The Eastside Neighbor

A publication of Allen Neighborhood Center

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

Volume VII, Issue X

December 2007—January 2008

Neighborhood Meetings:

Dec. 5: ENO Holiday Party, 6:00, Foster Center Dec. 6: FAIR, 6:30, ANC Dec. 7: Foster Your Neighborhood Holiday Party, 7:00, Gone Wired Café Dec. 10: Potter Walsh, 6:20, Faith Fellowship Baptist Church Dec. 13: Holmes St. School Community: 6:30, ANC Dec. 17: We Care, 6:30, 423 Beech St.

Dec. 18: Regent Oaks, 6:30, ANC

Dec. 20: Prospect Protectors Cookie Exchange, 6:30, ANC

Jan. 2: ENO, 7:00, Foster Center

Jan. 3: FAIR, 6:30, ANC **Jan. 7: ABC**, 6:00, Pilgrim Church

Jan. 10: Holmes St. School Community: 6:30, ANC Jan. 14: Potter Walsh, 6:20, Faith Fellowship Baptist Church

Jan. 15: Regent Oaks, 6:30, ANC

Jan 16: Foster Your Neighborhood, 7:00, Foster Center

Jan. 21: We Care, 6:30, 423 Beech St.

Jan. 22: HERO, 6:30, ANC Jan. 23: Hunter Park West, 6:30, Fearless Faith Church Jan. 24: Green Oaks, 6:00, Christ Lutheran Church Jan. 28: ANC Board Meeting, 4:30, ANC

The Eastside Neighbor is published every month by Allen Neighborhood Center. To have your submissions included, contact the editor, Franny Howes, at 367-2468 ext. 2007, or email her at ancfranny@gmail.com by the 12th of the preceding month.



Happy Holidays from all of us at ANC! Enjoy our double issue—see you in February 2008!



ANC and the Eastside Business District—Working for You!

Many neighbors know about Allen Neighborhood Center's health, housing and food programs. What people don't always know is that the Center also works to help local businesses. We want to make the Eastside a better place to own and run a business as well as a better place to live.



Above, Blimpie Sub Shop during construction of a new façade courtesy of our grant program, and below, the results.



ANC has had an "Economic Development Program" for the last eighteen months, run by Kate Koskinen. In that time, we have given away over *fifty thousand dollars* in Façade Improve-

(Continued on page 2)

Mayor's Grants Available

Attention neighborhood groups: the Mayor's Grant program is now taking applications for 2008.

The Mayor's Neighborhood Advisory Board has \$20,000 to grant to local neighborhood associations and watches. Churches and schools, including parent-teacher associations, may also apply for funding if they partner with a local neighborhood organization.

Grant applications can be downloaded from the Mayor's website:

mayor.cityoflansingmi.com

Applications will be due on Friday, February 1st, 2008. We encourage all neighborhood associations and local groups to apply!

Women's Self Defense Class



Work is currently being done with Lansing Parks and Recreation to set up a Women's Self-Defense class. The final negotiations are taking place for a 6-

week class, taught by Eastside resident, Samantha Wolf, beginning in February at the Foster Community Center. The class will be offered for a fee, and a number of scholarships will be available. If you would like to contribute to that scholarship fund, please let us know.

The February issue of the *Eastside Neighbor* will carry final details. For more information, please contact Sarah at 367-2468.

ANC Update

Activities and programs offered by Allen Neighborhood Center

Eastside Business District

(Continued from page 1)

ment Grants for people to use to improve the look of their buildings on Kalamazoo and Michigan Avenue. In return, the grants we gave out were matched by over one hundred thousand dollars in private investment in Eastside businesses! Also, most of the businesses who received the grants are small and locally owned, such as the Green Door and Bake 'N Cakes. Later this fall we will have completed our twelfth project—this one at 1615 E. Michigan Ave.



