

Ward



Word

Mary Krupa, Editor

Co-Editors: Members of the 7th Ward Citizens Coalition, Inc.
Post Office Box 1264 Youngstown, Ohio 44501

Officers: President Mark Memmer, Vice President John Kish, Treasurer Kathy Mahalko, Secretary Mary Krupa

Trustees: Eleanor Booher, Myke Clarett, Pete Draia, Patti Dougan, Wally Dunne, Bill Graurich, John Jerek, Ray Miller, Marty Novotny, Rick Swan
Ex Officio: Dorothy Snovak**MARCH MEETING UPDATE**

March's business meeting on March 20th was brief since it was *Candidates Night*. Elvira Terletsky of the Scholarship Committee updated us on its progress. There is a \$500 scholarship available this spring for a graduating senior from the 7th Ward.

At 7 pm, candidates for President of City Council and 7th Ward Council presented their political agendas. An audience of over 50 people participated by asking questions about what exactly does the President of City Council do, what were the candidates' opinion of the *Youngstown 2010* plan, what did the City plan to do about BJ Alan Fireworks' and related potential loss of jobs and, not surprisingly, questions about the planned Convocation Center. Some citizens from other wards and some candidates for other ward council positions were also in attendance checking out the activities. Afterwards, there was time for one-on-one conversation with the candidates while enjoying refreshments.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

—Margaret Mead

YOUR BOARD IN ACTION

The Board of Trustees and officers met at Nancy's Restaurant (business member) on April 1st.

The flashing security light bulbs are now available from John Kish and will sell for \$8.00 apiece rather than \$7.00.

Marty Novotny, Ipe Kids World Committee, is working to install both the decorative, wrought-iron style fence along Midlothian and the parking lot as well as the picket fence around the play area.

APRIL MEETING SPEAKER

On Tuesday, May 6th, Youngstown citizens will vote on an ordinance requesting authority to contract electric rates. After April's business meeting, John Walter will speak about this issue—buying electricity in aggregate. Plan on staying for this short presentation.

ANNUAL STREETSCAPES

Thousands of flowers will be planted around downtown on Saturday, June 1st from 8 am to 12 noon. Meet in front of the BW-3 Restaurant on the square. Bring your own gloves and gardening tools such as shovels, trowels, etc. Remember to label all tools with your name. Free T-shirts will be given to the first 250 people and free refreshments will be served.

**MONTHLY MEETING
JACKSON ELEMENTARY SCHOOL
THURSDAY, APRIL 17TH AT 6:30 PM
AT LENOX & WINDSOR AVENUES
ELECTRIC RATES PRESENTATION**

FROM COUNCILMAN JOHN NITTOLI...

Wednesday, April 9th was Government Day 2003 at City Hall. This was sponsored by the Education Committee of City Council and the Government Committee of the Youngstown City School Board. Students were given a tour, presentations, luncheon with Dr. William Binning, Professor and Chair, Political Science at YSU as featured speaker and participated in a mock City Council meeting.

Councilman Nittoli, who is Chair of the Education

Committee, said the aim was to introduce municipal government to the students and further provide a hands-on educational experience. With the assistance of the Department Heads, teachers at the three high schools, Superintendent McGee, the Board, Betty Greene and the Youngstown City Schools Social Studies Supervisor, he felt they put together a great program for the kids—something they could learn from.

WHAT TO DO IF YOU ARE STOPPED BY A POLICE OFFICER—PART II

YOUNGSTOWN POLICE DEPARTMENT

(continued from last month...)

A traffic stop is one of the most frequent encounters between citizens and police. You may feel anxious, irritated or concerned. However, officers are also concerned about possible threats to their personal safety while performing their duties. The following recommended procedures would ensure that the traffic stop could be completed quickly and safely:

When signaled by an officer, safely pull over to a place out of traffic flow.

Sit calmly, with your hands visible on the steering wheel. If you have passengers, ask them to sit quietly with their hands visible.

