

The Eastside Monthly

Fast Happenings in the Neighborhood

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Volume V, Issue VIII

August 2005

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★ ★ ★ ★ ★ ★ ★ ★ Don't forget to vote August 2! ★ ★ ★ ★ ★ ★ ★ ★

"Cool" Changes Coming To Hunter Park

Look forward to some "cool" changes coming soon to Hunter Park! Allen Neighborhood Center, in partnership with the Friends of Hunter Park and Lansing Department of Parks and Recreation, has been approved for a \$100,000 "Cool Cities" grant to make improvements in Hunter Park. The money will be used to create a 1/2 mile long perimeter walking path around the park and build an urban greenhouse (or "Hoop House") for year-round indoor gardening. Both improvements are priorities on the Hunter Park Master Plan, a blueprint of 12 improvements for the park created by Eastside neighborhood residents in 2003. The "Cool Cities" Initiative began in 2003 as a part of Governor Granholm's plan to revitalize communities, build community spirit, and retain "knowledge workers", who are leaving Michigan in alarming numbers. The grants support work that will make Michigan cities unique, attractive and exciting places to live; in other words, to make them more "cool".

Look for these improvements to start popping up in the coming months. The Hoop House will house a neighborhood-based Community Supported Agriculture (CSA) project. Residents will purchase or work for shares in the CSA in return for a share of the produce. Also look for seasonal gardening classes and a Youth Garden Scholars program, in which youth will plant and maintain a garden and sell their produce at the Allen Street Farmer's Market and throughout the neighborhood via mobile vegetable carts. If you have expertise or interest in working with CSA's or hoop houses and would like to help develop these programs, call Corie at 485-7630.

When you are considering how you will vote on the August 2 parks millage ballot proposal (Proposal 1), please bear in mind that State and Federal grants are often contingent upon match funds from local governments or groups. Allocations that have been made by Parks and Recreation toward improvements in Hunter Park served as the required match for the "Cool Cities" grant. This and additional small grants to ANC for this project brought the required match to \$50,000, so we now have \$150,000 for improvements in the park.

Job Opening: Food Team Leader

ANC has an opening for a Food Team Leader to replace the irreplaceable Hollie Hamel, who is off to Alaska. This is a full-time position that will start approximately September 1, 2005. Salary would be commensurate with experience. The Food Team Leader will oversee all of ANC's food programs, and in particular will work closely with the City, neighbors, and all other partners in the development of the greenhouse in Hunter Park. The greenhouse will enable year round growing, and house a variety of educational programs for youth and adults. Strong candidates will have education or training related to the position. Experience on the Eastside, in neighborhood development, microenterprise development, planning and program management are helpful. Please submit your resume and cover letter to ancjoan@sbcglobal.net or to the Center by August 16. Call Joan at 367-2468 with questions.

Back to School Events

The 1st day of school (a full day) is Aug. 29!
 The Round-up Rally Aug. 30 starts at 5:30 PM at Sexton with bands, free food, and a sign-up for free school supplies. Contact the PACE office at 325-6180 to enroll. Schools will be closed Sept. 2 & 5 for Labor Day.

Neighborhood Meetings

- Aug. 2: ABC** mtg, 6:30 PM
- Aug. 3: ENO** mtg, 7 PM, Foster
- Aug. 4: FAIR** mtg, 7 PM
- Aug. 8: Potter Walsh** mtg, 6:20 PM, Potter Park Methodist Church
- Aug. 17: Foster Your Neighborhood** mtg, 7 PM
- Aug. 22: LECDC Board** mtg, 12:30 PM
- Aug. 22: ANC Board** mtg, 4:30 PM



The Eastside Monthly is a publication of Allen Neighborhood Center. For general comments or to submit news for the next edition, contact Sarah McDonald at 485-7630 by **the 12th of the preceding month.**

Funding for the Eastside Monthly is provided in part by the Michigan State Housing Development Authority.

ANC Update

Activities and programs offered by Allen Neighborhood Center

YSC Member of the Month



T.J. Fentress

August's YSC Member of the Month is Thomas "T.J." Fentress. T.J. is a 10th grader at Waverly High School. He was chosen for his charismatic personality and loyalty to YSC.

