www.communitybridgesaz.org.

Office of Attorney General Terry Goddard

Attorney General Terry Goddard encourages consumers to take steps to stop scam artists before they can strike. His office produced a "Top 10 Consumer Scams" brochure that provides Arizona consumers with a practical guide to the most common schemes and ripoffs reported to the Attorney General's Office.

Attorney General Goddard has established a satellite office at the Sunnyslope Village Alliance offices. This office makes it easier for area residents to get information on consumer fraud and civil and victims' rights issues. Volunteers are available to make educational presentations to community groups and distribute materials at local events. Copies of the "Top 10 Consumer Scams" brochure are available at the Sunnyslope Satellite Office. It is open Wednesdays from 9 a.m. to noon.

The following information on buying a new or used car is part of this brochure:

Buying a New or Used Car

Next to a home, a car is often the largest purchase consumers make. Shopping for the best deal is confusing at best. It can be overly expensive, if the buyer is not informed. Key elements such as loan interest rate, purchase price, trade-in amount and monthly payment are all negotiable. Relying on the salesperson to give you a fair deal can be risky because most salespeople are paid on commission – the higher the price, the more money they make on the sale. Consumers who are not aware of their rights are likely to make bad deals.

Arizona's Lemon Laws

New Car: The Arizona Lemon Law (A.R.S. § 44-1261 *et seq.*) has a number of specific protections. Consumers should consult the law or an attorney, if their new car does not operate in a reasonable manner. Here are the basics: The period covered by the Lemon Law is the same as the term of the manufacturer's warranty or two years or 24,000 miles, whichever is earlier. The covered period begins on the date the consumer receives the vehicle.

During the covered period, if the manufacturer fails to repair the defect(s) after four attempts, or if the car is out of service by reason of repair for a cumulative total of 30 or more calendar days, the manufacturer must accept return of the car or replace it with a new car.

Used Car: A car is covered by the Arizona Used Car Lemon Law (A.R.S. § 44-1267) if a major component breaks within 15 days or 500 miles after the car was purchased, whichever comes first. If it breaks, you'll still have to pay up to \$25 for the first two repairs. The recovery for the consumer is limited to the amount paid for the car.

Red Flags

- *Beware of a salesperson who rushes you to sign paperwork without giving you a chance to review the contract terms.*
- *Beware of advertised minimum trade-in amounts and free gifts. Dealers may raise the price of the car to offset a low value trade-in or the cost of the "gift."*
- *Beware of a contract that has terms substantially different from what the salesperson promised.*
- *Beware of a salesperson who suggests putting false information on your finance application, such as inflating your income. Providing false information to obtain financing is a crime and you could end up with a contract you can't afford.*
- *Beware of a salesperson who suggests you take the car home before financing is approved. This practice is designed to "lock you in" to a purchase.*

Protect Yourself

- *Do your homework. Get information about potential dealers from the Better Business Bureau (see Resource Page).*
- *Arrange financing with your bank or credit union before car shopping.*
- *Be skeptical of car advertisements and read the fine print carefully. Sometimes the advertised deal applies only to a few vehicles or is available only under certain conditions (for example, you may need a very high credit score to qualify).*
- *Make sure ALL promises made by the salesperson or dealership are put in writing.*
- *Request a free vehicle history report on a used car.*
- *Read all documents and understand all terms before signing a purchase contract.*
- *Make sure the financing is approved before turning in your trade-in vehicle or accepting the new car.*
- *If you are buying a used car, have a trusted mechanic inspect it before you buy.*
- *If you decide to finance through a dealer, negotiate the price first. Once the price is settled, then negotiate the monthly payment.*
- *With dealer financing, always ask the dealer if the interest rate being offered is their lowest rate and whether the rate includes any profit for the dealer.*
- **REMEMBER:** *Arizona does NOT have a cooling-off period or three-day right to cancel a car sale.*



Acacia Events Calendar – February 2007

CHILDREN:

The library will be closed on Monday, February 19th

Thursday, February 1st -10:15am-11:15 am-Babies Time: Your baby needs YOU to learn. Have fun sharing books, songs, finger plays and more. Playtime follows program. Caregiver must accompany baby, Birth to 23 months.

Saturday, February 3rd -1:00pm-3:00pm-Movie Saturdays @ Your Library: Enjoy a fun family movie at the library! Ages 12-18.

Tuesday, February 6th - 10:15am-11:00am-Toddler Time: Stories, rhymes, and songs. Help develop your child's language and early literacy skills. Caregiver must accompany child. Ages 2-3.

Tuesday, February 6th 7:00pm-7:30pm-Tuesday Tales: Family story time with stories, songs, puppet show and more! All ages.

Thursday, February 8th - 10:15am-11:15am-Baby Time: Your baby needs YOU to learn. Have fun sharing books, songs, fingerplays and more. Playtime follows program. Caregiver must accompany baby. Birth to 23 months.