If it is night, turn on your inside light when you pull the car over. For security, the officer will want to visually scan the car's interior before proceeding.

You can ask to see the officer's identification.

Do not get out of your car unless the officer asks you to step out. If so, comply in a calm manner.

Communicate your actions in advance by telling the officer what you will be doing before you move.

If requested, you must give the officer your **driver's license, vehicle registration and proof of insurance**. Tell the officer where it is before reaching for it.

If you are issued a citation, you will be asked to sign it. Signing is **not** an admission of guilt, but an acknowledgement that you received the citation.

While you may wish to clarify the circumstances of the citation, keep in mind that your guilt or innocence can only be determined in court. Arguments cannot be resolved in the street. In court, you will have a trial before a judge, or depending on the charge, before a jury. *(conclusion next month)*

THIS AND THAT

Our heartfelt condolences are extended to President **Mark Memmer** on the loss of his grandmother.

Make sure you visit downtown to see the Butler Art **murals** featured on the outside walls of various buildings. They provide a bit of beauty to encourage us to keep pushing for downtown revitalization.

Still looking for volunteers and a driver to ride in the Greater Youngstown Area **Soap Box Derby**. Call (330) 788-5114.



Ray Miller notes that the 7th Ward still has some very nice neighborhoods. He went house shopping recently with a friend and was impressed to see how nice some of the areas of the city still are. Just because some areas aren't the greatest, it doesn't mean that the whole city is getting bad. There actually are some worse areas in the suburbs than where he lives. He feels that people from the outside believe there is a stigma attached to the whole City of Youngstown, that it is terrible and that you'll get shot if you enter Youngstown. (Editor's Note: If you feel that there is such a stigma, let it impel you into action to change this reputation. Lots of work needs to be done and can be done by YOU!)

Visit <http://geocities.com/seventhwardcc@ameritech>.

RENEW YOUR MEMBERSHIP NOW!

After this newsletter, we will no longer send out newsletters to anyone who has not paid his or her 2003 dues. Please use the form below to renew your membership now.

The 7th Ward Citizens Coalition, Inc. was started in 1995 for the betterment of the 7th Ward. We are a grassroots, nonpartisan, nonprofit, 501 (c) (3) corporation. Members consist of residents, religious and educational institutions, businesses, civic and social service agencies, fraternal organizations and labor organizations located in the 7th Ward of Youngstown, Ohio.

At Coalition meetings, concerned citizens talk about their challenges and find solutions. Solutions are usually worked out through active committee work. The Coalition speaks out as an advocate for the people, a united voice. We are now inviting you to join us in our efforts. As a new member, your input would be very valuable to us.

Member Benefits:

- Unite with forward-thinking and talented people to make positive changes for Youngstown. There is strength in numbers!
- Meet your neighbors including businesses and organizations.
- Be part of a group with a proven record of civic accomplishment.

Since 1995, the Coalition has brought to the community:

- Political and educational forums
- Fingerprinting program co-sponsored with block watches
- *Ward Word*, monthly newsletter
- Business advertisement in *Ward Word*
- Powers Cemetery cleanup
- Memorial Day Program at Powers Cemetery
- Annual Town Hall meeting co-hosted with 7th Ward Councilman
- Cookbook, *Flavors from the 7th Ward*, co-produced with block watches
- Clean off of utility poles littered with advertisements
- 7th Ward holiday craft show co-sponsored with block watches
- Child Safety Fair
- *In the Park* concerts sponsored with assistance from Federal Plaza Committee
- Beautification of 7th Ward entrances
- Spring Dinner Dance co-sponsored with block watches
- Car show fundraiser for Ipe Kids World
- Spaghetti dinner fundraiser for Ipe Kids World
- Greater Youngstown Area Soap Box Derby driver sponsorship
- Annual \$500 student scholarships
- Cornell & Gibson community gardens

Please consider joining the 7th Ward Citizens Coalition, Inc. Meetings are held the 3rd Thursday of every month except June, July and August, from 6:30 pm to 8:30 pm. The meeting location is Jackson Elementary School at Lenox and Windsor Avenues.

