

MorningSider

SEPTEMBER 2014

Habitat for Humanity Detroit 2014 Fall Blitz Build

Habitat for Humanity Detroit kicked off its 2014 Fall Blitz Build in the MorningSide neighborhood last month. The group's aim was to complete the construction of seven homes in seven days with the help of nearly 2,000 volunteers who looked to provide low-income families with safe, affordable, energy-efficient housing.

Habitat for Humanity volunteers were serenaded with strings when they took a break from building homes. Detroit Symphony Orchestra musicians Hai-Xin Wu on violin and Hang Su on viola played as part of the DSOOn-the-Go with Ford series, which brings live orchestral music to neighborhoods through funding from Ford.

"We are committed to rebuilding Detroit one neighborhood at a time," Executive Director Vincent Tilford said. "We are very appreciative and proud of the corporate and faith-based sponsors who have provided funds and volunteers to build these homes. Together we are building homes, communities and hope."



INSIDE THIS ISSUE:

Eat Well for your Child 2

Shop Smart: 7 Ways to 3

How to Increase Your 2

Recipe of The Month 4

How to Report a Bur- 7

Summer of Shed

Barricade Ends, Takes Shed/Barricade With It

by Sarah Cox



Summer 2014 dies softly sometime around 9:00 a.m. Tuesday morning when you all return to to work after Labor Day Monday off. R.I.P. Also being killed off is the **barricade between Detroit and Grosse Pointe Park** which became the scandal of the summer. These photos, taken two weeks ago, show the structure in full-force. GP Parkers claimed that the shed was a

Cont. page 5

Eat Well For Your Children's Sake

By Steve McIver

You can tell your children how to eat well, but experts say it's better to show them.

Children learn by watching their parents. If your favorite restaurant is the "All You Can Eat Buffet" and your number one vegetable is the French fry, you're sending the wrong message.

Good role models have never been more important. One in five kids is seriously overweight. High cholesterol and type 2 diabetes are rising steadily among the young.

Children must learn from their parents and caregivers to value themselves, eat nutritiously, and get proper exercise and rest.

Here's some expert advice:

Dine as a family. Studies indicate that children who regularly eat dinner with their family consume more fruits, vegetables and fiber and less saturated fat, trans fat, fried foods and soda.

Go for healthy foods and drinks. Researchers have found that girls' drink choices mirrored their mothers' choices. Girls were more likely to choose milk over soft drinks because their mothers did so.

Switch to smaller portions. Super-sized portions can hurt children's eating habits and waistlines. It takes just 48 extra calories a day (seven potato chips) to gain five pounds a year. If possible, let children serve themselves.

Eat out with restraint. Visit restaurants just once or twice a week, and press children to get small orders of fast food if no healthier choice is available. Share a dinner portion with children and add a salad or other vegetables if children are still hungry.

Let children sometimes make decisions. Research suggests that children whose diets are either strictly controlled or minimally monitored by their parents are more likely to indulge in those "forbidden" foods.

Provide a variety of healthy choices. Then let children choose from that selection. This satisfies children's need for independence and gives parents some control over what their children eat.

Maintain a healthy weight. Avoid unhealthy approaches to weight loss, such as fad diets or diet pills. Emphasize the importance of being fit and healthy as opposed to being thin.

Stay active. Eating is just part of the equation. Stay physically active as a family by walking, biking or swimming. Limit kids' time in front of the television and computer.



“Researchers have found that girls' drink choices mirrored their mothers' choices. “

Shop Smart: 7 Ways to Cut Your Grocery Bill

By Mellody Hobson

1. Don't be impulsive. Just because it's on sale, that doesn't mean you have to purchase it.
2. Make a list of two weeks' worth of groceries and shop from it.
3. Don't go crazy in big club stores. Club shopping is very good for certain kinds of items, including toilet paper, paper towels and detergent, but you can actually waste your hard-earned money if you buy bulk sizes of items that you won't use.
4. Don't overlook the items in the bargain bin. Generally those items can be great deals, but you need to be careful with canned goods. Any canned product that's compromised in any way can make you sick.
5. If you try to compare the value of two items of differing sizes, you may have problems making an accurate assessment. It's best to compare the per unit prices displayed on the shelf.
6. Pricing mistakes occur often at the checkout counter. Make sure you pay close attention to the prices you are being charged and always double-check your receipt.
7. Don't forget to sign-up for the free shopping loyalty cards offered by most grocery stores. You will receive discounts on many of the products you buy, and you may also receive special offers and coupons

“Make sure you pay close attention to the prices you are being charged and always double-check your receipt”

How to Increase Your Home Security

Prevent your home from being robbed. Increase your home's security without spending anything.