Kid News from YSC

On Sat., August 6, YSC members will go to Battle Creek to see Archbishop Desmond Tutu. The day includes a speech by Tutu and other fun activities. The event is sponsored by Peace Jam, MSU Extension, 4-H Youth Programs, and the Kellogg Foundation. Last month there were quite a few incidences where youth were chased by dogs during newsletter distribution. As a result some YSC members are afraid to deliver newsletters. It is important that dogs are either in a self-contained area or on a leash. If you are a dog owner and would like to continue receiving the *Eastside Monthly*, please make sure that your pet is contained.

Home Tour Wrap-up

Thanks to everyone who participated in the Eastside Home and Community Tour on June 25! Approximately 500 people participated this year. We still have Home Tour shirts (\$10) and posters (\$20) available at the center. We are actively seeking homes and sites to be included on next year's tour.

Continued on page 5, see TOUR

Rosa Continues at ANC!

We are not quite ready to say goodbye to Rosa Robinson, our other VISTA

Continued on page 5, see ROSA

Wednesday Morning Senior Coffee

(Non-seniors are welcome, too!)

August 3: Book Chat

August 10: What is the Insurance Bureau and What Do They Do?

Judy King of the State of Michigan's Insurance Bureau will provide an overview on the important work of this agency, particularly for seniors.

August 17: Debbie Miner, candidate for Lansing City Clerk and current holder of that position will discuss the work of this office.

August 24: Chris Swope, the other candidate for Lansing City Clerk, will present *his* vision for the office.

August 31: Key Largo Adventure, circa 1974 Joan Nelson will share stories and photos from her year in the Florida keys.

Goodbye Sarah!

Sarah McDonald has been a VISTA here at ANC since August 2004. After a year of dedicated service, she is leaving us to pursue new and exciting opportunities in California. Sarah has worked with the Food Project, managing our weekly Breadbasket and handling food stamp transactions for the Farmer's Market, and served as editor and coordinator for the Eastside Monthly. Every month, she has managed the tricky task of coordinating and coercing material from schools, neighborhood groups, and the varied projects at ANC, and forming it all into an entertaining and informative read. We will sorely miss her steady persistence, frequent brilliance and subtle sense of humor. Best of luck, Sarah, wherever life takes you!

Food Chatter

The Farmer's Market is in full swing!

Continued on page 5, see MARKET

ANC would like to thank:

- **Martha Dee, Jane Braatz, Mark Edick, Lori Miller, Pete Vargas, Janet Mary Sinke, Joan Nelson, and Bob Barnett** for their Senior Coffee presentations
- The **Mayor's grant program** for funding our senior field trip to Chelsea and the Purple Rose Theatre
- The **Waverly 39ers** for sharing their bus to Chelsea with us
- **Nancy Anne Coldflesh, Ph.D.** for a generous donation to the Wednesday Morning Senior Coffee "Book Fund", and to **Adel Wentworth** for facilitating this
- All of our **Farmer's Market volunteers** for their continued support
- **Slick Shirts** for donating signs to the Market
- **Adel Wentworth** for her Kitchen Safety presentation at the Farmer's Market
- **Kathie Kuhn** for giving hand massages
- **Miko Fossum, Jen Sygit, Laura Bates, and Phil Wintermuse** for performing at the Market
- Members of **Youth Service Corps** for the Peace Jam Blowout at the Market
- **Michigan Nutrition Network** for funding our Food Resources Program
- The **Komen Foundation and Blue Cross Blue Shield of Michigan Foundation** for support of our Health Outreach Program
- **WLNZ and Parks and Recreation** for support of the Hunter Park Music Fest
- The Governor's **Cool City Initiative** for selecting our Hunter Park Project for a Cool City award
- Members of **Friends of Hunter Park** for their hard work in organizing the July 30 concert, especially **BriAnne Havens, Francine Hughes, Martha Dee, Corie Jason, Michael Fortina, Mark Edick, Tari Muniz, Steve Kwasnik, Leon Scott, Erica Jenkins, James Pyle, Bobbie Hardy, Karan Anderson, Jennie Grau, Julianne Jones, Nancy Vanhoozier, and Murray Stewart-Jones**
- **Francine Watts and Tammy Uribe** for their good work in growing the Kinship Care Support Group
- **Ae Kue** from MSU Extension 4-H for making a Peace Jam Blowout banner
- **Marquette Frost** for her help in funding the Peace Jam Blowout

Welcome Daniel, Patricia, and Sarah!

