

MorningSider

JULY 2016

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WAYNE CO. TREASURER, OTHERS SUED OVER FORECLOSURES



Photo by Ulysses Jones

By Eric D. Lawrence

Julia Aikens wiped the tears from her eyes and her voice wavered as she addressed the personal impact of the tax foreclosure crisis that continues to rock Detroit and Wayne County even as the total number of foreclosures has dropped this year.

Aikens, a 67-year-old with an annual Social Security income of less than \$13,000 and a home on Detroit's east side, is one of seven homeowners listed as plaintiffs in a class-action lawsuit against Wayne County Treasurer Eric Sabree, Wayne County, the City of Detroit and the Detroit Citizens Review Board. Aikens said she was improperly denied a poverty exemption in 2014 on her property taxes, which she could not afford to pay.

"I spent my lifetime trying to help people who need it and deserve the help. All I'm asking is that the city and the county now give me the help that I need," Aikens told a group of activists and journalists Wednesday, July 13th at the American Civil Lib-

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MorningSide

Executive Board/Ambassadors



President

Zelda Anderson

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Pastor DaReil Reed

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12 MONEY-SAVING TIPS FOR YOUR SUMMER



Summer is here: the season of vacations, activities, and unexpected expenses. Not only is your electric bill soaring again as you attempt to air condition your house, your water bill is up because you're spending more time in water play, gas prices are higher, and you're trying desperately to come up with a family vacation that won't break the bank.

If you're looking for ways to save money this summer, don't despair! You can have plenty of fun without breaking out your credit cards or spending more than you can afford.

Check out Free Events

During the summer months, there are plenty of community events that don't cost a penny. Look for free concerts and festivals or those that are extremely low-cost. In many cases, it's the inexpensive summer activities that are the most memorable!

Spend Cash

If you're headed out to a festival, carnival, concert, or other event, don't take your debit or credit cards alone. Take the time to budget for the event ahead of time, then only take cash along with you. This will prevent you from impulse spending--no matter how tempting that souvenir or food stand might be.

Scale it Down

You don't have to take an elaborate family vacation to have plenty of fun. Instead of heading off to a theme park, try a quiet long weekend at the beach. Don't take a road trip across the country; instead, look for the fun places in your own backyard.

Rent a Condo

If you are taking a big family vacation, consider the benefits of a condo or beach house over a hotel room--especially if you'll be traveling with enough family members for two or more hotel rooms. Condos are often only a little more expensive, and they'll save you plenty of money in the cost of meals. You'll be able to prepare your own in a fully-stocked kitchen instead of eating out!

Break Out the Slow Cooker

Turning on your oven will heat up the entire house when your air conditioner is already working overtime. Instead, try using your slow cooker or looking for ways to use your microwave more efficiently--or even try meals that don't have to be heated at all!

Look for Ways to Save on Childcare

If you're not lucky enough to have one parent who is able to stay at home with the kids through the summer months--and many families aren't--look into ways that you can save on childcare. Consider going in with a friend on a babysitter, taking advantage of Grandma's time off, or even asking if it's possible to bring the kids to work with you.

Make Your Own Snacks

(Continued on page 3)

Greetings MorningSide!

Thank you to the great **AmeriCorps** Team led by Kaye Sutherland which worked hard to significantly improve a block on E. Warren Ave. between Audubon Rd. and Courville St. in **Morningside** on Friday, June 17th and thank you to Toson Knight, District 4 Deputy Manager, Department of Neighborhoods, Mayor's Office - City of Detroit for supplying and arranging for the delivery of the boards for AmeriCorps to use! The boards will soon be painted by local volunteers.

On July 22nd we will have volunteers for Joel Osteen's **Generation Hope Project, Habitat for Humanity—Detroit** and **U-SNAP-BAC** who will join us in working on our gateway park at Alter Rd. and Mack Ave., our green park at Alter Rd. and Waveney St. and boarding up some houses in the neighborhood. Look for email about how you can help coming soon.

On July 23rd we will host the **MorningSide Community Garage Sale** at **Bethany Lutheran Church**. Please join us and set up a booth and/or support our vendors.

We look forward to seeing you at these events

Thank you!

Zelda Anderson

MorningSide President

MorningSide

Members -At-Large

/Ambassadors

■ ■ ■

Scotty Boman

Outer Dr. E. /Whittier St,

Eric Dueweke

Wayburn St. /Alter Rd.

