

# The Eastside Neighbor

*Fast Happenings in the Neighborhood*

1619 E. Kalamazoo St., Lansing, MI 48912 — (517) 485-7630

www.allenneighborhoodcenter.org

Volume VI, Issue X

October 2006

## Inside this issue:

ANC Update	<b>2</b>
Across the Neighborhood	<b>3</b>
Growing in Community	<b>4</b>
Community Builder's Toolbox	<b>5</b>
Healthy News	<b>6</b>

**Five Youth Service Corps members traveled to the International PeaceJam conference in Denver September 15-17 to see nine Nobel laureates. Read about the trip in their own words:**

### PeaceJam Points

By Thomas "TJ" Fentress, age 15

Nobel Peace Laureates gathered in Denver, Colorado, for the 10<sup>th</sup> Anniversary of PeaceJam. Thousands of youth were there from around the world. 31 countries were represented. I was able to meet people from Minnesota and Florida, as well as people from Tibet and South Africa.

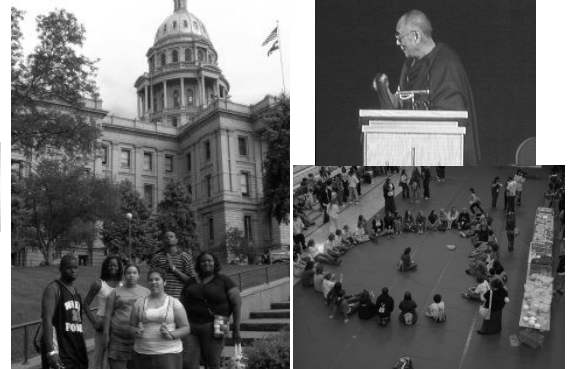
I was also able to learn the laureates' views on peace and what it means to them. They are not superheroes, they are just people that work hard for a better world. I now realize that change starts with us, as youth, to be responsible, accountable, and take the blame for our actions so that we can walk the line to make the world a better and safer place to live.

## Neighborhood Meetings

- **October 4: ENO** 7:00, Foster Center
- **October 5: FAIR** 7:00, ANC
- **October 9: Potter Walsh** 6:20, Fellowship Baptist Church
- **October 10: PLACE** 6:30, ANC
- **October 11: Friends of Hunter Park** 6:30, ANC
- **October 11: Foster Your Neighborhood** 7:00 Foster Center
- **October 18: Prospect Protectors** 6:30, ANC
- **October 23: ANC Board** 4:30, ANC
- **October 26: Green Oaks** 6:00, Christ Lutheran Church

**BIKE JAM!  
SEE PAGE FOUR**

**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 485-7630 or email her at ancfranny@gmail.com by **the 12th of the preceding month.**



*Clockwise from left: From the left, Chad Watts, Rosa Robinson, Stephanie Jackson, Brittany Jackson, Thomas "T.J." Fentress, and O'Tia Jenkins stand outside the Colorado State Capitol building (not pictured: Sanjay Bisht); the Dalai Lama speaks to a packed auditorium; and the youth participate in a circle discussion activity at the conference.*

## PeaceJam By O'Tia Jenkins, age 15

PeaceJam was an amazing experience. Denver is a beautiful place and the perfect choice for the conference. I loved the vibe of the whole situation. Peace Jam brought 3,000 kids together from dozens of different countries and put us in one area. We dealt with some sensitive issues. No one became enraged by the different opinions being expressed. Many of us do not even speak the same language but we got along. Buddhists, Catholics, Baptists, Scientologists, and even atheists were in the same room and not one fight emerged. No one argued. We didn't care about the latest fad, who was on TV, or if someone was the father of the baby or not. We were all there for one purpose, and that was to make a better world. We looked at aspects of society that needed to be changed. I found myself in tears as the Nobel laureates took the stage. One by one they touched me.

