

115 S. GIFT STREET
COLUMBUS, OH 43215
NOVEMBER 2015 | ISSUE 21



PAMA LOOKING FOR ENROLLEES IN PAID FOOD STUDY

Case Western University to study food and eating habits of South Side residents

By David S. Lewis



Is there enough healthy food available on the South Side? And, if there were, would people buy it?

Those are some of the questions that a unique program, driven by Case Western University and the Parsons Area Merchants Association, hope to answer over the course of a two-year food habits research project. The study will compare eating and food-shopping habits of people living on the South Side with an area in Cleveland that, while similar, is constructing Hub 55, a “food hub:” a multi-million dollar facility aimed at making fresh food easy for area residents to find. The university will look to see how food habits change in the Cleveland neighborhood, while also looking at Columbus’s South Side to determine how much of the change is due to the new Food Hub.

Bob Leighty, long-time South Side activist and Executive Director of PAMA, was approached by researchers who wanted to know whether the South Side would like to participate in a food-habit study that would parallel that of Cleveland’s St. Clair Superior neighborhood, an area similar to the South Side. He immediately saw the value in researching how residents buy food – both in terms of their health and access to food, and to provide area businesses with information that might help them, too.

“PAMA’s work in South Columbus is similar to how the St. Clair Superior Development Corporation works in Cleve-

Continued on page seven

THE FOOD ISSUE:

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

**POWERFUL FOOD
STRATEGIES
FOR MORE ENERGY**

pages 6–7

**FEED THE PEOPLE CONCERT
WILL HELP SOUTH SIDE
FAMILIES IN NEED**

page 8

AND MUCH MORE!

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FROM THE EDITOR



If you're not sure whether you're too poor to make a donation, I propose a simple test: If you are not getting food from the food pantry, you should be donating to it. It's a simple way to help your community at a time of year where scarcity of food stings the worst.

EAT UP, FOLKS

ACCESS TO QUALITY FOOD SHOULDN'T BE A PRIVILEGE OF THE WEALTHY

Thanksgiving is easily my favorite holiday. I remember thinking it was boring as a child: no ghosts or goblins, and no new toys – just a big meal. Whoop-ty doo.

Now I look forward to that turkey and all its buttery, savory, delicious pals for over a month. (In fact, my stomach let out a hearty snarl, just writing about it.)

I'm not the world's most outwardly affectionate person – I'm not a hugger, for instance, and I probably don't give the people around me enough verbal affirmation. When I cook you a meal, that's my only real way of saying, *hey, you're important to me*. I look at food and eating as the foremost obligation we have to ourselves: it's an essential bridge between our consciousness and the universe we live in. You take the energy of another thing that was alive, plant, vegetable, or fungus – and your body takes the energy of the other organism and transforms it into energy for you. Eat up, because one day you, too, will be taken back by the planet from which you dined; it will return the favor and your energy will be received by new organisms and this is how the world works: eating is the most important thing you can do.

Maybe I'm getting a little gusty; I might just be getting hungry. Perhaps I should order a pizza so I can stay one with the cosmos.)

Unfortunately for many, this time of year just throws the dark reality of poverty into

sharp relief, and the South Side is a place where too many families simply don't have enough to eat. While I'm buying \$4 eggs because I think "cage free" means something, they're buying what they can afford – and all too often the cart isn't full enough to feed their family when they wheel it to the register.

This issue of the South Side Voice is all about food. This month's front page story details an exciting study that will help researchers understand our access to food better, and that information will be used to find new ways to improve that access so it's easier for families down here to get the food they need to keep their families healthy. We are also excited about the South Side Community Ministries food pantry fund raiser, a concert that is sure to be a good time and the proceeds of which will go to buying food for families in need. Everyone feels like their pockets are a little shallow this time of year, but it's important to make sure our neighbors are having their needs met. If you're not sure whether you're too poor to make a donation, I propose a simple test: if you are not getting food from the food pantry, you should be donating to it. It's a simple way to help your community at a time of year where scarcity of food stings the worst.

