

SOUTH SIDE VOICE

Presented by Boys & Girls Clubs of Columbus and the City of Columbus

115 S. GIFT STREET
COLUMBUS, OH 43215
APRIL 2015 | ISSUE 14

**Southern
GATEWAY**
Rich in Heritage. Rich in Promise.


**BOYS & GIRLS CLUBS
OF COLUMBUS**



REMNANTS OF A WOUND

MICHAEL VELTRI,
TATOHEAD'S EMPLOYEE,
LOOKS TO OVERCOME
LIFE-ALTERING SHOOTING

By Kamari Stevens

Since the evening of his shooting, Michael Veltri, 43, has been restlessly home-stricken, anxious to get back to his position as head cook of South Side establishment, Tatohead's.

"It's frustrating, because I can't do anything," said Veltri.

Veltri has been confined to his house since January 6, after a failed robbery attempt led to Veltri getting shot in the leg near the premises of Tatohead's. According to Veltri, the incident occurred moments after leaving work to attend to his girlfriend. As he approached his vehicle, a man Veltri described as being a white male of medium height, wearing a ski mask, confronted him with a gun. Veltri, who said he feared for his life, proceeded to engage the assailant in a scuffle. While struggling with the would-be robber, Veltri slipped on a patch of ice and fell to ground. The assailant took this opportunity to escape, but not before letting off a shot that struck Veltri in the leg fracturing his tibia bone in

several places. Veltri immediately texted Daniel McCarthy, proprietor of Tatohead's, as well as hit the panic button on his car. Police arrived shortly afterward, said Veltri.

"There were a swarm of cop cars, so more than one person called the cops," recalled Veltri, who added that at least four squad cars were on the scene searching for the suspect. According to Veltri, he has received no developments into the investigation of his shooting.

Veltri was immediately taken to Grant Hospital, where he received leg surgery that included inserting a metal plate, the next morning.

Since the shooting, Veltri has been ordered to keep weight off his injured leg until he starts rehabilitation on April 1.

"I was pretty debilitated the first month," he said, "I couldn't do anything for myself."

Veltri has relied on his girlfriend, Celia Gomez, to be his caretaker, and on friends to take him to doctor's

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COLUMBUS
MICHAEL B. COLEMAN, MAYOR

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AND MUCH MORE!

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LOCATING A MEAL

HandsOn Central Ohio makes it easier for South Side to find local Food Pantries

By Kamari Stevens



“We’re the gateway for emergency food in Franklin County.”

That is how Kiley Orchard, Manager of Community Insights for HandsOn Central Ohio describes the Foodline program designated for those looking to find food pantries. While the Foodline program has operated since 1986, in March, HandsOn made available to their clients an option of texting or chatting online in order to schedule appointments in an effort increase access to their services in neighborhoods including the South Side, as well as North Linden and the Hilltop/Franklinton area.

“It gives people an opportunity to save their cell phone minutes. We know that a lot of people who call us are on subsidized cell phones, and they have a limited number of minutes each month,” said Orchard.

“They also have the opportunity to visit some select pantries on the South Side,” she added.

In order to be eligible for this service, you must still contact the Foodline to set

up an account, but following that you can text (614) 702-7772 or visit www.handson-centralohio.org/chat Monday through Friday from 8 a.m. to 4 p.m.

“We selected pantries people might not know about or might not be familiar with, to improve access to food here in Franklin County, and especially on the South Side, where we know there is a real need,” said Orchard.

The neighborhoods were decided from the areas they designated requested their services the most.

“We took a look at last year’s data and we can see from where Foodline calls are originating, we can see the top zip codes that people are calling from when they call into the Foodline to get an appointment at a food pantry, and these three areas were the top neighborhoods that we saw, so we wanted to focus on these three first, because some of the greatest need is in these areas,” she said.

Orchard added that the new program has been met with excitement from everyone involved in the process, especially for those benefiting from the services.

“It’s a lot more convenient for our clients,” she said. ♦

PARTICIPATING SOUTH SIDE PANTRIES

SOUTHSIDE COMMUNITY MINISTRIES

225 E Gates St

ST. LADISLAS

277 Reeb Ave.

ST. JOHN'S CATHOLIC CHURCH

648 S Ohio Ave

OHIO YOUTH ADVOCATE

1303 E Main St

JUDAH TABERNACLE

3176 S High St

LUTHERAN SOCIAL SERVICES SOUTH

1460 S Champion Ave

Continued from page 1

appointments. He recently downgraded to Ibuprofen pain medication from the Percocet he was originally taking. Veltri cited the side effects of Percocet as being a “horrible” experience. While the doctors have told Veltri that he has progressed well, he is realistic about the adjustments he’ll have to make.

