

# SOUTH SIDE VOICE

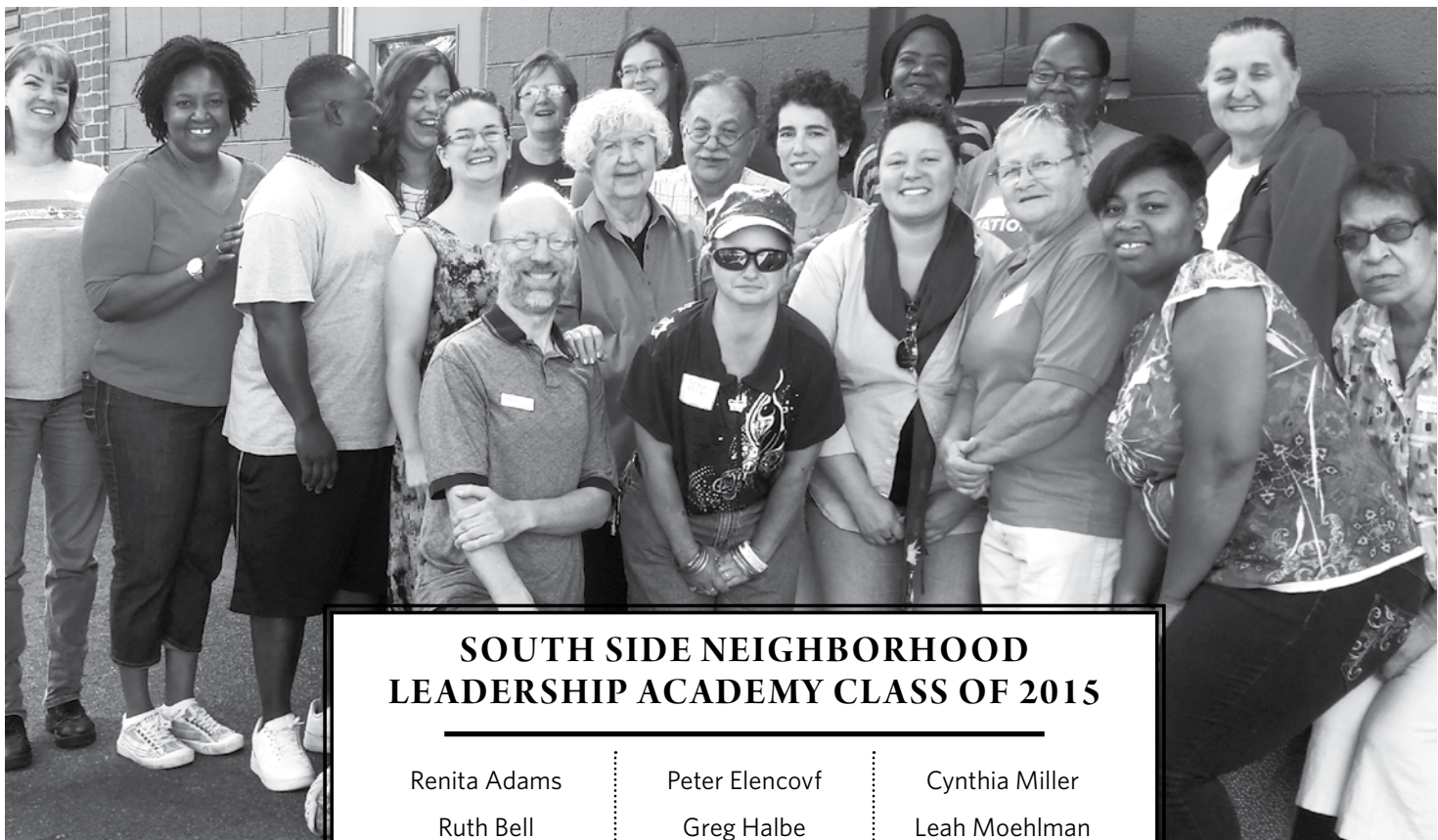
Presented by Boys & Girls Clubs of Columbus and the City of Columbus

115 S. GIFT STREET  
COLUMBUS, OH 43215  
DECEMBER 2015 | ISSUE 22

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

**BOYS & GIRLS CLUBS  
OF COLUMBUS**

**United  
Way**  
United Way  
of Central Ohio



Etienne "Troy" Manning is joined by his fellow graduates of the inaugural class of the South Side NLA at their November graduation ceremony.

