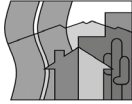


Neighbor to Neighbor



March/April 2007



Sunnyslope W.I.N.S.

where impacting neighborhoods succeeds

Exclusive Sunnyslope Community Policing Resources

Together, Sunnyslope residents and police have sent a loud message to criminals: you are not welcome here. The most effective way this message has been conveyed is through enforcement guided by citizen complaints.

If you see suspicious activity in your neighborhood, there are two ways to tip off police so they can investigate:

The Exclusive Sunnyslope Complaint Line

Messages can be left on the exclusive **Sunnyslope Complaint Line: 602-534-7119**, answered only by the Neighborhood Enforcement Team officers working this area [NOTE: This is **NOT** an emergency number. If you require immediate response, call 911.]

OR

A Publication Of John C. Lincoln Health Network

www.jcl.com

Contact: Lynn McDonald

Community Development Department

602-870-6060 x1253

Lynn.McDonald@jcl.com

John C. Lincoln

Honored by Experts. Honored to Serve.

Monthly Community Policing

Meetings

Speak to a Neighborhood Enforcement Team officer working the Sunnyslope area face-to-face at our monthly 6 p.m. community policing meetings held the third Tuesday of each month at Cowden Center, 9202 N 2nd Street, between Dunlap and Hatcher.

Either way, it's important you have the most relevant information handy when you make your complaint. To help you prepare, we've included a complaint form in this edition of *Neighbor to Neighbor*. Answering these questions in advance will ensure you give police all the information they need to do appropriate investigation and enforcement.

In a nutshell:

- Be prepared to give a specific address, including an apartment number if when activity is occurring in an apart-

ment complex.

- Give a brief description of the activity.
- If you've noticed a lot of vehicle, bicycle or foot traffic, include approximately how many per hour?
- Have you noticed which door the traffic is going to? Front, side, back?
- Be as specific as possible with days of the week and times of the day when the activity is occurring. (For example, saying "between 4:30 and 5:30 p.m. on Thursdays" is more helpful than "everyday after work.")
- Include your name and phone number so an officer can call you back if they need more information.
- If you want an officer to call you with an update, be sure to state that in your message.

Sunnyslope W.I.N.S. is 2006

Taking It to the Streets Winner

Sunnyslope W.I.N.S. was honored with the District 3 Neighborhood Association Category Taking It to the Streets "Making Phoenix a Better Place to Live" award. The contest was sponsored by the city of Phoenix, Fry's Food and Drug and Fry's Market Place.



Time To Think Pool Safety



Never leave a child unattended in the water or pool area for any reason. Don't be distracted by doorbells, phone calls, chores or conversations. If you must leave the pool area, take the child with you, making sure the pool gate latches securely when it closes.



Always keep your eyes on the child or children. Designate a child watcher, whether you or someone else, when you attend a party or have friends or family over.

Talk with baby-sitters about pool safety, supervision and drowning prevention.

Post rules such as "No running," "No pushing," "No dunking" and "Never swim alone." Enforce the rules.

Don't rely on swimming lessons or "floaties" to protect your chil-

dren in the water.

Don't assume that drowning or a drowning incident couldn't happen to you or your family.

Don't have a false sense of security just because you think your pool area and home are secure. Always watch your children, whether in the house or outside.

Attend a CPR class. Make sure your baby-sitter knows CPR.

For the nearest cardiopulmonary resuscitation class, contact your fire department, Red Cross or hospital.

Encourage your neighbors to follow pool safety guidelines, including keeping their back gates and doors locked, and their pool gates securely closed

and latched

Keep Kids Alive and Do

Fence the pool

Shut the gate

Teach your kids to swim - its Great !

Learn to resuscitate.

Mime the rhyme to survive and Keep Kids Alive.



News From Sunnyslope Community Center



Can't remember if an egg is fresh or hard boiled? Just spin the egg. If it wobbles, it's raw. If it spins easily, it's hard boiled. A fresh egg will sink in water, a stale one will float.