We have also been working with all the quarters of the city to help advertise and

improve our business areas. Our partners in this project are Old Town, the Principal Shopping District (downtown), REO Town, Southside. NorthWest Initiative. and the new Stadium District. We are the Eastside Business District— the area west of the East Lansing City Limits; south of E. Grand River/Oakland; east of Pennsylvania; and north of Kalamazoo St. (including those businesses in Lansing Township). The projects on which this group is working include publishing a Pocket Shopping and Dining Guide to Lansing, creating "district identity signage" (attractive signs that tell visitors what part of the city they are in), and installing bike racks in every district.

The Business Districts have a presence on the new Capital Gains web magazine, that covers business and development in the Lansing Area. Check it out at www.capitalgainsmedia.com.

Along with promoting the businesses in the Eastside Business District, we are active on committees that help plan land use in the district. Currently a "Zoning Overlay District" is being proposed for E. Michigan Avenue. This is an exciting development—this designation will allow for updates and changes to buildings without changing the basic nature of our urban character.

Please call Kate Koskinen at 999-3923 to learn more about our efforts to support our unique blend of shops and businesses, and to build walkable and appealing commercial corridors on the Eastside.

Wednesday Morning Senior Coffee

Every Wednesday, 10:00-12:00 Join us for pretty good coffee and great conversation!

Dec. 5: Cross Cultural Presentation from Mickie Marx and guest

Dec. 12: Sue Patterson of the MSU Museum of Art

Dec. 19: Winter Party

Dec. 26: No Senior Coffee! See you next year!

Jan. 2: "What's New with Food?" by Hollie Hamel, the Food and Health team director at ANC

Jan. 9: "One Story": bring one item of yours that tells a story about you and your history

Jan. 16: Rich Robinson from the Michigan Campaign Finance Network

Jan. 23: Presentation on Impressionist art from Mary Austin of the Kresge Art Museum

Jan. 30: Information on Elder Hostels

ANC extends a big thank you to:

- Ashley Hetrick—the best ear of corn at the market!
- Scott Harris of Everybody Reads for use of the community room
- Volunteer Jennifer Bradv
- MSU Kinship Care Resource Center and all the churches who generously donated for our Kinship Care group's Thanksgiving baskets
- Julie Farner and George L. Grein, DDS, for their individual donations
- Nancy Weber of the Tri County Office on Aging for a great Thanksgiving dinner with our seniors!

Special GardenHouse Thank Yous:

- A big shout out to JT Stout! The pavers floor in the north end of the GH is marvelous!
- Dean Lewis and "Bob". "Bob" is short for his trusty bobcat, which is helping move soil, sand, and compost to growing areas of the GardenHouse!
- Kate Barrier for continued help and support with the GH project
- Matt Smar, Corey Kellicut, Linda Anderson and Anne Dykema, and ANC's Youth Service Corps all have had a helping hand in the GH completion as well!

Across the Neighborhood

Neighborhood News



Prospect Protectors will hold their 5th annual Cookie Exchange on Thursday, Decem-

ber 20th at 6:30 PM at the Allen Neighborhood Center. 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 have put some cookie platters together 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 great time - come and join us! For more info, contact Corie at 482-8756.

Foster Your Neighborhood: Our next meeting is Friday, December 7th, for our annual holiday party, 6:30-8:00 at the Gone Wired Café. We will meet again on Wednesday, January 16th, for a General Membership Meeting, 7:00-8:30, at the Foster Community Center.

Association for the Bingham Community: ABC, along with CARS, had an amazing Halloween Party with Pilgrim Church, with over 200 people in attendance. A huge thank you goes out to Pilgrim Church's family and to the board of CARS.

Please remember we have a community snow blower available for folks within the ABC neighborhood, please check with Denise to make sure it is working.

Our next ABC meeting will be on

Monday, January 7, 2008, at 6 pm in Pilgrim Church (125 S. Penn). At this meeting, we will be talking about what we would like to accomplish in 2008. If you have any questions or concerns about ABC, please contact Denise Kelley at 484-9109 or abcneighborhood@sbcglobal.net. Have a safe and happy holiday season!

