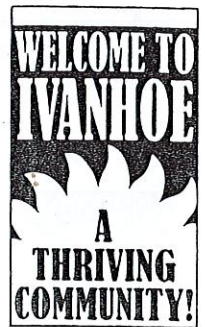


IVANHOE NEIGHBORHOOD NEWS - FIRST EDITION 2009



FIRST EDITION 2009

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IVANHOE NEIGHBORHOOD-WIDE CLEAN UP

Again, this year, the Ivanhoe Neighborhood Council will observe National Youth Serve Day on Saturday, April 18th, from 10 AM to 4 PM, with a neighborhood-wide clean up. All residents, churches, and businesses are encouraged to participate.

What will be accomplished?

We will improve the overall appearance of the neighborhood—a clean neighborhood increases property values, decreases crime and disorder, and makes residents feel proud.

Who can participate?

Everyone that lives, works, or worships in the Ivanhoe neighborhood, including adults, children, business owners, and church congregations.

How many people are needed?

We are expecting 200 Youth Front volunteers, including both youth and adults. At a minimum, we would like to

match that number with 200 Ivanhoe youth and adults.

Will cleaning supplies be furnished?

Cleaning supplies (gloves and bags) will be furnished for groups that pre-register.

Where will registration be held?

Registration will be held at Nutter Ivanhoe Neighborhood Center — contact Jessie Jefferson, 921-6611, to pre-register.

In order to improve the quality of life in the neighborhood, it is very important to keep the neighborhood clean. Tell your neighbors about the clean up and encourage them to participate.

This is a great opportunity for you to get to know your neighbors, do your part in making a difference in Ivanhoe, and have lots and lots of fun!

MARK YOUR CALENDAR

Neighborhood-wide Clean up Sat., April 18

The Ivanhoe office will be closed for the holidays as follows:
 Good Friday
 April 10, 2009

ATTENTION CONTRACTORS AND WORKERS!

We are pleased to announce that the City and Full Employment Council representatives will hold a series of four Section 3 workshops at Nutter Ivanhoe Neighborhood Center, 3700 Woodland. The first workshop was held February 26, 2009; the three remaining workshops will be held as follows:

	<u>Contractors</u>	<u>Workers</u>
March 19	10:00 AM	10:30 AM
April 23	5:00 PM	5:30 PM
May 21	10:00 AM	10:30 AM

In the very near future, the City will begin receiving federal funding from the Neighborhood Stabilization and Economic Stimulus Programs for construction related projects, which is intended to provide job opportunities for community residents. A major qualification for this work and jobs will be Section 3 certification.

Please help us spread the word about this opportunity to obtain Section 3 certification with both contractors and those interested in construction-type jobs.

SCHEDULE OF EVENTS

MONTHLY NEIGHBORHOOD MEETING

4th Saturday at 2:00 PM
 March 28, April 25, May 23
 President Alan Young, 861-0313

BEAUTIFICATION COMMITTEE

3rd Monday at 2:00 PM
 March 16, April 20, May 18
 Chairperson & Co-Chairperson:
 Therisa Ross, 924-2787
 Renette Riley, 923-6398

CRIME & SAFETY COMMITTEE

3rd Monday at 1:00 PM
 March 16, April 20, May 18
 Chairperson & Co-Chairperson:
 O. C. Patterson, 923-6407
 Dorothy Simmons 861-3662

HOUSING/ECONOMIC/JOBS COMMITTEE

4th Tuesday at 8:30 AM
 March 24, April 28, May 26
 Chairperson & Co-Chairperson:
 Alan Young, 861-0313
 Arthur B. Johnson, 921-4016

BOARD OF DIRECTORS

4TH MONDAY AT 4:30 PM

March 23, April 27, May 18

YOUTH/FAMILY/EDUCATION COMMITTEE

William Williams

COMMUNICATION/NEWSLETTER COMMITTEE

Chairperson is Needed

BOY SCOUTS

Every Monday at 5 PM

GIRL SCOUTS

Mondays at 6:30 PM (see schedule)

