Allen Street Farmers Market
Opening Day: May 16th!

Wednesday, May 16th is Opening Day for the Allen Street Farmers Market. It is early in the season, so you will be seeing a lot of green: asparagus, herbs, starter plants for your home gardens, and many types of greens, all fresh from the farm.

Allen Neighborhood Center puts on Market Festivals throughout the season. After Opening Day, the first will be Spring into Summer on May 30th. This is a spring gardening themed event featuring plant starters, Garden Project info, and a kids booth selling “pizza garden” starters. Also, keep in mind that strawberries will be in season in mid-June, so be prepared for the Strawberry Harvest Festival.

The 2007 Market Season runs from May 16th through Halloween and takes place every Wednesday from 2:30 – 6:30 PM in the parking lot at the corner of Allen and Kalamazoo Street. You will know it when you see it, because every week this parking lot is turned into a colorful and energetic place filled with people, produce, and other delicious goods. We look forward to seeing you out in the neighborhood and at the market!
ANC Update

Activities and programs offered by Allen Neighborhood Center

Welcome, Don!

Don Moore will be stepping into very big shoes left by Rosa Robinson as he takes over Allen Neighborhood Center’s Youth Service Corps.

Don is a doctoral candidate in the College of Education at Michigan State University (working on a dissertation about the history of the MEAP test). In addition to advanced education he also has a strong interest in youth and gardening. He lives in the neighborhood on Lathrop Street with his partner Theresa and his two cats, Annabel and Daisy. We are delighted to have Don in charge of this great program!

Please see our next issue for the return of the Kid News column and more information about our newly “green” YSC. Until then, here are some pictures from a recent art workshop put on for the group by area artist Aaron Kurtner:

Wednesday Morning
Senior Coffee
(Non-seniors are welcome, too!)

Every Wednesday
10:00 AM to noon

May 2: On May 2, we are having a very special guest at Senior Coffee: Rose Gakwandi of Rwanda, founder of Association Mwana Ukundwa. “Mwana Ukundwa” translates as “Beloved Child.” AMU provides food, clothing, housing, and education for two thousand children whose are orphans as a result of the 1994 genocide in Rwanda and of AIDS.

Ms. Gakwandi will be coming to Lansing area courtesy of Haslett Community Church to visit our community, raise awareness about Rwanda and AMU, and provide opportunities for cross-cultural learning and relationship building. We are very excited to have her visit us!

May 9: Nancy Parsons will present on the history of the Boys’ Training School in Lansing and the project to erect headstones for boys who died at the school.

May 16: Cross-cultural presentation courtesy of MSU Volunteers for International Programs

May 23: A docent from Kresge Art Museum will present a slide show on their exhibit titled “Working America: 1910-1950”.

May 30: Senior Coffee will tour the Hunter Park Garden-House!

Thank you to...

Gloria Miller, for sharing her story at our Breast Health Dinner; Dick and Peggy Stuckey for their farm’s donation 50 pounds of white navy beans to be distributed through Breadbasket (also thanks to LeRoy Harvey for coordinating this); Adam Montri for his greenhouse expertise; Dave Muylle for his generous support of our conference scholarship fund; and finally, a special thanks to our board, for cheerfully participating in many extra meetings these past few months.

ANC Board of Directors
Annual Meeting
May 21 at 4:30 PM at ANC
The Center will be a few weeks short of its 8th birthday! Join us!

Did you know...

• ...that there is free bread at the Neighborhood Center? We receive generous donations from Panera Bread and the Salvation Army that allow us to distribute bread, bagels, and treats to any neighbor who comes in. This program begins at 1:00 on Tuesday and lasts until the bread is gone!
• ...that we host the premiere Kinship Care support group in the area? People from all over the state look to our program as a model. If you are a grandparent raising your grandchildren, or anyone raising another relative’s child, you can receive support and information. This group meets the second Saturday of every month at ANC from 1:30 to 3:30. Call the neighborhood center to get involved, or stop on by!
Across the Neighborhood

Neighborhood News

We Care Neighborhood Watch and Association: We Care will be having their Memorial Day picnic on May 28th, 2007, at 5:00 PM in front of 423 and 419 Beech St. Please bring a dish to pass.

ABC: Association for the Bingham Community (ABC) has been quiet and we are looking forward to the summer months. We will be meeting on Monday, May 7th, at 6 PM in Pilgrim Church. We will be discussing ideas for summer and looking at the bylaws. If you have any questions or concerns, please contact Denise Kelley at 484-9109 or by email at abc-neighborhood@sbcglobal.net.