“The major part of my recovery will be overcoming the fact that I have hardware in my leg,” he said. “It’s not going to be the way it was before.”

“I’m not going to be Mr. Run-Around-the-Block anymore,” Veltri joked.

Without being able to work, Veltri has struggled financially. Veltri didn’t qualify for disability due to his lack of time on the job.

“If I had a year of employment [at Tatohead’s], I would’ve been eligible for disability and I wouldn’t have to ask all my friends and family for help,” he said.

Veltri did say that he has qualified for help through Ohio’s victim’s of crime compensation program, but has yet to receive any benefits. While using the charity of family and friends to help with the financial burden, Veltri has also turned to fundraising for assistance. Veltri has set up an Indiegogo campaign to raise money to help pay for his expenses, as well as rehab equipment for his home that could lead to a speedier recovery. The web campaign ends April 4. McCarthy also has a separate fundraiser, which will take place at Tatohead’s on March 26 from 5:30pm to 7:30 p.m.

In spite of all the hardships, Veltri has found ways to hold onto his sanity.

“I have been praying more, and getting back into my faith,” he said. He also credited writing as a useful tool to keep a level head. And while Veltri expressed gratitude for just being alive, he is ready to be mobile again.

“I like to work, I like to keep busy,” he said. “I’m looking forward to getting out of this house. I have been looking at these walls for way too many days in a row.”

Veltri is unsure of when he will be able to return to his role as head cook at Tatohead’s, where he described himself as a “one-man wrecking crew,” being responsible for ordering produce, cooking, washing dishes and cleaning. Veltri said he now has an interest in being an advocate for victims like himself, especially after first-hand experience with the struggles that come with such things.

“Anybody who has went through an experience like mine will learn how difficult it is to get help,” said Veltri. ♦

For more information about what to do if you or someone you know has been a victim of crime, please visit www.victimsofcrime.org

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We plan to make digital editions available as soon as possible.

To sign up, send your email address to paper@southsidevoice.org

ONLINE EDITION

Read this issue via the web www.allthingsouth.org

The South Side Voice is dedicated to providing the South Side of Columbus with a high quality community newspaper, which recognizes and celebrates the achievements of community members; shares pertinent news and information of interest to the community; and promotes neighborhood cohesion, community engagement and good citizenship.

For purposes of this newspaper, the “South Side” refers to the area including the ten civic associations in the Columbus South Side Area Commission and the six civic associations in the Far South Columbus Area Commission. This may be modified in the future as this newspaper grows. This newspaper is currently managed by the Southern Gateway Project Team on behalf of the City of Columbus and the United Way of Central Ohio, which is the presenting organization.

While presented by the UWCO, this newspaper shall be made available at no charge to any South Side resident or person with a substantial interest in the South Side. The availability of this newspaper in electronic format on the All Things South website is considered adequate availability for all residents outside the Southern Gateway Planning Area (approximately 3,100 households in Reeb-Hosack/Steelon Village, Hungarian Village, South Merion Village, Stambaugh-Elwood and that portion of Innis Gardens Village situated between Parsons Avenue and Lockbourne Road). Residents within the planning area shall also be provided one printed copy mailed or delivered to each residence. If needed, additional copies may be purchased at a per copy fee in effect at that time.

The South Side Voice’s Editorial Committee, however, wishes to make hard copies available to as many residents, businesses and visitors as possible and will therefore consider expanding the distribution of hard copies by mail to additional households and through making copies available at area businesses and organizations. The use of story ideas and event listings submitted by the public and the number of copies to be printed, mailed or otherwise distributed is at the discretion of the Editorial Committee within the limits of available resources.

FROM THE EDITOR



GOING HOLLYWOOD

Apparently, John Travolta is in town. I really liked him in *Predator 2* and thought he was alright in *Twister*, but haven't followed his career much past the classics. Still, if Hollywood is hanging out right here in Columbus, I can't see much of a reason not to do some, too. Nothing stopping us, right?

I've actually been kinda Hollywood all my life. I stuck my head up out of the bookish hole that was my youth to perform in a high school theatre production of the Christmas classic, *A Christmas Carol*. To the best of my recollection, I had one line as Peter (even I don't remember who in heck Peter was in that play; I have to assume a child with polio or something) and then a more significant role as Fezziwig (I think that was Ebenezer Scrooge's cheerful, chubby former employer). As Fezziwig, I had only to deliver one line and do a little Irish jig, right up there on stage, in front of God, America, and all my classmates. That performance did wonders for my social status, let me tell you. *All The Ladies*.

