

MORNINGSIDER

THE OFFICIAL NEWSLETTER OF MORNINGSIDE



Health conscious food store, Energy 4 Life. Image courtesy of Sharon Cawthorne

Energy 4 Life Health Food Store: The Modern Day Natural Apothecary Sharon Cawthorne | Contributing Writer

Detroit — The white coat worn by many medical doctors is a universal symbol for a trained healer. One such healer, Dr. Denise Elam, who founded Energy 4 Life Health Food Store over 17 years ago, can be found at the corner of Mack and Bedford. As a naturopathic physician and 'dis-ease' specialist, Dr. D, as she is referred to by her regulars, welcomes those seeking holistic-guided advice about their health.

Health food stores can offer advice on their products. This health food store offers that and more. In fact, there is both a welcoming and warning sign at the front door that reads, 'Disease Starts in the Colon'. The signage hints at the specialty offerings of its proprietor.

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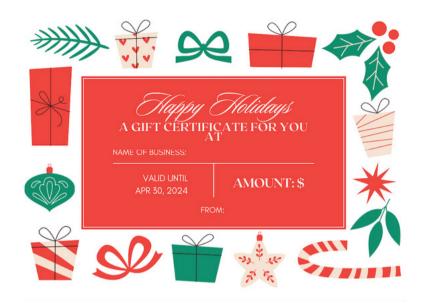
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Christmas Shopping in Our Community Has Never Been Easier

The Morningsider



Gift Certificates will be accepted at participating local businesses. Image courtesy of Jeffrey D. Lewis II

Still trying to decide what to get your picky brother-in-law for Christmas? Do you know a teenager who wants to pick out her own clothes? Consider a gift certificate from one of Morningside's new and not-so-new businesses. They work exactly like gift cards, except that they're paper, not plastic.

Here's a list of stores in and near Morningside that are offering either gift certificates or cards for your convenience:

M&M Pet Supplies – 15625 E. Warren
Morningside Café, 16369 E. Warren
Hiptique Resale & Gifts, 16235 Mack
Be Her Detroit, 15715 E. Warren
Warren Café, 16314 E. Warren
Luxury Bubbles Auto Salon, 15735 E. Warren
Warren Fish & Seafood, 14900 E. Warren
Hammertime Hardware, 16380 E. Warren
Finest Body Oils, 14900 E. Warren
Flamz Pizzeria, 16369 E. Warren
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Morningside Welcomes a New Habit for Humanity Family

The Morningsider



The Adams family celebrate the completion of their new home on Maryland street. Image courtesy of Habitat for Humanity

Thanks to Habitat for Humanity, Satin Adams and her children have a new home for the holidays. Their new house in the 4800 block of Maryland was built with hours of sweat equity from Satin and her family and hands-on help from dedicated Habitat volunteers. All the hard work and resilience paid off when Satin received keys to the home at a dedication ceremony on November 14. It was indeed a happy Thanksgiving for this family.

To find out more about the great work of Habitat for Humanity and how you can support them, check out their website <u>here</u>.

TALK TO US! Letter to the Editor

One of our goals is to make *The Morningsider* more interactive and resident-driven. To that end, we invite you to send us your ideas and opinions – what do you like about the newsletter, what should we be paying more attention to, what pressing issues are Detroiters facing? Please keep your communications brief - about 200 words - and respectful in tone. Send your comments to

<u>morningsidecommunity2@gmail.com</u>. Letters, edited as necessary for space and clarity, will be published each month.

Continued... Energy 4 Life Health Food Store: The Modern Day Natural Apothecary

The Central Michigan University graduate said, "I was a contract analyst for the Detroit Water and Sewage Department and (had) been there 15 years or so. I felt like I could do more, and I wanted to do more. My first job experience was in the medical field, and I enjoy service. I enjoy helping people, so I stepped out on faith." Her mission came into focus after she had considered going into adult foster care. Dr. D continued, "One thing led to another and I'm here."

'Here,' is both a modern-day apothecary and holistic naturopathic clinic and spa. The remedies and advice offered at Energy 4 Life were called upon during the height of the COVID-19 pandemic for those in search of herbal supportive supplements. Yet before and beyond the pandemic, Dr. D offers consultative services for overall well-being. 'I see everybody,' she says in her soothing, caring voice, "the holistic part is my main interest." The wellness-advocate listens first, then makes recommendations from some of her most sought-after services, which include addressing weight concerns, Aqua-Chi (Foot Detoxification), Colon Hydrotherapy Sessions, and Infrared Sauna sessions.



