



June 1998

**KEEPING
YOUR**



**ON THE
NEIGHBORHOOD**

**Jeannie
Garcia**

I was asked to write something brief on the survey. Out of a possible 475, only 76 homeowners and 1 business turned in the survey.

69 thought the neighborhood was "well kept-mediocre"
4 said "rundown"

The top concerns were:

- (1) Security
- (2) Uncared for yards
- (3) Cars in yards.

The top 5 things disliked about our neighborhood are:

- (1) Uncared for yards
- (2) Strangers walking around
- (3) Traffic
- (4) Barking dogs
- (5) Speeders.

How many homes have been burglarized?

4 yes
53 no

(But remember, this was before 4/20/98. We have had several break-ins happen in Bel Air since then.)

How many vehicles have been burglarized?

12 yes
44 no

Whenever we write something in the newsletter about helping with the Association, it is not to nag you. A lot of people out there want us to improve the neighborhood on our own. Little by little we are losing people, and not gaining any. I, for one, can see this. So, if the same people are going to keep everything going, pretty soon they will be burned out. And, then what??? The more people we have to help, the least amount of volunteer time we need from each person.

Please remember, until we come up with a better plan to help us with crime and other unpleasant things, we need to look out for each other.

The Hotline is a phone number for the neighborhood, to inform you what is going on around us. If you have had something happen or would like to share something with us, please call 392-8338. It is updated every week.

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The Bel Air Neighborhood Association publishes the Bel Air Neighborhood Communicator monthly. Many thanks to all of the volunteers in Bel Air that make this project possible.

Bel Air
Neighborhood
Association
4112 North 18th Avenue
Phoenix, AZ 85015
392-8338

ASSOCIATION BOARD

President

Betty Dales (1998)
4235 N. 16th Drive
265-4856

Vice President

Marie Chapple Camacho(1998)
4228 N. 16th Drive
279-4640

Treasurer

Clara Wolf (1998)
4232 N. 16th Drive
265-1444

Secretary

Nancy Chambers (1999)
4112 N. 18th Avenue
265-0466

Members

Stacy Ayers (1999)
Anna Blevins (1998)
Tim Blevins (1998)
Susie Foltz (1999)
Jeannie Garcia (1998)
Bill Heedy (1999)
Bob McBane (1999)
Jack Redmond (1999)

Minute To Minute

By
Nancy Chambers

The May 9, 1998 meeting was called to order at 9:10 a.m. at the home of Bill Heedy. The minutes were approved as submitted. The General Fund and the Block Watch Grant Fund reports were approved as submitted.

OLD BUSINESS

Yard Sale - This year's yard sale was successful. Next year we will start advertising the yard sale in the February Newsletter. We will also ask for a \$5.00 donation from participants next year.

Ice Cream Social - The agenda will include: election results, survey results, U-Haul update, Neighborhoods That Work and the benefits of volunteering.

Bulletin Boards - We will install the other bulletin board on 16th Drive and 15th Avenue on Tuesday, May 19th at 7:00 p.m.

National Night Out/Fall Festival - We will wait until the June meeting to form a committee for this event.

Survey Update - We have had 74 surveys returned. The results of the survey will be in the next Newsletter.

Cell Phone - In the next two weeks we will be receiving a cell phone with free air time from the Community Policing Consortium. The phone will be used by our Block Watchers On Patrol.

NEW BUSINESS

Web Site - The editor of our Newsletter has offered to provide a web site for us. There was no objection to this.

Neighborhood Preservation Survey - We have received a survey from Neighborhood Preservation. It will be filled out and returned.

Monopoles - Wireless communication companies want to be able to install monopoles on existing utility poles on public or private property. This issue is going to the Planning Commission.

Resignation - Nancy Chambers submitted a letter of resignation to the Board. She will be resigning as of June 21, 1998.

The meeting was adjourned at 10:40.

