

Neighbor to Neighbor



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John C. Lincoln
HEALTH NETWORK



Sunnyslope Weed & Seed Launches Web Site

In late September, Sunnyslope Weed & Seed's brand new web site went live! See it for yourself at: www.sunnyslopecommunity.org.

The Sunnyslope Weed & Seed initiative, which is in its third year of funding, will use the site as a marketing tool, and a community and contractor resource.

Visitors to the site can find details about initiative strategies, committee meeting dates and times, progress reports and accomplishments, as well as links to partner web sites.

In the process, the Sunnyslope Weed & Seed logo got a facelift! The new logo incorporates symbols representing the treasures of our community: the public art at Central and the Canal/the S on Sunnyslope mountain, our mountains, and our residents. According to Jeff LaMonica, creative director at Monsoon Digital who developed the web site and the logo, "The color palette was chosen because it was warm, approachable and inviting, not stiff, corporate and detached." This reinforces the grassroots momentum that drives the initiative's success. LaMonica adds, "The shape of the home itself suggests an arrow pointing up and as such, upward movement or progress."

Steering Committee Members Recognized

At the November Sunnyslope Weed & Seed Steering Committee meeting, a special thanks was offered to all volunteers for their commitment to the Weed & Seed initiative. Certificates of appreciation were presented to **Betty Bellanger, Bethany Nader and Sharon Stolpen** for their regular attendance of all three committees (steering, law enforcement and neighborhood restoration) over the past year. They were honored with the Site Coordinator's Maximum Commitment Award. Scribe Awards were presented to **Nichole Devlin and Lynn McDonald** for their support in minute taking at committee meetings and the leadership of **Donna Wiedoff** was celebrated, recognizing her service as Co-Chair of the Steering Committee and Law Enforcement Committee for 2 consecutive years. The co-chairs presented **Cindy Hallman** with a certificate of

appreciation for her dedication to Sunnyslope Weed & Seed. Nominations were accepted and 2005 co-chairs were elected. The Steering committee will be under the leadership of residents **April Jones and Polly Martino** beginning at the January meeting.

Sunnyslope Weed & Seed Launches New Prevention Committee

Meetings are held at 5:30 p.m. on the 3rd Wednesday of each month at Cowden Center (9202 N 2nd St. between Dunlap & Hatcher).

The role of the committee as defined in the Sunnyslope Weed & Seed organizational structure follows:
"The Prevention Subcommittee works to reduce fragmentation and duplication of services and to ensure a more comprehensive system for service delivery to Sunnyslope residents. The committee also serves to encourage services providers (particularly in safe haven environments) to offer programs and services that address identified risk and protective factors in our community. Focus is on prevention education programs and after school activities for youth."

The approach will be rooted in the 5 Promises of America's Promise (see www.americaspromise.org). The 5 Promises are: 1. Caring Adults 2. Safe Places 3. Healthy Start 4. Marketable Skills 5. Opportunities to Serve) and will draw upon Sunnyslope's commitment to be a community of promise.

At its first meeting, the committee decided to conduct a survey of Sunnyslope youth to assess their areas of interest in after school activities, barriers to participation and gaps in service. Future meetings will be used to construct the survey.

Meetings are open to all Sunnyslope residents (youth and adults), business people, educators and service providers. For more information, call Christina Plante at 602-870-6060 x1174 or visit the web site at: www.sunnyslopecommunity.org to find a complete list of meeting dates, times and locations.

Sunnyslope Businessman Mike Nielsen is Bank of America Local Hero

Mike Nielsen, President and CEO of Nielsen Diversified, Inc. was honored as a Local Hero on November 4 at the Bank of America Neighborhood Excellence Initiatives award ceremony at the Phoenix Art Museum.

Nielsen was selected based on his historical community involvement and activism in promoting Sunnyslope's well being. In his words, it's "not just about creating a better environment, but about creating a better living environment for all the people who live here."

Mike Nielsen has sustained a 20-year personal commitment to the revitalization of Sunnyslope serving as a leader in redevelopment in Sunnyslope and setting the standard with his own business as the example.