While the foodNEST survey is an exciting idea, even if you don't plan to enroll in the study, you might benefit from conducting a

food study of your own. I challenge you, the reader: for the next month, keep a list of every food item you buy, and look it over before you go shopping in December. That list can help you understand what you are buying the most and it will allow you to edit your pantry before you go to the store, as well as keep an informal eye on the kind of food you are buying. (For example, if over half of the items purchased are potato chips and other fatty, processed snack food, you should probably try to replace at least some of those purchases with a healthier alternative. Like a vegetable.) We'd love to hear the results; if you gain any insight that you think would be helpful to your neighbors, please let us know, and we'll print what you learn in the December issue.

Also, while I'm asking for so much this month, let me ask for one more thing: give us the recipe to one special dish that your family always makes for the holidays, a special side or dessert or casserole that you just can't do without. We'll print that in December, too.

Thanks folks, and have a great Thanksgiving. Remember to donate – you wouldn't want to be hungry. No one should go without eating in a country this wealthy.

Regards,

David S. Lewis

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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 Boys and Girls Club of Columbus, which is the presenting organization.

While presented by the B&GCoC, this newspaper shall be made available at no charge to any South Side resident or person with a substantial interest in the South Side. The availability of this newspaper in electronic format on the All Things South website is considered adequate availability for all residents outside the Southern Gateway Planning Area (approximately 3,100 households in Reeb-Hosack/Steelon Village, Hungarian Village, South Merion Village, Stambaugh-Elwood, Deshler Park 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.

SETTING THE BAR (on) HIGH

Q&A WITH BAR 7'S CISNE MARIE EDWARDS *By David S. Lewis*

CLASSIC COCKTAILS AND INNOVATIVE LIBATIONS AT YOUR NEIGHBORHOOD WATERING HOLE

Since Bar 7 opened last year, it has provided its Merion Village neighborhood with an unexpectedly hip neighborhood joint. The small patio allows customers to sit out and watch the traffic on South High Street, while the interior offers free pool, free darts, live music and open jams, and flat-screen televisions with the game on.

And of course, there are the drinks. In addition to a great selection of local, regional, and national craft beers (as well as your standard domestic offerings), Bar 7 prides itself on being a high-end cocktail oasis in its humble South Side digs. Much of the responsibility for these liberated libations is due Cisne Edwards, the bar's chief mixer and manager. She sat down with the South Side Voice to talk a little about the new bar's vibe and immediate success.

Is bartender your "job" or is it what you want to do long-term?

I genuinely enjoy bartending, it's a great 'office' to come to everyday. As for the long term, the bar business has my heart; I may not always be a bartender but I will be involved in the bar business in some capacity.

What is your most important short-term goal as a bartender?

I enjoy making people smile, entertaining and impressing people, making a bad day go away, getting people 'out of their phones' and engaged in healthy conversation.

Let your imagination run wild: what do you see as the pinnacle of achievement, your highest goal, as a bartender?

I crack a smile every time a stranger walks in and says, "I heard about these drinks that you make." But more than name recognition or attention, I feel the greatest sense of achievement when people say they were coming in for just one, and end up staying until close, or when they tell me they haven't had this



much fun in a long time, or call me the next day to thank me for taking their keys and putting them in an Uber at the end of the night.

What's your favorite classic cocktail and why?

I have to say, I love making fresh mojitos. I hear and read so many things about what a pain in the ass they are, but I welcome the opportunity to make one any time and often try to talk people into them. I love them because you have to put some love into them, and if you have been in to the bar and you know us, we are muddling maniacs.

What seems to be the most popular cocktail at Bar 7?

I wouldn't say that we have one particular popular cocktail. People seem to really enjoy the cocktails that we come up with. We involve our patrons in our cocktail 'research and development,' and I think it makes them feel special; it is a fun and exciting way to involve them. I think if you want to make a good cocktail, you have to find out what people like!

The bar is a very community-oriented place, and while some folks come a ways to get there, it seems as though a majority of your customers live in the area. Is it better that way, or would you like to see more people view Bar 7 as a "destination bar" than currently do?

