

SOUTH SIDE VOICE

Presented by United Way of Central Ohio and the City of Columbus

360 SOUTH 3RD STREET,
COLUMBUS, OHIO 43215
JANUARY/FEBRUARY 2015 | ISSUE 12

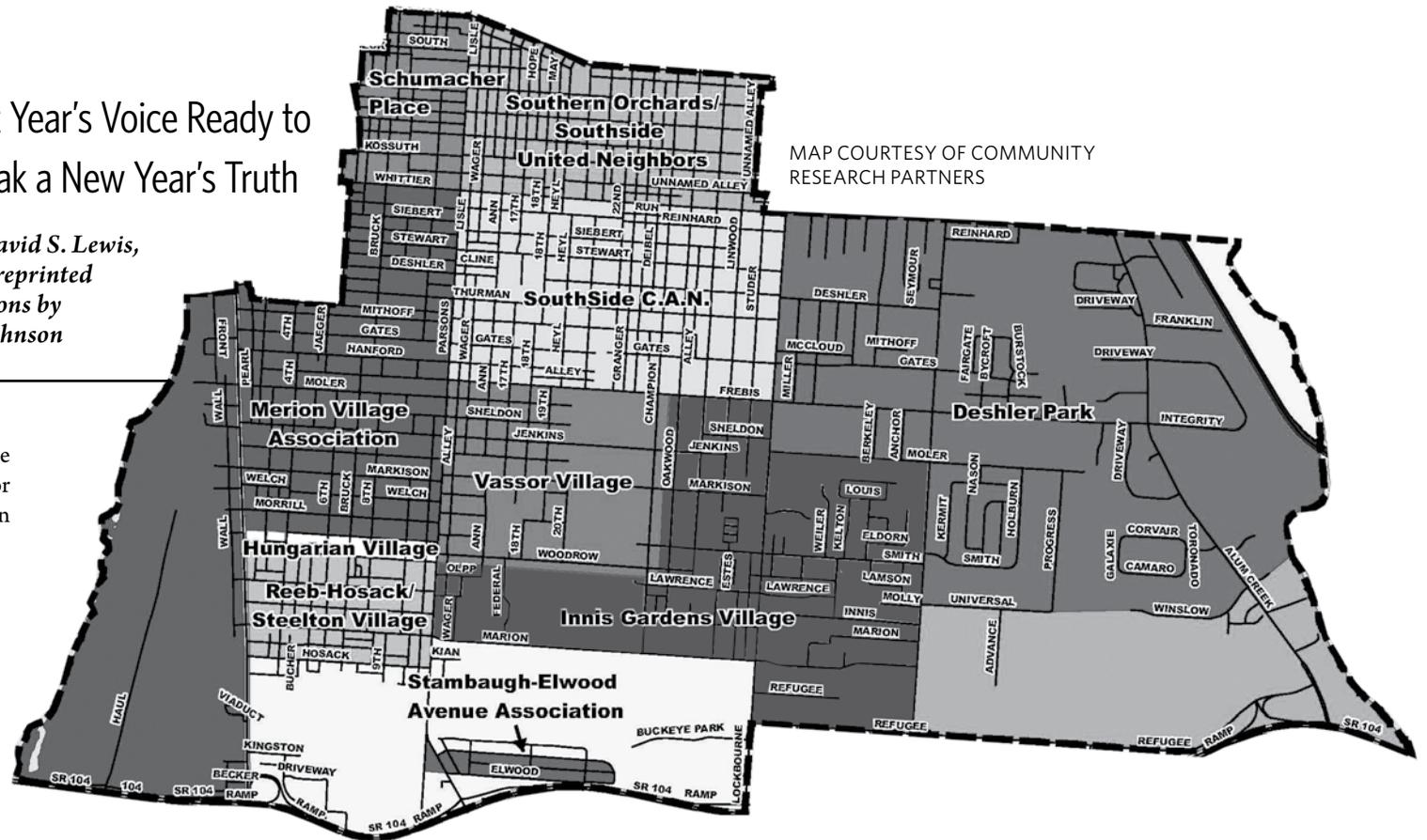
Southern GATEWAY
Rich in Heritage. Rich in Promise.

