

Volunteers Needed

The MEC Neighborhood Patrol --
contact Jerome @ 313 475-2754

The Newsletter Committee -- contact Zelda @313 657-7152.

MS Mesh Team - Contact us @ msmesh@our-morningside.org or (313) 881-4704



Social Networking Safety Rules

In a time and space where social networking is the norm, it's important to keep your personal safety top of mind. Whether you prefer to tweet or post on Facebook, take a second to think twice about the information you reveal to your social network. What can seem innocent and fun can turn into a threat on your personal safety and the safety of friends and family.

Before you post the next photo on Instagram or send the next tweet, consider these social networking safety tips:

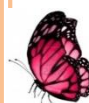
Be careful about posting when you're going out of town or 'checking in' at certain places. Burglars may use this as a prime opportunity to help themselves to things in your home.

- Do not post your address, full legal name or phone number on social media pages. Scammers can use this information for identity theft.
- Make sure that your profile page is set to private and can only be viewed by audiences that you select.
- Don't accept friend requests or messages from people you don't know. Scammers often set up mock profile pages to target people.
- Never meet face to face with someone you meet on a social network. Some people pose online as someone they are not.
- Never post anything that is inappropriate or of a sexual nature. Whatever is posted online lives forever, even if you delete it.
- Avoid posting where you work and information about your children, family or friends. This gives fuel to scammers that may use the information against you to get what they want.
- Don't post the name of your financial institution.
- If you determine your social network account has been hacked, change your password and notify the network by email.

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Contact
Zelda Anderson@ 313 657-7152
or Bob Lavoy 313 354-4369

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A community on the rise!

December 7, 2013

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MorningSide

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"A Shining Star in Our Community"

By O'Dell Tate – President of MorningSide

Reprint of Article Published November 19, 2013 – Written by Lisa Kreinbring

HFA: SCS 8th Grader Naomi Cook Wins of 2013 Skillman Foundation Float Design Competition

For three years, Henry Ford Academy: School for Creative Studies (HFA:SCS) student Naomi Cook pursued a dream: to have her winning design brought to life in America's Thanksgiving Parade.

Thirteen year-old Naomi -- a previous Runner Up (2012) and Honorable Mention (2011) recipient -- was determined to take the top honor this year. For her 2013 entry she found inspiration in Detroit's urban farms, asked a float designer for technical pointers, and applied her intensive HFA: SCS art and design preparation. As in past years, she was also encouraged every step of the way by HFA: SCS art instructor Manal Kadry, who has provided feedback and support.

That determination and hard work paid off. Naomi's first place design "Michigan Farms on City Streets" was recently selected from hundreds of entries. A Detroit resident and the daughter of two chefs, Naomi says that she has grown up on fruits and vegetables and wonders "what it would be like if people could go outside and grab whatever food they want." On November 18th--surrounded by her caring mentor, principal, parents, and grandparents, Naomi was honored at The Parade Company's press conference and saw "her float" for the first time. On November 28th, she escorted it down the parade route in America's Thanksgiving Parade.

Naomi has been drawing since age three. Her next project honors Ruby Bridges and will be submitted to the McDonald's Celebrates Black History on Canvas competition. Naomi plans to attend HFA: SCS for high school because "she wouldn't have the same opportunities at other schools." Her longer-term goals are to graduate from the College for Creative Studies and become a graphic designer.

She has been interviewed by WDIV Channel 4 (who is the event media partner who provided live parade coverage), by WXYZ Channel 7, the Detroit Free Press, and Yak's Corner. *(continued on Page 2)*

Our Next Meeting

Saturday, January 4, 2014
12:00 p.m. until 2:00 p.m.
Peace Lutheran Church
15700 E. Warren Ave.
Detroit, MI 48224

December, 2013/January, 2014

A Shining Star in Our Community	1
Naomi Cook Bio	2
Entertainment in Detroit	2
Sweet Potato Cheesecake	3
8 Financial Keys to a Happier New Year	4
Surviving the Holidays	6
Be Careful During Holiday Shopping	7
Making a Difference on Angel's Night	7
Social Network Safety Rules	8

Naomi Cook - Bio



Naomi Cook is an 8th grade student at Henry Ford Academy: School for Creative Studies. She is set to Graduate from HFA:SCS in 2018 and hopes to attend The College for Creative Studies (CCS) in Detroit, and major in Graphic Design.

When asked when and how she knew she wanted to pursue a life in the arts Naomi would say she has always loved art; early on her mom would take her to the Detroit Institute of Art and expose her to great works of art. When Naomi was 3, the works of Van Gogh reminded her of finger painting. Naomi has been blessed with artistic talent, supportive parents and grandparents, art classes from CCS's Community Arts Partnership, caring art teachers, and encouraging words from friends, family, neighbors and art lovers.