In the early 90s, Nielsen was the first to invest in a condemned city-owned property which had been a toilet shop with more than 1,000 toilets stacked in front of the building, and rehabbed the 7,500 square-foot building into a firm that manufactures and imports interior design accessories, art and architectural furnishings. This was the first of many significant improvements along Central Ave., the heart of Sunnyslope. He rehabilitated an adjacent 1,000 square-foot building and offered a 3-year-rent-free lease to Sunnyslope Village Alliance (of which he was a founding member), giving the association of community members its first home.

He is an excellent resource for consensus building and visioning. Through his participation in Sunnyslope Village Revitalization (SVR), a community development corporation that directs community redevelopment efforts, he helped bring a shopping center with a grocery store, restaurants and other retailers to a previously blighted and drug-infested site. He also worked with the Phoenix Arts Commission to create public art at the community entrance.

As 2004 committee chair of Sunnyslope Weed & Seed, a community revitalization initiative aimed at weeding out violent crime and drug abuse and reseeding the community with positive alternatives, he has worked to design a long-range strategic plan to sustain the initiative's impact.

His contribution doesn't stop at economic and redevelopment efforts. He generously buys individual Christmas gifts for 120 1st - 6th grade boys and girls at an after school program and has done so for over 7 years.

Bank of America uses this award to celebrate people who make a difference in their communities by serving neighborhood needs. Bank of America further recognized Nielsen's efforts by making a \$5,000 contribution at his request to The Josh Conard Scholarship fund in memory of his sister Sandy Tafoya.

Did You Know This About Arizona???

- The Arizona trout is found only in the Arizona.
- Arizona leads the nation in copper production.
- The bola tie is the official state neckwear.
- The Palo verde is the official state tree. Its name means green stick and it blooms a brilliant yellow-gold in April or May.
- The amount of copper on the roof of the Capitol building is equivalent to 4,800,000 pennies.
- Arizona observes Mountain Standard Time on a year round basis. The one exception is the Navajo Nation, located in the northeast corner of the state, which observes the daylight savings time change.
- The Castilian and Burgundian flags of Spain, the Mexican flag, the Confederate flag, and the flag of the United States have all flown over the land area that has become Arizona.
- In 1926, the Southern Pacific Railroad connected Arizona with the eastern states.
- Four Corners is noted as the spot in the United States where a person can stand in four states at the same time.

Sunnyslope Village Alliance's Fifteenth Annual Dinner

January 27, 2005 is the date of the Sunnyslope Village Alliance's fifteenth annual dinner and election of officers and members of the board of directors. We hope all of you will take part in this delicious dinner and entertaining evening. This year The Calico Cow will cater the dinner. Appetizers will be available during the social hour. The buffet will contain chicken breast Wellington stuffed with a medley of julienne carrots and tender peas in puff pastry as well as vegetable pasta with a cream sauce, salad, rolls, drinks and more. Dessert will be warm apple crisp.

The election will take place prior to dinner and the results will be announced after dinner. Pride awards will take place as part of the after dinner program. Entertainment will be the Sunnyslope High School chorus. All this will take place at the Sunnyslope Community Center, 802 E. Vogel. The time will be 6:00 PM for registration and dinner will begin at 6:15. The tickets will be \$22. Reservations can be made by calling the SVA office at 602-944-0941.

SVA played a part in helping people to participate in the democratic process in the several ways.

In August and September 2004, the Sunnyslope Village Alliance Community Action Office was one the sites in Maricopa County which offered the opportunity for people to register to vote in the primary and general elections. Eighty new registrations were taken and of that number, ten were recorded on the last day to register. The Southwest Voter Registration & Education Program used our office. Thanks to Scott Lind, SVA Office Manager, who helped make the people welcome and also in the registration process.

On Thursday, October 7th, 2004, the Sunnyslope Village Alliance held its Fall General Meeting at the Sunnyslope Community Center. The program was a panel discussion on the proposed ballet propositions. It was a lively evening as supporters and opponents discussed the pros and cons of the propositions. We send many thanks to the participants and to the Community Center for the use of their facility.

