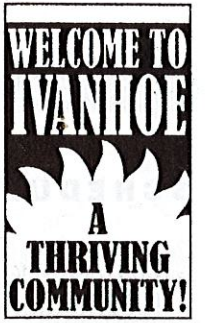


NUTTER IVANHOE
NEIGHBORHOOD CENTER

IVANHOE NEIGHBORHOOD NEWS

FALL 2006



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SPECIAL POINTS OF INTEREST:

Mark Your Calendars:
Due to our many holiday commitments and activities, all Ivanhoe Committee meetings, including the Monthly Neighborhood Meeting, will *not be held* in December. We look forward to seeing you all in the new year!

IVANHOE HOUSE

Ivanhoe is proud to welcome some new residents to the neighborhood. UMKC has selected some of its best and brightest students to live in Ivanhoe and provide mentoring and tutoring to children in our community.

This program, originally proposed by Ivanhoe resident Airick Leonard West, is a bold and unique experiment that provides our youth with an invaluable opportunity to receive one on one mentoring and well as exposure to outstanding role models the possibilities of a college education.

The "Ivanhoe Housers" have moved into a house provided by the Ivanhoe Neighborhood Council funded by Swope Community Builders, and use the Nutter Center for their tutoring sessions. The students have received training through UMKC and participation in Ivanhoe activities has made them more familiar

with our neighborhood and its goals. Openings still exist for interested youth to participate in this program. The program is geared toward middle school aged children, however, what is most exciting about this program is that it is open to just about any child, with the only requirement being that the youth is a resident of Ivanhoe (31st to 47th & Prospect to Paseo). Academics are stressed, but the program benefits children who are both successful in school and those that may be struggling.

Our kick-off meeting with mentors, youth, parents and community members was a great success. The event, covered by the Kansas City Star, highlighted the promise of the program: an opportunity for both the UMKC students and Ivanhoe youth to learn from each other. Contact Shelley Roebuck for information.

YOUTH CELEBRATION

Children in Ivanhoe said 'hello' to fall at the Ivanhoe Youth Celebration held Friday evening September 22nd. This event featured something for every kid! The KC Parks & Rec Stage was the focal point, showcasing dancing and Christian Rap performances from local church youth groups. Crafts and Face Painting were

provided as well as lots of food and drink! Representatives from the City's Fire & Police Departments as well as a Boy Scout Troop were on-hand sharing information with both parents and children. Plans are in the works for another Youth Day in the Spring of 2007. Please contact Shelley Roebuck if you are willing to help!

SCHEDULE OF EVENTS

DID YOU KNOW?

MONTHLY NEIGHBORHOOD MEETING
 4th Saturday at 2:00 PM
 Nov 25, January 27
 President Alan Young, 861-0313

BEAUTIFICATION COMMITTEE
 3rd Monday at 2:15 PM
 November 20, January 15
 Chairpersons:
 Airick West, 481-7779
 Therisa Ross, 924-2787

CRIME & SAFETY COMMITTEE
 3rd Monday at 1:00 PM
 November 20, January 15
 Chairperson:
 O. C. Patterson, 923-6407

YOUTH/FAMILY/EDUCATION COMMITTEE
 4th Wednesday at 5pm
 January 24
 Chairperson:
 Darcel Roebuck 923-0203
 Ruby Martin

COMMUNICATION/NEWSLETTER COMMITTEE
Chairperson Needed!
 Computer Training Provided
 Call Gina Sanders 235-2516

HOUSING/ECONOMIC/JOBS COMMITTEE
 4th Tuesday at 8:30 AM
 November 28, January 23
 Chairperson:
 Alan Young, 861-0313

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KC PET PROGRAM –Residents in the 64109 zip code can receive discounted rabies vaccinations for their pets for only \$5. Qualified residents can receive vouchers for free or reduced spay & neuter services. Call KC Animal Health & Public Safety for information (816) 535-0940

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KANSAS CITY POWER & LIGHT— is offering a \$2 rebate on 'Energy Star' light purchases at Missouri Ace Hardware and Hy-Vee Grocery Stores. Rebates are given at the registers for up to 6 lights per family. Replacing just one 60 watt bulb with an energy saver bulb will save you about \$26 over the life of the bulb. These bulbs last up to 4 times as long and are a good choice for ceiling fixtures that may be difficult to reach.

