

SOUTH SIDE VOICE

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

115 S. GIFT STREET
COLUMBUS, OH 43215
FEB/MAR 2016 | ISSUE 24

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

**BOYS & GIRLS CLUBS
OF COLUMBUS**

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Way**
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of Central Ohio

NEW NETWORK AIMS TO IMPROVE LIVING STANDARDS

by Evan Trout



Tenants and landlords of Columbus' South Side can begin looking forward to the creation of a network this Spring that aims to improve the rental climate throughout the area.

The South Side Responsible Landlord Network was founded in part by Nationwide Children's Hospital and the influential South Side non-profit Community Development for All People. It will advocate for higher standards of living in the area and a more informed group of landlords. As of now, the network represents 10 property owners who own more than 600 units. The network is now seeking new members from among the community's local landlords.

"Our initial members represent the bigger developers in the area; now we want to reach out to local landlords. We're trying to find the middle ground and incorporate more of the grassroots level property owners," said housing consultant Cindy Flaherty.

According to Flaherty, one of the main goals of the program is "to allow current residents to remain in the area—people who stand to benefit the most in these situations are usually pushed out and we want to benefit everyone."

Principally, the network will strive to accomplish this goal by working as a resource for property owners. The regular meetings, beyond educating landlords on various aspects of property ownership, will allow owners to connect with one another, encouraging engagement and the sharing of best practices. Meetings will also be frequently attended by representatives from City of Columbus resources such as the tax abatement and land bank programs.

The creation of such a network comes at an important time in the South Side's development. As Nationwide Children's Hospital continues to expand, encouraging business in the area, the South Side has seen an influx of interest in housing, both new and existing. The South Side Responsible Landlord Network is one step that the hospital and other member organizations are taking to ensure that new residents in the area are treated fairly while advocating for existing members of the community to prevent marginalization in the wake of such rapid economic development.

Reverend John Edgar, head of Community Development for All People, noted that "the network is a way for landlords to work together to make a positive impact on the South Side."

An inaugural meeting for new members will take place April 14th at 4 pm at the Reeb Avenue Center Café. Cindy Flaherty can be reached for further inquiry at cdaflaherty@gmail.com. ♦

MEMBERS WILL BE ASKED TO SIGN A PLEDGE TO DO THE FOLLOWING:

- Provide tenants with safe, dry, clean and decent housing
- Fulfill legally defined duties as a landlord
- Respond to requests for repairs in a reasonable time
- Make a good faith effort to resolve problems before using legal procedures
- Take action to discourage a culture of drugs, crime and violence
- Register rental properties with the Franklin County Auditor

IN THIS ISSUE:

THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

SPECIAL MEETING FEB 6TH page 3

VALENTINE'S DAY REVEALED page 8

AND MUCH MORE!

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FROM THE EDITOR



OUT OF THE FIRE (AND INTO THE ARMCHAIR)

When I was a young man, I wanted to be a firefighter. If there's an image in your head of a five-year-old running around with an oversized fire helmet on with a toy truck in his hand, allow me to clarify: as a young *man*, between the ages of 22 and 27, I wanted to be a firefighter.

I was still enrolled at Ohio State when the notion struck me—perhaps it was the then-frightening prospect of getting a job with an English degree that stoked the flame. It's entirely possible that I just thought the experience would inspire something inside me, though what that something was, I didn't know then and sure don't know now.

In any case, I would tell people who asked that that was my plan. Firefighter. I even bought an axe off of the internet. (Don't ask.) It existed as a fascination of mine for quite some time before I finally did any real research.

I learned ultimately that firefighters don't just cook chili and pose for calendars. I learned that fighting fires is typically just a fraction of the job, and a rather tiny one at that. I learned that engine companies in the City of Columbus not only fight fires, but are also fully trained and equipped paramedic units known as Medic-Engines. I learned that an ordinary day may consist of anything from helping the infirm to responding to auto accidents to simply swabbing the engine house floor.

Daunted but not deterred, I eventually found myself scheduled to take the Phase 1 Written Exam & Oral Assessment and on track to complete EMT certification in the weeks to follow. A lily-white college boy, signing up to be a hero.

Needless to say, I didn't make the cut. If memory serves, I came up short on the part of the test that assesses how good a teammate I would make. I always was a bit of a loner. Probably just wasn't meant to be.