On Tuesday, October 19th, 2004, Maricopa County Supervisor Chairman Andy Kunasek hosted a Coffee Chat at the SVA office. The program featured Maricopa County Special Health Care District candidates Paulina Morris, Ted Williams and James Kraft. They discussed their education and knowledge in the health field and their goals for the newly created district. A question and answer session followed.



SVA hosts Legislative Coffee Chats

Sunnyslope Village Alliance will host Legislative Coffee Chats to meet the senators and representatives from Districts 10 and 11 from January through May 2005. The first Coffee Chat will be held Monday, January 17, 2005. Join others at the Coffee Chats, which begin at 8 a.m. They are held at the Sunnyslope Village Alliance Community Action Office, 755 East Hatcher Road. The rest of the dates will be the second Monday of the month.

Fun Facts About Our Presidents

Thomas Jefferson read Greek, Latin, French and English.

Zachary Taylor's horse grazed on the White House lawn.

Franklin Pierce was arrested for running over a woman while driving his carriage in Washington, DC. The charges were later dropped.

Franklin Delano Roosevelt's mother forced him to wear a dress until he was five years old.

Dwight David Eisenhower liked to play golf so much he had a putting green built on the White House lawn.



Bookworm Buddies



Did you know?

- First – Third grade children from lower income families score and average of 40 points lower on reading comprehension tests than students from middle or upper class backgrounds. *
- Children from low-income families enter school with an average of only 25 hours of one-on-one reading time while their middle class counterparts have already had at least 1800 hours of reading exposure. *

Teachers and principals agree that the best way to help these students is through a few extra hours of one-on-one reading time each month. Bookworm Buddies is designed specifically to give students in under-resourced schools the one-on-one reading time they need, while benefiting from a mentoring relationship with a committed and caring adult.

Now that the holidays have passed and school is back in session, Bookworm Buddies needs more volunteers to be a part of this rewarding program for the Spring semester. Volunteers meet with an assigned student for one hour each week to work on various literacy skills, and are given a standing weekly meeting time based on their individual availability. Meetings take place at one of our four Phoenix area elementary schools and occur during school hours. Volunteers are required to make at least a one-semester commitment, participate in a two-hour orientation and training, and pass a fingerprint background screening. One of our four Phoenix area schools is located in the Sunnyslope area at 801 W Peoria, Phoenix 85021. For more information, other locations, and training dates, please contact Megan Lashmet at megan@makeadifference.org or call the Make A Difference office at 602-973-2212.



AHCCCS Members With Pets Find Help With Spay & Neuter Program



The Arizona Animal Welfare League is administering a spay/neuter program for pets of AHCCCS recipients in Maricopa County. The program, made possible through a grant from Maddie's Fund*, is intended to control animal overpopulation and reduce the euthanasia rate of healthy, adoptable animals.

For a co-pay of \$10 per cat and \$20 per dog, AHCCCS recipients may have up to six pets sterilized by local veterinarians who are participating in the program. They need only call the Spay/Neuter Hotline at 602-265-7729, for a referral to a hospital or clinic in their area and then call to schedule an appointment for the surgery. AHCCCS recipients must present their AHCCCS card and a picture ID establishing residency in Maricopa County at the time of the appointment.

Please spread the word about this great opportunity. Many AHCCCS recipients would like to have their dogs and cats sterilized but do not have adequate funds. In addition to reducing the numbers of unwanted animals, spaying and neutering can improve behavior and increase the animal's chance of a long and healthy life.



** Maddie's Fund was created through the generosity of Cheryl and Dave Duffield, PeopleSoft Founder and Board Chairman. It is named after the family's beloved Miniature Schnauzer, Maddie, who passed away in 1997. The first step is to help create programs that guarantee loving homes for all healthy shelter dogs and cats throughout the country. The next step will be to save the sick and injured pets in animal shelters nationwide.*

NOTE: The Spay/Neuter Hotline is a program of the Animal Defense League of Arizona. It is assisting the Arizona Animal Welfare League in disseminating information to AHCCCS clients. **The Spay/Neuter Hotline** refers callers to low-cost or free spay and neuter services for dogs and cats in local regions of Arizona and will provide information to both AHCCCS and non-AHCCCS callers. Selected clinics may offer discounts to hotline referrals, so callers should mention that they were referred by the **Spay/Neuter Hotline**.



