

SOUTH SIDE VOICE

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

115 S. GIFT STREET
COLUMBUS, OH 43215
JANUARY 2016 | ISSUE 23

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

**BOYS & GIRLS CLUBS
OF COLUMBUS**

**United
Way**
United Way
of Central Ohio



APARTMENT PROPOSAL COULD BRING BIG CHANGE TO SCHUMACHER PLACE

by Evan Trout

A newly-proposed residential development in Schumacher Place could spell a lot of upcoming change for nearby residents.

Designed by New Avenue Architects and Engineers for JMM Real Estate, the new development would be large, offering 150 units of varying sizes, with two underground parking lots as well as two smaller, above-ground lots. It would consist of two main buildings connected by a second-story pedestrian bridge: the larger building and accompanying above-ground lot would occupy the space between Jackson St and South Lane from South Washington Avenue

to the current parking lot of the Village Pointe complex. The second building and lot would be smaller, situated between Kennedy Drive and Lehman Street between East Blenker Street and Jackson.

The development would likely be a great asset to the local community. Resident doctors at the nearby Nationwide Children's Hospital would have a newly-built, nearby and convenient option for short-term living. In addition, with construction having begun on a string of new research facilities for Children's along the North side of Livingston, the demand for housing in the area is likely to continue to increase.

However, much of the immediate economy is tied to JMM Real Estate owner Jeff May. The adjacent JMM-owned Village Pointe, which includes The Crest Gastropub, a CVS Pharmacy, and the Fitness Loft-run by May's son Jeff, Jr.-would be in line to see a large increase in foot traffic. The Fitness Loft in particular would actually be connected by a second pedestrian bridge from the larger of the two buildings.

Still, residents would be happy to see almost anything take the place of a wooden-fenced gravel parking lot that currently

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THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

CAST YOUR VOTE!

ELECTIONS ON JAN. 23

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WE'VE GOT THE BEETS

LEARN ALL ABOUT
THIS COOL CROP & MORE

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AND MUCH MORE!


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BOYS & GIRLS CLUBS OF COLUMBUS
115 S. GIFT STREET
COLUMBUS, OH 43215

HEADING INTO A NEW YEAR, FREEDOM A LA CART STILL DOLING OUT NEW BEGINNINGS

by V. R. Bryant



SOUTH SIDE VOICE
Presented by United Way of Central Ohio and the City of Columbus
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COLUMBUS, OHIO 43215
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Southern Ohio Community College
Columbus, Ohio

Prostitution Better Met With Compassion

By V. R. Bryant

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Natural Remedies: Wild Greens, Apple Cider Vinegar page 4-5
AND MUCH MORE!

In August of 2014, we at the South Side Voice ran a piece with the intent of educating the community on the subject of human trafficking. The issue is endemic in many parts of the world, and while it’s not the first thing you think of when you think of America, we are in no way immune to this social dysfunction.

In point of fact, it may well be our general ignorance of the problem that breeds misunderstanding and nonchalance. As part of the story, we connected with Freedom a la Cart/Doma, an organization helping forge the path to a more compassionate community. A year and a half later, Freedom a la Cart is still inspiring the entire city to help the victims of human trafficking through empowerment, entitlement, and rehabilitation.

At its second annual Eat Up! charity dinner held in November, Freedom a la Cart raised over \$106,000 to continue its efforts to rejuvenate the lives of those affected by human trafficking. The dinner joined the talents of team captain chef Patrick Caskey (Skillet, 410 E. Whittier St.), Tommy Gallo (Gallo’s Kitchen), Julian Menaged (The Crest), Sangeeta Lakhani (The Table), and mixologist Cris Dehlavi (M Restaurant). Speaking at the event was program member and staff manager Melanie Dillon. A former addict and alcoholic, Dillon survived the human trafficking machine and has since become an integral part of the Freedom a la Cart system.

“I started from the bottom of this organization,” wrote Dillon, “cleaning and organizing, then being given a few more responsibilities at a time.

“Cooking was added. I was good at it. Then I began to remember my childhood, when cooking was my favorite thing to do with my grandmother, and suddenly I was genuinely happy. I found a place in myself that I had never had: peace and serenity, where I’m in control, where I’m finally good enough.”

Dillon is just one of more than twenty human trafficking survivors whose story is at once tragic and triumphant. Most of the women are products of CATCH Court, a specialized docket established in 2009 by Franklin County Judge Paul M. Herbert that, per the Freedom a la Cart website, “ blends punitive sentences with a 2-year treatment-oriented non-adversarial program for rearrested prostitutes who are victims of human trafficking and suffer from post-traumatic stress syndrome, depression, and drug addiction.”