Dewhannea Fox

Three Mile Dr. / Bedford St.

Baraka Johnson

Lakepointe St. / Maryland St.

Chelsea Limon

Buckingham Ave. / Berkshire St.

Vance Thorton

Devonshire Rd. / Haverhill St.

(Continued from page 2)

Whether you're headed out on a long road trip or preparing for a big day at the park, don't buy into the pricey treats you can get while you're out. Instead, pack food to take with you.

Check out Your Town

Chances are, there are some things in your hometown that you've never had the chance to discover. Is there a public spot on the local lake where you can swim for free? What about a park that your kids have never been to before? Do a search for all of those fun, free places to visit, then check them out with your kids or your spouse.

Check for Coupons

No matter where you're going, always check for coupons on Groupon and other sites before you leave the house. You never know when you'll be able to save a ton on your trip!

Use the Sun to Your Advantage

You might not want sun-dried clothes, which can end up crispy or wrinkled, but sheets, towels, and other large items can be hung out in the sun to dry instead of using your dryer.

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Important Numbers

■ ■ ■

US

Congresswoman

Brenda L. Lawrence
(248) 356-2052

Senators

Gary Peters
(313) 226-6020
Debbie Stabenow
(313) 961-4330

Michigan

Governor

Rick Snyder
(517) 373-3400

State Senator

Coleman Young II
(517) 373-7346

State Representatives

(District 1) Brian Banks
(517) 373-0154
(District 2) Alberta Tinsley-
Talabi
(517) 373-1776

BRAZILIAN HEARTS OF PALM SALAD



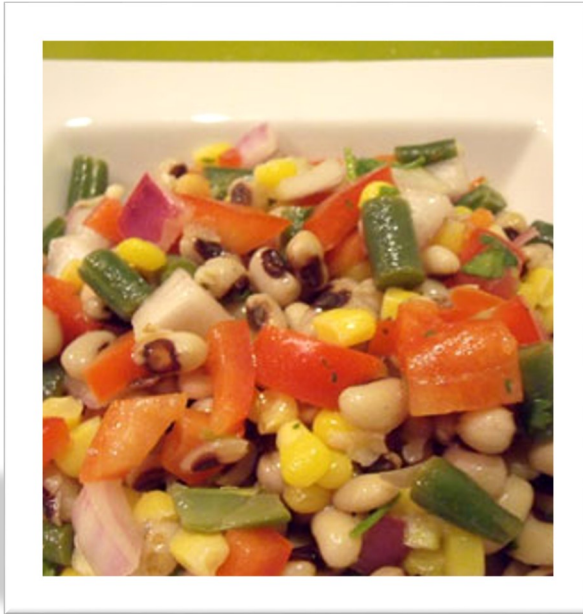
Ingredients

2 14-ounce cans of sliced hearts of palm, drained
1 medium tomato, finely chopped
2 spring onions, finely chopped
1/2 of a small white or yellow onion (or color red onion) very thinly sliced
3 tablespoons olive oil or Grapeseed oil
2 teaspoons fresh lime juice
1/4 teaspoon salt
A pinch of black pepper

Directions

In a medium bowl combine the hearts of palm, tomato, onions, and spring onions. In a small bowl, combine the olive oil, lime juice, salt, and pepper. Pour it over the vegetables. Stir gently to coat. Serve.

BLACKEYE PEAS SALAD



Ingredients

- | | |
|--|---|
| 1 large tomato, diced | 2 tablespoons chopped fresh cilantro leaves |
| 1/2 medium red onion, finely chopped | 1/2 teaspoon ground coriander |
| 2 tablespoons chopped green onions | 1/2 teaspoon ground cumin |
| 1 small red bell pepper, finely chopped | 1/4 cup unseasoned rice wine vinegar |
| 1 jalapeno, finely chopped | 1/4 cup grapeseed oil |
| 2 (15-ounce) cans black-eyed peas, drained | 1/2 teaspoon sugar |
| 2 tablespoons chopped fresh parsley leaves | Salt and freshly ground black pepper |

Directions

Combine the first 6 ingredients in a bowl.

In a separate small bowl, whisk together the rice wine vinegar, grapeseed oil, sugar, and salt and pepper.

Gently fold all ingredients together and let marinate for at up to 8 hours in the refrigerator before serving.

