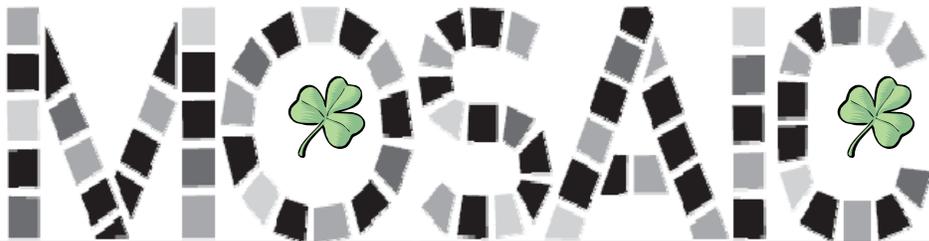




WEST  
WARD



Published By Weed and Seed

MARCH 2010



Ginny's Hair Salon  
(610) 252-0401

&

The Hair Station  
(610) 252-1363

1410 Northampton Street  
Easton, Pennsylvania

Ginny's Hair Salon has been owned by Ginny Vasvari for 13 years. Ginny has 45 years of experience and likes specializing in men's and women's hair styling. Ginny chooses to use Schwarzkopf and Abba Professional hair care products. The Salon is open for business on Wednesday, Thursday, Friday and Saturday so why not call Ginny today to make an appointment for your new spring hair style!

The Hair Station has been owned by Nancy Moskella for 24 years. However, Nancy's 38 years of experience in this business enable her to provide you with the best hair care services and knowledge of up to date techniques. Nancy uses Schwarzkopf Professional hair care products. The Hair Station is open for business on Tuesday, Wednesday, Thursday and Saturday. Call today to make an appointment for all your hair care needs!

Even though they share the salon, the businesses are separate but one thing is abundantly clear ~ both Ginny and Nancy love what they do and take pride in their work!! CALL TODAY AND DON'T FORGET TO MENTION YOU SAW THEM IN THE WEST WARD MOSAIC!



Contact the Weed & Seed Office at 610-250-2066 or at [weedandseed@easton-pa.gov](mailto:weedandseed@easton-pa.gov) for additional information regarding our programs/committees, if you have comments or questions about the West Ward or would like to share an idea. View the West Ward Mosaic, as well as other important information pertaining to the community, online at [www.easton-pa.gov](http://www.easton-pa.gov). To view the West Ward Mosaic, click on Weed & Seed Initiative.



# Control your heating bills at the source:

## **RECEIVE FREE WEATHERIZATION**

Whether you own/rent, live in a house, apartment or mobile home, you may be eligible to receive services.

Depending upon the needs of the home, services provided are:  
Attic, roof or floor insulation, Window, door caulking or weather-stripping.

This program offers energy-savings measures **at no cost** to qualifying owners/renters of houses or apartments.

Families who have received LIHEAP/CRISIS, TANF or SSI within the last 12 months are automatically eligible!

Landlords of low-income tenants can call directly or refer their tenants!

Call for services and eligibility information.

**Weatherization Energy Partnership**

**610-691-5620 or 610-515-0891**

The Energy Partnership of Community Action Committee of the Lehigh Valley, Inc., 1337 East 5<sup>th</sup> Street, Bethlehem PA 18015

### Pennsylvania Appliance Rebates

The State of Pennsylvania will implement a rebate program to help residents replace older, inefficient appliances with new, non-electric ENERGY STAR® qualified and ultra-efficient appliances.

The program is tentatively scheduled to begin in April 2010. Residents may be able to "reserve" rebates once the program begins; the program will end when funds are depleted. Eligible products include

- \* Gas storage water heaters
- \* Gas tank less water heaters
- \* Oil furnaces
- \* Gas furnaces
- \* Oil boilers
- \* Gas boilers

Residents are encouraged to recycle their old appliances.

For More information contact: Pennsylvania Department of Environmental Protection or look on [www.energysavers.com](http://www.energysavers.com). Total Funding available in PA: \$11,944,000.