It felt unreal to be in a room with all that greatness. Many of the laureates had none or little formal education, and yet they managed to achieve a greatness that far exceeded that of any level of professional success. Those men and women had achieved a sense of mental richness, wisdom, and even more important, they had found love. They knew what it was to love and care about someone. And many times it was for someone they didn't know. They put their lives at risk so that other people could have a chance at a better life. **Continued on Page 2**

## Junk Day 2006

**Thank you to the City of Lansing, Lansing Township, the United Way, and especially the local businesses and the hundreds of neighbors who made Junk Day 2006 a huge success!**

*See page two for more thank yous.*



# ANC Update

## Activities and programs offered by Allen Neighborhood Center

### Kid News from YSC

By Rosa Robinson, YSC Coordinator

We just returned from the International PeaceJam conference in Denver. The trip took a year to plan, but the work was well worth it. We heard the Dalai Lama and nine other Nobel Laureates speak about their lives and the work they do to achieve peace and justice in the world. I am humbled and consider myself privileged to have had the opportunity to attend a conference of this magnitude with YSC. I would like to thank everyone who made this trip possible, either through donations or words of support.



The YSC Kid of the Month is Talitha Evans. Talitha is a 10th grader at Eastern High School. She was chosen for her leadership skills and her friendly personality. Congrats Talitha!

**“PeaceJam” Continued from Page One**  
I learned from them that people as individuals have to be responsible for what happens to the world. We as people have the responsibility to make our world right, not just our home, city, state, or country, but our world. Virg Bernero can't make Lansing a safe or comfortable place to live. Armed police officers (some with dogs) cannot make Lansing High Schools a safe haven for learning, no matter how much we tell ourselves that it is a good idea. The only solution for Lansing is the people of Lansing. Every person has to work to create a peaceful environment in our town. A group of 20 or 30 can't do it. We have to do it. In the words of his holiness the great Dalai Lama: “Tomorrow is what we make it. The world tomorrow is affected by the things we do today and the way we correct the mistakes of yesterday.”

### Wednesday Morning Senior Coffee

(Non-seniors are welcome, too!)

Every Wednesday, 10 AM to Noon

**October 4th:** Art Show

**October 11th:** Alex Hill, founder of ScoutBanana, will talk about his work with the St. Ambrose Charity Health Center in Uganda

**October 18th:** Cross Cultural Presentation TBA

**October 25th:** Field Trip to Preuss Animal House! Meet at ANC at 10:00 to car-pool over to Old Town.

### Edible Eastside

**Allen Street Farmers Market:** The season is not over yet (our last market is Oct. 25<sup>th</sup>)! On **Wednesday, October 4th** from 2:30 to 6:30 p.m. the Allen Street Farmers Market will be spicing it up with the **Capitol Apple Festival**. We will be celebrating a wide variety of apples and their uses in your kitchen. There will be live music, kids coloring activities, and taste testing.

Our final market of the season will be the **Good Night Moon Market on October 25th**. Come celebrate with us at a community pot luck in recognition of the farmers, volunteers, and customers whose efforts have created the Allen Street Farmers Market. Please call to sign up for the feasting which will begin at the close of the market day. Contact the Food Team at 367-2468.

Join us at the corner of Kalamazoo and Allen for food and fun!

**Hunter Park GARDENHOUSE Site:**

The WorkDay in Hunter Park in September was a success! We planted yet another bed of perennials to continue to beautify our parklands of the eastside. We especially thank volunteers Sue Irwin and Matt Smar, and all ANC staff who participated. *See page four for more about our upcoming composting workshop.*

**Youth Garden Club:** As the summer Garden Club came to a close the last week of August, K'Anna and Kate and all of ANC wish to thank our youth gardeners: Sean Riley, Sam Riley, Christopher Riley, Audrey Schelthelm and Rich Bartlett.

**Thank you to the Friends of Hunter Park for bringing us another wonderful MusicFest on August 19.**

Nancy Van Hoosier and Julie Anne Jones, chairs of the group, would like to thank Big Willy, Ritmo, The Lash, Lamai Thai, Heavenly BBQ, WLNZ (thanks Lyn and Dave), Lucky's, Village Market, Lansing Parks and Recreation, Board of Water and Light, Lansing Police Dept, Greater Lansing Council of Arts, Lansing Mayor's Office, and the volunteers: Bri Havens, James Pyle, Sarah Keaton, Anna Hope, Corie Jason, Bobbie Hardy, Martha Dee, Debbie King, and all the ANC staff.

### Junk Day Thank You:

We were blessed with literally hundreds of volunteers, including neighbors, MSU students, and other community members, to make our neighborhood cleanup a success.