PLACE: PLACE will be meeting on May 8th at 6:30 PM at ANC. Additionally, as a result of our neighborhood’s grant writing, the city’s forestry department will be planting trees with us very soon. They will be planting a total of 38 trees in our neighborhood; the grant will pay for 15 of them, and the rest of the sites will be planted with city trees. The neighborhood is extremely grateful for this and we will be mulching and watering the trees during the summer. Look out for tree maintenance dates in the next newsletter.

Hunter Park West Neighborhood Watch: The March 28th meeting was very informative. Our guests, Carol Woodruff and Nicole Reinhart Huberty from the Lansing Community College enlightened us about the certificates and degrees offered and the process to apply for financial aid. Thank you Carol and Nicole.

Want to get a handle on how you can improve your home? At the upcoming May 23rd meeting, local resident and real estate agent, James Pyle will share with us simple, inexpensive ways we can improve our homes and increase our property values. Snacks will be served at 6:30 PM and the meeting will start at 7 PM at ANC.

Upcoming Events

Celebrate Lansing’s Diversity!
2nd Annual Diversity Celebration
Saturday, May 19, 2007
1:00 PM—4:30 PM
Eastern High School

Come join in the fun! Join us for a day filled with ethnic food sampling, prizes, entertainment for all ages, speakers, games, and educational exhibitors. Admission is free. For more information call Rishan Butler, 483-4082, or Joe McDonald, 702-4754.

Preventing Delinquency: What’s Happening with At-Risk Youth in Ingham County?

This informative conference will take place on May 31, 2007, from 12:00-4:30 PM at the Executive Conference Room of the Hannah Community Center, located at 819 Abbott Road in East Lansing.

Concerned community members, service providers, and decision-makers interested in preventing youth delinquency are all welcome to attend.

For more information please visit www.ingham.org/ce/CCY/Symposium.htm or contact Elizabeth Schrock by email at eschrock@ingham.org or phone at 517-676-7289.

Bingham Elementary: Bingham Bulldogs continue to “Max It” with great excitement for May. We eagerly anticipate our Fifth Grade Class field trip to Washington, DC, May 13-17th. We will leave Lansing and travel to Gettysburg, Philadelphia, Washington, DC and Virginia. Thanks to all of our contributors, including ENO, for their donations to our students. Join us on Sunday, May 13th at 4:00 PM to send our children off and give them best wishes.

Our first graders will stay overnight for two nights at Ebersol, April 30th – May 2nd, and also we look forward to our upcoming graduations for kindergarten and fifth grades and the end of school in June.

Our community has been so very supportive in all of our activities that we want to give thanks to all and invite you for the end of the year BINGHAM CARNIVAL on June 1st, from 5 – 8:00 PM. It’s a wonderful evening. The only problem is having more fun than we had last year—be sure to join us!

Plymouth Congregational Blood Drive:
Give the Gift of Life on May 17!

In conjunction with Plymouth Congregational Church, the American Red Cross will be sponsoring a Blood Drive Thursday, May 17th, 2007 from 1:30-6:30 PM.

The blood drive will take place at the church, located at 2001 E. Grand River Avenue, at the corner of Grand River and Fairview Avenues. A light lunch will be provided for your life-giving effort.

For more information, please call the church at 517-484-9495.
Growing in Community

The People and Groups Making a Difference On the Eastside

Neogen Ribbon Cutting: Welcome to the Eastside!

On Tuesday, April 17, the Eastside formally welcomed the Neogen Corporation into their new home inside the old Allen Street School. Community members were able to tour the building, seeing for themselves the state-of-the-art labs and newly-renovated facilities where the company will continue their work maintaining the safety of our food system. A special thanks to Jim Herbert, CEO of Neogen, for welcoming ANC staff on a tour of the building, and for his investment in the Eastside.

Above right, Mayor Virg Bernero shakes the hand of Herbert; left, community leaders and Neogen scientists about to cut the ribbon at the ceremony in front of the Center for Microbiological Excellence.

ENO Update

The Eastside Neighborhood Organization had election of officers in April. Nancy Parsons was re-elected as president, with Dennis Kelley as Vice President, and Cheryl Risner as Treasurer. The Recording Secretary is Deb Biehler, the Corresponding Secretary is Julee Furlong, and representatives are Martha Dee, Deb King, Missy Austin, Stacia Pitcher, and Denise Kelley.

At their May 2nd meeting, ENO will be looking at their bylaws and bringing them up to date. They will also have a presentation by Glenn Trucott of Animal Control regarding licensing of dogs, amnesty day for licensing, and other helpful information.