In addition to its everyday efforts, Freedom organizes a monthly outing for its members. Kathy Sherry helps coordinate these events.

“We try to do something fun, yet somewhat educational; teach a little culture, or try something new. I also try to plan one outing per year (at least) that involves service in some way, so the ladies have a chance to give back.”

As much momentum as the program has, Freedom a la Cart still needs your help. For information on how to get involved and aid in the effort to eliminate human trafficking, visit www.freedomalacart.org.

FROM THE EDITOR



MEET THE NEW BOSS (LARGELY THE SAME AS THE OLD BOSS)

reins as firmly as did my predecessor for as long as I am fit to do so.

I’ve lived south of Downtown Columbus for a combined eight years, split down the middle between Olde Towne East and German Village. Do I get to call myself a South Sider? My gut tells me no, that I’m a wolf in sheep’s clothing. (Or rather a sheep in wolf’s clothing.)

Since taking on this position, I have spent a great deal of time south of Schiller, and what occurred to me is just how appropriate this paper’s name is. It’s a voice. Whether your voice or mine, German, Merion, or Hungarian Village, we need to remain vocal, to express our values and our needs, and take part in the continued evolution of our part of the city.

The near future holds a great many things for the South Side. Property development, special elections, community outreach and involvement events—where there is opportunity, there will be people there to seize it.

So while plenty of change is surely on the horizon, we at the South Side Voice, its caretakers, will strive to be a force of consistency and reliability, to keep our readers informed of and included in all our neighborhood has to offer.

I now raise my proverbial glass, give a toast to the South Side and its many voices, and wish us all wonderful things in the coming year.

Yours,
V. R. Bryant

In the world of stand-up comedy, you need to be careful about whom you have to follow on stage. If the last guy killed (comic jargon for a successful performance), you had better be ready to keep the good times rolling.

I’m no comedian. But I am aware that in taking over the South Side Voice, I am accepting the reins from someone with a skilled grip and stern call. David S. Lewis has left Ohio and moved on to another pasture. I can’t say which pasture is the greener of the two, and I can’t say that I have ever known Dave to be motivated by the greenness of grass anyway. Is there grass in the bayou?

What I can say is that any time there’s a new captain at the helm, the crew is right to cast a sidelong glance or two, to keep an eye on the new guy and see if he can muster.

Now that I have successfully employed three different analogies in as many paragraphs, I feel a little bit more at home. I am a writer by ambition, to some extent by trade, and being an editor is a new experience for me. Rather than simply fulfilling an assignment and contributing to another’s vision, I will be tasked with taking the paper in a direction that I see fit. To chart my own course. To, uh...eat my own grass.

Challenge accepted. As the South Side Voice forges into 2016, I resolve to hold those

The near future holds a great many things for the South Side. Property development, special elections, community outreach and involvement events—where there is opportunity, there will be people there to seize it.

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SUBSCRIBE

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&GCofC, 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, 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.



SPECIAL ELECTION FOR COLUMBUS SOUTH SIDE AREA COMMISSION UNDERWAY

Have a say in YOUR area's representation to the City!

Area commissions are the first guard of democracy for residents in Columbus. While the commissions themselves have limited power, they do advise Columbus City Council and City Departments, which makes them an invaluable resource for those in the community that wish to effect change. Area commissions consider such issues as zoning and development, as well as safety issues in the community, and play a major role in shaping the way a neighborhood develops.

Now is your chance to have your voice heard. Several districts were not represented in the official November 14th election. A special election was scheduled for January 23rd for candidates who picked up petitions by November 30th to run for seats representing the Stambaugh/Elwood, Southern Orchards, or Hungarian Village districts. Candidates who picked up petitions for the Stambaugh/Elwood (District 10) are Lauretta Freeman and Hungarian Village (District 8) Theresa Martin are eligible to run in the January 23rd election, which will be held at Barack Recreation Center, 580 E. Woodrow Avenue from noon to 5:00 p.m. Persons who reside in those two districts are eligible to vote. An additional special election will be held in late February to fill the seat representing Southern Orchards (District 2).

Remember, change in the community must start with you. Please show up to voice your support for your favorite candidates.

For information about all the candidates, contact the Columbus South Side Area Commission at 614-645-8097.



I'M LOOKING FOR YOUR VOTE IN THE UPCOMING SPECIAL ELECTION FOR SOUTH SIDE AREA COMMISSION

As a resident of Hungarian Village, I'm working toward obtaining the position of South Side Area Commissioner representing the Hungarian Village residents, business owners, and visitors. I look forward to filling some of my retirement time with this new volunteer work.