Saturday, February 10th-1:00 pm-3:00pm-Movie Saturdays @ Your Library: Enjoy a fun family movie at the library! All ages.

Tuesday, February 13th-10:15am-11:00am-Toddler Time: Stories, rhymes, and songs. Help develop your child's language and early literacy skills. Caregiver must accompany child. Ages 2-3.

Tuesday, February 13th - 7:00pm-7:30pm-Tuesday Tales: Family story time with stories, songs, puppet show and more! All ages.

Thursday, February 15th - 10:15am-11:15am-Baby Time: Your baby needs YOU to learn. Have fun sharing books, songs, fingerplays and more. Playtime follows program. Caregiver must accompany baby. Birth to 23 months.

Saturday, February 17th 1:00pm-3:00pm-Movie Saturdays @ Your Library: Enjoy a fun family movie at the library! Ages 12-18.

Tuesday, February 20th -10:15am-11:00am-Toddler Time: Stories, rhymes, and songs. Help develop your child's language and early literacy skills. Caregiver must accompany child. Ages 2-3.

Tuesday, February 20th 7:00pm-7:30pm Tuesday Tales: Family story time with stories, songs, puppet show and more! All ages.

Thursday, February 22nd 10:15am-11:15am Baby Time: Your baby needs YOU to learn. Have fun sharing books, songs, fingerplays and more. Playtime follows program. Caregiver must accompany baby. Birth to 23 months.

Saturday, February 24th 1:00pm-3:00pm Movie Saturdays @ Your Library: Enjoy a fun family movie at the library! All ages.

Tuesday, February 27th 10:15am-11:00am Toddler Time: Stories, rhymes, and songs. Help develop your child's language and early literacy skills. Caregiver must accompany child. Ages 2-3.

Tuesday, February 27th 7:00pm-7:30pm Tuesday Tales: Family story time with stories, songs, puppet show and more! All ages.

TEENS:

Saturday, February 3rd 1:00pm-3:00pm Movie Saturdays @ Your Library: Enjoy a teen movie at the library! Ages 12-18.

Saturday, February 3rd 4:00pm-6:00pm ATBC: Acacia Teen Book Club. Meet with other teens to chat about a different type of book each month. ATBC picks the type; you pick the book. Ages 12-18.

Saturday, February 10th 1:00pm-3:00pm Movie Saturdays @ Your Library: Enjoy a teen movie at the library! All ages.

Saturday, February 17th 1:00pm-3:00pm Movie Saturdays @ Your Library: Enjoy a teen movie at the library! Ages 12-18.

Saturday, February 17th 4:00pm-5:00pm Library Teen Council: Meet with a friendly group of teens who help make decisions on teen events for the Library.

Saturday, February 24th 1:00pm-3:00pm Movie Saturdays @ Your Library: Enjoy a teen movie at the library! All ages.

ADULTS:

The library will be closed on Monday, February 19th

Wednesday, February 7th 6:30pm-7:30pm Acacia Bookworms Book Club: A friendly book discussion group that meets the first Wednesday evening of the month. Join us to discuss Song of Solomon by Toni Morrison. Call 602-319-4647 for information.

Wednesday, February 21st 2:00pm-4:00pm Friends of the Library – Acacia Chapter: This friendly group meets the 3rd Wednesday of every month for a short review of library business followed by a book discussion. Join us!



ArizonaSaves
Build Wealth Not Debt



Free Financial Workshops

A Series of FREE Financial Workshops Presented by Arizona Saves and Desert Mission Neighborhood Renewal

Find out how to use your tax refund to purchase a home. Get the facts you need about credit, down payments, and the process of buying a home. **Arizona Saves**, in partnership with **Desert Mission Neighborhood Renewal**, can give you tools and information to help you set and reach your financial goals. Learn from experienced professionals about:

- **Taking Charge of Your Credit - March 8th, 5:30 pm to 7:30 pm**
Credit...we can't live without it. Credit can help us obtain things most people aren't able to pay cash for, such as a house or a car. But credit also carries with it the risks of overspending, high interest rates, and penalties if not used carefully. Learn from experienced professionals about how to build and maintain a good credit history, and what you can do to improve your credit if it's taken a turn for the worse.
- **Financial Goal Setting/ Budgeting/ Tax Credits- March 15th, 5:30 pm to 7:30pm**
Whatever financial situation you may find yourself in, you *can* build wealth for yourself and your family. You can build a budget that can produce great results. Learn in a casual, interactive atmosphere how to tailor a budget to help you make every penny count. Arizona Saves, a non-profit financial education initiative, will help you set achievable savings goals and set a plan for reaching them
- **Homeownership: Making the American Dream a Reality – March 22, 5:30 pm to 7:30pm**
Owning a home...it's a dream that most Americans have, but the process of getting a mortgage and finding a home you can afford is sometimes intimidating, and often confusing! Come learn how to determine how much home sweet home you can afford, steps you should take to prepare to buy a home, and get an overview of the mortgage process.
- **The Keys to Purchasing a Car (Without Getting Taken for a Ride)- March 29th, 6:00pm to 7:30pm**
Whether you're in the market for a car that's new or old, a smooth ride or a fixer-upper, you want to save as much money as possible. Hear tips on how to get the best deal on your car, a fair value for your trade-in, and a reasonable rate on your auto loan. Learn about the add-on products available at the dealership, and whether you really need to spend your hard-earned money on them.