Yes, a majority of our patrons live in the area, and can walk to our bar in fact, and I love that. However, as people bring their friends from other areas, we have retained their patronage as



well. We have patrons that travel from as far as Worthington and Lancaster to see us, and I consider that to be the utmost compliment. I don't think we need to be labeled one way or the other; everyone is welcome through our doors.

Lots of folks think that having a bar in the neighborhood brings an undesirable element, but something about the vibe at Bar 7 seems to preclude you from that. There's a very amiable atmosphere, and trouble doesn't seem to often rear its head. What do you think factors into that atmosphere?

The community has for the most part been very supportive of our bar, and for that I am incredibly thankful. I see the bonds of this community strengthening, friends meeting new friends, friends running into old friends, neighbors better getting to know neighbors. It's a beautiful thing, something to be protective of. I also work very hard to make sure that our bar is a clean, safe place and that people maintain a level of respect and decorum with one another.

Why do you think it's important to have local brewers and local spirits featured at the bar?

I think local businesses, breweries, distilleries etc. should absolutely celebrate and showcase one another's products and individuals. In bars and restaurants specifically, we are not one without the other. A local identity is a really powerful thing; it symbolizes strength, pride, belonging and even has the power to heal by bringing people together and taking the critique off of each other and promoting a more collective and constructive focus. I've seen it firsthand in our bar, different people from all over the Southend coming together – interacting and communicating with each other. And what better outlet then through brews and spirits! Should we all not drink and be merry? ♦

NOVEMBER COMMUNITY EVENTS



NOVEMBER 24
IMPLEMENTATION FOR
THE SOUTH SIDE HOUSING
STRATEGY MEETING

7:00 – 8:30 p.m. , Parsons Village Senior Housing 1854 S Washington Street

All are Welcome – Come Get Involved.

NOVEMBER 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.

NOVEMBER 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 separate meeting room at Scrambler Marie’s.

NOVEMBER 4

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.

NOVEMBER 4

SOUTH SIDE
NEIGHBORHOOD PRIDE
CENTER TEAM

1:30-2:30pm at Reeb Avenue
Center, 280 Reeb Avenue

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 fourth Wednesday of the month, and no meetings the fifth Wednesday or Friday of each month.)

NOVEMBER 4

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

NOVEMBER 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.

NOVEMBER 5

MOVIES THAT TOUCH
OUR HEARTS FILM SERIES

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

This month’s film is *Breaking Down the Box*, a film by the National Religious Campaign Against Torture. It examines the mental health, racial justice and human rights implications of the systemic use of solitary confinement in U.S. prisons. Following the film will be have a conversation led by Wendy Tarr of the Society of St. Vincent DePaul’s project “Restored Citizens and Communities for Change”; also joining the conversation will be a former resident of “The Box” who will give us a first-hand personal testimony of that experience, as well as others who have had family members in solitary for extended periods of time. It’s time to reform our broken penal system.
Please call or email to reserve a bowl of popcorn and your seat for this important film!
Call 614-512-3731 or corpuschristicenterofpeace@gmail.com or register online at cccenterofpeace.org

NOVEMBER 9

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.

NOVEMBER 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 corpus-christicenterofpeace@gmail.com for more info or to register

NOVEMBER 14

6TH ANNUAL SSCM FOOD
PANTRY BENEFIT CONCERT

Feat. Donna Mogavero, the Klatt Bros.
Band, and Throat Culture

7pm at St. Paul United Church of Christ, 225 E
Gates St. 43206

This amazing show, in its sixth year, helps raise funds for the South Side Community Ministries Food Pantry, which has given away tons of fresh food and produce to needy families for over 30 years. More recently partnered with Columbus Castings for the bi-monthly Fresh Produce Giveaways, this organization needs your love offering (which is coincidentally the only cost to you for this amazing performance!) Get out there and show your neighbors some love this holiday season.

NOVEMBER 16

SUBSTANCE ABUSE SOLUTIONS
COMMITTEE MEETING

6:00 - 7:00pm at Resurrection Community
Baptist, 258 Hosack St.

Please join this energetic committee as we work to resolve this issue in our community collectively. New members welcomed.