"JUST FOR FUN" FOR YOUTH

4th Saturdays at 4 PM

2009 IVANHOE BOARD OF DIRECTORS

The Ivanhoe Board of Directors is looking forward to a very productive year, the 2009 officers and board members are listed below:

Officers

President	Alan A. Young
Vice President	Airick Leonard West
Secretary	Martha Tolbert
Treasurer	Arthur B. Johnson
Parliamentarian	Florence Hayden

Board Members

*Charles Hampton
 *LaMia Hicks
 Gregory Holmes
 Roy Morrill
 William (Bill) Nulton
 *Dennis L. Robinson
 *William Keith Slater

In accordance with Ivanhoe bylaws, Article V, Section 7., the board recently appointed the individuals with *asterisks besides their names to fill vacated board position. Each of the appointed board members live in the Ivanhoe neighborhood.

GIRL SCOUTS MEETINGS/ACTIVITIES SCHEDULE

Troops #3600 and Troop #3631

<u>Date</u>	<u>Time</u>	<u>Activity</u>
April 6, 2009	6:30 PM	Troop Meeting
April 18, 2009	10:00 AM to 4:00PM	National Youth Serve Day
May 4, 2009	6:30 PM	Troop Meeting
May 16, 2009	TBA	Outing to Deaf Cultural Center
June 1, 2009	6:30 PM	Troop Meeting
June 13, 2009	TBA	Bridging Ceremony

FORECLOSURE ASSISTANCE

If you (or someone you know) are facing foreclosure on your home, assistance and information is available free of charge through the National Hotline for Homeowners, don't delay call:

1-888-995-HOPE

Girl Scouts Cookies

Troops 3600 and 3631 experienced great success with the 2009 Girl Scout Cookie Sale — 2,888 boxes of cookies were sold! At the start of the cookie sale, the girls decided the proceeds from the cookie sale would be used for a "Fun Field Trip."

Congratulations are in order both to the girls, parents, and leaders. Troop #3600: Debra Higgs, Leader, and Felicia Ellis, Assistant Leader, Troop #3631: Sequita Richardson, Leader, and Danuyell Murray, Assistant Leader.

TO YOUR HEALTH

Why You Need to Strength Train

Everyone, no matter how young or old, should be doing some kind of regular strength training. This could be at the gym, or at home using very little equipment. Resistance bands and balls, small hand weights, water, and even your own body weight can be used as resistance when designing a strength training program. Here are some very important reasons strength training makes a difference in your quality of life:

- ♥ **Improves your ability to do everyday activities**—The stronger your muscles, the easier it is to get groceries out of the car, get a package off the top cabinet shelf, push the lawnmower the list goes on and on!
- ♥ **Improves your balance and stability**—The stronger and more resilient your muscles, the more balanced and sturdy. This will keep you safe in your daily activities and decreases the risk of falls or accidents.
- ♥ **Builds muscle strength**—Adults lose between five and seven pounds of muscle every decade after age 20. Strength training will help prevent this muscle loss, and rebuild what you may have lost.
- ♥ **Decreases your risk of osteoporosis**—Inactivity and aging can lead to a decrease in bone density, leading to brittleness. Studies have shown that consistent strength training can increase bone density and prevent osteoporosis.
- ♥ **Reduces blood pressure**—Strength training can be beneficial for the prevention and treatment of high blood pressure by strengthening the heart, allowing it to beat more efficiently.
- ♥ **Increases calorie burn**—Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day. This aids significantly in long-term weight loss.
- ♥ **Reduces low back pain**—Research has shown that strength training can increase low back strength and alleviate low back pain.

Time spent on strength training can help you turn back the clock and feel younger each day. Here are some principles to remember when putting together a program:

- ♥ Start by strength training 2 days a week, building up to 3 days a week for more of a challenge. Make sure you have at least one day of rest in between each session.
- ♥ Start with 2-3 exercises each of lower body and upper body and 1-2 core exercises (abs, lower back).
- ♥ Start with one set of each exercise (12-15 repetitions—slow and steady), using light hand weights, resistance bands or your own body weight.