A big thank you to our donors and sponsors for making this event possible: the City of Lansing and Lansing Township, Capitol Area United Way—Days of Caring volunteers, Friedland Industries, Granger Container Service, MSU Women in Business Student Association volunteers, Paint A Place, Pat M.—the Computer Whiz, the American Red Cross, Auto Surgeon, Bake N'Cakes, Daily Bagel, Dragonfly Coffee, Home Depot, Jim Noble of Briarwood Realty, Krispy Kreme Doughnuts, Share A Bike, Magdalena's Tea House, and University Foreign Car. Thanks everyone!

**More event details will be included in the November Eastside Neighbor.**

# Across the Neighborhood

## Neighborhood News

**ABC:** Thank you to everyone who attended our neighborhood night out! Please remember that we are moving our meetings starting in November. We will now meet the 1st Monday of odd numbered months at 6:00 PM at Pilgrim Church. Hope to see you on November 6th. If you have any questions/concerns please call Denise Kelley at 484-9109.

**We Care Neighborhood Watch:** Our group meets quarterly, and will meet next on December 18th. See the Nov. newsletter for more information.

**Potter Walsh:** The Potter Walsh Neighborhood Meeting in October will be on October 9th at 6:20PM at the Faith Fellowship Baptist Church on the corner of Lathrop and Walsh.

**Foster Your Neighborhood:** FYN will be sponsoring an open forum at Foster Community Center on Wednesday, October 11, 2006 beginning at 7:00 PM. This is an opportunity for neighbors to have direct communication with the Speedway representatives who will present their expansion plans. A question and answer period will follow.

**Eastside Neighborhood Organization:** ENO will be sponsoring a candidate's night October 4th, starting promptly at 6 PM at Foster Community Center, Room 213.

**PLACE:** Come celebrate Halloween and dress up our neighborhood with spooky spirit. Be a part of our third annual neighborhood decorating contest. First, second, and third place ribbons will be awarded to the houses with the best decor. We are again looking for kids to serve as judges. Judging will take place on Tuesday, October 30, at 5:30 PM. Contact Jennie Grau if your child wants to judge at 484-5756.

Help us put our beds to rest! On Saturday October 14th at 12:00 noon, we will be working on the Michigan Avenue flower beds for the last time this year.

We need trucks and trash barrels to carry mulch and many hands to weed and mulch the beds for winter. We will also be planting bulbs and any perennials neighbors donate. Please lend us a hand, even for just a half hour. Anyone with a truck or trash barrel to share, please call Jennie Grau at 484-5756.

**Prospect Protectors:** Prospect Protectors general neighborhood meeting will be held on October 18th at 6:30 PM at ANC. Please come to share your ideas and concerns about our neighborhood. A yummy dessert will be served as usual! Questions, call Corie Jason at 482-8756.

## News from Lansing Schools

**Bingham Elementary School:** Bingham Elementary Bulldogs are working to "MAX IT!" with their school slogan of "Striving to reach your maximum potential." Max the Bulldog is the school's mascot, inspiring us to be the best that we can be.

Bingham is working hard to become the premier elementary school of the District, beginning its college preparatory comprehensive curriculum. The staff, parents, and community partners provide an environment in which all students will learn academic, behavioral, social and cultural skills necessary to thrive and become world leaders in this century. The teachers enthusiastically employ a variety of experiential strategies to overcome obstacles that may affect a child's success. Visit our school. Join our efforts.

*Watch us Grow to the Max!*

- October 3rd: PTA Meeting 5:30PM
- October 6th: Picture Day
- October 12th: Family Night Harvest Fest with "Rap On" class contest for vowels and multiplication tables, and chili tasting 5:30 PM
- October 31st: Dress up as your favorite character, role model or fantasy. Parade at 8:30 AM, class games and activities begin at 2:30 PM.

### Fairview Elementary School:

- October 3rd: FFTA meeting, 6:30 PM
- October 13th: Fall Fundraiser Kickoff
- October 27th: Halloween Parade, 1:00. Follows Grand River to Magnolia to Saginaw and back to Fairview School.