Bel Air Neighborhood Association Financial Status Balance as of 5/10/98

General Fund	\$1,425.86
301 Grant	\$1,389.21

Please remember that 301 Grant Fund money can only be used for items specified in contract written at time of Grant.



You can now E-mail The
Neighborhood Association at
BelAir_Neighborhood@msn.com

Connie's Corner Quips, Quotes & Questions

In this computer age, raising kids can be described as "parental downloading".

Some people cause happiness wherever they go, and some people cause happiness whenever they go.

Why is there an expiration date on the sour cream container?

Searching for a Cure On-Line

The Internet is an exceptional resource for medical information ranging from basic patient brochures to complex diagnoses and treatment guidelines. Although many Web sites are reliable, others may be the work of cranks and quacks. Here's a list of first rate sites.

*American Medical Association

(www.ama-assn.org) Basic consumer health information. "Doctor Finder" locates physicians in a given geographical area or specialty.

*Centers for Disease Control and Prevention

(www.cdc.gov) Information and the latest research on many medical conditions particularly strong in infectious diseases.

*DejaNews

(www.dejanews.com) Access point for Usenet, a collection of more than 50,000 discussion groups with 22 million readers--a useful resource for networking with physicians or fellow sufferers. Click on Health/Medicine.

*Encyclopedia Britannica Internet Guide

(www.ebig.com) Sites are screened for reliability and information value by Encyclopedia Britannica's knowledgeable staff. The health/medicine section is particularly strong.

*HospitalWeb

(http://neuro-www.mgh.harvard.edu/hospitalweb.shtml) A listing of hundreds of hospital Web sites, including links to others offering such services as physician referrals and consumer health information.

*National Library of Medicine

(www.nlm.nih.gov) Basic health information and up-to-date research. The database-Medicine-includes 9 million citations and abstracts from major medical journals (www.ncbi.nlm.nih.gov/PubMed/).

*New England Journal of Medicine

(www.nejm.org) Searchable database of abstracts. Provides full text of some articles and links to other sources.

BUSINESS AS USUAL

By Anne Blevins

Named after "Troy Ounce", the system of weights that pertains to gold and precious metals, Troy Jewelers is located at 4147 North 19th Avenue. The business was opened in 1980 and is owned and operated by the three Miranda brothers. Bel Air was chosen as the location of their business because of its nearness to some of the family residences.

Troy Jewelers is no ordinary jewelry store. This is not a typical jewelry salesroom. Instead this business offers service. Two of the brothers specialize in the repair of fine jewelry. The other brother designs, sculpts and molds gold jewelry for his customers. In order to offer complete satisfaction, he first sculpts the item in wax and then reviews this wax mold with his customer. Jewelry can be created from a photo or the customers description.

Due to the specialized work the shop provides, most of their business is from referrals. Their customers have come from all over the United States and even as far away as England.

After only a short visit at Troy Jewelers, I discovered that "love of work and pride of workmanship" is still available in the Bel Air Neighborhood business.

Correction: Regarding last month's article on Dr. Schwartz, Denise is in charge of insurance, not Diane. Sorry!

INFORMATION CORNER

New Chicken Pox Vaccine Available. Chicken Pox used to be a rite of passage for young children. The new chicken pox (varicella) vaccine may change that forever.

Chicken Pox is a common, contagious illness in children, but adults can also become infected. In adults chicken pox can be dangerous. If a pregnant woman gets chicken pox, it can cause problems for her unborn baby. Working parents may lose time from their jobs while caring for a child with chicken pox. Chicken pox can lead to hospitalization in severe cases. About 10,000 people are hospitalized each year as a result of chicken pox.

The Centers for Disease Control and the American Academy of Pediatrics recommend including the chicken pox vaccine the immunization program for children ages 12 to 18 months and 11 to 12 years. Talk with your doctor about immunizing your children and yourself against chicken pox.

Funds Available For Home Buyers

First-time home buyers looking for an affordable home in Phoenix might consider the "Dream Maker" program, which provides loans to purchase and repair homes. If you qualify, grants of \$1,500 also are available to help cover down payment and closing costs.

