

MorningSider

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BUILDING BLOCKS PROGRAM PAYS TEENS TO CLEANUP DETROIT



By Mark Hicks

Like many 16-year-olds, Antoine Williams is looking forward to his first job.

And by joining with others teens in the Youth Development Commission's Building Blocks initiative, which promotes community-based projects and employment opportunities for young minorities, he also has the chance to boost neighborhoods through clean-up efforts and more.

"It'll be good to get out," the 10th-grader said. "I think it'll give Detroit a chance to come up."

The teen was on hand Monday when details of Building Blocks were reviewed during a pre-launch gathering at the Red Door Digital art gallery in Detroit.

The YDC, a city-based nonprofit, in February announced the initiative, funded by a \$220,000 grant from JPMorgan Chase, officials said.

MorningSide

Executive Board/Ambassadors



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7 WAYS TO CASH IN ON SPRING CLEANING

By Rita Colorito

Spring cleaning for your bottom line

If you think spring cleaning just means elbow grease and throwing out junk, you might be sending cash to the landfill. With a little bit of legwork, the common stuff we all purge while spring cleaning can fatten your wallet and strengthen your bottom line. Here's some expert advice -- beyond the "sell your junk on eBay or Craigslist" -- on how to make money from your spring cleaning.

◆ Cash in on fashion

Your old wardrobe won't make you wealthy, but it can make you quick cash. To get top dollar, only sell clothing currently in season, says Leah Ingram, author of "Toss, Keep, Sell."

"I've found that if I bring in clothes at the beginning of the season, or my daughters try to sell their clothes to a place like Plato's Closet, we come away with \$50, \$80 or \$100," Ingram says. "The times that I haven't been timely about thinning out my wardrobe, I've only made \$10 or \$20."

If you purge fall or winter clothing during spring cleaning, Ingram suggests keeping these in a separate, marked box to sell later, as those seasons approach.

Labels and style also matter for where you should sell your clothing, Ingram says. For example, Plato's Closet, a nationwide resale chain, primarily buys and sells teen clothing and lists the top brands it currently buys on its website, including Aeropostale, Roxy and True Religion.

To find the best local consignment store for your duds, Ingram suggests the store-finder listings through The Association of Resale Professionals at NARTS.org.

◆ Do some collectible bargaining

Vintage lunchboxes, anything Beatles and animation cells produced from the 1930s through the 1960s are among the spring-cleaning items that can attract high-paying collectors, says Aaron LaPedis, author of "The Garage Sale Millionaire." Don't expect huge profits from collectibles made after the 1970s unless they are limited edition items, LaPedis says. The reason: overproduction.

To get the highest amount, follow these rules. Don't clean your collectible or try to fix any blemishes. "You run the risk of ruining that item. You need to leave it the way it is," LaPedis says.

LaPedis advises selling collectibles on eBay, with one caveat. "If you are finding out your items are worth several thousand dollars, I do not think (eBay) is the way to go," he says. "A lot of high-end collectors don't shop on eBay."

Instead, LaPedis suggests selling valuable collectibles through auction houses such as Christie's or Sotheby's. Just expect your profit to take a hit. Auction houses generally take a larger commission on sales than eBay does.

◆ Learn the value, earn the value

One man's junk might be another man's treasure -- but a true antique, by definition, is generally at least 100 years old.

Local auction houses are a good place to sell antiques found during spring cleaning. Most auctions start bidding at \$1, but LaPedis suggests putting a reserve, or minimum

Hello MorningSide,

The meaning of clean usually refers to removing something unwanted. Our neighborhood is our responsibility. Combating blight starts with you. Homeowner or renter we are all in this together. Tickets are Coming ! I have seen leaves in plastic bags around our community. This will not be picked up on trash collection day. We should be using paper leaf bags.



Zelda Anderson

MorningSide President

Motor City Make Over is on MAY 9th 2015 please plan to participate in this event big or small whatever you can do. If you don't have a project in mind we will have Information to pass along . We will be meeting at Bethany Lutheran Church 11475 E. Outer Dr. at 10:00 am lunch will be provided.

Thank you!

DETROIT FACTS

This is the Birthplace of Techno



Detroit Rock City, Motown, Detroit has long been associated with music. Detroit is also the birthplace of another sound, Techno.

