

SOUTH SIDE VOICE

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

115 S. GIFT STREET
COLUMBUS, OH 43215
JUNE 2015 | ISSUE 16

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

**BOYS & GIRLS CLUBS
OF COLUMBUS**

**DRIVE-IN
US NUTS!**

THE FOLLOWING PREVIEW HAS BEEN APPROVED TO
ACCOMPANY THIS FEATURE
BY THE MOTION PICTURE ASSOCIATION OF AMERICA, INC.

www.driveinmovies.com www.mpa.org

HISTORIC SOUTH DRIVE-IN ONE OF THE COOLEST WAYS TO RELAX ON HOT SUMMER NIGHTS

By David S. Lewis

While 3D movies are all the rage right now and many movie theaters feature opulent décor that may put you in mind of a lounge on the RMS *Titanic*, another flick-catching option is available right here in our backyard. The South Drive-In at 3050 S High St. is a great opportunity

for summer fun and open-air movie viewing. Using just the FM radio in your car, you can check out the latest blockbuster from the comfort of your driver's seat.

And it's affordable, too. While the \$9.50/per adult price is not too much less than a standard movie theater's ticket rate, the week day prices are where the South really begins to shine, when adult tickets drop to a cool \$7.50.

(Children 5 to 11 are only a buck, and kids 4 and under are always free!)

While one obvious advantage lies in the fact that you can take your own grill and make whatever food you like, the concession stand offers great food at a price that is much less than a regular theater. (The South Drive-In's website boasts that their gas-powered popcorn popper makes a far tastier snack than

conventional movie-theater popcorn, too.)

The theater not only provides excellent recreation for the area, but is an interesting slice of history in its own right. First opened in 1950, just under ten years after the first drive-ins opened their box offices, the South was an early adopter of technology such as car side speaker-posts – perhaps a bit crackly to the modern ear, but doubtless an impressive technology in the 1950s. A modern new screen was erected in 1972, but shortly after, a tornado swept through the theater and leveled it, forcing South to rebuild shortly thereafter. (Incidentally, some patrons tried to ride out the tornado; indeed, the cashier in the box office reportedly watched the tornado approach, eventually throwing herself into a nearby ditch to find safety. One would have to assume the movie was really, really good that weekend.) ♦

OTHER THINGS TO DO AT THE DRIVE-IN:

Eat a record-breaking amount of nachos and cheese

Visit the excellent open-air flea market that takes place at the theater every Saturday, Sunday, and Wednesday, from 5 a.m. to 1 p.m.

Neck in the car

Grill out (not in the car)

Respect your neighbors through both of the previously mentioned activities

Lines to find parking for features can become long, and the theater encourages patrons to show up 45 minutes early through the week, and up to an hour and a half early on Fridays and weekends.

SOUTH DRIVE IN: 3050 S High St. For features listings and schedules, as well as rating information, visit www.drive-inmovies.com or call (614) 491-6771, or "like" the theater on Facebook.

IN THIS ISSUE:

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

NEW DELI PUB ON PARSONS

Jimmy Dragich transforms abandoned apartments

page 3

SUMMER SMARTS

Help your student stay sharp over Summer Break

page 8

OPPORTUNITY AWAITS

New Marion Franklin Community Center offers GED classes, computer literacy training, and more

page 8

AND MUCH MORE!

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Searching for Yard (and Garage) Treasures

Hundreds spread across German Village to take part in massive community yard sale *By Kamari Stevens*

Hundreds of people set out on an early Saturday morning to take advantage of "Village Valuables," an annual yard (and garage) sale that included all of German Village.

The event, which spanned from 8 a.m. to 3 p.m., featured droves of people sifting through numerous residents' yards, garages, even houses, to find all the "valuables" on display. While the normal yard sale items were present (baseball cards, old televisions, furniture, etc.), there were just as many original art pieces, sculptures, and baked goods available for purchase. Located on the fringes of Merion Village were vendors such as Schmidt's Sausage Truck and Car2Go, taking up residence in the parking lot across from the Big Red Rooster.