Recipe provide by Taylor One Gourmet Catering

Important Numbers

■ ■ ■

Wayne County

Executive

Warren C. Evans
(313) 224-0286

Clerk

Cathy M. Garrett
(313) 224-6262

Treasurer

Richard P. Hathaway
(313) 224-5990

Sheriff

Benny N. Napoleon
(313) 224-2222

Commission (District 1)

Timothy Killeen
(313) 224-0920

Prosecutor

Kym L. Worthy
(313) 224-5777

Register of Deeds

Bernard J. Youngblood
(313) 224-5854

Important Numbers

■ ■ ■

Detroit

Mayor

Mike Duggan

(313) 224-3400

Clerk

Janice M. Winfrey

(313) 224-3260

City Council Member

(District 4)

Andre L. Spivey

(313) 224-4841

Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

(313) 236-3518

Asst. District Manager

Toson Knight

(313) 236-3520

WAYNE CO. TREASURER, OTHERS SUED...

(Continued from page 1)

erties Union of Michigan office on Woodward in Detroit, where the lawsuit filed in Wayne County Circuit Court was announced.

That lawsuit, whose plaintiffs include the Morningside Community Organization, Historic Russell Woods-Sullivan Area Association, Oakman Boulevard Association and Neighbors Building Brightmoor, seeks a moratorium on foreclosure of owner-occupied properties, citing improperly denied poverty exemptions and alleging the foreclosures disproportionately affect African Americans and that tax bills are wrongly inflated because of assessments that are simply too high.

Specifically, the lawsuit claims, thousands of Detroit homeowners who qualify for a poverty exemption excusing them from paying property taxes have been unlawfully prevented from obtaining that exemption due to "needlessly complex and impene-trable application procedures improperly administered by the City of Detroit and the Detroit Citizens Board of Review."

The city of Detroit said that in 2014, 4,214 homeowners applied for the exemption with 3,678 receiving full exemptions, 127 receiving 50% exemptions, and 409 being denied. To qualify for a full exemption, income can't exceed \$16,660 for a household of one, or \$19,950 for a household of two.

ACLU of Michigan Legal Director Michael Steinberg said the region has not suffered a tax foreclosure crisis so severe since the Great Depression, and he predicted a "tsunami" of additional foreclosures in coming years as those currently on payment plans find themselves unable to make their payments.

"We represent thousands of Detroiters and others in Wayne County who are at risk of tax foreclosure for inability to pay taxes that they never should have been required to pay in the first place. This short-sighted practice not only violates federal law, it also is creating a human rights crisis in this region," Steinberg said.

Both county and city officials, however, pushed back against the claims in the lawsuit, with Sabree citing an even more dramatic decline in the total number of foreclosures this year than previously estimated.

"Foreclosures are actually down 46% from last year, and the number of owner-occupied properties facing foreclosure (in Wayne County) is 1,534. Also, the total number of foreclosures for the entire county is 15,074. In the 42 Wayne County municipalities excluding Detroit, there are a total of 1,362 properties facing foreclosure and approximately 700 of those properties are vacant lots or acres (of) vacant land." Sabree said, adding "our efforts to reduce foreclosures (are) working."

The Wayne County Treasurer's Office had previously forecast late last month an almost 36% drop in the number of properties that would be sent to auction later this year. After a dramatic response to the treasurer's office deadline to pay taxes at the end of June, Sabree estimated that the number of properties would drop even further as additional residents tried to pay their taxes or get on payment plans for their delinquent taxes. Because of the multi-year foreclosure process, property owners with delinquent 2013 taxes faced potential foreclosure this year.

In a statement, Sabree cited the county's "unprecedented outreach effort" this year. He also noted that it is the "legal responsibility of the treasurer to carry out the foreclosure process when property taxes are not paid" and said the suit is "an

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attempt to ignore state law and prevent the property tax foreclosure auction from taking place."

Detroit Corporation Counsel Melvin "Butch" Hollowell blasted the decision to file suit, noting that city officials had met with ACLU representatives on a number of occasions.

"After very careful review, the city is confident that not only is the ACLU's claim factually flawed as any potential claim was discharged in bankruptcy, but it is also recklessly irresponsible. It would violate compliance with the (city's) Plan of Adjustment (formed during bankruptcy), indefinitely prolong state oversight of city operations and threaten basic city services to all Detroiters," Hollowell said in a statement. "The city is proud to have played a leading role in new 2014 state legislation allowing installment agreements for those in foreclosure. The result being that 27,539 Detroiters who were in foreclosure a year ago were able to stay in their homes."

