

Look Up!

By Peter Lewandoski, Access Contributor



There is something both mysterious and comforting about seeing the stars at night. Luckily, to tap into that experience, all you need do is go outside after dusk and look up (or, for you early risers, the dark sky before dawn also works)!

Astronomy, the study of heavenly objects such as the moon, planets, and stars, is a great way to spend time outdoors with family and friends, especially during these times of concern about the spread of infection indoors.

Though a lot of astronomy does take place in out-of-the-way places, you can definitely still enjoy the night sky in an urban setting such as Easttown!

Here's some tips for beginners and families with little ones:

First, about the sky: the clearer and darker it is, the better. If you notice breaks in the clouds or if the weather forecast says it's going to be a clear night, consider heading out.

Look for places where you can see more of the sky: maybe head to an open field at Wilcox Park, or a treeless community garden lot, or even your own backyard...but be sure you turn off the porch light! The less light there is, the better your eyes adjust to seeing in the dark.

Speaking of which, you don't need a lot of equipment to enjoy astronomy. You can start by simply using your eyes. Many of the brighter objects, such as the moon and planets, can be observed easily this way. After a few observations you'll begin to notice the different phases of the moon: What shape is it? When does it rise and set?

Just after sunset in mid-March and again in mid-April, see if you can spot a slim sliver of moon near the west horizon. Also, if you're up early you may notice what appear to be really bright stars, but which are actually planets!

During late winter and early spring, Jupiter and Saturn can be seen low in

the southeast sky just before dawn. The brightest stars will also be visible, and noticing them is a good way to learn about constellations.

Constellations are recognizable patterns of stars, such as the Big Dipper, that often have a myth or story that accompanies them. Orion the Hunter is a good constellation to look for on winter nights.

Beyond naked eye observing, if you happen to have a pair of binoculars or even a telescope, become familiar with how they work and bring them along. They will allow you to see finer details of the objects you're looking at, such as lunar craters and Jupiter's moons.

There are many resources available to help guide you through the night sky and make more discoveries, including:
Apps: there are lots, such as Sky Guide!
Grand Rapids Amateur Astronomical Society: www.graaa.org
GR Public Library: www.grpl.org ♦

Community

New Board Members
Page 2

Wellness

Mindfulness
Page 5

Civics

Women's History Month
Page 7



Fostering a safe, diverse, and walkable Eastown neighborhood by creating opportunities for neighbors and friends to engage and connect.

415 Ethel SE
Grand Rapids, MI 49506
616.451.3025
info@eastown.org
www.eastown.org

ECA Board Members

- Dakota Riehl-Davis, President
- Staci Rickman, Vice President
- Steven Martinez-Thiel, Treasurer
- Rion Hollenbeck, Secretary
- Brigid Avery
- Michael Bopp
- Gavin Cornwell
- Andrew Fisher
- Elizabeth Girgen
- Pamela Goderski
- Noah Joseph
- Christian Verley

Executive Director

Emma Heemskerk

The Eastown Community Association board of directors meets on the second Monday of every month at 6 p.m. via Zoom. Eastown residents and business owners are encouraged to attend. For more information visit our website at eastown.org

Facebook: eastowngr
Instagram: @eastowngr
Twitter: @EastownGR



FROM THE DIRECTOR

Welcome New ECA Board Members!

By Emma Heemskerk, ECA Executive Director

The ECA held a successful *virtual* Annual Meeting for the first time this year in place of our usual beloved in-person community pancake breakfast. While we were sad to have to forgo our usual get-together, the meeting was a great way to share updates, vote on new ECA Board members, win some great raffle prizes, and feel more connected to the community.

This year's meeting took place on February 13 with approximately 80 people in attendance. ECA updates were shared, over \$1,000 in raffle prizes were won, and we were fortunate to hear from several special guests including State Representative Rachel Hood (76th District), 2nd Ward City Commissioner Milinda Ysasi, Eastown Business Association Board member Kristin Revere, and several ECA Board members.

We also had a great slate of 11 Board candidates in attendance who were voted on by the community. Seven candidates were selected including one incumbent. **We are excited to welcome these new 2021-2023 Board members to the ECA: Dakota Riehl-Davis (incumbent), Brigid Avery, Gavin Cornwell, Elizabeth Girgen, Rion Hollenbeck, Steven Martinez-Thiel, and Christian Verley.** Please join us in welcoming this great group of volunteer Board members by checking out their bios on our website at www.eastown.org.

