

The Eastside Neighbor

A publication of Allen Neighborhood Center

1619 E. Kalamazoo St., Lansing, MI 48912 — (517) 367-2468

www.allenneighborhoodcenter.org

Volume VI, Issue XII

December 2006—January 2007

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Neighborhood Meetings

- **December 6: ENO** 6:00, Foster Center
- **December 7: FAIR** 7:00, ANC
- **December 11: Potter Walsh** 6:20, Faith Fellowship Baptist Church
- **December 15: Prospect Protectors Cookie Exchange**, 6:30, ANC
- **December 18: We Care Neighborhood Watch** 6:00, 423 Beech St.
- **January 3: ENO** 6:00, Foster Center
- **January 4: FAIR** 7:00, ANC
- **January 8: ABC** 6:00, Pilgrim Church
- **January 24: Hunter Park West** 6:30, ANC
- **January 22: ANC Board** 4:30, ANC
- **January 25: Green Oaks** 6:00, Christ Lutheran

The Eastside Neighbor is a publication of Allen Neighborhood Center. For general comments or to submit news for the next edition, contact Franny Howes at 367-2468 or email her at ancfranny@gmail.com by *the 12th of the preceding month.*

BRIC: Business Resource Information Clinic

If you run a business in the 48912 zip code, mark your calendar for **January 25, 2007, 3:00-6:00 PM**, for a Business Resource Information Clinic in room 213 of Foster Community Center.

Allen Neighborhood Center's Economic Development Program is gathering resources and resource providers for Lansing area businesses. This will be a great way to connect with other Eastside business owners, and best of all, it is FREE.

- The **Lansing Economic Development Corporation** and the **Lansing Community MicroEnterprise Fund** will provide information on all of their programs, including tax incentive programs for commercial development;
- The **Office of Emergency Planning** will have resources for Business Continuity Planning;
- The **ANC Health Team** will have information on free health coverage options for you or your employees;
- **Sparrow Community Health Education** will provide resources related to Corporate Health Programs;
- **Urban Options** will have information on making your business energy efficient;
- **National City Bank** will have information on their commercial loans and financial planning for business owners.

There will also be informal opportunities to meet others and share how your services or products can be of use to other Eastside businesses.

For more information, please call Kate Koskinen at 367-2468 ext. 2014, and look for more information on our website: www.allenneighborhoodcenter.org



Allen Neighborhood Center wishes all our neighbors a safe, happy holiday season! Stay warm!

ENO Holiday Party

Come out and join the Eastside Neighborhood Organization, ENO for short, for a neighborhood hometown holiday potluck on Wednesday, December 6, at 6:00 PM in room 213 of Foster Community Center. ENO will provide the main dish but guests should bring a dish to pass.

Children's entertainment will be provided by Santa's elves, and the jolly old man himself will be putting in an appearance! Eastern High School's Jazz Band will also be performing, and there will be plenty of other entertainment.

Job Opening: Administrative Assistant

Allen Neighborhood Center is seeking candidates for a ¾ time Administrative Assistant position. Responsibilities will include assisting the ANC Director in carrying out administrative functions, e.g., correspondence, phone, filing, and other duties, as well as managing ANC office systems (e.g., volunteer coordination, record keeping), supplies, and equipment.

The ideal candidate will be organized, energetic, and creative, and will possess top-notch writing and interpersonal skills. S/he will have a knack for creating efficient office systems that streamline operations. Though the Assistant to the Director will not be directly responsible for ANC program functions, s/he should share enthusiasm for and commitment to neighborhood development, outreach, and capacity building. Experience with nonprofits and residence on the Eastside is preferred.

For more info, please see our website at allenneighborhoodcenter.org or call Joan Nelson at 999-3912.

This issue covers both December and January. We will be back again in February 2007!

ANC Update

Activities and programs offered by Allen Neighborhood Center

Kid News from YSC

By Rosa Robinson, YSC Coordinator

This month the YSC members will have their annual Christmas party, time and date TBA. We will be shoveling snow in the near future—but until then we are still raking leaves. If you are elderly or disabled and could use our services, please give us a call. Have a merry Christmas and a happy New Year!