News from New North Town – Betty Bellanger

I am very excited about the proposed flood project that Ray Acuna from the City is working on. He asked me to help, which you have to admit, is strange as I am hardly qualified but I am so excited about this. I had a very interesting meeting with both Ray Acuna and Rafael Velasquez at my home and learned some of the details about this project. It is going to be big.

I have been attending all the four meetings connected to Weed and Seed. My favorite is Law Enforcement. They are always so interesting and some of my people come to them also, every month. That makes me proud that they like to be involved. I still like Partnership meetings the best.

You remember my little Sofia? I met with her teacher and she is doing very well and making great progress in her reading and social skills. I am so very proud of that little girl. Desert View School had a very successful Parent's Night on September 30. That is such a great school. The principal is so good to our kid's program and us.

I have been doing some different things. I did a couple of days checking on candidate's signs for the school board election. That was so much fun. Had a delicious lunch with the Kiwanis Club and cheered the Students of the Month. Everybody talks about how bad kids are now. Well they should come to these luncheons and meet these wonderful kids. We had our annual Halloween party and one little boy scared me so bad I screamed. They loved that and I told them that I was sorry I hadn't dropped dead at their feet and really made them happy they all just giggled.

The Fall Festival was beyond wonderful. Lynn, Cindy, Christina and all of the staff did a magnificent job. It was so much fun and there was so many things to see and do. My kids danced and everyone said how great they were. I nearly burst with pride. They work so hard at these dances.

We went to City Council, as we are fighting another, yes, and another liquor license. Can you believe this? They were denied there. Next was the Use Permit hearing and then State Liquor Board. I have some great news. Christina, Eleanor and Andy and I went to the Use Permit hearing and they were denied. We were so happy. They can still appeal but it will be much harder for them to get an okay from the Liquor Board with two denials on the permit.

Our regular meeting was November 18th but there was a mix-up and the officer, Terry Sills sent another officer and he went to the wrong address. But, it turned out to be one of our better meetings. Everybody got very involved and all talking and asking questions. Several people said how much they enjoyed the meeting. I know I certainly did.

We had a very productive meeting on Need's Assessment with Linda Cannon and Ann Kells. Ann has done such a great job on this.

I believe I have mentioned that I met this fantastic man at one of the Hon Kachina luncheons for the people who have won the award and are given the opportunity to meet the new people who are this year's winners. Well three years ago, I met this man, Keith. He made the big mistake of asking me what we won for and I gave him a non-stop talk about my kids. Since then he has given me donations of money. I have been able to get things for the children that we could never get without Keith. I have also been able to help the school with books, sending teachers to conferences, etc. I asked him for advice and permission to get the children a television set as we have movie day on Friday. Much to my astonishment he gave me the big screen TV, actually sold it to me for one dollar and I gave it to the school. Now my kids can see their movies on a screen big enough that the little ones in back can see so much better. I was hardly over that shock when he told me he and his wife were taking the money they would normally be giving Christmas gifts to six of their close friends and giving me the cash instead. Then to top it all off I got news that the RICO grant I wrote for was approved and I just got a check for \$5000 to buy books for the school library. I am just overwhelmed by all of this. I don't deserve this but the children do. We get so much help from the hospital, City of Phoenix and many others. We are working on our Christmas Party. December 16th at 3:15. You are welcome to come see the kids. Judi Fuller's Adult Probation has made a beautiful pillow for the entire first, second and third graders. Shirley Arthur and the people in her apartment complex have made every single child a homemade filled stocking, complete with candy and toys. And the best of all is my beloved Michael Nielsen. Again this year he is giving each child a bag of gifts. I can only imagine how much time and money this costs him but he refuses praise and does it every year.





Volunteers Needed

"Volunteers are like gold -- they help us serve exceptionally well; however, we never seem to have enough!" If you or someone you know may be thinking about doing this thing called volunteering -- just give John C. Lincoln Volunteer Office a call **602-331-5729**.

What's new at Arizona Research Center...