United Way
United Way of Central Ohio

A LOUDER VOICE

Last Year's Voice Ready to Speak a New Year's Truth

By David S. Lewis,
with reprinted portions by
Eli Johnson



MAP COURTESY OF COMMUNITY RESEARCH PARTNERS

In our first edition last year, Eli Johnson wrote eloquently of the South Side and its need for a strong advocate, a dedicated publication written for and by South Side residents:

"When something is missing, it's not always easy to place exactly what it is. The South Side of Columbus has had a beating heart and moving body for years, but has longed for a voice. A part of town with a proud history and promising future, what is needed to harness all our information is a media outlet specifically for the South Side. Whether barbershop banter, civic association information, or updates on the latest in local schools, this is that paper. We hope to be the paper where any interested party can access the material they need to become informed, help change the direction their community is heading in, or find out how they can become more involved."

Eli recognized the value of our multitude of voices, as neighbors, workers, business owners, and volunteers. He recognized that the words we say to each other, the conversations we have at every level, whether mundane or significant, constitute the fabric of our relationships, that our

words are the foundations on which bigger projects and ideas are built.

Eli also helped the paper outline some of its early objectives:

"This newspaper's goal is to keep citizens educated and aware of what's happening in the area. Too many resi-

dents don't know they have civic associations or how these associations work to benefit the community. It is important that as the City of Columbus works to strengthen the Southern Gateway area in

Continued on page 2

IN THIS ISSUE:

Pull-Out Calendar Inside! page 4-5

Community Grounds: Coffee for the People page 6

Ohio Deli Fire: Restaurateurs get boost from food celeb, plan to reopen page 7

AND MUCH MORE!

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

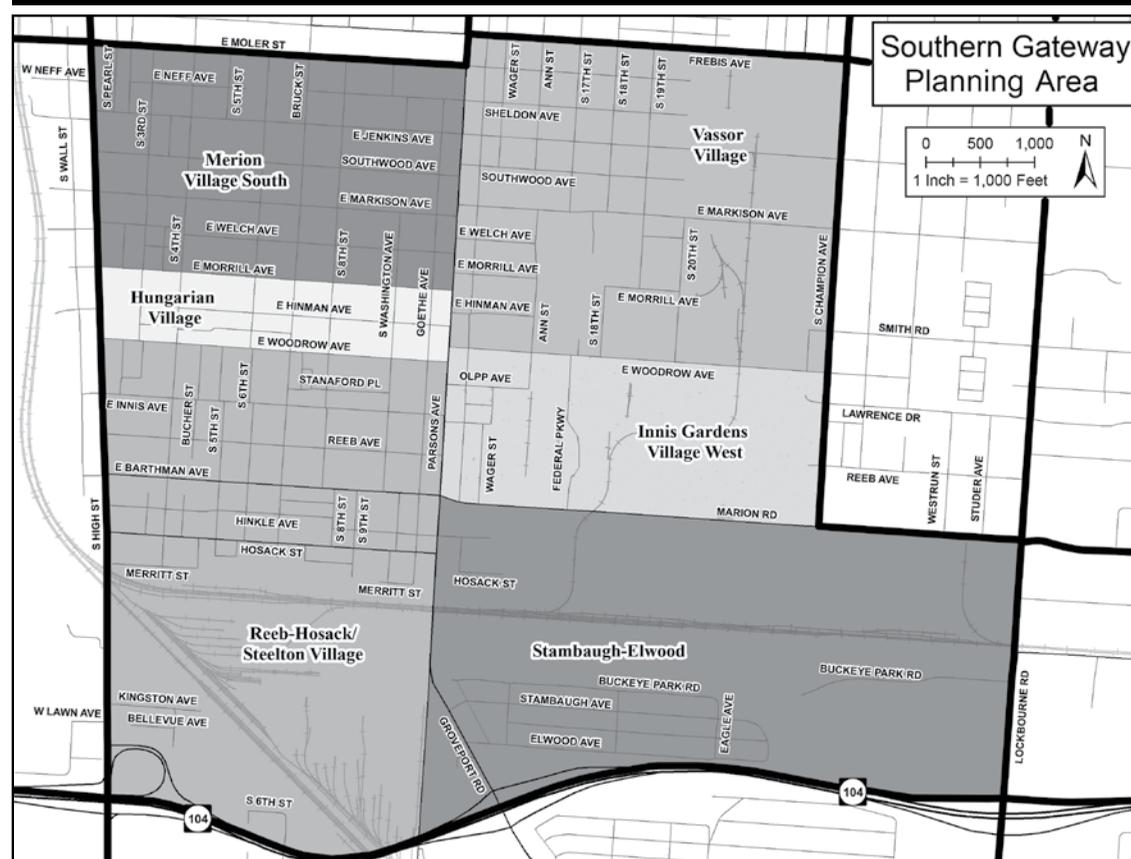
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UNITED WAY OF CENTRAL OHIO
SOUTHERN GATEWAY
360 SOUTH 3RD STREET
COLUMBUS, OHIO 43215
CURRENT RESIDENT OR