Sea Moss are one of the items Energy 4 Life carries. Image courtesy of Sharon Cawthorne

Then there's the tea. Brewed on site with a touch of love and well-guarded recipes, regulars cross the threshold early to get a cup of her famous Hibiscus tea, the warm and spicy Red Clover tea, or the "Tea of the Day." Dr. D will serve up a brimming cup for \$2, while clients browse, chat or wait for their gallon containers of customized alkaline water to fill, or to pick up a batch of the well-known Master Cleanse tonic.

She's hands on everything and everyone. The consultations and services are performed by Dr. Elam. Her new and well-seasoned clients can call and leave a message. She returns calls between sessions or the next business day. Her store hours and concierge service encourage appointment.



Dr. Denise Elam. Image courtesy of Sharon Cawthorne

Story continues on page 6...

Santa, Snow Globes, Kwanzaa and More at the Jefferson Branch Library

Jefferson Branch Library | Content Partner

You and your kids can have a great time at the Jefferson Branch over the next couple of months

Saturday December 16, 2023

2:00 p.m. - 3:00 p.m.

Santa @ The Library. Join us for a visit from Santa and holiday crafts.

Tuesdays December 5, 12, 19, 26 and January 2, 9, 16, 23, 30

10:30 a.m. – 11:15 a.m.

Story Time Tuesdays! Come enjoy books and a craft! It's A great way for children to build early literacy, creativity and social skills.

Wednesday December 20, 2023

6:00-7:00 p.m.

DIY Snow Globes.

Tuesday December 26, 2023

4:30-5:30 p.m.

Happy Kwanzaa Celebration! Enjoy a story, songs & craft.

Wednesday December 27, 2023

5:00-7:00 p.m.

Family Movie Night! Children and their families are welcome to view "The Princess and the Frog" (2009)

Wednesday January 10, 2024

6:30 pm – 7:00 p.m.

Bedtime Story Time

Every second Wednesday of a month,

Wear your favorite pjs and bring your favorite stuffed toy to the library to hear some fun stories.

Saturday January 13, 2024

M.L. King Day Celebration

12:00-4:00 p.m.

Crafts and a M.L. King family scavenger hunt for prizes.

Saturday January 20, 2024

11:00 a.m. - 12:00 p.m.

Family Lego Time Saturdays!

Students and parents meet to create their own Lego structure. They are displayed in the library until the next meeting.

Saturday January 27, 2024

2:00 p.m. – 3:00 p.m.

Crafting with Snow Shapes! Create a snow windsock and paint a wooden snowflake for a wintery fun day.

Monday January 29, 2024

5:30 p.m. – 7:00 p.m.

Family Movie Night – The Rosa Parks Story. Celebrate Black History Month with a movie! Starring Angela Bassett, a must-see movie about the life of Civil Right Activist, Rosa Parks.

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Tim Killeen – Lifelong <u>Eastsider</u> representing the Eastside

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I'd like to hear from you

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Let's Get Festive! Holiday Lights Contest Returns to Morningside

Nicolas Hall | The Morningsider

It's that time of year again. Our annual Holiday Lights Contest returns this holiday season!

Do you or your neighbors have amazing holiday decorations? Send in your nomination for Morningside's 3rd Annual Holiday Lights Contest.

The details of the contest will largely remain the same as <u>previous years</u>. Nominations will be taken for any decorated home in Morningside. Feel free to nominate a neighbor or if you feel you have the best decorated home, nominate yourself!

There are prizes for best houses (1st/2nd/3rd), best participating block, and best business! For our Morningside-based businesses, this is your opportunity to showcase your creativity.

Email nominations to

morningsidecommunity2@gmail.com by no later than December 20. Please include a photo of the home you want to nominate, along with the home's address. Winners will be announced January 9th at our monthly community meeting.

Need inspiration? Check out the winners from previous years:

- Morningside Shines Bright with 1st Annual Holiday Lights Contest
- Announcing the Winners of our 2nd Annual Holiday Lights Contest

Let's work together to create a more festive atmosphere in our neighborhood!



HOLIDAY LIGHTS CONTEST



Prizes for Best Houses, Best Block, Best Business!

Do you or your neighbors have amazing holiday decorations? Send in your nomination for Morningside's 3rd Annual Holiday Lights Contest.

Email nominations to morningsidecommunity2@gmail.com by no later than December 20. Please include a photo & location of the holiday lights. Winners will be announced January 9 at our community meeting!



www.MorningsideDetroit.com

Continued... Energy 4 Life Health Food Store: The Modern Day Natural Apothecary

Every room of the tin-ceiling center offers a place to either heal in a space all your own or in a group. Dr. D says she often has groups of four come in for the Aqua-Chi. The private Colon Hydrotherapy & Spa area offers a calm, intimate setting to, well... let it go. As I toured the space, the Naturopathic Doctor emphasized that all consultations and services are offered with the professionalism and discretion you'd expect from a health practitioner. Keep that in mind as you go in for the facial and body wrap services. Though your health and wellness secrets are safe with the good doctor, your referrals for products and services are always welcomed.