Thank you to Calvary Ministries, Frank's Press Box East, Francine Watts, Franny Howes, Julia Herzog, and Sarah Steele for their donations; and to Shamiika Askew, Amanda Adsit, Rachel Inwald, Anthony Coleman, and Tim Carn for volunteering.



YSC Member of the Month is Inari Ramos-Washington. Inari is a 5th grader at Forest View school. Inari was chosen for her positive work ethic and friendly demeanor.

Congrats, Inari!

Floodplain Outreach

As you may have noticed, the Urbandale floodplain outreach team has been out in the neighborhood identifying and assessing housing issues, conditions and concerns of homeowners, renters, and business owners within the floodplain.

The information we gather will be used to identify and connect people to home improvement and other resources, as well as provide information for program development.

If you have any questions please call Jen, Jason or Ann at 367-2468.

Wednesday Morning

Senior Coffee

(Non-seniors are welcome, too!)

Every Wednesday, 10 AM to Noon

December 6: TBA

December 13: We will be holding our annual craft meeting and making candy! A \$1 supply donation is requested.

We do not meet the last two weeks in December. We hope to see you again for our first 2007 meeting on January 3!

What is Senior Coffee?

A weekly social group for seniors (and any interested neighbors) to enjoy pretty good coffee (and snacks) and great conversation. We schedule topical speakers and have featured programming on everything from identity theft to art therapy. We hold occasional book chats and monthly cross-cultural presentations by international students from MSU.



How do I join your group?

It's easy! Just show up to a meeting. It's free (although once in a while we request a small donation for projects or field trips), and we will be glad to see new faces.

Can I present to your group?

Sure! We are always looking for interesting presenters and speakers. Contact the Senior Program Coordinator, Franny Howes, at 367-2468 ext. 2007, or ancfranny@gmail.com.

GardenHouse Set for 2007 Completion

Many neighbors have been eagerly awaiting the construction of the Hunter Park GardenHouse, but due to delays related to lengthy bid processes and questions about utility installation, the structure will not go up until spring. After exploring the options, ANC staff, Friends of Hunter Park, and representatives from Lansing Parks and Recreation and the Building Department have decided on a two step process: installation of water and electric lines yet this fall, followed by actual construction of the GardenHouse in the spring. If utility work is done this year, we can move quickly into actual construction in the spring, when we are more likely to have the 55 degree weather needed to insure that the polyurethane roofing can be properly stretched and connected.

For those of you who are curious about these sorts of things, the model we have purchased is a 30 X 96 foot, Conley's Superstar Series 3600 Greenhouse of galvanized steel frame, pre-punched and bolt-together design, with (soft) poly roof, hard polycarbonate end and side walls, rack and pinion roof vent, and double sliding door.

Never fear—the Hunter Park GardenHouse will be built—hopefully in time for our “Garden Startin” Workshops this spring. Meanwhile, our staff and neighborhood committees are working on creating a well-designed and purposeful space, including raised beds, worktables, teaching area, etc. Our patience will be well rewarded, and we believe that we will have in the Hunter Park GardenHouse an educational model for the city and the region.

Across the Neighborhood

Neighborhood News

ABC: ABC hopes that everyone has enjoyed their fall—now we can brace ourselves for the winter months. ABC will be meeting Monday, January 8, at 6:00 PM in Pilgrim Church. At this meeting we will be looking at our by-laws and ideas for the NAB grant. Please feel free to join us. If you have questions or concerns, please contact Denise Kelley at 484-9109. We wish everyone a happy and healthy holiday season.

We Care Neighborhood Watch and Association: We will be having our next meeting on December 18, at 6:00 at 423 Beech St. This will also be our Christmas Party, where we will be holding a gift exchange. Please bring a \$5.00 unisex gift to participate. Holiday refreshments will also be served.

Potter Walsh: The Potter Walsh neighborhood will meet December 11, 2006 with a bring-a-dessert-to-share night at the Faith Fellowship Baptist Church at 6:20 PM. We DO NOT meet in January. The 1st meeting in 2007 will be February 12th.