Pat Morrical, who has lived in German Village for more than 40 years, was planted on the corner of Whittier and Ebner with an assortment of jackets, amongst other items, hoping to profit from the annual event.

"I've only [participated in selling items] three or four times," Morrical said. "I have walked around and seen what other people have – and sometimes I bought things," he added with a chuckle.

One prize scooped up by Morrical was "a great, big cookie jar that looked like a pink flamingo," which he has kept for close to five years.

"It had a salt and pepper shaker that went with it – that was pretty cool," he said.

Morrical acknowledged that convenience is what separates Village Valuables from your normal yard sale, since Goodwill offers to pick up certain items that aren't sold.

"[Goodwill] lists what they will and won't take," said Morrical "And that is pretty good, because a lot of times people don't want to [sell items] because if you take it out and don't sell it, then you have to take it back in for another year."

"[Mostly] people are selling things they can't stand to see anymore," he added. ♦

While the Village Valuables yard sale is over, there are great bargains to be had here on the South Side. One tried-and-true deal-hunter's dream is the South Drive-In Theater's weekend flea market. Every Saturday, Sunday, and Wednesday from 5 a.m. to 1 p.m. All the best deals happen around sun up, so get there early! Also, check out our story on the South Drive-In on page one.

'PHOENIX' GOES UP IN FLAMES

South Side Recycling Plant burns down; cause attributed to employee cigarette *By Kamari Stevens*

Carelessness and a discarded cigarette butt formed an incendiary recipe for the destruction of Phoenix Recycling Inc. on Marion Road last month. The inferno, which drew numerous firefighters from several jurisdictions, produced a pillar of smoke that could be seen from as far away as Chillicothe.

On May 1, citizens from Grove City to downtown residents witnessed the massive smoke that emitted from Phoenix Recycling Inc., located within the heart of the South Side, on 611 Marion Road. The Columbus Division of Fire, as well as Franklin and Hamilton fire departments, were on hand to contain the massive fire that lasted for more than 10 hours. In a press release from the Columbus Division of Fire, the cause was discovered to be due to "improperly discarded smoking materials."

"Several employees who work in this area were honest when speaking with investigators and reported that, in direct violation of company policy, they had been smoking in this area just prior to the fire's discovery," said Columbus Division of Fire Captain, Jeff Martin, in the press release.

The fire was first noticed at 4 p.m. and lasted into the evening. The fire originated behind a large concrete dock, a high traffic area where employees unloaded cardboard and other recycling materials from trucks, according to the press release. The Fire and Explosives Investigative Unit were able to determine the cause, once the four-alarm fire was under control.

"The high winds, dry conditions and the large quantity of readily available combustible materials at the recycling center, coupled with bystander and firefighter observations of first visible smoke and fire, led fire investigators to this conclusion," said Martin.

The Columbus Dispatch reported that the Phoenix Recycling fire caused approximately 8 million dollars in damages. No employees or bystanders were reported injured. ♦

EDITORIAL & MANAGEMENT TEAM

David S. Lewis
Michael Riches
Jo Anne St. Clair

DESIGN & LAYOUT

Laura J. Sanders

WRITERS

Mandy Fowler
Mark J. Lucas
Ted Otting
Kamari Stevens

CONTACT US

paper@southsidevoice.org

FACEBOOK

[facebook.com/SouthernGatewayColumbus](https://www.facebook.com/SouthernGatewayColumbus)

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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.

FROM THE EDITOR



SUSTAINABILITY KEY TO REJUVENATING THE SOUTH SIDE...SO LET'S GET USED IT

I was walking around the Kroger on Parsons Avenue, looking for ginger root, and I was surprised at how many positive food trends were available on the floor. You could find locally produced goods of nearly any fresh variety. The organic section boasted a healthy selection of food that, to the best of my knowledge, was absent not too long ago. *Things are changing*, I thought to myself.