Welcome to **Daniel Stanaway** and **Patricia Midgett**, our two new VISTAs who will start their year of service in August, and **Sarah Steele**, who will be working part-time with the...

Continued on page 4, see WELCOME

Across the Neighborhood

Neighborhood News

ABC: We will have our Neighborhood Night Out on Friday, August 12 on the patio of Bingham School, starting at 5:30 PM. We will eat around 6. There will be games for kids and a piñata. We will also have raffles for some great items. Please bring a dish to share. The meat, drinks and table service will be provided. Come bring the family and plan to have a great time with your neighbors. If you have any questions, please contact Denise Kelley at 484-9109.

Foster Your Neighborhood: The Foster Your Neighborhood Association will hold its August membership meeting on Wednesday, August 17 at 7:00 PM at the Foster Community Center. Interested neighbors may contact John Mertz at 482-5200 for more information.

Prospect Protectors: Join Prospect Protectors for the annual block party on Tuesday, August 2 starting at 6:00 PM. We will gather in the block of Prospect between Virginia and Rosamond. Hot dogs and drinks will be provided as well as fun and games. Please bring a dish to pass. Any questions, call Corie at 482-8756.

PLACE: PLACE Neighbors are having a potluck for Neighborhood Night Out on Tuesday, August 2 from 7-9 PM at the 1500 block of Prospect Street. Please bring a dish to pass and your own table settings as well as meat to grill if you wish. We will provide a grill and griller, tables, chairs, drinks, and good company. If you are willing to help set up please arrive at 5:30. If you can help clean up, stay until 9:30.

Garden Project: The Garden Project is seeking volunteers to harvest all kinds of fruits and vegetables for the Greater Lansing Food Bank. Gleaning crews generally work weekday mornings, and then produce is distributed by staff in the afternoon. Volunteers may keep some produce for their own use. The harvest season runs from mid August through the end of October. For more information and to request a registration form, contact Roberta Miller at 887-4660 or gardenproject@ingham.org.

Main Library: Do you have a child starting pre-school or kindergarten this fall? Come to the library for our special program especially designed for children going to school for the first time. We'll share some fun stories and songs, watch a video clip about going to school, and make a simple craft you can take home. Please pre-register by calling 367-6367.

In celebration of Women's Equality Day, the Ingham County Women's Foundation, along with CADL, the Michigan Women's Historical Center and other local women's groups will present a panel discussion on issues affecting working women. Panelists include Pat Curran and Judy Karandjeff. An optional lunch is available for \$10. Please RSVP to Vicci Knowlton no later than August 23 at icwf@sbcglobal.net.

Foster Library: Summer Reading Programs for all ages run through August 6. Be sure to bring in your record of time spent reading to get all your prizes!

Summer Storytime will be held on

Tuesdays, August 2 and 9 at 10:00 AM. These will be the last story-times until the fall sessions.

There will be one more session of Preschool Crafts on Wednesday, August 10 at 10 AM. Please register for this program by Monday, August 8 so we will be sure to have enough materials on hand.

Come see what can be done by a person on stilts. One of the High Five Guys will be in Foster's gym on Thursday, August 4 to amaze and amuse us at 2:00 PM.

Transportation to Cooling Centers: When temperatures soar, parents with small children, senior citizens, and residents with health conditions that could be made worse by the heat are encouraged to spend at least a few hours at a Cooling Center. CATA will be providing free rides to for Senior Citizens. Anyone who cannot use CATA's regular route buses should contact the Red Cross to arrange transportation to a Cooling Center at 484-7641. After hours or on Saturday call 483-7205. See page 5 for Eastside cooling centers.

School Principals Speak

Lansing School District: Enjoy the rest of your summer! The first day of school is Monday, August 29. See you then!