April 5th & 19th – The Phoenix Art Museum will sponsor "Art all around us" A slide/lecture presentation

Every **Thursday** from 10:30 a.m.-11:30 a.m. Live music and dancing-Come join the fun!

March 20, Spring Training Game-Oakland A's vs. Chicago White Sox

March 21, Wal-Mart Shopping Trip

April 2nd-Banner Alzheimer's Institute Community Presentation-"Steps to preventing Alzheimer's Disease

April 4th-Boardway Palms-My Fair Lady-Departing from the Senior Center at 10:30 a.m. and return at 4:30 p.m. Cost is \$68.00 which includes ticket to matinee, buffet dinner and transportation. Add \$3 for home pick-up.

Sunnyslope Senior Center is looking for volunteers that can

help in providing office and food service assistance. We offer part-time work through the National Indian Council on aging (NICOA). Must be 55 years or older, meet income guidelines and must be a resident of the State of Arizona. If interested please call **602-262-7572**.

Come check us out. The Sunnyslope Senior Center is located at **802 E. Vogel**, inside the Sunnyslope Community Center.



Literacy Volunteers 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

Become 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

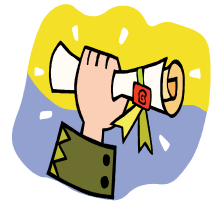
Centers, a computer-assisted class. All of our programs are free to the public.

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.

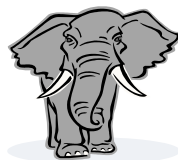


You May Be Entitled To Thousands of Dollars In Tax Refunds

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 Hu-

man 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.



Did you know....African elephants only have four teeth to chew their food with.

Sunnyslope Calendar of Events

All meetings are held at the Cowden Center, 9202 North Second Street,

| 2007 | April | May | June |
|--|-------|-----|------|
| Sunnyslope WINS Community Policing 6:00 p.m. (3 rd Tuesday of each month) | 17 | 15 | 19 |
| Sunnyslope WINS Community Forum 6:00 p.m. (2 nd Wednesday of odd numbered months) | X | 9 | X |
| Sunnyslope Youth and Family Partnership Meeting 8:00 a.m. (1 st Thursday of every month) | 5 | 3 | 7 |

Check the website for updates: www.sunnyslopecommunity.org

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

Legislative Informational Chats Begin



These informational chats bring together District 10 and District 11 Senators and Representatives and the public in an informal dialogue about what is happening at the State Capital during the current legislative session. The chats will be held at the Phoenix Workforce Connection, North, 9801 N. 7th Street at 8 a.m. The upcoming dates are March 26th, 2007, April 30th, 2007, and May 21st, 2007. Call the Sunnyslope Village Alliance, 602-944-0941 for more information.

Update On Jake



A few months ago we introduce Jake to you. As you may remember Jake and his human co-worker Debbie work for the Marley House. Both Jake and Debbie duties include working with elementary school children on many issues they face. Since introducing Jake, I have received phone calls asking about him and what he has been up to. Jake has had a very busy year. As you can

see by the picture, Jake was the star attraction at a back to school event this past summer. He was also the mascot for the Sunnyslope Fall Festival. Jake loves his kids and his co-worker Debbie says each morning Jake is at the front door waiting to go to work. He is out the door and at the car before Debbie . Jake shares his office with Debbie at the Marley House. When he is not working at one

of the schools, he is busy keeping an eye on the staff and visitors. And of course the staff enjoys having Jake around and spoiling him with special treats, and believe me Jake knows exactly where each staff member keeps his treats.

We will continue to update you on Jake and his activities through out the year.

Important Message From Attorney General Terry Goddard

Attorney General Terry Goddard marked Consumer Protection Week by highlighting his efforts to educate consumers about scams, fraud, identity theft and Internet Safety. The following are common schemes and fraud Arizona consumers should be careful to avoid:

Phishing: The Internet and electronic mail have brought information to our fingertips and given us an easy way to stay in touch. While this technology is useful, it also creates opportunities for crime. The Internet facilitates phony investments, identity theft and advance fee scams. Remember to protect your personal financial information and privacy when using the Internet.