As you progress, you can work up to 2 and then 3 sets.

- ♥ As you add additional sets, rest 30 seconds to a minute in between each one.
- ♥ Never hold your breath during the exercises. Always exhale when exerting force (on the hard part of the movement).
- ♥ Always warm up before and stretch before and after each session.
- ♥ Pay attention to proper form and technique, as they are very important for injury prevention and producing results.
- ♥ When selecting a weight, it should be heavy enough that you feel the muscle working and the difficulty increasing as you get to the 15th repetition. The weight should be light enough for you to do 15 repetitions without pain or breaking proper form.
- ♥ Strength training should never be painful—if you experience pain, stop the exercise immediately!

No matter what your age, you have a lot to gain from regular strength training. Just remember to consult your doctor before starting any exercise program.

Black-Eyed Peas and Gumbo

- | | |
|-------------------------------|------------------------------------|
| 1/3 cup vegetable oil | 1 1/2 teaspoon salt |
| 1/3 cup all-purpose flour | 1/2 teaspoon dried thyme |
| 2 tablespoons vegetable oil | 1/4 teaspoon cayenne pepper |
| 1 1/2 cups chopped okra | 1/4 teaspoon ground black pepper |
| 1 cup chopped onion | 2 bay leaves |
| 3/4 cup chopped celery | 1/2 pound cooked ham, cubed |
| 3 cloves minced garlic | 1 (15.5 ounce) can black-eyed peas |
| 4 cups water | |
| 2 cups chopped tomatoes | |
| 1/3 cup chopped fresh parsley | |

1. Heat 1/3 cup oil in a medium saucepan over medium low heat, and whisk in flour. Whisking constantly, cook 5 to 7 minutes, until golden brown roux has formed.
2. Heat 2 tablespoons oil in a large, heavy saucepan over medium high heat. Stir in okra, onion, celery, and garlic, and cook 10 minutes, or until tender.
3. Thoroughly blend roux into the vegetable mixture. Stir in water, tomatoes, parsley, salt, thyme, cayenne pepper, pepper, and bay leaves.
4. Mix in ham, and continue cooking 15 minutes, until tender.
5. Stir in black-eyed peas, and continue cooking until heated through.

Note: If you want to add less or more you can. You can substitute smoked turkey for ham.

HOME REPAIR PROGRAMS

BRITE TIF Grants

The BRITE TIF Program Advisory Committee has approved expanding the target area. The new area is 31st Street to 39th Street, Michigan to Wayne.

Qualified homeowners within the target area are eligible to receive a grant for home repairs up to \$15,000. Homeowners in the initial area, 36th Street to 39th Street, Michigan to Wayne, have received detailed information about the program. In the near future, an invitation to an informational meeting will be sent to residents that live in the expanded area.

MINOR HOME REPAIR PROGRAM

Repair work is currently underway at a number of Ivanhoe homes due to funding received from

the City for the 2008-2009 budget year. From this funding, a total of 15 homes will be repaired!

We recently learned that we may receive funding for the 2009-2010 budget year (starts June 1, 2009), to repair another 15 homes (not to exceed \$5,000 each).

Ivanhoe homeowners that meet income guidelines are eligible for this program. For more information, contact Walter May, 921-6611.

HOME FOR SALE

4218 Prospect

Two-story home, three-bedrooms, loft on 3rd floor (perfect room for teenagers), two-bathrooms, laundry room on 1st floor, new furnace and central air. Great buy!

*Happiness is in
the joy of
achievement
and the thrill of
creative effort.*

*-- Franklin
Roosevelt*

LEST WE FORGET

Expressions of caring and concern were sent from December 26, 2008 through February 28, 2009 to the individuals listed below by the Benevolence Committee, Ruthie Brown, Chairperson, and Ida R. Dockery, Co-Chairperson.

