

The Eastside Neighbor

A publication of Allen Neighborhood Center

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

www.allenneighborhoodcenter.org

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Neighborhood Meetings

- **November 1: ENO** 7:00, Foster Center
- **November 2: FAIR** 7:00, ANC
- **November 6: ABC** 6:00, Pilgrim Church
- **November 7: Friends of Hunter Park** 6:30, ANC
- **November 13: Potter Walsh** 6:20, Fellowship Baptist Church
- **November 14: PLACE** 6:30, ANC
- **November 15: Foster Your Neighborhood** 7:00 Foster Center
- **November 15: Hunter Park West Neighborhood Watch** 7:00, ANC (dessert served at 6:30)
- **November 27: ANC Board** 4:30, ANC

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.**

Don't forget to vote on November 7th!

Call Allen Neighborhood Center for a ride to the polls: 367-2468

Zoo Millage Proposal

Guest Editorial By Rick Kibbey

If you go all the way to the end of the ballot on Election Day (that's November 7th), there's a great opportunity to vote for the environment and for kids. The zoo millage proposal will provide a steady funding base to allow the Potter Park Zoo to continue its great work providing educational programs about animal behavior, endangered species and habitat protection for the entire mid-Michigan region.

Many adults know the zoo as a place where you go to look at animals. In fact, our zoo is the center of a complex of animal-related activities. The school outreach program is one aspect. Dozens of classrooms each year participate in Big Zoo week, where the students spend a week on zoo based lessons. In addition, Dr. Tara Harrison, the zoo's vet, has performed pioneering medical procedures such as cancer surgery on a lion in conjunction with MSU Veterinary School. And there are the special events for the whole community such as the holiday lighting of the zoo. But what most remember is strolling under the oak canopy, enjoying the animals. Check out the new otter exhibit. The otters love it and you will too.

All this comes at a cost of less than six cents a day for a typical Ingham County home! So please, vote yes on the zoo millage on November 7th.



Allen Neighborhood Center has a new phone and email system! See page 5 for our new contact directory.

We're All in This Together

By Kate Koskinen, economic development coordinator

The recent Speedway controversy (see our report below) has prompted lively conversations about how to balance the interests of our Eastside businesses with the interests of neighborhood residents, and for that matter, all of the other sectors that make up a community: schools, churches, businesses, parks, bus stops, sidewalks, streets and even landfills. We have places that provide jobs and places that provide reliable services. We have homes, owner occupied and rental, of many different sizes and styles. A healthy community weaves together all of these elements in a dynamic way, creating a pleasant, functional place where people want to live, work, raise families and grow old. This, of course, is easier said than done, especially in older communities which have grown more organically than the new planned environments of the suburbs.

We believe that we need to consider the importance of *all* of these elements, as we continue to "grow in community" (as the sign at the entrance to the neighborhood says). Our future depends on all of us working together, understanding the needs and concerns of others, and making thoughtful plans together. There will be new opportunities for thoughtful cooperation, as the City kicks off its Master Planning Process later this year.

Speedway Development

By now, most of us who live and work on the Eastside have heard about the expansion plan proposed by the Speedway station on the corner of Michigan and Clemons, and the resistance to that plan by nearby neighbors. The part of the proposal that appears to be most problematic involves demolition of the house directly north of the station—a house that Speedway purchased for

(Continued on page 4)

ANC Update

Activities and programs offered by Allen Neighborhood Center

Kid News from YSC

By Rosa Robinson, YSC Coordinator

This month, youth who attended the International PeaceJam Conference are preparing a presentation for the donors who made this wonderful event possible. The time and date have not been scheduled.

We have packed away the lawnmowers for the year, but our current project (aside from helping Franny with the newsletter) is the "rake and run", where we rake neighbors lawns as random acts of kindness. If you are elderly or disabled, please let us know if you need help with light yard work.

Have a happy Thanksgiving holiday!



The YSC Kid of the Month is Daniel Gamble, a 10th grader at Eastern High School. He was chosen for his positive work ethic and friendly demeanor. Congrats Daniel!

Thank You!