I've always had a heart for community service and volunteer work. For example, locally I've volunteered in our community picking up trash, planting the Plant Pride pots and painting the façade of establishments on Parsons, presenting Human Trafficking Awareness information, and starting a community garden on E. Morrill Ave.

Additionally, I've volunteered with S.O.A.P. (Save Our Adolescents from Prostitution), the Salvation Army Street Outreach, Habitat for Humanity, and International Friendships where I enjoy hosting international students in my home. I have been a Girl Scout Leader, the Director of Outreach, and an Airman as a result of volunteering to serve my country in the United States Air Force and the Ohio Air National Guard serving 34 years both at home and abroad.

I've held many positions both militarily and as a civilian, too many to list here. With your vote, I will add one more volunteer position to my list of heartfelt accomplishments.

Thank you!

Theresa S. Martin

VOTING OCCURS AT BARACK RECREATION CENTER

580 EAST WOODROW AVENUE

**JANUARY 23, 2016
FROM NOON 'TIL 5PM**

OPEN TO SOUTH SIDE RESIDENTS.

NO NEED TO BE A REGISTERED VOTER.



JANUARY COMMUNITY EVENTS

JANUARY 3

MINISTRIES 4 MOVEMENT MARCH

3-4 p.m. at Family Missionary Baptist Church, 996 Oakwood Ave.

Free 30-minute awareness march followed by a short program focusing on a monthly theme. All are welcome! Learn how to change the conditions and improve the quality of life in your communities.

Call 614.253.8865 or 614.252.7488 for more information. Donations are welcome.

JANUARY 6

PAMA MEETING

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

Monthly meeting of the Parsons Avenue Merchants Association. Anyone interested in the development of Parsons Avenue is welcome to attend. Improvements are being planned, so come learn about them and get involved! Meeting will be held in separate meeting room at Scrambler Marie's.

JANUARY 6, 13, AND 22

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM MEETING

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.)



JANUARY 7

GREATER COLUMBUS GROWING COALITION MEETING

6-7:30 p.m. at the Hope Lutheran Church, 820 Lilly Ave.

(just north of Livingston).

Bring a vegetable dish or dessert to share and ideas on growing more community gardens and beautification programs for 2016. (Location and agenda varies from month to month.)

JANUARY 9

COLUMBUS SOUTH SIDE AREA COMMISSION (CSSAC) ZONING MEETING

10-11:30 a.m. (Meeting location varies from month to month.)

Contact Zoning Chair Curtis Davis at 614-332-3355 for more information.

JANUARY 11

SOUTH CENTRAL COMMONS BLOCK WATCH

6:30-7:30 p.m. at Tatoheads, corner of Parsons Ave. and E. Gates.

Informative meeting of safety-minded residents living in the South Central Commons area (part of South Side C.A.N Civic Association area).

JANUARY 14

WOMEN TO WOMEN LISTENING CIRCLE

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

Free event. Lunch provided! All women of any age or life circumstances are invited. Women to Women is a safe, non-judgmental, confidential place where we can be who we are. There are no requirements. This is simply a place to step away, breathe and share with other women. No pre-registration is necessary. Just come as you are. We don't have

JANUARY 21

SOUTH SIDE AREA HEALTH ADVISORY COMMITTEE MEETING

6-7:30 p.m. at CD4AP, 946 Parsons Ave.

Standing Committee Meeting led by Columbus Public Health to discuss health related issues and share information. All are welcome to attend. Free parking in lot just to the north of the building. Meetings are not held in August. For more information or to join the mailing list, contact Shalini Madireddy at SMMadireddy@columbus.gov or (614) 645-2679.

child care available, so please make other arrangements for your little ones. For information, call Corpus Christi Center of Peace at 614-512-3731 or email corpus-christicenterofpeace@gmail.com.

JANUARY 14

CSSAC PUBLIC SERVICES/ PLANNING COMMITTEE

6:30-8:30 p.m. at the Barack Recreation Center, 580 E. Woodrow Ave.

For more information, call 614-645-8097.

JANUARY 16

CSSAC EXECUTIVE COMMITTEE MEETING

9-10:00 a.m.

Barack Recreation Center, 580 E. Woodrow Ave.

Columbus South Side Area Commission officers and committee chairs meet to discuss pressing issues and the agenda for the next meeting.

For more information, call 614-260-5321.

JANUARY 16

MILLBROOK BLOCK WATCH

6:00 - 7:00 p.m., the third Monday of the month at Fruit of the Spirit Church, 1365 Frebis Avenue

Maudie Grace, Coordinator.

JANUARY 23

CCSAC ELECTION: STAMBAUGH, ELWOOD, SOUTHERN ORCHARD AND HUNGARIAN VILLAGE DISTRICT
12-5:00 p.m. at the Barack Recreation Center, 580 E. Woodrow Ave.