Prospect Protectors: Prospect Protectors will hold their annual Cookie Exchange this year on December 15th starting at 6:30 PM at the Allen Neighborhood Center. This is our 4th year! Please bring 3 dozen cookies to trade. You will get to take home 3 dozen mixed cookies, great for all of those holiday gatherings! Bring an extra tray. As a tradition, we try to create cookie platters to deliver to newer or house-bound neighbors, so bring some extra goodies if you are able. There will be crafts for the kids, a door prize, and snacks available. This is always a fun time, come and join us! For more info, contact Corie at 482-8756.

Foster Your Neighborhood: Foster Your Neighborhood is having a Holiday Party on December 8 at the Gone Wired Café (located at 2021 E Michigan Ave) from 6:30-8:00 PM. Appetizers, beverages,

and merriment will be seasonal and fun. Musical entertainment will be provided by Tom and Mary. We will be collecting non-perishable food items for the Food Bank. Please come and meet your neighbors. For more information, see our website: fosteryourneighborhood.org.

PLACE: We will be holding our holiday decoration judging on Friday, December 22, at 5:30 PM. We have also scheduled a Screening and Buffering meeting for 9:30 AM on Friday, December 1, at ANC. Interested Clifford Street neighbors are invited to attend. Finally, the next PLACE meeting will be Tuesday, March 12, at 6:30 PM at ANC.

News from Eastside Schools

Important Celebration Information for the New Pattengill Middle School:

Pattengill Middle School will be open to students beginning Tuesday, January 16. We are planning a festive Eastside celebration weekend on Saturday, January 13, and Sunday, January 14, 2007. Saturday will include an open house of the *old and new* Pattengill Middle School while Sunday will include the ribbon cutting ceremony and an invitation-only reception. Please stay tuned for more information and opportunities to be a part of this historic event for the Eastside of Lansing and the Lansing School District. -Synthia Taylor, Principal

Eastern High School Students Celebrate the Holidays

Eastern students will begin this holiday season with their annual canned food drive. The National Honor Society is working hard to collect items for families in our community. They will continue this spirit of giving and sharing by participating in "Silver Bells," and working at the North Precinct at their annual police holiday party. The students at Eastern love to participate in the community activities and the holidays are a fun time for everyone. Eastern always delivers that special Quaker holiday spirit!

Eastern Holiday Festival of Nations

It is with great pleasure that we invite you to our first **Holiday Festival of Nations** on December 1, 2006, at Eastern High School from 6 - 9:00 PM. The event serves to teach the public about the different customs celebrated among our students by sharing traditions from around the world through performances, food, cultural artifacts and crafts.

We are asking for help in promoting our many cultures by donating traditional foods to share with those in attendance. If you are interested in sharing a sampling of a dish, we ask that you contact us as soon as possible so we can be sure to have an adequate supply.

Even if you cannot help out, we encourage your presence as we celebrate the diversity of Eastern High School. The event is free but donations of canned goods on the day of the event will be appreciated. Please contact either Susan Christian at 325-6501 or Robin Coe at 325-6511 if you want to get involved: let's kick off the holidays with UNITY!

Bingham Elementary: Bingham Bulldogs have had a fantastic beginning for the new school year. The second Thursday Family Nights have been an overwhelming success with standing room only crowds of family, friends and well-wishers. For December, we invite the community to come and share our Arts and Crafts Expo and buy our decorations to support the school. Along with the Business Expo of Crafts, we will have our first annual Unity Candle Musical celebrating Xmas, Hanukkah and Kwanzaa on December 14th from 5:30 - 7:00 PM. We would also like to invite the community to share in our Poetry Slam Contest and a Taste of Soul on January 11, 2007 to remember and celebrate the holiday for Dr. Martin Luther King, Jr. Bingham is becoming known for its great food on our family nights. Come and partake in our wonderful celebrations. Have a great Holiday of Thanks, Remembrance and Celebrations of Faith.