NOVEMBER 18**COMMUNITY ENGAGEMENT COMMITTEE MEETING**

6:00-7:30p.m., Mt. Carmel Baptist Community Church, 608 Stambaugh Ave.

Join civic leaders & community residents in promoting unity in the community.
New members welcomed.

NOVEMBER 19**COMMUNITY DINNER AT BARACK COMMUNITY CENTER**

5:00 pm at 580 Reeb Avenue

Sponsored by Barack and Gospel Lighthouse Church
- All are welcome.

NOVEMBER 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

NOVEMBER 21 (AND DECEMBER 19)**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. **(CHANGE: The Center Prayers meeting will now be on the third Saturday of each month; it used to be on the first. – SSV Staff)**

NOVEMBER 21**CSSAC EXECUTIVE COMMITTEE**

9-10am at South Side Roots Cafe, 280 Reeb Avenue

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.

NOVEMBER 22**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.

NOVEMBER 24**COLUMBUS SOUTH SIDE AREA COMMISSION (CSSAC) MEETING**

6:30-8:00pm at Reeb Avenue Center Gym, 280 Reeb 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

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

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, 258 Hosack, Social/food 6:30 – 7:00 p.m.

Merion Village

Tony Roell, President

anthonyroell@gmail.com

Meetings held first Wednesday of the month, 7:15-8:30 p.m. at St. Paul's Church, 225 E. Gates, following Block Watch meeting at 6 p.m.. 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 562 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.

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.

Vassor Village

Kelly Coate, President

remaxpckellycoate@aol.com

Meetings held first Wednesday of each month at Barack Recreation Center 580 Woodrow Ave., Block Watch at 6:30 p.m. Meeting starts at 7:00 p.m. www.vassor-village.webs.com

Innis Gardens Village

Brenda Cummings, President

bndbhealthy@yahoo.com

Meetings held the third 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, 6-7 p.m. at Southeast Apostolic Mission, 1505 Deshler Avenue. Everyone is welcome to join us at our Civic Association meeting. Attend and hear about the great things taking place in our neighborhood!

Stambaugh-Elwood

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

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.

Thurman Square

Deb Roberts, President

614-228-1868

mzdoodah@gmail.com

Meetings held the third Tuesday at the Parsons Avenue Library from 6:30 –8:00 p.m., www.Facebook.com/ThurmanSquare

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

SOW HEALTHY SEEDS FOR HEALTH



Popcorn and sunflower seeds are two powerful allies in the fight against disease – and they’re delicious, too!

By Mandy Fowler

POPCORN: THE ANCIENT, MYSTERIOUS, HILARIOUS, AND HEALTHY SNACK. Corn is one of humanity’s earliest agricultural success stories. We have a hard time believing the First People had ethanol in mind as they took the tiny-cobbed wild corns they found and developed them into the full-eared, high-as-an-elephant’s-eye mega-crop of today – they were probably just trying to figure out what to eat at the shadow-puppet shows, the pre-cursor to the modern movie theater. But there’s more to the kernel than meets the eye:

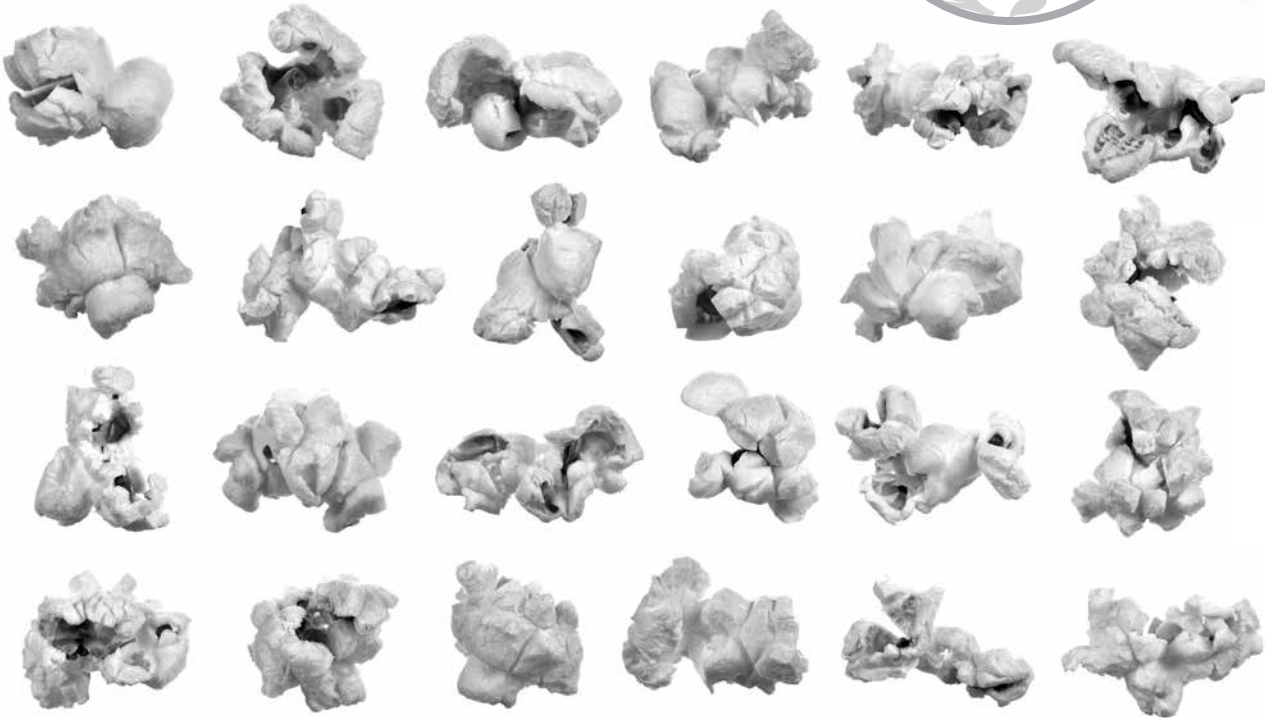
The earliest evidence of popcorn was found in New Mexico in a ‘bat cave.’ Native Americans not only ate popcorn by laying an oiled cob onto the fire and chewed the popped kernels off the cob: they also used popcorn in headdresses and decoration.

In 1855, Charles Cretors developed the first popcorn popper. The business is still in production today, and movie theaters and vendors all over the world use their machines.

Native Americans believed that a spirit lived inside each kernel of the popcorn; when heated, the spirit grew angry and eventually burst out of its home and into the air as a puff of steam.

Popcorn was enjoyed by many cultures for over 6,000 years, including the Peruvians and Indonesians. It was not until the late 19th-early 20th century that popcorn became readily available in parks, where it was commonly sold by street vendors. Today, the average American eats nearly 70 quarts of popcorn a year. Nebraska, Illinois and Iowa produce most of the world’s popcorn kernels.

And, unless drowned in butter or obliterated in cheese powder, popcorn is actually pretty healthy. Popcorn regulates blood pressure by lowering cholesterol levels; its fiber content improves digestive functions; has shown positive results in protecting against osteoporosis; has been shown to aid in the prevention of premature aging and inhibit cognitive decline; and has even been identified as a weight-loss aid.



TYPES OF POPCORN:

BUTTERFLY KERNELS: comes in many varieties- the most common kernels are yellow and white (this is the type of popcorn that most commonly found in grocery stores) -The white kernels produce fluffier popcorn than the yellow, and has a milder corn taste.

MUSHROOM KERNELS: these kernels are less tender than the butterfly kernels and have a stronger corn taste. Red, Blue, Black and Purple are considered exotic types of popcorn.

DOS AND DON'TS:

DO NOT buy microwave or movie theater popcorn; the additives that are in prepackaged popcorn do more harm than good and do not contain the health benefits of natural popcorn.

DO NOT load on the extras. Butter and salt are okay, but in small doses. Although best when plain, try a healthy herb mix in place of butter and salt. Some healthy options include parmesan and oregano, sea salt and cracked pepper or step it up with chili power and squeezed lime. Vegit is another salt-less herb mix that tastes great on popcorn.