More information on page three.

JANUARY 26

CSSAC MEETING
6:30 – 8:00 pm at the Reeb Avenue Center Multi-purpose room, 280 Reeb Avenue.

The Commission makes recommendations to the City regarding zoning, events and changes in the South Side area. It is comprised of representatives from all 10 civic association areas. Meetings vary in length depending on agenda items. **Contact City Liaison Jo Anne St. Clair at 614-645-8097 to verify meeting times.**

JANUARY 27

BLOCK WATCH COMMUNITY MEETING FOR THE SOUTH SIDE
6:30-8:00 p.m. at the Barack Recreation Center, 580 E. Woodrow Ave.

This is a monthly meeting of all South Side Block Watch Representatives and the community at large. Anyone is welcome and encouraged to attend! Different guest speakers are invited each month to present a range of information. Meetings are held monthly, except December. **Contact City Liaison Jo Anne St. Clair at 614-645-8097 to verify meeting times and speaker.**

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) to
**paper@
southsidevoice.org**

CIVIC ASSOCIATION
LEADERS & MEETING TIMES

JANUARY 5

SOUTHERN ORCHARDS CIVIC ASSOCIATION MEETING
When: 6-7:30 p.m., first Tuesday of each month
Where: Stowe Mission of Central Ohio, 888 Parsons Ave.
For more info: Contact Richard Shaffer, President, southernorchards.1982@gmail.com

JANUARY 6

VASSOR VILLAGE
When: First Wednesday of each month, Block Watch at 6:30 p.m. Meeting starts at 7:00 p.m.
Where: Barack Recreation Center 580 Woodrow Ave.
For more info: Contact Kelly Coate, President, remaxpckellycoate@aol.com, or go to the website www.vassorvillage.webs.com

JANUARY 11

SOUTH SIDE C.A.N. MEETING
When: 7-8:30 p.m., Second Mondays of the month
Where: South High School Library, 1160 Ann St.
For more info: Contact Debera Diggs, President, 614-598-0237, or go to the website www.southsidecan.org

JANUARY 12

REEB HOSACK / STEELTON VILLAGE CIVIC ASSOCIATION MEETING
When: 6:30-8:00 p.m., second Tuesday of the month
Where: Resurrection Missionary Baptist Church, 258 Hosack St.
For more info: Contact Linda Henry, Co-chair, lshenry4@gmail.com, Lillie Banne, Co-chair

JANUARY 12

EDGEWOOD ACRES AREA GENERAL MEMBERSHIP MEETING
When: 7-8:30 p.m., second Tuesday of each month
Where: Corpus Christi Parish Office, 1111 E. Stewart Ave.
For more info: Contact Ted Welch, President, twelch@edgewoodcivicorg.com , (614) 946-2247

JANUARY 13

HUNGARIAN VILLAGE SOCIETY MEETING
When: 7-8:00 p.m., second Wednesday of each month
Where: The Hungarian Reformed Church, 365 Woodrow Ave. *(enter through silver side door).*
For more info: Contact Paula Copeland, President, hvsociety@yahoo.com, 614-222-2145 or go to www.facebook.com/HungarianVillageSociety.

JANUARY 13

Hungarian Village
When: Second Wednesday of the month at 7:00 p.m
Where: Hungarian Reform Church , 365 Woodrow Ave.
For more information: Contact Paula Copeland, President, hvsociety@yahoo.com, 614-222-2145

JANUARY 19

SCHUMACHER PLACE CIVIC ASSOCIATION MEETING
When: 6:30-7:30 p.m., third Tuesday of each month
Where: Plank’s Cafe & Pizzeria (upstairs), 743 Parsons Ave.
For more info: Contact Kathy Green, President, kathrynfgreen@yahoo.com, or go to the website www.schumacherplace.com

JANUARY 19

THURMAN SQUARE
When: 6:30 p.m. - 8:00 p.m., third Tuesday of each month
Where: Columbus Metropolitan Library - Parsons Branch, 845 Parsons Avenue, Columbus, OH 43206
For more info: Contact Deb Roberts, President, 614-228-1868, mzdoodah@gmail.com

JANUARY 21

DESHLER PARK CIVIC ASSOCIATION MEETING
When: 6-7:00 p.m., third Thursday of each month
Where: Alvis House, 1791 Alum Creek Dr.
For more information: Contact Rachelle Robinson, President, deshlerparkcivic@gmail.com, 614-233-1922, or go to the website www.deshlerpark.org.