At the subsequent ECA Board meeting four members were also confirmed to the ECA Executive Committee: Dakota Riehl-Davis, President; Staci Rickman, Vice President; Steven Martinez-Thiel, Treasurer; and Rion Hollenbek, Secretary.

We were very impressed by all of the candidates and look forward to everyone's involvement whether on the Board, on committees or as volunteers. We also encourage you to get involved by emailing info@eastown.org. There are several opportunities to Co-Chair committees or serve as a Host Neighbor to disseminate important information on your block.

The ECA would like to thank everyone who took time out of their Saturday morning to attend the 2021 Annual Meeting. We were so happy to have you join us and hope that you will "save-the-date" for these upcoming *tentative* events as we prioritize public health and adapt events accordingly in the year ahead: May 22 - Dumpster Day; June 26 - Eastown Bizarre Bazaar; Sept. 11 - Eastown Streetfair; and Oct. 16 - Howl-O-Ween. ♦

EASTOWN ACCESS

As the newsletter of the Eastown Community Association, the *Access* is published six times a year.

Contributors

Brigid Avery, Cheryl Blackington, Lee Hardy, Emma Heemskerk, Dana Kroll, Peter Lewandoski, Kristin Revere, Amanda Sterling, Amy Wolterstorff

The views and opinions expressed in Access are not necessarily those of the ECA Board.

The Access reserves the right to accept, reject or edit any material submitted for publication.

Supported by CDBG funds via the City of Grand Rapids.

ADVERTISING IN THE ACCESS

The *Eastown Access* is delivered to over 2,200 households and 100 businesses six times a year. Place your ad today!

Advertising Rates:

Size	Single Issue	Six Issues
Half-Page	\$175	\$800
Quarter-Page	\$100	\$500
4" Column	\$75	\$350

Access is also available online at eastown.org. Send all inquiries & advertising files to: info@eastown.org.

EBA NOTES

Keeping Easttown Safe, Clean, and Vibrant

By Dana Kroll, Uptown Grand Rapids, Inc. & Kristin Revere, Easttown Business Association

Easttown businesses continue to be excellent adherents of the Michigan Department of Health and Human Services pandemic guidelines, and in turn we continue to encourage everyone to show their appreciation by supporting local shopping, dining, and patronage to services. Up-to-date guidelines from the department regarding gatherings and face masks can be found at www.michigan.gov/coronavirus/. You'll find clear information pertaining to maximum capacities per industry type, as well as the specifics of the ongoing rules regarding social distancing and mask wearing.

The Uptown Ambassador Program began implementation in late January. This program provides a team to service and maintain the public spaces in our district with general rubbish removal/sweeping of main thoroughfares, submitting necessary maintenance orders to the city, and graffiti removal on public/city-owned assets. This will go a great distance towards keeping Easttown (and other Uptown business districts as), clean and in tip-top shape.

“Uptown” includes the Easttown business district plus the business districts to the west on Wealthy Street (ending at Union), on Lake Drive and Cherry in East Hills, and along east Fulton from Union to Carlton. Did you know that each of the Uptown businesses has its own web page on the uptowngr.com website? If you are a business owner in Easttown and would like to maximize your page's potential, you should sign up at uptowngr.com under “Business Resources.” Uptown Grand Rapids is here to help! Email Dana Kroll, the Uptown Marketing and Communications Specialist, at dkroll@uptowngr.com if you need additional assistance. ♦



USEFUL NUMBERS

Emergency:	911
Grand Rapids Customer Service	311
Police: Non-emergency	456-3400
Silent Observer (Anonymous):	774-2345
Community Police Officers:	
Officer Daryl Howard (night)	450-6205
Captain Mark Ostapowicz	456-4485
Calvin College Dean of Students	
John Witte	526-6548
Aquinas College, Engagement	
Katharina Hausler-Gross	632-2112
City of GR, Code Compliance	
	456-3053
Easttown Community Association	
	451-3025

Life is a journey, not a destination. Embrace it!

Current store hours 12-5 pm Mon-Sat
Curbside pickup and online ordering available
1430 Lake Drive SE
www.spiritdreamsgr.com
616-456-9889 / info@spiritdreamsgr.com



support locally owned business

IN THE NEIGHBORHOOD

What's New at AQ

Aquinas College Updates

SAINTS TOGETHER

Aquinas College is pleased to announce that we have been incredibly successful in navigating the Covid-19 pandemic. Saints Together, our comprehensive and campus-wide effort in mitigating the spread of the virus has been very effective, as we have remained in-person with students having the option of remote learning. For more information, including up to date on-campus mask wearing and public gathering policy, please visit <https://www.aquinas.edu/resources/saints-together>. Thank you to our entire community for your support during these uncertain times.