Another of the winds of change wafts out of the smelly blue recycling bins that we all have outside our houses now. I can remember the fight against litter and the push for recycling when I was a kid, and I remember some folks who chose to push back against that, to deride it as unnecessary or “feel-good” and limp. I think we can all see that recycling our waste products to some degree or another has become entrenched in our value system – but it only happened when it is made so convenient that it would be harder *not* to do the right thing. That sounds like a criticism, but in reality, I think it's the keystone. Widespread adoption of sustainable practices will only happen when the tools and practices are right in front of us, and impossible not to use.

At its core, the idea of sustainability is to live, work, and consume within a system that doesn't take out more than it produces. Are organic foods better for you? Probably not much, but maybe some, and if a farmer got paid a decent wage to produce you food, then great. Or if a farmer decided not to dump toxic chemicals onto his fields because there was enough demand for food produced more naturally, then that's great, too.

Sustainability has a lot to do with food systems, but its application as a philosophy can be much broader, too. We want more jobs on the South Side but, after the enormous fire that happened last month at the pallet recycling plant, I find myself wishing for businesses and ideas for our neighborhood that don't involve towering stacks of scrap that can catch fire. We are a fine and proud neighborhood, and we deserve to live and work in a neighborhood that produces meaningful goods and services. With organizations and institutions such as the South Side Learning and Development Center helping the community grow our skills toolbox, we should be striving to attract jobs and businesses that beautify and challenge our neighborhood and neighbors. I understand businesses like scrap recycling have to be located somewhere – I just think that as we grow the city's awareness of what we have to offer down here, we should be reaching out to the kinds of businesses that would improve the neighborhood, and not just settle for vague promises of jobs and revenue. Bringing young people with good minds into our neighborhood would inevitably make our area stronger and should be an important priority for us, but we have to be able to offer them more than dangerous unlicensed junkyards.

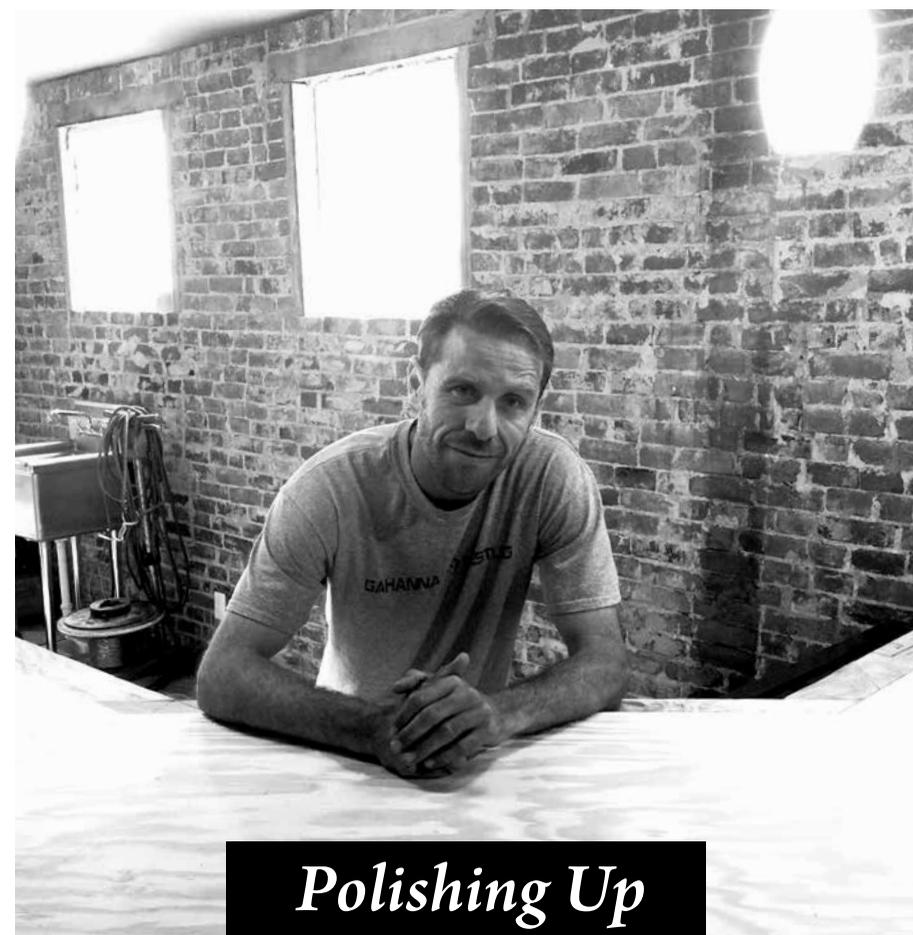
As this summer unfolds, we are going to focus on sustainability issues for the South Side. We will be talking about the “Triple Bottom Line”, a business concept born out of the idea that making money doesn't have occur at the expense of our souls. We will be featuring the movers and shakers within our neighborhood who are working already to build better business and a better environment down here. And together, we are going to imagine what our neighborhood will be like after we've made it a place that everyone wants to be.

