

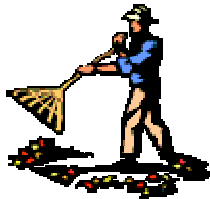
The Far East Neighborhood Pride Centers

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

NEIGHBORHOOD *pride!*

Neighborhood Notes

Providing excellence in the delivery of City services to achieve strong, safe, healthy neighborhoods
October 12, 2012



Events Calendar

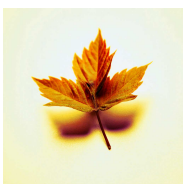
Berwick Neighborhood Cleanup
Oct. 13th, 9-11 am
Meet @ Berwick School 9 am

Yorkshire Fall Clean Up Day
@ Yorkshire Wall
Sat., Oct. 20th, 10 am
Meet at
(Corner of Noe Bixby &
York Lane South)

CERT Training
Mon., Oct. 15th, 6 -9 pm
@ Pride Center

MACC Meeting
Tues., Oct. 16th, 6:30 pm
Meeting Place – TBA

TENTATIVE
Southeast Mtg.
Thurs., Oct. 18th
6:00 - 7:30 pm



Community Service Outing



Who: The Columbus Whist Players Society
What: Playing Bid Whist & Pinochle
When: Thurs., Oct. 18, 2012
Time: 6:30 pm until 9:30 pm
Where: Summit's Trace Healthcare Center

935 North Cassidy Avenue
Come out and join CWPS, in the fun, as we socialize & entertain the community. Here's an opportunity to show what you know!!!

Refreshments will be provided
Please contact:
Wil Anderson @614.296.6741 or
Mile Johnson @ 614.886.5060



Community and Block Watch Leaders!

Visit the link below for an article on popular phone scams, mostly directed towards **Senior Citizens**. Please take every precaution possible & share with your family and community.

<http://www.usatoday.com/tech/story/2012/09/13/more-con-artists-try-phone-cams/57779782/1>

Submitted by Willis Park Blockwatch

Neighborhood Pride Team

AARP Administrative Assts:

Teri Neal, Krista Parr,
& Carolyn Spears

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:
Rube Redd, LSW Social Worker
Lauren Rose-Cohen, RN

Safety/Police:
Off. Scott, 9th Precinct
Off. Kirby, 14th Precinct
Off. Poole, 20th Precinct

Solid Waste/Refuse:
Joe Collins

REVISED TENTATIVE SCHEDULE OF CITY COUNCIL MEETINGS FOR 2012

- 10/15/12 Reg .Mtg. #50, 5:00p.m.
NO ZONING MEETING
- 10/22/12 Reg Mtg, #51 & 52, 5:00 & 6:30 pm.
- 10/29/12 Reg .Mtg, #53 & 54, 5:00 & 6:30 p.m.
- 11/05/12 Reg. Mtg, #55 & 56, 5:00 & 6:30 p.m.
- 11/12/12 Reg .Mtg #57 & 58, 5:00 & 6:30 p.m.
- 11/19/12 Reg .Mtg. #59 & 60, 5:00 & 6:30 p.m.
- 11/26/12 NO MEETING
- 12/03/12 Reg .Mtg, #61 & 62, 5:00 & 6:30 p.m.
- 12/10/12 Reg.Mtg, #63 & 64, 5:00 & 6:30 p.m.
- 12/17/12 Reg. Mtg, #65 & 66, 5:00 & 6:30 p.m.
- 12/24/12 NO MEETING – HOLIDAY RECESS
- 12/31/12 NO MEETING- HOLIDAY RECESS

****SUBJECT TO CHANGE****

The Ohio State University College of Dentistry.

Give Kids A Smile Day.

FREE Dental Care for Children. Call 614.688.1470 for an Appointment

When: Sat., Oct. 13; 9 am to 4 pm
Where: The Ohio State University College of Dentistry
 Postle Hall, 1st Floor Clinics, Room 1038A

Free for children under age 18
 No fees will be charged for this visit
Complimentary parking (with vouchers)
 Will be provided for the Neil Ave garage
 Located @ 1801 Neil Avenue



APPLES!!



Okay, this is why we love 'em -Oh yeah, don't peel 'em.

10. Respectable amount of **fiber** (pectin) - 4 grams.
This decreases our LDL (bad cholesterol)
9. You get all the fiber for only about **95 calories**. – they fill us up - all for 95 kcals.
8. The peel has **ursolic acid** (makes us slim). and increases our muscles (never bad).
7. Five a week will improve our **lung function**.
No - it's the quercetin.
6. **Vitamin C** - it has 8 mg - improves our immune system
5. May **fight cancer** - yup. Showed a decrease in colon, liver, and breast cancer.
4. They keep us **away** from doctors....
3. **Decrease in diabetes** related to apple consumption.
2. **Brain Power** - definitely increases it. It plays a role in improving memory and helping in the fight against Alzheimer's.
1. Sorry, I guess I only had 9, but aren't those enough. **Wow!**

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. You are receiving this email because you have requested to be on our list of email recipients. If you have news items that would be of interest to people living or working on the far east side of Columbus, please email them to ejgorman@columbus.gov. Archived copies of *Neighborhood Notes* are available online at http://www.neighborhoodlink.com/Far_East_Neighborhood_Pride_Center/info. If you would like to be removed from our email list, please send an email to ejgorman@columbus.gov with the word "Unsubscribe" in the subject line. Thank you! Flyer created by: Teri Neal