JANUARY 21

INNIS GARDENS VILLAGE CIVIC ASSOCIATION MEETING AND BLOCK WATCH
When: 6:00-8:15 p.m., third Thursday of each month *(The Block Watch Meeting begins at 6:00pm-6:45pm. Civic Association Meeting starts right after Block Watch and usually lasts until 8:00pm-8:15pm.)*
Where: Come As You Are Ministries, 1402 Smith Rd.
For more info: Contact Brenda Cummings, President, bndbhealthy@yahoo.com

JANUARY 30

STAMBAUGH-ELWOOD CIVIC ASSOCIATION MEETING
When: 11-12:00 p.m.
For more information and to verify meeting times: Contact promiserealty@att.net.



WINTER GREENS

Find a place in your pantry for these hearty and heart-healthy vegetables *By Mandy Fowler*

BEETS

20%
OF THE WORLD'S
SUGAR COMES FROM
SUGAR BEETS

Beet sugar production requires 4 times less water than cane sugar production.

- A popular crop in Egypt and Europe
- Natural source of tryptophan
- Contains trace amounts of boron, a mineral that promotes and increases levels of sex hormones
- 100 grams of beets contains:
- 9.96 g carbohydrates, 7.96 grams of sugar, 2.0 grams of dietary fiber, 18 grams of fat, 1.68 grams of protein, 43 calories
- Vitamin A, B5, B6, B9, C, folate, calcium, iron, manganese, magnesium, Sodium and Zinc

EASY BEET EATS There's plenty of ways to enjoy a beet. **You can** slice and serve **raw** with a sprinkle of chili powder and lemon, **roast** sliced beets, season with oregano and thyme and a slice of mozzarella, add beets to any dinner or lunch **salad**, **pickle** beets, or add to vanilla ice cream for a sweet and tangy **dessert**



FUN FACT
President Obama did not want beets planted in the White House garden

HISTORY

- Said to have grown in the ancient gardens of Babylon
- Elizabethans enjoyed beets in tarts and stews
- Thomas Jefferson grew beets at Monticello
- Used as cheek and lip stain in the 19th century: spawning the term "red as a beet"
- Originally, humans used beet greens as food and the root, used in holistic medicine to treat digestive and blood conditions
- Ancient Rome and Greece: developed ways to grow beets in the hot summer months for root consumption, ancient Romans believed the beet was an aphrodisiac
- In Greek mythology, Aphrodite, goddess of love, ate beets to enhance her appeal
- Paintings of beets once decorated the walls of Lupanare, a brothel in Pompeii
- Germany and Italy: first recorded use in 1542
- Northeastern Europe: dietary staple noted as, "one of the very few vegetables grown in winter"
- Believed that the beet evolved from prehistoric North African root vegetable
- 1747: Andreas Sigismund Marggaf, a Berlin chemist developed a way to produce sucrose (sugar). His student, Franz Achard, perfected the method, leading to the production of beet molasses, beet tobacco and beet beer
- King of Prussia (in what is known now as Poland) built a factory to extract sugar from beets

KALE

NUTRITION
1 CUP
OF KALE (67 grams)
PROVIDES:

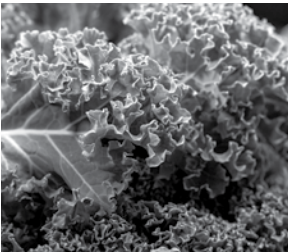
33 calories, 0.6 grams of fat, 0 cholesterol, 25.5 grams of sodium, 329 mg of potassium, 5.9 grams of carbohydrates, 2.4 grams of fiber, 1.5 grams of sugar, 2.9 grams of protein, Vitamins A,C,D, B6, B12, magnesium, iron and calcium

HISTORY

- Cultivated for over two thousand years
- Most widely eaten green until the middle ages
- Arrived in the United States about the same time as cabbage and became popular in the 17th century
- Spread through the colonies when trade took place in Greece about 4th century B.C.
- During WWII spinach became part of the "Dig for Victory" campaign because it was easy to grow and provided nutrients

KALE AROUND THE WORLD

Scotland: kale is the base for nutritional diet, the saying "to be off kale" is slang for too ill to eat **Montenegro:** collards, kale, known as rash tan, cooked with smoked mutton and potatoes **Southern United States:** served braised, alone or with mixed greens such as collard, mustard and turnip greens, also used in salads and vegetable smoothies **Italy:** kale is a part of dishes such as pork stew and polenta (corn porridge) **Sweden:** commonly eaten with soup as a base of ham broth and onion with pork sausage **Japan:** kale juice popular dietary supplement **Turkey:** eastern Black Sea region, kale soup **Southern Africa:** boiled with coconut milk and ground peanuts and served with rice or boiled cornmeal **Brazil:** introduced by Portuguese side dish for national stew, feijoada **Portugal:** used in the soup, cald-overde; kale is cooked with spices, potatoes, and other vegetables **Eastern African Great Lakes region:** essential ingredient for making the stew named Ugali: usually eaten with kale