First Annual Hawk-I-Tri: June 3, 2007

The first ever Hawk Island Triathlon will take place at Hawk Island County Park on June 3rd, 2007, beginning at 8:00 AM.

The event will consist of a 400 meter swim from the beach to the island and back, a 16k bike course on smooth, paved roads through farmland south of Michigan State University, and a 5k run clockwise around the lake (with a loop on the north through Scott Woods), then double back counter clockwise around the lake only.

Hawk Island County Park features a beach and swimming area, splash pad and spray park, community-built playground, a 1½ mile paved path way around the lake, stocked fishing, paddle and rowboat rental, and a beach house/snack bar. The park also features picnic grounds and shelters, boardwalks, fishing docks, sand volleyball courts and horseshoe pits.

Registration for the event is $60 before May 1st, and $70 after, and includes an event tech shirt, a free family day pass to Impression 5 Science Center, pre-race energy food, sports drinks, and water, post-race food from J.D. Applewood’s SmokeHouse, live music, and race chip timing.

For more information, or to register online, please go to www.hawk-i-tri.com.

Free Comic Book Day is May 5th!

Across the country, comic book stores will be giving out free comic books to promote reading and enjoyment of this wonderful medium.

Stop by Capitol City Collectibles, at 2016 E. Michigan Avenue, to check out specially printed FREE comics (for kids of all ages) on May 5th. Gone Wired Café, at 2021 E. Michigan, and Everybody Reads Bookstore, at 2019 E. Michigan, are partnering with the comic book store for this event. For more information, stop by one of these stores or visit www.freecomicbookday.com.
# Community Builder's Toolbox

**Ideas and Information for Strengthening Neighborhoods**

<table>
<thead>
<tr>
<th>Foreclosure and Subprime Lending</th>
<th>Economic Development News</th>
<th>Disaster Alert Program: Be Prepared!</th>
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<tbody>
<tr>
<td>By Jason Weller</td>
<td>By Kate Koskinen</td>
<td>Allen Neighborhood Center is collecting information about neighbors who may need help during a disaster or weather emergency. Please help us identify who is at risk!</td>
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The mortgage industry and subprime lending have been in the news lately because of the dip in the stock market. This has led many people to ask, “what is subprime lending?” According to the Department of Housing and Urban Development (HUD), “subprime loans are for persons with blemished or limited credit histories. The loans carry a higher rate of interest than prime loans to compensate for increased credit risk.” In some of these cases, borrowers never go through a loan interview process and are simply “pre-approved” for loans. This is very different from the traditional loan interview process where a borrower’s income and employment are verified by the lender before the loan is approved.

If you are in the market for a first or second mortgage, do some shopping around. Frequently borrowers only talk to one lender. Instead try a mix of banks, credit unions, and mortgage companies to see what kind of loans you are offered.

All of this can be overwhelming. But keep in mind that help is always available in the form of housing and credit counseling from a HUD or MSHDA approved agency. If you would like more information please contact Jason Weller, Housing Services Coordinator, at (517) 999-3913, or via email at jasonw@allennighborhoodcenter.org.

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Everyone is talking about global warming these days, and it can all seem a bit overwhelming. But there are things all of us can do to be more earth-friendly in our day to day lives, and they aren’t hard! Here are just a few suggestions:

- Walk or change your driving habits. If you can walk there in fifteen minutes, why don’t you? Not only will you not pollute, you will save on gas and improve your health as well.
- Shop in your neighborhood. Driving across town to save a dollar or two no longer makes sense, especially with gas prices rising.
- Buy and eat foods that are grown within 100 miles of your home (you can find these at the Allen Street Farmers Market). The less shipping involved in your food, the healthier it is for the environment and you!

**The Eastside Business District Welcomes:**

- **Xango**, 2722 E. Michigan Avenue, 484-2000
  - www.mymangosteen.com/lansing
  - Premium health beverage made from mangosteen fruit. Classes and training for individuals interested in starting a home based business.

- **Forum Technologies**, 2722 E. Michigan Avenue, www.creativetech.myfti.biz
  - “Tomorrows Hot Technologies Today.” Technology that may improve your health. Product information and sales or home based business opportunities.

Lansing residents can qualify for a free energy assessment and energy saving improvements through Urban Options Energy Fitness Program!

Participants will receive a visit from a professional Energy Specialist who can install up to eight money-saving devices, and provide a helpful information packet and safety tips. Income restrictions apply.

For more information about the Energy Fitness program, or to sign up, call Urban Options at (517) 337-0422.
**Healthy News!**

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

**May 2007**

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**Ultimate Fun in the Park**

If you have never played Ultimate Frisbee, now is your chance. It is not difficult, does not require tons of Frisbee skills, and you can play every week in Hunter Park with other Eastsiders.