RECENT SOUTH SIDE STATISTICS AND MAP

INDICATOR	SG PLANNING AREA	COLUMBUS
TOTAL HOUSEHOLDS	2,386	319,741
Percent with vacant buildings (parcels with 1 – 3 housing units)	9.3%	2.9%
Percent households with income less than \$25,000	46.6%	28.9%
Percent households receiving food stamps/SNAP benefits	30.8%	14.8%
Percent persons below 200% of poverty (self-sufficiency)	72.0%	40.9%
Family poverty rate	39.0%	16.6%
EMPLOYMENT		
Unemployment rate	19.3%	9.3%
SAFETY		
Level of all criminal activity	At least twice the Columbus rate	
Violent crimes, burglaries and auto thefts	At least 3 times the City average	
Property crimes per 100 population	29.8%	11.4%
EDUCATION		
Percent not in school and not high school graduates	25.3%	5.4%
Percent not in school and not in labor force	13.8%	4.6%
Percent with a bachelor's degree	11.7%	32.3%
Indicator	SG Planning Area*	Franklin Co.*
HEALTH *Age adjusted death rate per 100,000 population		
Death – all causes	1,247	852
Heart disease	299	193

Source: Southern Gateway Columbus, scribd.com/doc/170572042/SG-PUBLIC-8-22



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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/Steelton 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.

REFRESHER: WHAT IS THE COLUMBUS SOUTH SIDE AREA COMMISSION, AND WHAT DO THEY DO?

BY ANDREW KING

REPRINTED FROM ISSUE NO. 1

Like many neighborhoods, the City of Columbus puts tax dollars into services and support for South Side communities. But what many may not realize is how they can be involved in discussions that determine how that money is spent.

The Columbus South Side Area Commission (CSSAC) is an organization that brings together the ten civic associations of the CSSAC, along with representatives from business, education, and social services, to provide a link between these moving parts and organizations. The Commission is designed to provide a voice for those who may want to raise a complaint, find funding for a project, or volunteer to help. CSSAC aims to increase voluntary citizen participation in decision making for City services and provide advice to the City Administration and City Council about community safety, zoning, housing, business and economic development, recreation and parks, education, planning, health and human services.

South Side residents can contact the City of Columbus directly, but many people do not know where to start. Commissioners are community volunteers who work to connect residents to their government to help them give input on projects and issues. Schumacher Place, Merion Village, Hungarian Village, Reeb-Hosack/Steelton Village, Southern Orchards, SouthsideCAN, Vassor Village, Innis Gardens, Stambaugh-Elwood and Deshler Park each have their own civic association, and each are represented in the CSSAC.

The Commission has a total of 15 members serving 2-year appointments. In addition to ten neighborhood district representatives, four commissioners are appointed by the CSSAC and go through the same process as the elected commissioners (appointment by the Mayor and ratification by City Council). These commissioners represent the Parsons Avenue Merchants Association (PAMA), at-large businesses, religious or social services, and education in the area. A tenant or homeowner representative is also elected by CSSAC area residents.

The Commission and the area civic associations are advisory bodies that cannot allocate City dollars or directly control City programs. So, do these groups have any real power?

"Absolutely, the Commission and the neighborhood civic associations can have real power and influence," Bob Leighty, the PAMA representative on the Commission, said. "In my experience as a community volunteer for many years, most City people truly want community input. You are effective when you clearly and respectfully present your views. If you do your homework, you can greatly influence both funding and policy. City leaders, especially elected City leaders, are very interested in residents' opinions and votes.

"You will not get your way every time on every issue," added Leighty, "but you can definitely have influence." ♦

The CSSAC meets monthly at 7 p.m. on the fourth Tuesday of the month at Barack Recreation Center. Meetings are public and all are welcome.

FROM THE EDITOR**REVISITING OUR FIRST ISSUE**

Hello, South Siders, and happy new year! I hope you are all feeling as optimistic about 2015 as I do.

Some of you will remember our first issue, and realize that much of those first articles are being reprinted in this combined January-February edition. We chose to re-present this information because, in part, that first edition was sent to less than one third so many South Side residents as we now mail to. That's right; the South Side Voice has grown quite a bit, and as of this issue encompasses our area of the city more completely. As of this edition, I would like to welcome Schumacher Place to our fold...howdy, neighbors! Glad to have you reading us.