### Pattengill Middle School:

- September 29th: 7th-8th Grade Open House, 6:30 - 8:00 PM
- October 2nd: PTSA Meeting, 6:00 PM, room 107
- October 17th and 18th: Parent-Teacher Conferences from 4:00-7:00 PM

**Eastern High School:** The Eastern students, faculty, and community members are excited about all the things happening at Eastern. New science labs, cafeteria, library, gym, lockers and much more, have all been renovated. Students came into Eastern and recognized that their beautiful historic building has had a face lift. The teachers are working with new technology and everyone is enjoying their new surroundings.

Eastern has several new educational programs this year. The first, of course, is the new International Baccalaureate program. We have a host of new classes that are being implemented through this program such as History of Americas, Theory of Knowledge, and CAS (Creativity, Action and Service). We have also created a new mentoring component to build relationships with our students called GRAD. This program will afford staff and students the opportunity to work together to address both academic and career goals. Students will also have another adult to listen to their concerns and steer them in the right direction. We believe both programs will enhance and compliment our strong tradition of academic excellence.

This year's homecoming game is against Okemos on October 6, 2006, at 7:30 PM, at Sexton High School. Eastern will have spirit week and a homecoming dance immediately following the game. It is sure to be a fun week for all. Go Quakers!

# Growing in Community

The People and Groups Making a Difference On the Eastside

## Bike Jam! Keep Your Rims Spinnin'

A call out to all cyclists in the area, especially youngsters. What do you like best about riding your bike? Do you want to learn how to do it better? **On October 7<sup>th</sup>, from 10 AM – 12 PM**, Dick Janson and Bill Savage from the mid – Michigan Tri-County Bicycle Association (TCBA), and staff from the ANC will be at Hunter Park for the first ever **Bike Jam** to give tips on how to maintain your bike and ride it faster, smoother, and cooler.



Our volunteer instructors will give lessons on how to change a tire, check brakes, adjust your seat, use correct hand signals, and outfit your bicycle for additional safety with reflective tape. We'll finish with a short ride through the neighborhood to provide an opportunity to practice hand signals and cycling skills. Come with any questions you have. Bike on and bike safe!

If Bike Jam whets your interest for bike safety, **Riverfront Cycle**, located at 507 E. Shiawassee St. in Lansing, will be offering bike repair classes this fall and winter. Their first class will begin in late October and will cover the complete overhauling and adjusting of the bicycle as well as emergency repairs. Call Dave at Riverfront to sign up at 482-8585, or via email at sales@riverfrontcycle.com.



## Capital Area Community Media Center October Workshops at ANC

### • Oct. 12: Having Fun with Pictures, 7 - 9 PM

Learn to use Adobe Photoshop to play with digital photos and other images.

### • Oct. 21: Open Community Media Session, 10 AM - 12 PM

Bring your media projects for a drop-in workshop and consultation with our volunteers.

### • Oct. 26: Find Your Voice with CAC Voices, 7 - 9 PM

Create online content on the new Capital Area Community Voices web site. Easy and fun! Especially recommended for non-profit organizations and community groups.



*Don't forget about People's Park Hour: ANC Staff will be out and about in Hunter Park Tuesdays and Thursdays from 10:00-11:00. See you there!*

### Three Grants Have Been Awarded For Eastside Facade Improvement!

- 2200 E. Michigan Avenue will be getting a new door and some concrete work.
  - 2208 E. Michigan Ave will be cleaned and fresh stain applied.
  - 122 S. Pennsylvania will be replacing the crumbling front steps with new ones.
- Congratulations to our grant recipients, and thank you for investing in the Eastside. More grants are available—contact Kate Koskinen at 367-2468 for information or assistance. Program description and applications are available on our website:

[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

## Composting Workshop at the GARDENHOUSE Site

Are you interested in winning a free compost bin or home worm bin? Saturday, October 7<sup>th</sup> from 1:00 – 2:30 PM there will be a **Composting Workshop** in Hunter Park at the future location of the **GARDENHOUSE**, following the Bike Jam. Come find out all about compost, and how to turn your yard and kitchen waste into amazing fertilizer. Our presenter is Lori Miller from the City of Lansing. This workshop kicks off the educational programming in the GardenHouse site. Call 517-367-2468 (ask for K'Anna, Julia or Judith), and register now for the workshop. Participation automatically puts you in a drawing for a free compost bin or home worm bin.