Please keep these individuals and families in your prayers:

Sympathy

Rev. Claude Arnick, in the passing of his wife, Mrs. Vera Arnick

Mrs. Bertha Garner, in the passing of her uncle, Mr. Matthew Littlejohn

Mrs. Jewel Gilkes, in the passing of her nephew, Mr. Curtis Rowe

Mr. Harry Reed, Jr., in the passing of his father, Mr. Harry Reed

Mr. Bobbie Roberson, in the passing of his father, Mr. John Roberson

Mrs. Joyce Woods and Ms. Lois Woods, in the passing of



their sister, Ms. Margaret Ann Woods McIntosh

The Wheeler Family, in the passing of their father, Mr. Joe Wheeler

Illness, Hospitalization, or Shut-in

Mrs. Vera Jones

Mr. James B. Nutter, Sr.

Mrs. Mary Rosebud

Mrs. Opal Vicks

2ND ANNUAL IVANHOE INFORMATION DAY

About 15 people braved the weather on Saturday, February 28th to attend the 2nd Annual Ivanhoe Information Day and these folks were blessed with the opportunity to hear and learn from presentations made by Willie Norman, Primerica, and H. David Whalen, Ameriprise Financial.

All present enjoyed a delicious lunch, featuring Walt's Chili.

Ivanhoe's Information Day is held each year in observance of Black History Month, the ongoing theme is: "Education./Information = Power!"

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THE HEALTHY HOME PROGRAM

Do you know any children with asthma, allergies, sinus programs, as constant cough, headaches, or other constant health problems?

The Kansas City Safe & Health Home Partnership (KCSHHP) is looking for families to participate in the **HEALTHY HOME PROGRAM**

The Healthy Home Program (HHP) will review the child's health and the health of the home. The Home environmental assessment will include checking indoor air quality and ventilation, dust and allergen levels, moisture and mold, a household chemical survey, a home maintenance survey, and a home safety check up. All families will receive a Healthy Home Cleaning Kit that includes a HEPA Vacuum, high quality furnace filters, and a set of healthy home cleaning supplies.

To participate, the following criteria must be met:

- Family must live in the Kansas City Metro Area

- Child must be between ages 2 and 17 years old
- Child must stay at the home at least 4 night per week
- Family must either own their home, or have lived in the same rental unit for the last 6 months, and plan to live there for the next 12 months
- Family must make less than 80% of the KC Metro Median Family Income (MFI) for the size of the family
- For more information about how families can enroll, contact Environmental Health Coordinators:

Erica Forrest
(816) 983-6806

TaNisha Webb
(816) 234-3516

eforrest@cmh.edu

tlwebb@cmh.edu

Interested families can call the HHP main application phone line: (816) 235-6331

THE COMMUNITY LEADERSHIP PROGRAM

The City of Kansas City, Missouri's Neighborhood and Community Services Department, in partnership with Mid-America Regional Council's Governmental Training Institute, is launching the Community Leadership Program (CLP).

This innovative training series will focus on personal development and skill-building, to equip individuals to better respond to community change and initiatives. Five certificates will be offered: 1) Personal Strengths, 2) Facilitation Skills, 3) Problem Solving, 4) Relationship Building, and 5) Community Building. The Community Leadership Program is designed for any Kansas City, MO community member interested in developing/improving leadership skills. Each certificate will be offered at three locations, north of the river, in the mid-town area, and south Kansas City. There is no charge to participate in this program.

The Personal Strengths Certificate Program will begin Tuesday, March 24, 2009. The 5-week program will be held at the Bruce R. Watkins Cultural Center, 3700 Blue Parkway, from 6:30 PM to 8:30 PM.

To register call (816) 701-8216 or send an e-mail to: clp@marc.org

TRASH CARTS

Ivanhoe is one of only a few neighborhoods in the city participating in the Trash Cart Project. Ivanhoe's Beautification Committee has formed assessment teams to survey the neighborhood and make note of addresses where trash carts have been left at the curb after the trash has been picked up. We are sending letters to residents whose carts have been left on the curb.