Listening Ear Seeks Counselors

The Listening Ear, the nations oldest all volunteer crisis hotline, will be holding its Winter Training from February 14th to the 24th. This is great way to learn new listening skills and help out the community. To go through the training you need to attend one of the following orientation sessions:

- Thursday, January 24, 7-9 PM C-Wing, Wells Hall, MSU Campus
 Monday, January 28, 7.9 PM C
- Monday, January 28, 7-9 PM C-Wing, Wells Hall, MSU Campus
- Wednesday, January 30, 7-9 PM, Downtown Lansing (exact location TBA)
- Saturday, February 2, 1-3 PM, East Lansing (exact location TBA)
 More details can be found at theear.org!

Lansing School District Days Off in December and January:

December 24th - January 4th: Winter Break

January 21st: Martin Luther King Jr. Day

January 25th: Professional Development Day

Resurrection School Days Off in December and January:

December 24th - January 4th: Winter Break

January 21st: Martin Luther King Jr. Dav

News from Eastside Schools

Eastern High School:

Students Celebrate the Holiday Season: On November 30th, 2007, Eastern High School celebrated this year with a "Holiday Festival of Nations." Our students from all over the world shared their cultures and traditions with the school and community. It was an exciting evening for all.

Lansing Eastern High School Teachers Receive National Certification: **Anthony Greenburg** and Bradley Thornburgh received notification that they are National Certified teachers. Teachers all over the country seek this recognition but few are chosen. This is a very rigorous program and teachers are encourage by the state and their districts to apply and submit the appropriate materials. This venture takes approximately two years to complete. We congratulate our master teachers for their outstanding accomplishment!

National Honor Society and the Key Club Continue Believe in Giving Back: The National Honor Society and the Key Club are collecting can goods and coats for people in our community. The students from these groups look for avenues to assist others who are less fortunate. They will spend days collecting, boxing and delivering items they have gathered from the Quaker community. We salute your efforts, and keep on giving!

If you have Eastside school or neighborhood group news, please send it to Franny Howes, ancfranny@gmail.com, by the 12th of the preceding month.

Growing in Community

The People and Groups Making a Difference On the Eastside

IHP Plan A Reopens

The Ingham Health Plan (IHP), a health coverage program provided for *free* to people who live in Ingham County, will begin allowing people to sign-up for Plan A on **December 1**st 2007. While most people only qualify for Plan B (\$5 co-pays), some people will qualify for Plan A. You must be between the ages of 19 and 64, a citizen or a legal resident of the US for at least five years, have **no** dependent children, and meet the income guidelines below to qualify.

Family size:	Income at or below: (per YEAR)
Single person	\$5,105
Married couple	\$6,845

The benefit to applying for Plan A of the Ingham Health Plan is that it reduces your co-pays from \$5 and \$10 to \$1 and \$3. It also covers more things including trips to the emergency room and riding in an ambulance. To apply, you must fill out an application and have a meeting with a person from DHS (the Department of Human Services).

Here at the Allen Neighborhood Center, we would be happy to help you fill out and turn in the application. Call 367-2468 and ask for Sarah or Leslie or just stop by the ANC. IHP will only be accepting applications for Plan A for a short period of time.

If you are uninsured and don't meet the above income guidelines, you may still qualify for Plan B (free coverage with \$5 co-pays). Stop in or give us a call to find out.

Potter Park Zoo Wonderland of Lights

Celebrate the holiday season in style at Potter Park Zoo's Wonderland of Lights, Thursday thru Sunday, 5-8 PM from November 29 through December 30. Cost is \$4 for adults 15 and older, \$3 for seniors over 60, and \$2 for children. Parking is FREE!

Music and fun activities are planned for each night, including meeting Santa and Mrs. Claus (Fridays and Saturdays until December 22). Have breakfast with Santa on Saturday, December 15, from 8:30 to 10:30 AM.