INSPIRED THREADS: AFRICAN AMERICAN QUILTS— Quilts made by women in the Metro Area are on display at this FREE event at the Johnson County Museum through December 31st. Located at 3605 Lackman, Shawnee. Call 913-715-2550.

FREE & CONFIDENTIAL HIV TESTING—Mondays 5-8pm the KC Free Clinic at 3515 Broadway offers testing for those with 'needle phobias' every week.

WORDSEARCH

Make A New Year's Resolution!
 Attend a meeting and join one of our Ivanhoe committees. These groups are making a difference in your community and can use your help. This is a great opportunity to start the year off right and be a good example for your kids.

L S D I K F J T U T G M G P G
 K U U X A P O P C N D E A E J
 I I F M S G A E Q O S E W A C
 T V I E E O P S B J R T R C T
 R L A T T S Y T E N E I Y E U
 Y O H N O A F H F O N N T P P
 X E I R H N R A B I T G E J T
 R W P O L O M G E Y R R F J F
 U N I T Y M E P A G A J A B P
 D N A L D O O W U D P C S O N
 F L O W E R S F T B N L V A R
 C D P H C W M X I M D E E D T
 U X H H G N H M F T F L I E G
 S E L I M S J W Y S C G W R X
 D R Q V D T U Q Z M X G I Z F

BEAUTIFY PASEO
 CLEAN PEACE
 FAMILY PORCH
 FLOWERS PROSPECT
 FRIEND SAFETY
 GRATEFUL SMILES
 IVANHOE TOGETHER
 KIDS UNITY
 MEETING WOODLAND
 PARTNERS

HEALTHY HOLIDAY EATING

If you're like most people committed to healthy eating, you probably have mixed feelings about holiday gatherings. On one hand you love the traditional spread. What you don't like are the extra calories and fat that go along with all the good eating. Here are some tips on ways to cut the fat without cuffing back on the festivities:

1. Cook vegetables such as greens, green beans and brussels sprouts with vegetable broth instead of bacon grease. Sprinkle with hot pepper vinegar to kick up the flavor.
2. Or boil a small amount of ham and remove it just before adding the greens or green beans. The smokey flavor of the ham will stay, but the fat will be cut in half.
3. Bake the dressing in a casserole dish and not inside the turkey or in the roasting pan; this prevents the stuffing from absorbing melted turkey fat.
4. Use egg whites when making the cornbread for your stuffing.
5. Eat less meat and make vegetables, fruits and grains two thirds of your meal.
6. Enjoy sweet-potato and pumpkin-pie fillings—which are rich in vitamin A—while avoiding the crust, which is high in fat.
7. Keep the drippings out of the gravy! Eight ounces of gravy made from drippings can have up to 800 calories—that is twice as many as a slice of sweet potato pie. Substituting vegetable or poultry broth will cut fat without cutting flavor. If you must use drippings, place in the refrigerator for a while, making it easier to skim the fat.
8. Bring out the natural syrup in sweet potatoes. Instead of boiling the potatoes to make side dishes and pies, roast them in a hot oven (400 Fahrenheit) to caramelize their natural sugar and develop their full flavor. Cut back on added sugar, and use an apple-juice concentrate for more sweetness.
9. Substitute baked apples for fatty pies with whipped toppings. This high-fiber treat is both filling and tasty.
10. Leave out the alcohol. Rum spiced egg nog and other holiday spirits add calories and can prevent you from truly enjoying your friends and family. Try sparkling cider instead.
11. Scale down your cooking. It is tempting to make a lot of food for the holidays, enjoying the leftovers for a day or two after the big day. But, the average holiday meal has more than 4000 calories! Having more than one holiday meal is just not a good choice. Consider a turkey breast instead of a whole bird, and smaller amounts of side dishes.
12. Don't forget your neighbors, especially the elderly, who may be spending the holidays alone. Share your leftovers and bring over a plate and a smile!
13. Stress can lead to overeating. So relax! In between holiday chores make time to chill and have fun.

