

Next Meetings November 10th & December 8th

Board Meeting 6:15pm

General Membership Meeting Starts 7:00pm

****Trinity United Methodist Church - 3104 West Glendale Ave****

Meetings are 2nd Thursday of each month, mark your calendars!

Winter Respite Program

Help keep someone warm this winter. When the days cool down and the nights get chilly, remember the families and individuals who are homeless and on the street.

Arizona's cold winter nights don't seem so bad to those who have warm places to get out of the elements. But for those living outdoors or in their car, warm clothes and a blanket mean a lot. The community can assist by donating items that will keep people warm and protected during the cold nights of winter.

The city of Phoenix is asking people to donate **ONLY** the following items to be distributed to those who are homeless:

- Jackets, coats, sweat shirts - men's, women's, children's
- Long pants, jeans, and sweats - men's, women's, children's
- New underwear - men's, women's, children's
- Blankets and Shoes

Donated items are distributed by local homeless outreach teams from: Basic Mission, Catholic Charities, Church on the Streets, Maricopa County Healthcare for the Homeless, One N Ten, Native American Connections, Inc., Set free Ministry, Son Lit Foundation, Southwest Behavioral Health Services PATH Outreach, TERROS, The Salvation Army Project HOPE, Tumbleweed Center for youth Development and U.S. Vets. The program runs from October through March. Tax-deductible donations may be delivered to any of the city's three Family Service Centers:

Travis L. Williams
4732 South Central Ave.
602-534-4732

John F. Long
3454 North 51st Ave.
602-262-6510

Sunnyslope
914 West Hatcher Rd.
602-495-5229

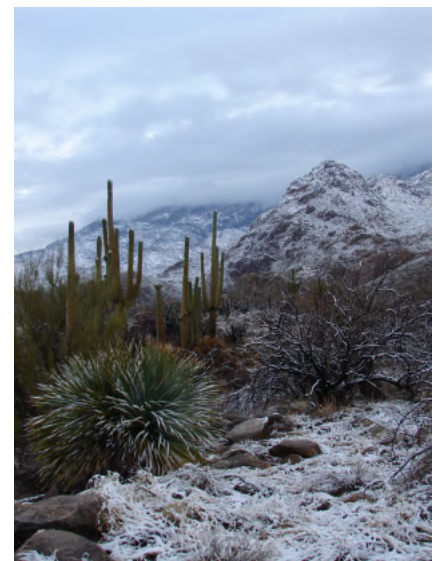
The centers are open from 7:30 am to 5 pm Monday through Friday. Please call 602-256-4302 to arrange a bulk or large donation. Acknowledgement of any donation is available.

CALENDAR

November 10th	NGS Meeting
November 11th	Veterans Day
November 24th	Thanksgiving
December 8th	NGS Meeting
December 25th	First Day of Hanukkah
December 25th	Christmas

ATTENTION!

**No Bulk Trash Collection
in November & December
for districts 10 & 11.**



NOW HIRING!

Phoenix Police Communications Operator

\$18.49-\$28.43 hourly / annualized
\$38,459-\$59,134

[View the many great benefits the City of Phoenix has to offer!](#) How to Apply to Become a Police Communications Operator The first step is to complete a job application and schedule a test at your convenience through the National Testing Network (NTN) . Simply go to www.nationaltestingnetwork.com, select Emergency Communications, and sign up for the City of Phoenix. Basic list of job requirements and disqualifiers are posted on the site.

If you pass the NTN test you will be placed on an eligibility list. We will then invite you to come in and take a typing test from dictation (passing at 40 WPM at minimum), a computerized simulator test, and panel interview. If successful in each of those steps, you will then be given a background packet. The background process consists of polygraph examination, full criminal background check, and drug test. This takes an average of six weeks to complete.

- Recruitment Flyer
- If you have experience as a 911 Call Taker and/or Police Radio Dispatcher look for the Police Communications Operator - Lateral job listing and follow the instructions to apply.

Special Thanks Go Out To

The very nice people who help fold and mail out this newsletter on a volunteer basis!!

Also, Special Thanks to our Printer, Gateway Printing



ZOOLIGHTS IS CELEBRATING 25 YEARS

Join the Phoenix Zoo at the Valley's brightest holiday tradition: ZooLights presented by SRP! Celebrating 25 years, ZooLights shines with millions of lights, a three-story-high holiday tree, hundreds of glimmering light displays and lakeside music-in-motion shows.

***ZooLights is open to the public
Wednesday, November 23 through
Sunday, January 8, 2017.***



Newsletter Editor Needed

If you are looking to get involved, like being creative and like writing a bit from time to time, now is your chance. NGS is looking for a new editor. Ability to navigate and use a newsletter software required and any prior experience with editing a plus. If you would like more information please call Amy Watkins 602-3179075 for details.