Sweepstakes: Phony prize notifications are among the most successful scams in history. They can come through the mail, through a telemarketing call or over the Internet. Consumers receive a notice that they have won a lottery or other type of prize. Usually the consumer never entered or even heard of the contest or lottery they have "won." The scheme requires a small payment for "processing" or

"conversion of currency." The prize notification often advises the "winner" to keep the award a secret to protect the winnings from the Internal Revenue Service.

Mortgage rescue schemes: Phony "mortgage rescue" and "home foreclosure prevention" schemes are a rapidly growing problem in Arizona. Desperate homeowners who have fallen behind on their mortgage payments and are on the verge of foreclosure may turn to these companies hoping to prevent the loss of their home. Be very careful! Some foreclosure rescue programs are legitimate, but many are designed to take your home and steal any equity you have built up.

Business Opportunity scam: Business "Opportunities" on the Internet are a rapidly growing area for scams. Victims are attracted by claims that they can make thousands of dollars while operating an Internet business from home. False testimonials usually accompany these claims. These companies frequently change names and locations, while tricking investors out of their life savings. Perpetrators rely on the victim's unfamiliarity with the Internet to offer claims that are just too-good-to-be-true.

The Attorney General's Office has posted its Top 10 Consumer Scams brochure online at www.azag.gov. Anyone interested in testing their consumer knowledge can take an interactive quiz on the Attorney General's Web site at www.azag.gov. Test scores are provided upon completion of the quiz.

If you believe you have been a victim of fraud, please contact the Attorney General's Office in Phoenix at 602.542.5763; in Tucson at 520.628.6504; or outside the Phoenix and Tucson metro areas at 1.800.352.8431. To file a complaint in person, the Attorney General's Office has 26 satellite offices throughout the state with volunteers available to help. Locations and hours of operation are posted on the Attorney General's Web site. Consumers can also file complaints online by visiting the Web site.



Before Hiring a Contractor

CORRECTION...This article was in the January/February Edition, however the website given in the article was incorrect. The correct website is included in this article. Sorry for any inconvenience this might have caused

Check out The Registrar of Contractors website <http://www.azroc.gov/>

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.



Parenthood does not have to be a bumpy ride...

Join Parenting Arizona as they present a **FREE** 12-week parenting workshop for parents with children ages 2-12. Topics include effective discipline techniques, communicating with your children, tips to help children manage their behavior, establishing family guidelines and rules, decreasing power struggles and caring for yourself so you can care for your kids! We meet every Monday from 6-8pm at Cowden Center (9202 N. 2nd St.). For more information contact: Parenting Arizona at 602-248-0428.



PARENTING ARIZONA™
Safe children. Strong families.

New North Town News

The 10th Street wash project is moving right along. The bridge is now gone! No more graffiti to remove from it. I'm sure graffiti busters will be very happy about that. Butler was closed at 10th Street for about two weeks while they removed the bridge. Now we have a nice new piece of road in place of the bridge. Looks fantastic!

The Christmas party at Desert View was great! A fun time had by all. Thanks to Mike Neilson, Shirley Author, Tom Brophy, and Betty's Kids Non Profit, John C. Lincoln, and many others, the kids of the after school PAC program had a blast and every child had a gift bag full of gifts and all kinds of neat items. Thank you everyone who pitched in and donated everything and worked so hard. There were about 100 smiling faces as a huge reward. You all did an awesome job.