MOST COMMON TYPES OF KALE: curly kale aka Scots kale known for its green curly leaves and hard fibrous system. Kale comes in a variety of colors; green, white, purple or a bluish green

KALE CHOW DOWN

Not sure how to start eating kale? You can use as a **substitute for spinach** in dishes, or make yummy **kale chips**. To make, remove kale leaves from the stems and tear into bite size pieces, drizzle with olive oil and sprinkle with sea salt. Bake for 10-15 minutes at 400 degrees

FUN FACTS

- Super food, anti-inflammatory, antioxidant rich, one of the healthiest foods on the planet
- Member of the cabbage family, related to the Brussels sprouts, broccoli, cauliflower and collard greens

FUN & HEALTHY SNACKS for the WINTER SEASON

NO-BAKE APPLE COOKIES

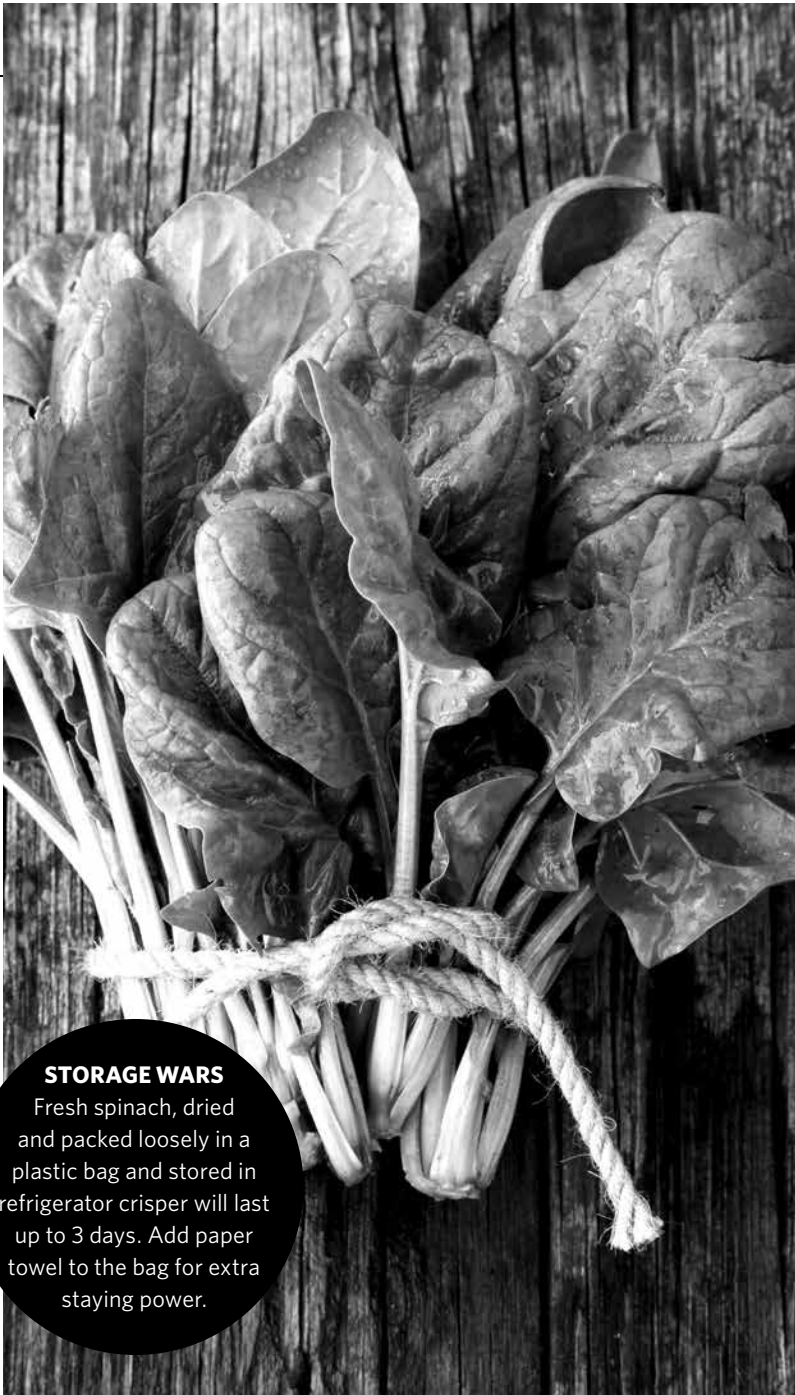
- 4 medium apples
- 1/2 c unsweetened almond butter
- 1/2 c unsweetened shredded coconut
- cinnamon and sea salt to taste

Remove cores from apples, stand apples upright and make thin slices from top to bottom. Spread almond butter over one side, top with coconut, cinnamon and sea salt.