## Walk for Nature Fundraiser

Friends of Fenner Nature Center invite you to participate in our First Norris Engells Walk for Nature Fundraiser at the Fenner Nature Center on Saturday, October 14th. Start your walk between 9:00 and 10:00 AM. The walk will have a ¾ mile wheelchair accessible loop and a 2 ½ mile trail. Pre-registration is \$12 per person, \$15 the day of the walk, and \$8 for children under 8. Children under 2 are free. The first 100 people to register will receive a t-shirt with a nature photo by Norris Ingells.

Make checks payable to FOFNC and send with your registration to Friends of Fenner Nature Center, 2020 E. Mt. Hope, Lansing MI 48910.

We also invite people to stay after the fundraiser walk for our **FREE Apple Butter Festival**, starting at 11:00 AM on the 14th.

# Community Builder's Toolbox

Ideas and Information for Strengthening Neighborhoods

## English Language Resources

Many neighbors come into Allen Neighborhood Center looking for help learning English. Here is a list of Lansing-area organizations that offer English as a Second Language classes:

**The Capital Area Literacy Coalition**, located at 1028 E. Saginaw, offers classes as well as one-on-one ESL tutoring. All services are free. You must make an appointment for an assessment before tutoring can start. Contact 485-4949.

**Southside Community Coalition**, 2101 W. Holmes Rd, offers free basic English classes every Friday from 6:00-8:00. The class focuses on health-related issues. To enroll, call 394-3219 and ask for Lisa or Jonathan.

**Peckham Incorporated**, 2822 N. MLK, offers English classes for its employees but has one class that is open to community members from 3:30-4:30 PM, Monday through Friday. The class is free. Call Sophia Martinez at 316-4427 to enroll.

The **Refugee Development Center** located at Christ Lutheran Church, 122 S. Pennsylvania Ave, offers free remedial and beginner English classes to all immigrants and refugees, as well as interactive computer programs, one-on-one tutoring, and literacy work. Remedial classes are Monday, Wednesday, and Thursday from 10:00-11:00 AM and 7:00-8:00 PM, and beginner classes are Monday and Wednesday from 11:10 AM-12:10 PM and 8:10 PM-9:10 PM. Call Vincent Delgado at 482-2252 to enroll.

**Trinity Church**, 3355 Dunckel Rd, has low-intermediate, intermediate, and high intermediate English classes on Monday nights from 7:00-9:00. These classes are also free. Transportation from Cherry Lane apartments, Spartan Village Laundromat, and Owen Hall on MSU's campus is available. Call Rex Alocilja at 272-3838 to sign up.

## Recursos para aprender ingles

Muchos vecinos le preguntan a Allen Neighborhood Center para información sobre clases de ingles. Aquí está una lista de escuelas y organizaciones que ofrecen clases de ingles como segundo idioma:

**The Capital Area Literacy Coalition**, 1028 E. Saginaw, ofrece clases de leer y tutores privados. Todos los servicios son gratis. Es necesario que se cita con ellos para una evaluación. Llama al número 485-4949.

**Southside Community Coalition**, 2101 W. Holmes Rd, ofrece clases de inglés gratis y basicas todas los viernes, 6:00 PM-8:00 PM. Las clases centran en la salud. Para matricularse, llama a 394-3219 y pide para Lisa o Jonathan.

**Peckham Incorporated**, 2822 N. MLK, ofrece clases de ingles para sus empleados, pero hay una clase que es gratis para todos, lunes a viernes a 3:30-4:30. Llama a Sophia Martinez al número 316-4427 para matricularse.

The **Refugee Development Center**, que está en Christ Lutheran Church, 122 S. Pennsylvania Ave, ofrece clases de refuerzo y clases principiantes para todos los inmigrantes y refugiados. Todas las clases son gratis. Hay programas de computadora, tutores individuales, y ayuda con leer. Las clases de refuerzo son los lunes, miercoles, y jueves a 10:00-11:00 AM y 7:00-8:00 PM, y las clases principiantes son los lunes y miercoles a 11:10 AM-12:10 PM, y 8:10-9:10 PM. Llama a Vincent Delgado a 482-2252 para matricularse.

**Trinity Church**, 3355 Dunckel Rd, tiene clases intermedias los lunes a 7:00-9:00 PM. Estas clases tambien son gratis. Hay transporte desde Cherry Lane, Spartan Village, y Owen Hall en el campus de MSU. Llama a Rex Alocilja a 272-3838 para matricularse.