It started in the 80's and is accredited to Derrick May, Kevin Saunderson and Juan Atkins. The three friends are considered the root of what has now become a global phenomenon. If you have been around Detroit awhile, you may have gone to one of the legendary raves in the 1990's. Every summer the electric music festival Movement, pays homage to that electronic sound

MorningSide

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(517) 373-7346

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(517) 373-0154
(District 2) Alberta Tinsley-Talabi
(517) 373-1776

TROPICAL FRUIT SALSA

Ingredients

- 1/2 sweet pineapple, peeled, cored and diced
- 1 mango or papaya, peeled, deseeded and diced
- 1/2 red onion, chopped
- 1/2-1 fresh red chili, such as a jalapeño or serrano, chopped
- 1 tablespoon sugar
- 3 tablespoons chopped fresh mint
- 1 lime Juiced
- Salt, to taste



Directions

Assemble all your ingredients and items needed. Mix the Salsa ingredients in a large bowl. Add salt to taste (optional) Cover the bowl. Place in the refrigerator to chill until needed.

Serves 4-6servings

SALSA



Ingredients

- 8 Tomatoes (Use Roma Tomatoes for the best quality, based on what type of tomato you use) cored and diced
- 6 Garlic Cloves (Again, this about your tastes little or allot)
- 1/2 Red Onion, chopped
- 2 Jalapenos chopped (Put more of the vein in if you want it spicier, less if you want it milder)
- Cilantro chopped (Adjust measure to taste, I used around 15 sprigs) 1/2 Cup of Olive Oil
- Lime Juice (use the juice of 3 Key Limes, its equivalent to 2 normal limes)
- Salt to taste

Directions

Assemble all your ingredients and items needed. Mix the Salsa ingredients in a large bowl. Add salt to taste (optional) Cover the bowl. Place in the refrigerator to chill until needed

Serves 4-6 servings

BUILDING BLOCKS PROGRAM...

Cont. page 1

That grant is used by Detroit-based community groups that won after presenting proposals: Hope Community Outreach and Development; Creekside Community Development Center; Keeping them Alive; Morningside Community Group, Clark Park Coalition, Northend Christian Community Development Corporation and Oakland Avenue Artist Coalition.

Grant winners will employ local youth and offer mentoring and training as well as oversee efforts, commission officials said.

From April through August, about 60 high schoolers are set to log some 270 hours, earning \$8.15 per hour while taking part in a host of projects — launching open-air art and literacy spaces; curbing blight; beautifying streets; urban farming; food distribution and more. They also are expected to participate in Grow Detroit's Young Talent, a summer youth employment program Mayor Mike Duggan has touted as a way to prepare young people for future jobs.

Donna Givens, the commission's president, had been working with JPMorgan to further its mission, find an additional way to engage youth in Detroit, offer work experience as well as improve the neighborhoods.

Last year, her group started seeking proposals from small, emerging community-based groups with ties in four target areas — Northend/Boston Edison, Southwest Detroit, East English Village/Morningside Commons and Jefferson-Chalmers.

The aim of the projects, Givens said, is revitalization. "The whole purpose of Building Blocks is for you to rebuild your community," she told the teens Monday evening.

Anthony Benavides, director at the Clark Park Coalition, said the 15 youth working with his group are expected to mend tennis courts, walking paths, playground equipment and more across the estimated 38-acre plot in southwest Detroit.

"You name it, we're going to tackle it," he said. "We're going to make the park shine."

The initiative excites teens like Brandon Dubose, who is eager for a new experience.

"It's a good opportunity because it can be like a fresh start to see what kind of career you want, see what you can do," he said.

CHOLESTEROL AND HEART DISEASE

People with high cholesterol have about twice the risk of heart disease than people with lower levels. When there's too much cholesterol present, plaque -- a thick, hard substance -- can form in your arteries. When plaque deposits form, the build-up narrows the space through which blood flows. Over time, this buildup causes hardening of the arteries, also known as atherosclerosis, which can lead to heart disease. If blood supplying part of the heart with oxygen is completely blocked, you will have a heart attack.

Types of Cholesterol

Cholesterol travels through the blood attached to a protein. The combination of protein and cholesterol is called a lipoprotein. There are three types of lipoproteins in your blood: high density, low density and very low density. The specific type depends on how much protein there is in relation to fat.

Low density lipoproteins (LDL) is also called "bad" cholesterol because it causes plaque buildup on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.

