



WEST WARD MOSAIC

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April 2013

YOU NEED TO KNOW . . .
~ A message from the City of Easton ~



STREET SWEEPING will resume APRIL 1ST. Please comply with street signage!

CITY WIDE CLEAN-UP is scheduled for APRIL 27TH. If you are interested in volunteering or organizing a clean-up project contact the Weed & Seed office at 610-438-2680. Two large garbage bags and a pair of gloves will be provided.

Residents serviced by Raritan Valley Disposal under the City's garbage and recycling contract are eligible to participate in RecycleBank Rewards. You will need to set up an account and register. You will then receive points for recycling which can be redeemed for valuable coupons and offers from local and national vendors. Contact Public Works at 610-250-6680 for more information.

A message from State Representative Robert Freeman's office...

State Rep. Robert Freeman's Office Provides Constituent Services

One of the most important aspects of Rep. Robert Freeman's job as your state representative is helping citizens deal with state government. While he can't promise to solve every problem, his staff and he will work to the best of their ability to find answers to your problems or concerns.

If you need help with or have questions about a state program, or just want some information on the many state services offered, stop by Rep. Freeman's office in Easton, at 215 Northampton St. The office is open from 9 a.m. to 5 p.m. Monday through Friday, or you can call 610-253-5543.

He and his office staff can help you with financial assistance for higher education, unemployment compensation, state income tax questions, prescription-drug assistance for senior citizens, the Children's Health Insurance Program and more, including applying for the Property Tax/Rent Rebate Program.

His office now has applications available for this program that offers state rebates on previous-year property taxes or rent to income-qualifying seniors and other eligible Pennsylvania residents. For more details and help with applying, call or stop by Rep. Freeman's office.

Visit Rep. Freeman's website, www.pahouse.com/freeman, which contains information on his legislative activities, as well as an online request form for constituent services. Using the form, you can ask for free brochures, state maps, a voter registration form, an absentee ballot application and other helpful booklets.

Weed & Seed Office 1201 Ferry Street, 1st Floor ~ Call us at 610-438-2680 ~ Email us at weedandseed@easton-pa.gov

Feel free to contact us 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 click on Weed & Seed. You can also become a FAN on FACEBOOK at <http://www.facebook.com/pages/weed-and-seed/119142324763079!!>



THE EASTON ECCENTRIC

All about everything in Easton, all the time!

Eastoneccentric.blogspot.com
We've got a mobile version too...read us on your smartphone.
Got news? Visit the site and click "email us".



Of the Lehigh Valley

Pregnancy Resource Center
Free Pregnancy Tests - Options Information
Parenting and Life Skills Classes
Serving men, women, & youth

All services are free and confidential.

1101 Northampton St., Ste. 202, Easton 610-821-4000

WWW.PREGNANCYINFOLV.ORG

24-Hour pregnancy support 1-877-791-5475



FREE TAX PREPARATION

for households with income less than \$50,000 Call 610-691-5620 or <http://www.signupgenius.com/go/60B084FAFAE2AA64-client>
You may qualify for up to \$5,751 with the Earned Income Tax Credit**
**If you earned less than \$50,000 a year, you may qualify for up to \$5,751 based on family size and income.

Sites are open Jan. 28th to April 15th

Easton Area Public Library

515 Church Street
Easton, PA 18042
Tuesdays 2pm-7pm
Saturdays 9:30am-2:30pm

Easton Area Community Center (St. Anthony's)

901 Washington Street
Easton, PA 18042
Fridays & Saturdays 9am-12pm
Weather permitting through 4-13-13

Items you will need to bring:

*Social Security Cards, *Proof of identification, *Accurate birth dates, Forms W2, W2G, 1099R, Forms 1099INT and 1099DIV, last year's tax returns, Bank routing numbers and account numbers for direct deposits, day care provider's info, College tuition, Form 1098T, Real Estate Taxes, Work-related expenses, New car, First Time Home Buyer, Energy Credits. *Applies to everyone

A Service Provided by: Community Action Financial Services, a Program of Community Action Committee of the Lehigh Valley in partnership with the Internal Revenue Service.

Earn Your GED! Learn English! Sign Up Today!

ProJeCt of Easton offers convenient classes for all learning levels.

Adult Basic Education
GED Instruction

English as a Second Language

Free pre-school for children of enrolled adults

To enroll, call ProJeCt's Fowler Literacy Center:
610-258-1100, ext. 13



ProJeCt of Easton, Inc.
320 Ferry Street
Easton, PA 18042
610-258-4361 •
www.projecteaston.org

NEED DENTAL CARE???