Don't let limited mobility interfere with your experience. The zoo offers free golf cart tours to senior groups and physically challenged visitors, so you can see the zoo and the lights in style! Reserve a cart in advance or request one when you arrive at the gates (please note - if you wait until you arrive, the carts may already be in use). A limited number of wheelchairs are also available for use by our guests, free of charge.

For more information, or to reserve a cart, email **contact@ potter-parkzoo.org** or call **702-4730**.

CATA Clean Commute Options

The Capital Area Transportation Authority (CATA) offers clean commute options to all commuters traveling into or within the Tri-County Area. Clean Commute Options is a free program dedicated to educating the community about and offering alternatives to driving alone. Their goal is to improve local air quality by reducing auto emissions.

In addition to public transportation, CATA also offers free ride-matching services to those interested in forming carpools or vanpools, as well as a free "commuters insurance." People who are registered as Clean Commuters with CATA and participate in carpools or vanpools at least three days a week are eligible for an emergency ride home if unforeseen circumstances interfere with carpooling (e.g., driver illness, unplanned overtime, sick child requires you leave early).

For information about commute alternatives (e.g., taking the bus, carpooling, biking, or walking) or to register as a Clean Commuter, visit www.cata.org/cleancommute, email cleancommute@cata.org, or call 393-7433.

News from Everybody Reads Bookstore

After fourteen months of planning, paperwork and pining, Everybody Reads Bookstore, at 2019 East Michigan Avenue, now has on premises an honest-to-goodness contracted postal unit!

The store now sells stamps and supplies; can mail both domestic and foreign packages; and can offer parcel insurance and delivery confirmation. In stock are envelopes, postcards, and packing tape, with other mailing supplies arriving every day.

For more information about shipping and postage rates, please visit www.usps.gov.

B (free coverage with \$5 co-pays). ALSO: Everybody Reads Bookstore and Gone Wired Café are looking for-Stop in or give us a call to find out. Ward to breaking ground very soon on a doorway between the two stores. Keep your eye out for this new development.

Community Builder's Toolbox: Ideas and Information for Strengthening Neighborhoods

Rebuilding Together Ingham County

Do you own your own home and need some repairs done in and around the house? Do you ever wish there was a program that could get these things done for free?

Well there is! Rebuilding Together Ingham County, formerly Christmas in April, is a volunteer organization that performs a one-day blitz of home repairs for low-income seniors and people with disabilities. This takes place on the last Saturday in April.

Your home may be eligible. Here are the criteria:

- You are disabled or 60 years of age and older
- You own and reside in the home
- Your property taxes are up to date
- Your homeowners' insurance is current
- Your income is at or below \$1,276 per month for a one-person household; or \$1,711 per month for a two person household.

Your home may be one of the twenty or more sites selected this year in Ingham County. Repairs will be done by volunteers on Saturday, April 26, 2008. There is no cost to eligible homeowners who are selected.

Applications for this program are due **February 1st, 2008**. To have an application mailed to you, please call (517) 244-1118 (a voicemail number) and leave a message. Be prepared to state your first and last name and spell the last name, give a phone number, and a complete address. You may also pick up a blank application at the Allen Neighborhood Center, 1619 East Kalamazoo.



Tips for living well in our neighborhood!

According to the United States Fire Administration (USFA), holiday season fires injure 2,600 individuals and cause over \$930 million in damage. However, there are things you can do to make your home safer, both during the winter holidays and throughout the year.

These holiday tips are provided by the US Fire Administration:

Selecting a Safe Live Christmas Tree

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

Caring for Your Tree

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, which will let it catch fire more easily. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

Disposing of Your Tree

Never put tree branches or needles in a fireplace or wood burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

Maintain Your Holiday Lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

Never Put Wrapping Paper in a Fireplace
It can throw off dangerous sparks and pro-

duce a chemical buildup in the home that could cause an explosion.

Avoid Using Lit Candles

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

Never Put Lit Candles on a Tree

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

Some additional year-round fire safety advice is provided by the City of Fort Myers, Florida:

Install Smoke Detectors.