Workshop Location: Sunnyslope Community Center, 802 E. Vogel Ave, Phoenix.

**Enroll today for individual sessions or the series.
Seating is limited, so sign up today!
DINNER PROVIDED**



CALL 602-246-3512



Crooked Sky Farms and The Art Institute of Phoenix Partner to bring local produce to North Phoenix

New Community Supported Agriculture pick-up location at The Art Institute of Phoenix

PHOENIX, Ariz., November 29, 2006 – Crooked Sky Farms, a produce farm based in Glendale, is excited to announce their newest Community Supported Agriculture (CSA) pick-up location open to the public in North Phoenix at The Art Institute of Phoenix (Ai) starting mid-January 2007. CSAs are a way for farmers to share their bounty with the community through subscriptions. Families subscribe in advance for a 10-week session and pick up their share of the harvest each week at a specific location and now North Phoenix residents can join without traveling too far from home.

Families all over Arizona participate in Crooked Sky Farms CSAs. They receive eight different items in their share that changes with the seasons. CSA members are open to trying sometimes new and unusual foods since the share is determined by the farm. A sample might include four navel oranges, three sweet potatoes, eight red potatoes, two onions, one head of garlic, one bunch of arugula, one bag of bok choy greens, and one bag of spring lettuce mix.

Ai culinary students are inventing recipes to share with the CSA members to help them be creative in the kitchen. Culinary Arts Academic Director, Chef Joseph LaVilla says "Buying local supports the economy, keeps you in touch with the seasons, and connects you to the land where your food is grown. Having a CSA at Ai provides our students with a connection to the food they eat, and a chance to see it on a seasonal basis. There is a big disconnect for most people about where their food comes from."

For those who are interested in joining the North Phoenix CSA they can attend an information session hosted at The Art Institute of Phoenix on December 14th at 11 a.m. in the Gallery Café. The Art Institute of Phoenix is located at 23rd Ave and Dunlap Ave on the southeast corner. For more information about the farm and CSAs please visit www.crookedskyfarms.com.

About Crooked Sky Farms:

Crooked Sky Farms is a Community Supported Agriculture (CSA) farm based in Glendale, AZ with fields all over Arizona including Duncan, Phoenix, Waddell, and Young. Crooked Sky Farms is Certified Naturally Grown and uses sustainable farming methods which minimize long-term effects on the environment. Frank Martin, farmer and owner, is a Master Gardener and has been farming for over 10 years in Arizona. Crooked Sky Farms currently has 4 CSA locations in Arizona including Downtown Phoenix, Avondale, Tucson and Flagstaff.

Schaller Anderson employees, executives walk Saturday, Oct. 28 with City of Phoenix on smoke alarm installations

Mayor Phil Gordon and his wife, Christa Severns; Joe Anderson, chairman and CEO of the Phoenix-based company, Schaller Anderson, Incorporated, Phoenix Fire Department fire fighters and more than 50 employees of Schaller Anderson joined together to sponsor a Smoke Alarm Awareness Walk in homes around Palomino Park in northeast Phoenix on Oct. 28.

The goal: to install smoke alarms in homes currently without one and to test alarms in those that had them.

Schaller Anderson, an Arizona-based health management company with affiliates in eight states, donated \$20,000 in recognition of its 20th anniversary, which, coincidentally, was Oct. 28. The program is a special project for Phoenix First Lady Christa.

Last year in Phoenix, 16 people died in fires at homes with a smoke alarm was either not present or not working properly. The goal of the Walk was to increase awareness of this important safety issue. The City of Phoenix and the Phoenix Fire Department seek private sponsors to fund the installation of smoke alarms in lower-income neighborhoods and provide information about how to use them.



What's the Good News in Your Neighborhood?

We welcome your announcements for publication in *Neighbor to Neighbor!*
Send your News ~ Events ~ Items of Interest ~ Announcements to:
Lynn McDonald via FAX: **602-331-5819** or email: lynn.mcdonald@jcl.com
The deadline for the **March/April 2007** edition is **February 7, 2007**.



9221 N. Central Avenue
Phoenix, Arizona 85020