

SOUTH SIDE VOICE

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

360 SOUTH 3RD STREET,
COLUMBUS, OHIO 43215
MARCH 2015 | ISSUE 13

Southern GATEWAY
Rich in Heritage. Rich in Promise.



JOHN BARRIGA,
Owner of Bluegrass
Musicians supply

Illustration by
Laura J. Sanders

**BLUEGRASS
MUSICIANS
SUPPLY**
1370 S High St.
(614) 443 3558

SOUTH HIGH & LONESOME

**BLUEGRASS MUSICIANS
SUPPLY** *By David S. Lewis*

★ **A**fter a few rings, there's a click and then, "Bluegrass," says owner John Barriga expectantly. The word is a question, as in, "how do you?" and also a statement of fact, as in, "yeah, you've reached the only bluegrass store in the region. What do you need?"

★ And whatever you may need, if it's bluegrass, you are going to find it there in his South High shop: picks (flatpicks and fingerpicks), slides, mountain dulcimers, guitars (dreadnought, lap steel, dobro and resonator), mandolins, fiddles, bows, strings, and, of course, banjos.

★ Contrary to popular belief, bluegrass isn't "folk music," in the sense of a traditional form of music passed down through the ages. The genre got its start much as did punk rock, when a pioneering country musician named Bill Monroe determined in the early 1940s to play a style of country that was artificially high, masterfully played, and all at a scorching tempo. Bill Monroe and His Blue Grass Boys were an instant hit, and due to their immense popularity and distinctive sound, they became victims of an intense copycat phenomenon: everyone wanted to play country music the way Bill Monroe played it – angering Bill Monroe to say of his imitators, "That ain't no part of nothin'."

★ *Continued on page 2*

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Banjos and more: inside the Bluegrass Shop. Photo by David S. Lewis



Continued from page 1

But his imitators grew the genre beyond his Blue Grass Boys into an unstoppable force of music, and a uniquely American sound, and Ohio proved fertile soil for it. With multitudes of West Virginians and Kentuckians hit by the Great Depression (and generally depressed conditions), many made their way north to the automotive industry in Detroit and the manufacturing opportunities of Ohio, with plenty settling in Central Ohio. And they were going to have to get their banjos *somewhere*. According to local legend, Bluegrass Musicians Supply owner John Barriga first started selling strings and other acoustic accouterments out of his garage while still living with his folks.

“We did (instrument) repair work for hock shops, at first, that was in 1964,” said Barriga of his entry into the music industry. “We opened the first shop in 1969, over on 4th Street, and moved to here on High Street in 1985.”

Barriga, who has an easy and raucous laugh, said his initiation into bluegrass happened before he was old enough to remember it.

“I’ve played it for as long as I can remember. I can’t even remember

when I first started playing it,” he said. “My grandfather, he was an old fiddle player, and so it’s in the family. He was from Hazard, Kentucky, and came up to Ohio when he was young, to get away from the coalmines, and he was a real good fiddle player.”

Shop worker and unofficial historian Merilee Dempsey, of local bluegrass band Rose Avenue Bluegrass, has been collecting memorabilia from the shop’s 30+ years of history, from newspaper clippings to photos of celebrities which have stopped by to visit the shop.

Another of the shop’s longstanding traditions is the Saturday morning jam session, held in the shop’s tiny basement. Musicians crowd into the small room, dodging boxes and stand-up string basses and banjos. Most everyone knows most all the tunes, so they take turns playing follow-the-leader, drinking copious amounts of coffee, slamming donuts, and trying to recapture the energy and driving rhythm of Bill Monroe and his Bluegrass Boys.

They’re happy to have an audience, so swing by this unique piece of Columbus history, tap your toes, and have a listen to the best musicians in Columbus you’ve never heard.

