

PPC TOPEKA'S FAMILY NEWSLETTER MARCH, 2009

OMBUDSMAN'S CORNER

Spring has sprung!!! Or at least it will soon! With that brings potential bad weather. Please be aware of what to do in case of extreme weather. I will share with you a few pointers that I have learned along the way later in the newsletter.

I want you all to know that I am always here for you if you have something that you need to talk about, have concerns about home, schools for your children or healthcare related issues, or whatever else might be bothering you. Please know that you can contact me and I will help you in any way that I can.

I haven't had the time to really look at this yet, but I have been told it is a great way to find out what is going on in Topeka for family orientated activities.
www.topekakidsrock.com.

Keep checking the PPC website for information about upcoming events as they arise!
<http://www.uscg.mil/ppc/ombudsman.asp>

Since my newsletters are not monthly, please email me at hcstew@yahoo.com if you would like to receive information as I receive it. I normally wait for an event or for an accumulation of interesting items to share.

My phone number is 250-4667.
Heather Stewart

SEVERE WEATHER INFORMATION

Even though they can be annoying, I highly recommend getting a weather radio. They can be purchased just about everywhere! I hear that the local fire departments have them also and will program them for you.

Familiarize yourself with these terms to help identify a tornado hazard:

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio, or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

If you do not have a safe place in your home during a tornado, please familiarize yourself with a local shelter

to go to in case of an emergency. If you need help finding the closest one, please call me.

What do you have in your safe shelter at home? I have one bin that contains water, food, pet supplies and various hygiene items. I have one bucket just in case "nature calls". I have blankets and pillows and of course my weather radio. I also keep handy a bin that contains all of my photos and memories just in case because I can't replace those!

MARK YOUR CALENDARS!

I do not have the specifics on dates yet, but coming up in May, there will be a silent auction at PPC to raise money for morale. If you have anything to donate, please send it to work with your spouse. Also, the Day in the Park has tentatively been scheduled for the 16th of June. This is an event for PPC and dependants. The rain day will be the 17th of June. Day in the park is located in Gage Park right behind the dog park. I do not know of a time yet.

MILITARY DISCOUNTS

Dairy Queen Most DQ's have a 10% discount.
Dairy Queen at 29th and California has a 50% discount!
Boston Market 10%
Kansas City Chiefs and Royals ongoing
Macy's 1st Tuesday of every month 15%
HuHot Tuesday's after 4:00 p.m. everyone with a military ID will receive \$3.50 off of their meal and drink
Rack Room Shoes every Tuesday 10%
Red Robin 10%
El Agave at 21st and Washburn 10%
Suntana \$25/mo unlimited tanning

If you learn of more places with a discount, please let me know!

YUMMY!!!

Spaghetti Tacos!! Yes, I know you just made an ew face! They are really good!

Brown the meat and add taco seasoning (per the package); add spaghetti sauce; and simmer (get as much of the juice out as possible. Break the pasta up so that it is not too long and add it to the mix. Using hard shell tacos, fill the taco with the mix, eat and ENJOY!