Growing in Community

The People and Groups Making a Difference On the Eastside

New Neighborhood Leaders

FAIR Neighbors

On November 2, FAIR neighbors held their annual officers election. Dorothea Mustaikis was elected as the new FAIR president, replacing outgoing president Missy Austin. Dorothea is no stranger to FAIR neighbors. Dot and her immediate family have been dedicated anchors to such FAIR events including Neighborhoods in Bloom and Junk Day. Her parents also helped start FAIR Neighbors.

Long-time Eastside resident Ruth Leyrer was elected as vice president. Ruth was also instrumental in starting FAIR Neighbors and brings experience of being a former FAIR president. Sandra Dryer was elected as Secretary and Tim Russ was re-elected as treasurer.

FAIR neighbors serves residents from Leslie Street to Clippert Street, between Michigan Ave. and I-496. Meetings are held at 7 PM on the first Thursday of every month at the Allen Neighborhood Center. Come attend a meeting and help plan this years activities!

Hunter Park West

Hunter Park West's reorganization meeting was held on November 15th at ANC. It was a great success and was very well-attended. Many members of the neighborhood turned out, voicing opinions and engaging in lively discussions with city leaders. Harold Lee-man, the city council President, and Carol Wood, council member-at-large, were in attendance as well as two police officers, Andy Lindemann and Mandy Brunner.

Rob and Wanda Ward, the coordinators and organizers of the group, are dedicated Eastsiders. Wanda (Schmidt) Ward moved into the neighborhood along with her parents in 1964. She attended Bingham and Pattengill and graduating from Eastern in 1971. Rob

Ward moved to Lansing from Saginaw, MI in 1992. He lived on Elizabeth St. in the FAIR Neighbors area until he and Wanda married in May 2004. Rob and Wanda have embraced their new role as watch coordinators and neighborhood activists.

The Hunter Park West Neighborhood Watch meetings will be held on the fourth Wednesday of each month starting Wednesday, January 24, at 6:30 PM in the ANC downstairs.

Entertainment Express

You may have seen a trolley traveling between Lansing and East Lansing's downtown areas. This is the Entertainment Express, a service of CATA that runs year round on Thursday, Friday and Saturday evenings from 7:30 PM until 2:30 AM. This service is a fun way to link Lansing and East Lansing's businesses and entertainment venues, and CATA hopes it will attract young professionals, college students, and visitors to the area and let them more easily enjoy our cities' nightlife.

The trolley's route is a condensed version of CATA's Route # 1 service. The trolley connects Lansing and East Lansing downtowns as an express option to your favorite entertainment venues. In the event the Trolley is at capacity, patrons can simply ride a Route 1 bus onward to their destinations. The Trolley costs \$1.00 per trip with a \$.50 cent discount fare for students, persons with disabilities and seniors. Payment methods are the same as regular CATA buses.



Thank you to all the Lansing Catholic students who helped us distribute the November issue of the Eastside Neighbor!

Lansing Catholic High School

Lansing Catholic is the only Catholic high school in the Lansing area. The school has formed close partnerships with the community, including a cooperative venture with Eastern High School to build a shared football stadium. We spoke with Eileen Gianiodis about LCHS' efforts.

EN: How do you encourage ties between the school and the community?

EG: All of our students complete 20 hours of community service a year. Many of our students live on the Eastside of Lansing. Several of our teachers have invited community members into their classrooms to talk about their jobs. We have a day where 8th graders come in and spend the day, from Catholic and public schools.

EN: What do you think draws non-Catholic families to send their kids here?

EG: We have an excellent academic program—96 to 98% of our seniors go on to the college of their choice; we have a strong college planning program. Our teachers are extremely dedicated—they're often here after school and before school, preparing lessons or meeting with students. The Lansing Catholic community is one that people really cherish and love to be a part of.

EN: How do you build community in a school setting?

EG: We have students from many places—Howell, Grand Ledge, DeWitt, Owosso—and once they're here, they form a community of kids who are interested in success and academics, and learning more about and practicing their faith. Our connection with the Catholic faith gives us shared rituals—the mass, the sacraments—and also a shared value system. I think families appreciate that we keep their values in place. Every student takes 4 theology credits, one class each year. It's an academically oriented study of Church thinking and history. They're experiencing a different worldview if they're non-Catholic. Having the opportunity to explore a world that they may not be familiar with—that's important for all kids.