★ *Musicians crowd into the small room, dodging boxes and stand-up string basses and banjos. Most everyone knows most all the tunes, so they take turns playing follow-the-leader, drinking copious amounts of coffee, slamming donuts, and trying to recapture the energy and driving rhythm of Bill Monroe and his Bluegrass Boys.*



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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



GRIN. BEAR. SHIVER. REPEAT.

We're almost out of winter's icy woods –
just hold on another minute!

South Side Voice senior reporter Kamari Stevens just yelled at me, “Write your column! Write about how you got beat, because you’re an a\$\$#&@!”

It's late February, and the foul weather seems to be creating tension. We had just played Mortal Kombat II on an old Sega Genesis for around half an hour. He finally won a game. Outside the window, the thermometer reads -3 degrees; with the wind chill factored in, it's colder than a well-digger's hind end.

All of the things that are supposed to make winter pass easy have been used, some to the point of exhaustion. I don't know about you, but I don't

want any more hot cocoa. I see out in my yard a wood pile that has diminished; once proudly above the garage window, it's now so small I'm half afraid the howling wind will blow it away. And sledding? Forget it. Sledding in these sub-zero temperatures would be akin to going bob-sledding.

I want to go fishing.

I want to sit in my yard.

I want my dog to stop laying guilt

trips on me for not taking him to the park. Roscoe, if I told you once, I've told you a thousand times: It's colder than a well-digger's hind end, and if you keep licking the barbecue grill, your tongue is going to freeze to it.

Folks, we're in the final stretch. That stupid rodent Punksawwhatever Phil has no idea what he's talking about: winter is almost over. Soon we will all be back out

in our yards, turning over our garden soil, drinking pitchers of sweet tea and hollering at birds. (At least, that's what I tend to do in the spring.) We'll all find ourselves a good tin roof or an awning and listen to the spring rainstorms in the early evening, while the sun is still out, and after they've drizzled themselves out, we'll listen to the

peepers sing to us from the trees.

We're almost there, folks. I think I'll go bring the Coppertone up from the basement now, as soon as I'm finished with this column.

Or, on second thought, maybe I do want just one more cup of cocoa.

Good luck, neighbors. We're almost there!

Folks, we're in the final stretch. That stupid rodent Punksawwhatever Phil has no idea what he's talking about: winter is almost over.

Regards,

David S. Lewis

EDITORIAL:



FROM YOUR REPRESENTATIVE:

PREPARING SOUTH SIDE HIGH SCHOOL STUDENTS FOR TOMORROW'S JOBS

By Ohio Representative Michael Stinziano

The Ohio Association of Career Colleges and Schools, in cooperation with my colleagues in the Ohio General Assembly and 30 participating career colleges and schools, including, here in Columbus, Fortis College, the Ohio Business College, the Unique Services Logistics Career Academy, the Chamberlain College of Nursing, and the American School of Technology, is offering more than 220 scholarship opportunities valued at over \$1 million to any current high school senior graduating from any high school in Ohio this year.

The scholarships provide for post-secondary training for students interested in pursuing careers in Accounting, Business, Computers, Criminal Justice, Dental Assisting, Electronics, Medical Assisting, Nursing, Paralegal, Technology, Veterinary Technology, Visual Communications, and others.

These scholarships are available to any current high school senior graduating from any Ohio high school by June of this year. Applicants need only a “C” average or better to apply, and students do not have to demonstrate financial need. Each applicant must be nominated by a current member of the Ohio Legislature. Scholarship recipients must be able to meet the college or school's entrance requirements.

Each applicant is eligible to apply for up to three scholarships, but must use a separate application for each scholarship. The scholarship recipient must

start classes either this summer or this fall term. Scholarship funds may be used for tuition, books, lab charges, and student fees.

The deadline for submitting applications is April 10, 2015.

Complete information about available scholarships and how to apply is available at www.oaccs.squarespace.com; go there and search for “legislative scholarship”; or by contacting me at (614) 466-1896. Please be sure to read and follow directions on how to apply carefully.