1. **Think like a burglar.** Pretend to be a burglar yourself, and try to think of ways to break into your own home. Study your home and observe any weaknesses in its security.
2. **Lock your doors.** Even if you may have grown up in a place where it was okay to leave your door unlocked, *the world is different now.*
3. **Lock the windows.** Ground level windows and sliding doors are easy to open from the outside. A slightly more motivated thief will check.
4. **Lock the balcony door.** Never leave the balcony door unlocked at night or when going out. Balconies could provide easy access to burglars.
5. **Lock garage doors.** Garage doors provide access into your home, so treat them as any other door; make sure they are locked properly, as well as the door that leads from the garage room into your house.
6. **New home, new locks.** When moving into a new residence, change all locks as you never know who has a copy of your key.
7. **Leave the lights, TV, and stereo on.** When you go out, leave a light on in any room in the house or *invest in a light timer to automatically turn on lights* at whatever time you want. Let the thief hesitate about breaking in.

“If you see a strange car driving through the neighborhood several times a day, report it!”

Cont. page 6

MorningSide

Executive Board/ Ambassadors



President

Zelda Anderson

Vice President-

Jackie Grant

Devonshire Rd. /
Haverhill St.

2nd Vice President-

Beverly Brown

Buckingham Ave. /
Berkshire St.

Treasurer-

Vaughan Tolliver

Three Mile Dr. /Bedford
St.

Secretary-

Claudia Meeks

Chatsworth St. /Balfour
Rd. / Waveney St.

Cornbread Chicken Pot Pie



Chicken	Cornbread	Sauce
1 (3 1/2 pound) chicken	1 1/4 C yellow cornmeal	2 T unsalted butter
5 Cups water	1 C all-purpose flour	1/2 C chopped onions
1 onion	2 1/2 t baking powder	1/2 C chopped celery
2 ribs celery, chopped	1 t sugar	2 C chicken stock or canned broth
2 bay leaves	1 t salt	1 C milk
1 sprig fresh thyme	1/4 t chili powder	6 T all-purpose flour
6 peppercorns	1 C milk	1 (10-ounce) package frozen mixed vegetables, thawed and drained
	2 large eggs	1 T chopped fresh pars- ley
	1/4 C vegetable oil or melted butter	1 t salt
		1/4 t ground black pep- per

Rinse chicken with cold water, and pat dry with paper towels. Place it in a large pot and add the water, onion, celery, bay leaves, thyme, and peppercorns. Bring to a boil, reduce the heat, cover, and simmer for 1 to 1 1/4 hours or until the chicken is cooked through. Transfer the chicken to a large plate and let it cool slightly. Then remove all the meat from the carcass, discarding the skin and bones. Set the meat aside. Strain the stock and reserve 2 cups; place on low heat to keep it hot.

Next, prepare the sauce; Melt the butter in a large saucepan. Over medium high heat add the chopped onions and celery and sauté until softened. Stir in the stock and the milk. In a separate bowl mix flour with 1/2 C water and gradually whisk into liquid in saucepan. Cook over medium heat for 4 to 5 minutes, until the sauce is thickened. Stir in the drained vegetables, parsley, salt and pepper and chicken meat. Pour into a 3-quart baking dish and set aside. Preheat the oven to 375 degrees.

Cont. page 4

Cornbread Chicken Pot Pie

Stir together the cornmeal, flour, baking powder, sugar, salt, and chili powder in a large bowl. In a medium bowl, whisk the milk, eggs, and oil together. Stir the mixture into the dry ingredients until just combined. Spoon the batter over the chicken mixture. Bake for 50 minutes to 1 hour, or until the corn bread is well risen and a toothpick inserted in the center of it comes out clean. Let stand for 10 minutes before serving. Serves 6.

Cont. page 1

Summer of Shed

welcoming market to people in both cities. Skeptics thought the whole ordeal reeked as a thinly veiled attempt for a richer suburb to wall out the poors across the border.

June 20: Motor City Muckraker wrote about Kercheval, a street which connects the two cities, being blocked off at the border where it met Alter. At the time there was just a concrete square but plans to build a farmer's market had been released. MCM wrote that some were calling it an "attempt to keep out Detroiters from the suburban community," but also wrote that "But Grosse Pointe Park officials expected [the market] attract Detroiters to an area that will be walkable with plenty of retail and restaurants."



June 27: Click on Detroit also takes note of the barrier. At this time the shed is in place at what used to be an intersection between the cities. They describe this intersection as "that uncomfortable elephant in the room for at least a generation. On one block: Boarded-up blight and a St. Vincent de Paul thrift store. The next: Trendy restaurants, families on bikes and decorative string lights." They are not incorrect.

July 16: MCM reports that the property where the shed was built **actually belongs to Detroit**. By law, Grosse Pointe Park can't build on Detroit property without city approval.

July 28: The Freep covers the barricade. "We're not in some kind of conspiracy against Detroiters — that's just so far-fetched," Grosse Pointe Park Mayor Pro Tem Greg Theokas said.

August 13: *The Detroit News* editorial board defends the barricade in an article entitled "Grosse Pointe Park stands up to blight." They write "consider what the suburban community is walling itself off from. The area of Detroit's east side that borders Grosse Pointe Park is among the most blighted in the city, perhaps in the country."