**Here are the basics:**

- The game is played on two teams, with each team trying to score in the others’ end zone.
- You can’t run with the Frisbee in your hand—you must stop after you catch it.
- When you have the Frisbee, your team runs around you trying to get open so you can throw it to them.
- Points are scored when the Frisbee is caught in the end zone.

Some locals play at Hunter Park every Saturday at 3 PM. The crowd usually includes men and women, boys and girls from 3 to 50-ish years old, all playing at the same time. The Frisbee is provided and no other special equipment is required. We go over the rules before every game, and again when new people join in. It is fun and easy-going. We welcome new players, experienced and beginners.

So if you're looking for some activity in the neighborhood, look for the Frisbee game in the park this Saturday!

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**Bike Helmets Save Lives**

85% to 88% of bicyclists’ brain injuries can be prevented by wearing a helmet. Despite this, only 20% of bike riders wear one. **WEAR YOUR HELMET!**

**Children are at the greatest risk:**

- Nationally, bicyclists aged 14 and under are at five times greater risk for injury than other cyclists.
- Universal helmet use by children ages 4 to 15 would prevent up to 45,000 head injuries each year.

**Helmets save money:**

- Direct costs of cyclists' injuries from not using helmets are estimated at $81 million each year. Indirect costs of cyclists' injuries due to not using helmets are estimated at $2.3 billion each year.

This summer when you ride your bicycle, wear your for protection and make sure it fits properly. It should sit square on top of your head, covering your forehead. It should not be pushed back.

**FREE HELMETS** provided by the Michigan Department of Community Health are available at the upcoming Saturday in the Park event held on May 12th at Hunter Park. The Bike Rodeo is from 12 to 3 PM and we will be giving away helmets and making sure they fit properly.

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Good health is contagious. Catch some on the Eastside!
Healing Food Highlight: Maple Syrup

Maple Syrup is more than a sweet treat. Native to Michigan, pure maple syrup is composed of balanced sugars, minerals, vitamins and amino acids which makes it unique from other sweeteners.

Next time you enjoy some pancakes, reach for real Michigan Maple Syrup—available this month at the Allen Street Farmers Market.

Introducing... PLAN FIRST!

It’s finally here—FREE family planning for Michigan women. The Plan First program provides free birth control supplies and devices (like the pill, patch, IUD, etc.) along with the doctor’s appointment related to getting them. It also covers lab tests and treatment for sexually transmitted diseases.

Call the ANC Health Team for more information or to apply, 367-2468.

10th Annual Mayor’s Family Riverwalk

Saturday June 2, 2007
Walk begins at 10a.m.
Registration begins at 9:30a.m.

The walk begins at the Potter Park Zoo and ends at the Turner Dodge House (shuttles are available for rides back to the zoo). There are free refreshments at the Turner Dodge House and fun stations along the way!

The first 1,000 walkers receive a free tee shirt!

This is fun, all ages event is free, so mark your calendars!

May Calendar

3 Quit Tobacco Support Group
7-8 PM, call Shannon for details. 367-2468

12 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 Over the Counter Medicines
Available from 1-4:30 PM, for 48912 residents only. Free of charge.

17 Quit Tobacco Support Group
7-8 PM, call Shannon for details. 367-2468

Ongoing Events

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

Allen Street Farmers Market
Wednesdays from 2:30-6:30 PM in our parking lot, at the corner of Allen and Kalamazoo streets. Fresh produce (mostly organic) available at low prices. Live music, food samples, activities for kids.

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.
# Eastside Events for May 2007

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<td><strong>1</strong> Breadbasket: 1:00 Youth Service Corps (YSC): 3:30-5:30 Friends of Hunter Park: 6:30, ANC</td>
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<td><strong>2</strong> Senior Coffee: 10:00 ENO: 7:00, Foster Center</td>
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<td><strong>3</strong> Calvary Fellowship Food Pantry: 12:00 YSC: 3:30-6:30 FAIR: 6:30, ANC Quit Tobacco Support Group: 7:00</td>
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<td><strong>10</strong> YSC: 3:30-6:30 Holmes Street School Comm. Assoc.: 6:30, ANC</td>
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<td><strong>11</strong></td>
<td><strong>12</strong> Saturday in the Park: 9:00-4:00, Hunter Park (Kinship Care is meeting at the park!)</td>
<td><strong>13</strong> Mother's Day</td>
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<td></td>
<td><strong>28</strong> After all those April showers, be sure to enjoy your May flowers!</td>
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*All events are held in Eastside, unless otherwise specified.*