Our New North Town Neighborhood Association had a meeting on January 18th, 2006. Thank you Sunset Bowl Bowling Center at

12th Street and Dunlap for donating the use of the room for our meeting. Christina Plante spoke to us about the Sunnyslope WINS program. She gave us wonderful pens with important phone numbers on it such as:
Sunnyslope W.I.N.S. 602-870-6060 x 1174
Graffiti Busters 602-495-7014
Grocery Cart Pick Up 1-800-843-2278
Neighborhood Preservation 602-262-7844
Crime Stop 602-262-6151
Maricopa County Information 602-506-3416

We had a food drive for the Desert Mission Food Bank and we collected 109 pounds of food! Thank you everyone who donated. Our next meeting will be on March 15th, at 7:00 p.m. at the Sunset Bowl at 8925 N. 12th Street. If anyone has any suggestions on what kind of speaker they would like to hear from, please feel free to call me, 602-678-6900.

If you have not been to one of our meetings, please come on by on the 15 of March, the

more the merrier.

It is with a sad heart that I must tell you that our dear friend, Leo 'Cookie Man' Jensen passed away on January 26th. He had just turned 90 in November and was a long time friend of the PAC program. Leo would bring huge tins of cookies and many boxes of Otter Pops to the children. He enjoyed visiting with the kids and playing games with them. In fact, earlier in the week that he passed he had just been to the school. Everyone was so glad to see him and that he was walking with a walker, as he had been in a wheel chair for a long time recovering from a broken hip. Leo passed peacefully in his sleep. We will all miss you Leo, we'll see you later. Leo was a neighbor to Betty and Paul Bellanger for many years here and I am sure they are neighbors once again.

Will You be a Hero?

We need more heroes to donate life-saving blood. The donation process is easy. Most donors find it a painless and heart-warming experience.



The John C Lincoln Hospital - North Mountain has blood drives scheduled throughout the year and welcome local area residents to join us in this worthwhile effort. The Blood Drive is held in Barb's

Conference Room at Cowden Center, 9202 N. 2nd Street. Blood drives for 2007 have been scheduled for **April 2nd, noon to 4:30 p.m., April 3rd, 7:30 a.m. to 11:30 a.m., August 6th noon to 4:30 p.m., August 7th, 7:30 a.m. to 11:30 a.m., November 29th noon to 4:30 p.m. and November 30th 7:30 a.m. to 11:30 a.m.**

Please contact our blood drive

coordinator, Kimber Gwisdalla for an appointment or to add your name to the walk-in list. Please email either of the following contacts with your name, date of birth and call back information:

Kimber Gwisdalla:
Kimber.Gwisdalla@jcl.com



Why Do roosters crow in the Morning?



Why Do roosters crow in the Morning?
The Rooster is announcing that this is his territory and for other roosters to stay away. Why early in the morning? Barnyard birds are most active during early morning hours!



Uncle Sam owes you!

Want to make some easy money?

Anyone who paid for long distance or bundled telephone service between Feb. 28, 2003 and Aug. 1, 2006, is entitled to a one-time tax refund. Taxpayers can choose between a standard amount up to \$60, that's based on number of personal exemptions or a refund based on actual taxes paid.



The refund is related to the federal government's suspension of a century-old telephone excise tax. The feds stopped collecting the long-distance excise tax last August after several federal court decisions held that the tax does not apply to long-distance service as it is billed today. Since then, the government has authorized a one-time refund of the federal excise tax collected on long-distance service billed during the previous 41 months, stretching from the beginning of March 2003

to the end of July 2006. The tax continues to apply to local-only phone service.

Taxpayers can apply for the refund on their 2006 Form 1040. Those who don't need to file can use a Form 1040EZ-T, available at www.irs.gov or by calling 800-829-3676.

Sunnyslope: a Village Within a City to Air on Phx11

Sunnyslope W.I.N.S. has produced a 12-minute video about the Weed & Seed strategy and how it has impacted the community. The video also touches on a vision for the future and some exciting community development projects in the works. The video is available [for download online at: www.sunnyslopecommunity.org/res-dwnld.html](http://www.sunnyslopecommunity.org/res-dwnld.html), but a high-speed connection is recommended.

the program with various replays through March and April. Tune in at:

8 p.m. Saturday, March 10

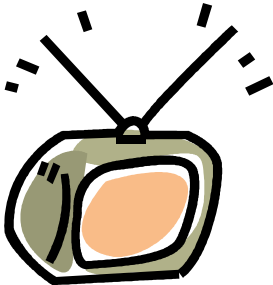
3 p.m. Sunday, March 11

6 p.m. Saturday, April 14

4 p.m. Sunday, April 15

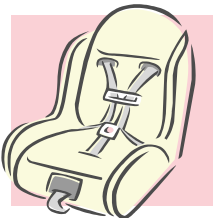
For daily listings of PHX11 programming, including additional airtimes for our Sunnyslope program, see the Phoenix 11 website: <http://www.phoenix.gov/11/m-daily.html>.