The South Side is poised to be the next brilliant flower blooming in our city. We need to reprogram our brains so that sustainable practices are built into our ideas and endeavors at the ground level, and we need to be honest about our needs and creative with our solutions. I look forward, as always, to your comments and ideas; please e-mail them to me at paper@southsidevoice.org or text them to my cell phone, (614) 301 3960.

Have a great June and, as always, good luck.

Regards,

David S. Lewis



Polishing Up PARSONS

Jimmyluca's Turns Domiciles into Deli Pub

By Mark J. Lucas

If you're familiar with the area on Parsons just south of Livingston, you were probably familiar with a long-standing eye sore: A pornographic shop and a handful of burned out buildings on the west side of the street. While the main intersection has, in recent years, been transformed into a beautiful complex, this row has long resisted the turning tide. A few months ago, however, the porn shop's signs came down, and in the boarded up apartment building a few doors over, Jimmy Dragich, owner of contractor Affordable Floors, put up a sign reading “Jimmyluca's.” Since then, he's rolled up his sleeves and begun the work of taking it from an abandoned apartment to a high-end bar and deli. He plans to open the doors in the coming months, though he's had the idea for a while now.

“I bought the building six or seven years ago,” explained Dragich. “I've always wanted to do a bar-restaurant-deli-type establishment. Then all of the sudden, four or five months later, they started digging at the corner of Parsons and I didn't know what was going on [at first], but I saw that it was an \$800-million expansion of the hospital with 8,000 employees. I thought ‘I'm so close. Why not have a nice pub deli for the hospital? I'm hoping this area turns into [something] like the Short North.’”

When it's completed, Jimmyluca's will seat almost 60 people, with a 98 person capacity. Dragich intends to serve organic foods in the deli and craft beer in the bar. In addition, he is building a parking lot and patio on Elsmere Street, both for patrons and for residents of the two fully remodeled apartments on the upper floors. When looking at the “before” pictures of the establishment, it's hard to believe the exposed brick wall and hardwood floored space is even the same building. The metamorphosis, even with the remodel being incomplete, is truly impressive, and should serve as a nice little addition to the improving area. ♦

JUNE COMMUNITY EVENTS



DON'T GO HUNGRY

Southside Community Ministries Food Pantry

OPEN THE LAST FULL WEEK OF THE MONTH,
JUNE 22-27

Monday-Friday 1:00 -2:30 p.m., additionally, the pantry opens evenings on Tuesday and Thursday from 6:00-7:30 p.m.; and Saturday 9:30-11:00 a.m.

Call Hands On at (614) 341-2282 to schedule an appointment.
ID required for all ages on first-time visitors
www.sscmfoodpantry.org

JUNE 4

MOVIES THAT TOUCH OUR HEARTS: THE CANARY EFFECT: KILL THE INDIAN, SAVE THE MAN

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

Delving deeply into the often misunderstood and frequently overlooked historic realities of the American Indian, *The Canary Effect* follows the terrifying and horrific abuses instilled upon the Indigenous people of North America, and details the genocidal practices of the US government and its continuing effects on present day Indian country. Following the film we'll have a conversation led by a representative of the Native American Indian Center of Central Ohio.

To reserve a bowl of popcorn and your seat for this powerful film, register online at ccccenterofpeace.org or call (614) 512-3731. You can also e-mail at corpuschristicenterofpeace@gmail.com. This event is free but you'll have the opportunity to make a free will donation to support the work of CCCoP.