SISTER AQUINAS WEBER SCHOLARSHIP

A new scholarship fund named for Sister Aquinas Weber has surpassed \$1 million and is the largest of its kind at Aquinas. Sister Aquinas has been instrumental in the development of the College as well as our beloved Eastown. This semester, 50 students received awards from the fund, which helped address new needs from students financially affected by the COVID-19 pandemic. Read more about the Sister Aquinas Weber scholarship: <https://www.aquinas.edu/>.

AQUINAS VIRTUAL MUSIC & THEATRE EVENTS

Enjoy the talents of our students from the comfort of your living room!

AQ Theatre:

Pre-recorded performances streaming live. Tickets available at circletheatre.org/aquinas or 616-632-8900.

Now. Here. This.

April 21-25

AQ Music Department:

Streaming live on facebook.com/aqmusicdept/:

Timing is Everything

Music Department Sampler Concert

March 14, 3pm

Student Honors Recital

March 27, 7:30pm

Save the Date: Jazz Camp

June 13-18, [aquinas.edu/music/jazz-camp](https://www.aquinas.edu/music/jazz-camp)

Sign up for Musical Notes, the monthly e-newsletter, so you do not miss a concert at [aquinas.edu/music](https://www.aquinas.edu/music) ♦

BurrLaw

James Booth Burr, Jr.



Elder Care & Probate Law
Small Business Organizations
Real Estate Law

Jim been has a resident of Eastown for nearly 40 years and is a Member of the 6th and 7th US Courts of Appeal

Jim is also a member of the State Bar of Michigan and a member of the Unauthorized Practice of Law Committee and Real Estate and Business Law Sections

Office conferences by appointment
Kingsley Building • Suite 211 • 1430 Robinson Rd SE
jburr@pathwaynet.com • 616-458-1246

YOUR BEST FRIEND. OUR BEST MEDICINE.

As a community-focused veterinarian, we offer a new level of full-service veterinary medicine. We strive to offer excellence and earn the title as your favorite veterinarian.



616-451-1810 | eastownvet.com

1350 Lake Drive SE, Grand Rapids, MI. 49506

WELLNESS

Mindfulness to Help Us Through This Pandemic

By Cheryl Blackington, Access Contributor

We have all lived through a year of the pandemic. How are you? How are you really? I'm sure we have all learned a few coping techniques - some healthier choices than others. One healthy habit for your mind, emotions, body and soul is mindfulness.

By now, most of us have heard about mindfulness, and many of us have either dismissed it as a new-agey fad, or maybe we have a little curiosity about it. You might have also noticed that the practice of mindfulness is recommended by most doctors and therapists as a way to greatly reduce stress and, in general, improve your health and general well-being.

The practice of mindfulness is taught by the Mindfulness-Based Stress Reduction Program and shares the teachings and practices that give us the skills and tools to be with whatever the present moment brings.

Jon Kabat Zinn, the father of mindfulness in the United States, pioneered his 8 week stress reduction program with patients who were in chronic pain. He wanted to see if the brain's relationship with pain could be altered and self-regulated. The data presented 51 chronic pain patients who had not improved with traditional medical care. The dominant pain categories were low back, neck and shoulder, and headache. Facial pain, angina pectoris, noncoronary chest pain, and GI pain were also represented.

At 8 weeks, 65% of the patients showed a reduction of greater than or equal to 33% in the mean total Pain Rating Index (Melzack) and 50% showed a reduction of greater than or equal to 50% (Jon Kabat Zinn). In other words, the patients reported a mild to significant reduction to the pain they were experiencing!

Mindfulness is the practice of being in the present moment with kindness, patience, curiosity and non-judgment. Most of us spend our time rehashing

events that have already happened, or projecting our fears into the future of what might happen. We spend our day on autopilot, robotically moving through our day, numb to the special moments that are right in front of us: the smile of our children, the sunlight shining on the snow, the moon light shimmering in the sky, the birds that are singing in the backyard.