High density lipoproteins (HDL) is also called "good" cholesterol. It helps the body get rid of LDL. Maintaining a higher level of HDL is good. If HDL levels are low, the risk of heart disease in-

Important

Numbers

■ ■ ■

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Cathy M. Garrett

(313) 224-6262

Treasurer

Raymond Wojtowicz

(313) 224-5950

Sheriff

Benny N. Napoleon

(313) 224-2222

Commission (District 1)

Timothy Killeen

(313) 224-0920

Prosecutor

Kym L. Worthy

(313) 224-5777

Register of Deeds

Bernard J. Youngblood

(313) 224-5854

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Important Numbers

■ ■ ■

Detroit

Mayor

Mike Duggan

(313) 224-3400

Clerk

Janice M. Winfrey

(313) 224-3260

City Council Member

(District 4)

Andre L. Spivey

(313) 224-4841

Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

(313) 236-3518

Asst. District Manager

Toson Knight

(313) 236-3520

Cont. page 2

7 WAYS TO CASH IN...

bid, on your item. "Otherwise, it might come back to bite you if the right buyers aren't in the audience that day," he says.

To sell to an antique dealer, get at least three appraisals and never take your first offer. "If you start to hear the same number over and over again, that's probably what it's worth," LaPedis says.

Keep in mind that dealer appraisals will be lower because they need to sell at a profit. An objective appraisal for the full value of the item costs \$50 to \$150, LaPedis says.

Whatever you're pricing, do your homework. "There's also a lot of books on every single collectible and antique you can imagine. And the Internet is amazing," LaPedis says. The Antique Appraisal Association of America in Boulder City, Nev., maintains an online list of appraisers by state.

◆ **Become a multimedia mogul**

Books, videos, DVDs and other media found during spring cleaning sell well at garage sales and flea markets, Ingram says. "Have a box or a bin where it's 50 cents a book or maybe five for \$1," she says.

"It's not going to get you money to send your kid to college, but you are going to have some extra pocket change."

Another great way to sell media is to group items into lots and sell them on eBay or Craigslist. "On 10 or 20 Disney movies, I've probably made \$30," says Ingram.

If maintaining a current media library is important, Ingram suggests swapping what you have for what you want on sites like SwapaDVD.com or PaperBackSwap.com. "You can keep your collection fresh. The only thing you'll be spending is on the shipping," Ingram says.

Vinyl albums, especially those from the '50s, '60s and '70s -- and particularly any from the Beatles -- are making a comeback, says LaPedis, with rare and mint-condition ones often selling for thousands of dollars.

The Forever Vinyl website offers auction and appraisal services and buys collections of singles, albums, CDs and live concert recordings.

◆ **Make extra money from toys and sports**

There's a lot of money to be made in child's play. The same rules for selling collectibles apply to vintage toys that are discovered in spring cleaning.

When it comes to collectible toys, the most popular are tin toys and train sets from the '40s, '50s and '60s, especially those still in their original packaging, LaPedis says.

"Packaging won't end the value, but it can increase the value," LaPedis says.

For sports equipment, Ingram likes selling to nationwide reseller Play It Again Sports. "They buy stuff all year-round," Ingram says. "So if you have a bunch of sports equipment your kids aren't using or they've grown out of, try Play It Again Sports first to see what they might give you for it."

◆ **Join the electronics revolution**

Cont. page 7

With new versions of smartphones, e-readers and tablets coming out all the time, you probably have at least one outdated electronic device or appliance you want to replace.

"The longer you hold onto something like a computer, VCR, something like that, they go down in value. So if you don't think you are going to use it, you should probably sell it before it loses any more of its value," says LaPedis.

Sites such as Gazelle.com and YouRenew.com pay cash for your electronics and offer trade-ins and free recycling. While it costs \$39.99 to \$299.99, depending on the device, to buy into Best Buy's new Buy Back Program, the nationwide electronics retailer also has select stores that let you trade in certain electronics and musical instruments for a store gift card or check of lesser value, and also provide free electronic recycling services. You can check the estimated value of your electronic item on the chain's website.

◆ **Turn wedding sentiments to dollars, cents**

Who doesn't have a rarely used wedding gift that always seems to turn up during spring cleaning? "We have eight sets of china and crystal in the basement. We've just celebrated our 18th wedding anniversary and we've used the china once," says Ingram.

In researching her latest book, Ingram discovered Replacements Ltd., a showroom based near Greensboro, N.C., with an inventory of nearly 14 million pieces of china, crystal and flatware, and that buys settings and individual pieces. Ingram priced out her china pieces on the showroom's website and is considering selling them there.

"I know my guests spent more than that buying this china for me," says Ingram. "You have to let go of that gift guilt."