Community Builder's Toolbox

Ideas and Information for Strengthening Neighborhoods

Allen Neighborhood Center Housing Resources

We provide the following services at Allen Neighborhood Center:

- First-time homebuyer education and counseling classes (our program qualifies participants for MSHDA LINKS homebuyer's assistance)
- Foreclosure prevention counseling
- Financial management and economic literacy counseling
- Credit repair counseling

We can also connect you with programs that provide:

- Home improvement workshops
- Home weatherization
- Low-interest home improvement loans
- Emergency home repair funds
- Landlord/tenant counseling

For more information please contact Jason Weller at 367-2468 ext. 2004 or by email at jasonw@allen-neighborhoodcenter.org.

Christmas Trees are available at the Habitat Lansing Restore!

If you are making your Christmas to-do list and checking it twice, Habitat Lansing has a great opportunity for you to cross something off. Habitat has beautiful, freshly-cut trees from northern Michigan for sale through their ReStore and office. The trees are all six feet or taller, and you can choose from three varieties: yellow pine, balsam, and fir. Trees are \$20 (tax included) and can be purchased during ReStore business hours or at the Habitat Lansing office Monday-Thursday, 9:00 AM—4:00 PM. We are located at 1137 Haco Drive in Lansing. Proceeds from the tree sale support Habitat Lansing's work in this community.

Coping with Holiday Stress

By Julia Herzog

The holiday season can be a time of stress and depression. The three main triggers of this are relationships, finances, and physical demands.

Here are some things you can do to cope with holiday stress: acknowledge your feelings, seek support from those around you, be realistic about change (what the holidays were once like, may not be what they are like for you now), stick to a budget, don't abandon healthy habits, and remember to take time for yourself.

Here is a list of the local resources for handling the emotional, financial, and physical stressors of the holiday season:

Basic Needs & Financial Support:

The **Salvation Army** provides help with food needs, housing placement, personal supplies, and utilities. For any type of assistance, clients need to bring in a picture ID with correct address, social security numbers of adults 18 and older, and food stamp case number. They also have a Community Kitchen that serves meals on Monday and Friday from noon until 1:00. 484-4424, 525 N. Pennsylvania, Lansing

Allen Neighborhood Center offers a Bread Basket program (Free Bread Distribution) on Tuesdays: 1:00 – 6:00 and Free Over-the-Counter Medications on December 19th, 1:00 – 4:30.

Michigan Works offers adult literacy programs, counseling for laid-off workers, income tax help, a job bank, help with resume writing and interviewing skills, a Work First program for welfare recipients, youth job development, and a work clothing boutique. 492-5500

Emotional Support:

St. Vincent Catholic Charities provides a variety of programs including counseling, parent aide, youth mentor-

ing, and services for refugees. Their Family Counseling Center provides counseling for families, children, and adults. They will work with people of all income levels, with or without insurance. 323-4734

The Listening Ear Crisis Center offers free crisis counseling and referrals 24 hours a day. If you are stressed or depressed this holiday season, calling the crisis hotline (337-1717), is one way of reaching out for support.

The Allen Neighborhood Center also has information and resources to guide you in helping with your holiday crises. You can call 367-2468 or walk in at 1619 E. Kalamazoo and we will do our best to connect you to local resources. **We hope you enjoy this holiday season.**

Important Phone Numbers for the City of Lansing

Animal Control.....	676-8370
Board of Water and Light....	702-6000
CATA.....	394-1000
City Clerk.....	483-4131
City Council.....	483-4177
Code Compliance.....	483-4361
CSO Hotline.....	394-5566
District Court.....	483-4433
Emergencies.....	911
Fire Department (non-emergency):	
.....	483-4200
Garbage/Compost/Recycling....	483-4400
Governor's Office.....	335-7858
Graffiti Hotline.....	483-4246
Health Department	887-4300
Income Tax/Treasurer.....	483-4121
Ingham County Clerk.....	676-7201
City Jobs Hotline.....	483-4490
Lansing School District.....	325-6000
Mayor's Office.....	483-4141
Parks and Recreation.....	483-4277
Police (non-emergency).....	483-4800
Potter Park Zoo.....	483-4222
Power Outage Hotline.....	877-BWL-5001
Sewers/Streets/Sidewalks....	483-4161

HEALTHY NEWS!