## SOUTH SIDE NEIGHBORHOOD LEADERSHIP ACADEMY CLASS OF 2015

Renita Adams	Peter Elencovf	Cynthia Miller
Ruth Bell	Greg Halbe	Leah Moehlman
Jamie Carlisle	Sally Harper	Cheryl Price
Phoebe Coates	Julie Hochman	Denise Ransom
Tina Crowder	Lynne Holmes	Pamela Whyte
Katie Eisel	Etienne "Troy" Manning	Sherri Zeitler

## BUILDING LEADERS

Academy's inaugural class looks to join hands and bridge gaps

By Vincent Bryant

As anyone involved in neighborhood revitalization movements knows, the greatest resource you can have on your side is not money – it's people: people born in and dedicated to the community you wish to serve, donating of themselves to build something more than simple charity.

In 2012, the United Way of Central Ohio launched the Neighborhood Leadership Academy (NLA) program to help bolster the initiative to improve the social and commercial infrastructures of neighborhoods around the city. The overriding theme of the program is the breakdown of divisions and the creation of a truly inclusive community atmosphere.

Now, in 2015, the South Side-specific expansion of the NLA is seeing its first graduating

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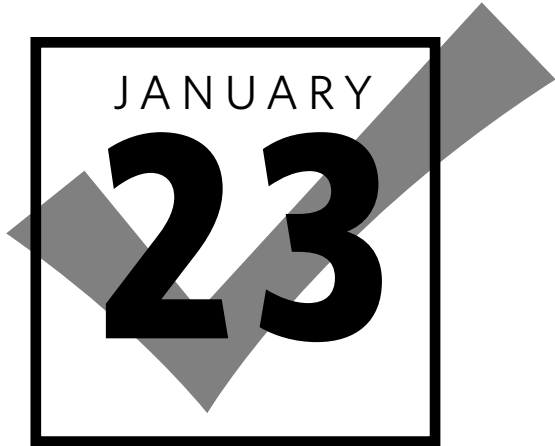
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AND MUCH MORE!

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COLUMBUS, OH 43215



## SPECIAL ELECTION FOR COLUMBUS SOUTH SIDE AREA COMMISSION UNDERWAY

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

By David S. Lewis

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 South Side districts saw election day come and go without filling the seats the were up as commissioners stepped down. You still have time to run for a commission seat, provided you are from on of the three districts in question: District 2 (Southern Orchards), District 8 (Hungarian Village), and District 10 (Stambaugh-Elwood), in a special election that is to be held January 23.

Starting Monday, November 30, election packets for those interested and eligible to run for seats in these districts will be available at the South Side Nighborhood Pride Center, located in the Reeb Avenue Center (280 Reeb Ave.) Those petitions, which require 50 signatures from adults who either live in the district being sought or who own property in the district, are due back by December 21, so you only have a few weeks to get your signatures.

On December 23, those candidates who collected enough signatures will be certified and notified of the eligibility, and will accordingly begin their campaign. Campaigns may right up to the day before the election, which will be held at the Barack Recreation Center on Saturday, January 23, from noon to 5 p.m.

Please note, the pride center manager is often out in the community, so please call (614) 266-0238 or (614) 645-8097 to confirm that someone is at the Pride Center to give you your election packet and petition.

Remember, change in the community must start with you. If you are too busy to run but know someone who would be a great commissioner, share this information with them! At the very least, please show up to voice your support for your favorite candidates. Check back here in January to read profiles on the candidates and make sure you get out to the center on January 23, and cast your vote!