Tim Killeen



Wayne County Commissioner – District 1

Serving: Detroit's Eastside, Harper Woods, all Grosse Pointes

Contacts:

313.224.0920 (phone) 313.967.1238 (fax)

tkilleen@waynecounty.com

www.waynecounty.com/commission/district1

In the Community, Working with the Community, to Build the Community

Come and visit with your Commissioner at his monthly Chats

2nd Monday – 9-10:00 a.m. – Grosse Pointe Woods Community Center – in the jury room around back. 20025 Mack

3rd Monday – 9-10:00 a.m. – Grosse Pointe Park City Hall – 2nd level – 15115 Jefferson at Maryland

3rd Monday – 6-7:00 p.m. – Tim Horton's – 19353 Vernier across from Eastland

Last Monday – Noon -1:00 p.m. - Monteith Library – 14100 Kercheval at Eastlawn

Important Numbers

■ ■ ■

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Building Safety

Engineering &

Environmental

Dangerous Buildings

Division

(313) 224-2733

Property Maintenance

Division

(313) 628-2451

Fire Department

Executive Fire

Commissioner

(313) 596-2900

Deputy Fire

Commissioner

(313) 596-2900

Important Numbers



Detroit

Police Department

Chief of Police

James E. Craig

(313) 596-2200

Assistant Chief

District Chief

(Neighborhood Policing)

(313) 596-2520

Eastern District

Commander

5th Precinct Captain

(313) 596-5500

9th Precinct Captain

(313) 596-5900

CHOLESTEROL AND HEART DISEASE

Cont. page 5

creases.

Very low density lipoproteins (VLDL) is similar to LDL in that it contains mostly fat and not much protein.

VLDL carries triglycerides, another type of fat, in the blood. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

What Factors Affect Cholesterol Levels?

A variety of factors can affect cholesterol levels. They include:

Diet. Saturated fat and cholesterol in the food you eat increases cholesterol levels. To lower cholesterol levels, try to reduce the saturated fat and cholesterol in your diet.

Weight. In addition to being a risk factor for heart disease, being overweight can also increase cholesterol. Losing weight can help lower LDL and total cholesterol and can also increase the level of HDL.

Exercise. Regular exercise can lower LDL and raise HDL. Try to be physically active for at least 30 minutes on most days.

Age and Gender. As people get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men. After menopause, women's LDL levels tend to rise.

Diabetes. Poorly controlled diabetes increases cholesterol levels. Having control of diabetes can cause cholesterol levels to fall.

Heredity. High blood cholesterol can run in families. Genes partly determine how much cholesterol your body makes.

Source: WebMD

ON THE RIGHT SIDE WITH MORNINGSIDE

By Glesdia Odom



Showing her artistic side while helping her community, MorningSide resident Twiana Odom also known as Ms. Dash, is putting a little spice into "The D". Ms. Dash is a local artist whose art work has become very popular in and around some of Detroit's oldest and most historic buildings. She is proud of how her art is taking off. She stated "I never imagined my art would hang in places all around this city, places I've been a million times." Her paintings can be viewed hanging among the Founders at the First United Methodist Church of Birmingham, Michigan. Her art also can be seen at Kresge Eye Institute in Midtown. She worked on the "Christopher's Corner" project. Christopher's Corner is located on the third floor in the waiting room area. Just last week one of the Pastors of Central United Methodist Church was so impressed with her work that she has commissioned her to do a mural on the church's main floor. The Central United Methodist Church is

located right next to Comerica Park, at 23 Adams Street in Detroit. For the past five years Ms. Dash, has been a member of Art and Soul, whose sponsor is the Noah Project. This program helps dislocated workers, homeless, veterans, and mentally challenged individuals, to rehabilitate through arts.

Ms. Dash has been a positive part of our Community by serving as Secretary of the Buck-N-Ham South Block Club, Art Director of her local summer lunch program Meat Up and Eat Up. She is a very active member of the Moses program which is focusing on Michigan House Bill 4167, which supports earned sick days for worker. MS Dash now has her eye on blighted communities in Detroit that she can beautify. Look for her at the downtown Art in the Park art series or on her Facebook page TWIANA ODOM and THE ART AND SOUL DETROIT Facebook page. Also check out the website ART AND SOUL.ORG.