City of Detroit Treasurer David Szymanski, who previously served as Wayne County's chief deputy treasurer, said the city and others had taken "unprecedented steps to help prevent foreclosures and keep people in their homes." He noted that local officials had worked toward the legislation, which expires this year, to reduce penalties and interest.

"We've had people literally knocking on doors to provide information and assistance and have sent information out to 200,000 homeowners letting them know what resources are available (to) help them. The assessments in 2013 were supported by sales data and consistent with home values across the city," Szymanski said in the release.

But Steinberg, the ACLU attorney, noted in his comments that the expiring interest rate reductions — which dropped the rate from 18% to 6% — and the payment plans themselves are not long-term solutions because the affected individuals are impoverished. Repaying delinquent taxes on payment plans, with interest added, even as new taxes come due means default for many in coming years is likely, he said.

In addition to the ACLU of Michigan, the NAACP Legal and Education Fund and lawyers with the international law firm of Covington and Burling are assisting the plaintiffs.



14901 E Warren Ave, Detroit, MI 48224
(313) 640-1100

Important Numbers

■ ■ ■

Detroit

Building Safety

Engineering &

Environmental

Dangerous Buildings

Division

(313) 224-2733

Property Maintenance

Division

(313) 628-2451

Fire Department

(313) 596-2900

Deputy Fire

Marshal

(313) 596-2963

Important Numbers



Detroit

Police Department

Chief of Police

James E. Craig

(313) 596-2200

5th Precinct

Captain Mark Bliss

(313) 596-5500

Neighborhood Police Officer (MorningSide)

Audrey Curtis

(313) 643-0202

VOLUNTEERS HELP CREATE NEW PARK IN MORNINGSIDE

Excerpts from articles written by Christine Ferretti and Matt Helms

More than 100 volunteers helped set up a new neighborhood park in MorningSide on June 13th & 14th, transforming three vacant lots into a playground and community garden space.

The park on Three Mile Drive between Waveny St. and Munich St. was a project of Mitch Albom's S.A.Y. Detroit charity along with the Cooper Standard Foundation. Employees from Cooper Standard and Honda spent two days working with professionals to pour new concrete sidewalks, raise a swing set and other playground equipment, put up new fencing and plant flowers and vegetables in a community garden.

The partners purchased the vacant lots from the Detroit Land Bank Authority in March for the park project through its community partner program. The land bank program was created in summer 2014 to sell vacant houses and lots to faith-based groups, nonprofits and neighborhood groups.

Keith Stephenson, Cooper Standard's chief operating officer, said the park will feature an urban garden filled with flowers and fruit and vegetable plants as well as a playground for 50 or more children.

Mayor Mike Duggan stopped by to thank the groups and said he spent a lot of time in that neighborhood as a child.

"My grandmother lived down the street on Three Mile Drive for about 60 years, and I spent summers on this street with her growing up," Duggan said. He saluted residents and volunteers for helping revitalize a neighborhood where the city has torn down blighted and burned-out houses and where some beautiful old homes could be reoccupied. "This is the kind of thing that's happening all over the city," he said. "I'd love to be able to do this once a week in different neighborhoods."

Albom's Working Homes/Working Families nonprofit, Detroit Rescue Mission Ministries, Cooper Standard and DOW partnered last year and refurbished six abandoned homes in MorningSide and gave them to homeless families. Albom said the second year of the project came at the urging of Cooper Standard, and there may be several more houses refurbished and given to families in need later this year. This project, Albom said, represents another step forward in the group's commitment to seed the neighborhood.

"It's one thing to drop in and hand out some money... It's another thing to say, 'We're going to create homes, we're going to fill those homes with families, and we're going to create a spot for their kids to work and play in and have fun in,'" Albom said during a visit to the site.

"You are rebuilding the neighborhood. You are not just offering a patch; you are of-

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fering some rungs on a ladder. We hope to continue this as many places as we can.”

Albom said kids from the neighborhood helped pitch in on the work at the park. "It was one of those feel-good moments of shortening the distance between those of us who have and those of us who need a little help," he said.