The intrigue has remained. I've since learned that, paradoxically, the winter months tend to be the busiest at all for many firehouses in the colder parts of the country. I've learned that when on duty, a firefighter will remain awake, alert, and active for fourteen hours—from 0800 to 2200 (that's 8 a.m. to 10 p.m. for you and me)—before finally being allowed to lie down and rest. I've learned that firefighters are true public servants, there only to protect us. And from so much more than fire.

On January 29th, the City of Columbus Division of Fire welcomed forty-one new recruits, fresh from nearly eight months of rigorous training, into the fold. Those who become paramedics spend another eight hundred hours in the classroom to attain certification.

Next time you see a firefighter, give a smile. Wave your hand. Odds are, you're saying hello to a pretty great human being.

Yours,

V. R. Bryant

EDITOR'S NOTE: Due to ongoing funding developments, this issue of the South Side Voice will cover the months of February and March. But worry not! We are doing everything in our power to keep the wheels turning. Stay tuned. We will see you all again in April.



LET'S STAY IN TOUCH! A word from Councilman Michael Stinziano

During my campaign last year for City Council, I met with and listened to thousands of voters in neighborhoods throughout Columbus who are concerned about the future of our great city. Make no mistake about it, people know that Columbus is at a crossroads and that we've got to work hard to continue to improve life for everyone in our community.

As a newly elected Columbus City Councilman, I'm excited about the opportunity to serve on Council whose members contribute so much to the success of our city. I am dedicated to investing in our neighborhoods to create more and better-paying good jobs, fund essential services to help promote neighborhood safety, and provide effective and responsive constituent service.

Providing you with high quality and responsive constituent services is a top priority for me. I'm your advocate at City Hall, and I want to hear from you.

Every day, my staff and I talk with Columbus residents who call me with questions or seeking help. Providing assistance to someone looking for help is all in a day's work for me.

The questions and problems vary, but my staff and I are always ready to help. A call to my office will help you cut through the red tape, to help you get the assistance and answers you need and deserve.

On Council, my door is always open to hear directly from you and I welcome you to schedule time to meet me at City Hall to discuss questions, concerns, or neighborhood issues.

Or, if you prefer, meet me during Community Hours which I hold every week throughout Columbus. You can find out when I'll be at a library, community center, or coffee house near you by visiting my web site: www.stinziano.com

Remember, when you have a problem, question, or concern, or anytime that I can be of service, come meet me, call me at 614-645-8084, or e-mail me at mstinziano@columbus.gov and I will do everything I can to help.

I look forward to hearing from you.
Let's stay in touch!

Michael Stinziano
Columbus City Councilmember

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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&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.

GANTHERS PLACE SEEKS TO SHOWCASE NEIGHBORHOOD



By Evan Trout

The Columbus South Side community of Ganther's Place neighborhood will be hosting its sixth annual House Sweet It Is event on **Saturday, February 6th at Tatoheads Public House**, showcasing local businesses and raising money for causes benefitting residents of surrounding communities.

Ganthers Place is a relatively new civic organization in Columbus. Occupying the space approximately five blocks east of Parsons and five blocks south of Whittier, it was established in 2003. The Ganthers Place Civic Association has worked actively ever since to engage community members and encourage civic participation. Its upcoming House Sweet It Is event is one of eleven events it has planned for 2016.

According to Ken Williams, Vice President of the Ganthers Place Civic Association, the time is now to get in on the South Side.

"We've got new restaurants, new townhouses going in," Williams says. "Nationwide Children's is investing so much in the community, as is [local non-profit] Community Development for All People, and we're seeing government grants for home repair. This is going to be a great spot for years to come."

Attendees of the event will be greeted by lots of chocolate and a variety of options from which to enjoy and learn about the growing community. The bar and restaurant will be open to guests, offering its full menu and live music. In addition, Community Grounds Coffee and Meeting House will be selling coffee and tea.

Featured throughout the bar will be around twenty other local business, causes, and organizations with tables sharing information promoting themselves and their roles in the community. Also offered will be shuttles operating between Tatoheads and local homes currently on the market for any guests interested in touring housing options sponsored by Healthy Families, Healthy Neighborhoods..