The Northampton Dental Initiative (NDI) provides free restorative and preventative care to people who have no dental insurance and meet the NDI financial qualifications. To be eligible to participate in (NDI) you must be a resident of Northampton County, Pennsylvania and your household income must be under 150% of the federal poverty level for 2013. (NDI) provides general restorative and preventative care including oral exams, x-ray's, cleanings, fluoride treatments, simple extractions, sealants, and oral health education. For more information on how to apply and determining eligibility, please call 1/866-903-9104.

PARENTS WHO CARE (PWC)



Parents Who Care is a 4-week parent workshop scheduled for Monday evenings at the Easton Area Community Center, starting April 22nd from 5-7pm.

The PWC Program is based on the Active Parenting Now interactive video series, designed to help parents raise responsible and cooperative children. If you're interested in learning: what your "parenting style" is, how to avoid power struggles, improve communication with your children then PWC is the program for you!

Parents must PRE-REGISTER for this FREE program by calling Family Connection/ Lisa Bedoya at 610-250-2551 Ext. 24323.

*PARENTS WILL RECEIVE A \$25.00 GIFT CARD AFTER ATTENDING ALL 4 SESSIONS!

Health Services Available ...

Contact ST. LUKE'S HOSPITAL INFOLINK AT
1-866-785-8537

Infolink is available 8:00 am - 4:30 pm M - F

Easton Phillipsburg Muslim Association
1017 Lehigh Street, Easton 484-903-4903
email: freeclinic@epmaonline.org
6:30 - 8:30 pm 1st THURSDAY each month

save the Date!



FOR PAXINOSA FAMILIES ONLY

“BED , BOOK, and BEYOND”

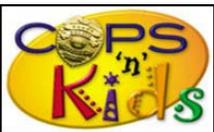
Come in your pajamas and bring your sleeping bag or blanket AND parents.

Paxinosa Elementary School
Tuesday, April 30, 2013, at 5:00-6:30 p.m.

- Learn about summer programs to have fun maintaining learning skills over the summer.
- Get a free book to take home.
- Read with parents to launch a happy reading experience for the summer.

Dinner will be served.

For additional information, contact us at
610-250-6562 **copsnkidseaston@gmail.com**



CALLING ALL KIDS!!

Visit the Reading Room for programs AND **FREE** books. Have fun through inspired stories and activities.

Open every Thursday 11 am -7 pm First Saturdays & Third Saturdays 10 am - 12 pm

EASTON AREA COMMUNITY CENTER, 901 Washington Street, Easton, PA 18042

For additional information, contact us at 610-250-6562 or copsnkidseaston@gmail.com





School of Creative Arts
Announces
Children's Dance Classes
Location: Teen Center
1101 Northampton St. Easton

Preschool Dance (3 1/2- 5 yrs.) –Mondays, 1:30-2:30pm

Ballet, Tap, Tumbling.

9-11 yrs.- Mondays, 4:00-5:00pm

Ballet, Tap

6-8 yrs. - Mondays, 5:00-6:00pm. Ballet, Tap, Tumbling

12yrs. & up- Mondays, 6:00-7:00pm

Hip Hop

Enrollment Now in Progress For:
Summer Classes & Dance Camp
SOCA Preschool & Kindergarten 2013-2014

** The mission of School of Creative Arts is to educate, train, and release a new generation through a Christ-centered, arts-integrated curriculum which assists young people in the exploration, discovery, and fulfillment of their God-given purpose at home, in their city, and to the nations.*

For more information, prices, or to pre-register please call: Donna Ruggiero @ 610-217-8396.



Summer Day Camp Programs
(Completed Kindergarten – 12 years)
610-258-6158 x26
Registration now open
For complete details, brochure and registration packet visit our website: www.familyymca.org

Early Childhood Development Center
(6 weeks – Kindergarten)

610-250-7193
Registration now open for Child Care & Full Day Kindergarten Program (DOE) 2013/2014
Summer Day Camp Registration Open (Ages 3 – 5)

Pre K Counts Program
(3 & 4 Years)

610-438-6210
Registration now open for 2013/2014 School Year
FREE preschool education to families who qualify within the income guidelines

School Age Program
(Kindergarten – 14 Years)

610-258-6158 x26
Registration now open for 2013/2014

For more information and registration packets visit our website at: www.familyymca.org

EASTON AREA COMMUNITY CENTER
2013 Summer Day Camp

Monday, June 24 thru Friday, August 16
Mon- Fri, 9AM—2PM
(EACC open 2-5PM for non-camping members)

Ages 5 to 15 yrs. \$25.00 per week
Includes breakfast, lunch and snack!