One of the refurbished houses, a three-bedroom home, went to the family of Ezell Robinson, a 55-year-old single father of two children and a disabled U.S. Army veteran who fell on hard times last year after his fiancée died. he and others from the east side community celebrated as crews transformed three nearby vacant lots to a playground and urban garden.

“The park will bring a sense of community, camaraderie, beautification — all of that,”

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Important Numbers



Detroit

Department of Public

Works

Collections (garbage, bulk, yard waste, or recyclables)

Rizzo

(866) 772-8900

Street or Alley Repairs

(313) 224-0033

Sidewalks

(313) 224-3954

Traffic Signs & Signals

(313) 224-1610

Illegal Dumping or Rodent Baiting

(313) 876-0974



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313-585-3102: Cell
 wkchillwill@gmail.com: E-Mail
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6 MONEY-SAVING TIPS FOR...

(Continued from page 3)

Reduce Vacation Envy

During the summer, envy of other people's expensive vacations and pricey day trips runs higher than ever. Instead of falling into that trap, look for ways to make the most of your own summer with your family. Sure, the kids are only little once-- but that doesn't mean you have to give them the most expensive everything to have a great year.

Plan for Next Year

If summer is one of the most expensive times of year for your family, start looking at ways to cut costs for next year. Write out a budget that includes everywhere your money has gone this summer so that next year, you can spend more time saving.

The summer months can be incredibly draining for your budget, but they can also be plenty of fun! By finding ways to slash your budget, you can help keep your debt relief on track while still enjoying these months with your family.

VOLUNTEERS HELP CREATE NEW...

(Continued from page 9)

said Robinson. "It's a place for the kids to play, neighbors to interact and get to know each other."

Robinson's kids, Ezell IV, 11, and Merranda, 7, said they were happy to see the new park built.



"It's cool," said Ezell Robinson IV. He said there aren't any other parks nearby, "except for at school. Now we have a park with our names in the cement."

Dondi Browner has been renting a home on Three Mile since January and is next door to the new park. Her four children, Caleb, 20, Joshua, 14, and two girls, Trinity and Rachel, both 9, helped volunteers building and filling the plant-

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ers, she said.

“This is way over the top,” Browner said. “I’m really happy about what I see coming.”

SUN AND WATER SAFETY TIPS

From the American Academy of Pediatrics (AAP)

Fun in the Sun

Babies under 6 months:

- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cool compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Stay in the shade whenever possible, and limit sun

Tim Killeen



Wayne County Commissioner – District 1

Serving: Detroit’s Eastside, Harper Woods, all Grosse Pointes

Contacts:

313.224.0920 (phone) 313.967.1238 (fax)

tkilleen@waynecounty.com

www.waynecounty.com/commission/district1

In the Community, Working with the Community, to Build the Community

Come and visit with your Commissioner at his monthly Chats

2nd Monday – 9-10:00 a.m. – Grosse Pointe Woods Community Center – in the jury room around back. 20025 Mack

3rd Monday – 9-10:00 a.m. – Grosse Pointe Park City Hall – 2nd level – 15115 Jefferson at Maryland