Lansing Catholic Central: School will start after Labor Day this year. Upcoming August dates are:

- Aug 16-17: Schedule Changes
- Aug 21: Cougar Pride Clean-up
- Aug 24: Board of Ed. Meeting
- Aug 28: Cougar Pride Clean-up
- Aug 29: Freshmen Orientation
- Aug 29: New Parent Orientation

Growing in Community

The People and Groups Making a Difference On the Eastside

Eastside Principals

This month, we've provided space on this page for three Eastside principals to share their plans for the year ahead.

Mary Henry Bingham Elementary School

Folks at Bingham have been very busy getting things ready for an exciting and productive school year. Bingham will have five new teachers joining our staff this year; Christina Lambert - K, Bethany Schultz - 1st, Paul Munson -2/3 split, Barbara Rhyne - 5th and Margaret Judge, K-2 literacy teacher.

Bingham will continue as a Reading 1st school for the third year and as a PROM/SE grant school for its second year, maintaining a skills focused approach to teaching reading, math and science. Staff will be participating in the "Six Traits of Writing" and working to enhance writing skills for all students. Jason Bremer will again be in charge of After School Programs, and two new programs will be added: Fire-up Friday and Girls on the Run (3rd - 5th). Please watch the school sign for important announcements. Special written announcements for parents/guardians will be sent home on yellow paper.

The Bingham office will open August 15th if you would like to stop in, or you may call at 325-6770 and schedule a time to ensure availability of the person you want to see. Teachers will be sending home information packets the first day regarding what students need. Please DO NOT send anything until you have had a chance to review this information and then only send items

designated. Enjoy your last summer days and we will see you on Aug. 29th.

Pamela Diggs Eastern High School

The Learning Communities approach for 9th grade is new this year. All the high schools will have pure 9th grade classes – students returning to take these classes again will not be mixed in with first year students. All first-year classes will take place on one floor, and teachers will be split into teams and will share the same students. All freshmen will be requested to take a foreign language. Classes will be right next door to each other, to require less walking, and teachers can keep track of students better that way. Advisor/advisee mentoring will be provided for freshmen before school, during lunch and after school.

We're going to continue with the Pre-IB program. We've applied to the New York office and are awaiting an assessment to have it certified. We hope to implement the full IB program in 2006-2007. We've also added a new AP class in Language.

We're continuing with the Community Dream project — fundraising to build a stadium in the area. We'd also like to have our building utilized more by community groups.

Donna Pohl Pattengill Middle School

One of our main projects this year will be adopting the "Love & Logic" program. Love & Logic is a method of working with students developed by Jim Fay and child psychiatrist Foster Cline M.D, and a resource for teachers to gain student participation in positive discipline techniques. It helps create a school environment where students can develop their own sense of self-

discipline and independent problem-solving skills. We started last year with a session for community members and parents. Two of our teachers also attended a Love & Logic seminar with one of the founders of the program. We will have another session for parents in the fall and again in the spring. For staff, we received a comprehensive school reform grant, and will use the funds to provide professional development.

We rolled out a program in the last week of school called "Parents on Patrol" – POP. It's a partnership between police, parents and school, to help create a safe environment for students walking home from school. Parents will volunteer their time to be the eyes and ears of the LPD to identify bullying and unsafe activity as students walk home from school, and radio to the Lansing Police so that they can help deal with the situation. The Lansing Police Dept. will hold a training session for volunteers on Thursday, August 18th at the North Precinct. Contact Sgt. Emmonds for more info at 483-4628.

WELCOME, cont. from page 2

...Health Team this summer. **Daniel** graduated from MSU with a degree in Environmental Studies/Resource Development. He will work on a variety of projects, including this newsletter, Urbandale, Hunter Park, and the Food Team. **Patricia** will be the first person who greets you when you walk into the Center. She has a degree in Community Services from Sienna Heights University, and has experience as a teacher. Her primary responsibilities will be Information & Referral and Breadbasket. **Sarah** comes to us with a degree in Social Studies from MSU and has a rich background in work, volunteer, and athletic (Women's Ice Hockey "All American") experiences. Welcome!

Community Builder's Toolbox

Ideas and Information for Strengthening Neighborhoods

Cool Off

Need a place to cool off? Lansing has several "Cooling Centers" open during these hot summer months.