Activities and Programs include:
Arts & Crafts
Cops n Kid's Reading Room
EACC History Club, Field Trips
Gardening and Nutrition Programs
S.P.A.R.K., Soccer and much more...!

Join us for 8 weeks of FUN!
901 Washington St., Easton, PA
www.eastonareacc.org
www.facebook.com/eastonareacommunitycenter
610-253-8271 saints1@ptd.net



Are You Ready?!

INDOOR SOCCER



At
Easton Area Community Center
901 Washington St. Easton, Pa.
Starting Monday March 25 to May 30, 2013
Mondays & Thursdays Evenings
6:00pm - 7:30pm
Ages 8-14
Cost: \$25.00
For information please contact
Bonnie Buncher or Sahr Mbriwa
At (610)253- 8271



Children of Incarcerated Parents Group

A group for children covering issues important to kids with an incarcerated family member.



- Sessions to include
- Week 1: What am I feeling?
 - Week 2: Definitions: Incarceration related Terms
 - Week 3: My Family
 - Week 4: Grief and Loss
 - Week 5: Personal and Family Trauma
 - Week 6 Feelings and Thoughts
 - Week 7: Personal strengths and Growth
 - Week 8: Homecoming and Reentry

Tuesdays at 5 PM at the KidsPeace Family Center.

Walk-in appointments
Monday—Friday
9am-6pm

1650 Broadway
Bethlehem PA
18015
610-799-8600



HOUSING OPPORTUNITY MEETING

What is housing discrimination?
What can be done about it?
Do you have satisfactory housing options?
Do you know your fair housing rights?

Your input is needed to create Lehigh Valley's future housing plans.

Wednesday April 3, 2013
EACC
901 Washington St,
Easton
7:00 pm



Take a walk with ProJeCt!

ProJeCt of Easton is participating in the Highmark Walk for a Healthy Community, a fun 5K walk that supports local non-profits.

When: Saturday, June 15th at 9 a.m.

Where: Bethlehem's SteelStacks Campus

How to sign up: Visit highmarkwalkbethlehem.towercare.com/projecteaston or call 610-258-4361, ext. 18



ProJeCt of Easton, Inc.
320 Ferry Street
Easton, PA 18042
610-258-4361 • www.projecteaston.org



Saturday June 15, 2013
9:00 am
SteelStacks Campus,
Bethlehem



Help **Family Connection** reach their goals of 100 walkers & \$3,500 raised!

- Visit www.walkforahealthycommunity.org
 - Click on "Bethlehem"
 - Click the "Registration" tab
- Scroll to find the "Family Connection of Easton" link

Once on their page you can register as a walker or donate online.



“The easiest way to make a difference in your health!”

The average person living in American consumes over 45 gallons of sugary drinks a year. It is hard to believe that we drink that much.

Let's do the math. 45 gallons equals 5,760 ounces. There are 365 days in a year. Therefore if you drink 16 ounces per day of a sugary drink, you are drinking 45 gallons per year. Each sixteen ounce soda has 44 grams of sugar, about 11 teaspoons.

What is a sugary drink? Obviously soda, but also fruit drinks and those coffee and tea drinks that are loaded with sugars and creams. Some of the flavored water drinks and sports drinks have way too much sugar in them.

Let's go back to the math. There are approximately 3500 calories per pound of body weight. Remember the 44 grams of sugar from above (one 16 oz. soda)? Forty-four grams of sugar is equal to 176 calories. Drinking one soda a day above the amount of calories your body can burn equals a weight gain of twenty pounds a year.

Teenagers and pre-teens drink even more than the average person. The beverage industry now spends \$500 million annually on marketing campaigns directed at children, more than the marketing budget for any other grocery product, and it finds ways to put logos and messages everywhere you look.

The constant sugar overload to our bodies from drinking sweetened beverages is directly related to the dramatic increase in pre-diabetes and Type 2 diabetes that is occurring across our nation, including in our children.

Take control of your health by reducing or eliminating sugary beverages. Remove them from your home. It is one of the easiest and best ways to make a positive difference in your health.