3rd Monday – 6-7:00 p.m. – Tim Horton’s – 19353 Vernier across from Eastland

Last Monday – Noon -1:00 p.m. - Monteith Library – 14100 Kercheval at Eastlawn

Patronage

Pamela Pepper

RosAnn Barker

Eddie Tabron

2016 VACANT LOT CUTTING SCHEDULE



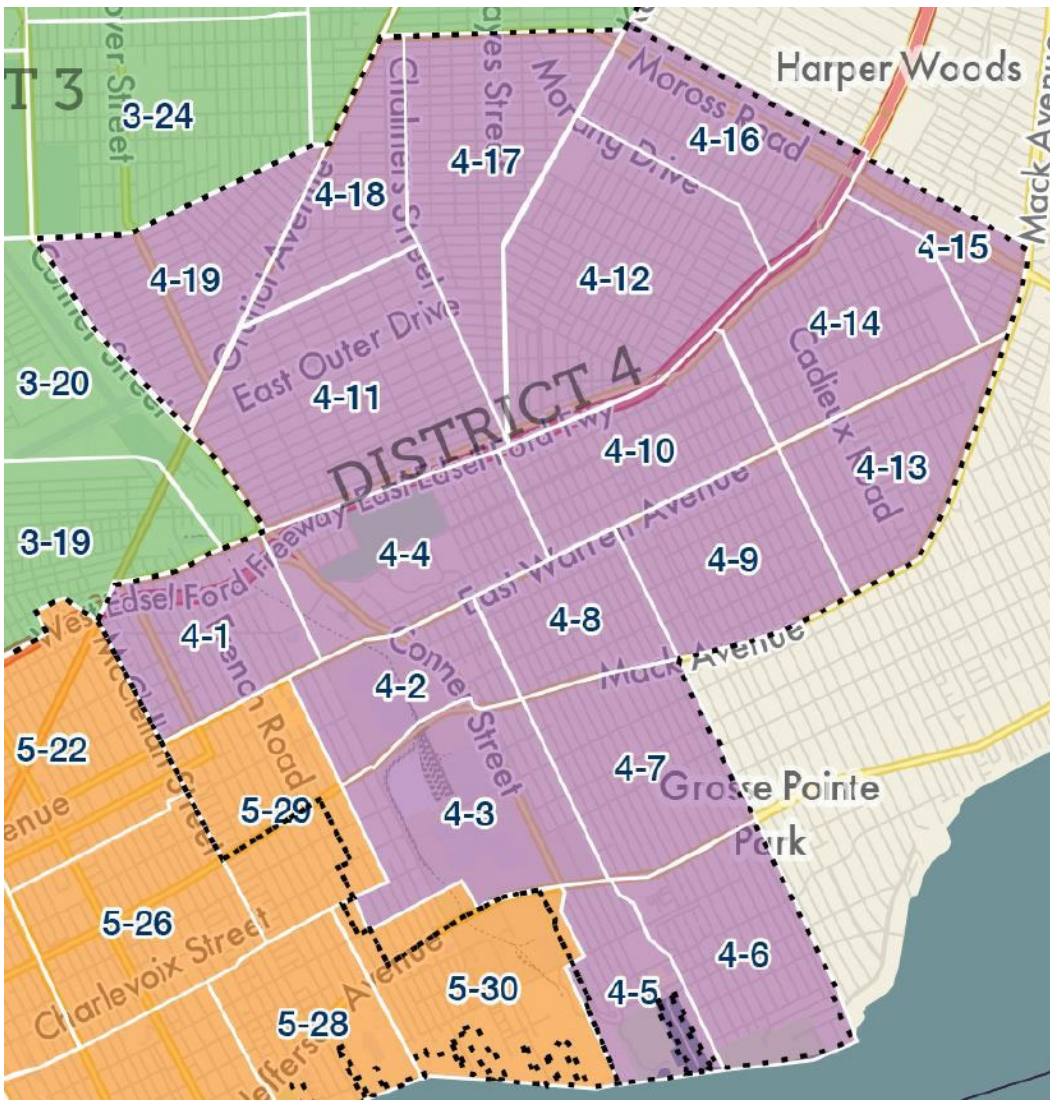
On May 9, 2016 the City of Detroit commenced the first of three cuts of the vacant lots in the city. An average of 21,000 lots will be cut each week. Please remember these cuts are based on a 40 hour per week schedule and that excessive rain can lengthen the cut schedule.

The second cut started the end of June/early July.

The third cut will commence around the end of August/early September, with a schedule published before.

Things to remember:

1. The vacant lot vendors do not enter fenced in areas.
2. After vendors cut an area they usually return within 24 hours to clean the area (pick up debris and blow off the sidewalks) – the tractor crews are faster than the hand crews.
3. Both vendors, Brilar and Payne, are Detroit based businesses and the majority of their crew members are Detroit residents.
4. The average costs to mow a vacant lot is roughly \$12.75 for a 3,200 square foot lot.
5. Vendors do not get paid for cutting the front yards of abandoned homes, that have over 8” inches of growth and they do not cut the back yards as their equipment cannot fit. They cut these homes as a courtesy to the City of Detroit for safety purposes.
6. Vendors will place debris from the lots on the curb and DPW is notified to remove these items within 24-48 hours by GSD staff.



SUN AND WATER SAFETY TIPS...