JUNE 2

PARSONS BRANCH LIBRARY GROUNDBREAKING

10-11:30am at Parsons Branch Library, 1113 Parsons Ave.

Columbus Metropolitan Library's Board of Trustees, Foundation and Friends of the Library invite you to this brief program, which will be free and open to all. This is another exciting step in our aspirational building program to revitalize 10 locations. Join us rain or shine in celebrating this momentous occasion. Free parking is available on Stewart and Deshler avenues.

JUNE 3 AND JULY 1

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.

JUNE 3, 10, 17, 26 AND JULY 1

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 1:30 p.m. for the first three Wednesdays of each month. The fourth Friday of each month we meet at 3 p.m. (There are no meetings on the fifth Wednesday or Friday of each month.)

JUNE 3 AND JULY 1

MERION VILLAGE CIVIC ASSOCIATION MEETING

7-8:30pm at the 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

JUNE 3 AND JULY 1

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.

JUNE 4 AND JULY 2

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.

JUNE 6

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 corpuschristicenterofpeace@gmail.com for more info or to register

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

JUNE 6**FLEA MARKET AND FREE FRESH PRODUCE**

8am-4pm at Unity Temple
C.O.G.I.C, 52 Reeb Ave.

We welcome everyone to attend our event featuring a flea market (opens at 8am) and FREE fresh produce (begins at noon and runs until produce is gone). You will find clothes, jewelry and household items at our flea market. We encourage you to bring your own bags, boxes, etc. to carry your produce home.

For more information,
please call (614) 444-7808

JUNE 7 AND JULY 5**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.

JUNE 8**SOUTH CENTRAL COMMONS BLOCK WATCH**

6:30-7:30pm at Tatoheads,
1297 Parsons Ave.

All are welcome to partake in this informative meeting of safety-minded residents living in the South Central Commons area.

JUNE 11**WOMEN TO WOMEN LISTENING CIRCLE**

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

This event welcome 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 corpuschristicenterofpeace@gmail.com for more info or to register

JUNE 13**FRESH PRODUCE GIVEAWAY**

8:30-10:30am at Columbus
Castings (in the parking lot),
2211 Parsons Ave.

Columbus Castings and South Side Community Ministries have partnered to provide FREE fresh produce and everyone is eligible. There is no ID required, but you must bring your own bags, boxes, carts, etc. The event will last until all produce is gone. Don't miss out!

For more information
about our food pantry, visit
sscmfoodpantry.org

JUNE 18**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

JUNE 20**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.

JUNE 23**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

JUNE 28**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.

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
Meetings held first Wednesday of the month, 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

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.

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
614-233-1922

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.

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

GREEN GARDENS

Alternative containers to get you growing healthy, tasty food in any location

By Mandy Fowler

Not everyone has a giant backyard, or the ability to tear up their yards at all. Many renters who would love to garden have landlords who are resistant to destroying the lawn – but none of that is reason enough to

miss out on the fun and relaxation of planting and tending your garden. Here are a few ideas to help you get your green thumb dirty, no matter what your space is like:

WADING POOL GARDEN

Usually cost under \$10.00 and lasts up to 6 years.

ITEMS NEEDED: 6ft diameter plastic wading pool (12-15 inches deep), clean soil (free of debris)

Step 1: Drill 3/4 inch holes every 12-18 inches around the circumference of the pool, about 2 inches above the base.

Step 2: Set the pool on level ground- in direct sun (6-8 hours of sunlight a day)

Step 3: Fill with clean soil (DO NOT OVER FILL). Allow for water absorption as well as soil conservation.

SHOE ORGANIZER HERB GARDEN

Hanging shoe organizers can be found at most general stores for under \$5.00.

ITEMS NEEDED: hanging shoe organizer, hooks/screws, clean soil, herb starts or seeds.

Step 1: Hang the shoe organizer on the side of your house or shed; they can also be hung on a patio to create a green, living privacy screen.