Eastside Centers

Sparrow Health System 1215 E. Michigan Avenue
Open 24 Hours, 7 Days a Week

Foster Community Center 200 N. Foster
483-4233 Open M&F, 8:30-5:15, TWTh, 8:30-8:45

Salvation Army 525 Pennsylvania
484-0386 Open Monday-Friday, 8:30-4:30

Other Lansing Centers

Cristo Rey Community Center 1717 N. High Street
372-4706 Open Monday-Friday, 8:00-5:00

Tri-County Office on Aging 5303 S. Cedar
887-1440 Open Monday-Friday, 8:00-5:00

Letts Community Center 1220 W. Kalamazoo
483-4311 Open M&F, 8:30-5:00, TWTh, 8:30-8:45

American Red Cross 1800 E. Grand River
484-7461 Open M-F, 8:30-8:00, Sat-Sun, 12-3

Ingham Regional Medical Center 401 W. Greenlawn
334-2596 Open Monday-Friday, 6:00 AM—2:00 AM

Lansing Mall 5330 W. Saginaw Hwy
321-3534 Open Monday-Saturday, 10-9, Sunday 12-6

For a full list of Cooling Centers, go to www.cityoflansingmi.gov

TOUR, continued from page 2

If you have any feedback or ideas, contact Joan Nelson at ancjoan@sbcglobal.net or 367-2468. A huge thank you to Beth Monteith for facilitating the tour, and to the homeowners who participated: **Dave Muylle, Ron and Winalee Zeeb, Jim and Judy Herbert, Nicki Rose and Rob Wummel, Russ and Kristina Winchel, Winona Yothers, Belinda Fitzpatrick, and Jim and Amy Cripes.** Also thanks to the business owners and other site contributors: **Jose Lopez of Lopez Bakery, Beth Grimshaw of Pilgrim Congregational Church, Larry Carr of Dancing Crane Gallery, the Ronald McDonald House, and Gone Wired Café.** We would also like to thank **Suellen Hozman, Adel Wentworth, Dawn Carn, Dave Muylle, and Gary Novak** for their planning, **Ruth Leyer** and the **Bancroft Flowers RL Design** for providing stunning, specially-made arrangements for each site, **MSHDA** for funding support, **LECDC** for tents, porta-johns and a banner, and all **100 volunteers** including site sponsors, shift coordinators, ticket takers, room volunteers and cab tour guides.

ROSA, continued from page 2

at ANC, who has done Information and Referral and Youth Service Corps. She will stay on part-time to continue providing outstanding leadership to YSC while we seek full-time funding.

Human Services Hotline

The Capital Area Human Services Connection is an informational phone line here to serve you! The goal of the Connection is to link individuals in the community with the help and resources they need. Trained call specialists can direct you to counseling, shelter, food, rent/mortgage assistance, health care, utility assistance, substance abuse services, volunteer info, domestic violence, child abuse and neglect, tax assistance, places to donate goods, services for those with disabilities and personal and household needs. To locate resources and help in Ingham, Clinton, and Eaton Counties, call (517)337-8211 (Ingham) or (866)361-8211 (Clinton & Eaton). Call any time from 8:30AM—4:30PM Monday-Friday.

Featured Business: Bancroft Flowers RL Design

Those of you who participated in the Eastside Home and Community Tour saw stunning flower arrangements at our tour sites, each specially prepared by Bancroft Flowers RL Design. The owner and spark-plug of the business is a lifelong Eastside resident, Ruth Leyer. A veteran neighborhood activist, parks advocate, and respected business person, Ruth offers beautiful floral displays, customized gift baskets, and consultation services on a wide range of special events. The business has become a family affair, with husband Joe providing a range of landscaping services and daughter Rachel offering design services and customized gift baskets for all ages and occasions. Check out Bancrofts Flowers RL Designs at 1417 E. Michigan Ave., right next to the Greenhouse Bistro. The telephone number is 371-4120.

Support neighborhood businesses.

MARKET, continued from page 2

In August, we will have: apples, apricots, beans, beets, blueberries, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, cherries, garlic, leeks, okra, peppers, plums, potatoes, radishes, soy beans, spinach, summer squash, sweet corn, swiss chard, tomatoes, turnips, zucchini, chicken eggs, honey, maple syrup, flowers, herbs and more!