So, what do you have in you? I'm not suggesting everyone try out to be in the movie, although technically we all can (see page 7, Travolta And Co. Bring "Wrath").

Maybe it's just time to give yourself the Hollywood treatment: get a massage! Go to a spa! Check out Mandy's Health Corner (page 8) for tips on a Hollywood-style diet (as in, fresh, healthy foods) that you can grow your own self. Buy a bottle of nice champagne (I'm a fan of Dibon Cava, \$9.99 per bottle), some good cheese, and sit out on your front porch wearing your best duds and a pair of big bedazzled sunglasses. John Travolta might get to cruise around in a limo, but we can at least stomp around the South Side like we own the place.

I'll tell you what: you get your Hollywood on, and we'll get our mojo working, too. Send us your photos of South Side Gone Hollywood and we'll publish a few. And if you see John Travolta out and about, keep your cool. Let's not embarrass ourselves, people; let's maintain our dignity. Don't act all star-struck around the guy; every morning, he puts his pants on the same way the rest of us do: with money. Don't be an autograph hound, or make him pose with your significant other of less than a week. Just walk up to him, give him a confident smile and a firm handshake, and say something like, "Nice to meet you. I loved you in *Aliens*."

Regards,

David S. Lewis

EDITORIAL:

FROM YOUR REPRESENTATIVE:

HEALTH CARE UNDER ATTACK

By Ohio Representative Michael Stinziano



South Siders who signed up for health insurance through the federally-run health insurance exchange will have their premium assistance protected by legislation that I've introduced in the General Assembly along with Rep Nickie Antonio (D-Lakewood) to establish the Ohio Health Care Exchange.

As the Ranking Democrat on the House Judiciary Committee, I introduced this legislation in anticipation of an upcoming United States Supreme Court decision in *King v. Burwell* which will determine the legality of paying federal premium assistance to policyholders in states like Ohio which do not run a state health insurance exchange.

One way or another, the Supreme Court decision in *Burwell* is expected to be decided by one vote. It's time for lawmakers in Ohio to prepare for a decision by the United States Supreme Court that potentially threatens the health care of more than 234,000 Ohioans. We cannot ignore the potentially devastating financial consequences for so many Ohioans if the Supreme Court rules that they are no longer eligible to receive federal assistance to help pay their health insurance premiums.

If you do the math using information provided by the US Department of Health and Human Services, estimates are that low- and moderate-income Ohioans would lose federal subsidies in the amount of \$50 million each month or \$600 million a year if the Court rules that they cannot receive federal assistance to help pay for their health care.

While I hope the Supreme Court rules that providing assistance to Ohioans is legal, potentially *Burwell* puts Ohioans at risk. It's time to consider again whether Ohioans wouldn't be better served by a state-run exchange.

According to the US Department of Health and Human Services, currently 234,507 Ohioans receive their health insurance coverage through the Affordable Care Act, with nearly 85 percent of them qualifying for federal assistance, averaging \$247 each month.

No one should underestimate the difficulty of establishing a state run exchange, but, if the Supreme Court rules against the legality

of paying federal assistance to policyholders enrolled through the federal exchange, the General Assembly may have no choice but to act.

My legislation establishing an Ohio Health Care Exchange will make certain that, no matter what the Supreme Court decides in *Burwell*, Ohioans who are receiving assistance under the Affordable Care Act will continue to do so.

Federal premium assistance is available to uninsured individuals with incomes up to 400 percent of the federal poverty level, which is \$47,080 for a family of one and \$97,000 for a family of four in 2015. Individuals eligible for these subsidies paid, on average, just \$105 a month for coverage purchased through federal health insurance exchanges. Without these subsidies the average monthly premium would have been \$374, according to a recently released U.S. Department of Health and Human Services report.

I co-sponsored similar legislation sponsored by Rep. Antonio and former Rep. John Patrick Carney (D-Columbus) in the 129th General Assembly, but we were unable to convince our colleagues in the General Assembly about the importance of setting up a state exchange.

As your elected representative, I pay close attention to problems that may affect you and welcome you to schedule time to meet me at the Statehouse to discuss questions or concerns.

Or, if you prefer, meet me during community office hours, which I hold weekly throughout our community. You can find out when I'll be at a library, community center, or coffee house near you by visiting my web site, www.ohiohouse.gov/Michael-Stinziano

Serving you is what makes my job enjoyable and what drives me to do better each day, and I look forward to hearing from you.

Remember, when you have a suggestion, problem, question, or concern, or anytime that I can be of service, call me at (614) 466-1896 or email me at Rep18@ohiohouse.gov and I will do everything I can to help.