Don't hesitate to stop by during her open hours, Monday - Friday, 10am - 2pm and Saturday 10am -3pm, of course, for the tea or to pick up a gift certificate for the season. Don't hesitate to stop by during her open hours, Monday-Friday, 10am-2pm and Saturday 10am-3pm, of course, for the tea or to pick up a gift certificate for the season.

Energy 4 Life – Health Food Store with Holistic Services 16135 Mack Avenue, Detroit, MI 48224. Phone: (313) 640-5790, Website: www.energy4lifehealth.com email: niecynet@icloud.net

Owner: Dr. Denise Elam, Naturopathic Doctor

Sharon Cawthorne is an at-large board member of the Morningside Community Organization

FUTURE LEADERS - Angela Hartwell

Javelle Ballard | Contributing Writer

Angela Hartwell is a high school senior attending East English Village Preparatory Academy at Finney. She has a 3.71 cumulative GPA throughout her high school career. Currently, she is taking AP-Precalculus. She admits it's a challenging course, but she has embraced the challenge and is maintaining an A in the class.

Along with enjoying writing, Angela is assiduously working on all her courses to maintain her grades. Being an excellent writer, she was awarded an Informational Study-Abroad trip to Italy this past summer. As she traveled Italy, she was able to visit St. Peters, the Leaning Tower of Pisa, and the Colosseum.

Angela will be a first-generation college student attending Grand Valley State University next fall, majoring in pre-med. Becoming a doctor has always been her passion because she enjoys assisting and helping others. Furthermore, after college Angela plans to go to medical school and become a neurosurgeon. She loves the saying "God First," due to her belief that if God is not in the center of it, it will fail.

Angela resides on the Eastside of Detroit along with her two brothers, A'Voentea and Aidan, and her mother Ms. Jones. She also has five older sisters and one younger brother who all live in Ohio.

Ms. Hartwell wants to continue to explore the world and what it has to offer after college. Visiting multiple countries with her family, such as Jamaica, Barbados, and Switzerland, is a dream she wants to see come to fruition. She would like eventually to have a marriage and children, but not too soon after medical school.

Angela has been a shining star of the East English Village Preparatory Academy @ Finney Community during her matriculation throughout high school. She is a visionary who possesses all the tools to be a successful contributing member of society. Angela is destined for greatness!



East English Village Prep. Academy at Finney senior Angela Hartwell vists the Colosseum in Rome, Italy. Image courtesy of Angela Hartwell

Javelle Ballard is a Professional School Counselor at East English Village Preparatory Academy @ Finney

Blight to Beauty Program is at Work in Morningside Business Corridors

Helen Broughton | Contributing Writer

The City of Detroit's Blight to Beauty initiative has been working on vacant property blight remediation on commercial corridors across the city since September 2021. Obsolete signage, mangled/overgrown fencing, and peeling paint have been the focus for this past year's remediations. Along with removing the visual clutter, the teams also do general cleanup in the area. Hopefully, you have noticed freshly painted exteriors or, at least, get an overall impression of improvement on corridors near you.

Blight is a public nuisance. The Buildings, Safety Engineering & Environmental Department (BSEED) property maintenance inspectors write correction orders (bright yellow sticker notices) for properties that do not meet the minimum standards set by city code, then will issue blight tickets if the violations are not addressed. A hearing officer with the Department of Appeals and Hearings (DAH) adjudicates the ticket at a blight hearing. Municipal code allows the city to recover costs for blight abatement done on privately-owned property, therefore targets are selected from properties that have been found responsible for a blight violation. The teams also remediate city-owned properties in need of maintenance.

Our partners with the Department of Neighborhoods (DON) and DEGC district business liaisons (DBL), and place-based groups like East Warren Development, who know the history and players of an area, will share their concerns or hot spots which are routed to inspectors for enforcement, ticketing, and remediation as needed.

Any point of the process from inspection through remediation offers opportunity to engage property owners, remind (or teach) them about the rules, and request that they move toward compliance.

Although invoicing and legal actions have been taken with owners with a reputation for neglect, the main goal of the work is to improve the visual experience on Detroit streets, protect the health, safety, and dignity of our citizens, and to motivate all owners to toward responsible behavior for the long term.

Clean is an essential foundation for economic development and can influence perceptions. One of the advantages of the Blight to Beauty work is that it encourages nearby owners to up their maintenance game or to invest additional funds in their property. Cleanup can also reveal the unique character of small commercial buildings and trigger a sale to a new owner looking to land a new tenant or start their own business.