August 19: It's over! Detroit Mayor Mike Duggan signs an agreement that gets the thing taken down. The deal involves removing blight and redeveloping the entire border area.

August 20: Bye Bye Barricade! A Freep editorial proclaims, the barricade, "shouldn't have built it in the first place." The article includes the phrase "That's a fine kettle of fish."

MorningSide

Members -At-Large

/Ambassadors

■ ■ ■

Scotty Boman

Outer Dr. E. /Whittier St,

Eric Dueweke

Wayburn St. /Alter Rd.

Ulysses Jones

Beaconsfield St. /Barham St./ Linville St.

Paul Phillips

Somerset Ave/
Nottingham Rd.

Pastor Darell Reed

Lakepointe St. /Maryland St.

Monique Tate

Audubon Rd. /Courville St.

Cont. page 3

How to Increase Your Home Security

8. **Don't leave notes on the door.** For example: "Hi delivery company, I won't be home all day just leave my packages on the back porch." To a robber, that says, "Hi robber, I'm not home for the day so you can rob my house." Not only will a thief look on your porch, he'll also know definitively that you won't be home for the day.
9. **Close drapes.** Keep drapes closed in rooms with expensive equipment that could give burglars a peek into your home
10. **Report strange things to the police.** If you see a strange car driving through the neighborhood several times a day, report it! If someone is sitting in their car parked on your street for a long time, report it! A moving van at your neighbor's house with no for sale sign, report it! And if all possible get as much information on individual that are unfamiliar to your neighborhood. Description of vehicle, license plate, time of day seen, activities and patterns that was observed within the area at that time
11. **Install security lighting to your yard.** It is harder for a thief to break in if there are lights placed at entry points to your house.
12. **Get an alarm system.** If a burglar managed to break into your house, an alarm system could deter him from proceeding.
13. **Change your lock if you ever lose your key.** Someone else might have picked it up.
14. **Make sure your hedges are trimmed below the level of the window sill.**
15. **Get a dog.** A dog bark can serve as a warning and attract attention, something burglars try to avoid.
16. **Never leave a spare key.** It is not recommended to leave a spare key left anywhere around your home, especially in obvious places such as under the welcome mat.
17. **Get safety bars on windows.** Especially if your home is located in a bad area. These will prevent burglars from breaking in through the windows.
18. **Get a safe.** A safe can help protect not only valuables but also important paperwork, check books, bank statements and financial records



How to Report a Burglary in Your Home or Business

It's always unexpected to find your home or business as the scene of a burglary. The important thing to remember is to stay calm and report the burglary to the authorities as soon as possible. Once you realize that you are a victim of a burglary, there are several helpful things you can do to simplify the reporting process. Use these tips to learn how to report a burglary in your home or business.

1. **Avoid entering your home or business if you notice a door or window that is open (and wasn't before) or one that is damaged.** By entering, you may be placing yourself in danger if the burglar or thieves are still in the building. Stay outside and collect your thoughts
2. **Call the police, sheriff's department or local law enforcement authority immediately.** If you suspect the burglary already occurred and the burglars are gone, call using the non-emergency number. However, if you feel the burglary is recent or still occurring, call the emergency number for immediate assistance.
3. **Allow law enforcement officers to investigate your home or business location before you enter it.** They can be sure the building is empty before you enter. They may choose to examine and dust for fingerprints before allowing you back inside. It is important to let them do their jobs so they may solve the burglary crime.
4. **Make a list of missing or damaged items.** If your home or business is a mess after a burglary, it may be difficult to notice all of the missing or damaged items immediately. However, continue making the list for as long as you notice items that are gone. If you have serial numbers for any missing or damaged goods (such as electronics), find these in your records and report them to law enforcement officials.
5. **Contact your insurance agent and report the burglary.** He can help you through the insurance claim process.
6. **Repair or replace any damaged windows or doors immediately to avoid further burglaries or intrusions.** Call a locksmith and request that all locks be changed in case the burglars were able to take your keys or obtain a copy of them.
7. **Warn your neighbors or neighboring businesses to be on the lookout for anything suspicious in the area.** They also may be inclined to report anything suspicious they may have seen or heard.
8. **Get in touch with the credit bureaus, Cell Phone Company or the bank to ward off any charges to your accounts.** It may take a while to notice that credit cards, phones, phone cards or checks have been taken. By contacting these entities immediately, you are taking a preemptive step to avoid any fraudulent charges. Top of Form

Things you will need!

- ◆ Phone numbers credit card, banks, any financial intuitions
- ◆ Records of purchases, including serial numbers of each items



A community on the rise!

Contact Us

Primary Business Address

P.O. Box 24690

Detroit, MI 48224

Phone: (313) 881-4704

Email: communications@our-morningside.org

Web: www.our-morningside.org

Advertise in your MorningSide Newsletter

Contact

Paul Phillips

(313) 881-4704

Newsletter@our-morningside.org

Advertisements placed in this publication are **paid ads** and **are not** an endorsement or recommendation of any product, service, or candidate.