Important

Numbers

• • •

Detroit

Department of Public

Works

Collections (garbage, bulk, yard waste, or recyclables)

Rizzo

(866) 772-8900

Street or Alley Repairs

(313) 224-0033

Sidewalks

(313) 224-3954

Traffic Signs & Signals

(313) 224-1610

Illegal Dumping or Rodent Baiting

(313) 876-0974

MORNINGSIDE DETROIT TRIVIA CONTEST

Each month we will have a MorningSide Detroit Trivia contest. This contest will have a trivia question for MorningSide and a trivia question for Detroit. The winner will be randomly chosen from all correct responses submitted. To enter please send an email to contest@our-morningside.org with your name, address, phone number and the answers to the questions below.

MorningSide

What are the boundaries of MorningSide

Detroit

The Davison Freeway is the first _____.

- A. race track in Detroit
- B. four lane freeway in the nation
- C. Freeway in the nation
- D. Freeway named after a person
- E. Paved road in Detroit

Last month's answers

MorningSide

How many MorningSide Board Members can the MorningSide Board have and What are the terms for each?

Executive: 5 Members at Large: 6

Detroit

What are the five principal avenues of Detroit?

1. Woodward Ave. 2. Michigan Ave. 3. Grand River Ave.
4. Gratiot Ave. 5. Jefferson Ave.

Williams

Home

Improvement

Drywall • Ceramic Tile
Flooring • Fences
Concrete driveways
Patios

Andrew Williams

(313) 459-9961

DETROIT APPS

DDOT Bus App (available via Google Play Store or iTunes)



DDOT is pleased to announce its new Real Time Bus App. We are also asking of you to let us know where and how we can improve it to make it easier for you. We are committed to its continuous improvement and your feedback is critical to its success.

We thank you for your patience and support.

Routes: Get real-time bus arrival information for any stop and route. Know when your next bus will arrive. This app will provide the estimated real-time arrival times of buses approaching your stop. It also allows you to see the location of buses on a map.

Nearest Stop: Not sure where your closest bus stop is located? Use the Nearest Stop Locator to find the nearby bus stops based upon the GPS locator on your mobile device or phone.

Trip Planner: Use the trip-planner to find the best way to get to your destination. You can even get walking directions to the nearest stop, your total trip time and distance. Schedule data on the trip planner consists of scheduled data, and is not real-time information. Please use the Routes feature for Real-Time arrival information.

DPD Connect (available via Google Play Store or iTunes)



DPD Connect is here for up-to-date information and access to the Detroit Police Department.

The Detroit community now has a mobile app to learn more about the city with both crime updates and positive news. DPD connect also provides the ability to reach out directly to the correct team whether reporting a crime or looking for general information.

For any emergency, always dial 911 directly.

Improve Detroit (available via Google Play Store or iTunes)



For reporting running water, potholes, damaged street signs, and other issues, Improve Detroit makes reporting a neighborhood problem to City Hall easier than ever. This app uses your location and gives you a menu of common quality-of-life conditions to choose from in your service request. Uploading a photo with your report also helps the City staff quickly identify the problem. You may comment on your submissions and you will be notified when the status of the issue is updated.

Text My Bus (available <http://textmybus.com>)



TextMyBus lets you find out when your bus will arrive using DDOT's real-time bus tracking information.

Just text your location to 50464. For example, send in "Woodward and Warren" or "1250 E Grand".

Be sure to save 50464 to your phone. If you don't get a response, you can also text in to 313-499-0937

Have feedback, questions, or problems with the service? Feel free to email us at detroit@codeforamerica.org.

Vote 4 Detroit (available via Google Play Store or iTunes)

Vote 4 Detroit is a voter information platform that provides election information for Detroit voters.

Features of Vote 4 Detroit include:

- Voter Registration
- Absentee Ballot Request
- One click to input the user's current location via mobile GPS and location-based services, or web IP address
- Locate an upcoming election or previous election(s)
- Find polling location and operating hours
- View map and directions from your current location or residence to polling location
- View election calendars with customizable alerts
- Access information on candidate(s) at local, state, and federal levels
- Information on statewide ballot initiatives and measures
- Contact information for local and state election officials

Security is the most significant attribute of this platform. The server structure has gone through the penetration testing from two well-known U.S. testing laboratories, Wyle Laboratories and SLI Global Solutions. ABVote follows the guidelines of the National Institute of Standards and Technology (NIST), builds up internal security policies, and never stores users' private data.

For more information on ABVote or additional election solutions by Konnech, Inc. please contact us at info@konnech.com, or give us a call at (517) 381-1830. Check out our election management products at www.konnech.com, www.abvote.com, and www.pollchief.com.

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