A group of area lenders has joined with the city Housing Department to offer FHA 203(k) loans for the acquisition and rehabilitation of homes in Phoenix. Both the purchase and the repairs are financed under one loan.

Family size and household income are qualifying factors in the Dream Maker Program. Homes must be at least a year old and need a minimum of \$5,000 in eligible improvements. To take part in the program, call 1/888/557-1160

General Meeting & Ice Cream Social "Update"

It is difficult to say which was more of a hit at the Saturday May 9th General Meeting and Ice Cream Social---the weather or the food. The evening was beautiful and the baked goods and ice cream great.

Six new Association Boardmembers were elected. Anna Blevins, Betty Dales, Jeannie Garcia, Rick Jackal and Jerry Price were previously nominated and subsequently elected. Maureen Kelly was the write-in candidate with the most ballots, thus becoming our 6th boardmember.

John Judge won the Arizona Diamondbacks tickets and Fred and Fran Godwin and Al Heaps won the Diamondbacks t-shirts. The raffle added \$24.60 to our General Fund. All leftover desserts were donated to a local nursing home.

Councilman Phil Gordon attended our meeting and generously volunteered at the serving table. Neighbors were delighted that numerous police officers from Squaw Peak Precinct stopped by to visit and enjoy homemade refreshments.

Thanks to everyone who attended and helped out---YOU made the evening a success. Be sure to check your monthly newsletters and the Bel Air Hotline for upcoming events!



What do you need to lose?

Each pound of body weight requires 10 calories a day to maintain itself, says Joan Saxton, M.D. of the Weight Management Program in San Francisco. For example:

Present weight 200 lbs. x 10 =
2,000 calories per day
Goal weight 140 lbs. x 10 =
1,400 calories per day
2,000 - 1,400 =
600 calories per day

In this case, 600 calories a day represents the lifestyle change required to get to and maintain goal weight. By reducing your calorie intake by 300 calories and burning 300 calories each day through exercise (600 total), your ideal weight can be reached and maintained.



Calorie Burning Guide

*Here's how to compute the calories burned during different activities and at different body weights

Body Weight (lbs)	Low Intensity (Recreational sports, e.g. softball)	Medium Intensity (Walking, tennis, Light aerobics)	High Intensity (Swimming, moderate jogging)	Very High Intensity (Jumping rope, fast jogging)
120	1 cal/min	4 cal/min	8 cal/min	13 cal/min
140	1 cal/min	5 cal/min	9 cal/min	15 cal/min
160	2 cal/min	5 cal/min	11 cal/min	18 cal/min
180	2 cal/min	6 cal/min	12 cal/min	20 cal/min
200	2 cal/min	7 cal/min	13 cal/min	22 cal/min

*Values are approximate

Public Works adds web site

The Public Works Department Field Services Division has unveiled an addition to the city's main World Web site, "Phoenix At Your Fingertips".

The new web page discusses everything a citizen might want to know about the city's uncontained bulk trash service, including how to obtain a copy of the 1998 schedule and maps. You'll find the page at: <http://www.ci.phoenix.az.us/GARBAGE/trshmain.html> on the Internet. For more information call 262-7251 or send e-mail to pwserve@ci.phoenix.az.us on the Internet.