MEMBERSHIP FORM			
Mail to: 7th Ward Citizens Coalition, Inc.	Post Office Box 1264	Youngstown, Ohio 44501	
NAME _____			
ADDRESS _____			
CITY _____	STATE _____	ZIP _____	PHONE _____
TYPE OF MEMBERSHIP (CHECK ONE):			
SINGLE (\$10) _____ COUPLE (\$18) _____ FAMILY (\$25) _____ BUSINESS (\$35) _____			
NOTE: Phone number will be submitted to City Watch Program which will leave messages about meetings and other Coalition-related events.			
FOR COALITION USE:			
Paid by cash _____		Paid by check—No. _____ Date _____	

SPRING CLEAN UP

BY MARTY NOVOTNY



Lansingville and SID Block Watches recently collaborated to clean up a culvert at the intersection of Hunter and Campbell Streets. This was a prelude to the weekend clean up in which the City and the Lansingville Block Watch collected two truckloads of tires and approximately eight truckloads of trash. Lansingville Block Watch sponsors two clean ups a year, spring and fall.

This spring, we were especially proud to help some of our Marines whose mother lived in the neighborhood and had recently passed away. Even though there was a lot of work involved, I thanked God for the opportunity to serve those who sacrifice for us.



A REFLECTION

BY RON HOFFMAN

Like infinitesimal grains of sand, time slips by. First by minute, then by hour, then by day, then by years.

It is safe to say that anyone who is reading these words will not be around one hundred years from now. However, it won't matter if we're doctors, lawyers, professional persons, maintenance workers, politicians, blue collar or white collar workers or teachers. Or if we stayed at home.

Or if our homes are made of brick or board or stone or stucco. Or if they are large or small or on the right or wrong side of the tracks.

Or if we wear designer clothes or clearance specials or hand-me-downs.

Or if we drive new BMWs or used Fords or if we travel by bus, by chauffeur, by foot or by Air Force One. Or if our bank balances are six figures or fewer than ten dollars. Whether people call us "big bucks" or "penny-pinchers" or if we help others or need help. It won't matter because we won't be here ourselves. Our relationship with God is all that matters.

HERBS FOR YOUR GARDEN

BY JO A. SWIERZ

Parsley is an herbal multivitamin. A cup of minced fresh parsley (about four ounces) contains more beta carotene than a carrot, twice as much vitamin C as an orange, more calcium than a cup of milk, and twenty times as much iron as one serving of liver. Since parsley's taste is mild, eating a cup will not assault the taste buds.

One thing you'll notice after eating a lot of parsley is that it's a mild diuretic. That can be a plus for men with prostate problems and for women who retain water.

Parsley tea is a popular diuretic in Germany and China, where herbalists recommend it to help control high blood pressure. For the Cherokee Indians, it is a traditional bladder tonic, to help prevent infections. To try parsley tea, steep two teaspoons of bruised fresh parsley leaves in one cup of boiling water, covered, for ten minutes. Strain and take

Growing: Though parsley grows the world over, it is a native of the Mediterranean and likes at least six hours of full sun a day. To grow it, buy small organically cultivated plants. Prepare a rich version of the standard herb soil mix, combining two parts garden or potting soil, two parts peat, two parts compost or composted cow manure, and one part sand. Dig a hole for each plant that's twice the size of the root ball and set the plant in the hole. Fill in with the surrounding soil, and tamp it down. Water with warm water, and than water about once a week thereafter. Parsley looks good grown in bunches of five or seven plants together.

To grow parsley indoors, plant it in a tall pot, since the herb has a long taproot that needs space. Give parsley at least six hours of full sun a day, which can be augmented with ninety-watt halogen bulbs placed about three feet away. The halogen can be left on for up to twelve hours. (from *The Good Herb* by Judith Benn Hurley, co-author of the best-selling *The Healing Foods*.)