Are You...

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

Suffering from painful **Diabetic Neuropathy**?

A healthy man, ages 25-64, interested in participating in a clinical trial evaluating daily dosing of **Levitra**, Viagra or Placebo?

Frustrated with your painful **Fibromyalgia**?

Worried about your **High Blood Pressure**?

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

An adult with **Low Back Pain**?

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

Suffering from **Osteoarthritis** joint pain?

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

...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 Fall Festival A Huge Success

On a beautiful October 30th, the Sunnyslope Fall Festival took over the football field at Sunnyslope High School. The day was perfect. This year's festival was one of the best attended; approximately 2,000 people strolled through and mingled with the exhibitors, gathered information and enjoyed the entertainment and food. The kids came in costumes, participated in pumpkin coloring contests and a costume contest; they were also able to take a tethered hot air balloon ride, compliments of A Slice Above Pizza, Dr. Mark Espinoza, Century 21 Foothills and Meridian Computers. Remax Reality also brought their hot air balloon. Local talent entertained the crowd, the Desert View Afterschool program performed dance numbers and the Rainbow Kids were on hand again to entertain with songs and dance. The emcee for the day, Christina Plante, did an awesome job.

Many thanks to the committee and supporters who helped to make this happen. We are already in the works planning the 2005 Sunnyslope Fall Festival. Keep reading this newsletter for future updates.

FAST PROGRAM in the WASHINGTON ELEMENTARY SCHOOL DISTRICT

The holiday season is not usually a time for people to begin a fast, but a group of families from Shaw Butte Elementary School are gathering every Monday to do just that. These families are participating in a parenting and prevention program called **Families And Schools Together** or **F.A.S.T.** sponsored by the Safe Schools/Healthy Students grant of the Washington Elementary School District.

Led by Sandi Crawford, MSW, Shaw Butte School Social Worker, and specially trained clinicians from Southwest Behavioral Health Services, the families gather in the school cafeteria each Monday evening to share a meal and develop skills to help themselves and their children succeed in school, at home and in their community. After the meal adults and children separate into peer groups to work on personal growth skills, participate in communication exercises and learn positive methods of enforcing family rules.

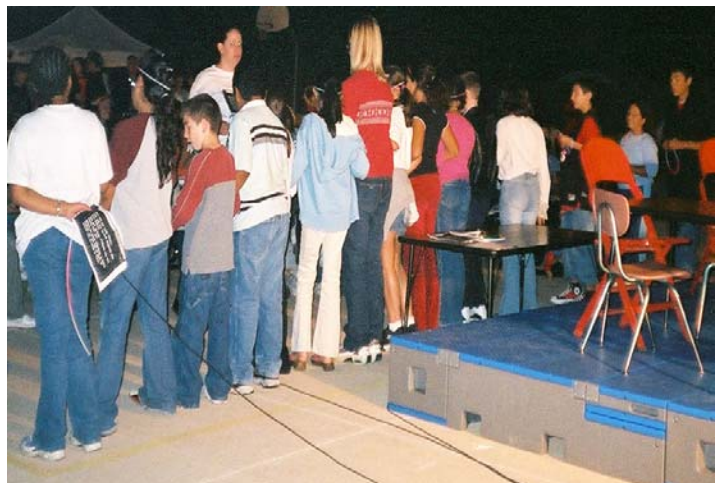
F.A.S.T. is a collaborative program designed to build cohesive family units, secure school relationships, assist families in building a network of support and increase self esteem for adults and children. Utilized in 32 states, the District of Columbia, Canada and Australia, **F.A.S.T.** has proven to be successful in decreasing alcohol and drug use in children, decreasing school violence and reducing dropout rates among participants who complete the full program.

After the initial 8-week intensive meetings, a graduation ceremony is held and then families meet monthly to discuss topics of their choice, which they feel are relevant to their immediate needs.

Safe Schools/Healthy Students and the Washington Elementary School District are proud to offer this effective evidence based prevention curriculum to their families. If you would like more information on this or any other program of the Safe Schools/Healthy Students grant, please contact Tamara Lockett, MSW, LCSW at 602-347-2833.