Try the recipe in this newsletter. Have your children help you make it. The more children are involved in growing and cooking real foods, the more they will eat them.

Be healthy,
Dr. Meagan and Sensei Eric
Kellyn Foundation



Cooking DOES Matter!

You know that eating right is important - for yourself and your family. But you might be surprised at how easy and affordable it can be. What if you could stretch your budget and make great-tasting, healthy meals every day of the week? That's what Share Our Strength's Cooking Matters is all about. We offer hands-on classes that help you make the most of what you've got, so your family gets the best nutrition possible. Our chef and nutritionist volunteers will teach you how to budget your food money, buy healthy ingredients, and cook delicious meals.

What YOU get from Cooking Matters:

- A meal in every class!!
- Groceries to take home and prepare at least one meal made in class
- Cooking skills and hands on learning with our chef instructor
- Nutrition knowledge and how to make healthy food choices from our nutrition instructor
- Grocery shopping tips and know-how to stretch your food budget

Cooking Matters classes are held once a week for six weeks. Each class is two hours long. *By signing up to participate in Cooking Matters, you are committing to attend class each week of the six week course.*

Cooking Matters for Adults will be on Thursdays from 10:00 am-12:00 pm beginning April 24th until May 29th at Easton Area Community Center. Please contact Ada Chandler at 610-253-8271 if interested.

Kid Friendly Grilled Vegetable Quesadilla

Serves: 4

Prep Time: 15 minutes Cook Time: 15 minutes

Ingredients:

1 tablespoon Canola Oil
1 large onion, sliced thin
8 ounces button mushroom, sliced
3 cloves garlic, minced
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon fresh oregano
Salt and Pepper as needed (pinch)
1 zucchini, sliced and grilled
1 yellow squash, sliced and grilled
1 red pepper, sliced and grilled
1 green pepper, sliced and grilled
4 (10 inch) Flour Tortillas
1 cup Cheddar Cheese or Monterey Jack, shredded
Serve w/ Sour Cream and Salsa, optional

Directions:

Pre-heat the grill to 350 degrees. After all the vegetables have been sliced, place in a large bowl and season with garlic, cumin, chili powder, oregano, salt and pepper. Toss everything together. Place the vegetables on the grill, 1 layer only. Lightly grill all the vegetables until tender, about 3 minutes on each side. Remove the vegetables from the grill and place on a cutting board. Chop all the vegetables and set aside. To assemble the quesadillas, add ¼ cup of cheese to each tortilla that is open at your work station. Add a ¼ cup of the vegetable mix on top of the cheese and fold in half. In a frying pan large enough to fit the tortillas, add the canola oil to coat the bottom. 1 at a time, fry the quesadilla over medium heat until golden brown on both sides (about 2 minutes per side). Repeat until all are done. Cut the quesadillas in 4 and serve.

LOCAL FOOD BANKS



Salvation Army, 1110 Northampton Street 610-258-9531
St. Vincent de Paul, 841 Washington Street, 1st & 3rd T
from 6-7:30 pm

St. Pauls Lutheran, 610 West Berwick Street, TH 6-7:30 pm.
610-258-2612

ProJeCt of Easton, Inc., 330 Ferry Street, M & TH 10-12:30 pm & TH
1-3:30 pm. 610-258-4361

Holy Temple of Easton, 824 Ferry Street, TH 7-8 pm. 610-250-9886
*For a more complete list you can also go to www.shfblv.org or
contact the Weed & Seed office at 610-438-2680.*



Boys & Girls Club of Easton & The Easton Teen Center

Celebrating **NATIONAL BOYS & GIRLS CLUB WEEK**
April 7 to April 13, 2013 - Join Us!

with **1 WEEK FREE MEMBERSHIP FOR TEENS**, 13 to 19 years Boys &
Girls Club of Easton & The Easton Teen Center are offering a trial one week's FREE member-
ship for all teens to get involved in the leadership, sports and academic programs offered at the
Club. The trial membership will be held during National Boys & Girls Club Week, April 7th to
April 13th.

TRANSPORTATION for **AFTER-SCHOOL** Programs at the Boys & Girls Club of
Easton and The Easton Teen Center is available now at a minimum cost - please call
the Club or email for more info.

Located at: Easton Teen Center, 1101 Northampton St, Easton's West Ward
& 210 Jones Houston Way, Easton's South Side

For more information call The Club at 610 253 1102, or email stars@fast.net, & check out the
Club's web site at www.eastonpabqc.org.