A publication of the Allen Neighborhood Center 1619 E. Kalamazoo Lansing, MI 48912 (517) 367-2468

December 2006/ January 2007

Keep Holiday Gifts Safe



The season of gift-giving is here. If you have little ones to shop for this year, keep in mind that many common children's toys and household goods are made with a toxic material called PVC.

PVC (polyvinyl chloride) plastic, commonly called vinyl, can damage immune and reproductive systems and may contribute to cancer.

How do you avoid PVC? You can avoid plastic all together and choose toys made from wood or cloth.



Wooden blocks and cars are always favorites and hard to destroy.



Cloth dolls are available that do not have plastic hands or feet.



"Dress-up" clothes can be anything in your closet that you no longer use including jackets, dresses, shoes, hats, sunglasses or regular glasses without the lenses, bags or briefcases.



Craft items are inexpensive and fun—it's always a thrill to get a new pack of crayons, markers, paper, scissors, etc.



Aside from avoiding plastic altogether, the only way to avoid PVC is to identify it first. On packaging, look for the #3 or the letters "PVC," often found next to the three-arrow "recycling" symbol. Even though it is plastic, PVC is much less recyclable than other plastics because it releases harmful gases when processed.

You can also choose plastic toys made without PVC. The following manufacturers have committed to not using PVC in their products: **Brio, Lego, Early Start, Gerber, Tiny Love, Safety First, and Chicco.**

For more information about PVC in toys, visit:

http://www.kristensguide.com/Family/Babies/toxic_toys.asp
<http://www.greenpeace.org/international/news/toxic-toy-story>

Winter Walking Tips

Don't let the cold weather keep you indoors. Make walking and being outside more comfortable this winter with the following tips.

Dress in Layers

Wearing multiple layers of clothing allows you to shed a layer after your body has adjusted to the temperature outside.



Dressing too warmly may cause you to sweat and feel chilled.

Wear a hat, gloves, and scarf

Your body temperature may drop when your head, neck and hands are not covered. These areas are also more at risk to frostbite. If you notice your skin becoming pale, ashy looking, or numb to the touch, go indoors immediately.



Keep your feet warm and dry

Wear hiking boots or other waterproof shoes when heading out in snowy weather conditions.



Choose boots that are a little larger than your normal shoe size so that you can wear warmer and heavier socks.

We are investigating ways to keep the walking path at Hunter Park cleared of snow and ice on a regular basis. Consider it as an option to keep yourself moving this winter!

See you in the neighborhood!

Good health is contagious. Catch some on the Eastside!

Healing Foods Highlight: CRANBERRIES



This holiday season, you can feel good about saying, "pass the cranberries". Cranberries are high in fiber and Vitamins A, B, and C. Recent scientific findings prove that cranberries can help ward off infections. They also contain health promoting antioxidants, which may prevent cancer and heart disease. Fresh, frozen, juiced, or dried, these berries are healthy and delicious!

Now that you know how healthy those little red berries can be try this easy, yummy recipe for your holiday dinner.

Yam and Cranberry Casserole

Ingredients

1 (40 ounces) can yams, drained
3 cups (12 ounces) fresh whole cranberries
1-1/2 cups sugar
1 small orange, sliced
1/2 cup pecan halves
1/4 cup orange juice (or brandy)
3/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon mace

Instructions

Wash cranberries. Combine with sugar, orange slices, pecan halves, orange juice and spices in a 2-quart casserole. Bake, uncovered, at 375 degrees F. for 30 minutes. Stir yams into cranberry mixture; bake until hot through, about 15 minutes. Yield: 8 servings

Start the New Year Tobacco Free!



Join us for a Quit Tobacco
Workshop on January 25th, 2007
from 5:30-7:30 p.m.