Bullying Prevention Kick-off Event!

We wanted to brag on behalf of Maryland Elementary for their fabulous work on Thursday, November 18th Bullying Prevention Kick-off Event! The school began instituting the Olweus Bullying Prevention Program, as part of the Safe Schools/Healthy Students project, back in September. They have successfully engaged teachers, students and now parents and community members through the well-attended Kick-off Event. This project addresses bullying prevention in a comprehensive way, becoming a complement to the Kids at Hope philosophy and a way of life at Maryland. Maryland has advertised their anonymous bullying hotline through an excellent parent pamphlet, as well as through outreach to parents periodically throughout the year. Classroom meetings occur on a weekly basis to keep open communication and problem-solving skills developing. Maryland's Responsible Thinking Program, the Safe Schools/Healthy Students program staff and BOOST after-school programs work together to provide services in a way that supports a proactive approach to keeping the school culture safe and comfortable for all students! We are so proud to be affiliated with the prevention team, chaired by social worker, Amanda Quine, at Maryland Elementary School! This program is also at Desert View Elementary and will be at Sunnyslope Elementary and R.E. Miller in February 2005.



Building Homes, Building Communities!!

The SVR sees many people each day, a number of which have similar questions in regards to the homebuying process. We would like to start addressing some of those questions and concerns here in Neighbor to Neighbor and please do not hesitate to contact us with additional questions that you may have. First, recognize that purchasing a home may be the single-most expensive purchase that you will ever make in your life! No small task and one that you should take very seriously, but probably one of the most exciting times in your life as well! A place to call your own, raise your family and be a part of the American Dream! You can start by asking yourself some very basic questions.

- 1) Do I have a steady source of income (usually a job)? Have I been employed on a regular basis for the last 2-3 years? Is my current income reliable?
- 2) Do I have a good record of paying my bills?
- 3) Do I have few outstanding long-term debts, like car payments?
- 4) Do I have money saved for a down payment?
- 5) Do I have the ability to pay a mortgage every month, plus additional costs?

If you can answer "yes" to these questions, you may be ready to buy your own home.

Another item that comes up often and one that will be very important is understanding your credit. Your credit report will become very important to everyone that will be assisting you in becoming a homeowner. Lenders/Banks and others that may be lending you money or providing downpayment assistance etc. will request and review your credit report. We often see individuals who may not be aware that what is on their credit report is available for them to review and if there are items they need to address this will give them an opportunity to begin working on those or to ensure the accuracy of everything that is on the report. So we would recommend to:

Get your credit report

If you review your credit report in advance, you'll see yourself from another's perspective how they will be evaluating your ability to purchase a home. Also it is easier than ever to obtain a free copy of your report. As of December 1st, you are eligible to receive a free copy of your credit report once a year. Information is available on the Internet at

<http://www.annualcreditreport.com>.

Be prepared

When a lenders reviews your credit report, they evaluate how much you already owe, how much unused credit you have available, how prompt you are in paying your debts and whether you've recently applied for new credit. They may ask you to explain any late payments, recent inquiries on your credit report or new accounts. If you have no credit accounts, they may ask you to show that you pay your rent, telephone bills or utility payments on time.

Count your savings

Have you saved enough money? With SVR's program you will be able to purchase a home with as little as \$1,000 down, but be sure to set aside extra funds for emergencies.

Seek pre- approval

If you are eligible the SVR can assist qualified buyers with:

- Referral to a partner agency that offers housing counseling to understand the costs, documents and responsibilities associated with buying a house;
- Information about financing from banks committed to providing loans to qualified buyers;
- Access to subsidies (for income eligible applicants) to reduce down payments and closing costs requirements.

Know your total costs

Remember, besides your mortgage payment and property taxes, your monthly housing costs can include mortgage insurance, home insurance, special assessments and homeowner's fees. Additionally along with the freedom from a landlord you now will own your house. Along with ownership comes additionally responsibilities and yes COSTS! This can include everything from changing lightbulbs to replacing broken equipment to yes, dare I say it, mowing your lawn in the middle of July!