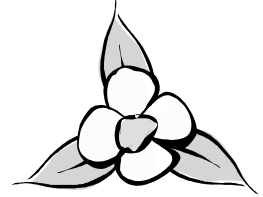
We are looking for donated **canopies** and **beach umbrellas** so volunteers don't have to stand in the sun. If you are able to donate one, call Ameer at 485-7630.

HEALTHY NEWS!

A publication of the Allen Neighborhood Center 1619 E. Kalamazoo Lansing, MI 48912 (517)485-7630

August 2005

Natural Healing Alternatives



It's amazing how many everyday products in our homes can help with a range of health problems. In addition to checking with your health care provider, check this list of natural health remedies and see what you can find to do the trick. Not only will you save money, but you might find that the natural solution works best. If you have a serious health problem, consult your health care provider before trying a natural solution.



Minor Burns/Sunburns: White vinegar can help heal the pain of a burn. Liberally apply some on a piece of cotton wool and dab the burnt area.



Eczema/Psoriasis/Dermatitis: Add some white vinegar to a bath with no other oils or bubble bath products to help relieve these skin ailments.



Lice Prevention: Add a small amount of tea tree oil to your bottle of family conditioner– lice are repelled by it.



Diaper Rash: Cornflour is a great cure for diaper rash. Sprinkle some on and you should see an improvement by the next diaper change.



Heartburn: Add a teaspoon of baking soda to a glass of lemonade or warm water for a natural antacid.



Motion Sickness: Munch on some ginger nut biscuits or ginger candy before or during a long car or boat trip to help prevent nausea. Also good for dogs that get carsick.



Insect Bites: Dab some peppermint essence on insect bites to relieve itchiness– it smells better than commercial products and it won't sting. A handful of baking soda in your bath will also help ease itchy insect bites or hives, as well as chicken pox and measles.



If you have a serious health problem do not try a natural remedy without consulting your health care provider.

Good health is contagious. Catch some on the Eastside!

Healing Foods Highlight:

TOMATO



Not only are they cheap and abundant this time of year, but tomatoes provide our bodies with the powerful antioxidant **lycopene**.

Lycopene has been proven to remove cancer causing free-radicals from the body. It also prevents the formation of LDL (bad cholesterol) in the blood which can lead to heart attacks.

Pick up some organic tomatoes this Wednesday at our Farmer's Market!

IHP PLAN A: OPEN FOR ENROLLMENT

From July 1 to September 30, IHP Plan A (the Adult Benefits Waiver) will be open for eligible persons to apply. Plan A provides more services than Plan B. There are income guidelines to qualify:

Family of: 1	No more than \$279/month
2	\$374/month
3	\$469/month
4	\$564/month

You must apply using the Medicaid/Food Stamps application. Applications are available at ANC and we can help you fill it out. Call Monica at 367-2468.

BIKE SAFETY INFORMATION AND HELMET GIVEAWAY



On August 24, Mickie Kreft from Sparrow Trauma Services will be at the Allen Street Farmer's Market. She will be passing out bike safety information, fitting bicycle helmets and giving them away for free.

READY TO QUIT TOBACCO?

The free Quit Tobacco Support Group will continue to meet every other Thursday from 7-8 pm.

A new session starts August 11, 2005.

Everyone is welcome no matter where they are in their decision to quit tobacco, so please join us.

Sessions are held at the Allen Neighborhood Center, 1619 E. Kalamazoo Street. Call Wambui for details, 367-2468.



August Calendar

Please verify all event information and registration requirements before attending.

- 3 Allen Street Farmer's Market** 3:30-6:30 pm in the parking lot on the corner of Allen and Kalamazoo. Food Stamps are accepted. Every Wednesday.
- 11 Quit Tobacco Support Group.** See left.
- 13 Kinship Care Support Group** 1:30-3:00 pm at the Allen Neighborhood Center. A support group for those caring for a relative's child. Snacks and child care are provided.
- 17 Over the Counter Medicines** Available during ANC's Bread Basket program, for 48912 residents only. Free of charge.
- 24 Bike Helmet Giveaway** during Farmer's Market.
- 25 Quit Tobacco Support Group.** See left.