Thanks to: **Mayor Bernero**, his department heads, and city staff in general, who have made our work much easier these past months by their accessibility, responsiveness, and enthusiasm for building healthy neighborhoods; **Bill Houghtaling** of Paint a Place for hanging in with us; **Andy Lindemann** of LPD and **Darryl Zuk** of Code Compliance for their informative reports at neighborhood meetings; **Julia Herzog**, **Tim Lane**, **Alex Hill**, **Yujin Han**, and **David Zhu** for presenting at Senior Coffee in October, and all our 2005-2006 Farmers Market volunteers listed in the right hand column.

Wednesday Morning

Senior Coffee

(Non-seniors are welcome, too!)

Every Wednesday, 10 AM to Noon

November 1st: Doug Wood of the Board of Water and Light will talk about lead services.

November 8th: Sandra Hoffman, head of the MSU Criminal Justice Department's Identity Theft Outreach Program

November 15th: Cross-cultural presentation by Mamy Rakotondravelo of Madagascar.

November 22nd: Nancy Weber of the Tri-County Office on Aging will speak on Seniors Safe and Secure

November 29th: Book Chat! We will be discussing *Maus* by Art Spiegelman after a brief presentation on graphic novels by Franny Howes.

Edible Eastside

USDA Awards Grant to ANC: This fall ANC received funding to help the Food Team increase its services to the Eastside neighborhood and the surrounding community. The USDA Community Food Security Grant will aid in the development of the Farmers Market, Hunter Park GardenHouse, and the Youth Gardening programs. These initiatives include increasing awareness of the Farmers Market, connecting young people to farm-based and market-based activities, promoting green skills through the use of the GardenHouse, and assisting organized neighborhoods in creating backyard and community gardens, as well as pocket parks. The grant will fund our programs for three years. Look for opportunities for you and your family in future newsletters and on ANC's website, allenneighborhoodcenter.org.

Farmers Market Wrap-Up: This year's Farmers Market was a huge success! It was an exciting season with a lot of growth. We welcomed an average of al-

most 500 patrons at each market with total of over 10,000 patron visits this season. We are also very fortunate to have made partnerships with five more area farmers and market gardeners which helped to increase the diversity in available food.

The Allen Neighborhood Center is greatly indebted to the many committed volunteers who hauled equipment, counted and greeted at the entrances, prepared food samples, administered surveys and so much more! This year we logged over 750 hours of volunteer service.

Allen Neighborhood Center and the Food Team would like to acknowledge our wonderful volunteers:

Aaron Douglass, Allissa McPhail, Amy Berns, Andy LeVoir, Anne Schaefer, Ashley Miller, Brook Fobes, Carley Wesaw, Cristin Popelier, Carolyn Bonham, Chelsea Darling, Christine Koski, Cole Warren, Corie Jason, Dana Ingebrestson, Dave Finet, Dave Grant, Dave Mitchel, Dawn Jazowski, Dorothea Guilfoyle, Dorothy Mathews, Doris Soliz Hill, Dustin Hunt, Dylan Dillenger, Hector Swazi, Jack and Vivain Stauffer, Jeremy Dowsett, Jillian Pastoor, Katie Deska, Katrina Marisol, Kelly McLaughlin, Kevin Kitcher, Linda Anderson, Lindsey Lankouskey, Linney Stockall, Mark Edick, Meaghan McCann, Melissa Sue Robinson, Michael Fortino, Patty Bebee, Rachel Kabeta, Sara Roesler, Rachael Sommerville, Ray Farrington, Sara Guthrie, Selina Terry, Stephanie Hubble, and Taylor Reid.

Bike Jam Shout Outs

Many thanks to: **Rich Moeller** and **John Lindenmayer** of the League of Michigan Bicyclists; **Arnie Johnson**, **Dick Jansen**, and **Bill Savage** of the Tri-County Bicycling Association; **Mike Egan** of Share-A-Bike; **Granddad** of the Kid's Bike Project; and **Dave Hanson** from Riverfront Cycle.

Across the Neighborhood

Neighborhood News

Hunter Park West Neighborhood Watch:

The Hunter Park West Neighborhood Watch wants you! If you live within the blocks of 1000-1200 E. Kalamazoo, Hickory, Bement, Larned; or 400-600 of S. Pennsylvania, Jones or Holmes, you are cordially invited to a reorganization meeting to be held at ANC on the evening of Wednesday, November 15th. All interested are encouraged to attend. If you would like to get involved but cannot attend, or have questions, please call Rob or Wanda Ward at 372-5343 or email hsginc@msn.com. An incentive in the form of **FREE DESSERT**, to increase attendance, will be served at 6:30 PM; the meeting will begin promptly at 7 PM. See ya there!