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Make your payments

Remember that how much you borrow, how much you owe and when you pay become a part of your credit history. When you apply for new loans or credit cards, other lenders will review this history. Late payments can stay on your credit report for up to seven years, can keep you from buying another house or can make it more expensive to buy a car. A good credit history proves you manage your finances well. It lets you enjoy using credit at your convenience and at a lower cost.

The SVR would love to assist you in answering these and any other questions you may have. The SVR builds homes for persons that are income eligible and does have access to additional subsidy to help ensure the homes affordability.

Who is eligible?

First time homebuyers (no prior homeownership within the last 36 months) whose gross annual income falls under the following maximum:

| Family Size | 1 | 2 | 3 | 4 | 5 | 6 |
|--------------|----------|----------|----------|----------|----------|----------|
| Income Limit | \$32,800 | \$37,500 | \$42,200 | \$46,900 | \$50,650 | \$54,400 |

If you know of anyone who would like to discuss the possibility of becoming a homeowner or other housing options please do not hesitate to contact the SVR. The SVR is ready to begin construction on our next home and you may know our next homeowner!

For more information call Jae at (602) 331-5833 or jespin@jcl.com, or visit our office in the Marley House, 9 E. Mission Lane, Phoenix, AZ 85020. Se Habla Espanol.

(information shared from HUD and Experian).

Helpful Hints

The Morton Umbrella Girl has been a familiar sight in America's kitchens for generations. But did you know, that there are other areas in your house where she can be just as helpful?

A Breath of Fresh Air-Clear the air with this homemade air freshener. Just cut an orange in half, remove the pulp and fill the peel with salt. It will provide a pleasant, aromatic scent anywhere in your home.

Cuts the Rust-Here's a sharp idea, remove rust from household tools by using salt and 1 tablespoon lemon juice. Apply the past to rusted area with a dry cloth and rub.

Patches Things Up-To patch small nail holes and fine cracks in plaster or wallboard mix 2 tablespoons salt, 2 tablespoons cornstarch, and about 4 to 5 teaspoons water to make a thick, pliable paste. Fill holes; let dry. Sand if necessary, and then paint.

Can Take A Yolk-Don't fret over spilled eggs. Just pour salt on top of the spill to cover the egg. Then wipe the eggs up with a paper towel.

Perks Up Coffee Flavor-Add a pinch of salt to the coffee in the basket of your coffee maker. This will improve the coffee's flavor by helping to remove some of the acid taste.

News From Most Holy Trinity

For over 50 years, Most Holy Trinity Catholic School has been committed to providing exceptional education to our community.

Most Holy Trinity Catholic School is a fully accredited Kindergarten through 8th Grade school that features a state-licensed, full-day preschool and pre-kindergarten program. We have created a learning environment where talented and experienced faculty are able to help the students to be the best person they can possibly be, now and in the future. Teachers have the advantage of a small class size to promote academic excellence and spiritual leadership. Interscholastic athletics are also offered. Most Holy Trinity Catholic School welcomes and works together with our diverse group of actively involved parents to provide the best possible Catholic education for our children.

As the Most Reverend Thomas Olmsted, Bishop of Phoenix has outlined, Catholic education, and hence, Most Holy Trinity Catholic School, is comprised of four vital components:

- Message – Providing an academically rigorous, liberal arts education that prepares young people for roles of leadership in the future.
- Community – Faculty, staff, and parents support each other and work together to foster an intellectual and faith community.
- Service – Students are taught to give of their time, talent, and treasure in service to their neighbor.
- Worship – Prayer and worship foster a vibrant Christian culture on campus and beyond.

Residents are invited to tour their neighborhood Catholic School during our Open House. Families will have the opportunity to speak with teachers, the Resource Director, P.E. Coach, Accelerated Math and Reading Coordinator, as well as meet current students and parents.

**The Open House will be Sunday, Jan. 30, 2005,
School Mass at 8:30 a.m.
Campus and Classroom tours from 9:30 a.m. to 2 p.m.**

535 E. Alice Avenue

During Catholic Schools Week, January 30 through February 5, 2005, Most Holy Trinity Catholic School joins millions of students in 8,500 Catholic schools nationwide to celebrate academic excellence, spiritual leadership and the enduring values of Catholic education.