PHX11, available to all Cox and Qwest cable subscribers within Phoenix city limits, is airing



Worried you haven't installed your child's car seat correctly?

Phoenix Fire Department has opened the state's first two fitting stations for car seat safety - Fire Station 56 - east of I-17, just north of Carefree Highway and Fire Station 32 located on Baseline Avenue just east of 40th Street. Both locations have easy freeway access. What does that mean to you? It means you can now make an appointment between 9 a.m. and noon on Tuesdays, Thursdays, and Saturdays and get your car seat inspected by a firefighter for free! Appointments are being taken at **602-495-KIDS (5437)**.



To test the power of baking powder by putting a small amount in some hot water. If it bubbles, it's fresh.



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

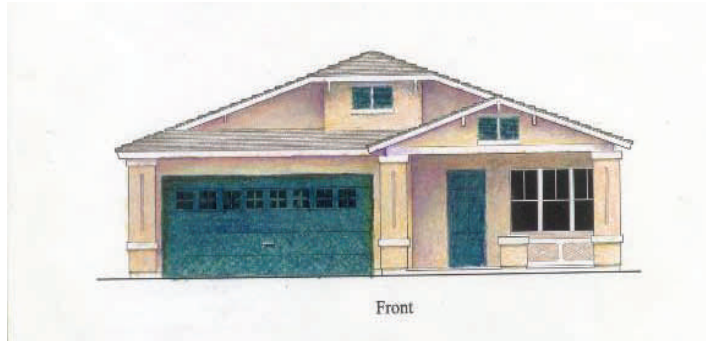
Phone: 602-416-6205

Fax: 602-416-6387





USE YOUR TAX REFUND TO BUY A NEW HOME!



Do you dream about owning your own home but haven't been able to save enough money? Desert Mission Neighborhood Renewal (DNMR) may be able to help. We have programs to help you realize your dream.

If you make at least \$35,000 per year and meet the maximum income guidelines listed on the chart below, you may be able to qualify for one of the homes DNMR builds.

DNMR homes have:

- 2x6 construction
- Dual Pane windows
- Ceiling Fans
- Garage
- Includes Refrigerator and Stove

City of Phoenix and other sources provide down payment assistance, which lowers the mortgage needed to qualify for purchase. To qualify, buyers must earn at least \$35,000 annually and not have owned a home within the last 3 years. A minimum of \$1,000 from buyers own funds is required.

The maximum income limits for the buyers are listed below:

| Family Size | 2 | 3 | 4 | 5 | 6 |
|----------------|-----------|-----------|-----------|----------|----------|
| Maximum Income | \$ 38,500 | \$ 43,300 | \$ 48,100 | \$51,950 | \$55,800 |

Get started today. Call 602-331-5833



Acacia Library Events Calendar



CHILDREN:

The library will be closed on Friday, March 30th.

Thursday, March 15th

10:15 am-11:15 am-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.

Tuesday, March 20th

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

Tuesday, March 20th

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

Thursday, March 22nd

10:15 am-11:15 am-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, March 24th

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

Tuesday, March 27th

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

Tuesday, March 27th

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

Thursday, March 29th

10:15 am-11:15 am-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.

TEENS:

The library will be closed on Monday, March 19th

Saturday, March 17th

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

Saturday, March 17th

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

Saturday, March 24th

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

ADULTS:

The library will be closed on Monday, March 19th

Wednesday, March 21st

2:00 pm-4:00 pm-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!