Offered for the first time this year will be a silent auction benefitting Plant Pride on Parsons. The organization, which formerly won a Keep America Beautiful/Lowe's Community Improvement Grant, has worked since 2010 to improve community pride, encourage business and reduce crime through the beautification of an approximately two-mile stretch of Parsons. By revitalizing facades, reducing and focusing on regular clean-up of litter, and installing hand-painted planters throughout the avenue, Plant Pride on Parsons has quickly made good on its goals, and looks to continue to with continued financial support and funding from the community. Many fun and useful items have been donated, such as brand new bikes, gift cards, unique baskets filled with Valentine delights, and too many other items to list here. Enjoy the fun of bidding against your neighbor and helping to maintain the planters in the community and taking home an item you won.

The event will be taking place in partnership with Nationwide Children's Hospital in addition to the participating local businesses, and will contribute donations from these participating businesses to the upcoming seventh annual community Easter egg hunt. More importantly, event organizers are hoping to attract new residents and continue to grow and develop their community. ♦

"We've got new restaurants, new townhouses going in. Nationwide Children's is investing so much in the community, as is [local non-profit] Community Development for All People, and we're seeing government grants for home repair. This is going to be a great spot for years to come."

Tatoheads Public House is located at 1297 Parsons Avenue and the event will run from 1:00-4:00 p.m.
For further information on the event or the Ganthers Place Civic Association, visit www.weareganthersplace.com.

FEBRUARY & MARCH COMMUNITY EVENTS

Former assistant attorney general Kristin Boggs is the new state representative for the 18th House District. Boggs will take over the seat most recently held by former Rep. Michael Stinziano, who left at the end of 2015 to serve on Columbus City Council.

You can share your thoughts and suggestions about issues important to you by calling 614-466-1896 or e-mailing Boggs at Rep18@ohiohouse.gov.

You can also join her at community hours at one of the following locations:

MONDAY, FEBRUARY 1
Stauffs Coffee in German Village
627 S. Third
1:00-2:30pm

THURSDAY, FEB 4
The Grandview Library
1685 W. First, conference room A
4:30-6:00pm

MONDAY, FEB 8
Mission Coffee in the Short North
11 Price Ave
1:30-3:00pm

THURSDAY, FEB 11
The Bexley Library
2411 E. Main St.
from 1:30-3:00pm



FEBRUARY 3

PAMA MEETING
12-1:30 p.m. 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.

WEDNESDAYS throughout FEBRUARY and MARCH

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM MEETING
1:30-2:30 p.m. at the Barack Recreation Center, 580 E. Woodrow Ave.

South Side Neighborhood Pride Center team meets generally at 1:30 p.m. the first three Wednesdays of the month AND at 3:00 p.m. the fourth Friday of the month. The team does not meet on fifth Wednesdays. If meetings are not held the community will be notified.

FEBRUARY 4

STAY (EDUCATION) MEETING
6:30-7:30 p.m. at the German Village Meeting Haus, 588 S. Third St.

We will have our next quarterly STAY meeting at the German Village Meeting Haus on May 2nd from 6:30-7:30 p.m. Complimentary childcare is provided (courtesy of The Village Community Church). Please RSVP at <http://www.facebook.com/SouthsideSTAY> if you plan to bring children.

FEBRUARY 4

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.)

FEBRUARY 7 AND MARCH 6

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.

FEBRUARY 11

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 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 corpuschristi-centerofpeace@gmail.com.

FEBRUARY 17

HOMESTEAD EXEMPTION SEMINAR FOR SENIORS & PERMANENTLY DISABLED HOMEOWNERS
10 a.m.-noon at the Corpus Christi Center of Peace, 1111 E. Stewart Ave.

Did you know that you may qualify for a flat \$25,000 property tax exemption on the value of your home? Come learn about this for yourself or a loved one! A representative from the Franklin County Auditor’s office will speak and his staff will be present to help you to apply for this program immediately online.

For more information about this event, please call the Center at 614-512-3731. For additional details about the Homestead Exemption program, you may contact the Franklin County Auditor’s Office at 614-525-4663.



FEBRUARY 27

ELECTION FOR THE SOUTHERN ORCHARDS DISTRICT SEAT

Noon – 5:00 p.m., Barack Recreation Center, 580 E. Woodrow Avenue

At press time, Taylor Stewart picked up an election packet.

MARCH 10

FILM SERIES: MOVIES THAT TOUCHED OUR HEARTS

6:30 p.m. at the Corpus Christi Center of Peace, 1111 E. Stewart Ave.