Instead of getting carried away with the past or future (which is where stress lives) we can notice our experience as it is, not how we want it to be. We can notice it, accept it and allow that experience to be there as it is. We can offer ourselves comfort, notice how hard this moment is, and determine what we might need in order to care for ourselves. Is it a break? Some exercise? A phone call?

Mindfulness is the practice of being in the present moment with kindness, patience, curiosity and non-judgment.

Mindfulness isn't about escaping negative emotions or painful experiences but learning how to feel peace amidst them. And as we all know to one degree or another, this past year has been extremely challenging and has tested all of our limits.

It is easy to get swept away with feelings of hopelessness and feelings that we will never get out of this. It is very helpful to apply the teachings of mindfulness and understand that nothing is permanent. We might be feeling hopeless, but those feelings will move through and dissipate if we can acknowledge them and let them go.

Of course, mindfulness is not a miracle cure! If you are feeling hopeless or overwhelmed with your ability to cope- reach out for help. Talk to a friend, a relative, or a therapist to help you through these very difficult times. Mental health assistance and other resources can be found by calling 2-1-1.

In order to truly understand the benefits and power of mindfulness, one must do it!

When we do mindfulness we practice staying in the present moment by exploring our 5 senses. So we learn how to use our breath as an anchor, to keep us present throughout the storms of life. We learn mindful eating, listening, and walking. Body scans are used to help us notice the physical sensations in our body and what the information we learn is trying to show us. Anchor breaths are used to keep us steady when whirlwind thoughts and strong emotions yank us around. Loving kindness phrases are used to acknowledge the difficulties of life and as a way to comfort ourselves.

You can try a few meditations by going to my website www.teensjustbreathe.com.

If you are curious about mindfulness and want to learn more, I will be offering a free virtual workshop through Easttown Community Association and will be teaching the basics of mindfulness. I warmly invite you to join us!

A free virtual Mindfulness Workshop for Beginners will be hosted by the ECA on Thursday, March 25 at 6pm.

Sign up at easttown.org or call 616-451-3025. This workshop is appropriate for upper elementary age and older.

~
Cheryl Blackington is an Easttown resident, a certified mindfulness instructor, and owner of Teens Just Breathe. Cheryl has been learning and teaching mindfulness for the past 8 years as an affiliate of the Grand Rapids Center for Mindfulness. She specializes with youth, families, and mindful parenting, but also works with people of all ages! She wholeheartedly believes that mindfulness is a skill that will make the world a better place! ♦

NEIGHBOR SPOTLIGHT

The VanderWoudes

By Amanda Sterling, Access Contributor

It's easy to forget what an oddity Eastown's shared garages and driveways are, but I've recently realized all the ways that this historic throwback makes neighbors feel more connected.

Over the past 7ish years of sharing this little mini plaza space with my neighbors Sam, Tammy, Lucas, and Elise VanderWoude, I've come to appreciate how this shared space creates special opportunities for community building. I've watched their kids and garden grow, their careers advance, and the Herculean TLC they've put into renovating their beautiful, historic home. The VanderWoudes never sit still, so I can't say that I was surprised when I learned that they had decided to tackle the challenges of the COVID-19 pandemic with a courageous and adventurous can-do attitude.



Photos courtesy of The VanderWoudes

In mid-January, they loaded up their Cricket travel trailer and headed west. I miss them and our driveway chats already.

Tammy was kind enough to answer some questions for this article, so here's a bit about how their trip came about and what they have been up to since they hit the road.

What inspired you to set out on this adventure?

When the pandemic started, our lives were impacted like all the other households with little kids (ages 5 and

8) trying to manage remote school and remote work. When we finally took a break in the summer for two weeks out west, we had the wild and crazy thought: what if we made this our new normal?!

We started along with this idea, getting our professional licenses in numerous states, learning what it means to be a travel nurse and travel Physical Therapist, and educating ourselves on all the places we wanted to go. We knew we wanted to be near mountains, and ultimately we decided on Reno, Nevada. Once the contract was signed [to be traveling medical professionals], everything happened very quickly. We had good, easy driving west on I-80, before the first winter storms came.

What is happening with Lucas and Elise on the schooling front?

Some of the saddest goodbyes we made were to the kids' schoolmates and teachers at Congress Elementary and Whistle Stop (at the Dominican Center). For now we are homeschooling, utilizing the books and resources provided during remote learning for math and language arts. However, considering our daily activities, we have been able to incorporate lots of natural sciences and the arts. We may try something more structured in the future, but so far Sam is wearing the hat of teacher pretty well.