## FROM THE EDITOR



**A SEASON FOR  
COMPASSION -  
GLOBALLY**  
ALLOW THE STING  
OF HISTORY TO PUSH  
YOU TO NEW HEIGHTS  
OF CHARITY

On November 13, just under two weeks before most of us sat down for our Thanksgiving meal, a small group of violent men wrought havoc on Paris, shooting up a rock concert and cafes and shops and triggering suicide vest in one of the world’s most iconic cities. Today, as you read this article, there are a great many concerned that such an attack, which claimed 130 lives at the time of this writing, could be perpetrated again, somewhere else.

Sadly, it’s all but guaranteed to happen again. It could happen in London, or New York. Or it could happen in Columbus.

What many don’t understand is that a great many of the victims were Muslims. Indeed, the terrorist organization behind the attack takes special delight in targeting “apostates” – Muslims who, simply because they live in a Western country and obey the laws there, are considered by ISIS to be traitors to the faith, and therefore worthy of death. This is the case for the refugees fleeing the murderers of ISIS, the thousands and thousands of Syrian refugees who have no home, who made a dangerous sea crossing and now find themselves in limbo, with terrorist thugs behind them and an unwelcoming world ahead of them.

It was Thanksgiving that made me think of our American pilgrims, many of whom were forced to leave their home country, to make for the shores of a strange and inhospitable land, to find the religious liberty to pursue their faith. We all know the story of a few indigenous Americans helping out these settlers as they tried to gain a foothold in the new land – it’s widely thought that, without the help of the natives who assisted them, the settlers would have likely perished.

And it’s Christmas, December’s festival of gifts and lights, that commemorates the plight and flight of another group of people: the family of the toddler Jesus, fleeing to Egypt from the persecution of the murderous Roman-appointed King Herod. That’s right: Young Jesus and his family were Middle Eastern refugees, too.

This holiday season will probably see you gather with your family, thankful for the community you have with them. It is historically a time of charity and good will toward your fellow humans. I urge you to challenge yourself and your loved ones: step back a few feet and try to see how you fit into the larger world. A great many people who live here in the South Side probably think of themselves as having too little of many things: money, food, safety. As hard as times can be on a poor person in America, there are other places, across the world but illuminated by the same sun that lights your house each morning, where people have a lot less this year than they used to. There are a lot of people who could use a hand up. There are a great many people who are far more unsafe than we are. Let this holiday season be the one you remember as the one where you helped someone, where you and your family worked to open your hearts and your minds and, as a result, reduced the suffering of a family somewhere. Let this be the year where you saw yourself not only as a citizen of Columbus, of Ohio, of the U.S., but as a citizen of the entire world, and, as such, recognize your responsibility to the destiny of a great many people, everywhere.

Regards,  
David S. Lewis

*Let this holiday season be the one you remember as the one where you helped someone, where you and your family worked to open your hearts and your minds and, as a result, reduced the suffering of a family somewhere.*

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MANAGEMENT  
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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](mailto:paper@southsidevoice.org)

**ONLINE EDITION**

Read this issue via the web  
[www.allthingsouth.org](http://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.

# FAREWELL

GOODBYE, SOUTH SIDE. I'M GOING TO MISS YOU.

By David S. Lewis

This issue marks my final as the editor-in-chief of the South Side Voice. I've returned to New Orleans, a city that I've lived in and loved before, to pursue my career as a writer.

It's really hard to give up this newspaper. We've been through quite a bit, you and I. I've had the privilege of helming a unique media project, a not-for-profit community newspaper that is delivered to your mailboxes, tasked with covering the issues that effect our neighborhood and with bringing to your attention those people that work each day to make the South Side a better place.

So as I write this farewell column, I have to reflect on what it is that we've done, and those things that still need to be done but haven't yet been accomplished.

As we know, the South Side is a neighborhood in much flux, a long-neglected and downtrodden area that has suffered from poverty and crime for many years, an area trying to join in the upspring of redevelopment and rebirth. You've made some strides, but you've got a long way to go. From Nationwide Children's Hospital to Columbus Castings, from Thurman's to Tatoheads, from the Kroger on Parsons to Bar 7 on High Street...the area looks much different, and still much the same.