This last year, we've seen some of the long-planted seeds of change for our community finally begin to sprout. We've also seen, as a paper, some powerful evolutions. At this point, I'd like to thank Judy Czarnecki, who's name has been on our masthead since the beginning. You as readers probably have little inkling of just what a powerful force Judy has been throughout this project, and how instrumental she was for getting it going in the first place. Judy isn't going anywhere anytime soon; she will continue her work in our community, but she is leaving her direct position with the newspaper. Fortunately, I think she'll still take my calls! At this very moment, I imagine she would like to be reading all these stories and offering invaluable context, keeping us from printing grammatical errors and "South End" missteps; as it is, Judy has given our community the gift of a free and enthusiastic press that will work hard to keep you informed.

Such a gift comes with its burdens, too. Chiefly, we're not much without you. As readers, you've been wonderful. I'm thrilled to work for you. I'm excited for our next year, and think we'll be able to take this little paper far more exciting places than we went in our first year. But we have to count on you, as a small publication with no full-time reporters, to keep our information stream strong. We need you to tell us what's going on. If you assume we know, then it's possible you won't find that information in our pages. We count on YOU to tell us where we ought to be.

The South Side is a garden, and we're the seeds. We're excited to bloom with you in 2015. Good luck, everybody.

Regards,

David S. Lewis

JANUARY/FEBRUARY COMMUNITY EVENTS

JANUARY 12, FEBRUARY 9 AND MARCH 9

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.

JANUARY 23, 28, FEBRUARY 4, 11, 18, 25 AND MARCH 4

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 Wednesday of each month we meet at 3pm. (There are no meetings on the fifth Wednesday of each month.)

JANUARY 15, FEBRUARY 19

KROGER GROCERY STORE TOURS AND FOOD GIVEAWAY

6-8pm at *Kroger*, 1441 Parsons Ave.

Kroger aims to reduce hunger and to benefit nutrition in the neighborhood by offering groceries AND a free two-hour seminar, designed to teach neighborhood residents how to cook healthy meals on any budget. The event is free, but in order to qualify, attendees must be present for the entire two-hour Grocery Store Tour. There is no registration required but attendance is first come, first served, and spots are limited. So, show up a little early and learn how to stretch those food dollars and still make nutritious (and delicious!) meals for your family.

JANUARY 27 AND FEBRUARY 24

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 *Jo Anne St. Clair*, City Liaison, to verify meeting times at 614-645-8097

JANUARY 28 AND FEBRUARY 25

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

FEBRUARY 1

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. Contact 614-253-8865 or 614-252-7488 for more information

FEBRUARY 2

GROUNDHOG DAY

Let's hope that Buckeye Chuck and Pauxatanny Phil do not see their Shadows! We are ready for Spring, not six more weeks of winter.

FEBRUARY 4 AND MARCH 4

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 a separate meeting room at Scrambler Marie's.

FEBRUARY 5 AND MARCH 5

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.

FEBRUARY 5

STAY (EDUCATION) MEETING

6:30-7:30pm at *German Village Meeting Haus*, 588 S. Third Street

Join us for our STAY Meeting this month. Childcare will be complimentary, courtesy of The Village Community Church, but RSVP will be necessary. The next STAY Meeting will take place May 2.

FEBRUARY 5

MOVIES THAT TOUCH OUR HEARTS SERIES: FIELDS OF MUDAN

6:30-8:30pm at *Corpus Christi Center of Peace*, 1111 E. Stewart Ave.

Come join us as we view *Fields of Mudan*, a film depicting the struggles of a young Chinese girl who is smuggled into the USA as a part of a modern-day child

prostitution ring. Following the viewing, we will have a discussion with Sr. Nadie Buchanan about the issue of human trafficking nationally and globally.

FEBRUARY 7

HOUSE SWEET IT IS

1-4pm, Location TBD shortly - please contact *Kenneth.8083@yahoo.com* for location

Every year this successful event draws people from all around. Plenty of food (especially chocolate) will entice your taste buds. Tour shuttles are on hand to offer tours of professional rehab homes showcased in our community and are available.

FEBRUARY 7

CENTERING PRAYERS

10:30-12pm at *Corpus Christi Center of Peace*, 1111 E Stewart Ave.

Attendees gather to support each other in the practice of Centering Prayers -- a simple, contemplative way of being with God. Each attendee will spend 20 minutes in prayer and time discussing the subject with the assistance of articles, books and DVDs. No prior experience is necessary.

Contact CCCoP at 614-512-3731 or *corpus-christicenterofpeace@gmail.com* for more info or to register

FEBRUARY 12 AND MARCH 12

WOMEN TO WOMEN LISTENING CIRCLE

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

This event welcomes women of all ages and walks of life. Women to Women is a safe, non-judgmental and confidential

place. This is simply a place to step away, breathe and share with other women. There are no requirements or pre-registration necessary, please come as you are.