Reminders:

- Tuesday is trash pick up day in Ivanhoe. Please wait until Monday evening to place your trash cart on the curb. After your trash has been picked up, you should remove your trash cart from the curb and place it behind your house, on the side of your house, or in your garage.
- Important Note:** In the very near future, the City will begin issuing tickets to residents when trash carts are left on the curb.
- If you do not have a trash cart, call 3-1-1.
- If your cart is in need of repair, call 3-1-1
- Remember, it takes all of us working together to improve the appearance of the neighborhood and make it a great place for people to live and raise their families. Thank you for doing your part!

IVANHOE YOUTH OUTREACH INITIATIVES

BASKETBALL

14 & Under Division, Maurice Harvey, Head Coach

The basketball season for the Ivanhoe Heat, 14th & under, team is coming to an end with the last game scheduled for 7 PM, Thursday, March 12th. While the season is ending with fewer wins that the team would have liked, the players experienced great improvement.

18 & Under Division, Walter R. May, Head Coach and Marlon Butler, Assistant Coach

This year, Coaches May and Butler did something that few coaches have ever done with players in this age group — they implemented an anger management course as a requirement for all players on the team. Players learned three major skills: 1) how to communicate with someone you are angry with, 2) how to receive information from someone who is angry with you and take it, and 3) how to find a solution to a problem or compromise when there is a difference of opinion. Learning these skills and having fun playing their favorite game, makes this a most memorable basketball season for both the players and the coaches.

T-Ball (4-6 years old) & Machine & Coach Pitch (7-9 years old)

Practice begins May 2009—call Ms. Young, 921-6611 to sign up.

Volleyball (5th—8th grade or ages 10—15)

Coming this summer—sign up in the Ivanhoe office.

SCOUTING

Girl Scouts—Troop #3600, Debra Higgs, Leader and Troop #3631, Sequita Richardson, Leader
 Congratulations to the girls who participated in the cookie sales program. Girls who sold between 100—300 boxes of cookies will receive special achievement awards. Girls who reached this level of achievement are Jazmyne Betts, Jasmine Graves, Tia Higgs, Zada Murray,

Oneekia Parks, Keijanae Rayford, Olivia Richardson, Victoria Richardson, Alexis Shelton, and Tye'sh White. (See page 2 for more Girl Scouts information)

Cub/Webelos—Dan White, Cub Scout Master and Leaders, Sean Malone and Jessica Brown
 Ivanhoe Scouts are preparing for the Annual Pinewood Derby to be held March 28, 2009.

The boys are meeting every Monday at 5 PM to work on sculpting, painting, and shining up their own wooden race cars that they will use to enter the Pinewood Derby.

“JUST FOR FUN” Activities for Youth

<u>Sat. March 28</u> 4—5:30 PM	Easter Egg Hunt	12 & Under
5:30 PM	Dance!	13 & Older
<u>Sat. April 18</u> 10 AM—4 PM	National Youth Serve Day	13 & Older
<u>Sat. April 25</u> 4—5:30 PM	Mother's Day Gift Making	12 & Under
<u>Sat. May 25</u> Time to be announced	Field Trip	12 & Under

- **Youth Committee/Youth Council** planning meetings are underway. If you're interested in participating, call William Williams or Yolanda Young, 921-6611.
- **Capoeira Classes**—Come and learn how to do this kick, dance, and sing Afro-Brazilian art form led by instructor, Sean Malone. Call the office for schedules and information.
- **2009 Project Based Learning** for middle and high school students will begin soon, focused on healthy lifestyles for children, youth, and families.

SCHEDULE OF EVENTS

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 William Williams

COMMUNICATION/NEWSLETTER COMMITTEE
 Chairperson is Needed

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 Every Monday at 5 PM

GIRL SCOUTS
 Mondays at 6:30 PM (see schedule)

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 Vice President Airick Leonard West
 Secretary Martha Tolbert
 Treasurer Arthur B. Johnson
 Parliamentarian Florence Hayden

Board Members

*Charles Hampton
 *LaMia Hicks
 Gregory Holmes
 Roy Morrill
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LOTS OF IMPORTANT INFORMATION

Wednesdays
 1:00 to
 3:00 PM



Get out of the house and come to Nutter Ivanhoe Neighborhood Center
 Join with the **SILVER FOXES** for Card Games
EXERCISE and **LOTS OF FUN!**



Looking for a job?