### "Green" Houses Save \$

Heating and cooling your home can be expensive. New types of insulation and efficient windows and heating systems are now available to significantly reduce these costs. The City and the Redevelopment Authority have purchased two foreclosed homes in the West Ward and will be rehabilitating them over the next 5-6 months with modern green technologies in mind. Once complete, they will be available for sale. Because of the financial assistance that is available and the utility savings from the efficient construction practices, ownership of these homes will be affordable. We will be sending out construction progress updates to any person who may be interested in purchasing the completed homes. If you would like to be included on the list please provide your contact email or street address to Laura Accetta of Weed and Seed at 610-250-2066.



# **IMPORTANT INFORMATION FROM W&S Prevention, Intervention & Treatment (PIT)... (see back page for meeting time and location)**

HAVE ALL YOUR PRESCRIPTIONS FILLED AT ONE PHARMACY. HAVING ALL MEDICATIONS ON FILE AT ONE PHARMACY CAN HELP MONITOR USE AND PREVENT HARMFUL INTERACTIONS.

## DO YOU HAVE HIGHER RISK OF GETTING PNEUMONIA?

The Center for Disease Control & Prevention (CDC) recommends that you receive a pneumonia vaccination if you have vaccination if you have diabetes, heart disease or are over the age of 65. SELECT WALGREENS provide pneumonia shots.

## WALGREENS PRESCRIPTION SAVING CLUB

It's easy to see how much you could save with the club. Ask your Walgreen pharmacist  
Or use the pricing tool at [WWW.WALGREENS.COM/RXSAVINGCLUB](http://WWW.WALGREENS.COM/RXSAVINGCLUB)



Signs of an arrhythmia  
Fluttering in the chest or chest pain  
racing heartbeat or a slow heartbeat  
shortness of breath  
lightheadedness or dizziness  
fainting or near-fainting



Join Oprah Winfrey's NO PHONE ZONE! Check out [www.oprah.com](http://www.oprah.com).  
LOOK for more information next month!



### TEXTING CAN BE BAD FOR YOUR HEALTH

The American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting-especially among teens and adults. This includes face, chin, mouth and eye injuries for those who trip and fall while texting and fatal trauma stemming from car accidents. Texting has been linked to medical phenomena like Blackberry thumb and teen texting tendonitis catch phrases for conditions that results from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.



### STEER CLEAR OF TEXTING TROUBLES BY FOLLOWING A FEW QUIDELINES

Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation. On the road, pull over if you need to text immediately. Set a good example behind the wheel. Don't engage in distracting behavior in front of your kids.

Answers for Health Wise Quiz Page 4  
1.d, 2.a, 3.d, 4.b, 5.c



**Health Wise Quiz**  
**How much do you know about Obesity?**  
**TAKE THIS QUIZ TO FIND OUT**

1. What percentage of American adults are overweight or obese?
  - a.25
  - b.33
  - c.50
  - d.66
2. Which of the following has not been linked to obesity?
  - a. hyperthyroidism
  - b.cancer
  - c.gallbladder disease
  - c. infertility
3. Obese children have a higher risk of:
  - a. asthma
  - b. early puberty
  - c. skin infection
  - d. all of the above
- 4 One problem with body mass index BMI a calculation that assesses obesity is that;
  - a. it doesn't take height into account
  - b. it doesn't measure muscle, so a muscular person can have a high BMI
  - c. it doesn't factor in age
  - d. none of the above
5. How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
  - a. 30 pounds for women 50 for men
  - b. 50 pounds for women 70 for men
  - c.80 pounds for women 100 for men
  - d.there's no minimum weight requirement for weight-loss surgery

Answers on Page 3



**Prepping your home for a medical situation...**

You never know when a medical emergency might happen at home. It's s good idea to be prepared ahead of time. In fact, experts say that every household should have basic First Aid materials and information on hand, all the time.