We've lost the old Settlement House, but gained the Reeb Center. I hope that the Center is able to continue the mission that the Settlement House tried to accomplish. I hope that the various block watches out there are able to provide an atmosphere of safety and security that, for many in the South Side, are still so elusive. I pray that the things that divide us are less than those that unite us.

My heart still hurts for those in our neighborhood who are hungry, who hope for a meaningful education, for those who must decide between their addiction and their well-being, between their rent and their dinner table. My heart still hurts for those who are trafficked on our streets; an issue

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we've visited several times and will likely visit again. It hurts for those families whose infants never saw their first birthday.

And yet we've made some strides. There are those working ardently to make sure no one goes hungry, such as the South Side Community Ministry's food pantry efforts. These folks deserve our profound gratitude for their decade-plus fighting hunger in our neighborhood.

Now, as I pass the reins of the paper on to another editor, I'm excited to do so with some confidence. My successor, Vincent Bryant, is an area resident I've had the privilege of working with before, at several of the other newspapers and magazines I've managed. Vincent is a brilliant, sharp-eyed man. An educator and a great writer, he knows the depth and breadth of the issues that face our neighborhood. He has an incredible sense of humor, and is one of the finest interviewers I've ever had the chance to work with. I know him to be an accessible professional, and so I encourage you to submit your own thoughts and ideas to him, just as you have to me, at [paper@southsidevoice.org](mailto:paper@southsidevoice.org). Please be as giving and critical for him as you have been with me, and look for him at various meetings, events, and establishments throughout the area.

There will be some obstacles moving forward. This newspaper exists because of the generosity and forward-thinking of those in City Hall and at the United Way and the Boys and Girls Club of Columbus; without these entities, this paper will cease to print. As you know, it is small and has only a limited scope here on the South Side. I would love to see a system set up whereby citizens and local businesses alike can join in the process and help sponsor this paper. Without it, there isn't much of anyone else to tell you what is going on in your neighborhood. The local newspaper of record has an entire city to cover with a shrinking publication, and many of you don't subscribe; additionally, the area is underserved by the Internet and, with few exceptions, there aren't too many places to get the

information we provide online, either. This is a valuable publication for you, a fact that you acknowledge to us all the time – my hope is that, when and if it comes to matter, you'll be able to sustain the paper as a community – as the community that it is for.

For now though, I hope you will wish me luck and prosperity in my endeavors, as that is exactly what I wish for you. I will come back and visit often and you may even see my byline in here from time to time, as I will serve in an advisory capacity until I'm no longer necessary. And I will watch from a spicy, seafood-oriented distance as you, my home neighborhood in Columbus, Ohio, heals, grows, and, soon, thrives.

I've always signed off my editorials by wishing you luck and safety. It is strange to think that I do that now here, for the last time. Be good to each other, South Side, and remember that you have much more in common with your neighbors than you have to set you at odds with each other.

And good luck. Be safe and look out for one another.

Gratefully,

David S. Lewis





DECEMBER 2

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.

DECEMEBER 2

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](http://www.merionvillage.org) for more information

DECEMBER 2

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.

DECEMBER 6-14

HANUKKAH

DECEMBER 6

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.

DECEMBER 3

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

DECEMBER 14

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.

DECEMBER 16

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM

1:30-2:30pm at the South Side Neighborhood Pride Center, 280 Reeb Avenue, Room 021  
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 of each month.)

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)

DECEMBER 19

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.

DECEMBER 22

COLUMBUS SOUTH SIDE AREA COMMISSION (CSSAC) MEETING

7-8:30pm at Barack Recreation Center, 580 E. Woodrow Ave.  
The Commission makes recommendations to the city regarding zoning, events and changes in the south side area. It’s comprised of representatives from all 10 civic associations.  
Contact Jo Anne St. Clair, City Liaison, to verify meeting times at (614) 645-8097

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](http://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](http://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](http://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](http://www.Facebook.com/ThurmanSquare)



DECEMBER 10  
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](mailto:corpuschristicenterofpeace@gmail.com) for more info or to register

DECEMBER 25

CHRISTMAS DAY

DECEMBER 26– JAN 1

KWANZAA

DECEMBER 27

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.