Naomi has earned awards such as Grand Prize Winner of the 2013 Skillman Foundation's Float Design Contest, Runner Up in 2012 and Honorable Mention in 2011; Naomi was a Silver Key winner in the Scholastic Art and Writing Contest 2013. Twice Naomi has been chosen to be part of a select group of students commissioned by Grand Valley State University to work with artist and muralist Dr. Hubert Massey. The first was the 2011-2012 Mural project "Michigan's Outreach: Evolving the Global Spirit," now permanently displayed in the new business building at GVSU, the second was the Friends of Henry Ford Painting project, installed in the GVSU building in downtown Detroit 2012-2013. Naomi has also had her work displayed in the 2011 and 2012 Student Art Exhibition at CCS.

Naomi is currently entered in the Detroit Newspapers in Education - Yak's Winter Tales publications contest and is working on several pieces that will be entered in the 2014 Scholastic Art and Writing Contest. Naomi lives in the Morningside Neighborhood in Detroit, Michigan and can be contacted through her parents at jofario@netzero.com.

Entertainment in Detroit

Detroit is home to several theaters and concert venues. Listed below are some of the Metro-Detroit shows and concerts in 2013 and early 2014. Specifically, the list includes variety shows, comedy acts and music concerts coming to the area in the winter and spring months.

City Theatre, Downtown Detroit	The Coliseum at Caesars Windsor
Gary Hoey's Ho Ho HOey's Rockin' Holiday Show 12/13	Kenny Rogers (12/15)
	The Tenors (12/19)
Detroit Opera House , Downtown Detroit	Donny & Marie Christmas Tour (12/22)
A Winter Fantasy, a holiday concert & fundraiser (12/16)	Styx (12/27)
Frankie Beverly & Maze wsg Will Downing (12/28)	Scotty McCreery (1/10/14)
	Smokey Robinson (1/16/14)

(continued on Page 5)

Be Careful During Holiday Shopping (In or Out of the Mall)

A primary factor in crime prevention is being aware of your surroundings and potential areas of danger. "By staying alert and following a few safety tips, most holiday crimes can be avoided."

Here are the mall shopping safety tips from the Michigan State Police's Facebook page:

- Avoid shopping alone. Use the buddy system whenever possible.
- Park in well-lit, well-trafficked areas. Always lock your vehicle.
- Have your keys in hand before exiting the shopping area and returning to your vehicle.
- Do not keep packages in plain view in your vehicle; keep packages in the trunk of your car or covered by a blanket.
- Carry your purse close to your body. If at all possible, do not bring a purse. Keep your wallet in a front or zipped pocket.
- Do not carry large amounts of cash. Bring just one credit or debit card.
- Do not count cash in open areas, especially after leaving an ATM machine.

Here are the online shopping safety tips from the Michigan State Police's Facebook page:

- Shop only on Internet sites of companies you know and trust.
- Only use secure websites. To determine if a website is secure, look for a key or padlock closed at the bottom browser window and a URL that begins with "https," not just "http."
- Protect your personal information. Read the retailer's website privacy policy and never provide your Social Security number, birth date or mother's maiden name.
- Ensure your computer has the latest anti-virus software installed before shopping online.
- Beware of emails offering cut-rate prices on popular items; if the offer sounds too good to be true, it probably is.

Making A Difference During Angel's Night



Another mostly quiet Angel's Night in our City and our Community. This was accomplished through the efforts of many city-wide volunteers. For another year, some of the most diligent volunteers in Detroit came from our very own MorningSide patrol organization. There were more than of 160 volunteers that offered their time and efforts to patrol and protect our neighborhood for the entire 3 night period. We joined hundreds of concerned citizens to scout for arsonists and undesirable behavior.

MorningSide resident-- **keep up the good work.** We make a tremendous difference, You are improving our neighborhood—one deed and one day at a time.

Detroit Fire officials report 93 fires over a 3 day Angel's Night period.

SURVIVING THE HOLIDAYS

For those experiencing a loss, October through December can be excruciatingly painful months. Death, separation, divorce, illness, family trauma, job loss or moving to a new location result in great losses that make the holidays difficult.

Therefore, here are a few practical tips:

- **PREPARE** – The ambush of emotions can attack at any time; prepare beforehand.
- **ACCEPT** the difficulty of this time of year and your loss. Remind yourself that it's a season and it will pass.
- **SOCIALIZE** – Don't hibernate. Insecure feelings may tempt you to isolate, but force yourself to go out even if it's only for a short time.
- **LOWER** your expectations – Movies and songs paint an unrealistic picture of the holidays.
- **DON'T ANESTHETIZE** the pain with drugs or alcohol – Numbing emotional distress with chemicals creates more depression.
- **TRIMMING** – If old ornaments or trimmings cause too much pain, don't hang them this year. Put them aside for another time.
- **GET UP AND MOVE** – Take care of your physical well-being. Healthy foods will give you strength; fattening and sugar-filled foods can worsen your depression. Exercise produces natural stress reducers.
- **SHOP** online if going to the mall is too stressful.
- **COPING STRATEGY** – Have the phone number of your counselor, pastor, church, close friend or hotline already taped to your phone. Make the commitment to call someone if negative thoughts get fierce.
- **LIGHT** – Get some sunshine. Winter can take its toll on your emotions by the loss of sun you experience.
- **INVITE** a new (same-sex) friend to see a movie, have dinner or help decorate the house.