Step 2: Fill organizer with clean soil. Use a pushpin or needle to put small drainage holes in the bottom of each pocket.

Step 3: Plant herbs in pockets for easy management, labeling, identification, and harvesting.

Step 4: Water herbs from the top to allow for proper drainage and water conservation.

TABLE TOP GARDEN

This method allows you to use a small table or recycle an old piece of furniture to act as the garden bed.

ITEMS NEEDED: recycled containers (juice boxes, pouches, Clementine orange boxes, metal soup cans, old shoes, wash tubs, old toys, milk / BPA free plastic containers, old table or stand, clean soil, seeds or starts.

Step 1: Clean items with a solution of one part bleach and nine parts warm water and drill or poke holes in the bottoms of the recycled goods that will require drainage.

Step 2: Fill the containers with clean soil and place seed or starts accordingly. These look beautiful on porches, and you will be surprised at how many delicious herbs you can produce!

TOILET PAPER ROLL SEED STARTERS

Repurpose the cardboard toilet paper inserts as seed starter pots.

ITEMS NEEDED: cardboard toilet paper roll inserts, clean soil, seeds, tape.

Step 1: Make sure all of the toilet paper is removed from the cardboard roll.

Step 2: On one end, fold the bottom inward. (Form a cup).

Step 3: Use the tape to secure the bottom.

Step 4: Fill the cups with clean soil and plant seeds approximately one-quarter of an inch under the surface. When the starts are ready to be planted, remove the tape and push the root system from the bottom to avoid damaging the root system.

MILK CRATE RAISED GARDEN

using recycled milk crates as a raised garden is a great way to conserve space. Simply line the milk crates with a black trash bag. Put small holes in the bottom to allow for drainage. Fill with clean soil and plant your seeds/ starts. Milk crates can be staggered in a stacking position to allow for proper draining and water conservation.

GUTTER/TROUGH GARDEN

Recycled gutters or animal feeding troughs are a great way to plant row vegetables, such as onions and garlic.

TIRE POTATOES

Planting potatoes in used tires is an easy way to manage and harvest your crop. Either stack or use singly; fill the inside with clean soil (or even clean straw) and plant the potato. When harvest time rolls around, simply shake the tire or remove from the mound to harvest. NO DIGGING REQUIRED. (This method will also work with turnips and carrots.)

PICKING THE RIGHT PLANTS

Growing your own food is a healthy and rewarding task; however making it cost-effective is also a key to feeling like your garden was successful. Buying vegetables at the store is a handy option that fits into our daily lives, but how much goes bad and how much are you spending?

The most common vegetables purchased on a regular basis at supermarkets can easily and efficiently be grown on a budget. What is more convenient than a supermarket produce section in your back yard?

Buying herbs in the store is convenient; however, they must be used before they spoil. The positive to planting your own herbs, is that snipping them fresh keeps the plant in production as well as provides the freshest product as possible.

Many herb starts are located in the produce section of the supermarket in ready-to-use pots. (These are purchasable on the Ohio EBT card and planted for continuous production).

VEGETABLE	IN-STORE COST	GROWING COST	YIELD
TOMATO	\$2-\$4/lb	\$3-\$4.00/ pack, start	8 plants=80lbs or more
BROCCOLI	\$1.50/ lb	\$2.00/per seed pack	1 plant=approx 2lbs
GREEN BELL PEPPERS	\$1.50/ea	\$2.00/per start	1plant=6-8 peppers
LETTUCE	\$.99/head-\$3.00 /mix	\$3.00/per seed strip	1 planted row=800gms
CUCUMBER	\$1.00/ea	\$3.00/per seed pack	1 plant=6-8 cucumbers
ZUCCHINI*	\$2.00 and up/ea	\$4.00/per seed pack	4plants=16-24 fruit

*Blossoms are also edible

HERB	IN-STORE COST	GROWING COST	YEILD
BASIL	\$3.00/per bunch=200 grams	\$3.00/per pack, start	400-500 grams per plant
CILANTRO	\$3.00/per bunch= 200 grams	\$3.00/per pack, start	400-500 grams per plant
MINT	\$2.00/per bunch=200grams	\$3.00/pack, start	300-400 grams per plant
DILL	\$2.00/per bunch=100 grams	\$3.00/pack, start	400-600 grams per plant



WONDERFUL WATERMELON

This great gourd announces that picnic season is finally here...
but do you really know your watermelon?