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).

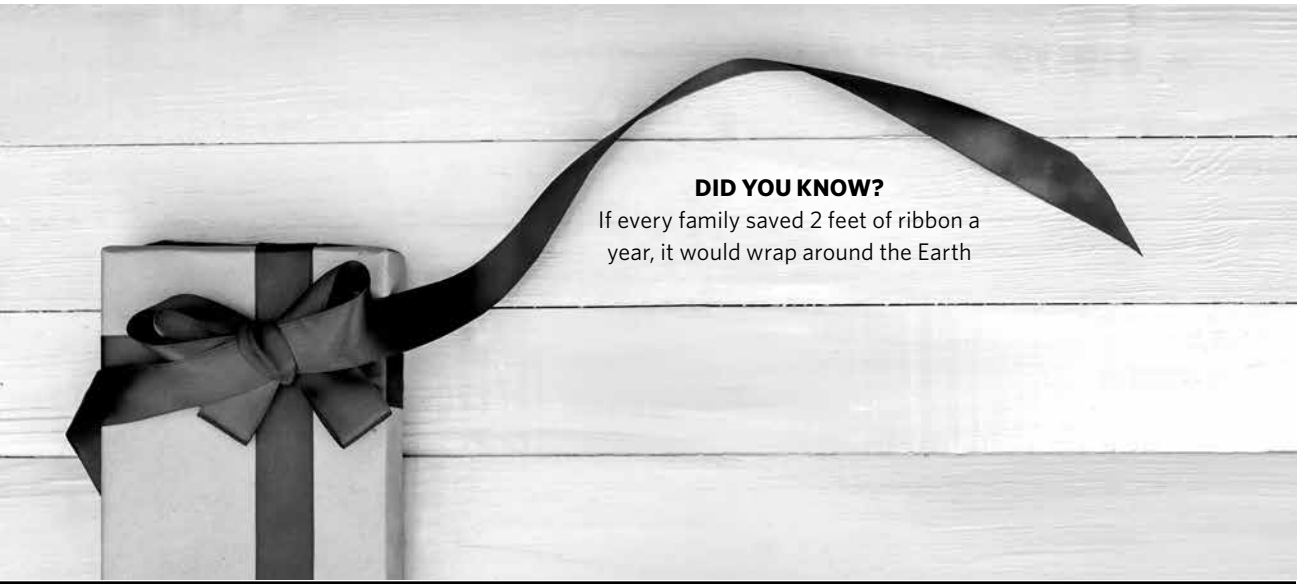
[paper@southsidevoice.org](mailto:paper@southsidevoice.org)





# REDUCE STRESS AND MESS THIS HOLIDAY

Between Thanksgiving and New Year's 900,000 tons of garbage arrives at landfills every year, much of it attributable to wrapping paper, cardboard gift boxes, and merchandise boxes, ribbon, and other waste from the holiday gift-giving tradition. Here a few facts and tips to help keep your holiday season a "green" one!



### DID YOU KNOW?

If every family saved 2 feet of ribbon a year, it would wrap around the Earth

### REDUCE, RECYCLE, AND REUSE GIFT WRAPPING MATERIALS

Many families spend considerable amounts of money on wrapping paper and gift boxes, as well as ribbon and other "disposable" items to wrap gifts. Save and reuse at least some boxes, cards, ribbon, tags and wrapping for next year. And be sure to recycle what cannot be reused!

### CREATIVE WRAPPING PAPER IDEAS

Any type of paper can be reused, from newspaper, grocery bags to junk mail and outdated road atlases, to make your gift not only more environmentally friendly, but also so your gift really stands out! What is the recipient's favorite state, or place to visit? Find it in an old atlas! Does your gift recipient have a favorite place to shop, or is he or she looking forward to a present from a specific retailer? Could you use an ad to make a hint, or to throw them off track?