Newsletter Contributors

The following persons contributed material published in this newsletter:

Paul Phillips, Jr.

O'Dell Tate

Zelda Anderson

Ulysses Jones

Betty Lake

Parents of Naomi Cook

Sweet-Potato-Cheesecake

(Enhanced by Ulysses Jones)

9 1/2 inch spring form pan

Ingredients

- 1 **1/4 cups** graham cracker crumbs
- 1/4 cup of white sugar
- 1/4 cup melted butter
- 2 pounds sweet potatoes
- 3 (**8 ounce**) packages cream cheese, softened
- 7/8 (7 ounces)** cup white sugar
- 1/3 cup sour cream
- 1/4 cup heavy whipping cream
- 3 eggs, room temperature
- 3/4 cup packed brown sugar
- 1/4 Butter
- 1/4 cup heavy whipping cream
- 1 cup chopped pecans

Directions

- 1) preheat oven to 365°.
- 2) 1/4 cup of sugar, and 1/4 cup of melted butter. Press mixture into the bottom of a 9 1/2 inch spring form pan. Bake 10 minutes; remove from oven, but keep the oven on
- 3) Place sweet potatoes in a baking dish make until the knife inserted in the center goes through easily, about one hour. Cool sweet potatoes enough to handle, and purée
- 4) Beat cream cheese and 3/4 cup plus tablespoon white sugar until smooth. Mix in sour cream, 1/4 cup cream, and 1 1/2 cups sweet potato puree, Beat in eggs one at a time, blending well after each. Pour filling into crusted pan
- 5) Bake in 350 degrees oven until a tester inserted near the center comes out clean, about 1 hour (center may still slightly jiggle)
- 6) Turn off the oven, let cake stand 1 hour in oven with door ajar
- 7) Combine brown sugar and 1/4 cup butter in a heavy small saucepan. Stir over low heat until sugar dissolves. Increase heat, and bring to a boil. Mix in 1/4 cream, then nuts. Pour hot topping over cheesecake. Store leftover cheesecake in the refrigerator.

8) Enjoy

8 Financial Keys to a Happier New Year

For many people, the New Year signifies a fresh start. The mental and spiritual batteries are recharged after the drain of the hectic holidays. We're more optimistic. We're open to new possibilities, new strategies, new aspirations. Here are eight personal finance tips from the Financial Planning Association that can help you toward a happier new year.

- 1. Set clear goals.** We don't mean only financial goals such as building a larger retirement account or getting out of debt. We're talking any goal you'd like to work toward or achieve in the new year that has financial consequences. For example, perhaps you want to work less so you can spend more time with your family, or you want to change to a career that excites you more but that pays less. How can you afford such goals? That's why setting specific, realistic goals—and writing them down—is such a powerful financial tool for realizing them. It not only clarifies what you have to do financially to achieve the goals, it motivates you to achieve them within a specific timeline. Saving for something provides much more financial incentive than merely following the standard advice to save 10 or 15 percent of your monthly pay.
- 2. Discuss the goals with your family.** Include your spouse, your children if they're old enough, or other loved ones who might be affected by your goals. They can help you clarify the goals, motivate you to make changes, and aid in their achievement.
- 3. Create a financial plan.** All financial actions (or inactions) affect other financial actions. If your financial left hand doesn't know what your financial right hand is doing, one may undermine the other. For example, lack of adequate insurance for home, health, and other aspects of your life could decimate your retirement savings and investments if something goes wrong. You may need professional advice at this stage, or you may feel you can do it yourself. Regardless, the key is creating and following through with the plan.
- 4. Review the last year.** Life is continually in flux and change can have a profound impact on your financial plans. For example, during the past year did you get married or divorced, have a child, suffer a death in the family, change jobs, or change short-term or long-term goals?
- 5. Establish a spending plan.** Achieving financial goals is built on a single principle: spend less money than you earn. And it's difficult to spend less than you earn if you don't know where your money is coming from and going to. First, list your regular, dependable sources of income. Then track how much and where you spend money every month (including cash). Average out on a monthly basis periodic expenses such as car insurance or property taxes. Subtract monthly expenses from monthly income and...do you have a surplus, are you in balance, or are you spending more than you're taking in? Are you skimming 5 or 10 percent right off the top of your income for savings and investing? If not, what expenses can you reduce or income increase in order to save toward goals? Automate savings to make it less painful.
- 6. Reduce debt.** Resolve to lower debt this year. As interest rates rise, every dollar of accumulated debt becomes a heavier and heavier drag on your entire financial life.
- 7. Diversify your household assets.** You know not to put all of your investment eggs in one basket (such as high-tech stocks). Apply this advice to your overall financial household. If possible, working spouses should be employed in separate companies in separate industries in order to reduce the possibility of both of you losing jobs at the same time. Go easy on company stock and industry stock where you work. If your employer or the industry suffers hard times, you might lose not only your job but also much of the value of your investments. Avoid investing in a single business or industry that dominates the economy where you live. If the company or industry suffers, so might your home values along with your investments.
- 8. Educate yourself financially.** The more you understand about finances—from budgeting to investments to insurance—the more confident and motivated you'll be to take the right financial steps this year.