There are 275 licensed career colleges and schools in Ohio granting degrees, certificates and diplomas, which provide professional, technical, career-specific programs in more than 200 occupational areas.

Career colleges and schools are privately owned and operated and not supported by any federal, state, or local tax money. All career colleges and schools are licensed by the State of Ohio, overseen by the Ohio State Board of Career Colleges and Schools, and approved by the U.S. Department of Education.

According to the U.S. Department of Education's Integrated Postsecondary Education Data System, career college students account for about one-third of all health and computer majors, two occupations projected to be among the fastest growing jobs in Ohio through 2016.

Also, approximately 76-percent of graduates from career colleges and schools find jobs in their field of study within 90 days of graduation. ♦

JANUARY/FEBRUARY COMMUNITY EVENTS



MARCH 5 AND APRIL 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.

MARCH 1 AND APRIL 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.

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

MARCH 1, 2 AND 3

LENTEN MISSION ON "THE JOY OF THE GOSPEL"

4-5:30pm on March 1, 7-8:30pm on
March 2/3 at Corpus Christi Center of
Peace, 1111 E. Stewart Ave

Through spoken word and song, Fr. Rod Damico will lead this special Lenten reflection series on Pope Francis' work "The Joy of the Gospel."

ALL are welcome!

Call 443-2828 for more information

MARCH 4 AND APRIL 1

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

MARCH 4 AND APRIL 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.

MARCH 4 AND APRIL 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 separate meeting room at Scrambler Marie's.

MARCH 4, 11, 18, 27
AND APRIL 1

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM

1:30-2:30pm at Barack Recreation Cen-
ter, 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 the month.)

MARCH 5

MOVIES THAT TOUCH OUR HEARTS: TAPPED

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

Is access to clean drinking water a basic human right or a commodity that should be bought and sold like any other article of commerce? This film examines the big business of bottled water. It's a behind-the-scenes look into the unregulated and unseen world of an industry that aims to privatize and sell back the one resource that ought never to become a commodity: our water. Please register online at cccenterofpeace.org, or call or email to reserve a bowl of popcorn and your seat for this powerful film!

Contact us at 614-512-3731 or
corpuschristicenterofpeace@gmail.com

MARCH 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 corpuschristicenterofpeace@gmail.com for more info or to register

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.

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 corpuschristicenterofpeace@gmail.com for more info or to register

MARCH 14**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.

MARCH 19**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

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

MARCH 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

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.

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
614-445-8582
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!

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@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.

TIPS *from a* TEACHER

READING TO YOUR CHILD, READING WITH YOUR CHILD

By Ted Otting

This is the first part of a three-part series oriented at teaching your children to read faster and with more comprehension. Reading is a critical skill and is best emphasized in the home, but many parents aren't equipped with the fundamental training, and may not know the best way to read with their child; this series hopes to instill a love of reading and to provide parents with a stronger bond with their children, ultimately increasing their performance in the classroom and in the world.

Reading: It's the basis for all learning. Unfortunately, too many children struggle with reading and this basic need is often overlooked until the child falls behind. In this series of articles I hope to use my experience in the classroom to offer parents simple activities that can help their children succeed in reading, whatever their grade level is, and learn to enjoy it.

In elementary school, a common phrase heard in parent/teacher conferences is "read to your child." While simple enough, reading to a child is not going to make them a better reader. Instead, they need partnered reading. Read children something they are interested in (children's books, comic books, or magazines) for at least 15 to 30 minutes each day. Read the same story or article every day for a week.

Early readers practice learning letter sounds and blends (the sounds groups of letters make like 'th', 'is', or 'at'). While reading, trace the words with your finger so that your child follows the text. This allows your child to see letters and words as they are read. By reading the same material for a week, your child will begin to develop a 'sight word' vocabulary and learn to recognize words by the grouping of the letters. Adults don't sound out 'the'; it's a word read so often

it's recognized automatically. This is called 'fluency' or reading without pausing over every word. During the week your child will begin to remember parts of the story. Encourage them to say aloud the words they know, and quiz them on the bigger words and blends in the writing.