FAIR Neighbors: If you attend a FAIR Neighborhood meeting these days, you'll notice some significant changes. Missy Austin, president of FAIR for the past five years, has recently moved out of the immediate neighborhood and will be the outgoing president after this month's elections.

Missy was born and raised in Lansing and has spent just over 15 years living on the Eastside. She has been a dedicated fixture in the neighborhood in many ways. Missy has organized multiple neighborhood cleanups which helped ANC staff more this year's cleanup. She has worked to beautify the neighborhood through grant programs like Neighborhoods in Bloom, which provided money for flower planters on Kalamazoo Street. She also served as a Neighborhood Welcoming Ambassador through Refugee Services to provide support to incoming refugee families.

Missy's service extends into area schools, where she is involved with two band programs. She has served as a president for a band booster group and has also received grant money to provide band students with new rain gear

and a trailer to haul their instruments.

Missy has been an asset to our community as a leader, neighbor and friend. Thank you, Missy, for your utmost dedication to the neighborhood, and good luck in your new home!

Foster Your Neighborhood: FYN held its annual election of officers at the September general membership meeting. Officers for the 2006-07 year are: Marti Wheeler, President; Alex Raven, Vice President; Mary Welch, Secretary; and Ann Clayton, Treasurer. Revised bylaws were adopted, adding two at large board members: Kerry Blackie and Sue Nehf. We look forward to an exciting year! The next meeting will be November 15, from 7:00 - 8:30 PM at the Foster Community Center.

PLACE: Our November general meeting is Tuesday, November 14th at 6:30 PM at ANC.

ABC: Thank you to all who attended our Halloween Party. Everyone had a great time. Please remember that our meetings have changed: we will now meet on the 1st Monday of odd numbered months at 6:00 PM in Pilgrim Church. Our first meeting is Monday, November 6th. We are continuing to work with LPD on our prostitution problem. If you have any questions/concerns please call Denise Kelley at 484-9109. Happy Thanksgiving!

Friends of Hunter Park: FHP has changed the date of their meetings. They now meet on the first Tuesday of the month at 6:30 PM in the ANC downstairs. See you on November 7th!

News from Eastside Schools

Bingham Elementary School: The Bingham Bulldogs are working to "MAX IT!" with their school slogan of "Striving to reach your maximum potential." Max the bulldog, our school's mascot, inspired us to be the best that we could be on the MEAP in October. Watch us Grow to the MAX!

- November 9: Dinner of Thanks, Pig Roast, Native American Heritage Month

- November 10: First Nine Weeks Awards, 2:15 - 2:40 PM, Kindergarten-2nd Grades; 2:45 - 3:10 PM 3rd - 5th Grades

- November 13, 15, 16: Parent Teacher Conferences, 4 - 7 PM

- Harvest Break: November 22, 23, 24

Fairview Elementary School:

- November 6, 8, and 16: Parent-Teacher Conferences, 4:00-7:00 PM

- November 14: FFTA Meeting, 6:30 PM

Pattengill Middle School:

- No School for students November 7th

- PTSA meeting: 5:00 PM, Monday, November 13th

- Thanksgiving Break November 22-26

- Classes resume Monday, Nov. 27

We are still on schedule to move into the New Pattengill after the winter break. Interested in supporting our efforts for a smooth transition to the new building? Please contact Synthia Taylor, Principal, at 325-6644 to be guided toward an area of interest.

Happy Thanksgiving from all the staff and students of Pattengill Middle School!

Resurrection School: Save the date! Resurrection School's second annual **Live and Silent Auction** will be held on **November 11th** at the Resurrection Parish Hall, 1527 E. Michigan Avenue. Sharie Jones, news anchor for WLNS, will serve as our emcee. The silent auction will run from 6:00 to 8:30 and the live auction will begin at 9:00. Admission is free at the door, but donations are welcome. Complete your Christmas shopping and help support Resurrection School in one fun-filled evening!

If you would like to donate an item for the auction, please contact Janice Harvey at 482-4126 or Sue Reese at (517) 628-3041.