Come see why Most Holy Trinity Catholic School is the Phoenix Diocese's "best kept secret." There is no better time to consider the gift of a Catholic education!

For more information on Most Holy Trinity Catholic School, please call the school office at (602) 943-9058 or visit www.mht.org.

Sunnyslope Senior Center

Great things are happening at the Senior Center. After the Holidays new participants are getting involved with the Exercise Classes....I wonder why! Art All Around Us, a class provided by the Phoenix Art Museum docents, has sparked a lot of interest too.

Monday, Wednesday, Friday – 9:00 a.m. Walking Club-**9:30 a.m.** Exercise Video-**10:30 a.m.** Strength Training
1st and 3rd Thursdays at 9:15 a.m.

The Senior Center is recruiting participants in their local Spelling Bee. Any senior who is interested should come by the Center register and pick up a word list. The winner from our Spelling Bee will go onto participate in the State Spelling Bee.

The Senior Center is located at 802 E. Vogel, inside the Community Center, for additional information call 602-262-7572.



Winter Reading - Catch BookBreath @ Your Phoenix Public Library!

Read, earn prizes and join in fun activities at all Phoenix Public Libraries. This year's Winter Reading Program runs from January 10 to March 12, 2005. Sponsored by Casino Arizona at Salt River, An Enterprise of the Salt River Pima-Maricopa Indian Community. It's free, easy and fun! The third annual winter reading program begins January 10, 2005. Infants, children, and teens up to 18 years old are eligible to participate. By spending time listening to books or reading books children and teens can earn prizes, including stuffed animals, hand puppets, and an inflatable dragon. As a bonus, children who read with their families will earn a BONUS prize.

Every Tuesday starting Tuesday, January 11 from 7-7:30pm: Tuesday Tales Family Storytime.

Every Thursday starting Thursday, January 13 from 10-10:30am: Baby Time (one lap per child) 23 mos. and under.

Teen Council Meeting, Saturday January 15 from 4-5pm-Ages 12-18

Acacia Friends Meeting, Wednesday, January 19 from 2:30-3pm

Acacia Friends Book Discussion, Wednesday, January 19 from 3-4pm-They will discuss "The Curious incident of the dog in the night-time" by Mark Haddon.

Every Monday starting Monday, January 24 from 4:30-5pm: Momentos Encantados-Family Storytime in Spanish

Momentos Encantados (Family Storytime in Spanish) Every Monday in February except February 21 (President's Day Holiday) from 4:30-5pm

Baby Time-Every Thursday in February from 10-10:30am-Ages 23 mos. and younger (One lap per child, please)

Tuesday Tales Family Storytime-Tuesday, February 1, 2005, 7-7:30pm-Puppet Show: Ananzi and the Talking Melon

Teen Council Meeting Saturday, February 5, 2005, 4-5pm-Ages 12-18

Tuesday Tales Family Storytime-Tuesday, February 8, 2005, 7-7:30pm-Puppet Show: Why Cat Was Left Behind

Tuesday Tales Family Storytime-Tuesday, February 15, 2005, 7-7:30pm-Puppet Show: Who Is Strongest?

Wednesday, February 16, 2005, 2:30-3pm-Become a Library Friend! A friendly group who make good things happen in your neighborhood library! All are welcome to the Acacia Chapter.

Wednesday, February 16, 2005, 3-4pm-Book Discussion. Come join the fun! Read "The Secret Life of Bees" by Sue Monk Kidd and come to discuss what you read. Sponsored by the Friends of the Phoenix Public Library, Acacia Chapter.

Saturday, February 19, 2005, 4-5pm-What Is Teen Council and What Do We Do? Presented by Acacia's Teen Council Find out about all the fun things Acacia's Teen Council gets to do. Snacks will be provided. Ages 12-18

Tuesday, February 22, 2005, 7-7:30pm-Tuesday Tales Family Storytime-Puppet Show: The Little Red Hen



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 **March/April 2005** issue of Neighbor to Neighbor, please have it to Lynn McDonald by **Monday, February 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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