Contact CCCoP at 614-512-3731 or corpuschristicenter-ofpeace@gmail.com for more info or to register

FEBRUARY 21

CSSAC EXECUTIVE COMMITTEE

9-10am at Tee Jaye's Country Place, Parsons Ave. Officers and commission members residing on the Columbus South Side Area Commission (CSSAC) meet to discuss pressing issues concerning the area

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

SOUTH SIDE FOOD ASSISTANCE SCHEDULE



This time of year can be particularly hard for families in our area. Our support and gratitude is due the Church and Community Improvement Society, for coordinating and organizing food assistance to the neediest of our South Side neighbors.

ST PAUL'S UNITED CHURCH OF CHRIST (225 East Gates St.)

Held last full week of each month: January 26-31; February 23-28; March 23-28; 1:00 pm-2:30 pm, Monday-Friday; 9:30-11:00 am, Saturday; 6:00-7:30 pm Tuesday and Thursday

CLAIR UNITED METHODIST CHURCH (295 E. Barthman Ave.)

Mondays and Fridays, from 10:30 am-12:30 pm

If you have any questions, please call Linda at the Church and Community Improvement Society, (614) 876-1436

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.

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..

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

Stambaugh-Elwood

For more information, contact Luddie Hatten
614-443-7219

Vassor Village

Kelly Coate, President
remaxpkellycoate@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
614-329-5294
Meetings held the fourth Thursday of the month, 6-7pm at Alvis House, 1791 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!

Southern Orchards Southside United Neighbors

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@edgewoodcivic.org (614) 946-2247, Meetings held second Tuesday of the month at 7:00 p.m., Corpus Christi Parish Office, 1111 E Stewart Ave.

A FRESH CUP of COMMUNITY SPIRIT

From Left to Right: Joel Cosme Jr., his wife, Tara Cosme, Danny Lemmon and Colleen Dempsey all make up the core behind Community Grounds. The future coffee shop is slated to open Spring 2015.



Community Ground looks to caffeinate the South Side with a fresh vision

by Kamari Stevens

It takes a coffee shop to raise a community. At least, that's the goal of Community Grounds, an in-development coffee shop slated for opening this spring in the heart of Ganther's Place. Co-founder Joel Cosme Jr., along with his wife Tara and community residents and friends Colleen Dempsey and Danny Lemmon, are currently in the midst of turning the vision of Community Grounds into a reality.

In December, Cosme and his cohorts wrapped a fundraising campaign on website Indiegogo, in order to secure resources for the shop. Unable to reach their intended goal of \$5,000, the group was able to receive majority of needed funds and also received endowments outside of Indiegogo.

"[Indiegogo] is such a strange beast," said Cosme. He noted the difficulties experienced in trying to raise money for a business through fundraising sites like Indiegogo and Kickstarter.

"[Your success] depends on how many people you reach," he said. Cosme refers to the campaign as a "learning experience" and hopes to launch another one soon, this time with more focused pitch.

"We learned where our resources should go, how to promote on social media and what changes we're going to need to make on the video," he said.

Cosme isn't too worried, mainly because of what he describes as "strange idealism" for their business model. The Community Grounds folks hope to create a centralized place for community gatherings.

"It's important that we are helping the area, providing whatever we can to make the community better – help change the impression that people may have," Cosme said. Cosme found that, after several news outlets like Channel 10 and Columbus Underground published stories about Community Grounds, he received comments disparaging their decision to open a coffee shop on Parsons Avenue.

"People have this idea that [Parsons] is the "ghetto", which is a terrible word people use," Cosme recounted. "They talk about the street walkers, they talk about the drugs and crime, or that people don't care about their neighborhood, and that's not true." He pointed to the way Ganther's Place has developed a commu-

nity of people participating and being proud of their environment, defying that notion – a notion he wants to continue to challenge.

"It should be our responsibility – a daily effort – for every one of us who is able to help change that perspective, [by doing] anything we can," he said.

One of the things Cosme has been doing is reaching out to locations like Cafe Briosio and Kafe Kerouac, and picking their owners' brains.

"It's great that Columbus seems to have a big focus on small businesses," he said, "and the people who own those businesses are dreamers, people who want to make a difference, people who just want to be doing what makes them happy – and that happiness spreads."

Community Grounds also hopes to duplicate the success Kafe Kerouac has had with providing a space for musicians and poets to perform, but to also make it accessible to the many children that reside in the neighborhood.