Growing in Community

The People and Groups Making a Difference On the Eastside

Spotlight on Eastside Banks

National City: A Neighborhood Bank in the Heart of the Eastside

National City is proud to be a part of the neighborhood and to serve as a partner with Allen Neighborhood Center on the Eastside Home and Community Tours, economic development initiatives, home improvement workshops, and more. We are committed to making your financial life easier and delivering the best banking experience in Lansing.

As the only bank on “the Avenue”, at 2101 E. Michigan Avenue, and accessible by foot, bike, or car, we offer a variety of products and services to meet the business and personal financial needs of Eastside residents. Along with checking and savings accounts, these include loans (including our fixer-upper loan) and lines of credit, investment services, debit and credit cards, free online banking and bill pay. In addition, we can design any seminar to meet your needs from how to save and balance a checkbook to how to invest and plan for retirement.

We are proud to be a part of the Eastside and look forward to being a vital part of this community for many years to come.

At Your Service: Comerica Bank

As Michigan’s oldest bank, Comerica is proud to serve Eastside residents and businesses. Throughout Comerica’s 157-year history, a commitment to relationship banking has been the driving force to our success. And at Comerica, success is defined by helping customers and the communities we serve meet their goals.

At our Frandor Banking Center located at 223 N. Clippert, we look forward to a continued partnership with our community, which includes our longtime alliance with the Allen Neighborhood Cen-

ter and the Eastside—going back to the days of the Network Center and Bingham Community Carnival!

Betty Bosworth, Branch Manager, and the entire Frandor Banking Center staff welcome the opportunity to educate their customers and provide second opinions in the area of financial services. With many products and services to choose from, you can be assured that they are delivered with a customer-first approach.

Comerica draws its strength from the talents and resourcefulness of all colleagues. Working together, with a shared commitment to teamwork, Comerica looks forward to earning the right to serve our community for the next 157 years.

Neighborhood Watch

Officer Robert Tucker is in charge of the Community Services Unit for the Lansing Police Department. This includes the Neighborhood Watch program. He oversees all Watches in Lansing and works to quickly address their concerns.

Watches can report crimes and suspicious activities in the neighborhood, like suspected drug houses, but they can also work to address nuisance houses, animals, and code compliance. With the help of a Watch, Officer Tucker can enforce local ordinances much more efficiently and effectively than working through general city channels.

A Neighborhood Watch can be as small as your own block or as large as an entire neighborhood. Some Eastside neighborhood organizations, such as Prospect Protectors, are official Watches while other Watches meet only to take care of specific issues.

Contact Officer Tucker to find out if your neighborhood has a watch you can get involved in, or to start your own.. He can be reached via email at lpdcu@ci.lansing.mi.us or by phone at 483-4469.

(Speedway Report Continued from page 1)

the hefty sum of \$187,000 a year ago. Neighborhood organizations have, for years, requested of Avenue businesses, large and small, that they not buy up residential property for parking lot and building expansions. Other issues of concern raised by neighbors include the design of the proposed expansion (too large and too suburban), the traffic it will generate, and the proposed 24 -hour operation. Speedway has asserted that the neighborhood will benefit by its replacement of obsolete underground tanks with newer and safer tanks, attractive landscaping, an expanded product line and a more accessible entrance. At a recent community meeting, Speedway was supported by an adjacent business and some neighbors concerned about the possibility of a decaying, obsolete gas station that might end up an abandoned waste site. Speedway’s proposal was denied by the Planning Board, supported by Planning Department staff, and now goes to Council, which will make the final decision.

Junk Day Reflections

The Allen Neighborhood Center would again like to thank neighbors, area businesses and event partners who provided the support to make Junk Day 2006 a success. Junk Day included multiple components including a curbside pick-up of unwanted items from Shepard Street to Clippert Street between Michigan Avenue and I-496. The event also included a scrap metal recycling site where neighborhood volunteers collected and sorted 4 ¾ tons of mixed metal and 600 pounds of aluminum! Volunteers from the Capital Area United Way and MSU student volunteers cleared brush out of two wooded lots Elizabeth Park. These volunteers also painted an Eastside neighbor’s home. Junk Day was about more than junk. It was an opportunity for neighbors to get to know each other while improving the neighborhood at the same time.

