

# Discover Downtown

February 2005

News from the Zanesville Downtown Association

## Real Estate Trends

"I forget all my troubles, forget all my cares when I go Downtown"

- Nancy Sinatra, "Downtown"

Since the 1960's, the typical homeowner's dream has been a house in the suburbs with two cars in the driveway, lots of yard for the kids to play in, and a barbecue.

Many baby boomers-and their children-are rediscovering the appeal of living in the middle of the city.

As we trek into the new millennium, the appeal is a car-less lifestyle (or as close to it as you can get), no lawn to take care of, a smaller house and barbecuing on the deck or roof top. With their children moving away, many boomers have found that they no longer need several bedrooms and a recreation room, and as for the yard-they would rather go and have a nice brunch or take in a movie than spend hours cutting and pruning.

Unlike their parents, over 50's today are not ready to fold their tents and live a sedentary life style. They want the excitement of an urban environment. Theatre, sports, museums, good restaurants, multiple movie choices and wider shopping opportunities all have their allure in the downtowns of major cities.

The lifestyles portrayed on many current television shows where hip cafes and lofts are often chosen as cool-looking film locations has been partially responsible for this phenomenon.

Many downtowns have retained that small town feel and rather than being one homogenous whole are really a series of neighborhoods. Each has its own feeling, landmarks, stores and ethnic mix. All are walkable with pedestrian friendly shopping, dining and entertainment.

Once again the homeowner is able to reconnect with the community; re-establishing a relationship with a butcher, a dry cleaner or the owner of a neighborhood restaurant. It is almost the opposite of the prototype of the cold impersonal city. In many cases it is the shopping center that makes you feel impersonal, when you are only one of hundreds or thousands of shoppers. The small downtown neighborhood store will usually

make an effort to know your name and personal preferences while the mall store with its changing personnel could never sustain the effort.

Most downtown neighborhoods are more mature than their suburban cousins with houses and streets that have more character and give a sense of history and continuity.

Artists, musicians, graphic designers, multi-media firms and fashion houses have often spearheaded the revitalization of older neighborhoods, but others soon follow.

Lofts have become wildly popular, with every available warehouse or abandoned manufacturing building being converted as fast as developers can get approval. Once bare buildings with few amenities, appealing only to artists and designers, the new lofts offer luxuries that only a few can afford. New 'loft-style buildings' are being constructed across the country to fill this demand.

With new sports stadiums, movie theatres, retail outlets and entertainment complexes being built or planned in many cities across the country, downtown living is set to become even more popular.

Although many have been predicting that people will be moving to small towns and rural areas because of the ability for many to work from remote locations by computer, the reverse has happened. Many more people than ever are working from home-downtown—and unlike their suburban cousins, they can easily walk to work if they are needed, or visit to a nightspot when the day is over.

After all, as Nancy Sinatra told us about downtown many years ago, "life is much brighter there."

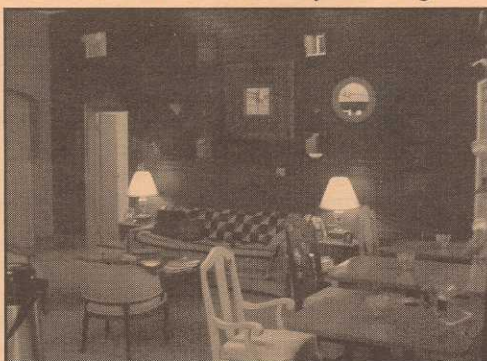
**ARTICLE COURTESY OF:**

<http://www.homelife.com/trends/downtown.stm>

### Zeattle Coffee

814 Elberon Avenue

Located in the Armory Building



**Franklin and Sarah Bates** have found a home for **Zeattle Coffee**. After spending most of 2004 located on the sidewalks of Main Street, Zeattle Coffee is enjoying the controlled climate and atmosphere of the restored Armory building.

Franklin and Sarah provide a variety of coffee and tea related beverages. Guests to the Armory have a unique double bonus: coffee and art. The Artist Collective of Zanesville is located in the same building and is experiencing rapid growth.