Also, please visit my website often to learn more about my work to improve life for the residents and businesses of our community.

I'm at the Statehouse working for you. ♦

APRIL COMMUNITY EVENTS



SATURDAY, APRIL 4TH

EASTER EGG HUNT

11a.m. to 1 p.m. at *Ganthers Gardens, 566 Reinhard Ave.*

Along with the emergence of the tulips and the budding of the trees, one unmistakable sign of spring are kids running around, looking for Easter eggs! Bring your children and join your neighbors for this annual tradition.

APRIL 1 AND MAY 6

PAMA MEETING

12-1:30pm at *Scrambler Marie's, 567 E. Livingston Ave.*

All are welcome to the Parsons Avenue Merchants Association monthly meeting. The meeting will be focusing on the future development of Parsons. Improvements are being planned, so come learn about them and get involved! Meeting will be held in separate meeting room at Scrambler Marie's.

APRIL 1, 8, 15, 24 AND MAY 6

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM

1:30-2:30pm at *Barack Recreation Center, 580 E. Woodrow Ave.*

Come be a part of the South Side Neighborhood Pride Center Team. We meet at 1:30pm for the first three Wednesdays of each month. The fourth Friday of each month we meet at 3pm. (There are no meetings on the fifth Wednesday or Friday of each month.)

APRIL 1 AND MAY 6

MERION VILLAGE CIVIC ASSOCIATION MEETING

7-8:30pm at *Merion Village Information Center, 1330 S. Fourth St.*

Come hear about exciting new neighborhood developments in 2015, give your input on all aspects of your neighborhood, and, most importantly, get to know your neighbors!

Visit www.merionvillage.org for more information

APRIL 1 AND MAY 6

VASSOR VILLAGE CIVIC ASSOCIATION MEETING

7-8:30pm at *Barack Recreation Center, 580 Woodrow Ave.*

Everyone is welcome to attend! Get involved in YOUR civic association to create the future of YOUR neighborhood.

APRIL 2 AND MAY 7

GREATER COLUMBUS GROWING COALITION

6-7:30pm at *Hope Lutheran Church, 820 Lilly Ave.*

Are you interested in connecting with your community and celebrating the beautification of it? We ask you to join us at Hope Lutheran Church with a vegetable dish or a dessert, while we gather to discuss ideas on growing more community gardens and programs dedicated to maintaining a beautiful community.

APRIL 4, 18 AND MAY 2

WALK WITH A DOC

8:30-9:30am at *Indian Mound Park and Community Center, 3901 Parsons Ave.*

Take steps to healthier you with Walk with a Doc. Every other Saturday we will host an hour-long morning walk led by a physician from Mount Carmel Health System. Walkers can attend and walk for as little or as long as they like, and all can enjoy refreshments and walking incentives at each walk.

Visit www.walkwithadoc.org or call (614) 645-1260 for more information.

APRIL 5 AND MAY 3

MINISTRIES 4 MOVEMENT MARCH

3-4pm at *Family Missionary Baptist Church, 996 Oakwood Ave.*

All are welcome to the awareness march, followed by a short program focusing on a monthly theme. Learn how to change the conditions and improve the quality of life in your communities.

APRIL 9

WOMEN TO WOMEN LISTENING CIRCLE

11:30-1:30pm at *Corpus Christi Center of Peace, 1111 E. Stewart Ave.*

Women of all ages and walks of life welcome. Women to Women is a safe, non-judgmental and confidential place to step away, breathe and share with other women. There are no requirements or pre-registration necessary, please come as you are. **For more info or to register, contact CCCoP at (614) 512-3731 or corpuschristicenterofpeace@gmail.com**

APRIL 11

PARSONS CORRIDOR CLEAN-UP

Sponsored by *Keep Columbus Beautiful*
Sign up: pickupcbus.eventbrite.com

APRIL 13

SOUTH CENTRAL COMMONS BLOCK WATCH

6:30-7:30pm at *Tatohead's, 1297 Parsons Ave.*

An informative meeting of safety-minded residents living in the South Central Commons area.

APRIL 16

DESHLER PARK CIVIC ASSOCIATION MEETING

6-7pm at *Alvis House, 1791 Alum Creek Dr.*

Everyone is welcome to join as we discuss the great things that are happening in our neighborhood!