SWEET POTATO CUSTARD

- 1 cup mashed cooked sweet potato
- 1/2 tsp salt
- 1/2 cup mashed banana
- 1/4 cup raisins
- 1 tbsp sugar
- 1 cup evaporated skim milk
- 1 tsp ground cinnamon
- 2 tbsp packed brown sugar
- Nonstick spray coating
- 2 beaten egg yolks *(or 1/3 cup egg substitute)

In a medium bowl stir together Sweet Potato and banana. Add milk, blend well. Add brown sugar, egg and salt, mix thoroughly. Transfer mixture to 1 quart casserole coated with non-stick spray. Combine raisins, sugar and cinnamon, sprinkle over top of mixture. Bake at 300 degrees for 45-50 minutes or until knife comes out clean.

Calories: 144	Sodium: 235mg
Fat: 2g	Fiber: 1.4g
Carbohydrates: 20g	Cholesterol: 92mg



BEGIN

hardware, and the Du Bois Center who is partnering with us on our software offerings.

Courses will take place at various times, allowing almost all members of the community to attend. Additionally, those that participate will receive their own individual log on information that will allow them to access the internet and an email account.

The opening of the lab marks another step forward toward Ivanhoe's vision of a thriving community, giving all residents access to the technology that can connect them to the entire world. Please, contact us for information regarding course schedules and times.

'Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time.

- Marion Wright Edelman

granddaughter.

son.

er.

Jazz for Mom's Soul

LADIES, MAKE A NEW YEARS RESOLUTION TO TAKE CARE OF YOU!!

Enjoy a "Girls Night Out"!

● Unwind with the smooth sounds of LIVE jazz music. Explore self-discovery, learn new coping skills and begin the journey to a new and improved YOU!

EVERY 1ST & SESSION

COMPUTER LAB SESSIONS TO BEGIN

Thanks to a new partnership with our old friends at UMKC, we will soon begin training courses in the DST Computer Lab. Patricia Grigsby from the University's Department of Computer Technology will be organizing students to complete basic computer classes for Ivanhoe residents. Initially, the courses will include basic keyboarding techniques and introductory internet sessions. These classes will provide our residents with the basic skills needed to do things like send and answer email messages, look up information on the internet or even complete an online job application.

The center itself was made possible through DST who donated the

hardware, and the Du Bois Center who is partnering with us on our software offerings.

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— Marlon Wright
Edelman

LEST WE FORGET

Elizabeth Armstrong in the passing of her granddaughter.

Coletta Giles in the loss of her son.

Margaret & Walter May in the loss of their son.

Bessie Mays in the passing of her brother.

Verbena Marshal in the passing of her father.

George Thomas in the loss of his wife, Katie.

Lela Williams in the loss of her sister.

Loyce & Joyce Woods in the passing of their sister.

James & Mable Kerr in the passing of their brother.

Recovering from illness:

Ruthie Brown, Erma Cornelius, Matthew Dixon's wife, Mable Kerr, Clarence Nichols, Laura Townsend, Lela Williams.

Thank you to Ida Dockery for her help with the Bereavement Committee.

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EVERY 1ST & 3RD THURSDAY

SESSIONS TO RESUME IN JANUARY!!

TIME: 5:30 TO 7PM

FREE!

NUTTER IVANHOE NEIGHBORHOOD CENTER

3700 Woodland

FOR INFORMATION CALL SHELLEY: 816-921-6611

Child Care Provided!!