"What I want for the kids here is to have a space where they can come here and listen to music they have never heard of, or listen to this person's story about their life, come to a

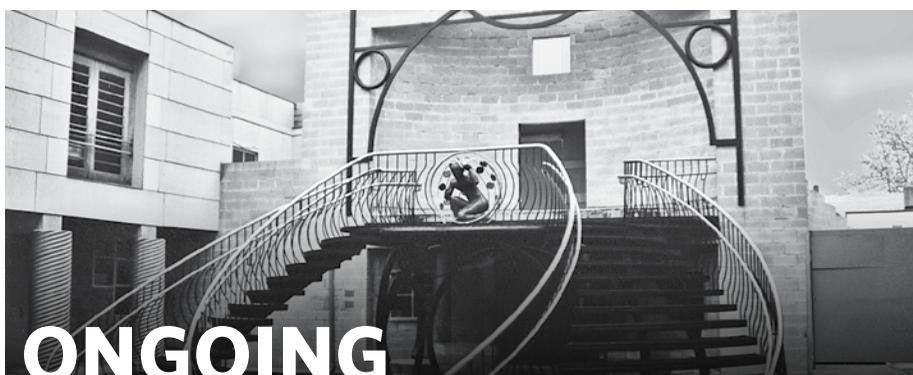
painting class..." he said. "My hope is to help a kid find their calling – and that's not possible unless you have the diversity of experiences."

While a lot of the focus is on community, Community Grounds does hope to provide quality local roasted coffee options – important to Cosme, a lifelong coffee drinker whose love affair with the bean began at the age of five in his homeland of Puerto Rico. Cosme prefers his coffee black – electing to use cream occasionally – and very strong. So strong, in fact, that he claims his wife always dilutes the coffee with water if he's making it.

"I like my coffee to make me feel like I can fly out the door," he said.

The Community Grounds folks have a lot on their plates for the new year, but they have big appetites to match.

"By year's end, we hope to establish a space that people in the South Side feel strongly connected to. To the point that they feel proud to have a business like ours. And there will be more," Cosme said. "Our main thing is for us to do our part so the South Side shines a little brighter." ♦



ONGOING

YET ANOTHER BRILLIANT IDEA FROM THE COMMUNITY regarding the placement of sculptor John Sunami's

IntroCenter, the functional art stage formerly housed in the courtyard of the South Side Settlement House:

Greetings,
I know I'm a bit behind in reading my SSVoice & I'm hoping I'm not too late to make a suggestion for the sculpture's relocation.

I know there is a plan for a new library & am wondering if it could be altered w/o too much trouble to include John's work. Based on the linear quality of Moody-Nolan's design, Sunami's work, though a bit Deco, would mesh nicely; historic & contemporary co-exist in harmony throughout other major US & European cities. In addition, the merging of arts & culture with such an important municipal feature can only promote a greater sense of social well-being & civic pride.

Should inclusion with the new library be undesirable, then perhaps somewhere near the Nationwide Children's campus as this burgeoning area has garnered considerable attention.

Thank you for the opportunity to provide citizen input,
kristi

Thanks,
Kristi, for an excellent idea! It seems someone else agrees with you, as well:



HOPE IN THE ASHES

With help from an international celebrity, Ohio Deli may rebuild

By David S. Lewis

ON DECEMBER 30, IN THE EARLY MORNING HOURS, OHIO DELI BURNED TO THE GROUND. Within hours, some of its most famous customers had begun the push to restore the restaurant.

The iconic deli, which was located at 4333 S High St., had been serving its signature sandwiches for almost two decades. Known especially for its behemoth Dagwood sandwich, clocking in at over two pounds, the deli has been a magnet for both local South Siders and the rest of Columbus...

...And, apparently, beyond. Adam Richman, host and personality behind The Travel Channel's successful chow-fest Man Versus Food, has a personal attachment to the Ohio Deli: the Dagwood he devoured in the show's very first sea-

son, and his first food challenge accomplishment.

Richman, clearly harboring a certain fondness for his nemesis/sandwich, donated \$500 to Ohio Deli's www.GoFundMe.com page. The website, which provides a platform for fundraising, is currently hosting a page for the Ohio Deli, allowing customers, fans, Columbus citizens, Adam Richman, and anyone else to donate to help the restaurant re-open.

The deli's owners, Eric and Heather, say they need almost \$20,000 to get the restaurant reopened. Many of the relatives, including one daughter, work at the restaurant and are suddenly out of work; the GoFundMe.com page hopes to raise some money to alleviate their struggles as the family sorts out the future of the restaurant.