Children eventually grow out of being read to, but even in middle school reading aloud with an adult is important. At this level, chapter books are recommended, but they still have to catch the child's attention. If they are reading below grade level, there are books known as 'high interest, low level' that are written to be interesting but readable. You can ask for these at libraries and bookstores.

Students should read aloud and still follow the 15-30 minute rule. Listen and follow along to correct mispronounced words or confusing parts. In late elementary/early middle school, students learn the tougher blends such as 'ph' making an 'f' sound, or "-ough" making an 'oo' sound.

Also, have your child learn a new word a week. They can get words from their weekly spelling list or student dictionary. Use the word for the week in conversation to help memorize it and remember how it's spelled. Children love to show off and this gives them a chance to 'be smart' in front of others.

After fluency, the next step is comprehension or understanding what is read. The key is reading to and with your child as much as possible, in the grocery, traffic signs, or posters. Whenever and wherever is an opportunity to learn!

This series will be continued for the April and May issues of The South Side Voice, and will culminate in a summer reading challenge. Get reading! ♦

"SPRING INTO ACTION" EVENT TO HONOR CARRIE GARNES

Looking to the past for inspiration for the future *By Jim Griffin*

THE COMMUNITY ENGAGEMENT COMMITTEE IS HOSTING "SPRING INTO ACTION - A CELEBRATION OF SOUTH COLUMBUS" TO TAKE PLACE ON SATURDAY, MARCH 21, 2015 FROM 10 A.M. TO NOON AT SOUTH HIGH SCHOOL. This event will highlight past, present, and future plans for South Columbus, especially

the boundaries that make up the Columbus South Side Area Commission. The event is free and open to the public.

A major highlight of "Spring Into Action" will be the presentation of the first annual Carrie Garnes Award, which will honor a South Columbus civic leader who embodies the accomplishments, traits, and spirit of Mrs. Garnes.

The Carrie Garnes Award will be presented by her daughter, Donna Bates. In addition, Councilperson Jaiza Page will share her thoughts on the exciting future of South Columbus. This event will also include an update on the plans and accomplishments of the Columbus South Side Area Commission. In addition, "Spring Into Action" will highlight the many business-

es, organizations, and most importantly, the residents that make South Columbus the best place to live, work, and raise a family. ♦

For more information on "Spring Into Action", contact Jim Griffin, Chair, Community Engagement Committee at www.jegriffincmh@gmail.com or 614-260-5321.

South High Bulldogs Earn Their Pedigree

3rd ranked team play for more than just wins

By Kamari Stevens

Even though Ramon Spears has been coaching the South High Bulldogs Boys Basketball Varsity Squad for five years, he'll be the first to tell you he is not a basketball coach.

"I consider myself a life coach more than anything else. I'm teaching way more life lessons than basketball," said the South High Alum, class of 1988. "When I do get the chance to teach basketball it's a beautiful thing."

Spears and the Bulldogs have been piling up wins, posting three consecutive winning seasons. They recently wrapped the regular season with a 16-6 record (9-5 in conference play) which led to them being ranked 3rd by the Dispatch and getting a bye in the upcoming city tournament. Boasting a young roster, featuring only two seniors, the Bulldogs faced adversity at the beginning of the season.

"This year has been more difficult than any year. A lot of the guys were superstars on JV, or role players on Varsity last year, and now they're taking that step to become leaders on Varsity," said the coach.

Spears said the first six games were a challenge, but after a big win against Bexley, the team started to buy into playing together, instead of individually.

"Everybody wanted to be 'The Man,'" he said.

"Myself and the staff just continued to teach and coach and mentally stimulate these kids, that they weren't going to win it by themselves."