**THRIFTY GIFT CARDS:** Paint chip sample cards, last year's greeting cards, even cereal boxes make great gift tags; just cut into simple designs and tape or tie to gifts

**COOKIE CUTTER ORNAMENTS:** tie cookie cutter with ribbon or twine and tie onto the tree branch

**GOT SOME OLD, UNUSED JIGSAW PUZZLES LAYING AROUND? MAKE A PUZZLE WREATH:** use puzzle pieces, paint or color with markers and glue end to end in the desired shape. Tie with twine or ribbon and tie to the tree branch. These also look great hanging from the front door or in windows, and are a great way to get kids involved in the fun!

**BUTTON WREATH:** Have an abundance of miscellaneous buttons and do not know what to do with them? String the buttons onto wire and shape into a circle. Tie on a ribbon bow and hang on the door for an up-cycled holiday welcome.

### HOLIDAY FOOD SAFETY TIPS:

Leftovers- turkey, roast, ham, and other meats along with stuffing, sauces, casseroles and sides need to go in the refrigerator as soon as the meal is finished and before dessert. (Seriously.)

Place any large amounts of food into smaller containers less than 4 inches in depth.

Discard any cooked or refrigerated foods that has been at room temperature for more than 4 hours.

Leave space in your refrigerator for air to flow to ensure that food cools properly

### NEW YEARS ECO-RESOLUTIONS

In America, over 100 million people make resolutions every year; sadly, 80 million do not keep their resolutions. However, with evidence that the climate is changing in ways that are bad for people, it's a great year to make a resolution to do your part in giving the human race every chance it can get when it comes to the environment!

Did you know 1.5 million barrels of oil are used each year to manufacture bottled water? **Use refillable eco-friendly water bottles** and refrigerator pitchers; for some families, this could save up to \$1,400 a year!

**Brew your own coffee** and use an insulated thermos or cup - saving 58 billion or more non-reusable coffee cups and cup sleeves to the landfill each year.

Remember your **reusable bags** when you go shopping!

### HOLIDAY STRESSING YOU OUT? MEDITATE ON THIS...

#### EASY MEDITATION FOR DECREASING ANXIETY:

Can't handle the holiday hustle and bustle? Look out the window, soften your stare and observe all of the sounds, music, all of the sounds around you. Do not block them out, let go of the idea that you are going to "slush" the outside world, your body will start to relax. This is a Tibetan meditation practice known as sky gazing

#### DO YOU FEEL AWKWARD AT LARGE GATHERINGS?

Breathe in through your nose and out through your mouth slowly while repeating to yourself or aloud, "May I be happy, may I be peaceful." Repeat when necessary to calm the inner self.

#### FEELING OVERWHELMED WITH ALL OF THE HOLIDAY CHORES?

Ground yourself: sit with your back against the chair with your feet placed firmly on the ground, Listen to your surroundings, while drawing your attention to the floor, pay attention to your senses, smells, sights; simply be aware of your surroundings - this trains you to be fully present.



## ROOTING AROUND FOR FOOD

Turnips pack a powerful, delicious punch

By Mandy Fowler

**THE TURNIP ORIGINATED IN WESTERN EUROPE**, the Mediterranean, and temperate regions of India. Romans often used the vegetable to feed their poor and livestock; if the upper class Romans indulged in turnips, they covered the turnips with cumin and honey to mask the pepper taste.

**THE USE OF TURNIPS HAS BEEN TRACED FROM GREEK AND ROMAN TIMES.** Pliny the Elder (77 C.E.) considered the turnip one of the most important vegetables. Turnips were also used to keep animals healthy through long, grainless winters. They were brought from Europe to North America by early colonists.

### SIZE MATTERS

Larger turnips are commonly used to feed livestock or in stews, due to their spicy or peppery flavor. Roasting is better for the larger turnips; however, try to pick turnips that are small but feel heavy for their size. The smaller turnips give a sweet flavor.