**A TYPICAL FIRST AID KIT IN YOUR HOME SHOULD INCLUDE:**

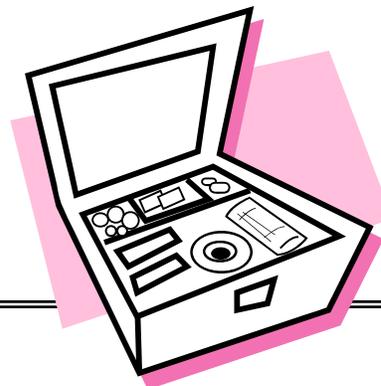
- Scissors and tweezers
- flashlight and batteries
- Bandages and qauze pads of various sizes
- Antiseptic ointment
- Adhesive tape
- Plastic bags
- Disposable gloves
- Hand cleaner
- Safety pins
- Thermometer

**YOU MAY WANT TO KEEP A FEW OVER THE COUNTER MEDICINES ON HAND AS WELL.**

- SOME SUGGESTIONS INCLUDE:**
- Pain relievers
  - Stomach -settling medications (antacids)
  - Anti-nauseates for vomiting and nausea
  - Antihistamines for allergic reactions
  - Calamine lotion to treat bee sting or poison ivy

**YOUR FIRST AID KIT SHOULD BE PLACED IN A DRY, TEMPERATURE CONTROLLED ROOM, SUCH AS A**

**LINEN CLOSET. MAKE SURE THAT MEDICINES ARE KEPT OUT OF REACH OF CHILDREN.**



## LET'S CELEBRATE THE GOOD STUFF, TOGETHER WE CAN KEEP IT CLEAN AND SAFE!

\*The following information is taken from a public presentation by Chief Larry Palmer during the Easton Blockwatch Quarterly meeting held January 27<sup>th</sup> 2010.

2009 UCR (Uniform Crime Report Code) Part I crimes (homicide, rape, robbery, assault, burglary, theft, auto theft and arson) are at the lowest levels in Easton in *four decades*. During 2009 there were 986 UCR Part I crimes – 216 less than the previous 42-year low of 1,202 in 1970.

Comparing 2008 to 2009 there are significant decreases in: homicides (-66%), burglary (-29%), theft (-25%), auto theft (-52%), arson (-41%), modest reductions are noted in robbery (-15%), aggravated assault (-13%) and simple assault (-10%).

The only crime that increased was rape (+15%) with an increase of two incidents from 13 (2008) to 15 (2009).

In total, the UCR Part I crimes were down 24% from 2008 levels. Specifically in the West Ward the percentage is even higher. Crime is down 39% !!!

In 2009, less serious Part II Crimes saw a modest reduction (-13%) despite increases in DUI (+37%), liquor law violations (+41%) and disorderly conduct (+15%).

*All three increases are primarily due to increased D.U.I. patrols, College Hill and downtown efforts for underage and/or drunk individuals, & saturation patrols in the West Ward funded by Weed and Seed and CDBG funds for zero tolerance operations.*

### ***How Clean Are Your Neighborhood Streams? Citizen Vigilance is Key to Healthy Streams ~Help Care for OUR Water***



#### **WEST WARD WATER WORKS**

Presents it's second workshop on the health of the Bushkill and the Lehigh and Delaware Rivers.  
*7 to 9 pm Tuesday March 16, 2010  
at Olivet Presbyterian Church on 12th and Northampton Streets.*



Sponsored by the West Ward Neighborhood Partnership a program of the Community Action Committee of the Lehigh Valley and the Wachovia Regional Foundation.



#### **A T T E N T I O N   N E W   R E S I D E N T S**

The Easton Area School District is accepting appointments for new student registrations for the 2010-2011 school year.  
Please Note: Registrations are done by appointment only. Please call 610-250-2400 for more information.



#### **FREE TAX PREPARATION AT:**

Easton Area Community Center/AARP Tax-Aide  
901 Washington Street

Free Help for tax payers with low and middle income

Special attention to ages 60 and older.

February 5—April 10

Fridays and Saturdays from 9am—12pm

For more information, call toll free,

1-888-227-7669, or visit AARP's website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).



CACLV at Easton Area Public Library  
515 Church St.

For households with income less than \$49,000.

The site is open February 1—April 15

Tuesdays 3pm-7pm and Saturdays 9:30 am-1:30 pm

Please call for an appointment 484 893 1040.

#### **FREE MEALS FOR CHILDREN 5-18 YEARS OF AGE**

Easton Area Community Center at 901 Washington Street serves **FREE MEALS** to children ages 5-18 that live in the West Ward.

Dinner is served at 5:30 PM Monday—Friday. Walk-ins are welcome! Membership **NOT** required for dinner!

