

Ward Word

Mary Krupa, Editor

Co-Editors: The members of the Seventh Ward Citizens' Coalition

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

FEBRUARY MEETING UPDATE

A lot of “housekeeping” was accomplished at last month’s meeting. We spent most of the meeting forming new committees and reinvigorated old ones. President Mark Memmer pointed out that committees are the “working machinery of an organization”. So, take a look at the list of committees inside and sign up for one or more of them. Since not all members were present to sign up for committees, this is an opportunity for more of you to sign up so that we have a wide representation of the Coalition on the committees. The Coalition is only as strong as the work of its members and we need your participation.

Members were also advised to use caution when listening to home improvement sales pitches that will be on the increase now that spring is arriving.

Finally, it was announced that March’s meeting will be CANDIDATES NIGHT. Candidates running for offices affecting the 7th Ward will present their platforms. The regular meeting will start at 6:30 pm and the program at 7 pm. See you there!

“Everyone can be great because anyone can serve. You don’t have to have a college degree to serve. You don’t even have to make your subject and verb agree to serve...you only need a heart full of grace. A soul generated by love.”

—Martin Luther King, Jr.

YOUR BOARD IN ACTION

The Board of Trustees and officers met at Jolly Joe’s on February 26th. Jolly Joe’s is a new business member of the Coalition.

President Mark Memmer presented a plaque from the membership to Wally Dunne honoring his work as past president. Thank you, Wally for your leadership and hard work!

A new funding committee was established. The first project is the sale of the safety lights that have been in the news lately being offered to seniors, disabled and those who live alone. The Coalition realizes a void in that process and now has these for sale to the general public at \$7.00 a bulb. They retail at \$19.95.

YOUNGSTOWN ELECTION

Here’s who is running for office. **President of City Council**—Democrats John R. Swierz (incumbent) and James Fortune and Republican Tracey S. Monroe-Winbush. **7th Ward Council Member**—Republican David J. Venerose, Jr. and Democrats John A. Nittoli (incumbent) and Mark S. Memmer.

Youngstown will also vote on an ordinance requesting authority to contract electric rates. The primary is Tuesday, May 6th.

**MONTHLY MEETING
JACKSON ELEMENTARY SCHOOL
THURSDAY, MARCH 20TH AT 6:30 PM
AT LENOX & WINDSOR AVENUES
CANDIDATES NIGHT**

FROM COUNCILMAN JOHN NITTOLI...

Drive by Midlothian Boulevard and Youngstown-Poland Road and you will see that the landmark gas station, Deyman's, is now history. Work is progressing on site demolition to prepare for the new Family Video regional chain store that is coming to the site.

Also, the old Taft School is gone. The style of the new Taft School is being designed to fit in with overall character of the older, established homes of the neighborhood. (*Ed. Note:* Drive by Indianola and Gibson to see where the Taft School rhododendrons were transplanted).



Fort South Heights
Children from South Heights Avenue decided to have some old-fashioned fun building a snow fort.

THIS AND THAT

Member **Bill Ward** is to be commended for his dedication to the upkeep of the war memorial on South Avenue near the entrance to Southside Park. Thank you, Bill, for your community spirit.

After a long absence, the **Soap Box Derby**, first held in 1934, returned to the Youngstown area in 2000. Once again, the Coalition will sponsor a driver in the 2003 derby. We have the car but need a driver. If you know of any child interested in being our driver or would like to volunteer, please call (330) 788-5114 for details. A rally will be held on Saturday, April 26th and Sunday, April 27th. The actual derby will be on Saturday, June 14th and possibly continuing into Sunday, June 15th.

Announcement is made of a **banner contest!** The Coalition needs a banner for parades, festivals, etc. If you are interested in designing one, please contact a member of the board or an officer.

EDITORIAL COMMENTS

With snow cover melting and March winds prevailing, the downside of city living is revealed—**LITTER!** Let's not spoil spring with unsightly trash. Make the effort to pick up around your yards and blocks. It'll look better and you'll feel better. The broken window theory could also be called the litter theory: If you don't take care of broken windows or pick up trash, it shows that no one cares which is an invitation for crime. Let's be good stewards of our environment.

The needless cutting down of the **old tree** at the site of the new Family Video store, makes me feel that this is a perfect time to think about planting for the future. Many of the trees which beautify our neighborhoods are getting old. Maybe we need to think about doing a 7th Ward tree planting. Anyone with ideas about this, please call (330) 788-9277.



FREEZE OUT HEART DISEASE BY JO A. SWIERZ

Apples and Grapes: Studies show that eating fruit seems to be a particularly effective way to lower your risk of heart disease. Research published in the *American Journal of Clinical Nutrition* (2002.76:93-9) that covered about 20 years, showed that the risk of heart attacks and strokes was greatly reduced in people who consumed at least 3 servings of fruits and vegetables per day. Other research demonstrates that apples and grapes contain antioxidants that can reduce your chances of heart disease. These fruits and juice made from them, may reduce inflammation linked to artery blockages.

Fish Oil: Omega-3 fatty acids from fish can protect your heart, according to the American Heart Association. "Omega-3 fatty acids are not just good fats; they affect heart health in positive ways," says Penny Krisa-Etherton, PhD, RD and lead author of the report. Rich sources of fish oil include salmon, mackerel, lake trout, herring, sardines and albacore tuna.