Adam Richman, at least, clearly believes in the cause.

"About 1,000,000 people follow me on social media - across multiple platforms. If 19,000 of you give JUST ONE DOLLAR, we can save a valuable gem of Midwestern dining," he wrote on his Facebook page, providing a link to the fundraising site. "Hope you can donate, and I wish all those affected by this tragedy, a brighter 2015 full of joy, success, and happiness. My thoughts are with you all." ♦

You, too, can easily help restore this South Side icon to its rightful place. Visit www.gofundme.com/jh2p70 and pitch in whatever you can, even if it's only a dollar. Let's keep their employees afloat while they wait for the insurance company to sort things out - that sort of thing takes a long time.

EDITORIAL:



FROM YOUR REPRESENTATIVE:

THE UNIQUE CHALLENGES OF 2014

By Ohio Representative Michael Stinziano

The new session of the Ohio General Assembly that is underway at the Statehouse promises to be challenging but productive for our community.

In just a few short weeks, my colleagues will begin considering several pieces of important legislation I will sponsor in 2015.

I remain dedicated to investing in all Ohioans by working to create more and better jobs, especially to help grow small businesses throughout our community, fund essential services to help local governments promote neighborhood safety, and support our schools.

During the four years in which I have proudly represented the residents and businesses of the South Side in the Ohio House, my colleagues and I introduced common-sense bills to move Ohio forward by addressing important problems that face Ohioans today. We championed legislation which I strongly support to create jobs, cut taxes for the middle-class, and restore the Homestead exemption for senior citizens.

I am particularly proud that several pieces of legislation I sponsored last session to create jobs, support small business in our community, reduce infant

deaths, fight Ohio's growing heroin epidemic, and prevent skin cancer, are now law in Ohio.

Many of these ideas, including Ohio law which now protects young athletes from sustaining concussions and serious head injuries when participating in youth sports, were first suggested to me by constituents.

As your elected representative, I pay close attention to your ideas.

Please contact me to offer ideas and suggestions for making our community a better place to live, work, and raise a family. 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: www.ohiohouse.gov/Michael-Stinziano

I'm at the Statehouse working for you. ♦

Hi,

I am a South Side resident and I read the article on the IntroCenter sculpture. I'm probably not the first to suggest this, but I think the new Parsons branch library building would be a great location that would meet the criteria listed in the article. I hope the new building will be large enough to accommodate it.

*I really appreciate your publication. Thanks for your efforts.
Nathaniel*

.....
Thanks for you suggestion, Nathaniel, and for reading the paper!

IF YOU HAVE ADDITIONAL IDEAS ABOUT WHERE/HOW TO USE THE INTROCENTER, please send them to us at paper@southsidevoice.org or text to (614) 301-3960


**MANDY'S
HEALTH
CORNER**

By Mandy Fowler

These tips will help you discover old methods for promoting health and using fewer chemicals around the house. Like many ancient notions that have been overshadowed by modern medicine and products, these “miracle” substances have undeniable benefits for modern people.

TURMERIC Commonly known as “Indian Saffron” and used in curry dishes to give the bright yellow hue and bitter ginger taste, turmeric is also a healthy, inexpensive spice that has been cherished in Eastern cultures and adored in Ayurveda (from India) medicine over time. Turmeric is found in most yellow mustards, as well as yellow tinted salad dressings, but its benefits go well beyond:

1. Turmeric promotes a healthy liver, guarding against toxic damage done by environmental, pharmaceutical or other damage by aiding in the regeneration (re-growth) of damaged cells.
2. By boosting the amount of bile produced, turmeric can shrink the engulfed hepatic ducts and improve the overall function of the gallbladder (which works in conjunction with the liver and kidneys.)
3. As a natural anti-inflammatory, turmeric, when added to a variety of everyday meals, can also aid in the relief of arthritis and lower cholesterol.
4. Studies show that the high amount of antioxidants that occur naturally in turmeric raise the production of white blood cells. Results show that this is significant in fighting pancreatic cancers, myeloma, liver, prostate and melanoma. In some cases, turmeric may assist in preventing childhood leukemia and Alzheimer’s disease.

HOW TO INCORPORATE

1. Add to deviled eggs or egg salad to give them a bright yellow color and added taste.
 2. Add to chicken dishes, or homemade macaroni and cheese
- Turmeric should be stored in a cool, dry dark place such as a cabinet.