Call for more information 610-253-8271

## Employment Opportunities

Summer Pool Director and Summer Pool Managers positions available at the Easton/Phillipsburg & Vicinity YMCA. Visit [www.familyymca.org](http://www.familyymca.org) for more information.



Census Jobs - register to take the test at Easton Community Center. YOU MUST CALL 484 224 2290 TO MAKE AN APPOINTMENT. Test date 3/18 12-2 pm.

2010 Census Positions Available- good pay, paid weekly, flexible hours, paid training, reimbursement for authorized mileage and other work-related expenses, help your community have a successful 2010 census. More information, including a practice test, go to [www.2010censusjobs.gov](http://www.2010censusjobs.gov) or call the toll free jobs line 1-866-861-2010

Sands Casino - Table Games COMING SOON! - Open House Saturday March 20 11-3 at the Fowler Center, 571 E. 3rd Street, Bethlehem. Go to [www.northampton.edu/hci](http://www.northampton.edu/hci) for more information.

**EMPLOYERS:** Post your employment needs here...It's FREE! Email your information to [weedandseed@easton-pa.gov](mailto:weedandseed@easton-pa.gov).

Join us for an informative evening with leaders from the following business & industry sectors:

Entrepreneur, Finance, Government, Healthcare, and Manufacturing.

Where: **Easton Area High School Cafeteria**

When: **Tuesday, March 23, 2010**

**5:30 PM-6:00 PM Free Dinner**

Hear what employers have to say about what jobs are in demand, salary information and education needed.

**DON'T MISS OUT ON THIS FAMILY EVENT!**

Please RSVP to [jmercovich@northampton.edu](mailto:jmercovich@northampton.edu) or 610-861-5562 by March 12, 2010. Seating is limited. Childcare will be available.

## "It ain't just ANOTHER Spaghetti Dinner"

**Saturday March 20, 2010**

**4:00 pm—8:00 pm**

**Career Institute of Technology  
5335 Kesslersville Road,  
Forks Township**



**Entertainment:  
King Henry and the Showmen**

Tickets can be purchased at the door or in advance at:

**Family YMCA or Easton, Phillipsburg & Vicinity  
1225 W. Lafayette Street \* Easton, PA\* 610-258-6158**

**Adults: in advance.....\$10.00\***

**Adults: at the door.....\$15.00\***

**Kids: 10 & under...\$5.00**



**\*Adult tickets include 10 coupons worth over \$200 in savings!**

## Easton Weed & Seed Committee Meeting Schedule & Contact Information *Meetings Open to the Public RESIDENT PARTICIPATION IS ENCOURAGED!*

### AID Team

AID Meets 1<sup>st</sup> Thursday at 4:00 p.m.

Paxinosa Elementary School Library

Chair - Lori Metz 610-258-6158 x22  
[lori@familyymca.org](mailto:lori@familyymca.org)

### Community Policing (Safety)

Meets 3<sup>rd</sup> Thursday at 7:00 p.m.

Salvation Army

Chair - Lt. J. Remaley 610-250-6660  
[jremaley@easton-pa.gov](mailto:jremaley@easton-pa.gov)



### Prevention, Intervention & Treatment (PIT)

Meets 2<sup>nd</sup> Monday at 3:30 p.m.

Easton Area Public Library

Chair - Louella Morris 610-515-0657  
[wshealthcommittee@yahoo.com](mailto:wshealthcommittee@yahoo.com)

### Easton Area Violence Prevention Task Force

Meets 2<sup>nd</sup> Tuesday at 3:30 p.m.

6<sup>th</sup> Floor Alpha Building

Chair - Pastor Sue Ruggles  
[eavptf@gmail.com](mailto:eavptf@gmail.com)

### Neighborhood Restoration

March 30, 2010 at 7:00 p.m.

1121 Lehigh Street Mike Fleck's home

Chair - VACANT

[mfleck@easton-pa.gov](mailto:mfleck@easton-pa.gov)

For additional information contact  
Laura Accetta, Site Coordinator at (610) 250-2066 or  
[laccetta@easton-pa.gov](mailto:laccetta@easton-pa.gov)



## EASTER EGG HUNT



**For ages 4, 5, 6 & 7 ONLY!**

**Location: Heil Park  
900 Packer Street, Easton**



**When: Saturday March 27, 2010  
At 10:00 AM**