The Allen Neighborhood Center is hosting a free workshop for people who want to learn the basics of how to quit tobacco. Participants will learn about tobacco addiction, how to make a plan to quit, and strategies for staying tobacco free. You will also find out about places in the community where you can get extra help with quitting. Free quit kits and light refreshments

December Calendar

Please verify all event information and registration requirements before attending.

- 7 **Quit Tobacco Support Group** 7-8 PM, call for details. 367-2468
- 9 **Kinship Care Support Group** 1:30-3:00 PM at the Allen Neighborhood Center. A support group for those caring for a relatives child. Snacks and child care are provided.
- 15 **Community Grief Support Group** See below.
- 19 **Over the Counter Medicines** Available from 1-4:30 PM, for 48912 residents only. Free of charge.
- 21 **Quit Tobacco Support Group** 7-8 PM, call for details. 367-2468

January Calendar

- 4 **Quit Tobacco Support Group** 7-8 PM, call Shannon for details. 367-2468
- 9 **Kinship Care Support Group** 1:30-3:00 PM at the Allen Neighborhood Center. A support group for those caring for a relatives child. Snacks and child care are provided.
- 16 **Over the Counter Medicines** Available from 1-4:30pm, for 48912 residents only. Free of charge.
- 18 **Quit Tobacco Support Group** 7-8 PM, call Shannon for details. 367-2468
- 25 **Quit Tobacco Workshop** 5:30-7:30 PM. Join us to learn the basics of how to quit tobacco. Enjoy support from others thinking about quitting, along with light refreshments.

Ongoing Events

ANC Bread Basket Tuesdays from 1-6 PM at ANC. Come every Tuesday for free bread.

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.

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 monicak@allenneighborhoodcenter.org.

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 PLACE Screening and Buffering Meeting, 9:00 AM, ANC	2	
3	4	5 Breadbasket: 1:00 Youth Service Corps: 3:30	6 Senior Coffee: 10:00 ENO: 6:00, Foster Ctr.	7 YSC: 3:30 FAIR: 7:00 Quit Tobacco Group: 7:00	8	9 Kinship Care Meeting: 1:30	
10	11 Potter Walsh: 6:20, Faith Fellowship Baptist Church	12 Breadbasket: 1:00 Youth Service Corps: 3:30	13 Senior Coffee: 10:00	14 Youth Service Corps: 3:30	15 Prospect Protectors Cookie Exchange: 6:30	16	
17	18 We Care: 6:00, 423 Beech St.	19 Breadbasket and Over-the-Counter Meds: 1:00 YSC: 3:30	20	21 Youth Service Corps: 3:30 Quit Tobacco Group: 7:00	22 PLACE Holiday Decoration Judging, 5:30	23	
24 <i>Christmas Eve</i>	25 <i>Christmas</i>	ANC Closed For Holidays				29	30
31 <i>New Year's Eve</i>							

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ANC Closed <i>Happy New Year!</i>	2 ANC Reopens	3 Senior Coffee: 10:00 ENO: 6:00, Foster Ctr.	4 YSC: 3:30 FAIR: 7:00 Quit Tobacco Group: 7:00	5	6
7	8 ABC: 6:00, Pilgrim Church	9 Breadbasket: 1:00 Youth Service Corps: 3:30	10 Senior Coffee: 10:00	11 Youth Service Corps: 3:30	12	13 Kinship Care Meeting: 1:30
14	15 ANC Closed <i>MLK Day</i>	16 Breadbasket and Over-the-Counter Meds: 1:00 YSC: 3:30	17 Senior Coffee: 10:00	18 Youth Service Corps: 3:30 Quit Tobacco Group: 7:00	19	20
21	22 ANC Board Meeting: 4:30	23 Breadbasket: 1:00 Youth Service Corps: 3:30	24 Senior Coffee: 10:00 Hunter Park West: 6:30, ANC	25 YSC: 3:30 Green Oaks: 6:00, Christ Lutheran Church BRIC: 3:00, Foster	26	27
28	29	30 Breadbasket: 1:00 Youth Service Corps: 3:30	31 Senior Coffee: 10:00			