They finished the season 12-2. Spears attributed the marked improvement to "a lot of running, yelling, and cussing."

The Bulldogs are now set to face the winner of Bexley vs. Marion-Franklin on March 7th at South High. Running and cussing alone weren't the only ingredients to the Bulldogs success; the community also played an important role, according to Coach Spears and his players.

"We focus on bigger things than just us," Spears said. "We dictate the building, we win, we play hard, we play for the school, we play for the community and not ourselves... and everybody goes home happy."

For the past three years, Spears has seen a boost of community interest in regards to the Bulldogs. Parents and fans alike are purchasing South High apparel. One shirt that reads "South High Vs. Everybody" is popular amongst the players.

"Everybody thinks that the South Side is nothing, so it's South vs. Everybody when we're on the court," said junior Tamal Watkins, a point guard.

The perception of South High is very important to Spears and his squad. They are familiar with the negative stigma that surrounds the school and the area, but they are determined to quiet the naysayers.

"People look down on us, they think we're just bad, ghetto kids that came off the streets," said junior Dajour Taylor, who plays center. "When we play on the court, we want to change people's mind. We don't want to carry that bad vibe [associated with the South Side.]"

The shift in the players attitude's can be traced back to Spears.

"[Coach Spears] has had a big effect on us. If we don't have anywhere to go, we can go to his house. He'll give us food, if we're hungry," said junior Daevon Taylor, a wing player.

"He teaches us how to be young men and be responsible for our actions," added Watkins.

Spears said that the team has one motto to remember: "Character is doing the right thing when no one is watching."

And he acknowledges the adversity that he and his team both have to face.

"To do this job, you have to be mentally strong, and you have to prepare these kids to be mentally strong," Spears said. "Most of [my players] are taking care of themselves."

Even with all these hurdles, the Bulldogs are focused on continuing to win games and change minds.

"This is not the same South High School that people think of, where people are running around and fighting," said Spears.

"[South High] is no different than the Eastmoors, the Centennials, the Walnut-Ridges and Marion-Franklins. No difference." ♦



ABOVE: Bulldogs Head Coach Ramon Spears directs a player during an inbound against the West High Cowboys on February 6. The Bulldogs routed the Cowboys 73-50.



BELOW: Coach Spears and players (l-r) Junior Daevon Taylor, Junior Tamal Watkins and Sophomore Dez Robinson watch film of early season game against Bexley.





**MANDY'S
HEALTH
CORNER**

Fits to a **TEA**

By Mandy Fowler

"T here doesn't seem to be a downside to tea," says Katherine Tallmadge of the American Dietetic Association. Incorporating healthy beverages into your everyday routine is just as important as the food that you eat. Drinking herbal teas can be a benefit to the mind and body. Teas have a lower caffeine levels than those of soft drinks and processed juices. The compounds in teas contain positive antioxidants called "flavonoids" that promote heart health and cancer prevention.

This ancient beverage has many health benefits, but what's the difference between all the colors?

GREEN TEA: (made with steamed tea leaves) promotes positive bladder and breast health, in conjunction with promotion of lung, stomach, colorectal and pancreatic health. Studies have shown that drinking green tea reduces the risk of neurological disorders such as Alzheimer and Parkinson's. Anti-inflammatory properties are also found in green teas.

BLACK TEA: (made with fermented tea leaves) Although black tea contains the highest caffeine content than that of other teas, studies show that properties found in black tea have been found to protect the lungs from damage caused by exposure to nicotine.

WHITE TEA: (made with uncured and unfermented tea leaves) White tea is loaded with antioxidants, and is the most powerful against fighting immune disorders.

HERBAL TEAS (such as African red tea, or "Rooibos") While not teas at all, these beverage allow you to access powerful and healing herbals that have been used by ancient cultures for centuries. Other helpful herbal teas include mint (great for digestion), chamomile (a relaxing flower tea that is perfect for unwinding before bed), and sage (incredibly refreshing when iced, and known by many cultures for its purifying properties.) ♦

A TINY FARM IN YOUR KITCHEN

With your own "back forty" in your kitchen, you can eat fresh, tasty greens year round!