GREAT FUTURES START **HERE!**

IMPORTANT NUMBERS:

EMERGENCY: 911 Weed & Seed: 610-438-2680

- *American Disability Act (ADA): 1-800-514-0301
- Childline-Suspected child abuse: 1-800-932-0313
- *Code Violations & Vacant Property: 610-250-6723
- *Crime Victim's Council: 610-437-6611
- *EASD Anonymous Safety Hotline: 610-250-2400 X35411 for the purpose of
reporting any safety concerns which may jeopardize the safety of staff or
students.
- *Easton School District: 610-250-2400
- *Fire Non-Emergency: 610-250-6676
- *Homeless Supportive Services: 610-433-6421
- *Illegal Dumping: 610-330-2200
- *Mayor's Clean & Safe Hotline: 610-250-6737
- *National Alliance on Mental Illness: 610-882-2102
- *Northampton County Assistance: 610-250-1700
- *Northampton County Emergency Svcs: 610-252-9060 24-Hour Hotline
- *Police Non-Emergency: 610-759-2200
- *Protection from Abuse: 610-559-3061
- *Public Works: 610-250-6680
- *Social Security: 1-800-772-1213
- *Turning Point-Domestic Violence: 610-437-3369 24-Hour Hotline
- *Valley Wide Help: 610-252-4367
- *Voter Registration: 610-559-3199

Easton Weed & Seed

Meeting/Program Schedule & Contact Information
Meetings Open to the Public PARTICIPATION IS ENCOURAGED!

Northampton County Re-Entry Coalition
Contact: Laura Savenelli/Re-entry Coordinator
Location: Weed & Seed Office, 1201 Ferry Street, 1st Floor
Office Hours: MTW 10AM - 3PM
610-438-2680 lsavenelli@familyanswers.org

Northampton County Re-Entry Coalition Meeting Dates

April 10, 2013

May 8, 2013

June 19, 2013

July 17, 2013

August 14, 2013

September 11, 2013

All meetings are held at 1:30PM at the Easton Area Community Cen-
ter, 901 Washington St.



Easton Blockwatch - We are ALWAYS looking for new members!
Contact the Weed & Seed Office at 610-438-2680 for meeting infor-
mation. Location: Weed & Seed Office, 1201 Ferry Street, 1st Floor
Contact: Lt. J. Remaley at 610-250-6752 or jremaley@easton-pa.gov
OR

Block Watch President/Scott Reiman eastonblockwatch@yahoo.com

Community Builders (CB)

Community Builders exists to be a "blessing" to the city of Easton
(West Ward, Downtown, Southside). As people of faith we believe
that as we have been blessed, we are called to be a "blessing" bring-
ing about revitalization and reconciliation. CB seeks to do that through
planned "service days" within our community and amongst our
neighbors. We would love to have you join us! ALL skill levels and
ages welcome & needed!

If you are in need of a service or would like to volunteer with CB
please contact Laura Accetta at 610-438-2680 or laccetta@easton-pa.gov for more information.

For additional information contact
Laura Accetta, Site Coordinator at (610) 438-2680 or
laccetta@easton-pa.gov



Legislator Contact Info:

Representative Robert Freeman:

<http://www.pahouse.com/freeman/contact.asp>

215 Northampton Street, Easton, PA 18042, (610) 253-5543
Fax: (610) 250-2645 or 207 Irvis Office Building, PO Box 202136,
Harrisburg, PA 17120-2136 (717) 783-3815, Fax: (717) 783-2152

Senator Bob Mensch:

bmensch@pasen.gov, <http://senatormensch.com/newsletter.htm>

1701 Washington Blvd, Easton, PA 18042 (610) 250-5624, FAX: (610) 250-5628
or Senate Box 203024, Harrisburg, PA 17120-3024, (717) 787-3110, FAX: (717)
787-8004

Governor Corbett's Office: 225 Main Capitol Bldg, Harrisburg, PA 17120, (717)
787-2500, Fax: (717) 772-8284

PAXINOSA ELEMENTARY SCHOOL is always collecting Box Tops for Education! The funds from this program are used to purchase school supplies, playground equipment, etc. Don't have a child in Paxinosa?? Call the Weed & Seed office at 610-438-2680, to make arrangements to drop off your Box Tops and we'll get them to the school for you!!