How has the traveling nurse experience been so far?

Most recently my nursing experience was in an administrative role at Spectrum Health, supporting supply chain from a clinical perspective. Headed back to the bedside in a pandemic, in a new health care system, and in a new state has been a BIG learning curve. I feel extremely fortunate that I can use my profession to support this year of travel, and

I also feel fortunate to be so well supported at this hospital. There are other travelers and we are meeting people from around the country.

Tell us a bit about the Every Kid Outdoors program.

Our family loves National Parks! Soon Lucas will be eligible for the US National Park Service's Every Kid in a Park program, which invites 4th graders and their families to all National Parks for free! Even though we currently hold an annual parks pass, something about focusing a program on 4th graders learning to love parks inspires us towards a framework of National Parks during this year. This summer we visited Yellowstone, Grand Tetons, and Rocky Mountains National Park. We haven't been to any parks during this trip yet, but are making plans for Death Valley, Yosemite, Redwoods, and more.



What are some of the highlights of the trip so far?

We absolutely love living in the foothills of the Northern Sierras, especially so close to beautiful Lake Tahoe. Sam loves flyfishing, so naturally our adventures take us to some beautiful rivers and lakes. Elise is now in love with mountains, and has made plans to marry a few.

We look forward to welcoming the VanderWoudes back to Eastown with open arms upon their return! ♦

Celebrating Women's History Month

By Emma Heemsker, ECA Executive Director

March is Women's History Month and it's a perfect time to check out the many women's history events in Grand Rapids and nationally that commemorate this important celebration of women's contributions each year.

Womenshistorymonth.gov is a great starting place to explore women's historical contributions to the arts and society. Throughout 2021 they are offering special screenings of short-form women-made films from the Smithsonian collection. Additionally, on March 18 they will be offering a young learners program about suffragist Alice Paul on the National Archives YouTube channel. An online exhibition entitled *Girlhood* will also highlight how girls changed history in politics, education, work, health and fashion. The National Women's History Museum also has a wealth of content on their website at womenshistory.org.

Locally, the Greater Grand Rapids Women's History Council will be providing an electronic newsletter full of women's history tidbits for their "Women's History Wednesdays". You can visit ggrwhc.org to sign up. They will also be hosting virtual events in March including *Lesser Known Women in West Michigan History* (March 17); *Grand Rapids Women and Their Work During the Great War* (March 24); and *A Decade of Upheaval: Grand Rapids Women and Public Office in the 1910s* (March 26).

The Aquinas College Jane Hibbard Idema Women's Studies Center will be hosting their annual Resourceful Women Conference, now renamed the Gender, Identity and Sexualities Symposium, on Saturday, March 27 with keynote Charisse Mitchell, CEO of the YWCA of West Central Michigan. More information can be found at aquinas.edu/womens-studies. They will also be featuring women's history book recommendations on their Facebook page (@aqwomenscenter).

To get outside, check out the downtown "Rad Women" Virtual Walking Tour created by GR Walks. You can download the map at grwalks.com.

If you are interested in supporting a local women's organization for Women's History Month you might consider the aforementioned women's studies center at Aquinas College, Grand Rapids Opportunities for Women, which supports local women business entrepreneurs, or the Greater Grand Rapids Women's History Council. Women's History Month is also a great opportunity to acknowledge the many women in our lives and in our history who are service workers, care givers, mothers, nurses, teachers and other predominantly female professions who may be working to ensure our health and safety during the pandemic. So, take a moment today to thank a woman in your life! ♦

No matter who you are,
or where you are on life's journey,
you are welcome here.

Get to know your neighborhood church...
join us on Sundays!