Garlic: Garlic has enjoyed a longstanding reputation as being heart healthy. Now, nutrition researchers at Pennsylvania State College have identified a group of chemicals in garlic that decreases cholesterol production by liver cells 40 to 60% in laboratory tests. "Our current results indicate that the cholesterol-lowering effect of garlic are (sic) likely to be from inhibition of cholesterol synthesis in the liver by a combination of the water-soluble, sulfur-containing compounds," says Yu-Yan Ydh, PhD, Penn State professor of nutrition.

For further information on this topic, pick up a copy of the February 2003 issue of the *Energy Times*, "Heart Disease on Ice" by Naomi Shimaine.

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We're on the Web!

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

MEMBERSHIP COMMITTEE BY RON HOFFMAN, CHAIRMAN

If everyone would bring in one new member, we would have 164 members! A group is limited only by its ideas and involvement. The more involvement, the easier it will be to accomplish improvement, beautification, increased house values and pride in our neighborhoods. Thank you.

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

YOUNGSTOWN POLICE DEPARTMENT

Police officers must continually engage citizens during the course of their duties. Until recently, little effort was made to tell citizens what to do when stopped or engaged by a police officer. With all due respect to citizens' rights, officers have a responsibility to properly investigate matters which may threaten public safety or involve breaking the law. They may be checking out a complaint or have received a report of criminal activity. Your presence might indicate that you are a potential witness who could provide valuable assistance. Sometimes officers' observations might lead them to think you are having trouble and need assistance.

If an officer stops you on the street, a reasonable suspicion must have been established. Cause for suspicion may be: police have a minimal description of a suspect whom you might resemble; you might be in an area where a crime has just been committed; your actions appear to be suspicious

(i.e. running from an area where a crime has just been committed) and you act even more suspicious when you see the police officer; someone may have pointed you out as a suspect.

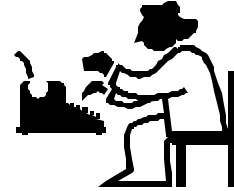
Your forthright response will usually quickly resolve the situation. If the officer has not told you why you have been stopped, inquire.

When you are stopped, generally a police officer will provide his/her name upon request, if in plain clothes, identify him/herself, inform a person about the reason for being stopped and only use the amount of force necessary to effect the arrest of a suspect.

If, despite these considerations, you feel that you do not want to respond, the officer must respect your right not to answer. However, do remember that your cooperation could be most helpful in aiding a police investigation...*to be continued.*

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FROM THE PRESIDENT'S DESK...



I want to thank all those who have signed up to work on a committee—or two. It is the goal of your executive board to have a diverse group of people making contributions to the 7th Ward Citizens' Coalition. Together, we can accomplish much.

Committees carry out both routine and complex tasks—providing opportunities for cautious deliberation, serving as “sounding boards” for members, enlisting the aid of experts, analyzing problems, seeking solutions and fulfilling directives of the general assembly. Thomas B. Reed, a famous parliamentarian, once said, “The committee is the eye, ear and hand, and very often the brain of the assembly. Free from the very great inconvenience of numbers, it can study a question, obtain full information and put the proposed action into proper shape for final decision.”

When members are selected for specific talent, instructions are specific and accurate reporting can be anticipated. Referring matters to committees provides an alternative for long, and at times repetitious and unwarranted debate in meetings of the assembly. Precious time is thus saved for the general membership, and over-all operation of the organization is facilitated.

Below you will find a list of current committees and their participants. Names will be added or deleted as more people join or move away. Most committees are standing, meaning they are formed and remain in force throughout the entire year even if they only perform their main function at year's end. The community service committee will include such work as; Powers Cemetery Site, Cornell Gardens, Gibson Gardens, Soap Box Derby, banner contest, and parade activity—to mention a few. Every member can contribute in a small, medium or large way; all are important and we need you! We teach our children to become good citizens by our example. Have you done your civic duty today? Sign up today!

Respectfully,

MARK S. MEMMER

MEMBERSHIP: Ron Hoffman (Chair), Bill Ward (Secretary), Kenny Norris, John Swierz, Mary Krupa

NEWSLETTER: Mary Krupa (Chair), Marty Novotny, John Kish, Jo A. Swierz, Ron Hoffman

BUDGET & FINANCE: Kathy Mahalko (Chair), Jo A. Swierz, Jim Jerek

NOMINATING: John Kish (Chair), Eleanor Booher

BY-LAW REVIEW: Patti Dougan

COMMUNITY SERVICE: John Swierz

IPE FIELD: Marty Novotny (Chair), Rick Swan, Bill Graurich, Kenny Norris, Elvira Terletsky

FUND-RAISING: Marty Novotny, Pete Draia, Eleanor Booher, Kathy Mahalko, John Kish

SCHOLARSHIP & AWARDS: Elvira Terletsky (Chair), Lenore Jones, Kathy Mahalko

YOUTH-TEEN CONFERENCE: Jean Thomas, Patti Dougan, Bill Ward

WEB SITE: Rick Swan (Chair), Chris Travers, John Swierz, Tim Frease

AUDIT: John Kish, Pete Draia

REFRESHMENTS: Rick Swan (Chair), Eleanor Booher, Myke Clarett, Pete Draia, Wally Dunne, Bill Graurich, John Jerek, Ray Miller, Marty Novotny, Patti Dougan

COMMUNITY DEVELOPMENT CORPORATION: Bill Ward, Patti Dougan, Chris Travers, John Swierz, Marty Novotny, Bob Pavlov, Nick Colosimo, Kathy Mahalko