HOLIDAY RESOLUTION:
BUILD BONDS WITH NEIGHBORS & FRIENDS

Modern life does not always help build friendships and neighbors like it used to. The average American moves every five years. People drive straight into their garages and hang out in their backyards instead of their front porches. These days, many neighbors don't even know each other's names.

Good neighbors and good friends are a lot like electricity or running water: We don't know how much we depend on them until we don't have them. They make our lives more pleasant and give us a sense of who we are, both as an individual and as a member of the community. The surprising thing is that all it takes to enhance your relationship with friends and neighbors is respect for their feelings, concern for their property, and a helping hand when it's needed. Here's how to nurture your relationships with two types of vitally important people in your life.

Be a Popular Neighbor

1. Strike up a conversation over the fence or on the sidewalk. It's okay to be the one to break the ice, even if you've lived next door for years. Most neighbors enjoy making small talk with the folks on the other side of the fence, so as you see them at work in their yards or at play in their pool, smile, wave, and say hello. Ask how their kids are (whether they're toddlers or in college), whether they could use an extra zucchini from your garden, or what they think of the prices at the local supermarket.

2. Extend yourself to the new family down the block. Your new neighbors may be feeling lonely and unsure, especially if they're far from home, and might appreciate a friendly face bearing fresh-baked brownies. If they have kids, tell them where the children in the neighborhood live. Clue them in to the best places to eat and shop. Invite them over for coffee when they get settled, give them your number, and point to your house as you say good-bye. And be sure to tell them about our monthly meetings.

3. Be considerate, especially of elderly neighbors. Return anything that you borrow from a neighbor, such as tools, in good repair and as soon as you're finished with them. Replace anything that belongs to your neighbor that you, your children, or your pets break or soil. Bring their recycle bin in from the curb, random acts of consideration will have your neighbors talking -- and the talk will be good.

4. Invite your neighbors to your next bash or throw one in their honor. What better way to meet your neighbors than to invite them to an informal barbecue, or

holiday open house? Deliver invitations in person to everyone who lives on your street and chat with each for five minutes before moving on to the next house. This way, you will get an idea of what your neighbors are like so that you can plan for appropriate food and music.

Be a Better Friend

5. On your computer at home or at work, make "call friends" a standing appointment. Don't have a computer? Keep a Post-it note on the phone, the bathroom mirror, the car dashboard, anywhere you're likely to see it. Also make sure your friends' phone numbers are programmed into your cell phone. Then call that friend when you're stuck in traffic or waiting in line and chat for 10 minutes. Making time for friendships keeps the bonds strong.

6. Remember: A true friend doesn't flee when changes occur. Nothing is sadder for new parents than to find that their single friends have abandoned them because of the baby. The sign of a good friend is one who stays true through it all -- marriage, parenthood, new jobs, new homes, the losses. Just because situations change doesn't mean the person has.

7. Make sure you aren't being a burden to a friend. Friendships fade away if there isn't an equilibrium between the give and the take. Be sensitive to how much your friend can and can't offer you -- be it time, energy, or help -- and don't step over the line. And vice versa: Friendships that drain you will not last. If a friendship is out of balance in this way, you'll need to talk the situation through.

8. Sweat the small stuff. Yes, there are times when it doesn't pay to sweat the details, but in a friendship, it's the little things that count. Notice her new haircut. Remember to ask about her mother's surgery or her daughter's new baby. And if you're truly a good friend, you'll know when she needs some cheering up -- a simple arrangement of flowers if you can afford it, a simple card if you can't. It really is the thought that counts.

9. Be a good listener. It can be the hardest thing in the world to do -- to simply listen as he or she pours it all out or is seeking your advice or opinion. To be a better listener, maintain eye contact.

10. Be in their corner if they're not there. If you're at a gathering at which someone speaks poorly of your friend, defend her against gossip or criticism. Say, "Mary is my friend, and it makes me feel bad to hear you talk this way." Sooner or later, news of your loyalty will travel back to her, and it will deepen your friendship.