By Mandy Fowler

A prized cousin of the gourd family for its portable water properties, the watermelon originated all the way over in the Kalahari desert of Africa, and is one of the oldest fruits in recorded history. It is believed that people captured in Africa for slavery brought the seeds on slave ships to American shores. Ancient Egyptian hieroglyphs show watermelon being placed into the kings' tombs, in the belief that it would nourish the noble in the afterlife.

By the 10th century, watermelon grew along the Mediterranean sea by way of merchant ships making their way to China (who is still the No. 1 producer of watermelon globally). In the 13th century, Moors brought the fruit to Europe, where it became cherished for its ability to quench thirst, easy to grow locally and harvested without much tending.

During the Civil War, Thomas Jefferson grew watermelon at Monticello and the Confederate Army boiled watermelon to make sugar and molasses as well as pickled watermelon rinds. The first mention of the word watermelon in the dictionary is in 1615. The first cookbook published in 1776 included pickled watermelon rinds.

Today, watermelon is grown in 96 countries globally and in the United States is #4 in production with Texas, California, Georgia and Arizona being top producers. Oklahoma loves watermelon so much they made it their state fruit in 1976.

Watermelon can satisfy the sweet tooth without adding pounds; being 92-percent water means that you are less likely to overeat.

Two cups of watermelon contain: 0 grams of fat, 0g cholesterol, 0g sodium, 270mg of potassium, 1 gm of fiber (4% daily value) 39% vi-

tamin C, 33% vitamin A.

It also contains valuable nutrients such as lycopene and beta carotene. Studies show that a watermelon kept at 70 degrees had up to 40% more lycopene and 139% more beta carotene than those at room temperature. The cooling effect that watermelon provides is a safe alternative to energy drinks and can combat dehydration.

Sufferers from gout can add watermelon to their diet to help strip the blood of ammonia and ureic acid.

Lycopene is what gives watermelon their red color, helps lower LDL (bad cholesterol), and acts as an antioxidant.

Watermelon also aids in the treatment or easing of many common maladies, such as asthma and rheumatoid arthritis, and it may even reduce the risk of certain kinds of cancers, such as those of the colon and prostate; it may even lower your risk of heart disease. ♦

INCORPORATING WATERMELON YOUR DIET IS SIMPLE:

- Mediterranean dishes call for a salad of greens with watermelon and feta cheese. (You may substitute feta cheese with mozzarella cheese.) Add mint for a great summer blend.
- A great way to beat the heat: mix 2 cups of watermelon chunks in a blender with 1 cup of ice, blend and enjoy.
- Add to seltzer water for a healthy infused drink.

DID YOU KNOW?

- A seedless watermelon is a sterile hybrid.
- In Chinese and Japanese culture, giving a watermelon as a gift is a polite gesture.

DO NOT:

- Add salt to watermelon; this can add to water retention and bloating.
- Add sugar; the high natural sugar can be too much for a person who is hyperkalemic or diabetic.

- Eating too much watermelon can lead to too much lycopene in the body. More than 30gms of lycopene a day can cause nausea, vomiting and bloating.

STORAGE

Uncut watermelon will last 10 days not refrigerated, cut watermelon will last four days wrapped/ sealed tightly in the refrigerator.

HOW TO GROW

- In warm temperatures (70 and above) watermelon seeds can be sewn directly into the soil. (Mix aged manure or compost into the soil for hearty vines.) Sandy soil is best for growing the fruit.
- Plant or grow the watermelon in raised rows, or hills about 5 feet apart or one seeding per container. If growing in rows place seeds 6 feet by 6 feet apart (this ensures proper drainage and hold the sun's heat longer).
- Watermelon need 1-2 inches of water a week. Water the plant at the base of the vine. Stop watering once the fruit is developed. The sweetest melons grow in dry climates.
- When the fruit begins to develop, to prevent it from rotting in the garden, gently lift the fruit and place cardboard or straw between the fruit and soil. Gently turning the fruit every other day will also help prevent rotting. (watermelon should develop 80 days or less from plantings).