ReMoved follows a 10-year-old girl as she navigates her way through the foster care system after being removed from her home and separated from her younger brother. Described as being one of the most realistic portrayals of the challenges faced by all who are involved in the foster care system, the film is used by social service agencies as a tool for training case workers who work with children, their families, and foster parents. We'll be joined by a case worker for Buckeye Ranch and another adult who will share with us from personal experience what it's like to grow up in the foster system. Please register online at cccenterofpeace.org to reserve a bowl of popcorn and your seat for this powerful film! Or call or email us at 614-512-3731 or corpuschristicenterofpeace@gmail.com.

MARCH 22

CSSAC MEETING

6:30 - 8:00 p.m. at the Reeb Avenue Center, 280 Reeb Ave.

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.

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

FEB 2, MAR 1

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

FEB 3, MAR 2

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

FEB 8, MAR 14

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

FEB 9, MAR 8

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, ishenry4@gmail.com, Lillie Banne, Co-chair

FEB 9, MAR 8

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

FEB 10, MAR 9

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.

FEB 10, MAR 9

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

FEB 16, MAR 15

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

FEB 16, MAR 15

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

FEB 18, MAR 17

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.

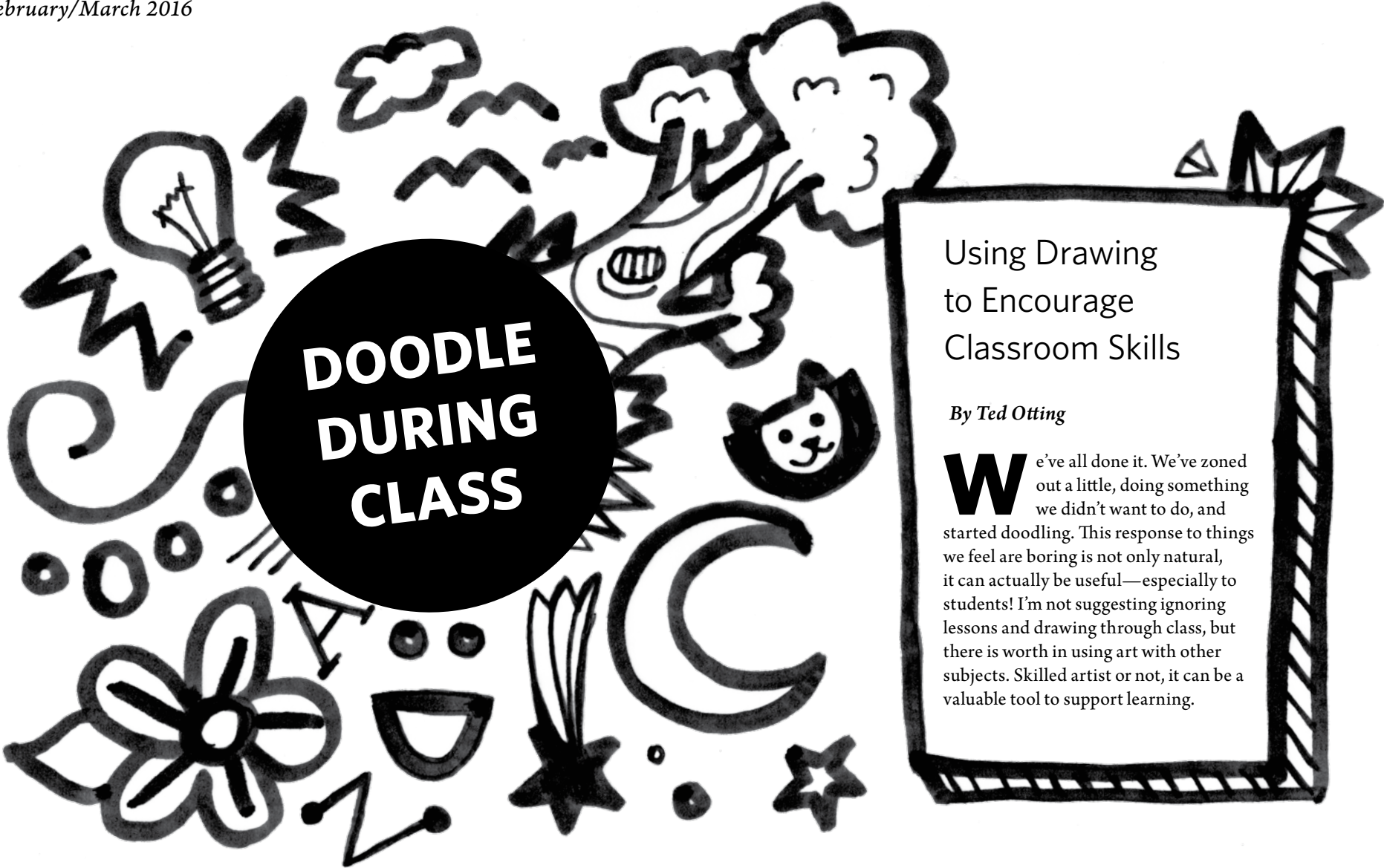
FEB 18, MAR 17

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

STAMBAUGH-ELWOOD CIVIC ASSOCIATION MEETING

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



Using Drawing to Encourage Classroom Skills

By Ted Otting

We've all done it. We've zoned out a little, doing something we didn't want to do, and started doodling. This response to things we feel are boring is not only natural, it can actually be useful—especially to students! I'm not suggesting ignoring lessons and drawing through class, but there is worth in using art with other subjects. Skilled artist or not, it can be a valuable tool to support learning.

DID YOU KNOW?

With a presidential election on the way later this year, the candidate discussion has really heated up. But did you know that you can help decide who the nominees are?

You can vote in the primaries in Ohio! Ohio technically has a closed primary, which means you can only choose from the candidates from the party whose ballot you select when you go to vote. For example, if you want to vote in the Democratic primary, you would select a Democratic ballot, and vice versa. These votes really matter!

REGISTER BY TUESDAY, FEBRUARY 16TH TO VOTE IN THE PRIMARIES ON TUESDAY, MARCH 15TH. Even if you're under 18 years old, if you will turn 18 before November 8th, you can vote in the primaries as well.

