

# The Far East Neighborhood Pride Center's

# NEIGHBORHOOD pride!

MAYOR MICHAEL B. COLEMAN • CITY OF COLUMBUS

## Neighborhood Notes

Providing excellence in the delivery of City services to achieve strong, safe, healthy neighborhoods  
January 26, 2011

**Neighborhood Pride Team**  
**AARP Administrative Asst.:**  
 Cheryl Byrd  
**Americorps\*VISTA:**  
 Cynthia Louis, CGW  
**Asst. City Attorney:**  
 Jaiza Page  
**Center Manager/Liaison:**  
 Lynne LaCour  
**Code Enforcement:**  
 Kelly Collins, Janae Crawford,  
 Jeremiah Evans, Lisa Manley,  
 Hank Patterson  
**Columbus Public Health:**  
 Rubye Redd, Social Worker  
**Nurse Volunteer:**  
 Pat Roush, LPN  
**Safety/Police:**  
 Jarrod James, 9<sup>th</sup> Precinct  
 Stacie Bruce, 14<sup>th</sup> Precinct  
 James Poole, 20<sup>th</sup> Precinct  
**Solid Waste/Refuse:**  
 Joe Collins

**Mid-East Area Collaborative  
 Hosts Property Tax Forum  
 January 25<sup>th</sup> at Christ UMC**



The Mid-East Area Community Collaborative will host a **Community Forum with Franklin County Auditor, Clarence Mingo**, tonight at 7:00 PM at Christ United Methodist Church, 1480 Zettler Road. This is your opportunity to come on out and ask all your questions about property and taxes. Info phone: **231-4568**.



**Pat's Prescription  
 For A Healthy  
 Community from  
 Pat Roush, LPN  
 724-0107**

The most common gastrointestinal problems, diarrhea and constipation, are common symptoms of many digestive disorders, but may also exist without underlying disease. In such cases, these are often caused by stress, inadequate exercise, routine changes, or medications. Both diarrhea and constipation may also be caused by dietary changes or inadequacies. Diarrhea may be the result of eating too much fiber or of eating foods to which one is allergic, while constipation can result from too little fiber or from overeating dairy products. Most people will experience gastrointestinal problems of some kind at least once. These types of disorders affect one or more structures in the digestive system, which includes the esophagus, stomach, intestines, colon, and rectum. Common gastrointestinal problems in addition to constipation and diarrhea, include hemorrhoids, gastroenteritis, colitis, and irritable bowel disorders.



**Save the Date(s)!  
 Upcoming East  
 Side Events You'll  
 Want To Attend:**

**Jan. 26**, 7 PM, Parent Seminar: **"Defining and Discussing Your Child's Diagnosis"** with Glenn Byers, LISW, at Brookwood Presbyterian. Free, but reservations required: **235-3451**.

**Jan. 29**, 3 PM, **"Showcase of Dreams Talent Show"** at Barnett Recreation Center. Info: **645-3065** <http://parks.columbus.gov/Facility.aspx?id=34033>

**Feb. 2**, 7 PM, **"Social Skills Development"** Parent Seminar by Dr. Denise Lewis, at Brookwood Presbyterian. Free, but reservations required: **235-3451**

**Feb. 9**, 9 – 11 AM, **Mt. Carmel Health Van** at Bishop Griffin Center. Details at <http://www.bishopgriffincenter.org>.

**Feb. 9**, 7 PM, **"Ohio's Autism Scholarship Program"** Parent Seminar by Attorney Ellen Wristen, at Brookwood Presbyterian. Free, but reservations required: **235-3451**.

**Feb. 10**, 7PM, **Bishop Hartley Open House**. More info at: <http://www.bishop-hartley.org>.

**Feb. 19**, 2 PM, **2011 Annual Black History Month Celebration**, at Lincoln Theatre. **645-8871**.



During the winter, it is always a good idea to check to make sure the event you

want to attend has not been closed due to inclement weather!




**Barnett Recreation Center  
 Proudly Presents Its 2011  
 Showcase of Dreams  
 Talent Show  
 Saturday, January 29  
 At 3:00 PM**

Calling all singers, dancers, orators, musicians, mimes, rappers, spoken word artists, and more! Showcase your talents: <http://parks.columbus.gov/homepage.aspx>.



**New Grants Are Available!**

**For Community Groups**, Metlife Foundation has two: **Neighborhood Revitalization Awards** of \$15-25K for exemplary collaborations between police and community groups that have yielded results such as crime reduction, real estate development, business attraction, and job growth; and **Special Strategy Awards** of \$15K each to community and police partners who have used technology, greenspace, drug market disruption, etc., to improve safety. For details, visit <http://www.lisc.org/section/ourwork/national/safety/awards>  
**For Young (<25) Social Activists**, the **Do Something Awards** of \$10K go to young adults who have done something unique, self-driven, and community-oriented with measurable results. Go to <http://www.dosomething.org/programs/awards> for details. And call your friendly Neighborhood Pride Center Certified Grant Writer if you need help: Cynthia at **724-0104**.



**Parent Information Seminar: Ohio's Autism Scholarship Program, Feb. 9<sup>th</sup>**

Attorney Ellen Wristen will present **Ohio's Autism Scholarship Program** for parents of kids with PDD and Asperger's. The program is FREE at 7 PM on Wednesday, Feb. 9<sup>th</sup> at Brookwood Presbyterian Church, 2685 E Livingston Ave. To get more info or make your reservation, call the church office at **235-3451**.



**Parent Information Seminar: Social Skills Development, Feb. 2** at Brookwood Presbyterian Church, 2685 E Livingston Ave., presented by Dr. Denise Lewis, LPC, discussing social skill development. FREE, but reservations are required. Call the church office at **235-3451** for info or to make your reservation.

**Neighborhood Notes is a publication of the Far East Neighborhood Pride Center, 2500 Park Crescent, Columbus OH 43232 / Phone: 614-724-0100 Fax: 614-724-0111**

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