ORANGE & POMEGRANATE SALAD

- 6 oranges
- 1/2 c extra virgin olive oil
- 1/2c apple cider vinegar
- 2 bunches of spinach (kale) washed
- 1 four ounce package of pomegranate seeds (or seeds from 2 pomegranates)
- 1 shallot, thinly sliced

Cut the top and bottom off each orange, carefully slice off the peel, cut into half-inch slices. Combine oil and vinegar, pour over spinach or kale in a bowl, and toss to coat. Top with orange slices, pomegranate seeds and shallot.



SPINACH

HISTORY

- 226-640 A.D. Discovered in Sasanian, Persia
- 647 A.D. taken from Nepal to China and known as the “Persian Green”
- In AD 827 the Saracens introduced spinach to Sicily
- Recorded in 10th century works, “Medical Work” by al-Razi (known as Rhazes in the West)
- Popular vegetable in the west and the Arab Mediterranean, arrived in Spain by the 12th century and referred to as “chief of leafy greens”
- 13th century: spinach arrives in Germany
- 14th century: spinach arrives in England and France via Spain
- First acknowledged known in English cookbook, “Forme of Cury” and referred to as “spinnedge”
- 1533: Catherine de’ Medici became Queen of France, loved spinach and served it with every meal. Dishes served as “Florentine” are dishes made with spinach, the term Florentine derived from Catherine’s birthplace of Florence.
- WW1: Wine fortified with spinach, given to soldiers weak from hemorrhage

MYTH Spinach has a high iron content.
FACT Spinach does not have iron content significant to health performance

NUTRITION:

100 GRAMS OF RAW, UNCOOKED, SPINACH PROVIDES:

- 3.6 grams of carbohydrates, 2.2 grams of fiber, 0.4 grams of fat, 2.9 grams of protein, 9.4 grams of water, 79 calories
- Vitamins A, beta-carotene, lutein, riboflavin, niacin (B3), B6, B9 (folate), Vitamins C, E and K
- Calcium, Magnesium, Manganese, Phosphorus, Potassium, Sodium and Zinc

TYPES OF SPINACH:

SAVORY: dark green, crinkly and curly leaves, usually sold in bunches

FLAT: broad, smooth leaves, easier to clean than savory spinach, often used in soups, baby foods and other processed foods

SEMI-SAVORY: hybrid, slightly crinkled leaves with the same texture as savory spinach

SPINACH SNACKS

Add raw spinach to **salads** and **sandwiches**, include in egg **omelettes**, add spinach to a cheese **pizza** for added flavor and vitamins, use in **lasagna**, **spinach artichoke dips** and spreads and **quiche** dishes

FUN FACTS:

1/2 CUP

OF RAW SPINACH IS A COMPLETE SERVING OF VEGETABLES

Five servings per day is the recommended vegetable intake

- Member of the goosefoot family, relating it to chard and beets
- 1930: Popeye increased sales of spinach by 33%
- Spinach leaves are a mild diuretic and mild laxative
- Medieval artist extracted color from spinach for green pigment in paint and ink
- China produces 85% of the world’s spinach
- California produces 74% of the United States spinach

STORAGE WARS

Fresh spinach, dried and packed loosely in a plastic bag and stored in refrigerator crisper will last up to 3 days. Add paper towel to the bag for extra staying power.

KALE PIZZA *with* BUTTERNUT SQUASH

- 4 heaping cups of butternut squash, peeled and cubed
- extra virgin olive oil
- 4 whole wheat pitas
- 1/2 cup of shredded mozzarella cheese
- 4 large kale leaves (rinsed and torn into bite size pieces)
- salt and pepper to taste

Preheat oven to 425 degrees, place squash in a single layer on two baking sheets lined with foil or parchment paper. Drizzle with olive oil, sprinkle with salt and pepper, and toss to coat. Bake the squash stirring once or twice until it is soft and beginning to turn golden brown, (about 30-40 minutes) puree squash in a blender or food processor. Increase oven temperature to 450 degrees, place pitas on baking sheet and top with squash puree, cheese and kale, bake 15 minutes or until the edges begin to brown and cheese melted

BEEET DIP

- 3 medium beets
- 1 small garlic clove, minced
- 1/2 c of plain Greek yogurt
- 2 tablespoons extra virgin olive oil,
- 1/2 teaspoon pure maple syrup
- sea salt to taste

Preheat oven to 350 degrees, Place beets in a small roasting pan and add 1/8 cup of water. Cover with foil and bake for one hour or until tender. Let cool. Peel the beets (with gloves they will stain your hands and clothes) cut the beets into wedges and place into food processor. Add the garlic and yogurt and pulse until blended. Add the olive oil and maple syrup and puree. Season with salt and serve with sliced vegetables.