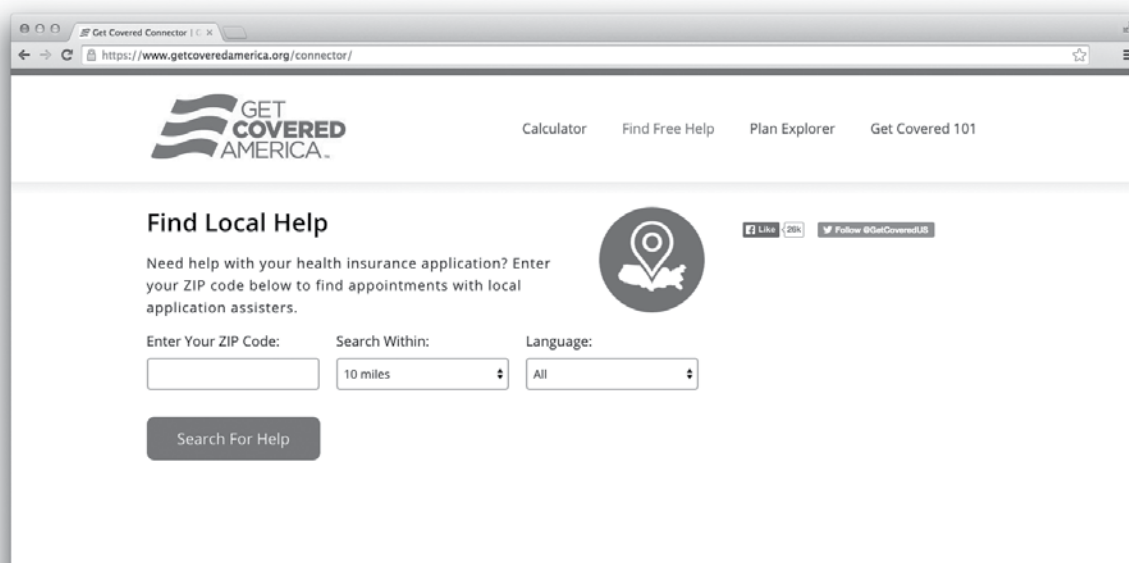
Baby turnips are sweet and small, and the entire vegetable is completely edible, including their leaves. Baby turnips come in a variety of colors including white, yellow, orange and red.

### THREE AND A HALF OUNCES OF TURNIPS PROVIDE:

4.4g carbohydrates, 1.2 g fat, 1.1 g protein, 3.5 g fiber, 0.5g sugar 2mg of vitamin C, 28 calories as well as lutein, vitamin k, vitamin A, manganese, potassium, iron, copper and calcium

A great fall and winter veggie to include in your diet, **TURNIPS ARE KNOWN TO BOOST THE IMMUNE SYSTEM AND ACT AS AN ANTI-INFLAMMATORY**, which can be great for those cold, achy winters. Turnips also

provide a great boost of antioxidants. Try boiling them and mashing them as an alternative to potatoes (great with butter, and better for you!). You can also chop or shred them and put them on salads or coleslaws. Sliced thin, seasoned, and baked, they make for a healthy potato-chip like snack. You can also always add them to soups or stews in place of potatoes for a new angle on your old classics. ♦



## OBAMACARE: OPEN FOR ENROLLMENT

While signing up for healthcare can be confusing, there's help here on the South Side *By Michelle Mazeke*

As an Affordable Care Act enrollment assister, I talk to many folks in Franklin County who want to know what the law means for them and their family. Now that open enrollment has begun, Ohioans can shop for quality, affordable health coverage available through the Health Insurance Marketplace.

When it comes to health insurance, I know that some folks have questions about what's available to them. That's why it's important for people on the Southside of Franklin County to know that there is **free** in-person help available in our community.


In-person assisters will sit down with members of the community daily at Reeb Community Center for **free** and help you find the best plan for you and your family. And there are new plans and new prices available this year, so even those who enrolled last year can meet with someone to look shop for coverage. To schedule an appointment with an assister in your community, go to **www.getcoveredamerica.org/connector**

Sincerely,  
Michelle Mazeke

**ENROLLMENT ASSISTANCE IS AVAILABLE AT THE REEB AVENUE CENTER (280 REEB AVE.)**

**Assisters will be available Tuesdays and Thursdays at the center from 10 a.m. to 1 p.m.**

Using the Get Covered Connector (or by calling 1-800-648-1176,) consumers can easily schedule an appointment to sit down with an enrollment assister for free, ensuring they can enroll in quality, affordable health coverage



## HOLIDAY BREAKS – A CHANGE IN ROUTINE

TIME FOR FAMILY AND RELAXATION, BUT  
NOT TIME TO FORGET SCHOOL *By Ted Otting*

The holidays are upon us and students everywhere are gripping their desks in anticipation of two or more weeks without homework, tests, and all the other responsibilities that their day-job (school) requires.