DO remember the golden rule of popcorn; 1 oz of kernels is equal to 1 qt of popped corn.

STOVETOP INSTRUCTIONS:

On a range in a 3-4 qt pan with a loose lid (allows steam to escape), add enough kernels to cover the bottom of the pan use 1/2 cup of unprocessed oil for every 1 cup of kernels. DO NOT USE BUTTER! It will burn and scorch at the temperature necessary to pop.

Heat oil to 400-460 degrees. (If it smokes, it is too hot.) Test by placing a few kernels into the pan; if they begin to dance, the oil is ready, add the rest of the kernels to the oil, cover pan with lid, and shake continuously to evenly distribute the heat and oil to prevent burning. When the popping slows, remove pan from heat- the kernels will continue to pop until completely cooled.

POPPING TIPS

USE A POPCORN MAKER
(I found my POP O MATIC at Goodwill for \$5.00) or on the stovetop in a 3-4 qt pan.

USE UNPROCESSED OIL AND UNPROCESSED POPCORN KERNELS
(found at most grocery stores for under \$3.00 for a pound or more)

MAJESTIC FLOWERS WITH HEALING POWERS:

The stately sunflower dominates gardens, adds a pop of color to porches, and has been cultivated for millennia for its amazing health benefits and great tasting seeds.

TIMELINE OF HELIANTHUS ANNUS:

(Latin for Sunflower)

3000 B.C.- Sunflower were cultivated by the American Indians in present day Arizona and New Mexico

1500 - Sunflower seeds were taken to Europe by Spanish explorers

1716 - An English patent was developed for squeezing oil from the sunflower seed

1769 - Sunflower oil is mentioned in English literature

1830 - Sunflower oil is in mass production on a commercial scale. It was popularized in part by the Russian Orthodox Church because most oil foods were forbidden during Lent; however, sunflower was not

1880 - Advent of an advertising campaign for Mammoth Russian sunflower seeds, the first sunflower Seed Company; most likely started by Russian immigrants.

1930 - Canada started the first official government sunflower breeding program

1950 - Production of sunflowers in North Dakota and Minnesota began

1970 - European demand for sunflower oil could not be met by Russia; Europeans began importing seeds from the United States and crushed them in their factories to make oil

USES:

Early Native Americans crushed sunflower seeds and made cakes, mush and bread. Mixed with squash and corn to make succotash, seeds were also cracked and eaten, roasted and eaten, and squeezed to produce oil. Early non-food uses include: purple dye for textiles and body painting; snake-bite treatment; the oil has been used in skin and hair conditioner; the large stalks have even been dried and used as building material.

HEALTH BENEFITS:

SEEDS- improve digestion, increase brain development and aid in cardiovascular health, includes magnesium, potassium, zinc and iron.
OIL- aids in cardiovascular health and disease prevention, skin and hair moisturizer and protector

The most popular varieties for cultivation are those with grey and white or black stripes; these have a high oil content, protect the heart, are low in sodium and cholesterol. They are also high in B6, thiamin, magnesium, copper and vitamin E – all essential vitamins and minerals for human health.

CULTIVATION

Sunflowers can be grown indoors by planting 3 seeds per a 5 gal container. Regular water and good sun is necessary, too.

TIP FOR HEALTH & ENERGY:

LUNCH IS NOT JUST FOR GRADE SCHOOL

Skipping lunch is
costing you energy

By Mandy Fowler

As the weather changes into colder climates, we as humans experience a natural energy drop, especially midday. Getting those energy levels up to par to get through the workday is important. Far too many of us eat on the go to save time, allowing energy drinks and supplements to replace lunch. When not accompanied with real food, they do more harm than good. Here are some simple (and inexpensive) adult lunches that pack on the protein and energy – not the pounds.

MAIN DISH- Most of us remember mom packing us a classic PB&J; just because you have grown up, does not mean that eating peanut butter is not an option. A simple peanut butter sandwich gives us enough energy to complete the day, are quick enough to make, and easy to eat on the fly.