Install smoke detectors on every level of your home, including the basement, and outside each sleeping area. Test detectors every month, following the manufacturer's directions, and replace batteries at least once a year.

Give Space Heaters Space.

Keep portable heaters and space heaters at least three feet (one meter) from anything that can burn. keep children and pets away from heaters, and never leave heaters on when you leave home or go to bed.

Plan Your Escape From Fire.

Prepare for a fire emergency by sitting down with your family and agreeing on an escape plan. Be sure that everyone knows at least two unobstructed exits - doors and windows - from every room. (If you live in an apartment building, do not include elevators in your escape plan.) Decide on a meeting place outside where everyone will meet after they escape. Have your entire household practice your escape plan at least twice a year.

For more information and tips, please visit the following websites:

www.usfa.fema.gov

http://www.cyberstreet.com/firedept/10tips.htm

Hold On To Your Home

Are you having problems making your monthly mortgage payments? Do you need help figuring out what your options are? You are not alone. There is a new website that can help you. It's called:

www.holdontoyourhome.org.

If you would like to talk about your situation in more detail, please contact our housing staff at (517) 367-2468. Our services are free and open to anyone.



The day and time have changed! Eastside Moms are now getting together on the 3rd Thursday of every month! Join us from 5:30—6:15pm for a light meal and great conversation with other moms and moms-to-be, followed by a presentation from 6:15-7:00 pm on topics of

interest. Moms and kids together the first half; on-site child care provided for the second half.

Next Eastside Mom's gathering:

Thursday, December 20 on Traditions: Low cost & Low Stress

January Eastside Mom's gathering:

Thursday, January 17 on Brain Food I (what types of foods feed your child's brain?)

Future topics: 25 Free and Fun Activities to do with your kids on the Eastside, Brain Food II- Everything that grows the brain besides food, Managing Household Finances, Breast Health, Storytelling to preserve family histories, Gardening, Food Issues, and more!

Questions? please contact Hollie Hamel © 517.999.3911 or hollish@allenneighborhoodcenter.org

Market Report

13,205 patrons visited the 2007 Allen Street Farmers Market! Heartfelt appreciation to all our fantastic volunteers who, by giving a total of more than **1,350 hours**, helped to create another unforgettable season!

Many, many thanks to volunteers Amanda W, Andy L, Anne D, Ashley M, Christian U, Corie J, Crystal M, Dave H, Delrae F, Dolly S, Elizabeth Z, Emily O, Erica L, Gail K, Jack S, Vivian S, Jenny H, Jeremy D, Lauren O, Megan S, Micalee S, Michael F, Patty B, Phil M, Racheal S, Ray F, Ronald M, Scott H, Shannon P, Sharmia B, Stephanie H, Kate N, Haily L, Rachel L, Sara G, Tari M, Kelly M, Katrina M, Kate Y, Troimen Y, Ashley H, Virginia B, and many more thanks to ALL of the talented musicians and performers who donated their time and graced our "stage". Our farmers and vendors are simply the BEST so here's to Apple Schram, Giving Tree, Gram's, Felzke's, Green Eagle, Wildflower Organics, the Vang's, the Thao's, Clark Sugarbush, Dry Bucket, the Kern's, Westwind Milling Co., Alice's Kitchen, Gone Wired, Soulful Earth Herbals, Lopez Bakery, Design by Mustafa, Bob's Wife's Soaps, Kathy Kuhn, Green River Café, & Green Llama!

Our YARD SIGN CORPS has redefined what Volunteering can be — YOU PEOPLE

What's Cooking?

Our Michigan winter months provide the perfect time to discover the cleansing and healing power of fresh, wholesome food full of live nutrients to support your digestion, lift your spirits and make you feel alive. Isn't is great that some of the best foods to eat are the simplest?

Winter Coleslaw

Filled with phytochemicals, this coleslaw will help cleanse your liver and protect you from cancer. Dillweed can be purchased in the produce section and freezes well for future use. The combination of dill, caraway and lemon adds a special tang. Use parsley if dill is not available.