HARVESTING

- Thump the watermelon with your fingers. If it sounds hollow, then it's ripe.
- A ripe melon will have a cream colored bottom, an unripe melon has a white bottom.
- Check the stem If its green, wait; a ripe melon will have a brown stem. Cut the stem close to the fruit.

DON'T LET SUMMER SUN DRAIN YOUR STUDENT'S BRAIN

How to beat the "summer gap"

By Ted Otting



With spring upon us and summer just around the corner, teachers and students alike find themselves giddy with the idea of a break from the school routine. Summer provides not only a rest but also an important transition time for students as they prepare for a new grade.

The time off does, however, pose a major challenge to learning: the dreaded Gap.

The "summer gap" refers to the knowledge that students lose over the course of the summer. Students spend nine months in school learning to be study sponges, soaking in knowledge and then being tested to demonstrate retention. Then, after three months of vacation, they lose that ability and have to be re-taught. Upon returning to school, the first 2-3 months are typically spent re-teaching topics and habits from the previous year to get students caught up. This creates an ongoing trend of starting behind and spending the rest of the year racing to cover the curriculum. In order to combat 'the summer gap' the best defense is

a mixture of relaxation, fun, and a little bit of study to help students keep their edge.

Literacy tasks and reading are the easiest ways to stay sharp, and it can be done in a few simple ways. Most important is maintaining the reading habits or rituals that are already

Audio books are another great way to beat the gap if your child is resistant to "school stuff" during the summer. Available on youtube.com, on CD at the local library, or downloadable for phones or portable music devices, listening to stories still helps improve vocabulary, comprehension, and keeps students' brains primed for taking in information.

in place for your child. If they are used to reading twenty to thirty minutes a day, have them continue, but consider giving them a choice of when and what they read. Whether before bed or in the morning, fiction or non-fiction, offering choices help defuse potential arguments and encourages independence. To ensure they are reading text at an appropriate challenge level, you can dou-

ble-check their choices with what is called the "five finger rule": have your child select 2-4 books. For each, flip to a random page and listen as they read it out loud. For every word or sentence they can't read or understand, hold up a finger. If able to read the page without

holding up any fingers it's probably a little too easy. If you hold up five fingers it's usually above their level. Anything between should provide just the right amount of challenge and interest.

Audio books are another great way to beat the gap if your child is resistant to "school stuff" during the summer. Available on youtube.com, on CD at the local library, or downloadable for phones or portable

music devices, listening to stories still helps improve vocabulary, comprehension, and keeps students' brains primed for taking in information. Instead of spending the first three months of school catching up, encourage just a little bit of study during the summer months to keep your child's learning muscles strong and help them come out swinging when the new year starts. ♦

MARION FRANKLIN OPPORTUNITY CENTER OPENS

The Marion Franklin Community Opportunity Center has opened its doors @ 2740 Lockbourne Road in the former Beery Middle School. The Marion Franklin Branch of the Columbus Metropolitan Library is co-located with the Opportunity Center. A variety of education classes are offered at the Opportunity Center, which is operated by Columbus City Schools. Columbus City Schools provides GED and ESOL classes, as well as a tuition-free State Tested Nurse Aide program.

For more information about the STNA program, please contact Matthew Kramer, Columbus City Schools Workforce Division at (614) 365-6000, extension 241. Other classes at the Opportunity Center include computer literacy skills, a job readiness program, BLINGG (Building Leading Intellectually Nurtured Girls & Guys) and more. ♦

THE MARION FRANKLIN COMMUNITY OPPORTUNITY CENTER IS OPEN TO ALL RESIDENTS OF COLUMBUS FROM MONDAY TO THURSDAY, 2:00 P.M. TO 7:00 P.M.

Please stop by for more information or call (624) 365-5414. We encourage you to take advantage of these free programs and services.