## Housing News

**ANC Gets New Housing Staff:** Eastside resident Jason Weller has recently joined the ANC staff to work on a range of housing and economic development issues. As a LISC-AmeriCorps member, Jason will be assisting people interested in purchasing a home on the Eastside and linking them to credit repair, down payment assistance, neighbor-friendly realtors and banks. He will also promote home improvement classes, work to reduce red-tagged housing, and implement strategies to strengthen the relationship between Eastside businesses and residents.

Jason brings a wealth of community action and human service experience, having worked as a homeless children's advocate and a school partnership coordinator. He is also finishing his Masters degree in Community Psychology and Social Change. Be sure to welcome Jason when you see him!

**The City of Lansing offers down payment assistance as well as home repair assistance.** Down payment assistance is available to first-time home buyers within the City of Lansing (although there are income requirements, and the house cannot be in the flood plain). The Single Family Rehabilitation program is for repairs to owner-occupied homes with taxes, mortgage, and insurance paid and up to date. This home repair program has no waiting list!

Call 483-4040 for more information.

**Urban Options** offers free weatherization assistance to low-income residents. Call 517-333-0422 to sign up.

**Foreclosure Prevention Workshop:** Lansing Affordable Homes, Inc. will be presenting a mortgage foreclosure and predatory lending prevention class at the Capitol Area District Library on **Monday, October 9th at 6:00 PM.** The class will discuss how to watch out for predatory lending practices.



# HEALTHY NEWS!

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

October 2006



## **THE PUMPKINS ARE COMING!!!**

*The Smoke-Free Home Pumpkin Giveaway is back at the Allen Street Farmer's Market on October 25, 2006, from 2:30-6:30 pm.*

That's right, Eastsiders: for the third straight year, the ANC Health Team will be giving away locally grown pumpkins to every household that declares itself smoke-free. As in years past, one pumpkin will be available per household that does not allow smoking in it. For those smokers who are not quite ready to quit, you will still qualify if you choose to smoke outside (on the porch, in the yard, etc.)

We have 100 pumpkins to give away, so come early and visit the Health Tent. Special thanks to farm market vendors **Brian and Sue Stuart and Sons** (especially their son Tom, who works every market) for donating the pumpkins and making the event possible. Buy local, eat well!

While you're there, ask us about what else we can do for you or your family.

### **We have programs to help:**

- 🎃 Quit Smoking
- 🎃 Get Health Coverage (Medicaid, Ingham Health Plan, Healthy Kids/ MI Child)
- 🎃 Obtain Yearly Screenings and Clinical Exams (for women)
- 🎃 Find Parenting/Family Resources including clothes, toys, baby supplies
- 🎃 Talk to Your FIA/DHS Caseworker
- 🎃 Find A Doctor, Get Medications (Prescription and Over-the-Counter)
- 🎃 Cope with Raising A Relative's Child (Kinship Care)

We hope to develop a map of all the smoke-free homes on the Eastside, so take the Smoke-Free Home pledge, pick up a pumpkin, and add your household to the growing list of smoke-free homes in our neighborhood. Also, thanks to a grant from the Greater Lansing Affiliate of the Komen Foundation, the Health Team will provide free samples of cancer-fighting foods at the Farmer's Market. So stop by and check us out!

*Health Team efforts are also supported by the Ingham County Health Department.*



**Good health is contagious. Catch some on the Eastside!**

## Healing Foods Highlight: APPLES



There's truth to the old saying, "An apple a day keeps the doctor away". Eating apples with the skin has many nutritional benefits. Apples contain fiber, vitamin C, and antioxidants. They help people with disorders like diabetes and hypoglycemia control their blood sugar. They also contain phytochemicals, which may protect against certain types of cancer.

This Michigan grown food is delicious and nutritious, so pick some up at the next Farmers Market!



## Want to Quit Smoking?

### ANC Can Help.

So you read the article on the previous page and wanted to pick up a free pumpkin, but you are having trouble quitting or at least smoking outside. ANC has a new smoking cessation counselor on staff several days per week to guide you through the tough process of quitting smoking.