1/4 head purple cabbage 1/4 head green cabbage 2 carrots 1 cup (250 ml) fresh dill weed

Dressing:

1 tsp (5 ml) dill seeds 1 tsp (5 ml) caraway seeds Salt to taste 1/2 cup (125 ml) lemon juice 1 lemon, sliced for garnish

Grate the cabbage and carrots. Mix together in a large bowl. Finely chop the dill and add to the bowl.

For the dressing, grind the dill seed and caraway seeds coarsely, using a grinder or mortar and pestle. Blend salt, ground seeds and lemon juice in a jar. Toss salad with the dressing, chill and serve. Garnish with dill and lemon slices. Serves two to four.

EASTSIDE FOOD PROJECT!

There are so many ways to get involved with the farmers market and the garden house throughout these winter months. Contact our volunteer coordinator @ 999.3924 orHollie @ 999.3911 for more details!

Let's not ignore them the rest of the year...

Sweet potatoes, cranberries, pumpkin, acorn squash: These fruits and vegetables are must-have holiday staples at many a family feast, and they just happen to be loaded with cancer-fighting beta carotene, phytochemicals



I YAM What I Yam!

and fiber, says Colleen Doyle, MS, RD, director of nutrition and physical activity at the American Cancer Society (ACS). And lest you think of these vegetables as obligatory rather than gustatory, eating them need not feel one bit like taking medicine.

"Sweet potatoes are just *loaded*, *loaded*, *loaded* with beta carotene and phytochemicals," Doyle says. "They are one of the most nutritious vegetables you can eat. Sweet potatoes, cranberries, yellow squash and pumpkin are all really nutritious foods that you should eat throughout the year."

Warm Caribbean Sweet Potato Salad:

3 large sweet potatoes, peeled and cut into thick frenchfry like sticks

1/4 cup apple cider vinegar 1/2 cup brown sugar salt to taste

chopped cilantro or scallion for garnish (optional)

Bring four quarts of salted water to a boil. Add the sweet potato sticks and parboil for three to five minutes, until medium tender but not mushy. Drain and allow to cool quickly on a flat pan in a single layer. Mix the vinegar, sugar and salt, and toss with the potatoes. Spray a baking pan with non-stick cooking spray, or line it with parchment paper. Arrange the sweet potatoes in a single layer. Roast at 350 degrees for 15 minutes, just long enough for the vegetables to soak up all the dressing. Serve warm or at room temperature, sprinkled with cilantro or scallions. Serves 4-5 as a side dish

MSU Breast Cancer Support Group

Meets at Michigan State University the first Tuesday of the month from 12:00 to 1:00 pm in B217 West Fee Hall in East Lansing. For information, call (517) 394-4753, fuzzy@msu.edu or (517) 349-0187, tubaugh@msu.edu.

Eastside Events for December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Breadbasket: 1:00 First Night of Hanuk- kah	5 Senior Coffee: 10:00 ENO Holiday Party: 6:00, Foster Center	6 FAIR Neighbors: 6:30, ANC	7 Foster Your Neighborhood Holi- day Party: 7:00, Gone Wired Café	8 Kinship Care: 1:00- 3:00
9	Potter Walsh: 6:20, Faith Fellowship Baptist Church, 1001 Dakin St.	11 Breadbasket: 1:00	12 Senior Coffee: 10:00	13 Holmes St. School Community: 6:30, ANC	14	15
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23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27	28	29
		ANC Closed fo	or Holidays—see	you in January		
30	31 New Year's Eve					3

Eastside Events for January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
***		1 New Year's Day Kwanzaa Ends	2 ANC Reopens! Senior Coffee: 10:00 ENO: 7:00, Foster Center	3 FAIR Neighbors: 6:30, ANC	4	5	
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27	28 ANC Board Meeting: 4:30	29 Breadbasket: 1:00	30 Senior Coffee: 10:00	31			