Another option that's high in protein is hummus, which is a bean dip made of garbanzo beans (also known as "chick peas"), olive oil, and sesame seed paste. It's often made with garlic and other herbs. Scoop this tasty Middle Eastern treat on carrot sticks or strips of bell peppers for a main course that's filling and packed with fiber, amino acids, healthy oils, and more.

Note: While tempting, it is best to avoid cold cuts and other foods high in sodium. Also, whole-grain breads pack in fiber, while standard-issue white bread is largely just empty calories. Just so you know.

SIDE ITEMS- no snack pack pudding in this lunch: a simple cup of applesauce, fresh fruit or even a granola bar is a great accompaniment to any lunch. Homemade popcorn (see Mandy's Health Corner, page 6) is another nutritious, delicious possibility.

BEVERAGE- H2O is essential to the body and brain performance. Forgo the ice pack and freeze a bottle of water to keep your other food items chilled; by the time lunchtime rolls around, your water is ice cold and ready to drink. (Most fruit juices are also freezable...just sayin'.)

Continued from page one

land," he wrote in an e-mail. "We are both community organizations, about 30 years old, that are working to promote economic development for our resident families and neighborhoods. Both organizations recognize the importance and opportunity of improving food security and using food to improve employment and business opportunities in our neighborhoods. Everyone eats, and across the country food hubs and other local food projects are becoming significant drivers for economic development."

The study will enable Case Western Reserve University and The Ohio State University to gather data about "food purchasing habits, gaps in food retail offerings, and the impact of food on our families' health and well-being," according to Leighty. The 2-1/2 year-long study is designed to shed light on how food is purchased and impacts neighborhoods in Cleveland and Columbus. The study is being funded by the National Institute of Health, which enables them to pay volunteers to be surveyed. Those enrolled in the program will undergo a series of three telephone interviews, spaced months apart, with questions that allow researchers to essentially peer into South Sider's kitchens and pantries.

"It's some spending money for the people involved in the study," said Leighty in a telephone interview.

Interested residents must live between Parsons Avenue and Lockbourne Road, and between Livingston and Frebis Avenues, which constitute the boundaries of the study area, and must be English speakers, due to the breadth of the study's questionnaire.

"The idea is to see whether your habits and stuff has changed, and to compare differences between changes in Columbus and the Cleveland area, and to see what, if any, impacts there were," said Leighty. "[The study] will provide information that will be valuable to other, broader efforts to study and understand food available and its ties to community health."

Leighty noted that other such efforts were already in motion: the city and county are planning a food study to span the city, for example. And area non-profit Local Matters conducted a South Side food study in 2014, also partnered with PAMA, which provided some interesting insight as to how and why we buy food.

"Personally, I was very encouraged. It was from that study that we got the idea there'd be support for a fresh food campus," said Leighty of the Local Matters study. "And it confirmed that there's a lot of interest in healthy food education, allowing the different people involved in food production, ways for them to work together."

Leighty also noted that the Mid-Ohio Food Bank has taken over cafeteria operations at the South Side Learning and Redevelopment Center, providing both students and faculty meals comprised of fresher, healthier fare than is typically associated with school lunches.

"Apparently they're fantastic and the kids just love them," reported Leighty. ♦

For more information on the foodNest project or to apply to be surveyed, visit www.prchn.org/foodnest.aspx

FEED THE PEOPLE 2015 CONCERT

SSCM Food
Pantry hosts 6th
annual fundraising
benefitting Southside
families in need

By Linda Langhorst, with
Southside Community Ministries



Feed the People 2015, the sixth annual concert benefitting the Southside Community Ministries (SSCM) Food Pantry, will be held on Saturday November 14th, from 7:00-9:00 p.m. at St. Paul United Church of Christ, 225 East Gates St., Columbus, OH 43206. The concert will feature performances by singer, Donna Mogavero, The Klatt Brothers Band, and Throat Culture.

Donna Mogavero, a singer/songwriter and guitarist, brings audiences beautiful vocals, professional sound, and great live music. She has been performing locally and regionally for over 30 years and is known as a "local legend" in Columbus. The Klatt Brothers Band brings back great rock sounds from the 60's & 70's. Also appearing is special guest, Throat Culture, an "a cappella" performance ensemble. Throat Culture has been a featured act for all six concerts.