(Continued from page 11)

exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

- Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

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RONALD BROWN ACADEMY - TECHNOLOGY RICH & DATA DRIVEN



By Monique Tate

Through the MorningSide community partnership with Ronald Brown Academy, the Detroit Digital Justice Coalition (DDJC) launched a community technology project, a Website Development training series for a cohort of sixth graders. The objectives of the three session series were to expose students to the concepts of coding and introduce them to the key coding languages of HTML, CSS, and Java Script so they could create websites. They were also introduced to Leaflet, a mapping tool, to create visual displays of their memorable times. DDJC representatives shared the students' websites, maps and distributed Certificates of Achievement at their end of year celebration on June 9.

The DDJC, a sponsored project of Allied Media, is comprised of people and organizations in Detroit who believe that communication is a fundamental human right. We are securing that right through activities like this, that are grounded in the digital justice principles of **access** (that all members of our community have equal access to media and technology, as producers & consumers), **participation** (prioritizes participation from the underserved and underrepresented and demystifies technology to encourage use, creation of our own technologies and participation in the decisions that will shape communications infrastructure), **common ownership** (tools and technologies that are free and shared openly with the public), and to create/sustain **healthy communities** (academically & financially equitable).

Through this collaboration we demystified technology, engaged, and informed Ronald Brown Academy students about the impact of data and their possibilities for creating anything!

SUN AND WATER SAFETY TIPS

(Continued from page 13)

- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

Heat Stress in Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat or humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of outdoor activities should start low and then gradually increase over 7 to 14 days to acclimate to the heat, particularly if it is very humid.
- Before outdoor physical activities, children should drink freely and should not feel thirsty. During activities less than one hour, water alone is fine. Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and there should be more frequent water/hydration breaks. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseated.

Heat Stress in Infants

(Continued on page 16)

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SUN AND WATER SAFETY TIPS...

(Continued from page 15)

Infants and small children are not able to regulate their body temperature in the same way that adults do. Every year, children die from heat stroke from being left in a hot car, often unintentionally, with the majority of these deaths occurring in children 3 and under.

Here are a few tips for parents when traveling in a car with infants or young children:

- Always check the back seat to make sure all children are out of the car when you arrive at your destination.
- Avoid distractions while driving, especially cell phone use.
- Be especially aware of kids in the car when there is a change from the routine, i.e. someone else is driving them in the morning, you take a different route to work or child care.
- Have your childcare provider call if your child has not arrived within 10 minutes of the expected arrival time.
- Place your cell phone, bag or purse in the back seat, so you are reminded to check the back seat when you arrive at your destination.
- The inside of a car can reach dangerous temperatures quickly, even when the outside temperature is not hot. Never leave a child alone in a car, even if you expect to come back soon. Lock your car when it is parked so children cannot get in without supervision.

Pool Safety

- Never leave children alone in or near the pool or spa, even for a moment; close supervision by a responsible adult is the best way to prevent drowning in children.
- Whenever children under age 5 are in or around water, an adult – preferably one who knows how to swim and perform CPR – should be within arm's length, providing "touch supervision."
- Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at some height children can't reach. Consider alarms on the gate to alert you when someone opens the gate. Consider surface wave or underwater alarms as an added layer of protection.

(Continued on page 17)

(Continued from page 16)

- The safest fence is one that surrounds all 4 sides of the pool and completely separates the pool from the house and yard. If the house serves as the fourth side of the fence, install an alarm on the exit door to the yard and the pool. For additional protection, install window guards on windows facing the pool. Drowning victims have also used pet doors to gain access to pools. Keep all of your barriers and alarms in good repair with fresh batteries.
- Keep rescue equipment (a shepherd's hook — a long pole with a hook on the end — and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life jackets and can give children and parents a false sense of security.
- Children over age 1 may be at a lower risk of drowning if they have had some formal swimming instruction. However, there is no evidence that swimming lessons or water survival skills courses can prevent drowning in babies younger than 1 year of age.
- The decision to enroll a child over age one in swimming lessons should be made by the parent based on the child's developmental readiness and exposure to water, but swim programs should never be seen as "drown proofing" a child of any age.
- Avoid entrapment: Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act. If you have a swimming pool or spa, ask your pool service representative to update your drains and other suction fitting with anti-entrapment drain covers and other devices or systems. See PoolSafely.gov for more information on the Virginia Graeme Baker Pool and Spa Safety Act.
- Large, inflatable, above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.
- If a child is missing, look for him or her in the pool or spa first.
- Share safety instructions with family, friends and neighbors.

Boating Safety

- Children should wear life jackets at all times when on boats, docks or near bodies of water.

(Continued on page 18)

SUN AND WATER SAFETY TIPS...