By David S. Lewis

I learned this amazing trick from Ohio fly-fishing guide, traditional archer, and all-around naturalist, Andy Jensen, of Clintonville.

I noticed Andy eating fresh sprouts on the sandwiches he brought from home for lunch nearly every day. Sprouts, the seedlings grown from small greens seeds such as turnip, radishes, and small beans, are extremely healthy, with abundant protein as the tiny plant uses the energy stored for its growth in the seed. But buying sprouts from the grocery store can be expensive. Andy's trick? Grow them yourself – and with almost no effort, and very low expense!

1. Purchase seeds for whatever sprouts you wish to grow. Andy's sprouts are a delicious blend of radish, turnip, and small beans; they are crunchy, fresh-tasting, and just a little spicy; he just mixes them all together and stores them in a cool, dry place.

2. Cover the bottom of a mason jar (an clean spaghetti sauce jar works fine, too.)

3. Fill the jar half full of filtered water (chlorine can inhibit growth, as well as affect the taste of your sprouts; a Brita is a great solution, as is covering a container of tap water with a towel and allowing it to sit overnight.) Cover the jar with a piece of clean nylon hose and rubber-band it in place.

4. Let the seeds soak a few minutes, and then pour out the water through the nylon hose. (Tapping the hose from underneath makes it drain faster.) When the water is drained off, tap the jar firmly on the counter, so all the seeds fall back to the bottom of the jar. Place in a well-lit window.

5. Every day, repeat the process, filling the jar with water, draining it, and then tapping the seeds (soon to be sprouts!) on the counter. Try to do it around the same time every night.

6. Within a few days, the sprouts will be from 1 inch to 2 1/2 inches long – that's when they're ready to eat! Take them straight from the jar, rinse carefully in filtered water, and spread on a paper towel to dry. Punch a few holes in a plastic container, fold up a paper towel and place in the bottom, and place the sprouts on top. They will keep up to a week in the fridge this way, but they are best eaten fresh.

7. To ensure you have a steady supply of this healthy green (even throughout winter!), you can stagger your plantings, running two or more jars at a time. Start a jar, and then start another jar two days later; that way, you can always enjoy fresh, healthy vegetables at home! Sprouts are great on sandwiches, salads, wraps, as a topping on eggs, or even eaten straight out of the jar. ♦



Potential cell tower going up on South Side

Verizon Wireless looking to set up shop behind Corpus Christi Center of Peace

By Kamari Stevens

PLANS HAVE BEEN PUT IN MOTION FOR WIRELESS COMPANY AND CELLULAR MAGNATE, VERIZON WIRELESS, TO BUILD A CELL TOWER IN THE RESIDENTIAL AREA OF THE SOUTH SIDE, specifically at Corpus

Christi Center of Peace, located on Stewart Avenue. The cell tower would increase the capabilities and quality of service Verizon is able to provide. Currently there doesn't seem to be a firm timetable as to when the decision will be determined. Verizon and their contractors have scouted the location and have discussed their plans with the City of Columbus. Anita Davidson, Coordinator for Corpus Christi, replied in an email that she is unable to discuss any specifics of the potential tower.

"[A] decision hasn't yet been finalized," wrote Davidson, adding, "The process for something like this is incredibly slow and methodical." She also mentioned that, prior to any construction, all parties will be meeting with local civic associations, such as Deshler Park and SouthSide C.A.N. to discuss the tower's implications and answer any questions or concerns regarding the issue. In addition the request must be voted on by the Columbus South Side Area Commission's Zoning Committee and the full Commission before any recommendations are made to the City of Columbus. As this story progresses, the South Side Voice will provide details regarding the tower as they emerge.