Worship Service
10:30 AM Sundays

Drop-In Nursery
Open and Affirming

1005 Giddings Ave. SE
616/245-0578
www.eastchurchgr.org

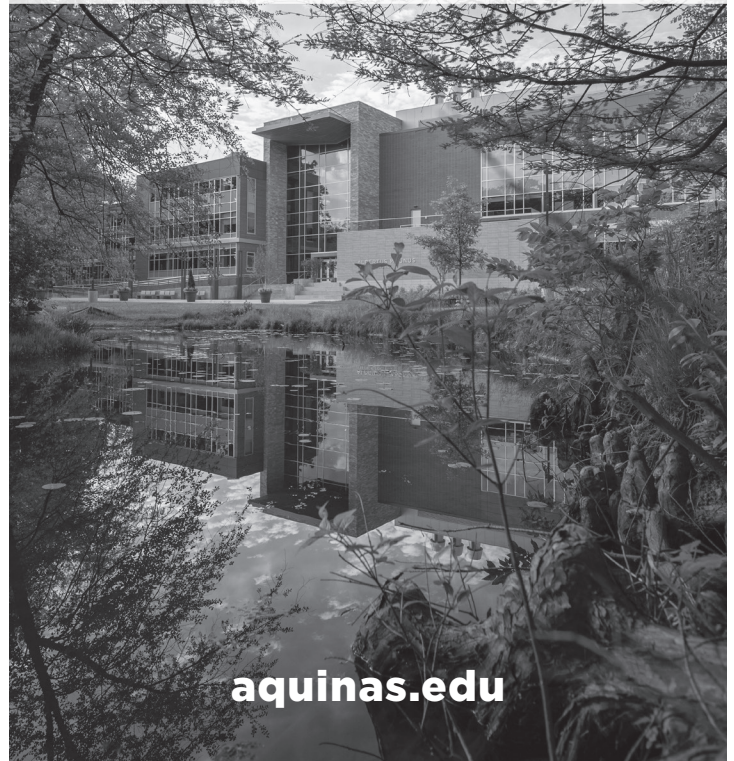


Rev. JT Hills, Pastor

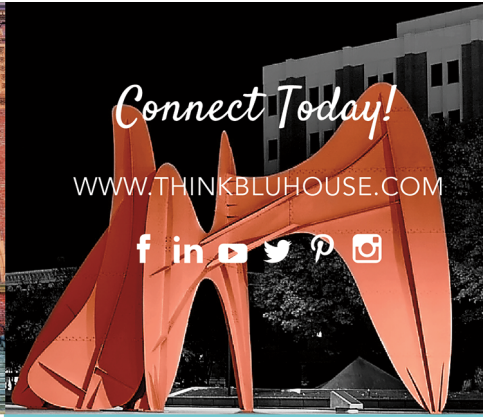
 East Church

Empowering God's community to grow in faith
through worship, service, and learning at
every age."

AQUINAS COLLEGE



aquinas.edu



ARE YOU SELLING?

- Professional Photos/Videos
- Proven Sales Systems
- Maximum Exposure
- Accurate Pricing
- Proactive Marketing

ARE YOU BUYING?

- Effective Communication
- Personal Understanding
- Market Stats & Quality Advice
- Expert Negotiation Skills
- In-house Closing Team

HOW WE'RE DIFFERENT

- Team Brokerage Approach
- Innovative Technology
- Locally Owned
- In-house Marketing
- Client Centric

616.901.4541
ryan@thinkbluhouse.com



blu house properties
ryan ogle

Financial Planning and Investments • Life and Health Insurance



*Thoughtful financial planning
for a well-balanced life.*

616.233.9773
www.eastownfinancial.com
office@eastownfinancial.com

Eastown Financial Advisors LLC is a registered investment adviser. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any specific securities, investments, or investment strategies. Investments involve risk and, unless otherwise stated, are not guaranteed. Insurance products and services are offered and sold through Eastown Financial Services and individually licensed agents. Be sure to first consult with a qualified financial adviser and/or tax professional before implementing any strategy discussed herein. Past performance is not indicative of future performance.

COMMUNITY NOTES

Covid-19 Vaccine Info

Curious about the Covid-19 vaccine development, approval, or phasing? Answers to frequently asked questions are accessible at <https://vaccinatewestmi.com> or by calling 888-535-6136.

For Assistance, Call 2-1-1

Every day, thousands of residents turn to Michigan 2-1-1 for information and support — whether it be financial, domestic, health, or disaster-related. This resource offers free, confidential help by operators fluent in more than 180 languages. Anyone can just call, text, or search online at mi211.org to get connected to health and human services agencies and resources right in their community, 24 hours a day, seven days a week, 365 days a year.

Gardens for All Creatures - Great and Small

Winter is the time to dream about gardens—to browse through seed catalogs and make plans for your patch of ground. Most of us plant for beauty. But it's possible to plant for beauty and for the sustenance of fellow creatures at the same time. Consider adding in a few “power-players” for bees, butterflies, and birds.