THERE ARE NO KNOWN ALLERGENS IN TURMERIC, BUT OVER-USE WILL RESULT IN DIARRHEA

THE BENEFITS OF CITRUS

Citrus is an energizing fruit, whether it is making a fresh glass of O.J. in the morning or using a natural citrus face and body scrub for a burst of energy even before breakfast.

1. **AROMATHERAPY:** What a powerful scent! Using citrus in the home can naturally lower blood pressure and boost energy levels
2. **LEMON at LUNCH:** Drinking lemon water at lunch in place of soda or plain water will boost the body’s natural metabolism, and aids in digestion.

A FRUGAL FRUIT

1. After squeezing the juice for your morning O.J., use the peels and left-over orange in a simmering pot of water for a natural energizing potpourri
2. Put a slice of citrus into a container of brown sugar to aid in drawing out moisture.
3. Orange oil is a natural degreaser; use peels and whole oranges to clean greasy pans, floors and hands.
4. Put dried oranges into the bottoms of trashcans to eliminate waste odors.
5. Drop citrus peels into the garbage disposal to rid of nasty lingering odors.
6. Dried orange peels tied into an old knee high or panty hose and hung in the closet will prevent moths from eating your wool and other fabrics.
7. To get rid of unwanted outside pest, cut any citrus fruit and cover with coffee grounds. Place outside around the perimeter of the home.

TEA TREE OIL

Tea tree oil has been known for centuries as a “jack of all trades” or “miracle oil.” Its use stems from the late 1700s in Australia, where the tree grows: colonists quickly found that the tree, used by indigenous peoples for eons, had powerful healing properties. Tea tree contains antibiotic, antiseptic, and antifungal properties, making it suitable for wounds, insect bites, and various rashes, as well as having healed thousands of ailments from scabies in the 1700s to athlete’s foot during World War II.

The oil, sold in most pharmacy sections of local stores, costs around \$5 for a medium sized bottle, and has a shelf life of about 2 years.

USES

1. **Non-Toxic Household Cleaner:** Mix equal parts of water and vinegar in a spray bottle; add 3-6 drops of TTO. The exotic and comforting aroma will quickly spread throughout your home.
2. **Dandruff, Lice, Psoriasis, and other scalp and hair issues:** Add 2-4 drops of TTO to your regular shampoo; wash as usual. (May also be added to conditioner or a leave-in treatment.)
3. **Tired, Achy Body:** Add 6-8 drops to a warm bath; soak for 20-30 minutes.
4. **Sinus Trouble/ Infection:** Use 2-3 drops of TTO into an oil diffuser, vaporizer or steam pot of water. Inhales vapors until clear (usually about 20 minutes, depending on severity of infection).
5. **Eczema, Poison Ivy, Poison Oak, Poison Sumac, and Psoriasis:** Add 3-5 drops of TTO to almond or coconut oil and massage into skin after each bath.
6. **Fleas and Ticks:** Add 2-4 drops of TTO to pet shampoo apply to pet and allow setting for 10 minutes. Rinse thoroughly.
7. **Bug repellent:** Dilute 8 drops of TTO into an 8 ounce spray bottle. Spray doorways, screens and entryways.

WARNING: NEVER INGEST Tea Tree Oil, and DO NOT use on children younger than 8 months of age. DO NOT APPLY UNDILUTED TO SKIN. Keep out of eyes.

BUILDING A BLUEPRINT FOR YOUR CHILD'S SUCCESS

Education Non-Profit’s program designed to make planning easier

By David S. Lewis

While it may seem years away, your middle-schooler’s college education is just around the bend. Though many of the most important decisions regarding her education are still a long way off, some of the most important questions should be approached sooner, rather than later. Take advantage of I Know I Can’s collaboration with Huntington Bank and Columbus City Schools’ Blueprint: College program, designed to help you and your family begin planning for your child’s post-secondary education. The workshops, designed by The Ohio State University, will provide you with:

- Grade-specific information covering what you and your student can be doing now to build a successful future
- Strategies for making college an affordable option for your family
- Methods of motivating and communicating with your middle schooler
- A clear action plan—a Blueprint—for you and your student

The workshops will be held one night a week for three weeks at South 7-12 School (1160 Ann Street), on Tuesday evenings. Workshops are on February 10, 17, and the 24th, from 6-8 p.m., with dinner served 5-5:45 p.m., and include:

Workshops include:

- Free dinner
- Free childcare
- Free transportation assistance
- A \$50 gift card for attending all three workshops

Don’t wait to plan your middle-schooler’s future; it’s too important! For more information or to register, call (614) 233-9510 or visit www.IKnowICan.org.

**REGISTRATION DEADLINE
IS FRIDAY, JANUARY 30TH.**