TO REGISTER TO VOTE IN PERSON OR BY MAIL, take or send a completed Voter Registration and Information Update Form to your local county Board of Elections office. The Ohio Secretary of State website (<http://www.sos.state.oh.us/>) provides a complete list of locations to obtain a copy of the Ohio Voter Registration Form.

YOU CAN ALSO DOWNLOAD THE FORM AND DROP IT OFF AT ANY: Board of Elections offices, Ohio BMV deputy registrar office, Ohio public library, any public high school or vocational school, county treasurer office and other state offices.

Now you know—and knowing is half the battle.

In elementary school, drawing helps develop motor skills in children as they learn the alphabet, begin writing, and start writing longer sentences and stories. In Kindergarten thru 1st/2nd grade, students should be encouraged to doodle letters. An effective activity is to have students copy a letter 4-5 times correctly and then have them write it and use its shape to create something: an animal, a monster, a squiggle. By practicing the letter and then creating something else with it they are using both sides of their brain and have better recall of it the next time they write. This works for names, beginning words, and vocabulary. Again, first write the word correctly a few times and then illustrate it some way, either as a picture itself or with an illustration.



In late elementary/middle school, drawing can help support reading comprehension and writing. When students read stories, have them draw the characters or settings as they picture them. Story elements (setting, sequence, etc.) are important in learning how to recall and take meaning from readings; by drawing, students make personal connections that make them more likely to remember the information later.

When writing, students should illustrate their stories. A fun activity is to give students a page divided into three sections with a few lines at the bottom of each section. Students should write a beginning, middle, and end of a story in the three sections and then illustrate it. Tell them not to worry about their art—stick figures are okay, just as long as it illustrates the story. This activity does two things: it connects stories to images in sequence, and it gets them engaged in writing (not always an easy task).

In high school, doodling can play an important part in note-taking. Rather than illustrations, though, the focus changes to small symbols and reminders while reading through text. Have students begin to develop a visual language for themselves and draw them in the margins of their readings: stars for important events, question marks for things they don't understand, or even their own emojis to remind them of important things like dates, symbolic language (simile, metaphor, etc.), or important characters or people.

Having doodled most of my way through school (and sometimes work), I can tell you that these tips do work, and you don't need to be an artist to use them. Just encourage your student to use art to spice up their learning. Not only will they have more fun, they'll likely remember the lesson better as well. ♦

These tips do work, and you don't need to be an artist to use them. Just encourage your student to use art to spice up their learning.