Admission is free; however, there will be a passing of the hat to benefit the Food Pantry.

One hundred percent of the donations go directly to feeding the individuals and families in need.

The annual concert, sponsored by the Guitar House Workshop, revs up guests with versions of holiday carols and other fun songs. Pay what you want to hear fine music and support the work of the SSCM Food Pantry, an all-volunteer non-profit organization providing emergency food for Columbus Southside children, adults and seniors in need for over 30 years.

The SSCM Food Panty has responded to a record number of food requests in 2015. Over 13,000 individuals were provided a three-day supply of food last year, and it looks like that number will rise to well over 14,000 this year. While donations of food are greatly needed and appreciated, the sustainability of the Food Pantry relies largely on cash donations. These donations are leveraged by purchasing food from the Mid-Ohio Food Bank. Each dollar donated to SSCM will buy from Mid-Ohio over \$10's worth of food to be distributed to families in need.

The SSCM Food Pantry must raise money to keep up with this increasing demand or face the possibility of reducing the number of days they are open per month, the amount of food provided or closing the current operation until funds are obtained. ♦

QUICK FACTS ABOUT THE SSCM FOOD PANTRY:

1 in 4 children go to bed without sufficient, nourishing food. Columbus' Southside is one of the areas in Franklin County hardest hit by the recession.

Over 1,300 individuals and family members are now being served each month.

Stretch your dollar - A \$1 donation to SSCM Food Pantry equals \$10 worth of groceries from Mid-Ohio Food Bank, the major supplier of our food.

All donations are tax-deductible.

This is an all-volunteer operation - no one is paid.

- EDUCATION COLUMN - WHAT WOULD YOU LIKE TO DO?

Using choice to improve student accountability

By Ted Otting

Recent topics in this column have been the idea of accountability and student responsibility for academic success. Easy to discuss, but hard to create. There is a method, though, that teachers are using to develop accountability in a way students don't see coming, a technique that works with all age groups: offering choices.

As adults, we demonstrate responsibility by making choices between what needs our attention and what doesn't. An indicator light comes on in the car. Ignore it, and hope things go fine, or take the car to a mechanic. A light bulb goes out in the kitchen. Change it, or eat in the dark. Simple examples, but instances when the choices we make have an impact. These examples teach responsibility. If the problem with the car is left unchecked, it can be costly, or keep us from taking care of other obligations. If the light stays out, accidents can occur. Just as adults learn from choices made, we have to create and/or use situations that require choices to teach students the responsibility we want them to have.

Choices offered to students typically come in two forms: Behavior and Consequences, or Academics. Behavior and Consequence usually occur in elementary and middle school. When I had students in my office for bullying, small arguments or minor fights, often they were upset because they expected the worst. Instead I offered a choice, "What do you think should happen?" Most times students offered appropriate consequences: "I need to apologize" or

"You need to call home." Other times more unique ideas were offered up: "I should make him a cupcake." If this didn't work or the student was uncooperative, I would explain the consequence, why it was received, and the choice they could have made. At home and at school, offer choices for problem behaviors by letting students choose consequences based on their behavior. Ask, "How serious was this?"; "Why?"; and, "What should the consequence be?" If they don't respond, offer one more choice, "You either lose your phone for a week or are grounded. Which will it be?" Whatever the outcome, the student owns the consequence.

In late middle/high school, academic responsibility becomes more important. The same technique is used when confronted with poor grades. First, ask the student why they think the grades are poor (they will usually know the answer). Next, ask them what their game plan is for making change. They may need advice at this point, but let them guide the plan.

Finally, offer the choice. What are they going to do differently or give up in order to make the plan work? Video games? Time with friends? Whatever the plan is, it will require more dedication, and rather than a parent or teacher making the choice, let the student decide how it will affect his or her schedule.

Offering choices not only teaches responsibility but it invests students as they feel ownership in the outcome of whatever is being asked of them. ♦



Ted Otting is a teacher and tutor. He lives on the South Side of Columbus.