APRIL 16

SOUTH SIDE AREA HEALTH ADVISORY COMMITTEE MEETING

6-7:30pm at *CD4AP, 946 Parsons Ave.*

A Standing Committee Meeting led by Columbus Public Health to discuss health related issues and share information. All residents are encouraged to attend. Free parking will be available just North of the building. **Join the mailing list by contacting Shalini Madireddy at (614) 645-2679 or SMMadireddy@columbus.gov**

APRIL 18

EARTH DAY CLEAN UP & POTLUCK

9am-12pm clean up, 12pm Potluck at *Barack Recreation Center, 580 Woodrow Ave.*

The Substance Abuse Solutions Committee is encouraging all groups to clean up their area from 9-12 and then join us for a community-wide potluck at noon to celebrate Earth Day!

APRIL 18

EARTH DAY CELEBRATION

11am-3pm at *Kossuth Street Garden, 641 E. Kossuth St.*

Come celebrate the environment with your community this Earth Day! Featured will be artists, musicians and games for all ages (so bring the kids!). Any volunteers interested please visit earthdaycolumbus.org for information.

APRIL 22

BLOCK WATCH COMMUNITY MEETING FOR THE SOUTH SIDE

6:30-8pm at *Barack Recreation Center, 580 E. Woodrow Ave.*

A monthly meeting of all south side block watch representatives and the community at large. Everyone is welcomed and encouraged to attend.

Different guest speakers are invited each month to share a wide range of information.

Contact JoAnne St. Clair, City Liaison, to verify meeting times at (614) 645-8097

APRIL 25

CSSAC EXECUTIVE COMMITTEE

9-10am at Tee Jaye's Country Place, Parsons Ave.

Officers and committee members residing on the Columbus South Side Area Commission (CSSAC) meet to discuss pressing issues concerning the area and create agenda for future meetings.

APRIL 26

FOOD TRUCK AND CART HOP

12-6pm at Tatohead's, 1297 Parsons Ave.

Stop by for lunch or an early dinner and enjoy the various foods provided by a dazzling array of area food trucks or carts! Sample foods from far away countries or just down the street.

APRIL 28

COLUMBUS SOUTH SIDE AREA COMMISSION (CSSAC) MEETING

7-8:30pm at Barack Recreation Center,

580 E. Woodrow Ave. The Commission makes recommendations to the city regarding zoning, events and changes in the south side area. It's comprised of representatives from all 10 civic associations. Contact JoAnne St. Clair, City Liaison, to verify meeting times at (614) 645-8097

MAY 2

FIRST BIRTHDAYS

3pm at Community Development for All People,

946 Parsons Ave. Save the Date! Come together as we celebrate the life of our South Side babies and community. This event will feature fun activities, as well as prizes. Community Development for All People wants you to join our family as we all work together towards creating a community of healthy babies and healthy families.

Contact Raquel Fuentes, Community Engagement Coordinator, at (614) 620-9198 for more information.

MAY 7

STAY (EDUCATION) MEETING

6:30-7:30pm at German Village Meeting Haus, 240 E. Kossuth St.

Join us for our STAY Meeting this month. Childcare will be complimentary, courtesy of The Village Community Church, but RSVP will be necessary. (NOTE: We have shifted our meeting schedule to be May-Aug-Nov-Feb. This schedule will create fewer conflicts with busy seasons and holidays so that more people can participate.)

TO THE (FURTHER) SOUTH:

Our neighbors to the south have several important notices they wish for you to know about, as well:

APRIL 2

FAR SOUTH COLUMBUS AREA COMMISSION

Presenters from the Mid-Ohio Food Bank will discuss area programs for Southsiders. The meeting is at 6:30 p.m. at the Marion Franklin Recreation Center, 2801 Lockbourne Rd.

APRIL 6

SCIOTO SOUTHLAND CIVIC ASSOCIATION WILL HOST SPEAKER SHERIFF ZACHARY SCOTT

to discuss issues such as vagrancy and substance abuse along the southern High Street corridor. The meeting is at 7 p.m. Lighthouse Ministries 2195 S High St. (in the back building)

APRIL 11

MARCH TO BRING JAYME HOME

This event, marking the one-year anniversary of Jayme Bowden's disappearance, aims to bring attention to the problem of human trafficking on the South Side, and to spread awareness of her tragic story; it is suspected that the mother of two was forced into human trafficking, after she went missing at Parsons and Stewart Avenue around 10 a.m. a year ago. Please join us at Schiller Park at 7 p.m., and help us together work towards a solution of this terrible problem.

BE FEATURED ON THIS PAGE

To have your meeting or event listed, send us a short description, date, time, location and web link (if any).

paper@southsidevoice.org

CIVIC ASSOCIATION LEADERS & MEETING TIMES

Schumacher Place

Kathy Green, President
kathryngreen@yahoo.com
Meetings held third Tuesday of the month at 6:30 p.m. at Planks Cafe on Parsons
www.schumacherplace.org

Hungarian Village

Paula Copeland, President
hvsociety@yahoo.com
614-222-2145, Meetings held second Wednesday of the month at 7:00 p.m., Hungarian Reform Church, 365 Woodrow Ave.