Flowers: Goldenrod, Asters, Coneflowers, Bergamot, Brown-eyed Susans

Bushes: Dogwood, Michigan Holly, Viburnum

Trees: Oak, Redbud, Crabapple

Check out pollinators.msu.edu for more information about the Michigan Pollinator Initiative and Michigan pollinator gardens!

REMEMBER

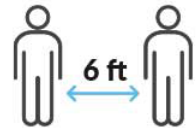
It is still important to practice COVID-19 prevention:



Wear a mask



Wash your hands



Watch your distance

MICHIGAN
DHHS



SARNACKI LAW FIRM

Family Court Advocacy & Mediation

Because Your Future Matters

David C. Sarnacki
Featured in The Best Lawyers in America
616.988.9500
Eastown Resident Since 1991


SarnackiLaw.com



PROUDLY REPRESENTING
EASTOWN BUYERS AND
SELLERS

BORN & RAISED
LIVES IN, AND SUPPORTS
THE EASTOWN
NEIGHBORHOOD

CHRISTIAN HUYGE

 **POLARIS**
REAL ESTATE

616.889.8800
CHRISTIAN@POLARISNS.COM



I pledge to get vaccinated!

Stay Informed, visit
vaccinatewestmichigan.com



EASTOWN DUMPSTER DAY



eastown community association

- GET RID OF YOUR JUNK FOR FREE!
 - MUST SHOW PROOF OF EASTOWN RESIDENCY
 - MASKS REQUIRED
 - VOLUNTEERS NEEDED!
- eastown.org



**SAT
MAY
22**

**ETHEL LOT
8 AM - 12 PM**



NOW DELIVERING BEER!

SIX PACKS OF BEER
FIDDLE STIX~CROSSROADS~LOVELY DAY~ERSTE LAGER~STOCKBRIDGE BROWN
RIGHT TO YOUR DOOR

HARMONY

BREWING COMPANY

order online

WWW.HARMONYBEER.COM

CLEAN & GREEN

If you're not recycling your paper, glass and cans, start now by calling the city for a free recycling bin: 456-3232

If you have electronic components you need to get rid of, you can take them to:

Kent County Recycling Center

977 Wealthy SW/Grand Rapids
Monday-Friday, 7:30 a.m.- 4:00 p.m.

CompRenew

629 Ionia SW/Grand Rapids
Monday-Friday 10:00 a.m.- 6 p.m.

Valley City Electronic Recycling

2929 32nd St SE
Grand Rapids MI 49512
616-421-3386

Have an item to recycle but not sure where to take it? Visit www.recyclekent.org/ for locations to accept most household items.

Used auto oil can be taken to the Auto Zone, on Fuller just south of Leonard, for free recycling.

If you wish to reduce the amount of junk mail you receive, try: www.41pounds.org or www.dmachoice.org

WEBSITES/EMAILS

The City of Grand Rapids:

www.grandrapidsmi.gov

Mayor of Grand Rapids

Rosalynn Bliss: mayor@grcity.us

Second Ward Commissioners

(North of Wealthy):

Milinda Ysasi: mysasi@grcity.us

Joseph D. Jones: jdjones@grcity.us

Third Ward Commissioners

(South of Wealthy):

Senita Lenear: slenear@grcity.us

Nathaniel Moody: nmoody@grcity.us

The Rapid Bus System:

www.ridetherapid.org

Kent County:

www.accesskent.com

State of Michigan:

www.michigan.gov

Get the Lead Out!

www.healthyhomescoalition.org



neighborhood schools GRADES PK-5



The teachers are exceptional educators and kind mentors, the administration is engaged and open to change, and the attending community is incredibly rich and dynamic."

Christy Vos GRPS PARENT

CAMPUS ELEMENTARY
CONGRESS ELEMENTARY

GRPS.ORG/ENROLLTODAY

EASTOWN COMMUNITY ASSOCIATION

415 Ethel Ave SE
Grand Rapids, MI 49506-9907

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT NO. 277



Certainty in Uncertain Times

"Our family LOVED working with the Cheryl Grant Team to buy our new home and to sell our first home. They are prompt, attentive to details, forthright, and just plain fun to work with despite the circumstances (of buying and selling during a global pandemic). They helped us through every step of the process, and we couldn't be happier with our purchase and with the result of our sale. Highly recommend!"

-Your Neighbors
The Duffy-Ruiter Family



Serving Eastown since 2004

kw GRAND RAPIDS
NORTH
KELLERWILLIAMS REALTY

616.822.3206
CherylGrant.com