Community Builder's Toolbox

Ideas and Information for Strengthening Neighborhoods

From the Desk of the Housing Advocate

By Jason Weller

I would like to thank everybody on the Eastside for such a warm welcome. I have only been here for six weeks and it already feels like home. Lots of good things are happening in the housing program! We will be taking on new issues such as foreclosure intervention counseling and compiling information about landlord-tenant issues. We will also be working on some not-so-new issues such as code compliance within the community. Of course, we are still offering LINKS home ownership counseling for first-time home buyers.

We would also like to hear from you about the kinds of housing related programs we should be offering. If you have any ideas please feel free to contact me at (517) 367-2468 or email jasonw@allenneighborhoodcenter.org.

Attention Good Neighbors!

Allen Neighborhood Center is launching a new **Good Neighbor** program and we are looking for volunteers who are interested in learning some basic skills in making a home more energy efficient and weather proofed. The only qualification is that volunteers are willing to learn new skills and help out their neighbors. Be on the look out for more information in the near future...

ANC Archive Project

A.N.C. is going to start an archive of Allen Neighborhood Center and the East Side covering schools, parks, businesses, people, neighborhoods, etc. If you have pictures, articles, or interesting information that you could share with us, please call Judy Cox at 484-0160. We could make a copy of your material if it is something you want to keep.

What's Up With Our Business Neighbors?

By Kate Koskinen

We would like to welcome a few new businesses to the area:

Soup Spoon Café, 1419 E. Mich.Ave
Mexico-To-Go, 1825 E. Mich. Ave.
Dollar Store, 726 E. Mich. Ave.
Absolute Nutrition, 1454 E. Mich.
Capital MacIntosh, 1915 E. Mich.
Unique Nails, 2404 E. Mich

We also want to encourage everyone to support those businesses that have been affected by the road work on the Avenue, so please give some business to: Moriarty's, Jon Anthony's, Stober's, Clara's, and the rest of the places between Larch and Penn.

Finally, we wanted to pass along some info on some of the local events coming up:

- Lansing Civic Players is presenting a production of: "Yes, Virginia, There Is a Santa Claus", Dec. 1-3 & 8-10. For more info, call: 484-9115.

- Win a Michigan Avenue Business! For more details go to:

www.myownbusinesscontest.com

- Silver Bells In the City, Lansing's own holiday parade, is Friday November 17th, from 5:00-9:00 PM downtown. Come join the fun! See lansingarts.org for more information.



Would you like to learn about how to make your home or apartment more energy efficient? Do you have a home improvement project that you would like to do to your house but don't have the money to afford it? The Allen Neighborhood Center is looking for you! To find out more information, please contact Jason Weller at (517) 367-2468, or via email at jasonw@allenneighborhoodcenter.org.

New Phone Extensions and E-mail Addresses for all ANC Staff!

We have installed a new phone system complete with personal extension numbers. **We are using our 367-2468 number exclusively now**—485-7630 is no longer in use. Additionally, all Allen Neighborhood Center staff email addresses at the sbcglobal.net domain are being deleted. Please update your contact information.

Rosa Robinson: ext. 2001

rosar@allenneighborhoodcenter.org

Kate Nault: ext. 2002

katen@allenneighborhoodcenter.org

K'Anna Burton: ext. 2002

kannab@allenneighborhoodcenter.org

Joan Nelson: ext. 2003

joann@allenneighborhoodcenter.org

Jason Weller: ext. 2004

jasonw@allenneighborhoodcenter.org

Judith Bommer: ext. 2005

judithb@allenneighborhoodcenter.org

Sanjay Bisht: ext. 2006

sanjayb@allenneighborhoodcenter.org

Franny Howes: ext. 2007

frannyh@allenneighborhoodcenter.org

Sarah Steele: ext. 2008

sarahs@allenneighborhoodcenter.org

Julia Herzog: ext. 2009

juliah@allenneighborhoodcenter.org

Monica Kwasnik: ext. 2010

monicak@allenneighborhoodcenter.org

Shannon Laing: ext. 2011

shannonl@allenneighborhoodcenter.org

Jennifer Hoffman: ext. 2012

jenh@allenneighborhoodcenter.org

Matt Penniman: ext. 2013

mattp@allenneighborhoodcenter.org

Kate Koskinen: ext. 2014

katek@allenneighborhoodcenter.org

Ann Francis: ext. 2015

annf@allenneighborhoodcenter.org

HEALTHY NEWS!