Come to Nutter Ivanhoe Neighborhood Center for job information!

Ivanhoe is a SNAP (Share Network Access Point) through our partnership with the Full Employment Council (FEC). If you are looking for a job or seeking a career change, come to Nutter Ivanhoe Neighborhood Center between the hours of 9 AM and 4 PM, Monday through Friday—we have computers that you can use to search for jobs and resources.

Workplace—Kansas City

JOB FAIR

Wednesday, April 15, 2009
 10 AM to 2 PM

Field House
 Kansas City Kansas
 Community College
 7250 State Avenue, Kansas City, KS

- Visit with area employers
- Fill out applications
- Free—Open to the Public

Sponsored by the Career Center
 Kansas City, KS Community College

For information, call
 (913) 288-7644

Ivanhoe Neighborhood Council
Dues or Gifts

Name _____
 Address _____
 Zip _____
 Phone _____
 Dues (Amount Enclosed) \$ _____

I BELIEVE IN IVANHOE GIFT
 (Amount Enclosed) \$ _____

I Want To Make A Difference In Ivanhoe by:

____ Becoming a Block Contact ____ Serving on a committee
 ____ Helping in the office ____ Helping with events
 ____ Helping with a clean up ____ Other (specify below)

Mail completed form to: Ivanhoe Neighborhood Council
 Nutter Ivanhoe Neighborhood Center
 3700 Woodland, Kansas City, MO 64109



IVANHOE BOARD OF DIRECTORS		IMPORTANT PHONE NUMBERS	
OFFICERS		City Council Representatives: (816) 513-1368	
PRESIDENT	Alan A. Young	Melba Curis	3rd District-at-Large
VICE-PRESIDENT	Airick Leonard West	Sharon Sanders-Brooks	3rd District
SECRETARY	Martha Tolbert	Cindy Circo	5th District-at-Large
TREASURER	Arthur B. Johnson	Terry Riley	5th District
PARLIAMENTARIAN	Florence Hayden	City Hall Action Center (NEW)	Dial: 3-1-1
BOARD MEMBERS		COMMUNITY POLICE	
Charles Hampton	William (Bill) Nulton	Central Patrol: Major Wayne Stewart	(816) 234-5510
LaMia Hicks	Dennis L. Robinson	Officers Marty Nauyok & Luther Young Community Police Officers	(816) 719-8004
Gregory Holmes	William Keith Slater	East Patrol: Major Laura Barton	(816) 234-5530
Roy Morrill		Drug TIPS Hotline	(816) 474-3784
COMMITTEE CHAIRPERSONS		Non-Emergency	(816) 234-5510
Beautification— Therisa Ross, 924-2787 Renette Riley, 923-6398		Gang Unit (Gang Activity and Graffiti)	(816) 482-8235
Benevolence — Ruthie Brown, 924-0355 Ida R. Dockery, 921-5705		Parking Control (Illegally Parked Cars)	(816) 759-6332
Communications/Newsletter— Chairperson Needed		Traffic Enforcement (Speeding Vehicles)	(816) 482-8180
Crime and Safety—O. C. Patterson, 923-5407 Dorothy Simmons, 861-3662		IVANHOE STAFF—(816) 921-6611	
Housing/Economic Dev.—Alan A. Young, 861-0313 Arthur B Johnson, 921-4016		Margaret J. May, Executive Director	
Youth/Family/Education—William Williams		Jessie Jefferson, Community Mobilizer	
		Walt May, Rehab/Facility Manager—(816) 225-9884	
		Yolanda Young, Youth and Family Outreach Specialist	
		Carolyn J. Anderson, Accountant	
		Cleophus Sanders, Caretaker — Percy Watkins, Janitor	
		Receptionists: Jean Watson, Mornings & Jean Pleasant, Afternoons	

Please Keep Ivanhoe Clean and Safe — YOU Make A Difference!

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