If interested in becoming the new editor please contact Mike Simms, President by phone 602-790-3467 or email northglensquare@gmail.com



2647 W Glendale Ave Ste#1
Phoenix, AZ 85051

602-246-9800

boost27aveglendale@gmail.com

AUTHORIZED RETAILER

HOURS

M-F 10:00-8:00

SAT 10:00-7:00

SUN 10:00-6:00



Adriel Meraz
Operations Supervisor

2647 W. Glendale Ave, Phoenix, AZ 85051
t. 602.246.0907 • f. 602.246.0013

SMOKE SHOP

2647 W. Glendale Ave, Phoenix, AZ 85051 • 9am-8pm



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Great Reasons To Start Your Day With Water & Lemon



Adding lemon to water not only quenches thirst better than any other beverage, but it also nourishes our body with vitamins, minerals and trace elements which we absolutely need. Lemon with water can be considered the best natural energy booster. When we wake up in the morning, our bodily tissues are dehydrated and are in need of water to push out toxins and rejuvenate the cells. In other words, this homemade “lemonade” helps eliminate internal toxins, regulating proper kidney and digestive tract functions by forcing them to work as smoothly as possible.

- Water with lemon provides the body with electrolytes which hydrate your body. As lemons contain good amount of electrolytes such as potassium, calcium and magnesium.
- It is good for the joints, reducing pain in the joints and muscles.
- Warm water with lemon helps digestion as lemon contains citric acid. It interacts with other enzymes and acids which easily stimulate the secretion of gastric juice and digestion.
- The liver produces more enzymes from water with lemon than from any other food.
- It cleanses the liver. Lemon juice stimulates the liver to release toxins.
- Water with Lemon helps fight infections of the respiratory tract, sore throats. This is due to the anti-inflammatory properties of lemon.
- Water with lemon is indispensable for the normal work of metabolism. Since lemon is a powerful antioxidant, it protects the body from free radicals and strengthens the immune system.
- It aids in proper functioning of the nervous system (as lemon has a high content of potassium). The nervous system needs a sufficient amount of potassium to ensure sustainable signals to the heart.
- Water with lemon cleanses blood, blood vessels and arteries.
- It can help lower blood pressure. A daily intake of one lemon can reduce high blood pressure by 10%.
- Water with lemon creates an alkalizing effect in the body. Even if you drink it immediately before a meal, it can help your body maintain a higher level of pH. The higher the pH, the more your body is able to fight diseases.
- Water with lemon is good for the skin. Vitamin C in lemon, improves our skin by rejuvenating the body. Drinking water with lemon regularly (every morning) will improve the condition of your skin.
- Water with lemon helps to dilute uric acid, the built up of which leads to pain in the joints and gout.
- It is beneficial for pregnant women. The vitamin C helps the formation of bone tissue of the unborn baby. At the same time, due to the high content of potassium, a mixture of water with lemon helps forming cells of the brain and nervous system of the baby.
- Water with lemon relieves heartburn. For this, mix a teaspoon of lemon juice in half a glass of water.
- It helps dissolve gallstones, kidney stones, pancreatic stones, and calcium deposits.
- Water with lemon helps with weight loss. Lemons contain pectin fiber, which helps suppress hunger cravings. Studies have proven people with a better alkaline diet have lost weight faster.
- It helps with tooth pain and gingivitis.
- Water with lemon prevents cancer. This is due to the fact that lemons are a highly alkaline food.

Multiple studies have found that cancer cannot thrive in an alkaline environment.

How and when to drink water with lemon: For this purpose, use warm purified or spring water. Take half a cup of warm water without sugar and squeeze in at least half of lemon or lime. Better to use a special juicer (to get the most juice with minimal effort). You can also use lemon essential oil. You need to drink water with lemon first thing in the morning on an empty stomach. Some recommend a drink of water one hour before meals for maximum results. So, when life gives you a bunch of lemons, make water. Article originally published on Livingtraditionally.com.

IMPORTANT NUMBERS

Crime Stop (non-emergency).....602-262-6151
Graffiti Busters (Phoenix).....602-495-7014
Graffiti Committee (Chair: Jon Vreeken)
 (leave detailed info, name & phone numbers)
Email: northglengraffiti@yahoo.com
Phone: 602-242-0019

Community Action Officers

Officer Garrick Henry
 garrick.henry@phoenix.gov.....602-256-0474
Officer Wade Niver
 wade.niver@phoenix.gov.....602-543-6988
Cactus Park Precinct602-495-5009
Abandoned Vehicles (private property) ...602-262-7844
Abandoned Vehicles602-262-6151
Animal Control/Rabies.....602-506-7387
Barking Dogs602-262-6466
City Bus Service602-253-5000
Dial-A-Ride.....602-253-4000
Garbage Collection602-262-7251
Illegal Dumping.....602-262-7251
Loud Party Info.....602-262-7803
Loud Party Reporting602-262-6151
Neighborhood Enforcement.....602-262-7844
Neighborhood Narcotic Complaints.....602-275-5886
Parking Complaints602-262-6151
Property Maintenance Violations.....602-262-7844
Poison Control.....602-253-3334
Shopping Cart removal1-800-THE-CART
Illegal signs602-534-7100
Street repair (potholes).....602-262-6441
Street Light repair602-495-5125
Councilman Valenzuela.....602-262-7446
Parks Department.....602-262-6575