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

November 2006

Free Fun Abounds in Lansing

The weather outside may not be frightful...yet. But it's chilly enough that family bike rides and walks to the park are limited these days. Fear not, Eastside parents and caregivers, there is plenty of free indoor fun to be had right in our own town. Check out these fun activities when cabin fever starts to set in:



Michigan Capitol Building

Capitol Ave. Lansing, Tours 373-2348

Free admission. Open Mon-Fri: 9 am-4 pm. Exhibits include Galleries of House and Senate, glass floor civil war flags; Governor's office when available. Located on CATA Bus Route #1.

Michigan Historical Museum

702 W. Kalamazoo St. Lansing, 241-4060

Free admission, Donations accepted. Open Mon-Fri: 9 am-4:30 pm

Sat: 10 am-4 pm Sun: 1 pm-5 pm Exhibits include History of Michigan and State Government; 20th century exhibit; gift shop; special exhibits. Free parking on the weekends.

MSU Museum

MSU W. Circle Dr. East Lansing, 432-1472

Free admission. Self-guided tours. Open Sun-Sat: 9 am-5 pm. Exhibits include Heritage Hall; Evolution Hall; Hall of World Cultures; Hall of Animal diversity Habitats includes Dinosaurs; North American Habitats; special exhibits. Free parking on the weekends. Located on CATA Bus Route #1.

Fenner Nature Center

2020 E. Mt. Hope, Lansing, 483-4224

Free admission to Visitor's Center and Trails. Trails open 8 am– dusk. Visitor's Center open Tuesday-Friday 10 am-4 pm, Sunday 12-4 pm. The Visitor's Center includes nature books and puzzles, along with small reptiles and birds. Free parking.

When the kids are bored and you don't get paid until next week, just get up and go to any of these local field trip destinations. Call ahead to confirm hours, parking, and admission.

Good health is contagious. Catch some on the Eastside!

Healing Foods Highlight: SPINACH

One cup of boiled spinach will give you over 1000% of the Recommended Daily Allowance of Vitamin K (good for bone health) and almost 300% of Vitamin A (good for lots of things!). It also contains 13 different anti-cancer agents.



It can be easily grown in a greenhouse in cold weather, like the one that will be constructed in Hunter Park in the Spring! Keep an eye on the park and talk to the food team about getting a plot for your own patch of yummy spinach.

Avoid the Flu...Get the Shot!

Influenza (the flu) is a serious disease that can lead to hospitalization and even death. The single best way to protect yourself and your loved ones in to get vaccinated. Flu vaccines are safe, effective, and cannot cause the flu.

Shots are available at the Ingham County Health Department on Mondays and Fridays from 9-11:30 am and 1-4:30 pm, and Wednesdays from 1-6 pm.

To schedule an appointment, call 1-800-871-9708. The cost is \$25. Acceptable methods of payment are Medicare Part B, cash, check, Medicaid, IHP (Plan A members need to pay \$3, Plan B members pay \$17), and PHP commercial insurance.

Great American Smoke-Out



On November 16th, join the ANC Smoking Cessation Support Group in quitting smoking for the day, if not for life.

Our support group meets with our counselor, Shannon, that night from 7-8 PM. Join them to talk about where you are in your decision to quit smoking, or to get support for your smoke-free (or potentially smoke-free) lifestyle.

November Calendar

Please verify all event information and registration requirements before attending.

- 2 **Quit Tobacco Support Group** 7-8 PM, call for details, 367-2468 ext. 2011.
- 7 **Election Day** Local polls are open from 7 AM-8 PM. Get a free ride to the polls from CATA by showing your voter registration card. Call CATA for details, 394-1000
- 11 **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.
- 14 **Community Grief Support Group** See below.
- 16 **Quit Tobacco Support Group** 7-8 PM, call for details, 367-2468 ext. 2011.
- 21 **Over the Counter Medicines** Available from 1-4:30 PM, for 48912 residents only. Free of charge.
- 27 **Grief Support Group** See below.

Ongoing Events

- ANC Bread Basket** Tuesdays from 1-6 PM at ANC. Come every Tuesday 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.

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.