Shannon Laing is a trained counselor who is available for individual counseling, group sessions, and telephone consultations. She can also give out Nicotine Replacement Therapy for those enrolled in our program. She is in the office on Mondays and Wednesdays from 8:00 AM to 12:30 PM, and Thursdays from 3-8 PM.

Call her today to set up an appointment and start down the road to being tobacco free. She can be reached at 367-2468.



## October Calendar

*Please verify all event information and registration requirements before attending.*

- 5 Quit Tobacco Support Group** 7-8 PM, call for details. 367-2468
- 14 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.
- 10 Community Grief Support Group** See below.
- 19 Quit Tobacco Support Group** 7-8 PM, call for details. 367-2468
- 17 Over the Counter Medicines** Available from 1-4:30 PM, for 48912 residents only. Free of charge.
- 23 Grief Support Group** See below.
- 25 Smoke-Free Home Pumpkin Giveaway** See left.




### Ongoing Events

- ANC Bread Basket** Tuesdays from 1-6 pm at ANC. Come every Wednesday for free bread.
- ANC Farmer's Market** 2:30-6:30 pm in the parking lot on the corner of Allen and Kalamazoo. Food Stamps and WIC Project Fresh 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.
- Community Grief Support Group** 2nd Tues., 6:30-8:30 pm. For 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](mailto:ancmonica@sbcglobal.net).*

# Eastside Events for October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>Breadbasket:</b> 1:00-6:00 <b>Youth Service Corps:</b> 3:30-5:30	4 <b>Senior Coffee:</b> 10:00 <b>Farmers Market:</b> 2:30-6:30 <b>Eastside Neighborhood Org.:</b> 6:00, Foster Ctr.	5 <b>Youth Service Corps:</b> 3:30-5:30 <b>FAIR Neighbors:</b> 7:00, ANC	6 <b>Eastern High School Homecoming:</b> 7:30 PM, Sexton High School	7 <b>Bike Jam:</b> 10:00-12:00, Hunter Park <b>Composting Workshop:</b> 1:00-3:00, Hunter Park
8	9 <b>Potter Walsh:</b> 6:20, Faith Fellowship Baptist Church	10 <b>Breadbasket:</b> 1:00-6:00 <b>Youth Service Corps:</b> 3:30-5:30 <b>PLACE:</b> 6:30, ANC	11 <b>Senior Coffee:</b> 10:00 <b>Fm. Market:</b> 2:30-6:30 <b>Foster Your Neighborhood:</b> 7:00, Foster Ctr. <b>Friends of Hunter Park:</b> 6:30, ANC	12 <b>Youth Service Corps:</b> 3:30-5:30 <b>CACMC Workshop:</b> 7:00-9:00, ANC	13	14 <b>PLACE Flower Bed Improvement:</b> 12:00, Michigan Avenue <b>Kinship Care:</b> 1:30-3:30
15	16	17 <b>Breadbasket:</b> 1:00-6:00 <b>Over-the-Counter Medicines:</b> 1:00-4:30 <b>Youth Service Corps:</b> 3:30-5:30	18 <b>Senior Coffee:</b> 10:00 <b>Farmers Market:</b> 2:30-6:30 <b>Prospect Protectors:</b> 6:30, ANC	19 <b>Youth Service Corps:</b> 3:30-5:30	20	21 <b>CACMC Workshop:</b> 10:00-12:00, ANC
22	23 <b>ANC Board Meeting:</b> 4:30, ANC	24 <b>Breadbasket:</b> 1:00-6:00 <b>Youth Service Corps:</b> 3:30-5:30	25 <b>Senior Coffee:</b> 10:00 <b>Farmers Market:</b> 2:30-6:30 ( <i>Final market of the season</i> )	26 <b>Youth Service Corps:</b> 3:30-5:30 <b>Green Oaks:</b> 6:00, Christ Lutheran Church <b>CACMC Workshop:</b> 7:00-9:00, ANC	27	28
29	30 <b>PLACE Halloween Contest Judging:</b> 5:30	31 <b>Breadbasket:</b> 1:00-6:00 <b>Youth Service Corps:</b> 3:30-5:30	<b>Happy Halloween!</b> 	<b>October is Breast Cancer Awareness Month</b> 	<b>October is also... National Book Month!</b> 	<b>And National Caramel Month!</b> 