FRONT PORCH ALLIANCE

There are a few weeks left in the Fall schedule of **LEARN 'N GROW** classes held on Saturday mornings at the Habitat for Humnaity building, Linwood and Paseo. Remaining classes are the rest of November (except for Thanksgviing weekend) and the first Saturday in December. There will be something for everyone so if you didn't get the info, be sure to call the Front Porch Alliance office, 921-8812, and we'll send one to you!

Thanks to all the residents who helped with the 3rd annual **IVANHOE AFRICAN HERITAGE FESTIVAL** on Saturday, September 23! This year's event was held at the Nutter Ivanhoe Center and was the best we've ever had. There was delicious food from many African countries preapred by many of the very talented Ivanhoe residents as well as African dancers, storytellers, and singers.

We were so proud of the 23 Ivanhoe youth who participated in the second annual **ACADEMY OF OPPORTUNITY!!!** They learned all about writing a business plan, marketing, quality production, good

work ethics, and being a team player. Their companies produced amazing products and they all pocketed the profits from their hard work. The kids will continue working on Saturdays throughout the year, developing more products so be watching for upcoming sales!

Remember that an interesting,

educational and helpful **FINANCIAL LITERACY** class is held the 4th Saturday of every month at the Bluford Library, 31st & Prospect, from 10:30 a.m. until about noon. Topics include repairing damaged credit, creating a budget, buying a home, insurance needs, avoiding predatory lenders, and many more. In addition to these classes, we will be starting a new series of **LEGAL ISSUES** classes that will feature a different aspect of the law each month. More information about this will be coming soon.

FAMILY FIRST, a support group for parents and their kids, is the 3rd Saturday of each month, at the Harold Thomas Center from 12 noon until 1:30 p.m. Call to sign up to be a part of this great group of families. Parent meet together to discuss issues that concern them regarding their kids, youth ages 10 and over also gather in their own group to discuss their issues and younger children read books, do crafts, and have a great time! Families attending the Family First enrichment session are invited to a Family Fun Night Each month, as well when we go skating, to movies and to other fun outings.

Don't forget the Front Porch Alliance **PRESCRIPTION DRUG PROGRAM** - if you are taking generic drugs, there is a chance we can get them for you at no charge. Call our office to see how the program works.

The **IVANHOE BOOK CLUB** for kids continues to meet the 1st and 3rd Tuesday of each month and would love to add new members if you're interested. It's for middle school and high school kids so let us know if you might like to join! We have a new reading loft in the Front Porch Alliance offices for kids so come in and check it out!

The third series of Front Porch Alliance **COMPUTER CLASSES** has started so if you'd like to get your name on the list for future classes, be sure to call. The first two graduating classes were full of phenomenal students!!! Congratulations to Luevenia Puryear, Matrrie Crutcher, Lela Williams, Renette Riley, Pearlie Patterson, Pamela Swinney, Jennie Boldridge, Flora Washington, Stephany Irving, Laura Townsend, and Ms. White!

The **SHOPPERS' CLUB** is still 'hitting the stores' the 1st and 3rd Thursday of each month. If you'd like to be a part of this wonderful group of ladies, give us a call!

If you need help with **UTILTY ASISTANCE** - and haven't received assistance in the past year and have made a recent payment - give us a call to see if you might qualify for help through the Redemptorist Center.

Front Porch Alliance
3210 Michigan
Kansas City, MO
921-8812

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INVOLVEMENT OPPORTUNITIES

The Council of Elders provides Ivanhoe residents with a unique opportunity to address issues with youth that may otherwise be referred to the legal system. This program focuses on first-time juvenile offenders, holding them accountable for their behavior and to their community, while providing a 2nd chance that so many never receive.

Currently, the terms of a few of our Council members are expiring, and others in the community are needed to step in and be of service. To apply

you must be an adult member of the Ivanhoe community, this includes residents, business owners and stakeholders. A criminal background check is required as is a short application. Training is provided for newly appointed volunteers. Contact Yolanda Young (921-6611) for information about applying or if you know a youth who could benefit from this program.