HELPING STUDENTS HELP THEMSELVES

Using Peer Tutoring to Develop Student Achievement *By Ted Otting*

Far too often in schools' students are taught facts and expected to memorize or retain huge chunks of information without being taught the "how-to" of studying and actually *learning* the lessons. In the past this column has discussed tips on teaching students to study, but there is a gap between the classroom and home that neither parents or teachers can fill. Instead, there is a great un-tapped resource for students to help one another learn- peer-tutoring.

I often have teachers refer students to me for remediation or gaps in their learning. I work on re-teaching fundamentals and presenting their lessons in a different way, but in the end I'm still just teaching another lesson. I have success, but students take time to learn even if the topic is presented in a different way. What I have discovered though, is that other students can be far more successful than I am.

Imagine a teacher going over a math problem. You don't understand so you go to the study center where someone (an adult/ teacher/tutor) explains the idea again. The individual helping has already learned the information and processed it, may have little or no idea how it was done by the teacher, and is in the end probably using similar methods. Now imagine another student in the same class who understood the information. The student listened to the same instruction, figured out how to complete the problem, but most importantly was also exposed to the new material in the same way and is just learning it. Who is better equipped to help?

My students are usually a bit hesitant to be taught by their classmates. To get around this I'll first ask the challenged student if they would be open to working with a classmate. Then I'll set up a time and supervise to offer



help when I can as well as provide support for the challenged student. In the home parents can encourage study groups with their children and their friends in similar subjects. Even if both are challenged by material, a supportive setting with two new learners can be more effective than one-on-one with an adult.

Additional support can be given by having snacks, creating a welcoming environment where multiple students work together, and even (for larger families) having younger or older brothers and sisters on hand to help with work while doing their own homework or projects. This creates a culture of learning between students that

encourages achievement and eliminates feelings of "I'm stupid" or "I just can't get it" by having a team of similar-aged peers helping instead of an adult. Many local libraries or community centers offer tutoring, but encourage your child to ask their friends for help or inviting them over to work together.

Teachers and parents try to develop a culture of achievement, but the most influential factor for young people is friends. Creating an environment of support, help, and learning amongst their friends and other students is an excellent way to support your student's education and help them learn to empower themselves to learn. ♦

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takes up much of the proposed space. The lot has been an eyesore along the Eastern end of Jackson St for some time, and seeing the utility of the area finally exercised would be a plus to anyone living near it.

While this prospect has local homeowners excited about a rise in property value and the aesthetics of their neighborhood, some

"Overall it's probably good for the neighborhood, but particularly those houses across the street on Jackson would suffer."

are worried about overcrowding, especially as it concerns parking. While the proposal includes 240 parking spaces in total, there is concern that guests of the new residents will be forced to park on the street, and in some cases those residents themselves.

"I think overall it's probably good for the neighborhood, but particularly those houses across the street on Jackson would suffer. Most don't have garages and now they'd be in competition for parking at their own houses," said local homeowner John Elden.

Residents could petition Columbus Parking Services with a request to require permits for street parking, but they would need to gather signatures from a majority of residents of the affected area, which could include those occupying the newly-constructed apartments.

As of now, there is no certainty that anything will be built at all, but current residents certainly have plenty to think about in anticipation of a final decision being made. ♦

IS IT SADNESS, OR IS IT S.A.D.? Seasonal Affective Disorder affects millions

The holiday season is associated regularly with beaming smiles and joyful songs, people coming together and blessing one another with love and generosity. It's also associated with stress, anxiety, and depression.

Many people complain of an affliction known as Seasonal Affective Disorder (SAD), a form of depression caused by changes in the seasons. Though clinical definitions of SAD include summer-based, it's most commonly attributed to wintertime.

Current statistics indicated that approximately one in twenty Americans suffer from diagnosable SAD, and another ten to twenty percent complain of more generalized "winter blues."

Treatment practices specific to SAD include bright light therapy, and recent studies have shown that using an

appropriate therapy light for 15 to 30 minutes every morning can provide an improvement in mood after just a few days.

Of course, there is more than just a lack of sunlight that can affect us this time of the year. The stress of increased heating bills, holiday travel and gift giving, and personal loss of family and loved ones can be far more impactful.

Use these winter months to make a greater effort to reach out and help your family, friends, and other members of your neighborhood community. Everyone needs a helping hand from time to time. ♦