Reeb-Hosack/ Steelton Village

Linda Henry, Co-chair
lshenry4@gmail.com
Lillie Banner, Co-chair
Meetings held second Tuesday of the month at 7:00 - 8:30 p.m. at Resurrection Missionary Baptist Church, 280 Hosack, Social/food 6:30 - 7:00 p.m.

Merion Village

Tony Roell, President
anthonyroell@gmail.com
January 7, 7-8:30 p.m. at Merion Village Information Center, 1330 S. Fourth St. Come hear about exciting neighborhood developments coming in 2015, give your input on all aspects of your neighborhood and get to know your neighbors. For more information visit www.merionvillage.org

Ganthers Place

Allen Carrel, President
ganthersplace@gmail.com
Meetings held the fourth Thursday of every month at 6 p.m. at 566 Reinhard Ave. 43206

Vassor Village

Kelly Coate, President
remaxpckellycoate@aol.com
Meetings held first Wednesday of each month at Barack Recreation Center 580 Woodrow Ave., Block Watch at 6:30 p.m. Meeting starts at 7:00 p.m.
www.vassorvillage.webs.com

Innis Gardens Village

Brenda Cummings, President
bndbhealthy@yahoo.com
Meetings held the fourth Thursday of the month at 1402 Smith Rd. Come join us for our local Block Watch and Civic Association meetings. The Block Watch meeting runs from 6-6:45pm, with the Civic Association meeting following afterward. Come get involved!

Deshler Park

Rachelle Robinson, President
deshlerparkcivic@gmail.com
614-233-1922

Meetings held the third Thursday of the month, 6-7pm at Alvis House, 1755 Alum Creek Dr. Everyone is welcome to join us at our Civic Association meeting. Attend and hear about the great things taking place in our neighborhood!

SouthSide C.A.N.

Debera Diggs, President
614-598-2237. Meetings held second Mondays of the month at 7:00 p.m. at South High School, 1160 Ann St.

Southern Orchards

Richard Shaffer, President
southernorchards.1982@gmail.com, Meetings held first Tuesday of the month at 6:00 p.m., Stowe Mission, 888 Parson Ave.