16357 E. Warren Avenue prior to facade improvement. Image courtesy of Susan Newell

The Planning & Development Department's (PDD) design guide, "Vibrant Blocks for Business", offers a framework to guide our corridors as they develop. We are fortunate to have the city's Detroit Means Business (DMB) website and the Motor City Match (MCM) program which has supported individuals "from idea to open" and beyond with technical and financial support across the city so that new small businesses have activated formerly vacant spaces.

Story continues on page 9...

Property Tax Assessment Reform is Finally Here

The Morningsider

A long struggle by activists to make property tax assessments more transparent and easier to appeal has finally paid off. In a 6-3 vote on November 21, City Council approved an ordinance to improve the system of tax assessments. Read more about it from Michigan Public Radio here.

If you want to see all the details, here's a <u>slide presentation</u> outlining the reforms from the Coalition for Property Tax Justice.



Mayor Duggan presents a proposal on Detroit's tax rate. Image courtesy of Dana Afana

Continued... Blight to Beauty Program is at Work in Morningside Business Corridors

In the Morningside sections our teams touched twelve properties on East Warren (two city-owned) and five on Harper (one cityowned) in 2023. Maybe, maybe, next year some of those will be occupied and open!

www.detroitmi.gov for BSEED, DAH, DON & PDD info

https://detroitmi.gov/webapp/detroitdevelopment-opportunities for city and DLBA properties for sale

www.degc.org for DMB, DBL, and MCM https://ewarren.org for East Warren Dev Co For questions, contact Helen Broughton at blight2beauty@detroitmi.gov.



An after photo of 16357 E. Warren Avenue freshly painted. Image courtesy of Susan Newell

Helen Broughton is a Project Manager for the Blight to Beauty program in the General Services Department's Blight Remediation Division





Let's Talk Trash

The Morningsider

Mayor Duggan has been lobbying City Council recently to approve new contracts with Waste Management and GFL Environmental to increase bulk trash collection to weekly, beginning sometime in 2024. So far, he's gotten some push-back from Council, and they went into their yearend recess without making a decision.

Read about it in the Detroit News here, and let our Councilwoman Latisha Johnson know where you stand on the issue. You can reach her office at

<u>councilmemberjohnson@detroitmi.gov</u> or (313) 224-4841.

In the meantime, your next three collections for bulk trash and recycling are:

Thursday, December 21
Friday, January 5, 2024 – delayed one day due to New Year's holiday
Friday, January 19, 2024 – delayed one day due to MLK Day

If you didn't put out your yard waste last week, sorry, it's too late now. Yard waste pickup won't resume until next spring.



GFL Environmental is contracted to collect garbage disposal on Detroit's east and southwest side of the city. Image courtesy of Malachi Barrett

Give A Smile, Get A Smile

Elena Fracassa | The Morningsider

This is a short and sweet <u>video</u> of a man who knows and loves all of the cats in his neighborhood. On his walks near his house he has attracted many of the neighborhood kitties, and he's made just as many human friends along the way.

Next time you're on a walk through Morningside, see if you can befriend some of our feline residents. Keep an eye out for them, especially during this cold winter. There are programs to help trap, neuter, and release as well as shelter strays for free or reasonable costs. You never know when you might also meet some of your Morningside neighbors along the way.



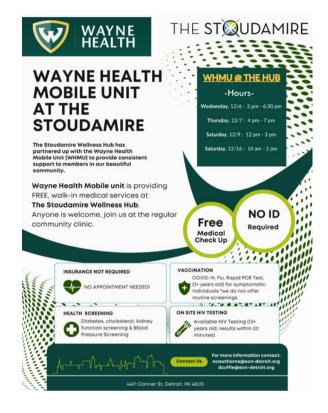
Neighborhood Cat guy. Image courtesy of Tik Tok

Elena Fracassa, Morningside resident

Resources & Upcoming Events

The Morningsider



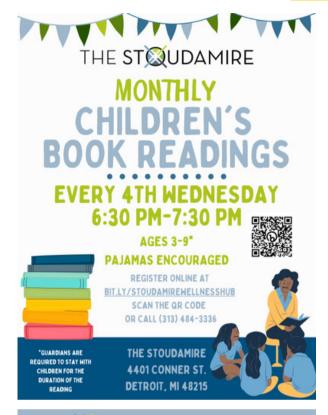






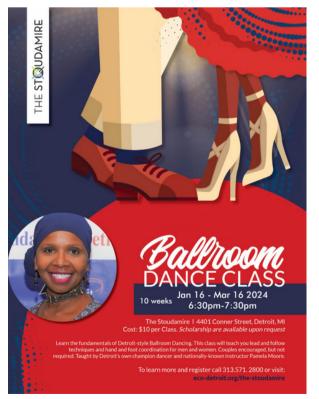
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\$150 Full Page \$80 Half Page \$60 Quarter Page



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