



The Gatherings

Growing Together

A Community Garden on Cedar Street



On Saturday, February 27th, the neighbors along Cedar Street worked together to clean-up the lot in preparation for the community garden.



March 19th marked the first build day! Over 25 volunteers showed up to help build raised beds, spread mulch, and move soil. If you are interested in helping or participating in the community garden, contact Victoria Binder at bindev10@highpoint.edu or (925)-699-6617.



High Point Farm Stands

Returning to Washington Street May 3rd!

When: Tuesdays 4-6PM (May through September)

Location: Washington Street Park (across from Becky & Mary's)



Introduction to <i>The Gatherings</i>	2
Letter from Neighborhood Association President	2
Featured Business: Superior Foods	2
2nd Annual Women's Wellness Program June 13- August 1st	3
Greater High Point Food Alliance's Food Finder App	3
Community Calendar	4

Introduction to The Gatherings

The Gatherings is a quarterly newsletter written by the residents for its residents on Washington Street. The purpose of the newsletter is to connect the residents of the neighborhood and foster community.

So, we need your input! Send us your stories, poems, recipes, and more to pharman@elon.edu. No experience necessary. Don't have a computer? We will take submissions in long-hand.



Mission:
To promote the revitalization of Washington Street and organize residents to work as a single unit to bring about social, economic, and political change.

Letter from Neighborhood Association President

“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” -R. Buckminster Fuller

As we enter into the springtime, I want to encourage and to challenge every resident of the Washington Street Neighborhood to come out and help us to create a new model of our neighborhood. We can never recapture the past, nor can we do away with it, but we can make the future a collection of both. We need bold new ideas and bold people who are willing to help bring these ideas to life. I truly believe that the future of our neighborhood is not in the renderings of the neighborhood that are drawn by professional architects, but it is in the minds of those who draw breath from the neighborhood each day. I ask you to come and exhale that breath that you have been taking each day in the neighborhood and let those ideas that are in you hit the canvas that we are painting on. If you can believe it, we can achieve it together and history will say that we were a group who dared to dream.

We meet the fourth Tuesday of each month at 206 Fourth Street at 6:00 PM and we would love to have you and your family be a part of our Neighborhood Association. Please come out and help us to build something beautiful together. As we all take ownership of the neighborhood, we will become our own police and first responders because we will begin to see the urgency to protect that which we have built.

-Rev. Michael A. Ellerbe, President of the Washington Street Neighborhood Association

Featured Business: Superior Foods



Locally owned Superior Foods is committed to meeting your grocery needs! Co-owners Jose Aberu and Fredys Cabral listen to what is important to our community- and the result is a community-oriented, friendly, and affordable grocery store. Open seven days a week, Superior Foods offers diverse grocery options that include a wide range of fresh meats and vegetables at an affordable cost. Superior Foods accepts SNAP/EBT, WIC, and offers free transportation home for individuals who purchase \$50 or more in groceries. Location: 220 N. Centennial Street at the intersection of N. Centennial Street and Richardson. Hours of Operation: Monday through Saturday from 8:00 AM to 9:30 PM and Sunday from 8:00 AM to 8:00 PM.



www.facebook.com/SuperiorFoods220



2nd Annual Women's Wellness Program June 13-August 1st

D-UP's Washington Street 2nd Women LIFTING Wellness Program is scheduled from June 13th-August 1st held at Artz at the Ritz for women in the Washington Street community to receive education on benefits of regular physical activity and risks of a sedentary lifestyle; its impact on cardiovascular health and diseases; its relationship with weight control and stress management; and opportunity to participate in aerobic, strength training, and core stability activity.

Jakki Davis, Executive Director of D-UP, wife, and mother will conduct lectures and workshop sessions to enlighten and empower women to create a healthy life style while given them the skills to become more energized to look and feel their best. Hermene Westmoreland, Instructor and Motivator of 940 Fitness will lead fitness and nutrition sessions.

Women are encouraged to come together and learn habits in nutrition and physical activity to create healthier lifestyles for themselves, their families, and ultimately their community. They will have the tools necessary to create a strategy in taking control of their bodies and their lives.

The program will consist of ladies "Learning Intentionally FOREVER Together in Nutrition & Getting Physically Active."

- Six weeks from June 13th-August 1st of fun, motivation, and inspiration designed for ladies. Ladies develop strength, stability, mobility, flexibility, power, balance, and conditioning while having FUN.
- Emphasis is on physical activity, nutrition, individual responsibility, accountability, organization, participation, and teamwork.
- Action-packed and educational training session includes: Zumba, free weights, stability balls, hands-on interaction in sample meal preparation.

Contact Jakki Davis at 336-383-6048 for further details and to reserve your space as there are only **20 FREE spots available**.

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COMMUNITY CALENDAR: THIS SPRING ON WASHINGTON STREET

April

April 9: Cedar Street Community Garden Build Day (313 Cedar Street) 3:30PM-5:30PM

April 14: Business Association Meeting—Changing Tides Cultural Center (613 Washington Street) 6:30PM

April 16: Baseball in the Park (across from Becky & Mary's on Washington St.) 11AM-1PM

April 16: Cre8ive Niche Coffee, Tea, and Smoothie House presents "Bring It 2da MIC," a free Family Open Mic Event (@ the Ritz) 8-10PM

April 26: Neighborhood Association Meeting—Community Development Building (201 Fourth Street) 6PM

May

May 8: Happy Mother's Day

May 12: Business Association Meeting—Changing Tides Cultural Center (613 Washington Street) 6:30PM

May 21: Let's Move in the Park hosts "Color Fun Run" (Park across from Becky & Mary's on Washington St.) 11AM-1PM

May 21: Cre8ive Niche Coffee, Tea, and Smoothie House presents "Bring It 2da MIC," a free Family Open Mic Event (@ the Ritz) 8-10PM

May 24: Neighborhood Association Meeting—Community Development Building (201 Fourth Street) 6PM

May 30: Memorial Day

June

June 9: Business Association Meeting—Changing Tides Cultural Center (613 Washington Street) 6:30PM

June 18: Cre8ive Niche Coffee, Tea, and Smoothie House presents "Bring It 2da MIC," a free Family Open Mic Event (@ the Ritz) 8-10PM

June 19: Happy Father's Day

June 21– 25: Guilford Local Foods Celebration featuring cooking demos, local restaurant samples, farm tours, kids activities, and much more!

June 25: Let's Move in the Park hosts a "Hawaiian Luau" (Park across from Becky & Mary's on Washington St.) 11AM-1PM

June 28: Neighborhood Association Meeting—Community Development Building (201 Fourth Street) 6PM

Seen on Washington Street



HPU Bonner Leader Brittany Vose and executive director of D-UP Jakki Davis spruced up the Ritz Theatre on MLK Day



Chef Tanya Dickens taught a cooking class at the Ritz on Washington Street, where she combined food box ingredients and fresh produce to make a delicious meal!



Great news! The park on Washington Street has re-opened! We'll see you out there for the monthly "Let's Move in the Park" activities!



Thanks to the generosity of the Charlotte Hornets' coach and players and the Hayden-Harman Foundation, the students of PNAC enjoyed an unforgettable experience at a Charlotte Hornets basketball game.