Dealing With Anger workshops for teens will begin after the holidays and there is an opening for a

trainer. This is a paid short term position which requires someone with exposure to our community, preferably with some college experience, as well as writing & communication skills and the ability to be both flexible and supportive. For information about the program or the position, please contact Shelley Roebuck at 921-6611.

Both of these programs will give you the opportunity to help our young people grow into strong and responsible members of our community.

A VICTORY FOR IVANHOE!

Thanks to an observant resident, Ivanhoe has one less billboard obscuring our views and dampening our spirits!

In a recent meeting, property owner Herman Bland reported that installation of a billboard had begun at 38th and Woodland. The Ivanhoe Neighborhood Council was unaware of any permit being issued, and took immediate action to put a stop to the project.

Billboards in the center city can pop up almost overnight and are often used to advertise alcohol or liquor, not the types of images we want influencing our children or defining our community.

We all own a great big "thank you!" to Mr. Bland and to the staff of Councilman Troy Nash, who helped stop this project. This is a beautiful example of working together for the benefit of our community.

Fathers First
WEDNESDAYS
5:30-7PM
Join us as we explore ways to be stronger fathers, mentors and leaders. These weekly sessions will offer you the opportunity to meet with other father figures, and build stronger relationships with your children and community.

IVANHOE BOARD OF DIRECTORS	
PRESIDENT	Alan A. Young
VICE-PRESIDENT	Arthur Johnson
SECRETARY	Angela C. Wesson
ASST. SECRETARY	
TREASURER	Gregory Holmes
ASST. TREASURER	Glenda Hall
PARLIAMENTARIAN	Florence Hayden
MEMBERS	
Delores Carpenter	Patsy Shawver
Colleen Innis	Dr. Robyne Turner
Bill Nulton	Martha Tolbert
Ruby Martin	Airick L West
COMMITTEE CHAIRPERSONS	
Beautification— Therisa Ross, 924-2787 Airick L. West, (913) 481-7779	
Benevolence — Ruth Robinson, 924-0355 Ida Dockery	
Communications/Newsletter— Chairperson Needed	
Crime and Safety—O. C. Patterson, 923-5407 Dorothy Simmons, 861-3662	
Housing/Economic Dev.—Alan A. Young, 861-0313 Arthur B Johnson, 921-4016	
Youth/Family/Education—Darcel Roebuck, 923-0203 Ruby Martin	

IMPORTANT PHONE NUMBERS	
City Council Representatives: (816) 513-1368	
Troy Nash	3rd District-at-Large
Saundra McFadden-Weaver	3rd District
Becky Nace	5th District-at-Large
Terry Riley	5th District
City Hall Action Center (NEW)	Dial: 311
COMMUNITY POLICE	
Central Patrol : Major Gary Majors	(816) 234-5510
Sgt. Brad Lemon, Officer Marty Lyons Community Police Officers	(816) 719-8004
East Patrol: Major Christine Laughlin	(816) 234-5530
Drug TIPS Hotline	(816) 474-3784
Non-Emergency	(816) 234-5510
Gang Unit (Gang Activity and Graffiti)	(816) 482-8235
Parking Control (Illegally Parked Cars)	(816) 759-6332
Traffic Enforcement (Speeding Vehicles)	(816) 482-8180
IVANHOE STAFF	
Margaret J. May, Executive Director	(816) 921-6611
Jessie Jefferson, Community Mobilizer	(816) 921-6611
Walt May, Rehab Manager	(816) 225-9884
Shelley Roebuck	(816) 921-6611
Yolanda Young	(816) 921-6611

Happy Holidays

From The Ivanhoe Staff & Board of Directors

Ivanhoe Neighborhood Council
Nutter Ivanhoe Neighborhood Center
3700 Woodland Ave
Kansas City, MO 64109

Non-Profit Org.
US Postage Paid
Kansas City, MO
Permit #1793