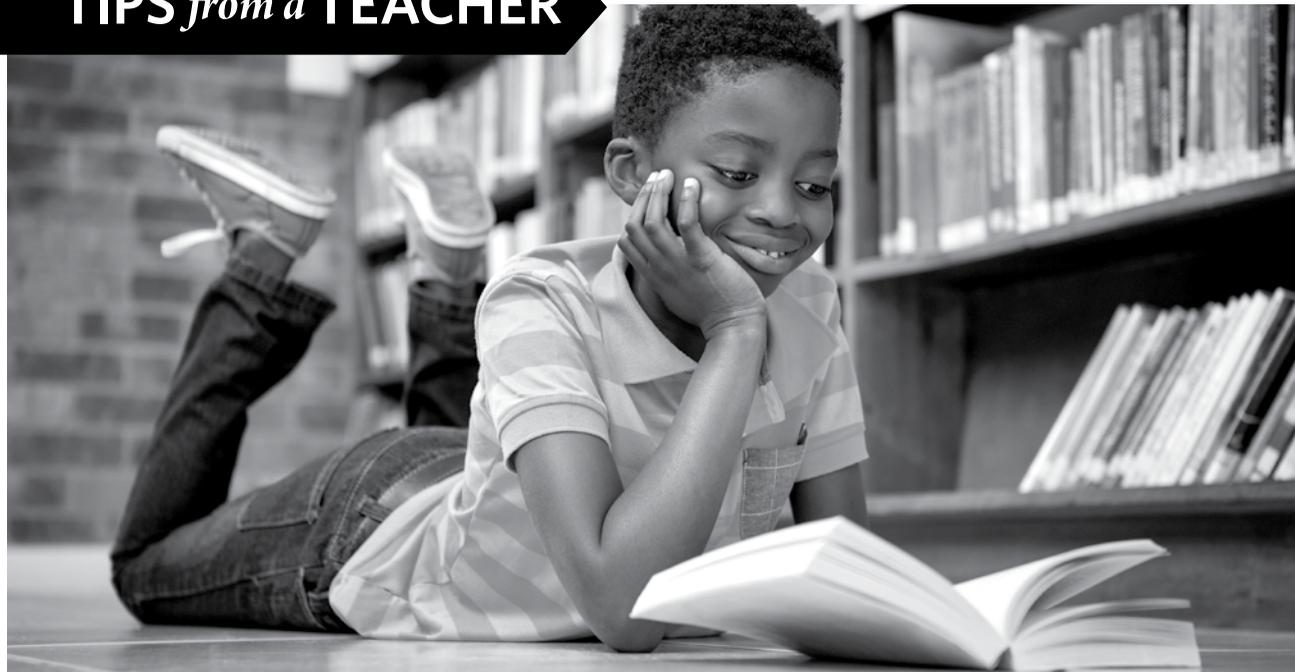
Edgewood Civic Association

Ted Welch, President
twelch@edgewoodcivicorg.com (614) 946-2247
Meetings held second Tuesday of the month at 7:00 p.m., Corpus Christi Parish Office, 1111 E Stewart Ave.

Stambaugh-Elwood

For more information, contact Tim Brown, 614-446-9090

TIPS from a TEACHER



The easiest way to help your child learn and remember these elements is to use the “Five Ws” to question your child after reading: Who? What? When? Where? and Why?

READING COMPREHENSION

By Ted Otting

The last article in this series on improving your child’s literacy discussed reading with your child. The next step in the reading process is comprehension, or understanding what is read. The human brain works by categorizing or sorting information into groups and organizing it for later use. This is where reading comprehension starts, learning categories or story elements in writing, how to pick them out and describe them, and then using that information to make predictions and recognize elements of style in writing.

Just as kindergarteners first learn to sort with simple colors and shapes, early readers learn reading comprehension

by learning and sorting basic story elements. Elementary story elements are setting (place), characters, main idea (purpose of the story), and sequence (order). The easiest way to help your child learn and remember these elements is to

use the “Five Ws” to question your child after reading: Who? What? When? Where? and Why?

After reading, have your child repeat the story back to you. This helps the ability to sequence the beginning, middle, and end of the story. Next move onto the “S W’s”: “Who ate the porridge?” or, “Where was the castle?” If you are rereading a story throughout the week as recommended, ask different questions each time and use the specific name of the story element to help your child memorize it: “What is the setting?” or “Name the characters. Describe them.”

In middle school, story elements are still discussed, but the

focus changes to their use in making predictions or forming ideas and opinions about non-fiction topics. After reading, asking the “S W’s” is still effective, but it needs to be followed by asking what they think about what they’ve read. “Did you like it?” and “Why?” or “Why not?” An on-track reader should be able to give specific examples from what they have read to support their ideas. Non-fiction can seem difficult at first, but like anything, finding an engaging topic that interests your child is most important. The topic of their interest may not be what they are learning in the classroom, but even off-topic non-fiction reading can help with understanding non-fiction topics read in school.

By late middle school/early high school, the focus of comprehension again shifts to elements of writing, such as like metaphor, simile, and foreshadowing. These come from a basic understanding of story elements.

The common theme to reading comprehension at all grade levels is questioning: first asking your child to identify the elements of the story, and then questioning specifics and discovering opinions about what is being read. Engagement and positive praise is key; let your child ‘show off’ when they describe what they have read, and offer encouragement for older students as they share their opinions, along with facts, based on what they’ve read. This will encourage the important skills needed to develop lifelong readers.

BRENDA WATKINS, OF THE GANTHERS PLACE COMMUNITY, IS SHOWN WITH THE TROPHY AWARDED TO HER MARCH 21, 2015. Ms. Watkins is the first recipient of the annual Carrie M. Garnes Memorial award for community involvement. The presentation was in conjunction with the “Spring Into Action” celebration hosted by the Community Engagement committee, under the auspices of the Columbus South Side ARea Commission. Look out for a profile of Brenda Watkins in May’s edition of the South Side Voice.





HELP ON THE WAY

Programs to help those struggling get a boost

By Debera Diggs

Spring can be a productive time of year, but obstacles that show up in winter can delay our ability to make the most of it. Having a tough time? Here are three programs to help you get a leg up:

Lutheran Social Services Ohio Benefit Bank **files FREE income taxes year round.** Current and back, long and short forms, electronically or paper, done for FREE. For more information, call 614-586-9313 or visit www.thebenefitbank.com

Another program is **Neighbor to Neighbor**, which is an American Electric Power grant assistance program for those whose electricity is shut off for non-payment. Minimum amount is \$50, with the maximum amount set at \$500, with a payment of at least \$75 over the last three months. Seniors and those with certain disabilities may qualify without a disconnect.