A Long Tradition of Community Spirit

Since its humble beginnings, John C. Lincoln Health Network and its Desert Mission have played vital roles in the social fabric of North Phoenix.

Recognizing that many families arrived in Sunnyslope in the early 1900s in ill health, poverty and depression, Desert Mission provided a place to seek comfort and share a sense of community. To foster that, the Desert Mission grounds included not only convalescent cottages, but also a wading pool, giant slide and playground, and an outdoor moving picture theatre. Social events and softball teams helped lift spirits. Later in the '40s and '50s, a swimming pool and library played important roles.

As the Desert Mission grew, its community spirit remained. Successful residents like Fred Holmes, MD, and Otto Schmieder gave their time and money and in 1969, the organization's work once again led to social gatherings that served community interests.

In 1969 the first Night of Gold Ball was held to raise funds for Desert Mission programs. Attendees included community members whose families arrived in the Mission's early days. Many are still involved, including Craig Hansen, Desert Mission board member and son of early board member Chet Hansen.

"Like many others, we've been impacted by Desert Mission and the Lincolns," Craig Hansen says. "Our parents were very poor. Mom and Dad both worked and the kids had to go somewhere. So we went to the day nursery, the activities, the library and the swimming pool. Now we're giving back to the community that's given so much to us."

Job Announcements From Washington Elementary School District

The Washington Elementary School District is seeking applicants for the remainder of the 2006-07 school year for the following classified positions:

- Food Service Clerk
- Paraprofessionals Assistants for both regular and special education

Instructional Assistants for both regular and special education

Please visit our website to complete an on-line classified application at www.wesd.k12.az.us or call us at 602-347-2668.



- Health Services Technician
- Occupational Therapist
- Personal Care Provider
- Bus Driver
- Crossing Guard

Desert Mission Food Bank Food Demonstration Cook Going Out Into the Community

With the grant received from the Arizona Nutrition Network and our education/demonstration cook Teresa Pacheco, the Desert Mission Food Bank is now conducting cooking demonstrations off-site. The purpose of these demonstrations is to teach the community how to use the ingredients that they may find at the food bank and combine them with simple ingredients from home. In addition to the recipes and cooking methods that we are teaching, we are emphasizing healthy eating, having a balanced diet, and adequacy. Our health care consultant from Lincoln Learning Center, RN, LaJuan Thompson provides timely information that will assist families about health, safety and nutrition. So far, we have gone to senior living centers and elementary schools. The response has been encouraging and we hope to visit many more sites. For more information please call (602) 870-6062 x1235.

Tips to Grow On from our new Dietetic Intern:

Peak Bone Mass – The highest attainable bone size and density for an individual developed during the first 30 years of life. All adults begin to lose bone mass between thirty and forty. Bone health and proper nutrition during the growing years will affect the rest of your life and your risk for osteoporosis. Help achieve your Peak Bone Mass by using these charts:

Calcium Requirements and Food Sources

| Age | Calcium Requirement mg/day | Sources of Calcium | Amount per serving in mg. |
|------------------|----------------------------|--------------------|---------------------------|
| Infants 0-6 mo. | 210 | Yogurt | 300 |
| Infants 6–12 mo. | 270 | Milk | 230 |
| Children 1-3 yr. | 500 | Cheddar Cheese | 200 |
| Children 4-8 yr. | 800 | Cottage Cheese | 80 |
| Males 9-18 yr. | 1300 | Bok Choy | 80 |
| Males 19-50yr. | 1000 | Broccoli | 30 |
| Males 51-70yr. | 1200 | Collard Greens | 180 |
| Female 9-18yr. | 1300 | Pinto Beans | 50 |
| Female 19-50yr. | 1000 | Tofu | 150 |
| Female 51-70 yr. | 1200 | Almonds | 85 |
| Pregnancy <18yr. | 1300 | Egg | 35 |
| Pregnancy 19+yr. | 1000 | Sardines | 300 |



What is 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



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