Teachers welcome this time too, but dread the aftermath. While it doesn't seem like a long time, two to three weeks off significantly disrupt student routines and often take valuable instruction time away as students get "back into the groove" after returning. This can be avoided, and you can help your student come back without slowing the momentum of learning they've built up to this point. It's a tricky process, though, because students can sniff out attempts to get them to study or learn during breaks better than any other time (why, I have no idea), so the activities and ideas have to be subtle.

First, students need to maintain some sense of routine. On school days students get up at a specific time, have a regularized schedule of classes, and have responsibilities to maintain like homework. In order to keep students familiar with a schedule, try to have them wake up and go to bed around the same time. Even if they watch television or play video games more than usual, keeping the regularity of sleep patterns helps ease the transition once school starts up again. High school students may be more resistant to this, but that's okay. An hour sleeping in or staying up later before bed won't

change much, but remind them that staying up until three and sleeping 'til noon isn't going to seem as good an idea once their school schedule starts again.

Academics are the other part of the student experience that needs to be kept sharp during breaks. They don't need to learn new material, but as discussed in this column before, they need to keep the *ability* to learn fresh in their minds. Some schools offer work packets for breaks or they can be requested, but this isn't the norm.

For younger grades simple reading, either independently or with someone, is great. Practicing words, reading comics, books, or magazines – basically any reading will do. For writing, have students write out shopping lists or help with addressing holiday cards. Again, the goal isn't to teach new information, just to reinforce what's already been learned.

Again, high school students will have more challenge with this, but the same tactics like writing holiday cards or writing down notes for parents works. Also, higher level learning focuses heavily on self-reflection, so assign students 30 minutes a day of television or news-reading (online or the paper) and have them report it back. If they offer resistance you can remind them that 30 minutes is better than an hour or more and they get to choose what they research.

Breaks are important times to rest and refresh, but too much time off can lead to a difficult transition back to normal expectations. Maintaining just a little bit of routine will allow your student to enjoy their break without falling behind. ♦

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class hit the ground running with three keystone group projects spearheaded by this first crop of graduates.

Among the graduates is Etienne "Troy" Manning, a home inspector and electrician living in Grove City who headed up the Youth Photography project. The goal: to source work from prospective young artists and hold the first art opening of its kind within the South Side.

Project members (one of whom is a professional photographer) will provide both guidance and photography equipment to a group of ten to fifteen local teenagers to help them find a creative outlet that both empowers the artist and enriches the community. In essence, the project aims to both discover local talent and give it a place to shine.

"We will offer these teens a basic introduction to their cameras and to photography so that they can take photographs of their individual worlds through their own eyes," wrote Manning. "Our project will give the teens pride in their neighborhoods through taking photographs of their lives within their neighborhoods and then showing those photographs to residents who live in other areas of the South Side."

This project in particular has the potential to strike a special chord in the community by both encouraging involvement in atypical educational endeavors and maintaining a teaching and learning atmosphere outside of school walls.

"Everyone needs an ear, just to be heard out," said Manning. "Community assets are more than money. The barber, the police station, the shop down the street. It's what builds it from the grass up."

The other projects include plans to have organized activities geared specifically to South Siders old and young and an area-wide outdoor community celebration aiming to raise its flags next August, right in the thick of the city's well-known festival season.

The Academy drew enrollees from all around the city with education levels ranging from GEDs all the way up to PhDs. The six-month program will look to reload in the spring and produce a new crop of individuals working toward the common goal of making the South Side as vibrant and diverse as possible. ♦