Entertainment in Detroit (continued)

The Fox Theatre, Downtown Detroit	The Fillmore, Downtown Detroit
Cirque Dreams Holiday (12/3 through 12/7)	Panic! At The Disco (12/12)
Praise Holiday Concert (12/12)	Kid Moore (12/13)
Terry Fator (12/14 through 12/15)	
Karen Newman: Christmas Eve on Woodward (12/18)	Joe Louis Arena, Downtown Detroit
Mannheim Steamroller Christmas by Chip Davis (12/21)	Zac Brown Band (12/31 through 1/1/14)
Breakfast with Santa (12/23)	Winter Jame 2014 with Lecrae and Tenth Ave North (2/22/14)
Young Jeezy (12/28)	
Charlie Wilson - New Year's Eve Countdown 2013-2014 (12/13)	Macomb Music Theater, Mt. Clemens
	The Ultimate Doo-Wop Show (12/7)
Macomb Center for the Performing Arts, Clinton Twp	
Tony Orlando's Great American Christmas (12/8)	Majestic / Magic Stick, Midtown Detroit
Mark O'Connor & Friends Appalachian Christmas (12/15)	Protest the Hero (12/8)
We've Only Just Begun: Carpenters Remembered (1/18)	The Kills (12/10)
The King's Singers (2/1/14)	Cirque du Solstice Feat: Chris B, K@tdog, Disciple & Ternidup (12/20)
Lady Smith Black Mambazo (2/21/14)	Darkside (1/16/14)
Aaron Radatz: Magical Entertainer (2/23/14)	Reverend Horton Heat / Necromantix / The Creepshow / Deke Dickerson (1/18/14)
	St. Lucia (1/24/14)
Masonic Temple, Detroit	Lord Huron with Night Beds (1/31/14)
Snow Jam (12/28)	Dark Star Orchestra (2/3/14)
R. Kelly New Year's Eve (12/31)	Skinny Puppy (2/19/14)
MotorCity Casino Hotel (Sound Board), Downtown Detroit	The Michigan Theater, Ann Arbor
Aretha Franklin (12/21)	Ragtime Extravaganza! (1/18/14)
Emerson Hart (12/26)	One Night in Bamako (2/7/14)
D.L. Hughley (1/23/14)	The Verve Pipe Kids' Show (2/9/14)
Patti Labelle (1/26/14)	Zappa Plays Zappa: Roxy & Elsewhere 40th Anny Tour (2/19/14)
Adam Carolla (1/30/14)	Comedy: Ron White (2/21/14)
Aaron Lewis (2/6/14)	
The Whispers (2/13/14)	Music Hall Center for the Performing Arts, Detroit
Bret Michaels (2/16/14)	Winans Academy of Performing Arts (12/13)
	Cabaret 313 with Ute Lemper (12/14)
The Royal Oak Music Theatre	Shuffle, Play, Listen (1/10/14)
Warren Miller (12/6 through 12/7)	Jon Batiste (1/21/14)
The Dan Band (12/13)	Chembo Corniel (1/31/14)
Steel Panther (12/21)	Imani Winds (2/7/14)
Jake Bugg (1/15/14)	Light Show: Dino-Light (2/9/14)
Falling in Reverse (2/4/14)	Spring Quartet with Esperanza Spalding (2/16/14)
Alfie Boe (2/20/14)	Guitar Passions (2/18/14)
The truTV Impractical Jokers Tour (2/21/14)	
Paul Byrom (2/27/14)	The Palace, Auburn Hills
	Drake (12/16)
	Kanye West -- The Yeezus Tour (12/19)
	Trans-Siberian Orchestra (12/27)
	Jay Z (1/10/14)
	Kings of Leon (2/11/14)
	George Strait (2/14/14)
	Paul Simon & Sting (2/26/14)