NGSNA Officers 2015

Mike Simms, President602-790-3467
 Jean Rigtrup, Vice President.....
 Frank Beaudrot, Treasurer.....602-677-7126
 Michele Sahlin, Secretary.....602-841-1278
 Carl Baldrige, Director.....
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 Amy Watkins, Editor.....602-317-9075
 Submissions.....NorthGlenSquareEditor@gmail.com



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LEFT OVER TURKEY SALAD

Ingredients:

- 2 cups cooked white turkey meaty, chopped
- 1/4 cup fat free mayonnaise
- 1/4 cup plain fat free yogurt
- 1 tsp lemon juice
- Pinch of salt
- 1/4 tsp ground black pepper
- 1/4 cup dried cranberries
- 1 cup apples, chopped
- 1/2 cup celery, diced
- 3 tablespoons fresh parsley, chopped
- 1/4 cup walnuts, chopped
- 1/4 cup green onions, diced

Directions: Mix together in a large bowl. Serve on a bed of salad greens.

Nutrition Facts:

Serving Size: 1/4 of recipe (210 grams)

Total Servings: 4, Calories per serving 279,

Total Fat 6 g, Total Carbohydrates 20 g,

Protein 36 g



Come one; come all!

BACKYARD G-SCALE RAILROAD OPEN HOUSE

Saturday & Sunday, December 10 & 11, 2016

Saturday & Sunday, December 17 & 18, 2016

5:30 to 8:30 p.m.

John and Pat Meyers

3235 W. State Avenue

602 841-7564 or jtpmeyer@cox.net

This open house is part of a "Trains for Christmas" tour sponsored by Arizona Big Train Operators. There is no admission charge, but you may make a donation to be shared by the charitable activities of ABTO. See the website (azbigtrains.org) for more details including maps to many layouts throughout the Valley.



E-Books and Other E-Resources available from the Phoenix Public Library

Did you know that you can download eBooks, audiobooks, magazines, newspapers, music and videos to your PC or mobile device for free with your Phoenix Public Library card? Just one card gives you access to the Arizona Republic, Consumer Reports Online, Ancestry.com and all the current bestsellers, for free!

Go to www.phoenixpubliclibrary.org and check out the eLibrary! With your Phoenix Public Library card, you have access to all the eBooks, magazines, videos, etc that you could ever want. Don't have a card? Sign up for a free eCard online!



VIP Partnership Recap

Year to Date VIP 5/7/2015 – 7/20/2016

810 Felony Arrests

(Homicide, Drugs, Weapons, Warrants)

394 Misdemeanor Arrests

126 Prostitution Arrests

43 Search Warrants

111 Weapons Seized

47 Vehicles Recovered

752 Reports

North Glen Square Neighborhood Association 2017 MEMBERSHIP

Name: _____ Address: _____
Phone: _____ Email: _____ (please print clearly)

\$20.00 Annual Dues (per household or business)
\$ _____ "North Glen Angel" (extra contribution)
\$ _____ Legal Fund (extra contribution)
\$ _____ Total Amount Enclosed

☐ If you would like to "opt out" of receiving your newsletter in printed form & rather receive it via E-mail, please check this box

☐ You have my permission to publish my name in the newsletter as a "North Glen Angel Contributor"
☐ Please call me when extra help is needed!

Comments _____

Mail To: Treasurer, NGSNA, P.O. Box 39485, Phoenix AZ 85069-9485

Newsletter Readers:

North Glen Square accepts no responsibility for the reliability of products or services provided by the advertisers in this newsletter. Always use caution and care whenever you are dealing with a business for the first time.

Sex Offender web site:

www.azsexoffender.com

North Glen Square gets updated regularly on sex offenders from the Phoenix Police Dept. We encourage you to visit the site so you are informed on their whereabouts in our neighborhood. An informed resident is a safer resident.

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Your membership, with annual dues of \$20, gives you:

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- Representation in Local Government
- Voting Privileges at Monthly Meetings
- Participation in Free Giveaways
- Support for Neighborhood Cleanups

Add your voice to the list of over 300 concerned members.

NORTH GLEN SQUARE WEBSITE

Did you know we have a website? Yes we do, and we try to keep it updated with a calendar of events, newsletter issues, documents, and links to helpful information & resources. Whether you want to report a code violation, request street light service or view a map of zoning in North Glen Square, we have links to help.

Our web site also includes a discussion board for registered users. Having a yard sale? Did your house get broken into? Do you have a question or concern about the neighborhood? Start a discussion.

We also send emails on upcoming events, crime & scam alerts, and other important information between newsletters.

www.northglensquare.org
northglensquare@gmail.com

North Glen Square

Neighborhood Association
Post Office Box 39485
Phoenix, Arizona 85069-9485

www.northglensquare.org
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November/December 2016 Edition



Please join us Sundays

9:00 - Traditional Worship
10:30 - Contemporary Worship
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