

# CPEs DTA NEWSLETTER

## NEXT MONTH AT THE COMMUNITY CENTER

July 10th from 5-7pm

It's going to be a party! Admission is \$3.00 to include karaoke, hot dogs, chips, and a drink. There will also be a raffle for \$1.00 and a popcorn walk for \$0.50 each or 3 for a dollar.

July 24th from 5-7pm

Movie Night!

## Virginia's Corner

Brought to you by: Renew, Pineapple Harmony, and Ventures.

### Special points of interest:

- Name the newsletter contact
- How and when to submit articles
- Joke's by the Joke Master
- Community Center Events

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This month I would like to talk about another place I like to go, the Ben's Bells Project. At Renew we go to volunteer at Ben's Bells two times a month.

The story of Ben's Bells began with a little boy named Ben, and his parents, Jeannette and Dean Packard. When Ben was three, he became ill and passed away. Ben's family was feeling a great deal of pain over their loss. Jeannette had an art studio in her back yard, and started working with clay as a way to cope. She came up with the idea of making bells, using clay beads. In time she invited friends to come and help. It was a hard time for Ben's family, but through the kindness of others, they began to heal. They were very grateful for all the support they received and

wanted to give back by spreading kindness and helping others.

On the first anniversary of Ben's death, hundreds of Ben's bells were distributed throughout Tucson, with the written message to take one home and pass on kindness to others.



Today, persons who spread kindness in our community, making it a better place to live, can be nominated to receive a

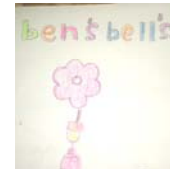
Ben's Bell. Also, twice a year, hundreds of Ben's Bells are hung randomly in public places around Tucson.

I like to go to Ben's bells to help make the beads that go into the Bells.

First the clay has to be shaped into a bead. I like making clay turtles! Then we poke a hole in the bead using a straw. Other days we paint the beads. After the beads are fired, they become part of the bells that are distributed in the community. It's a good feeling to know that helping out at Ben's Bells is a way to help spread kindness to other people.



BEN'S BELLS STUDIO IS LOCATED ON 816 E. UNIVERSITY BLVD. TUCSON, AZ 85719. THEIR PHONE NUMBER IS (520)628-2829, AND THEIR WEBSITE IS WWW.BENSBELLS.ORG.



## We Need Your Help

News for consumer by consumers is sponsored by... YOU. That's right we can not publish the newsletter without your help. We need to you

be our eyes and ears. We need reporters to submit stories in order to share news, hobbies, fun facts, recipes, and just about anything you can think of. To submit articles

for the newsletter simply e-mail them to ventures@cpes.com.

The next newsletter will be coming out on August 31st. Submissions are due by 8/18/2010.

### MMMMM Delicious!



While we were looking up ideas for the July Calendar of events we discovered that July 29th is National Lasagna Day. Although we could not find any sources to confirm the actuality of this day we figured there was no reason to throw out a perfectly good reason to eat Lasagna. With this being said here is an awesome recipe for Lasagna so you can join in the festivities as well.

hope you will celebrate this fun and yummy day.

The recipe is on page3 so take your time and remember to be safe and then of course ENJOY!



This is the recipe for Olive Garden's Lasagna Classico. We

### THE JOKE MASTER HAS RETURNED TO TICKLE YOUR FUNNY BONE

WHAT FOUR LETTERS WOULD SCARE A THIEF?

WHAT IS UNDERSTANDING?

GIVE UP? ANSWERS AT THE BOTTOM OF PAGE 4!



### Newsletter Naming Contest

Once again we need your help. We need to name the newsletter. We are accepting submissions by e-mail at ventures@cpes.com or by phone at 325-3525.

don't procrastinate we need your ideas.

There will be a prize for the winning submission so get your brain working and your submissions entered. The deadline for submissions is July 23rd, so



## World's Best Lasagna (EVER!!!)

### Ingredients

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 1/2 teaspoon salt
- 3/4 pound mozzarella cheese, sliced

### Directions

1. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.
3. Preheat oven to 375 degrees F (190 degrees C).
4. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
5. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

## Gulf of Mexico Oil Spill

On April 20, 2010 a BP leased oil rig in the Gulf of Mexico began leaking oil as a direct result of an explosion that killed 11 oil workers. Oil is leaking to the Gulf at an estimated 5,000 barrels or 210,000 gallons per day. This is enough to fill a Boeing 747 with oil everyday.