Ongoing Events

- ANC Bread Basket.** Wednesdays from 12:30-7 pm at ANC. Come every Wednesday for free bread.
- ANC Farmer's Market** Wednesdays from 3:30-6:30 pm in the parking lot on the corner of Allen and Kalamazoo. Food Stamps and Project Fresh coupons are accepted.
- Free Breast and Cervical Cancer Screening**, for women 40+ with low/moderate incomes or enrolled in IHP. Call 887-4364. *Call ANC if you need transportation.*
- Breast Cancer Support Group**, IRMC Breslin Center, 4th Thursday of the month, 334-2163.
- Breast Self-Exam Clinic.** Free Sparrow program. Call 364-2689 or 364-2688.
- Car Seat Checks** at Sparrow Hospital. For dates and times, call Kathy at 517.321.6622 or Mickie at Sparrow Trauma Services, 517.364.2616
- WINS**, Sparrow breast cancer support group, 2nd Monday of the month. 364-2780.
- Nicotine Anonymous.** 12-step support group. Call Kathy at 627-9606.
- Grief Support Group**, 4th Monday, 1:30-3:30; For location and information call 882-4500.

Healthy News is published by the Allen Neighborhood Center and is made possible by support from the Ingham County Health Department and the Komen Foundation. For input about the newsletter, please call 367-2468 or email ancmonica@sbcglobal.net.

August 2005

A Calendar of Eastside Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>August is...</i></p>  <p>National Win with Civility Month</p>	<p>1</p>	<p>2 YSC: 1:30-3:30 Chess: 6-7 PM ABC: 6:30, Pilgrim PP: Block Party PLACE: Block Party</p> <p>Election Day</p>	<p>3 SC: 10—noon BB: 12:30—7 PM FM: 3:30-6:30 ENO: 7PM, Foster</p>	<p>4 YSC: 1:30-3:30 FAIR: 7:00 PM</p>	<p>5</p>	<p>6</p>  <p>Hiroshima Day</p>
<p>7</p>	<p>8 Potter Walsh: 6:20 PM, Potter Park Methodist Church</p>	<p>9 YSC: 1:30-3:30 Chess: 6-7 PM</p> <p>Nagasaki Day</p>	<p>10 SC: 10AM—noon BB: 12:30—7 PM FM: 3:30-6:30</p>	<p>11 YSC: 1:30-3:30 QT: 7-8 PM</p>	<p>12 ABC Neighborhood Night Out: 5:30 PM, Bingham</p>	<p>13 Kinship Care: 1:30—3:00 PM</p>
<p>14</p>	<p>15</p>	<p>16 YSC: 1:30-3:30 Chess: 6-7 PM</p>	<p>17 SC: 10-noon BB: 12:30—7 PM FM: 3:30-6:30 FYN: 7PM, Foster</p>	<p>18 YSC: 1:30-3:30</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22 LECDC Board: 12:30 PM ANC Board: 4:30 PM</p>	<p>23 YSC: 1:30-3:30 Chess: 6-7 PM</p>	<p>24 SC: 10AM—noon BB: 12:30—7 PM FM: 3:30-6:30</p>	<p>25 YSC: 1:30-3:30 QT: 7-8 PM</p>	<p>26</p>  <p>Women's Equality Day</p>	<p>27 Women's Equality Discussion: 12:00 PM, Main Library</p>
<p>28</p>	<p>29</p>  <p>First Day of School (Lansing School District)</p>	<p>30 YSC: 1:30-3:30 Chess: 6-7 PM</p>	<p>31 SC: 10AM—noon BB: 12:30—7 PM FM: 3:30-6:30</p>	<p><i>August is...</i></p>  <p>Foot Health Month</p>	<p><i>August is...</i></p>  <p>Inventor's Month</p>	<p><i>August is..</i></p>  <p>Romance Awareness Month</p>

YSC= Youth Service Corps
SC = Senior Coffee
ENO= Eastside Neighborhood Organization
ANC= Allen Neighborhood Center
LECDC = Lansing Eastside Community Development Corporation
FYN = Foster Your Neighborhood Assoc.
FM = Farmer's Market
QT = Quit Tobacco Support group
FHP = Friends of Hunter Park
PP = Prospect Protectors
All events at ANC unless otherwise indicated
Call 485-7630 for information.



**Vote
August 2!**