Hard as it is to imagine, Columbus will eventually be summertime hot, and keeping a house cool can be very expensive, too. Lutheran Social Services Ohio Benefit Bank may also be able to assist during **Summer Cool-Down/Crisis**, which will start in May.

Travolta and Co. bring "Wrath" to the South Side

Residents concerned with traffic delays, street closures

By Kamari Stevens



South Side residents are learning the hard way about show business. Star of classic films like *Grease* and *Pulp Fiction*, John Travolta is acting out on the South Side of Columbus, working on his latest feature film, *I Am Wrath*. The film that features Travolta playing a husband seeking revenge after the death of his ex-wife, has taken up shop throughout Columbus: the Ohio Statehouse, Bexley, and our own Merion Village. This is not Travolta's first trip to the Buckeye State; last year he spent time filming the yet-to-be-released *Criminal Activities* in Cleveland.

The film has some locals feeling wrath, as well, as they've had to deal with traffic stoppages as well as closed streets near Gates and Hanford since filming began in March. Filming is expected to last until mid-April. What drew I Am Wrath production crew to Ohio was

the tax incentive through the Ohio Motion Picture Tax Credit, where films have the potential to receive up to a 35 percent tax credit. The last film to shoot in Columbus was the yet-to-be-released *The Tank*, directed by Kellie Madison and starring Jack Davenport.

Earlier in February, several local news outlets reported that *I Am Wrath* were looking for up to 500 extras for the film. If you or someone you know from the South Side are going to be in the movie, let us know! ♦

For more information on being an extra in "I Am Wrath," email wratheextrasohio@gmail.com

For more information about the Ohio Motion Picture Tax Credit and the state's film industry, visit www.ohiofilmoffice.com

PHOTO BY MICHAEL RICHES



**MANDY'S
HEALTH
CORNER**

By Mandy Fowler



Beans

Having received a bad reputation from crude songs and jokes, even referred to as a “poor man’s meat,” beans do not get the credit that they deserve. Dry beans provide 24 times the amount of protein than grains, yet lack one or more of the essential amino acids required by the body. This is why nutritionist recommends that beans paired with brown rice, wheat, nuts, seeds or corn is more beneficial to the human body.

Beans naturally contain lysine, foliate, calcium and magnesium. In addition, they are packed full of fiber, curb the appetite, and boost energy levels. This powerful fruit aids in lowering blood pressure and cholesterol levels. With the high fiber content of

beans and legumes, the increase of positive colon function – and constipation prevention is also a plus. Incorporate beans and legumes into everyday meals. Try adding beans to salads, soups or just as a meal themselves. Avoid canned beans; they tend to have too much sodium, added as a preservative. Using dry beans is not only less expensive, but is the most natural form next to fresh.



Carrots

The citizens of ancient Greece grew carrots as medicine before they were food, which makes the history of their cultivation over 2,000 years old. One cup of raw carrots can provide:

FIBER 14% of the recommended daily value (DV), which can lower cholesterol, heart diseases, and Type 2 diabetes.

VITAMIN A serving of carrots provides an incredible 408 percent of the daily value of Vitamin A, and 20 percent of your daily recommended intake of Vitamin K, which aids against cell damage and boosts immune system.

POTASSIUM 11 percent of the daily value of potassium, a powerful mineral which aids in lowering blood pressure and is linked with increased brain function.

TIPS:

Cut whole carrots into sticks and keep in a covered dish in the refrigerator for easy

snacking, or add cut carrots to plain yogurt for a mid-day snack.



Cucumbers

Cucumbers are the fourth most cultivated vegetable in the world and have been grown for over 12,000 years. This powerful veggie is rich in Vitamins A, B1, B6, C, D, Folate, Calcium, Magnesium and Potassium! Eat some cucumbers for a quick pick up; they are a great source of Vitamin B. Leave the skins on for an extra boost of Vitamin C! Some of the other benefits of this miracle veggie include:

CUCUMBERS REHYDRATE the body and replenish daily vitamins. (Cucumbers are, of course, 95-percent water.)

Use **CUCUMBERS IN PLACE OF ALOE** for skin irritations and sunburns. The vegetable acts as an anti-inflammatory, place a slice of chilled cucumber on puffy eyes to reduce swelling and redness.

Cukes also **PROMOTE JOINT HEALTH** and helps gout and arthritis pain. Mix cucumbers with carrot juice to give it a boost.

Cucumbers **RELIEVE BAD BREATH**. The next time you eat too much garlic, take a slice of cucumber and press it on the roof of the mouth with the tongue for thirty seconds.

They also contain silica, which helps **STRENGTHEN THE CONNECTIVE TISSUE** in the body.