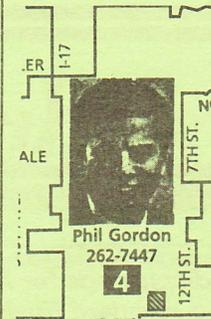
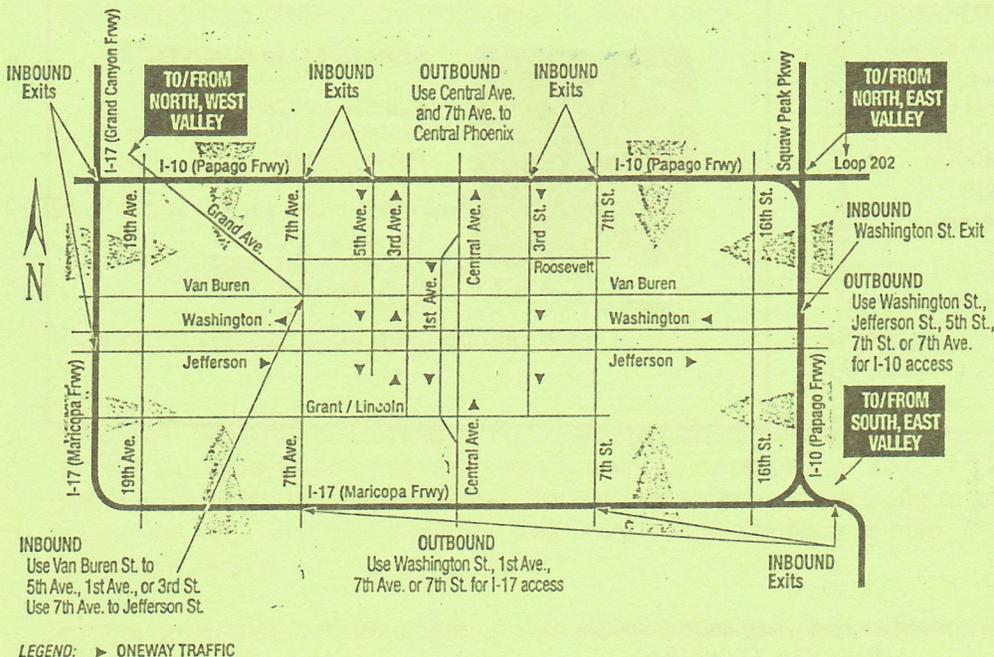
Headed downtown? Plan ahead

Headed downtown for a cultural, entertainment or sports event? Check out this map to find the best route and freeway exit closest to where you want to park. Changeable message signs along the freeways will keep you informed of congested exits and streets.

Once you reach the downtown, look for street signs with a large "P", which denotes public parking locations. By planning ahead, you'll avoid driving through the central downtown area where pedestrian traffic is heaviest. You might even consider arriving early or staying late, enjoying a meal in the area and taking a leisurely walk to and from the event.

The best way to leave the downtown area is the way you arrived. Avoid driving past the America West Arena or Bank One Ballpark before and after games. For pedestrian safety, Jefferson Street between Central Avenue and Seventh Street and other streets in the area will be temporarily closed immediately after the game.

The city's website, Phoenix At Your Fingertips at www.ci.phoenix.az.us/parking.html, offers a map of the downtown venues and nearby parking areas. Also, call the Downtown Phoenix Partnership at 254-8696 to request a downtown Phoenix special events parking map and schedule of events.



PROJECT PARK FOR PHOENIX YOUTH

From Phil Gordon

There is no question in my mind that viable neighborhoods begin with health, safe children. I am just as sure that kids' health and safety are most at risk when the only playground available to them is the street, and when the only adult contact comes at the end of a long work day.

Kids who do not have structured activities and supervision are kids at risk. They are more likely to engage in crimes such as tagging and vandalism. Kids who have nothing to occupy their time after school or during the long summer months are far more likely to find belonging to a gang an exciting alternative.

Phoenix does offer outstanding after-school programs for thousands of youth across the city, but resources are stretched tight. Therefore, I have asked that the Mayor and City Council join me in supporting Project P.A.R.K., which is my proposal to add approximately \$240,000 to the Parks, Recreation & Library Department budget. Project P.A.R.K. would provide year-round, after-school and weekend programs, both recreational and educational, for 1,000 additional Phoenix kids.

Project P.A.R.K. or "Protecting At-Risk Kids", would allow the Parks Department to extend program hours, to devote additional staff to our kids, and to offer kids' programs in the areas where they are needed most. My highest priority is to protect families and the neighborhoods they live in. I think Project P.A.R.K. is an essential element in my fight to do that.