(Continued from page 17)

- Make sure the life jacket is the right size for your child. The jacket should not be loose and should always be worn as instructed with all straps belted.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices. Adults should wear life jackets for their own protection, and to set a good example.
- Adolescents and adults should be warned of the dangers of boating even as a passenger when under the influence of alcohol, drugs, and even some prescription medications.

Open Water Swimming

- Never swim alone. Even good swimmers need buddies!
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water – use "touch supervision," keeping no more than an arm's length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.
- Teach children about rip currents. If you are caught in a rip current, swim parallel to shore until you escape the current, and then swim back to shore.

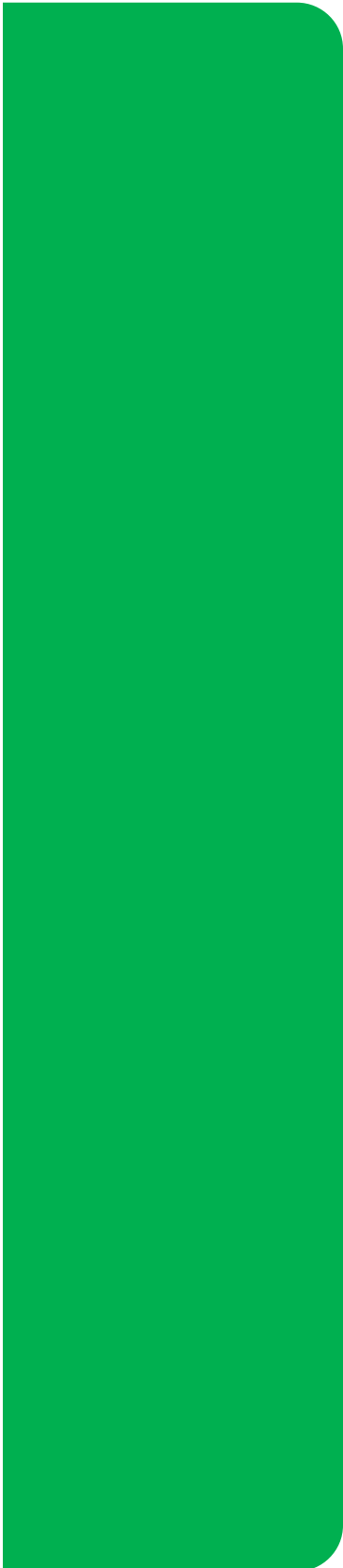


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We offer 1-Day, 3-Day & 5-Day Cleanses or
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Cleanse packages include:

1-Day Cleanse \$45	3-Day Cleanse \$120	5-Day Cleanse \$199
<p>This cleanse consists of drinking 6 – 16 oz. or 3 – 32 oz. drink combinations over the course of 24 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Green Drink – Cucumber, Celery, Parsley, Spinach, Kale, Lemon (Green Apple Optional)</p> <p>Cucumber Lemonade – Cucumber, Apple and Kale</p> <p>Alkalizer – Cucumber and Coconut Water</p> <p>Blood Transfusion – 1 oz. of wheatgrass</p>	<p>This cleanse consists of drinking 18 – 16 oz. or 9 – 32 oz. drink combinations over the course of 72 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Day 1 - Includes same drinks as 1-Day cleanse</p> <p>Day 2 - Includes same drinks as 1-Day cleanse, but includes the Vampire instead of the Cucumber Lemonade</p> <p>Day 3 – Includes the same drinks as days 1 and 2, but included the Tummy Tonic instead of the Cucumber Lemonade and Vampire</p>	<p>This cleanse consists of drinking 30 – 16 oz. or 15 – 32 oz. drink combinations over the course of 120 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Days 1 through 3 - Include the same drinks as the 3-Day cleanse</p> <p>Day 4 – Green Drink, Liver Booster (Beet, Carrot, Parsley and lemon); Alkalizer; Blood Transfusion</p> <p>Day 5 - Green Drink, The Energizer (Green Pepper, Celery, Spinach, Parsley, Cucumber, Lime [Green Apple Optional]); Alkalizer</p>
<p><i>To minimize wait times, "Cleanse Within" packages should be pre-ordered at least 24 hours before desired pickup. Customized cleanses exceeding 5 ingredients are available for an additional charge.</i></p> <p>Alkaline water is available for an additional charge.</p>		





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