### Zeattle Coffee - Espresso Artists!

Open Monday 7:00am - 11:00 am

Tues-Thursday 7:00am - 6:00 pm

Friday 7:00 am - 7:00 pm

Saturday 3:00 pm - 7:00 pm

Sunday 1:00 pm - 5:00 pm

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## Health Department News

### Medical Clinics, Programs & Services

#### **Pediatric Clinic**

Does your child need to see a doctor? We provide complete treatment of well and ill children. The Pediatric Clinic was created to meet the needs of families who are uninsured, underinsured, or receiving Medicaid and have no local doctor. Pediatric Clinics are held on a walk-in basis Mondays, Tuesdays, and Thursdays, from 8:00-10:30 a.m. Or call for an appointment. Fees are based on income and can be paid by the Medical Card.

#### **Child Immunization Clinic**

We continue to lead vaccination efforts against various diseases. Immunization clinics are held on Wednesdays, from 8:30-11:00 a.m. by appointment only, or walk-in from 4:00-6:00 p.m. Shots are only \$5.00 each with a \$25.00 family maximum per visit and the Medical Card is accepted.

#### **Adult Clinic**

Need to see a doctor? The adult clinic serves any adult with a health concern. Local doctors volunteer their time to ensure everyone has access to medical care. Adult Clinics are held on Tuesdays and Thursdays, from 6:00 - 8:00 p.m. by appointment only. Fees are based on income and the Medical Card is accepted.

#### **HIV/AIDS Testing**

Free HIV/AIDS testing is available on Wednesdays, from 9:00-11:30 a.m. by appointment and 4:00-5:30 p.m. by appointment. The Licking County Health Department provides this service. Residents may also receive testing at Family Health Services in Zanesville (453-2872) for the cost of a donation.

#### **Communicable Disease Clinic**

We provide adult immunizations, testing, and treatment of sexually transmitted infections. Required shots are available on a walk-in basis Mondays and Wednesdays, from 8:00 - 11:00 am, or later by appointment. Head lice prescriptions are also available. An appointment is necessary for all STD check-ups. Fees are based income.

#### **Bureau for Children with Medical Handicaps (BCMh)**

Need help paying your child's medical bills? Our public health nurses help families in the identification and treatment of handicapping conditions. A nurse will visit your home, assess your child's condition, and assist with the completion of forms necessary to receive these state-funded services. Any parent of a child ages birth to 21 with a concern about their child's health may apply.

#### **Breast and Cervical Cancer**

For information on free pap tests and mammograms, call Family Health Services: 453-2872.

#### **Free Hearing Clinic**

Think your child may have hearing loss or speech deficit? Four, free hearing clinics per year are held for kids up to age 21 with suspected ear, nose or throat problems: December 17, 2004; January 21, 2005; March 4, 2005; April 22, 2005. Dr. Jack Booth, otologist and speech therapist, conducts assessments for children who have been referred from school, day care, other professionals or concerned parents. An appointment is necessary. For information: 454-9741 and ask for extension 180.

#### **Developmental Clinic**

Three to four, free developmental clinics are held per year to provide an assessment and diagnosis for children under age six with delays. After referral from a physician or childcare worker, a public health nurse gather all physical, social, mental and environmental history to assist in the diagnosis and schedule the child for an up-coming clinic date.

#### **Stop Smoking Program**

Thinking about quitting tobacco? We can help. Come to one of our "Quitting Tobacco" programs. They are held on the 1st Wednesday of every month at the Health Department (First Floor Conference Room) at 6:00pm, and held on the 1st Tuesday of every month at Morgan Behavioral Health Choices at 6:00pm. To register: (740) 454-9741. The Muskingum Valley Tobacco Prevention Coalition sponsors this program.

#### **Parenting Classes**

We provide a full-range of parenting classes geared toward children ages birth to 18. These classes are led by our licensed social worker and feature advice on how to listen to your child, plus how to express your ideas and feelings to children.

#### **Cardiovascular Health Program**

Working together to create heart healthy communities. This program is designed to improve the cardiovascular health of residents in these counties. Current activities include:

##### **Morgan County:**

Indoor walking program, worksite wellness program.

##### **Muskingum County:**

Tobacco policies committee, partner with Genesis Congregational Care program.

##### **Perry County:**

Worksite wellness program, New Straitsville walking trail.

All three counties are working on a healthy restaurant guide and a lifestyle improvement program. If you are interested in joining a Cardiovascular Health Coalition in your county, call 454-9741 and ask for Brenda (in Muskingum County), 962-4572 and leave a message for Brenda (in Morgan County), or 342-5179 in Perry County.