BP has attempted many different strategies to stop or reduce the flow of oil into the Gulf with little success. BP has started to drill a relief well stating that this will stop the problem but the relief well is not scheduled to be finished until August 2010.

This disaster is affecting the coast-

lines of Mississippi, Louisiana, and Florida. BP has placed buoys around the affected coastlines to try and prevent oil from reaching the shore but much oil is already damaging these areas. The wetlands in Louisiana are probably considered at the biggest risk as oil floods into the area and smothers the wetlands grass. These grasses not only provide habitats to many animals but also help buffer the ef-



fects of hurricanes on the mainland. In addition to this, fish and wild animals that have a run in with the oil don't have much of a chance to survive. Fishermen in the area are also suffering as they have been told they can not fish at the current time and do not have any expected date of when they are going to be

## Sales Tax Hike in Arizona

*“For the people who have memorized the price with tax of items on the dollar menu at McDonalds they will have to remember to carry some extra change.”*

On May 18th, 2010 voters approved a temporary tax hike for the state of Arizona. The tax hike will increase Arizona sales tax by 1% or 1 cent on every dollar. The 1% tax hike is estimated to bring in 1 billion dollars in revenue per year. Two thirds to the funds will go towards primary and secondary education with the remaining one third to fund health and human services and public safety. The tax hike is set to be automatically repealed on May 31st, 2013. Many consider the 1% tax hike a minor price to pay

to help these services desperately in need, while others are concerned that the Arizona State Government will find a reason to permanently keep the tax hike. So what does this mean for the population of Arizona?

For those who do not have tons of money and will continue to buy small items and the necessities, will have a few less pesky pennies running around in their pockets. Although pennies do add up to dollars, the amount spent at any

one time will not make most people even flinch. For the people who have memorized the price with tax of items on the dollar menu at McDonalds they will have to remember to carry some extra change.

## Determination Reaches New Heights

The word determination has new meaning as the world focuses on 16 year old Abby Sunderland. Abby left from Marina Del Rey in Los Angeles on January 23, 2010 in hopes of setting the world record for youngest person to circumnavigate the globe solo. Abby had even bigger ambitions and wanted to do it without stopping. Abby is

in good company as her brother briefly held the world record for this at age 17.

Abby had to put into port shortly after setting out due to mechanical problems, in April 2010 Abby gave up on setting the world record due to these issues but continued hoping to complete the trip. In



June Abby hit rough seas with 30ft swells in the Indian Ocean. One such swell smashed down the mast and knocked out satellite communications. Abby's emergency beacon was set off hours later,

ALL THE ANSWERS FROM THE JOKE MASTER! WHAT FOUR LETTERS WOULD SCARE A THIEF? ANSWER “OICU”

WHAT IS UNDERSTANDING? ANSWER “THE BOTTOM OF YOUR FEET”

# COMMUNITY CENTER

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July 24th from 5-7pm

*Movie Night!*

*We will be showing "The Princess and the Frog"*

*Admission is \$2.00 and will include a drink and popcorn.*

The community center is back and it came back with a bang. The first event was held at the community center since it's move on Saturday June 12th. To say it was a success would be a huge understatement it was AMAZING. With 37 participants attending and participating in Wii Karaoke it was a party. If you didn't attend be sure to get the newest schedule as you don't want to miss out on this kind of fun. We will keep you updated in the newsletter as to the most current plans.

**DON'T MISS IT**

**DON'T FORGET TO SUBMIT YOUR IDEAS FOR THE NEWSLETTER NAMING CONTEST**

LIVE YOUR DREAMS

OR

DREAM ABOUT LIVING

## The Story of Pineapple Harmony

When it was decided in March that Advance DTA and Ocotillo Blooms DTA would combine to make one new DTA it was decided that participants and staff would be able to help name the site. A contest was held to see who could come up with the best name for the site. Several names were submitted but many of them were already in use by other local businesses. After a couple of weeks the site still did not have a name. At this point a



small group of staff and participants decided to do some research on common words to come up with a fitting and available name. Throughout this research they discovered that in Colonial America Pineapples were given as house warming presents as a sign of welcome. They also discovered that the word Harmony means unity and togetherness. They decided that Pineapple Harmony might be a good name for the site because

it would translate into "Welcoming Unity" They then drew a picture depicting a smiling pineapple holding a banner that said harmony. The name was then submitted and the judges liked the uniqueness of the name and thought that it represented exactly what the two site merger meant. And thus Pineapple Harmony was born.