For several months, The South Side Voice has been tracking the development of the much-anticipated Community Grounds Coffee & Meeting House set to open at the corner of Parsons and Deshler. Fans and supporters were treated to a pop-up brunch at Tatoheads Public House on January 24th. The event was a rousing success, as coffee and brunch was served to a packed house. Build-out of the new shop at 1132-1134 Parsons Ave. continues, and ownership is eyeing a grand opening early this spring.



Valentine's Day Revealed

HISTORY

The legend of Valentine's Day takes us back to Roman times. Rome was the first culture to celebrate love in the middle of February. Their calendar year began in March, so the Feast of the Lupercalia was held in the honor of fertility goddess on February 15. The idea was that the populace should enjoy earthly delights before the spiritual cleansing of the New Year.

On the eve of the feast, the names of all the young virgin females were put into a drawing. Unmarried boys then picked a name, and the couple then spent the day together, hopefully to be married. After Lupercalia, single women were beat with strips of goatskin called februas; this is where the name February derives from.

Valentine's Day is named after Valentinus, executed on February 14, 269 AD by Emperor Claudius II, for performing secret marriages. Claudius II had banned marriage due to the Church's interference with the rituals of Lupercalia. When Claudius ordered the death of Valentinus, he was arrested.

Valentinus fell in love with the jailor's daughter, and on the day of his execution and death, he slipped her a letter to say goodbye signed, "Your Valentine," on February 14, the day of his death.

In China, Japan and South Korea, February 14 is White Day. Women give the men gifts, and a month later on March 14, men give the women gifts—usually white chocolate chip cookies, white garments, or marshmallows, as opposed to the American custom of chocolate and roses.



ROSE FACTS

- World's oldest living rose bush is 1000 years old and continues to bloom on the wall of the Hildesheim Cathedral in Germany
- Over 100 species of rose exist
- Most species of rose has five petals; the Rosa sericea only has four
- Used in perfumes, creams, and ointments also a popular decoration or room scent
- Fruit of the rose, called rosehip used in many medicinal practices and rich in Vitamin C

CHOCOLATE FACTS

- High in antioxidants, flavanols
- Dark chocolate proven to lower blood pressure and LDL cholesterol
- A natural antidepressant, chocolate contains serotonin and stimulates the endorphin production
- High magnesium aids in digestion, neurological and cardio systems
- Dark chocolate shields brain and nerve cells from damage, helping to improve memory

In Season

CABBAGE

- 1000 BC - Found domesticated in Europe
- 1541-42 - Jacques Cartier brought cabbage to the United States
- 18th century - introduced by colonist and planted by the Native Americans

NUTRITION

Vitamins C and K, Vitamin B6, Folate (no other nutrients with significant content)

PEARS

- Evidence of pears in use during prehistoric time in the Switzerland area lake dwellings
- Cultivated by the Romans and eaten raw or cooked just like apples, stewed with honey and spices as a sweetening
- Cultivated in China approximately 3000 years ago

NUTRITION

Thiamin, Riboflavin, Niacin, Vitamin B, Folate, Chorine, Vitamin C, E, K, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc

Indoor Garden Start Prep

EVEN THOUGH THERE IS SNOW ON THE GROUND, THIS IS THE BEST TIME FOR SEED START PREP.

WHAT YOU WILL NEED

- Soil/compost
- Containers (see ideas below)
- Easy starter plants (sunflower seeds, beans, dill, parsley, mint, cilantro, oregano, cucumbers, tomatoes, squash, zucchini, green peppers, chili peppers)

Fill container with soil/compost, leaving about one inch space from the rim and moisten

Poke a finger hole into the soil, place seed and cover, place in a sunny area, windowsill and water daily

You make soak your seeds over night to loosen or soften the seeds outer shell; this will speed up the germination process

CONTAINER IDEAS

- Folded newsprint (fold into small envelopes or pockets and fill with soil, when ready to plant outdoors, just place the paper envelope into the hole in the soil, the paper will decompose)
- Cardboard egg crates (fill with soil, also will decompose in the soil when planted)
- Toilet paper rolls (fold one end of the tube inward to create a bottom-will also decompose)
- Soup, canned veggie or fruit cans

